



THE VOICE

Vol 27 Issue 16 2019-04-19

Minds We Meet

Interviewing Students Like You!

Paying for the Parchment

Scholarships to the Rescue

Canadian Identity

An In-Depth Sociological Study

Plus:

*The Struggling Student Rants
Is Amazon Spying on You?
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 Alberta Voted

Karl Low



The election is over; the results, a surprise to almost nobody. Unless you've been studiously avoiding major media networks and news programs you have undoubtedly already heard that the United Conservative Party of Alberta won the election, winning a majority of the votes and seats, and limiting opposition seats purely to Edmonton and a few seats in Calgary. All other parties were shut out completely.

Jason Kenney immediately began with a more conciliatory tone, noting that he had no objections to the federal government announcing a delay in the final pipeline decision, walking back the idea that he would "turn off the taps" to BC on the first day (now saying that he merely intends to pass the law so that he can do it at any time), and reaching out to Quebec to ask their assistance in creating an easterly pipeline as opposed to attempting to rile people up over Quebec's receipt of equalization payments.

It makes me both happy to see a slightly more pragmatic, perhaps diplomatic attitude from our Premier-Elect, but disturbs me as well. It disturbs me because when the actions of government immediately start to walk back from what was campaigned on, I think of all the people who voted for him that may soon start to feel betrayed, especially if there

are no positive results, and soon, from his doing so.

I think it's safe to say that many who voted for the UCP did so, in part, out of anger toward Alberta's economic condition and the NDP's inability to fix it. Premier-elect Kenney will undoubtedly receive some slack from being just elected, but much of the anger that brought him to power won't go away simply because the government has changed hands. It's assuredly still there, underneath, perhaps turned down for a time, but I don't expect that time will last very long.

And the fuse on it will only be made shorter if Kenney appears to be taking a different tact with other governments than the one he promised those who wanted to see a leader fighting hard for Alberta interests in the face of what they saw as unfair opposition.

But I believe the problems afflicting Alberta right now are beyond any provincial government's ability to end or solve. And I worry what happens when those, who willingly ignored their misgivings over various improprieties that came to light about some UCP candidates, are unable to find the improvement promised by that government. If the last election was ugly, the next could be downright frightening.

But that's for another day. Right now, we've got an extra long edition of *The Voice Magazine* to get you through this extra long weekend. Whether it's our feature interview with a student who's looking to become a teacher and has a penchant for video games (Hey! What's your gamer-tag? Let me know at karl@voicemagazine.org!) or articles on what's behind getting that parchment, an in-depth study of Canadian Identity brought to you by the Porkpie Hat, getting revitalized for spring, or reviewing the exclusive airport lounges for you travelling students, you can find it all and more in this week's Voice Magazine. Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.

MINDS WE MEET



Molly Rusch lives in the small town of Tillsonburg, Ontario, with her son and her soon-to-be husband. She is almost finished her first semester toward a Bachelor of Arts in English and plans to eventually teach grades four to eight. In her spare time, she enjoys videogaming and spending time quality time with her family. This is her story.

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

My name is Amanda Rusch, but everyone calls me Molly. I am twenty-eight years old, and I am a month away from completing my first semester toward my BA in English. I live in a super small but quite cute town in Ontario called Tillsonburg where I am currently on maternity leave from my job as a hairstylist. I am getting married in June to a wonderful man and we have a beautiful eleven-month-old son named Ares. Yes, after the Greek god of the same name.

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

I have been a hairstylist since 2011 and, although I have thoroughly enjoyed it, it wasn't my true passion. When I was a little girl, while playing "house" with my friends, I always insisted on being a teacher. I would read to them and make up little tests to grade. Even when I would play on my own, I would write out little quizzes for my make-believe students and I would mark them, and even take them up with my imaginary friends. That is where my true passion lies. I have always wanted to teach. It was my fiancé that gave me the courage to go back to school, and he helped me see my own potential. I thought that I was too old to go back, and that I would certainly be too old to start a teaching career. My fiancé told me that when he went to Teacher's College (he's a high school science teacher now) he noticed that there were students that were in their fifties, so he assured me that one is never too old to go after their dreams.

What do you do like to do when you are not studying?

When I'm not studying, I play videogames, a lot of video games, and I play with my son. When Blake (my fiancé) gets home we watch television together or read to our son. We live a very quiet and boring-to-some life, but that is exactly how we like it.

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

As I mentioned before, my plan is to go to Teacher's College after my four-year BA program is complete, and then apply to the school board in whatever town we happen to live in at the time. Six years feels like a long time away. I will be applying to the elementary school board, and I hope to teach grades four to eight.

Why does teaching grades four to eight appeal to you the most?

I would like to teach grades four to eight because some of my favourite and most memorable teachers were within that range. I also had the most fun in school in those grades, and it was then that I realized my love of reading and writing. I just have some very fond memories of those grades and I would love to be apart of other children's happy memories.

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

My fiancé, first and foremost. Additionally, my son played a major role in my final decision to make the jump. Making my dreams a reality will, in addition to making me happier, allow me to contribute more to my family financially. Hairstylists, in Ontario at least, don't make much money.

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

I absolutely love the flexibility that online leaning provides. I am able to stay at home with my son, which saves on childcare, while earning my degree. I love that I can be a stay-at-home-mom while still contributing to my family and eventually, to the community. Let me preface this next statement by saying that what I do dislike has nothing to do with the school itself or with the online learning community; my dislike of at-home learning has more to do with the difficulty I sometimes have staying accountable. That being said, I do have a set schedule that consists of five classes that are seventy-five minutes each, with a fifteen-minute break between each one. I take a half-an-hour lunch break at noon, and I allotted myself fifteen minutes at the end of the day to prepare for the next day. This schedule works for me, most of the time, but on days where I lack motivation or when my son is cranky, I find it difficult to focus because my bed is so close and so very comfy.

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

There were two big reasons why I almost walked away from continuing my education: I felt that I wasn't intelligent enough to go to university, and I was afraid of the monetary repercussions of quitting my job in an economy not fit for one-income households. Blake assured me that we would make it work. My education is as important to my fiancé as it is to me, and he has been standing behind me every step of the way.

What is your most memorable Athabasca University course so far, and why?

Since I am strictly an arts person, this question makes me laugh a little bit. I would have to say that my most memorable course so far is MATH 215 (intro to statistics). I need this credit for my psychology minor, and I have never, ever, liked math. Here I am, a woman who almost failed out of every mandatory math class in high school, averaging in the mid eighties in university math. This class has definitely showed me that I am much more intelligent that I had previously believed.

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

I would have to say that quitting my job was the hardest part. I work with my very best friend, who is also my son's god-mother, so not seeing her every day has been quite difficult on both of us. To be completely honest, I didn't have to really give up anything in order to continue my education, and for that I am so grateful. I will never regret my decision to better myself.

How do you find communications with your course tutors?

I have not had any issues thus far communicating with my tutors. My tutors are very kind and quick to respond to my questions. I feel very fortunate to have them in my corner this semester. All five of my tutors this semester are wicked fast at marking as well, so that is a huge bonus.

What's your pet peeve if you have one?

I have quite a few pet peeves, to be frank, but I would have to say that my biggest one is dishonesty. I have no use for people that lie, and I believe that the truth is always better than a lie, no matter the situation. However, people obnoxiously chewing are a big problem for me too.

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

This is an easy question to answer: Elvis Presley. I have been a devoted fan since I was three years old, and to be able to sit and eat a peanut butter and banana sandwich (his favourite food) with him and hear stories about his life would make me incredibly happy. I would definitely request a duet as well.

Describe the proudest moment in your life.

Get ready for the most cliché answer you'll read all day. The proudest moment in my life was the safe delivery of my son. His birth was long and difficult, and he had some serious complications with his heart. I have never been more scared as I was when his heartrate refused to stabilize. One cold operating room and one painless caesarean later, my son was born healthy and happy. He is a fighter, and I think he gets that from me.

Describe one thing that distinguishes you from most other people.

I am an empath and a spiritual intuitive. I read tarot and oracle cards and I communicate with Spirit using a pendulum. I tend not to tell many people because of the negative stigma around mediumship and Spirit, but I am not ashamed in the slightest.

Interesting! Can you tell me a bit more about this?

