



THE VOICE

Vol 27 Issue 27 2019-07-05

Minds We Meet

Interviewing Students Like You!

Is it Wrong that I am a Satan Worshipper?

How to Live a Life

Tyranny of the Money God

Ways you can Resist

Plus:

Entertain Yourself for Free!

Visiting the Cup Ramen Museum

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

Devil in the Details

Karl Low



I'm a little bit nervous for this issue. Darjeeling Jones' latest article, "Is it Wrong that I am a Satan Worshipper", is sure to raise some eyebrows based on the title alone. Controversial articles are always a bit concerning to me because I know the AU student audience is a bit different from the standard college age group. Irreverence and pushing the limits is almost expected in traditional student media, but I still, even after several years, don't quite have a feel for what the Voice audience, or sometimes AUSU, feels is "over the line". Images seem to cause the most problems, so, I was exceptionally careful about the image I chose to represent this one.

And it wasn't easy. Type in the words "side with the devil" into an image search, and I found a lot of what comes up is either centred around gore (with a lot of zombie representations for some reason) or sexuality.

Maybe I shouldn't have been surprised about that, but I did find myself wondering, "Really? Are we still all really that prudish about sex and desire that we feel it's devilish?" To be clear, the sexualized images that came up weren't porn, or even anything beyond what you'd see in a Halloween

costume catalogue (which is another question I have, why is applying the word "sexy" to any profession all that's required to inspire a Halloween costume? Not just costume in general, but Halloween costume, specifically? Sexy nurse, sexy firefighter, sexy librarian, sexy police officer, heck, I'd bet there's even a sexy sewage worker costume out there somewhere (but I'm not to blame for what you find if you go searching for that on the internet). Since when did Halloween become a holiday celebrating sexiness? But I have a few months to ponder that question still.) but I'm not sure why people think mini-skirts and high heels have some sort of relation to the devil. Then again, that's part of the point of the article I was picture hunting for in the first place.

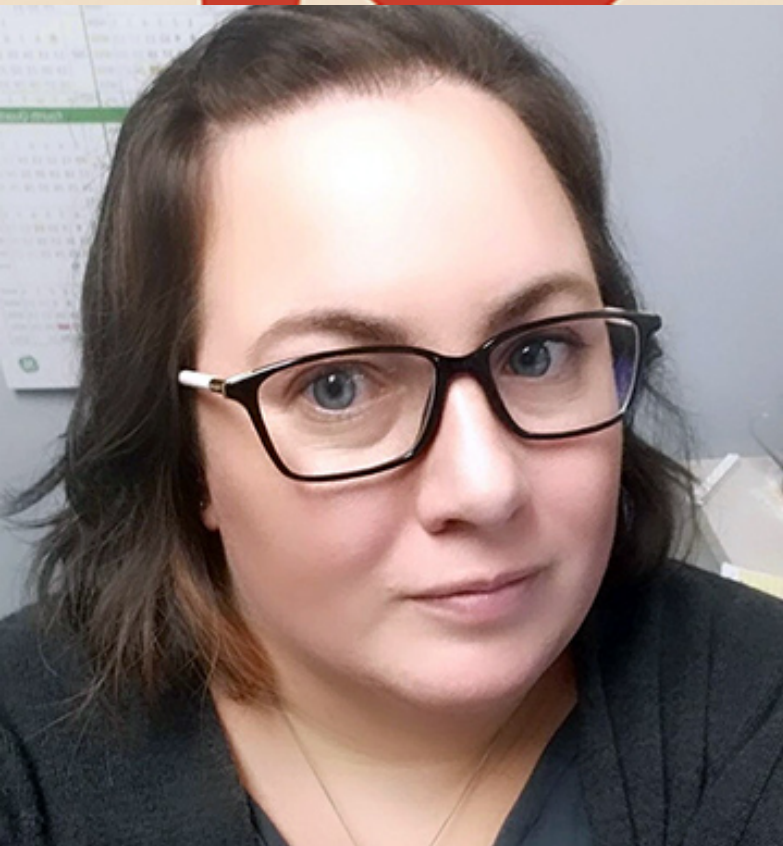
Aside from that though, if you're one of the many students who is working a traditional 40 hour work-week and then trying to take your university education on top of that, you'll probably find much in common with this week's feature article, where we interview student Amy Brown. Like many AU students, she's found the flexibility of AU to be exactly what's needed to let her keep her job while getting an education to allow her to advance further. And if you've been having trouble balancing it all while not losing your mind, she's also good enough to give us some tips on what's worked for her.

We've also got a look at, of all things, a ramen museum, some ideas for how you can spend your free time without spending a dime, advice on how to extend your life through diet, relationship advice, scholarships, events, and even a look at what being a Canadian is truly all about. Are we all peace and love? As the Fly on the Wall writes, we'll stop a "hockey game to let a fight continue," so maybe not.

Either way, there's lots of good stuff this week, so enjoy the read!

A handwritten signature in black ink, appearing to read "Karl", with a stylized, flowing script.

MINDS WE MEET



Amy Brown lives in Edmonton, Alberta and is currently enrolled in the Bachelor of Management in Marketing program at AU. She works full-time and provides some advice for other students in a similar situation. 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 Amy Brown (Kennaway) I am a Parts Service Manager for Baker Hughes General Electric. I grew up in Sherwood Park and moved in to the "big city" Edmonton after I was done high school. I originally started my career in the Information Technology (IT) industry, going to school to get my A+ and Microsoft Professional certificates. I worked at a couple of different help desk positions, working my way up into a management position. When the IT Industry dropped out of Edmonton, I moved into project management, still in the IT field but instead I was working within a corporation to improve and

create business applications. I then made my way into oil & gas with General Electric and have been with this company since.

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 have signed up for?

My manager last year mentioned to me that the company has a program that will pay for school. Since I do not have a degree and have been relying on my experience and skill set to move forward. In discussing advancement opportunities, she suggested that I look into getting a degree. I took her suggestion seriously and, knowing that I did not want to take night classes, I looked into Athabasca University to see what was offered, finally coming to the decision to take a Bachelor of Management in Marketing.

Do you like Bachelor of Management in Marketing program at AU? Is there anything you dislike?

So far, I am enjoying the program. There isn't really anything I would say I dislike. It does get a bit lonely, though. It would be nice to have a list of other people in your specific program, to help each other through assignments and study with.

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

When I am not studying or working, I am either playing with my dogs, reading, or spending time with family and friends. Working full time and taking an almost full course load tends to take up most of my time.

Any tips or advice you would give to other students who are working full-time and trying to get through university? Finding time must be so challenging!

What works for me is to balance your time. I work through the day, my break is after work through supper and then the evening I am doing school. I find it easier having a laptop since I am at a desk all day, it is nice being able to sit on the couch with the laptop doing school. I take a day off on the weekend, and the other day I spend most of the afternoon working through school. You have to break up your time, if you don't you will burn out and fall behind.

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

I want to advance my career and advancing my education is pivotal in that. Already, I have seen examples of what I deal with in my day job in the chapters of my school text, so I know this is the right course to give me that step I need to move up.

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

I would have to say both of my parents. They were avid readers. It was never out of place to see someone in the living room with their nose in a book. When we would go on vacations, they would always take the time to read the plaques where bits of interesting facts would be displayed.

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

I like the flexibility associated with online learning. I work Monday to Friday, forty hours a week. I am able read the texts or do the quizzes form the comfort of my couch or in the home office, or even go to Starbucks. I can take a night off if I need to.

And what do you dislike?

There is not much that I dislike about online learning. I would say that most difficult part is that it takes discipline to read the texts and do the needed work to learn the material and pass with a good grade. Since it is done on your own time, life can easily take over and poof two weeks have gone by and you have not looked at your studies.

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

The amount of work it takes. At the end of the day I am mentally tired, and then to switch from work to school it does take a bit out of you. I find that if I stick to a routine, like working until 4pm, taking a couple of hours for supper and unwinding, give the dogs attention, visit with my partner. then around six I start going through my texts, reading, doing the homework, etc. Then, I can power through even the toughest days.

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

I have just started my courses, so I don't have much to go on. The accounting course I am taking has covered material that I am familiar with from my current job.

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

I have given up my free time and upfront cost. Though, I would have to say that it is completely worth it.

How do you find communications with your course tutors?

I have had my assignments marked in a timely manner and the feedback given has been constructive.

What is your biggest pet peeve, if you have one?

My biggest pet peeve, and this is going to sound a bit snooty, is when people ask for an answer instead of finding it themselves. Ask all the questions, but do the leg work first before you ask, don't rely on others to do the research for you. If you can't find what you need, then ask and ask how to find the information the next time.

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

Judy Garland. I have loved Wizard of Oz since the movie came out. So much that it took my parents until I was moving out to give me the movie as a present, because I would just watch it on repeat.

Carrie Fischer would be another one. I grew up on Star Wars and adored Princess Leia. She was beautiful and fierce and powerful. I saw her once when she came to the Edmonton Comic Expo and I am still blown away by her accomplishments.

Describe the proudest moment in your life.

I have had many. I have worked hard to get to where I am without a degree. Getting a job in GE was a big moment for me. I interviewed with them in 2009 and was second in line for the position. 5 years later, gaining more experience and keeping in touch with the recruiter, I got hired. 6 months after that I was the point of contact when we implemented our current Enterprise resource planning system, 2 years after that I was the application owner, business support and finance support.

Describe one thing that distinguishes you from most other people.

I am awkward to the point where I have anxiety. It is so bad that, for example, I must think of conversation topics and how I should answer general questions when I am meeting someone new. I then will go over those conversations and worry if I have offended the other person, or if I should have answered in another way.

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

Hard work. If you don't work for it then it is not fulfilling.