I was first introduced to tarot around the age of thirteen by the mother of one of my childhood friends. She was very spiritual and used cards and pendulums often. I had dealt with spirits before that point, some good some bad, and I was interested in trying to communicate with them further. It wasn't until I was older and doing my research and education about different forms of Spirit communication and my own abilities, that I found the oracles and pendulum that I use and love now.

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

The most valuable lesson I have learned in life is that you're never too old to do what you love. Life is too short to work a job that you hate for less than satisfactory money. Do what you love and make money doing it.

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

The farthest I have ever been from home was when I was eleven; my parents and I went to Virginia for three weeks. We went to a massive Civil War museum, and we went to the beach a lot. I've never even been on a plane. Like I mentioned before, I live a very boring and quiet life. My fiancé and I are planning on traveling with our kid(s) in the summers.

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

Right now, besides textbooks, I am reading *The Haunting of Hill House* by Shirley Jackson.

Did you enjoy the book?

I very much enjoyed the book! It's a very well written book, and it is quite creepy at times! I bought the book expecting it to be in line with the Netflix show of the same name, but don't be fooled. It isn't much like the show. I will say this, if you are a fan of ghosts and plot twists, you will enjoy this book. It's not a very long read, only about two hundred and some-odd pages, so it makes for a fun weekend read.

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

**Paying for the Parchment
Scholarships to the rescue!****Barb Lehtiniemi**

Each time I glance at my AU parchment, hanging near my desk, I think back to the effort that went into earning my degree. And, inevitably, I think back to the money that went into it, too.

When I began pursuing my degree, I assumed that I'd qualify for the same financial assistance that younger students do. But as many other mature students have experienced, our demographic is excluded from sources of financial-need based funding designed with a much-younger student in mind.

Scholarships saved my education.

I applied for any scholarship I qualified for. Some were long shots and others I felt confident about. Not knowing, in most cases, how many other students would be vying for the same scholarship, I reminded myself that some organizations get very few applications. Each chance was worth the effort.

There are many sources of scholarships. Here are a few that helped me on the road to my degree:

Athabasca University

AU lists over 80 awards available to undergrad students. Some are program-specific, while others are general. The deadlines are spread out over the year, and awards with upcoming deadlines are highlighted. I checked the list each month to see which awards had deadlines in the coming month or so, then applied for any I was qualified for. I don't know how many applications AU gets for any of their awards, but I won most of the scholarships I applied for, and even one I

didn't. Registrar.athabasca.ca/studentawards/undergraduate.php is where to go to see the full list of AU awards.

AUSU

The student union offers a smaller suite of scholarships, but they award them twice per year. For most scholarships, AUSU often received only a few dozen applications each, and sometimes fewer than ten. Despite the low application numbers, I found these awards tougher to earn, even after earning similar awards from AU (for community service, for example.) Dozens of applications over the years produced only two award wins, but I'm grateful for them. AUSU is now accepting applications for the May 1 deadline; check them out at www.ausu.org/services/scholarships-awards/.

External organizations.

This vast category covers awards sponsored by non-academic organizations. Industry, banks, retail, not-for-profits, service groups—the list of organizations offering scholarships is long. And the application requirements vary considerably. While most asked for an essay of some length, one scholarship I won required only a 150-word composition. AU, similar to many universities, maintains a list of external awards, but there are many more than appear on their list at <http://registrar.athabasca.ca/studentawards/links.php>. *The Voice* features one scholarship with an approaching deadline in its Scholarship of the Week column at www.voicemagazine.org/.

My degree wouldn't have been possible without scholarships. Although I wasn't successful with many of my applications, I was still able to fund well over half of my university education with scholarships.

And that's part of what's behind that parchment hanging on my wall.

Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018.) She lives on a windswept rural road in Eastern Ontario.



Porkpie Hat Canadian Identity

Darjeeling Jones

An In-Depth Sociological Study



A few days ago, an Australian acquaintance made some interesting observations on what she sees as essential aspects of “Canadianness”. “What is it with you Canadians?” she mused, “you all seem to be so nice and polite, but at the same time, every one of you that I’ve met has been both twisted and brilliant in some way.” At this point, I must disclose that these observations had nothing personally to do with me; I have neither said nor done anything particularly nice, twisted, or brilliant that she could have been aware of, unless her definition of any of those includes calling her by the wrong name throughout several conference calls, and accidentally deleting a time-sensitive email. She then went on to offer up the theory that these personality quirks must be a direct result of our education system being “really, really boring, so that it stimulates independence of mind and a healthy lack of reverence for

accepted social norms and stereotypes.” I quoted that sentence verbatim, because I love it, and so badly wish the good bits were true.

Anyway, the comments were pretty thought-provoking, as far as I’m concerned. I think I’m far from alone in being fascinated by the ways in which our individual personalities and character traits are formed, and have often wondered about how much my way of acting and of seeing the world has been forged by the country I have spent most of my life in. Although I have spent a number of years living overseas, I do principally identify as Canadian, and have frequently pondered the ways in which the so-called “Canadian identity” (insofar as such a thing can be believed to exist) might be different from the identity of those who have grown up in the U.S., Iceland, or Paraguay, for instance. I’ll tell you from the get-go that I haven’t got a hot fucking clue about any of it, which of course will in no way stop me from offering a series of highly dubious insights. Furthermore, I will have no hesitation speaking on behalf of all Canadians, everywhere, because I’m certain no one would disagree.

First of all, I will address this fairly ubiquitous notion of Canadians being especially nice or polite. Gosh darn it, I’m just not sure that it’s true. I’ve always been convinced that people are pretty much the same the world over, roughly divided between decent folks and way-off-the-charts douche nozzles. I’m sure there is much research to back this assertion up, but who has the energy to look?

Secondly: the observation that Canadians by-and-large are brilliant and / or twisted. This is very true, and by way of proof I offer up the examples of boreal luminaries such as Emily Carr, Glenn Gould, Leonard Cohen, and Justin Bieber. We are all very much like them. Again, out of innate politeness, I won’t bore you with all the statistical evidence.

Finally, I will offer up my observations on the Canadian school system. Sadly, this is the area I am least confident about. I do remember that in elementary school they tried to keep us safe by stamping out any dangerous sparks of individual personality or free thought, so that was nice. The one truly significant memory I have from grade eight science class is of making off with a carton of bottles filled with mercury and emptying them into a heart-shaped chocolate box as a sort of “artistic” gift for my crush. This may have caused some minor brain damage to me but didn’t result in any noticeable brilliance. High school, I spent most of my time ditching classes in order to steal records, play foosball, smoke weed around my friend’s Ouija board, and eat mexi-fries. University was also pretty good. It was more of the same, but no math.

So, having systematically debunked those random Aussie observations, we are still left with the question of what, exactly, constitutes “Canadianness.” The only firm ground I can find with respect to this is the fact that our latest national census indicates that we have a slightly lower percentage of fingers and toes than the global norm; mostly due to fishing accidents, frostbite, and lumberjackery, I believe. Also, we tend to be more easily moved to tears by fiddle tunes, poetry, and the beauty of the northern lights, especially after a few rounds of Crown Royal. (Although, come to think of it, those watery eyes may just be as a result of the bitchy northern April winds.)

Anyway, thorough as this article is, I do not pretend that I have exhausted *all* the avenues of discussion. I would love to hear from you, Dear Readers. What exactly defines a Canadian? And how do you convince them to pick up a round or two every once in a while?



The Struggling Student Rants

Consider Turning Your Skills into a Side Hustle

Angela Pappas



Whether you're saving for a large purchase, planning a big trip, trying to pay down those ugly student loans, or saving for your next AU courses, who couldn't use a little bit more cash?

Starting a side-hustle gives you the chance to make more money. According to Merriam-Webster, the precise definition of side-hustle is still evolving and has now evolved to take on the meaning of "work performed for income supplementary to one's primary job."

Now, before you dismiss side-hustling, thinking this just isn't something you want to do or have time for, consider the benefits a side-hustle can offer you. Many people claim that money can't buy happiness. But I genuinely believe that starting a side-hustle can, in fact, make you a happier person. Run with me on this, and you'll see where I'm

coming from.

Side-hustles are often activities we enjoy. Usually, it's rare to get paid for spending time with your kids in the park or getting into the zone while working on your pottery. So, imagine how great you would feel if you could get paid to do something you love doing? Even if you're stuck in a job you're not crazy about, a side-hustle gives you that opportunity to do something you enjoy and get paid to boot! In addition, it can give you the opportunity to explore your passions, and possibly find purpose.