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

I have done some traveling. The farthest I have been was to Italy for a friend's wedding. I have also gone to Houston and New York for work.

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

I just finished the Alimoenti Saga, it is a series of seven books. I originally got the first three books for free through my Kobo app and ended up buying the remaining books because I could not put it down.

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



Porkpie Hat

Is it Wrong that I am a SatanWorshipper?



Darjeeling Jones

More and more, as my life experience accumulates, I find myself gravitating towards the side of darkness when it comes to that whole God vs. The Devil situation. I don't mean this in any formal worship sort of way. I don't do rituals of any kind, for one thing; I mean, I'm not much of a mingler, I hate line dancing, and I can barely get my act together enough to organize coffee and a bagel for breakfast in the morning, never mind any form of organized religion.

It's just that I tend to get uncomfortable around any philosophy that demonizes the so-called "pleasures of the flesh." I mean, criminy! Pleasures of the flesh are da bomb; that's why they're called "Pleasures of the Flesh." For me, they are right up there on my list of "Sweetest Things About Being Alive."

Hell, we basically don't know anything about the universe beyond the walls of our body, except by means of the five juicy senses that we humans are lucky enough to have access to. Given that, I will take "Pleasures of the Flesh" over "Irritations of the Flesh," or "Scourges of the Flesh" any day of the week. In that sense, Lucifer's crowd has it all over the angelic set. I would be willing to wager a fairly significant amount of cash that the cocktails and canapes at an old fashioned black mass, for instance, are significantly better than the Red

Rose tea and crustless cucumber sandwiches on offer at your typical church fete.

Of course, some of you will be thinking, "Ah, you poor simpleton! Sure, you're enjoying those knee-tremblers, Belgian fries, and tequila mockingbirds right now, but just you wait! Soon enough, your ass will be grass, and, as the great Old Testament prophet Mick Jagger has correctly foreseen, Beelzebub will lay your soul to waste on account of your profligate ways. Beware, heathen!"

Well, let me counter that with the astute observation, "Meh, I don't care. I'll take my chances." Let's be real here, all that hellfire and damnation malarkey is pretty hypothetical, perhaps even more so than the possibility of wormhole-based time travel, or the chances of one of my drinking buddies picking up a round at Leopold's Tavern tonight.

And even if it is true, and I find myself cavorting about the Other Place, I can think of worse spots to be. I can picture it, even now: sitting on an air-conditioned patio with a nice view of the Lava Pit of Lost Souls, watching the true badasses surfing the tidal waves of fire, and shooting the breeze with a bunch of my peeps. I can imagine we would have much in common. Favourite books ('The Magus,' 'The Picture of Dorian Gray'), albums ('White Light / White Heat,' 'Psychedelic Jungle'), and films ('The Godfather,' 'The Shining') being just a few easy examples. I

also like to think that my newfound cronies would have a respectful appreciation for my clever way with limericks and blowing smoke rings. I would be pretty surprised if we didn't all become fast friends for all eternity, rounding out each evening with rowdy, off key renditions of favourite hymns and bawdy sea shanties.

I am convinced that conversations with the angels, by contrast, would have many awkward pauses, and I would be constantly scrambling to change the subject. Nope, I think all in all, born gambler that I am, I will be laying all my chips on red, to win.



Brittany Daigle

Course Exam

AU courses, up close

Course Exam

Brittany Daigle

PSYC 379 (Social Psychology) is a three-credit, upper level psychology course that is designed to introduce students to the field of social psychology—the scientific study of how our thoughts, feelings, and behaviours influence and are influenced by other people in social situations. The course covers basic theories, concepts, and research about individual processes (e.g., attitude change), interpersonal processes (e.g., aggression), and group processes (e.g., intergroup relations). This course has no prerequisites, although **PSYC 289** (Psychology as a Natural Science), **PSYC 290** (General Psychology), or its equivalent is recommended.

If you would like to learn more about the prerequisites of PSYC 379, read my **PSYC 289** and **PSYC 290** course exam articles.

Social Psychology is made up of eleven units, four quizzes worth five percent each, a course project worth forty percent, and a final examination for the remaining forty percent. The eleven units within this course cover several interesting topics such as attitudes, attraction, close relationships, stereotypes, discrimination, prejudice, group processes, and aggression. For students to receive credit for PSYC 379, they must complete all the course quizzes, the project, and the exam. Students must also achieve a composite course grade of at least “D,” which is equivalent to fifty percent, and a grade of at least fifty percent on the final examination.

Cleopatra Sarantakos is a second year AU student in the Bachelor of Arts in Psychology and Humanities program. She first enrolled in her program in September 2018 and she is approaching her second year of studies. She hopes of graduating in 2021. She briefly introduces herself, stating “My name is Cleopatra Sarantakos, and I was born and raised in Oakville, Ontario. I am 24 years old and am studying toward becoming a psychologist. In my spare time I enjoy traveling, sewing, and cooking. I am not currently working.”

I asked her which program she is enrolled in and if she likes the program, and she stated “I am currently enrolled in a Bachelor of Arts degree in Psychology and Humanities. My favorite thing about my program is that there are a ton of courses to choose from. I dislike that many of the course textbooks are electronic. I think electronic textbooks are difficult to study with and I wish that students could opt for a reduced learning resource fee if they wanted to purchase a physical textbook independently.”

She continues, “My favorite thing about online learning is that it gives me the flexibility to travel while still pursuing my education from wherever I may be. I also like how I can study at my own pace without having deadlines to worry about.

When asked to explain PSYC 379 to students who have yet to take it, Cleopatra states “PSYC379 is a 3-credit introductory course to the field of social psychology. The course provides a brief history of social psychology and how it came to be. It also introduces students to major theories and concepts about how humans’ thoughts, feelings, and behaviors, are shaped and influenced by others. How people perceive each other, discrimination, attitudes, aggression, group processes, and assisting others are just some of the topics covered in this course.”

She then provides some insight into the structure of the course, stating “The course has eleven units, each corresponding to one chapter of reading in the textbook. There is an average of forty pages in each chapter. There are four quizzes in the course, each worth five percent. Each quiz consists of fourteen multiple choice questions and two short essay questions. The time limit for each quiz is ninety minutes and only one attempt is allowed. Each quiz is out of twenty marks.”

She continues “The course has one major assignment worth forty percent. Students are given an option between writing a 10-15-page report on television violence, a 10-15-page essay on ethical issues in social psychological research, and a 2500-3700 research paper on any topic covered in the course. The major assignment is in APA format.”

Cleopatra concludes “The course has no mid-term but has a 3-hour cumulative online exam that is worth forty percent. It consists of sixty multiple choice questions and four essay questions, totaling one hundred marks.”

When asked if she would recommend this course, she states “I would recommend this course to anyone interested in psychology, even those who are not pursuing a psychology major. In order to be successful, future students should have at least completed an introductory English course prior to enrolling, and have some experience with writing in APA, in my opinion.”

She explains that “The textbook is easy to read and consists of mostly definitions and examples of social psychological theories at work in daily life. Students who enjoy reading and are good at memorizing would find this aspect easy. The quizzes are open book which makes them easy.

Cleopatra believes that the most difficult part of the course is the major assignment. She states, “Students who do not have good writing skills or a good understanding of APA format will find it difficult. The final exam is also difficult because it is cumulative, so there is a lot of information to memorize.”

As for tips and tricks, she states “I would recommend to future students that they make use of the Athabasca Write Site program. It’s a great service that helped me revise and perfect my writing for many courses, especially PSYC379. I would also suggest that future students not hesitate to ask their tutors for clarification, they are there to assist students in any way needed.”

When asked how communication has been with her tutor, Cleopatra states “My tutor, Craig Blatz, was very helpful. On average, he took between two to four business days to mark the major

assignment and the quizzes. For the incorrect answers for the quizzes he usually provided the answer and provided the page number in the textbook where the correct answer could be found. He also provided friendly feedback about aspects that could have been improved in the major assignment and complimented areas that were well written."

She concludes, stating "I emailed my tutor multiple times regarding the major project and he usually replied within twenty-four hours. His responses always provided a solution to my questions and were easy to understand."

Whether PSYC 379 is a degree or program requirement of yours, or the topics mentioned above are of interest to you, this course will have you learning a lot of interesting content surrounding the topic of social psychology.

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



Resisting the Tyranny of the Money God

Wanda Waterman

"A wise person should have money in their head, but not in their heart."

- Jonathan Swift



Not Just the Rich

Slavery to mammon isn't the prerogative of the rich, much as us poor folks would like to think it is. For every CEO ready to step over their dead mother on their way to their next million there's at least one ditch digger ready to throw their coworkers under the bus to keep their own job.

Labour leaders often remind us that rich capitalists bargain with their surpluses while the poor bargain with the bread from their tables, so, in one sense, the poor really do risk more by taking a stand against slavery to money. The result is a mutually destructive tango of greed and fear between the goals of

the financially independent and the subsistence needs of the financially dependent.

How might we turn all this around? Rich and poor alike can start by deciding that money won't rule our lives.