But maybe you're more concerned with what I said about being "stuck in a job you're not crazy about..."? Well, a side-hustle has your back there, too. Think about it: the more you put yourself out there, the better your chances of networking and making connections. When you have a side-hustle, you get a chance to meet and collaborate with people you otherwise would never have interacted with. Especially at the job you're (not) so crazy about! And, you never know where that next connection could lead you to.

Now, I'm not saying side-hustles are all unicorns and roses—there are disadvantages. The reality is, romanticizing side-hustles is just another way of normalizing low wages and our current crappy economy. While a side-hustle might, indeed, be very lucrative for some, for most people it's just shiny new wrapping on an old problem – stagnant wages which are not in sync with our country's rate of inflation and the requirement for two (or more) jobs just to make ends meet. Also, you have to be smart in choosing which side-hustles are well-paid and which are just plain scams or a waste of your time. A quick Google search will bring up thousands of stories about side-hustles gone wrong, companies taking advantage of people trying to make a dollar, and some jobs that just plain suck the joy out of your soul. Plus, if you already work an eight-hour day and have to then come home and change, only to go work for another four hours, at what point do you find time to eat, sleep, shower, read a book, or just spend time with your family?

A side-hustle is not for everyone, and sometimes you need to put your mental and physical health above all else. Still, a side-hustle can be seen as an end to a means, or it can be seen as a way out

of a currently abysmal reality in your cubicle. It really depends on how you look at it. And there are ways to make a side-hustle doing the things you love, on your own time, at your own pace. Just like our courses with AU!

Start a blog

Yes, I know, this has been beaten to death. But, if you enjoy writing, use it as a way to unwind, are good at writing creative content, and have the ability to draw in large crowds, you can turn that joy into a profit. It takes time to draw in loyal followers, and it takes even more time—and some marketing skills—to get those followers to interact with you on your blog site. But, that's when the rewards start coming in! A blog is something that will either make you a lot of money or it will make you nothing, and you might be the only person that ever reads it. So, don't go into it for the cash, but look at it as a way to unwind doing something you love, or a way to permanently record your thoughts on the Internet. Ideally, you should find a singular niche that you write about—Pilates, stock markets, makeup, or electric cars—and avoid being all over the place. This will help you build an audience with the same interests as you and gain a loyal following. I suggest taking ECOM320—Overview of e-Commerce, if it's not on your current radar, to help with understanding how websites work and with the marketing skills. You can also use Google Analytics to track traffic on your blog site, for free, and once you have that loyal following, there are a few ways to monetize on your blog:

- Affiliate income
- Ad placements
- Brand partnerships
- E-courses or e-books
- Business opportunities (book deals, speaking gigs)

Sign-up with a direct sales company

Yes, I'm talking about MLMs. And yes, Urban Dictionary says it's a stupid way to alienate your friends – I completely agree. To clarify, MLM stands for “Multi-level marketing”, also known as pyramid selling, network marketing, or referral marketing. Basically, this is the Avon lady who not only tries to convince you to buy her products but to sign up as a team member under her to get a better discount and be as successful as she is running her own business. You agree and fork over the \$1,000,000 you need to become a *gold & rose diamond superstar* member, despite the pit in your stomach. You then proceed to harass your own group of friends to buy, until you realize that the only way to actually break even from even signing up for this is to convince your friends to sign up as “team members” also. Let's just say I'm not a fan of pyramid selling; however, I also know lots of people who are naturally extroverted and are ideal for these gigs. And that makes all the difference! Their bubbly and care-free personality makes you want to buy from them, without them even saying anything or putting the pressure on. They tend to just throw the fact that they're selling XYZ out there, leave it at that, and go on with their lives. They will, also, occasionally post a random article or link on Facebook, just to remind their friends. So, if you're good at public relations, this just might be a good fit for you! But please, for the love of God, don't go about hosting virtual or in-house Tupperware “parties”, suddenly inviting people you have not talked to in years, solely for the purpose of making a buck off their hard-earned cash. I haven't seen, nor spoken to you in three years Karen, and I specifically remember you looking the other way in Costco pretending you were busy looking at the array of chicken thighs. Don't try to sell me your Arbonne Bath bombs on Messenger with your pre-written script because you need X amount of sales to make the “Diamond Jubilee” member list. End rant.

Sell Online

You all know what I'm talking about – VarageSale, Facebook Marketplace, and all the local Buy/Sell Groups on Facebook. One thing, that irks me about these selling platforms, however, is that it brings out people's pettiness when they try to bargain down the \$10 shelving unit you're trying to get rid of and offer you \$2.50. These are also great platforms for discovering those who were raised with no manners – you know the ones who book a time for pick-up, make you wait around all day, don't bother showing up, and then turn rude to a different level when you ask them why.

But, there are better ways to sell online, I kid you not! Similar to setting up your own blog, this requires some patience and possible upfront costs (but much lower costs than becoming a *gold & rose diamond superstar* member). Recently, I discovered how easy it is to set up your very own website and sell your wares. And this is where doing what you love crosses over into making money from it. So if you love turning blobs of clay into pitchers and painting intricate designs on them, this is your chance to shine, baby! Do you love unwinding after a long day with a roll of yarn and a crochet needle? Is your pup getting fed up with wearing a different sweater every day of the week? No problem! Set up your own niche website and sell those doggy sweaters on Etsy! You never know what kind of traffic you'll get on your Website and, if you're an undiscovered Picasso, this could be your chance to get discovered.

There is a downside to all this, and I feel I should warn you. If you decide to make your own products and sell them online, there are more costs involved in overhead and materials (and labour) to create, store, and ship the product. So depending on what you want to make and sell, it could end up being a pricey investment. There's also the risk involved, that you might not be able to sell what you made and then end up with a large lot of products lying around and money thrown out the window.

Another way to sell online is dropshipping. What is dropshipping? It's when you have your own website and sell your wares, but you don't actually have to make your wares, or even keep them lying around the house until they get sold. You never see, or handle, the product. You're probably thinking "Ok, so what am I selling then, thin air?" Kind of. You see, with dropshipping you set up your website, list the products you'd like to sell (after you find a reputable vendor), and when someone adds something to their cart you get a notification. You then proceed to notify the dropship vendor and buy that product from them. They then mail that item directly to the customer, who doesn't know—and doesn't care—where it came from, as long it's what they ordered and intact. Shopify, in coordination with Oberlo, is great to get you started with this model.

AU-thentic Events Upcoming AU Related Events

SingularityU Livestream

Apr 23 & 24, 8:00am to 6:00 pm MDT

Online

Hosted by AU

news.athabasca.ca/events/singularityu-livestream/

Register online at above link

Online MBA Info Session

Wed, Apr 24, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

business.athabasca.ca/event-details/online-mba-executives-information-session-2019-apr24/

Register online at above link

Science Outreach - Athabasca:

Living with Artificial Intelligence, past, present and future

Thurs, Apr 25, 7:00 to 8:30 pm MDT

AU Government Council Chambers, 1 University Dr, Athabasca AB

In person

Hosted by AU

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No pre-registration necessary

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Traditional Side-hustles

Personally, I'm old-school, and prefer true and tested ways. Traditional side-hustles are not dead and are great for part-time. You can try dog walking, babysitter, restaurant server, pizza delivery driver, administrative assistant, or barista. You can also find part-time jobs within your industry. Maybe you're a full-time marketing consultant for a large organization. You can take on a part-time social media gig. If you like the idea of a mind-numbing job for 5 hours a week just to make a couple hundred extra a month, try applying for a cashier at Walmart. I am told their hours are very flexible. If you have a reliable and clean vehicle, the latest craze is signing up to be an Uber driver.

How much money can you make with your part-time job? Most of these jobs float around the minimum wage mark. However, you can find a few higher paying side-hustles if you dig around a bit.

Consulting Business

If you have specialized talent, or skill, that can benefit others, starting a consulting business could turn into a lucrative side-hustle, or even your main gig. This will take the most time to get rolling, but again, I've read of people who generate five or six figure incomes by doing what they love and what they're good at. The challenging thing, for this one, is networking, building relationships, and proving your skill sets. If you're a member of Introverts Are Us, like I am, this may seem horrifying at first, but it is doable.

Just think of your industry from a broad perspective, and what problem you can use your skill-sets to solve. People tend to seek those who can either A) make them feel better, or B) solve a problem. The difference is that option A can be seen as a luxury and not always sought after. Whereas, option B is a necessity and has a sense of urgency, so will be sought after. If you're running low on ideas on what to "consult" try narrowing it down to specific skill-sets. You can start consulting in a lot of niches, such as Marketing consultant, Brand consultant, Accounting, HR consultant, IT and digital consultant, or social media consultant. I recently listened to the \$100 start-up on my audiobooks reader and there were some really good tips and ideas on there – borrow it from your local library to see what I'm talking about!

The concept of having a side-hustle is not new, but it has become extremely popular in recent years. This is most likely due to the unstable economic times the past couple decades. Finding the time for a side-hustle can be a challenge, too, especially if you already worked a long day, have kids, etc. And some side-hustles will take longer to get started than others. It's all about finding the right balance that fits your busy lifestyle. But before you dismiss the idea, consider that you might have more free time than you realize. Instead of spending 2 hours mindlessly scrolling through social media feeds to unwind, use that time to work on your side-hustle ideas.

Remember that investing and sacrificing a few hours today could help your finances and future later. To summarize, find something you're passionate about or enjoy doing. Set a dedicated number of hours each week and stick to it. Look at your side-hustle as a potential opportunity. Be patient and don't expect to quit your regular job within a few weeks. And, finally, even if you fall down the first time, keep going. That failure makes your next move stronger.

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Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance or development related.





Course Exam

Brittany Daigle

HIST 367 / GLST 367 (The Second World War) is a three-credit history course that is intended to provide a better understanding of the events of the war years, focussing on the decade of 1937 to 1947. This course will focus on several key wartime events, as well as on the issues and controversies that often still surround them and continue to absorb modern-day historians because of their political, social, moral, and ethical implications and consequences.

Students should be aware that this is a cross-listed course, meaning that it is listed under two different disciplines, both Global Studies (GLST) and History (HIST). HIST 367 may not be taken for credit if you have already obtained credit for GLST 367. There are no prerequisites for HIST 367 / GLST 367, though HIST 202 (Western Thought and Culture II: Since the Reformation) and HIST 216 (Europe, 1618-1939: From the Thirty Years' War to the Age of Dictators) are strongly recommended.

HIST/GLST 367 is made up of twelve units, three assignments weighing twenty-five, ten, and thirty percent respectively, and a final exam worth thirty-five percent. The twelve units within this course cover several interesting topics, such as the industrial revolution, ideologies, urbanization, imperialism, global economy, reforms, the First World War, and the Russian Revolution. To receive credit for this course, students must obtain at least fifty percent on the final exam and achieve an overall course composite grade of at least fifty percent. The final exam for this course must be taken online with an Athabasca University approved invigilation centre.

Melanie Cook, a tutor for HIST 367, has worked with Athabasca University as an instructor since January of 2005. She states, "My academic background includes a B.A. degree in Psychology and then a specialized B.A. Honors degree in History from the University of Alberta. I went on to complete my M.A. at Queen's University in Kingston, Ontario. In my history degrees I studied and researched medieval, early modern, and English history, but specifically focused on women's and gender history within these timeframes and areas. Among the courses I took, I studied Anglo-Saxon history as well as medieval history and this gives me a basis for teaching in the Viking History course. At Queen's University, as part of our graduate training, I was a teaching assistant in Medieval history, Holocaust history, and Women's Studies."

She continues, "With AU, I provide instructional support for students in Roman History (CLAS-HIST-HUMN 312), the History of Early Christianity (HIST-HUMN-RELS 313), History of WWII (HIST 367), History of Science (HIST 404), and occasionally provide alternative coverage in Viking History (HIST 383). I am also a Tutor in Introduction to Women's Studies (WGST 266), and Violence Against Women (WGST422)."

When asked to describe HIST 367 to students, Melanie states "HIST 367 / GLST 367 is a third-year course on WWII that is comprehensive in the breadth of information covered from all theatres of this global 20th century war. Students will learn about the Western theatres that operated throughout the European continent, spanning the Western and Eastern Fronts as well as south in to North Africa, and the Asian and Pacific theatres led by Japan in conflict with Allied

countries. This course not only introduces students to the events of WWII but also invites students, through readings and videos from WWII Historians' research, to critically evaluate causes and effects of political policies, domestic and global economics, military strategies, cultural identities and borders, as well as of the growth of global expansion and Industrialization for the purpose of nation building. Students will come away from this course with a broader and deeper understanding of how this widespread conflict changed the course of 20th century global geopolitics and societies and continues to influence the world in the 21st century."

As for the structure of the course, she states that "There are 14 units for this course. Each unit requires students to complete assigned readings and accompanying thought/study questions. Each unit also requires students to complete a quiz and a discussion assignment for a total of 14 quizzes, and 14 discussion submissions."

"As students complete a unit's readings, it is recommended that they also create notes for the timeline assignment, so they have a record of key figures and events that occurred throughout the developments in WWII. Once students have completed unit 14, they can revise their timeline assignment and submit it. Quizzes, discussions, and timeline assignments are designed to help students retain details from course readings to better understand the scope of WWII history."

She continues, explaining "There are 2 written assignments. The first assignment is a short essay designed to have students think critically about causes of the Pacific War by specifically critiquing events of Pearl Harbour and subsequent theories around whether the U.S. and the U.K. governments had any foreknowledge of Japan's military attack."

"Assignment 2 is a research paper. Students can choose one research topic from 20 topic ideas. This assignment helps students engage with researching sources and show their understanding of an aspect of WWII from their researched material. Students are expected to show development of content and analysis that incorporates at least one primary source from WWII, relevant to their chosen topic, along with supporting secondary sources to help them present critical explanation and analysis about the historical context of their chosen topic. The written assignments are designed to help students build their conceptual comprehension and critical thinking skills in analyzing WWII history."

She concludes, stating "The exam tests students' cumulative course content knowledge so the assignments, study questions, and unit and course objectives are designed to help students build a good set of study notes and practice questions for writing the exam."

When asked what type of work ethic students will have to have, Melanie explains that "Students in these individually paced courses each have their own learning styles and their own schedules, so one thing all students need to do is determine what type of study schedule works best for them on a daily and weekly basis. For example, scheduling in a block of time (student's choice) each day for the course can then allow students to set aside time for reading, for study questions, for unit quizzes, for unit discussions, for the timeline, for research and writing, and for exam prep within each day's block of time for the course. Steadily working at the course in this way and breaking down coursework into manageable tasks will help manage student stress and provide a reliable structure for students to work with and adapt as needed."

Melanie recommends HIST/GLST 367 to "Students interested in: WWII and in History (Canadian, Britain and European, Japanese, US, World History), Global Studies, Cultural Studies, Interdisciplinary Studies, Political Science, Philosophy, Education."

As for what she believes students will take away from this course, she explains "So far students have been finding their understanding of WWII becoming broader because the focus is not only

on Europe and North America and the British Commonwealth and the USSR involvement in WWII but also the politics and militarization and Imperial vision of Japan and the Eastern theatre that develops from Japan's interests. Students will also come away with a deeper understanding of global culture's nation building and an understanding of the rise of 'nationalism' and global geo-politics of the 20th century, as well as an understanding of the subsequent consequences of these into the 21st century."

Every course has content that some students may find more difficult to learn than others. As for HIST/GLST 367, Melanie believes that "Building critical thinking skills from a History discipline practice, in terms of blending an understanding of historical research and theory with primary sources that come from the historical events of WWII, can be challenging for students who are not used to reading primary sources and critically evaluating these as evidence. However, primary evidence from WWII is fascinating for students because it is so illustrative and often motivates them to learn more about that time in history."

She continues, "There is a lot of information in the course to take in, from readings and videos and assignment work, so this means students will have to work out a regular course-work schedule into their existing schedules."

Whether HIST 367/GLST 367 is a degree or program requirement of yours, or if the topics that were discussed above are of interest to you, this course will have you learning interesting material surrounding the topic of the Second World War.