What money slavery looks like

Slavery to money isn't just evident in the lengths some will pursue to hang on to what they have or to acquire more than they need. Let's just say that money might have a little too much control over you when you:

- buy a house only because that's what "responsible adults" are supposed to do
- spend the bulk of your life working at jobs you hate to afford said house
- grant special deference to the wealthy, believing that those with money are somehow better
- buy what's in style instead of what you really want to wear
- buy something that's on sale even though you don't need it, convinced that the markdown will somehow enrich your bank account
- when you hear someone going on about how much they spent on something unnecessary, you feel envy for their resources as opposed to concern about their wastefulness

Being Aware

Escaping money slavery means taking a good hard look at what we have and deciding we'll make it work for us, but this is only a first step. We also have to become aware of all the little prods and pokes in our lives that attempt to throw us off balance and make us prostrate ourselves to the money god all over again. We need to be conscious of where those messages are coming from (some of them are whispering away in our own heads) so that we can question and refute them. Here are just a few examples of money-god propaganda:

- If you buy this product or service, your life will improve. We don't know anyone for whom this has happened, so you'll have to take our word for it.
- All your friends have one. Why don't you?
- Why are you playing your saxophone when there's money to be made?
- Sure, your job is mind-numbing, exhausting, and pointless, but you just have to bite the bullet.
- Why are you friends with people who can't afford to have you over for dinner?
- We don't have enough and it's your fault.
- An artist will never make as much money as an accountant.
- Why are you such a cheapskate?

Getting Free

Some tips for proactive financial freedom:

- Don't just sit back and expect money to come to you and stay.
- Do place limits on what you're willing to do to earn money.
- Get off the beaten path and use your imagination to create work you love.
- The best way to double your money is to fold it in half and stick it back in your pocket.
- Spend only on things that have value for *you*.
- Avoid debt.
- Try to make every dollar do the work of ten.
- If you want to build wealth for freedom and independence pay special attention to how every penny is invested, but don't be afraid of a little risk.

The gist of it all? Money rules us when we sacrifice our highest callings to it, and we rule it by putting it to work in the service of our highest callings.

However little you possess, your money is yours to govern in the interests of your own enlightenment. See this as a divine right, and act accordingly.

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



Fly on the Wall

Finding the Canadian That We Are

Jason Sullivan



Derrida and Schmitt: Conflict Through Definition

Jacques Derrida's book, *The Politics of Friendship*, spends a swathe of papyrus exploring and questioning the work of Carl Schmitt's *The Concept of the Political*. Schmitt claimed that, going all the way back to ancient Athens, there were two types of social conflict: the first, *stasis*, involved rigorous debate and argument between members of one natural nation and the second, *polemos*, was all out war against an external and incomprehensibly different Other (Derrida, 114).

As Canadians and as AU students, we share in the foibles and falsehoods of others and that includes both other people and other nations; in theory the whole world is our virtual domain. However, to hold our egos together, we require a certain pedestalization of self even if that means refraining from admitting our less desirable traits. We say that, in truth, we are good people, likable and honest. "Despite the value that must be accorded to the 'true' and to the 'veracious', it might even be possible that the very thing constitutive of the 'value of good and honoured things-and virtue is one of them-is related, knotted, entangled – perhaps (*vielleicht*) identical in its essence to its antithesis, to wicked things. 'Perhaps!'" (Derrida, 30). We see what we want to see in the mirror and no mirror tells a more varnished truth than that into which a nation gazes on its birthday.

As AU students, on Canada Day we occupied two unique positions: firstly as inhabitants of a country whose neighbour is ten times larger and with a revolutionary history outlined in vivid and assertive pronouncements. Secondly, we identify as students in a university that, for most of us, doesn't exist as a physical campus, classroom, or playground; our incarnation as students varies vastly from our brethren in traditional educational settings. Derrida preaches humility in the face of our desire to feel universally superior in our traits; he says that a "surplus of freedom" leads us to believe ourselves almost invincible at the moral level; we rest on our laurels of democracy and comfort (Derrida, 36). And hey, when you're the only voice in your private classroom or public CBC who's going to question your assertions? We often feel that perhaps our gentle Canadian hand in the world is the way forward for all nations but "the friends of the 'perhaps' are the friends of truth. But the friends of truth are not, by definition, in the truth; they are not installed there as in the padlocked security of a dogma and the stable reliability of an opinion" (Derrida, 43). We have to question the unquestionable, even if that means casting a shadow over our own illustriousness.

Canada, I am in You...and AU Too

National definitions depend upon the assumption that they contain more than a kernel of truth. We believe we are united in the True North because we want to believe we are. And because it feels right; we all share this wondrous land and feel a certain mutual harmony in our hearts. Yet, this belief in our shared nobility belies the political bounds from which lofty assertions flow. Derrida notes that self-portrayal as good and just often involves reducing the Other to a lesser, that is overly politicized, status. It's easy to feel fair and balanced while touting one's greatness compared to a neighbour, and we all know who that neighbour is. Often "one wants to disqualify or denounce him as political in order to portray oneself as 'apolitical' (in the sense of purely

objective” (Derrida, 118) To be fair we have to admit that accounts of our self as mature, balanced, and tolerant are themselves political gestures and therefore susceptible to blind spots and inaccuracies.