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: TransCanada Scholarship Program

Sponsored by: TransCanada

Deadline: May 17, 2019, 11:59 pm EDT

Potential payout: up to \$10,000

Eligibility restriction: Applicants must be Canadian citizens or permanent residents of Canada, located in a community near TransCanada's operations or projects, enrolled in a post-secondary institution, and would benefit from supplementary education funding. Further eligibility requirements depend on type of scholarship.

What's required: A bunch of stuff that will only be revealed once you answer a short questionnaire and supply your email address.

Tips: Scholarships are awarded in three categories: Community Leaders, Indigenous Legacy, and Trades.

Where to get info: www.tcscholarships.com/



The Not-So Starving Student Why Every Foodie should Love Airport Lounges

Xin Xu



With the winter semester coming to an end, AU students may be planning on a graduation trip or a vacation to end the school year on a high note. As a traveler and a foodie, one of the best recommendations a friend once had for me was to sign up for airport lounge passes. Prior to this, I remember waiting for my flights sitting next to a mysterious entrance leading to an upscale lounge. Often I wondered what on earth people need a luxury seating area for. That was until I discovered the lounges first-hand and bought into the obsession with them. Airport lounges are the perfect asylums for weary travellers. Particularly for foodies. The selection of all-you-can-dines vary greatly and is highly dependent on the city you're visiting. While I used to dread the lengthy layovers, I now look forward to every layover because I can rely on boundless grubbing at these lounges. Here are a handful of my favorite airport lounges.

Vancouver Plaza Premium lounge ★★★★★

- **Ambience:** I was blown away by the overall design of the lounge. The spiral staircase leading to the lounge made a lasting impression on me and built plenty of hype for the buffet stations.
- **Food:** This lounge featured scrambled eggs, toast and hot soup. There is also made to order items like vermicelli soup.



Montreal Air Canada Lounge ★★☆☆☆

- **Ambience:** This lounge was fairly crowded even during an off-travel season like in February
- **Food:** Mediocre food included cold salads and hot soup. Nothing out of the ordinary or impressive about this lounge. However, if you're a big fan of self-serve booze, this place has it covered.

Edmonton International Plaza Premium Lounge ★★★★★

- **Ambience:** The anticipation of leaving Edmonton always made me look forward to the lounge at the Edmonton International Airport. Unlike the busier airports, the lounge at this airport is always quiet and offers spacious room for visitors to move about.
- **Food:** Depending on your destination, there are two Plaza Premium lounges available. The lounge for domestic flights often offers my favorite breakfasts and snacks.



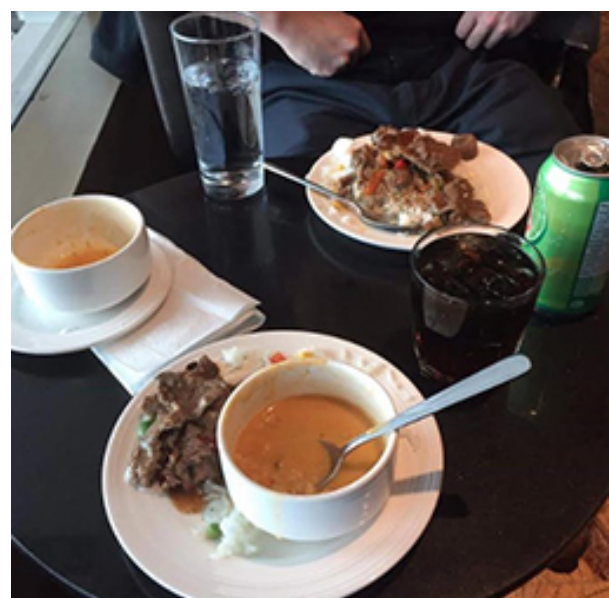
Hong Kong Airport Plaza Premium Lounge ★★★★★

- **Ambience:** despite the busy atmosphere of this lounge, it was well designed and cozy with plush armchairs that are close to the dining area
- **Food:** The a la carte items from this menu ranged from your own *udon* to ramen or Taiwanese noodle soup. I was blown away by the service, the diversity of menu and beverage items.

Phoenix Airport Plaza Premium Lounge ★★★★★

- **Ambience:** the quiet lounge has an open view of the Arizona desert. However, besides the panoramic window, the interior design is mediocre at best
- **Food:** The warm buffet-style food made up for the lack of atmosphere. There was plenty to choose from including multi-ethnic cuisines such as stir fry and rice.

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



The Fit Student

Treat Your Troubles with Nibbles

Marie Well



I'm branding a fitness app for a client. Part of my role may include tweaking diets to tackle health concerns—and then getting the nod from certified dietitians.

When it comes to a healthy diet, some tips seem basic: cut out added sugar, scrap trans fats, quit eating out, and fry nothing. But once you've got the basics down, treat your troubles with nibbles.

Stress and Anxiety

A fellow at my last workplace asked me how to beat anxiety. I gave him tons of advice, from dietary to psychological. To my delight, he later packed two bins brimming with veggies. And he boasted of starting gym cardio.

But some veggies tackle stress better than others. Organic kale jabs the jitters. Other non-veggies punch away stress, too: turmeric, salmon, blueberries, dark chocolate, and fermented foods (Mercola, March 19, 2019). I eat that whole list of de-stressors almost every day.

Psychiatric Disorders

Vitamin B deficiency can lead to psychosis. But if you're already zapped by psychosis, your diet could take you to remission. According to Dr. Mercola, a study "published in *Act Psychiatrica Scandinavica* in 2005, revealed that subjects who underwent a gluten-free diet experienced reductions or even a full remission of schizophrenia symptoms" (Dr. Mercola, March 31, 2019). How's that for an end to dietary delusions?

Autoimmune Diseases

An anti-inflammatory diet exists called the autoimmune protocol (AIP) diet. According to Medical News Today, the AIP foods to eat include

- "meat and fish, preferably not factory raised
- vegetables (but not ... tomatoes, eggplants, peppers, and potatoes)
- sweet potatoes
- fruit (in small quantities)
- coconut milk
- avocado, olive, and coconut oil
- dairy-free fermented foods, such as kombucha, kefir made with coconut milk, sauerkraut, and kimchi ...
- fresh non-seed herbs, such as basil, mint, and oregano
- green tea and non-seed herbal teas
- bone broth
- vinegars, such as apple cider and balsamic" (Burgess, Thu 30 Nov 2017).

I eat a lot of fruit—about four to five servings a day. But I believe my low blood sugar causes me to crave fructose. I love coconut milk, too, but it's low in calcium. Apple cider vinegar gave me severe hot flashes. The flashes faded once I stopped chugging vinegar. So, cater your diet to your budget, tastes, allergies, and health concerns.

On the flipside, foods to avoid on the autoimmune protocol (AIP) diet include

- “all grains, such as oats, rice, and wheat
- all dairy
- eggs
- legumes, such as beans and peanuts
- nightshade vegetables (tomatoes, eggplants, peppers, and potatoes)
- all sugars, including sugar replacements (except for occasional use of honey)
- butter and ghee
- all oils (except for avocado, coconut, and olive)
- food additives
- alcohol” (Butler, Thu 30 Nov 2017).

Make small changes to your diet to prevent autoimmune disease. Allergies can happen with dairy, eggs, grains, and peanuts. Perhaps that's why the AIP diet cuts them out. So, to start, stop eating sugars, butter, food additives, and unhealthy oils. Then slowly cut out the rest.

Cancer

Recently, I watched over seven hours of a documentary on healing cancers. The documentary, called *Eastern Medicine: Journey through Asia*, looked at Japan's, Taiwan's, Philippines's, Singapore's, Malaysia's, Thailand's, and India's approaches to cancer treatment.

The dietary treatments that stood out include curcumin (found in turmeric), red hot peppers, and high doses of vitamin C. And if you've got the oomph, add a coffee enema. A coffee enema can squeeze the parasites out of your flesh and into your stools.

Perhaps one of the best natural cancer treatments involves a ketogenic diet, according to Dr. Joseph Mercola. Ketogenic diets use high fats, moderate proteins, and low carbs to starve cancer cells. Cancer feeds on sugars; carbs convert to sugar. So, limit your carbs (and sugars) to kill cancer. Dr. Mercola says, “Animal studies have shown that mice fed a carb-free diet survived highly aggressive metastatic cancer even better than those treated with chemotherapy” (March 10, 2013).

Also, he says that intermittent fasting may help treat cancer. Dr. Mercola has an article titled “Fasting Shown to Drastically Reduce Risk of Breast Cancer” (April 11, 2019). In that article, Dr. Mercola says fast by eating within an eight-hour window (April 11, 2019). But talk with your doctor before fasting. When I had chronic fatigue syndrome, fasting would've sunk me.

As well, *The China Study* by T. Colin Campbell says a vegetarian diet can prevent cancer. But one doctor's book said vegetarians are some of the unhealthiest people she's met. That's because vegetarianism can lead to poor vitamin B12 substitutes. (B12 is found mainly in animal products.) No, fake meat is not healthy. Even tofu can lead to health issues: “Some health problems related to a high-soy diet include thyroid problems, brain damage, cancer, and reproductive disorders” (Dr. Mercola, Sept 16, 2008).

So, if you eat vegan, consider adding some ethical animal products like “grass-fed beef and beef liver; organic, free-range chicken; raw milk; organic free-range eggs” (Mercola, Feb. 15, 2012). At

the very least, supplement with a high-quality vitamin B12, as many B12 pills are ineffective (Mercola, Feb. 15, 2012).

What better way to treat your troubles than with nibbles?

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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

Amy wonders how to find her tutor's email if it wasn't in the tutor letter; minutes later she has the AU directory link and the email address she seeks. Julia weighs the merits of completing one course per month rather than tackling three at the same time. Angela asks if she can have a beverage on her desk during a ProctorU exam; this triggers a discussion on allowable items.

Other posts include quick courses, exam late fees, dealing with distractions, essay length, and courses FREN 362, GEOG 365, NUTR 331, and RELS 211.

reddit

A pair of posts looking for feedback on a flurry of courses, including FNCE, PSYC, and SOCI.

Twitter

@AthabascaU tweets: "#AthabascaU is #NowHiring an Individualized Study Tutor for Introductory Composition. Responsible for providing academic support to students & marking assignments, the ideal candidate would have a Master's degree in English or Writing Studies. <https://bit.ly/2D95WkB>."

@austudentsunion tweets: "AUSU Open Mic is officially launched! Check out our new podcast for AU students at <https://bit.ly/2Irb4nA> (or search "AUSU Podcast" on Spotify, Apple Podcasts, Google Podcasts, or Pocket Casts). The first few episodes are already live! #igo2AU."

Is Amazon Spying on You?

Francesca Carone



Amazon's electronic device is known as Alexa. It is a voice activated virtual assistant similar to the Echo, and Google Home. With this device a user can find answers to many questions as well as change your thermostat, stream music, and schedule appointments. Alexa software is continuously recording snatches of audio and listening. Students can find this handy device helpful when studying, finding out information, and keeping on top of things. But is this little device spying on us?

It turns out, Amazon employees actually are listening to recorded Alexa conversations, and, the scary thing is, you can't really turn it off. You can disable the use of your voice for development of new features (which is what they say they use our recordings for), but those people may still have their recordings analyzed by hand through the review process. (Day, online). So if you can disable it but it is not really disabled, what is the point? Amazon employees listen to hours and hours of clips which includes mundane conversations as well as possible criminal and sexual assault happening near the device.

There is even a possibility that Alexa conversations can go beyond only Amazon employees and share your personal information

with others. *The New York Times* wrote about a woman in Portland who claims her Echo device recorded a conversation and shared it with one of her husband's employees. (*New York Times*, online). With all the privacy concerns these days, I don't think it is wise for students, businesses, or anyone, really, to take the risk of having personal information shared or leaked to others without consent. What else can they be doing with your recordings? I found that "Some employees admitted to sharing amusing recordings with other employees via an internal chat room. Others said they had heard potentially disturbing conversations between people in their homes" (independent, online). Amazon was even ordered by court to hand over recordings in a suspected homicide, which they refused to do, surprisingly. All this makes me feel uneasy.

I don't know about you, but I think it is ridiculous that Alexa and other types of similar devices are recording you without your permission or knowledge. These conversations, possibly taken without your consent, are then uploaded to the cloud and accessible to Amazon employees, and possibly others. According to Time, "each reviewer parsing as many as 1,000 audio clips per shift, according to two workers based at Amazon's Bucharest office" (Time, online).

Although Amazon says they take security and privacy of their customers very seriously, I don't seem to trust that. It is up to you to decide if you do. While your full name and address are not connected to your recording file, your first name, device serial number, and account number are.

This to me, makes it easy for an employee to look you up and retrieve more information such as your address.

Apple's Siri also has humans analyzing conversations. Their recordings however, according to Google, are not connected to any identifiable information, and the audio is distorted. (Time, online). Amazon too claims that listeners don't have access to personal information, but I disagree. Students can find usefulness in these devices, of course, so I guess it is up to each person to decide if their privacy is a concern to them or not.

This all reminds me of my course in Issues to Access & Privacy Protection at Athabasca. That course helped me learn about why it is important to protect people's privacy and freedoms. Professionals, including psychologists, are required to keep information only as long as it is necessary. There is no information on how long Amazon is going to keep these conversations, but there is a way to delete them. But this device seems like it's going in the opposite direction of current privacy legislation.

Once again, it is up to everyone to know what is happening and decide if they want to participate or not. Hopefully Amazon and Google, as well as other device makers, will make their plans for recording customers clearer at the time of purchase to avoid issues with privacy breaches in the future.

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The Wonderful Malleability of Time

Wanda Waterman



*"Time isn't the main thing.
It's the only thing."* - Miles Davis

Here's some good news for those of you balancing heavy course loads, family responsibilities, work, and who knows what else: Time is malleable, and, with a few small life changes, you can benefit from some of the infinite possibilities it offers.

Humanity can be roughly divided into three types of people: 1) treadmill runners, 2) recliners, and 3) time lords.

In the first category we have people who are endlessly busy, who can never get it all done, and who long for a few extra hours each

day. They don't have time to ask themselves if this is what they really want or even if their frantic effort is the best way to go about getting it. These people are not using their highest gifts to work toward their own fulfillment.

In the second group are those who never feel especially pressed to do anything and who do what they do when and as they please. Their goals are vague, and they have an inner assurance that even if they do nothing they will somehow arrive at their desires. Infuriating as it is, these people often get their needs met without raising a finger, and even if their needs aren't met they don't seem to mind. But this group too is unfulfilled, blocked from the pinnacles of personal accomplishment and unable to engage with the world in a meaningful way.

In the third group we have the time lords. The allusion to the television series *Dr. Who* is deliberate; time lords are curious, are passionate for the good, and are specially equipped for fighting evil. Best of all, they're capable of squeezing centuries of rich experience, learning, and accomplishment into one lifetime.

How is this even possible, you ask? Because the time lords have discovered the secret of the lovely suppleness, the astonishing ductility, the wonderful malleability of time.

They understand, as philosopher Henri Bergson did, that time is not simply a series of events of equal duration such as the turning and orbiting of planets or the principal microwave resonance of a cesium atom. These events, delivered to us via clocks, calendars, and National Research Council Time Signals, are not time, but rather tools to help us measure time. They teach us that washing dishes doesn't last nearly as long as we think it does and that time really does fly when you're having fun.

Time lords also realize that if they set things up just right they can achieve significantly more in much less time, and their lives show it. They're walking kiosks of fascinating anecdotes, deep insights, and unique achievements— and their lives have gone somewhere, even though they may have had to endure a series of incarnations to get there.

Yes, you, too, can be a time lord. Here are just a few suggestions to get you on your way (after this you'll be sure to think up more of your own):

1. Don't believe that to succeed you must always be busy. Make sure that every day includes solitary meditation and reflection, thoughtful discourse, meaningful study, or all of the above. These periods will help you see when you're headed in the wrong direction and will compel you to choose how to make the best use of your time.
2. Plan things in your head before executing them. Mulling over upcoming tasks and projects is far better than slipping into a dream world or flipping through social media, and it will save substantial time when it comes to bringing your idea to fruition.
3. Guard your time, carefully scrutinizing the value of every task you spend it on. Your time is not money— it's much more precious, and you need to shield it from demands and activities that don't respect its sanctity. You also need to give *more* time to those activities that you value the most, not putting them off until the busy work is done.
4. Deliberately limit the time you give to tasks. More time does not necessarily mean a better outcome, and the more you train yourself the easier it will be to complete the same task better and faster next time.