So where is the concrete Canada other than in our hearts? Isn't resorting to sentiments rather than facts akin to embracing fake news? Eek! A flag may be only a shred of textile, but it provides sustenance for shared affective collectivity. We feel as one and that makes us one despite, and indeed because of, our differences. This is the nature of Schmitt's aforementioned concept of *stasis*; we are united even in our opposition to one another within our society. And we're united, perhaps, in part because of our democratic institutions, but more deeply in our sense of sister and brotherhood with one another. It's hard to put a finger on that affinity, despite DNA testing. Neighbours quibble and throw branches over each others' fence in mutual horticultural distaste but true enemies, which we as fellow Canadians to each other are not, would seek to obliterate their neighbours' homes or have them evicted from the community. And, even more to the point, in illustration of the extreme adversaries characterizes by *polemos*, true enemies desire the destruction of their neighbours because they admit to seeing no part of themselves when facing the Other. Mutual disdain leads to asinine violence, surely a very un-Canadian trait. We, in some sense, are kindred spirits with our neighbours at the level of *stasis* rather than *polemos*; yet, this fact can not preclude conflict. At best, it can brush conflict over with suburban shrubs and backyard fences.

Concrete Truths that Melt the Patriotic Heart

Derrida intones that the concrete is tangible only at the level of the intangible. And this, like life and love itself, is what makes human bonds so special. We're not just beavers sharing a dam, we're humans sharing a country. Derrida notes

“the unending insistence here on what would be the opposite of the spectral – the concrete; the compulsive and obsessional recurrence of the word 'concrete' as the correlate of 'polemical' -does indeed provide food for thought. What thought? Perhaps that the concrete finally remains, in its purity, out of reach, inaccessible, unbreachable, indefinitely deferred, thereby inconceivable to the concept; consequently as spectral as the ghost on the periphery, which one opposes to it and which could never be set apart” (Derrida, 117).

The concrete truth of Canadian tolerance is the lack of desire to enforce ourselves on others; at AU we feel this truth whenever we must quietly accept being misunderstood for why we are studying or for what we have learned. Yet to specifically define this openness risks narrowing the margins of its inclusive nature

To know ourselves as Canadian citizens or as Athabasca students is to know the ghost next door, the unknowable nature of what we are to become as we proceed down the trails of our own development. Perhaps the most Canadian thing of all is therefore to see ourselves as human beings in progress amidst the beauty of non-human nature; we aren't locked into a stern past nor desperate for a different future. In the interaction of school and life we at AU share this very Canadian sense of hope and appreciation, dreams and reality.

Belongings and Longings, AU-thenticity's Many Faces

The nature of identification as members of a group, tribe or nation is often assumed more than clarified. If you've ever seen a Father bounce a ball innocently off of a toddler son's torso and

exclaim 'there's my little man' you know how culturally constituted social roles can be. So too with countries. Nations all over the world constitute "a people in-so-far as it can identify itself" (Derrida, 113). Here in Canada, as at AU, our history is short and ambiguous. Our concrete traditions often underline a sense that we do things in a kinder way than our neighbours; this core Canadian belief is not without contradiction, however. A New Zealand family I once knew noted the unique tradition of stopping an entire hockey game to allow a fight to continue. Their sport of Rugby has no shortage of controlled violence but never a stoppage for fisticuffs. So much for Canada as a polite culture of law and order! Derrida states that countries contain a "a national naturalness which has never been what it was said to be" (Derrida, 105). Clearly Canada is not only a nation of peacemakers but also of fighters. Yet we like to think that our gun-toting neighbours to the South have the violent hearts, not Timbit-nibbling us!

To give a fair self-assessment of a nation is thus to find "a justice which begins by breaking with their naturalness or their homogeneity, with their alleged place of origin" (Derrida 105). In this vein we Canadians are a complex people who contain as much or more of our American neighbours within our hearts and our borders. AU is a prism of many life experiences and paths of academic procession; we all begin as students and grow into who we are as human learners. There's little sense in adopting a pretence of superiority. Likewise, for all our bluster about the values of AU education there are many common aspects between distance and traditional pedagogy. Not least of these commonalities are the egos of tutors, these folks are human after all, and the realities of groupthink. Professors can be arrogant and student forums can descend into negativity at Athabasca just as quickly as at any brick and mortar poli-sci classroom, it's true. Sometimes vitriol follows learning like an offshoot of the passion of growth.

We're All Special Countries, but Canada is a Species of Nation in a Class of It's Own?

Perhaps every country feels unique, and even a bit superior, but that's the point: each species in nature struggles to fulfil itself in its own way. Even if one nation appears to us as king of the jungle, that's only from our personal point of view as a country. Ants fear anteaters more than lions, for instance. In the end, being Canadian can mean many things, but it doesn't necessarily mean we're better than our planetary neighbours. Our relationship with others is what seems to define us even as this very difference occurs within us; as we know ourselves in both our desirable and unsavoury aspects.

Nietzsche concludes that this sense of superiority functions because we believe that what we believe and feel is natural rather than the product of historical and sociological change. "Your pride wants to prescribe your morality, your ideal, to nature, yes to nature itself, and incorporate them in it; you demand that nature should be nature 'according to the Stoa' and would like to make all existence exist only after your own image – as a tremendous eternal glorification and universalization of Stoicism" (Nietzsche, 39). To be stoic, after all, is to believe in one's own version of common sense. Yet change for the better, or more tolerant, is only an alteration of our core beliefs away.