5. Cultivate those states of mind that generate visions, ideas, and solutions— the things that usher in the new. Epiphany happens in the twinkling of an eye, but that eye needs to be open.
6. If you're now a treadmill runner, think carefully about the circumstances that put you in the rat race and then think even more carefully about what you need to do to get out.
7. If you're now a recliner, you need to wake up; the world needs your unique gifts, and you need the world's marvelous experiences to lift you up where you belong.

You, too, can be a time lord, gaining more and deeper benefits than both treadmill runners and recliners while remaining both well-rested and energized. Yes, you have the time— you just need to change how you use it.

Wanda also writes the blog *The Mindful Bard: The Care and Feeding of the Creative Self*.



Fly on the Wall To Dream, To Grow

Jason Sullivan



AU as the Realization of an Ennobling Dream of Growth

In some sense, all that goes into making us who we are at the academic level can be summed up in the immortal lyrics of the REM song “Losing My Religion”: “that was just a dream” they sang (REM, online). And what a wonderful dream it is; AU sets us off on a previously unimaginable journey. Dreams have real consequences and once we've learned, say, to apply our sociological imagination, there is no going back to an embodiment of our previous selves. In this way, the study of dreams contains a certain

“*oneiric* extravagance” that suggests a stark boundary between mindful awakening and lucid dreaminess (Foucault, 584). After all, we are often in more than one place at once or, to use a somewhat vulgar term: *not all there*. Knowing this, we can temper our critiques of others for what they appear to be doing or not doing. The inner world of the mind is richer beyond the aesthetics of a superficial imagination. And besides, superficial people yield superficial results.

Moments that transcend their ostensible meaning, such as being in a lineup at the town dump or lost in consideration while hunched over one's course material, attain new creative possibilities. They do so precisely when the soft boundaries of consciousness allow new thoughts to emerge. Rumination is not only for cows and other ruminant beasts who chew their cud that it may be better digested. No matter the tasks we undertake, there is often room for the acquisition of a few new ideas that we can apply to our studies. I carry a notebook all the time for this reason; it also works to send yourself a text message. Like messages in a bottle, or treasure buried in the backyard, we never know where a new theme or inspiration may bubble to the surface of our conscious mind.

Foucault took issue to some extent with Descartes precisely because of the latter's assumptions that a certain truth may be fastened to the face of one's conscious awareness. In fact, there are many truths in every given mental instance and to be thinking while acting is to be, inherently, a multitasker. Yet philosophy, says Foucault, tends to hide a deeper assumption: that one can step outside the matrix of reality to draw certain conclusions about existence itself. But how do we step outside ourselves to know our self? Philosophy often seeks to tie together "knowledge that can be derived from the senses" such that an emergent order can be ascertained (Foucault, 585). Foucault says that "no sentence in the text can be detached with impunity from the moment at which it is placed" (Foucault, 586). A line of trucks waiting to be parted from their loads of refuse can no more be summed up as a group of bored adults than can each of their unique and solitary ponderings be summarized as mere daydreamy dalliances.

Descartes had excluded madness from a possible serious objection to whether he was really there, thinking his thoughts, at all. Foucault takes this as a sign of reverence for a skeptical reader, who perhaps looks a tad askance at philosophical considerations to begin with. This finds parallel in how peers might cast a suspicious eye on our hours of AU study and suspect we are somehow merely wasting our lives away. Descartes seems to assume that a certain order exists in the universe, from which madness deviates as an unusual aside rather than a natural aspect of our multiplicitous selves cohabitating within our creative minds.

Foucault summarizes: to Descartes "madness appears in all its impossibility for the subject who is meditating; it appears from within the element of constituted knowledge like a process that can happen to the brains of others, according to mechanisms that are already known...At the moment at which the risk of the mad philosopher is rejected—both to mask and justify this refusal—what appears is madness as mechanism, madness as disease. An anticipated fragment of knowledge comes to take the place of the rejected test" (Foucault, 589). Desiring a truthful certainty, Descartes discounts that which will waver and lack certitude. Yet, we humans do tend to daydream, and that can be a creative part of our academic process.

beAUtiful Diversities of Learning

One lesson that applies to our time at AU is humility in the face of diversity. Many different approaches to psychology go into even the shortest textbook; in every discipline of study there are abundant approaches to both theory and practice. As such, even though it might at first seem a bit crazy to be sitting in your vehicle waiting at the dump with the windows up, this is exactly how we at AU appear as we study indoors on a sunny afternoon. Sheer madness? Nope, it's an opportunity for productive pondering. Descartes doesn't want to "suppose that he is mad" because if he admits that possibility he will cast a shadow over his own certainty: that he is indeed a reasonable thinking person (Foucault, 584). Yet, if we substitute the somewhat distasteful term 'madness' for a kinder word such as 'creative' we can see that our minds are always in multiple places at once. While waiting in the lemon of the lineup of life we can conjure imaginative lemonade from the moment.

Whenever there's a pause or a space, the waters of thought rush in and AU certainly provides rich and fertile material for us to ponder. I should know, as *Fly on the Wall* I've been in that dump lineup many times and taken many AU courses! Foucault concludes that the assumption that mad people are feckless and naive needs to be turned right around. In fact, we must question the assumption that we can look at ourselves in a given moment and easily pigeonhole our thoughts and actions. Foucault states that "the Cartesian discourse remains closed to any event that would be outside the great interiority of philosophy. And, as the messenger of this insolent event, he imagined a naive fellow with his stupid objections, coming to knock on the door of philosophical discourse and being thrown out without having been able to come in. It is indeed in such a

manner, in the form of a naive interlocutor, that philosophy represented to itself all that which was external to it. But where is the true naivety?" (Foucault, 590). No matter our level of education, we judge others at our peril for the very core of our studies might seem a little bit nuts to others.

As when others judge our studies through the lens of their own, often unpleasant, memories of their experiences of education, we can use our unique experience as adult students to gain humility and grant understanding to others who at first glance may seem somewhat incomprehensible. Who hasn't enjoyed a daydreamy dalliance while doing chores on a gorgeous Saturday afternoon? Some things, like the Cartesian epiphany that we are each unquestionably a thinking being, and perhaps one that contains many versions within us each suited to particular moments or applications (like Apps!), really are universal. Yet the real madness would be to expect total consistency within ourselves, such that we somehow transcend variant times and places. Change and growth is what makes our AU time so golden and that's reflected in how we evolve within the seasons of life itself.

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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.



Twenty Revitalizing Spring Rituals

Tara Panrucker



Persistently studying every spare moment, reading stacks of texts, and writing all winter, sometimes we go for weeks before glancing up to see what's going on around us. Gradually, the snow has melted, the car windows no longer require scraping, and green blades of grass begin resolutely poking out of the ground. If your neck and back are stiff from hunching over your laptop and your fingers are cramped from hammering the keyboard, it may be time to take a break for some revitalizing spring rituals.

Here are some things that just might bring the spring back into your studies.

- Change all the wallpapers on your phone, laptop, and any other screens that are still displaying cold winter vistas. Visual stimulation generates mental inspiration.
- Treat yourself to a fresh new bouquet of tulips the next time you hit the grocery store. Place them in your brightest vase and display where you'll view them often.
- Revisit and revise old goals. Cut whatever no longer fits into your current life and create new objectives for upcoming courses and exams.

- Take a retail therapy trip to invest in colourful new pens, a leather-bound notebook or three, and patterned stationary to brighten your desk space.
- Attack closets with a no holds barred pruning session (be a 'Closet-Ninja'). Store old winter-wear in totes to make way for fresh spring threads. Create a donation pile for the thrift shop and drop off for the reward of a heartfelt 'thank you' from the store volunteers, who truly appreciate the goodwill.
- Nothing makes you stand taller than a new haircut. Trim bone-dry ends and aim for an easy-care new style.
- Head to the library and check out a new book on a subject that has nothing to do with your current courses. Alternatively, read a new book that offers additional insights to your studies.
- Open the windows and let fresh spring air oxygenate your living space, breathing new life into every room.
- Grab a wet cloth and wipe the winter dust from everything—furniture, electronics, and light fixtures (be sure to unplug everything first). Everything looks brighter with a clean patina.
- For an excellent cure for fatigue, plug in your headphones with new iTunes, and go for a long walk or jog around your hood or local park. Or leave the phone behind and revel in the sounds of spring birds singing as they work.
- Release old coloured markers, paints, and crayons from the drawers for an artistic session of scribbling or painting whatever emanates through your hands.
- Sample new essential oils, lighter spring perfumes, or sensual aftershaves. Spring is in the air!
- Try a gentle milk thistle tea or fruit and vegetable smoothie detox for a day or two. Drink ample water and cut back on the heavy dairy and meat diet from cold winter days. A salad or two never killed anyone either.
- Instead of the same old beer or wine, try out a refreshing fruit spring cocktail next time you're out with friends. Test new recipes at home to tantalize your tastebuds. Does anyone have a perfect *Long Island Iced Tea* recipe? Please share!
- Ditch depressing blacks and greys of winter for crisp whites and brilliant colours. Even bright socks with cheeky messages can put a 'spring' in your step.
- Seek out a friend or family member with a baby or puppy for soul-soothing snuggle time. It's hard to beat the affections of a brand-new fur or human baby.
- Sick and tired of cooped-up studying inside? Grab your books and head outdoors to discover cool new places to read. Perhaps a park bench or on your favourite old lounge under a budding spring tree. Pitch in some yardwork in between courses.
- Release your Instagram photos from digital prison and frame them. I've found brand new frames for under \$10 from my local Value Village. Brighten up your walls with a nature or travel theme.
- Gather your buddies for a road trip to a waterfall, lake, or garden. Pack a lunch in your backpack with thick ham and cheese sandwiches, apples, water, and nuts for a healthy and delicious steep in nature.
- If you're feeling truly sassy: "A Canadian is someone who knows how to make love in a canoe." *Pierre Berton*. Although, you might want to wait until summer for that one.

Ritualizing the changes of Canadian seasons breathes fresh air into the otherwise mundane. It begins on the inside—change your outlook; change your heart; change your life.

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



The Study Dude Becoming a Prof is Tough

Marie Well



If you want to become a professor, you've got it tough. At least, that's the view of Dr. Chris Davis, author of *How to Become a Professor: A Non-traditional Guide*.

But wait! PhD programs throw money at you, don't they? Well, physical universities offer paid T.A. and teaching roles. But make sure you also apply for an NSERC grant or SSHRC award. I landed a SSHRC award valued at \$24,000 plus a TA position paying over \$5,000. I spent most of my funds on my wardrobe, but, hey, it was fun. You can access that funding, too: Dr. Davis says, "When I was in grad school at the University of Michigan in the early 1990s, most doctoral graduates would apply for full-time positions, doing some combination of teaching and research" (location 72 of 961, 7%).

But grad studies has its downsides. I had a TA role in the graduate program. It paid over \$5000 for the semester, but it lacked glamour. You see, my TA supervisor called the students "the enemy." And she instructed the essay grader to "hammer" students—knock them down a few grades. Whenever I argued for

a student's A grade, she'd knock the grade down by two letters. I wanted to groom a "love not hate thy student" teaching view. At the very least, I refused to fail any of my students.

Once you graduate with a PhD, you might find yourself without a job (Davis, 2018). Opportunities for professorships have slackened despite universities churning out more PhD students: "Traditional doctoral programs continued to produce the same number of graduates even as traditional opportunities decreased. Non-traditional universities added even more newly minted PhDs as they received accreditation for new doctoral programs" (Davis, location 72 of 961, 7%). Yes, competition!

My thesis supervisor transferred from a great university to a not so great one. Dr. Davis says, "While some still succeed at the traditional path and land a coveted position at a traditional university or at least a full-time teaching position somewhere, many do not. Even those who do land on the tenure track are not guaranteed of tenure and may find themselves on the academic job market again in seven years" (location 72 of 961, 7%).

So getting into a PhD and gaining professorship won't necessarily secure you a job. According to Dr. Davis, "If your goal is a traditional higher education career path of going to graduate school for ten years and then applying for tenure track positions at a similar institution ... I wish you the best of luck, because no matter how hard you work, how smart you are, or even how pretty you are, the odds are against you" (location 89 of 961, 9%). But that doesn't mean you shouldn't aim high. Get the PhD if you can. But be sure to gain at least a 3.8 out of 4 GPA.

While tenure might be out of the ballpark, you can access other teaching roles, such as becoming an independent prof and teaching your own online courses. But if your heart is set on becoming a prof, "if the why is big enough, the how will take care of itself. Your purpose in becoming a professor needs to be clear and strong to sustain you on the journey. It has to be founded upon a passion to help the students Don't do it for the title or the money, if that is the case, look into another area where you can succeed" (Davis, location 833 of 961, 87%).

But AU students, take heart: "distance education is the future. Learn how to construct online courses and teach online. It will keep you relevant" (Davis, location 852 of 961, 89%).

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Dear
Barb

Barbara Godin

Wedding Miss?

Dear Barb:

Greg and I have been together five years and moved in together two years ago. We have just finished our degrees, have landed good jobs, and are anxious to begin a future together. Eventually we want to have children, but have decided to purchase a house first. Everything is great between us until we begin discussing marriage. As soon as the topic comes up, I can feel my body tense up and my stomach begin churning. I am pretty sure Greg is picking up on how the thought of marriage doesn't seem to sit well with me. But I can't seem to pinpoint what is causing this. We get along great, rarely argue, but something doesn't seem right when I start to think about marrying him. I'm confused and don't know what I should do. Is this an indication that maybe I'm making a mistake? I love Greg. Do you have any suggestions for me? Thanks, Nicole.

Hi Nicole:

The best time to deal with any doubts or second thoughts you may have about getting married is before it's official, and ideally, before you have begun any plans. Currently you're still talking about it, so before you make it official you need to address these concerns. There are right and wrong reasons to marry, and you need to make sure yours are the right reasons and it's the right time. Since you get along well and everything is great, maybe

it's just the timing for you. Maybe you need a little longer to be 100% certain. Below are some questions you can ask yourself that may help you decide if you are marrying for the right reasons.

- Are you marrying because all your friends are getting married and it seems the right time?
- Are you marrying for financial reasons?
- Are you tired of being single?
- Perhaps you are feeling pressured because you are living together?
- Are you marrying because you fear no one else will love you?

The answers to these questions may help you to discover what is giving you second thoughts. Also here are some of the right reasons to be getting married, so make sure these apply as well.

- You are in love with each other.
- You have similar goals for your life together.
- You are realistic about each other's faults and don't plan to change the other person after marriage.
- You are willing to make the commitment and work required in marriage.

These should help you to determine whether marriage is right for you at this time in your life, or with this partner. Hope this information is helpful and thanks for your question Nicole.

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



Chazz Bravado
Allison Mack

Wanda Waterman



I just heard that Allison Mack pleaded GUILTY to recruiting women to act as sex slaves for Keith Raniere.



It's a travesty!



Why would that nice young lady plead guilty ...



... for encouraging other women to explore the limits of their freedom?



And what guy couldn't use a gal pal like that?



Allison, if you're reading this—



The Chazz Man is your biggest fan!



AND I have an idea for a "self improvement" business that could make us both very happy.

IMPORTANT DATES

- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 9:** [AUSU Council Meeting](#)
- **May 10:** [Deadline to register in a course starting Jun 1](#)
- **May 15:** [June degree requirements deadline](#)
- **June 7-8:** [Athabasca University Convocation](#)

AUSU Awards & Bursaries

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

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

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

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

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

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

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

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

Deadline: May 1, 2019 at Midnight MT

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

Federal Budget Wins for Post-Secondary Students!

As part of the Canadian Alliance of Student Associations, AUSU worked on many advocacy initiatives during 2018 to improve post-secondary education for students in Canada. Here are some of the WINS from the 2019 federal budget:

- Student Loan interest rates will be lowered
- New graduates will be given a 6-month interest-free grace period after graduation
- Grants for students with permanent disabilities increased to \$20,000/year (up from \$8,000)
- Renewed funding for First Nations student financial aid
- Eligibility for Severed Permanent Disabilities Benefit is being expanded
- Post-Secondary Programming options are to be expanded with a new Arctic University
- The Government will partner with businesses to create more work opportunities for students
- Hundreds of new research scholarship awards for students

Find out more about the 2019 Federal Budget Wins on the CASA website [here](#).

**Awards &
Bursaries**

APPLY NOW

Deadline May 1



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Advocacy Works!



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Contact voice@voicemagazine.org for more information.

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