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

Library Orientation Webinar

Wed, Jul 10, 5:00 to 6:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary

AUSU Council Meeting

Thurs, Jul 11, 6:30 to 8:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/july-council-meeting-4/

No pre-registration required; e-mail governance@ausu.org for meeting package

All events are free unless otherwise specified

A final rejoinder from Derrida reminds us to be humble and realize that we often see in others what is within us at some level already: “The enemy is oneself. I myself am my own enemy.” (Derrida, 163). On Canada Day we come together as citizens of an imperfect nation we call home but also as AU students, whose education is unique and even incommensurable to our brick and mortar brethren. If we feel enmity towards some aspects of another country, or annoyance by college student stereotypes, then we'd be wise to search ourselves, and our immediate neighbours, for those very same traits. And maybe, just maybe, have a look at the bumper stickers on our highways and in our hometowns. It's an election year after all.

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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.



The Study Dude Why Academia Needs the Brokenhearted

Marie Well



How might love, comedy, kindness, beauty—whatever defines your soul—fit into your research assignment? Shouldn't you be an aloof observer writing as objectively as possible? Well, take heart from the world of fundraising: “When you as a non-profit fundraising or communications professional sit down to write something for your donor audience, you might take on the ominous ‘corporate voice.’ You let go of your personal voice, because you think you need to sound polished, professional, and reputable. This mindset prevents us from being authentic and unique” (Lockshin, p.5 of 198, 4%). Author Vanessa Chase Lockshin “calls us to embrace vulnerability, transparency, and

authenticity in our organization's voice. To invite narrative and emotion into the conversation. To be inclusive and to make sure that our donor community knows their real impacts” (p.6 of 198, 5%).

When I enrolled in the Faculty of Psychology, I watched a video of mice placed upside down in test-tubes. The mice were being studied for how long they'd live. When I peered into the wide eyes of the last mouse alive, I couldn't do it. I dropped out of the program. But if ever your heart breaks in a course, then, just know, you belong there. You'll fill the gap of compassion. After all, filling a gap marks a must-have for original research. “It's time to let go of being an institution and start being a group of people who are passionate about a mission and a vision” (p.6 of 198, 5%).

In graduate studies, you may find yourself researching a group of people. When groups of people—even animals—become your research subjects, seek empathy. One male professor cited all his research subjects as coauthors of his project. But he got their permissions to publish their names first.

I once saw a YouTube video on chimps newly released from a research facility. The chimps saw sunlight for the first time. When amazement washed over their faces, my heart broke. I sent those chimps gifts of peanut butter and crackers. In doing so, I felt united with something bigger, something more beautiful than merely self. In one word, I felt compassion. This feeling is the lifeblood of many non-profits, but to garner compassion you first need to discover connection. “At first glance, you might think you’re telling stories to donors so they will understand your organization or get them to donate more money. However, if you peel back the layers, non-profit storytelling is really about making your donors feel connected to something bigger than themselves” (p.4 of 198, 3%).

Feeling “is what distinguishes the great non-profit stories from the not so great ones. It’s also what makes certain non-profits and their brands more memorable than others” (p.4 of 198, 3%). The same could be said for your research. So, create feeling through meaningful stories. The people you research may depend on it.

But how do you tell meaningful stories when you know little about your subjects?

A non-profit rep, Vanessa Chase Lockshin needed to discover ways to identify with cancer patients represented by her organization. “I thought, I don’t actually know what this experience is like. How will I do justice to these patients and their loved ones?” (p. 2 of 198, 2%). Yes, it’s hard to feel empathy when you haven’t felt someone’s pain. When people used to tell me they had fibromyalgia, I’d think of Jughead snoring on his cot. And I’d think little else.

But when I got hit with chronic fatigue syndrome, I couldn’t believe how painful tiredness could feel. And I realized that every disease or pain could bring unbearable suffering. That triggered a deep empathy in me for others’ pains, whether chronic disease, illness, broken hearts, or loneliness.

But even if you can’t identify with someone’s pain, you can dig into your own story to uncover deep empathy. Vanessa says, “When I identified the emotions these family members are feeling when they call, I realized that I too am well acquainted with that emotion” (p. 3 of 198, 2%). Acting books say let love drive your character—love for all characters on stage. Acting books also say to find any inch of common ground between you and the character you act. If your stage character’s cat got gnarled to death from a neighbor unleashing his dog, and you’ve never owned a pet, find empathy. Think of your year as a toddler when you brought home a frog only to watch it die. Identify with how your heart broke. And mix it with the anger you felt when your grandfather died without a visitor except for you.

Some people feel moved by beauty—so much so that they have a special wisdom to share. Some people feel tickled by the comical. Others know the humbling depth of humility. Your emotional strengths can create connection. “Feeling something is far more memorable than any eloquent description of your work” (p. 4 of 198, 3%).

Certain positive emotions, values, and beliefs serve as your strengths. Let your strengths guide your research. “By telling your donors stories and highlighting a universally experienced emotion, value, or belief, you can help them feel like they belong to a community—your community” (p. 4 of 198, 3%). Drum up the emotions, values, and beliefs most aligned with your strengths. I’m strongest in love, kindness, and love for learning. Your special gifts may be different from mine. But all strengths have the power to create empathy in research—and for everyone around you.

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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

JoAnne introduces a thread about managing distractions when using e-texts; varying techniques are reported, including switching to the unplugged version (real texts.) Faye is curious if she'll be notified when her tutor receives her paper exam; Denise shares the secret of finding out.

Other posts include Trello, Degreeworks, and courses ACCT 352, CMIS 245, SOCI 321, and PSYC 395.

reddit

A flurry of questions on taking courses as an unclassified student, completing BIOL 235 in under a month, and courses CHEM 330 and COMP 210.

Twitter

@austudentsunion tweets: "Need to travel for an @AthabascaU exam, practicum or other course related trip, but don't have the funds to cover it? AUSU has a Travel Bursary for students in financial need to help pay for travel expenses! <https://bit.ly/1GIWJhi> #igo2au."

@AthabascaUBiz tweets: "The deadline for abstracts for the 2019 Graduate Student's Conference is August 1. More details here: <https://bit.ly/2XPVNFj> (Pssst Funding Opportunities are available!) @AUGSA @fgsathabascau."

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Yes 2 Me Scholarship Program

Sponsored by: Schizophrenia Society of Alberta (SSA)

Deadline: July 30, 2019

Potential payout: \$2000

Eligibility restriction: Applicants must be residents of Alberta, be diagnosed with schizophrenia, and be currently enrolled in a post-secondary education program. See full [eligibility requirements](#).

What's required: A completed online application form, including academic info and a minimum 500-word personal statement, along with a completed online reference form.

Tips: Click the [Learn More](#) tab for more information about the application process.

Where to get info: www.schizophrenia.ab.ca/updates-stories



The Fit Student

How to End Life Eatin', Choppin', and Kickin' at 110

Marie Well



Do you desire to be eatin', choppin', and kickin' at 110? I do. But what if we sip colas? Munch muffins? Or pucker up to gooey pizza pies? Well, junk food strips us of our longest life. But what about the lucky ones who live past 100? What do they devour that we don't?

Some believe fitness, not diet, keeps us young. Author Dr. John D. Day says, "It's one thing to eat healthy and be able to run 26.2 miles. I was eating trash and was still able to do it. Surely, I told myself, that wasn't just an indication I was healthy, it was an indication that I was more than healthy" (p. 4 of 252, 1%). But the doctor—like many of us—fooled himself.

He could run, but his poor diet caught up with him:

I was overweight, overworked, hypertensive, and had a cholesterol level much higher than it should have been. I was also in constant pain. There was pain in my chest from acid reflux. There was pain in my back and neck from an autoimmune disease Food often became lodged in my esophagus from a condition ... which makes it difficult to swallow I took five medications daily. And that helped ... for a while" (p. 4 of 232, 1%).

To address his failing health, Dr. Day grew curious about the lifestyles of some of the oldest people on earth. So, he, his wife Jane, and their son traveled to a remote Chinese village called Bapan. Bapan boasts a high percentage of centenarians—people who live to 100 and beyond.

Dr. Day researched the villagers of Bapan, reporting, "These people don't just survive into old age; they thrive in every way To witness, as I have, a 110-year-old woman walking down the street throwing kicks and chops is a wonderful experience" (p. 18 of 232, 6%). He adds that the villagers eat "a bit of animal meat, but not much. Nothing processed. No refined sugar. And, owing to the fact that most Chinese are lactose intolerant, no dairy products. Lots of roots and tubers. Lots of wild fruits, garden vegetables, nuts, seeds, and legumes. Whole grains, never refined, and not too much" (p. 31 of 232, 10%).

These hundred-year-olds defied the medical knowledge gained by Dr. Day: "It stood in stark contrast to much of what I'd learned at John Hopkins and Stanford. In those places, I'd been taught that chronic medical problems were just part of aging and that we have medications and surgeries to treat these conditions. In this way of looking at life, a painful decline was pretty much inevitable; all we could do was make it more tolerable" (p. 15 of 232, 5%).

But a painful decline may not be inevitable. Not for me. Not for you. Not for those of us stricken with disease.

Two years ago, I believed I had two years left to live. But today, my goal is to live well beyond 80. But a disability of mine is believed to cut life short by fifteen years. So, I need to live extra healthy. Dr. Day says, “If we’re going to do something radical, such as resolving to live longer, happier, healthier lives, it should begin with what we eat” (p. 14 of 232, 4%).

Some of us may be living with disease. But despite this, I wholeheartedly believe we all stand a chance of living beyond our 80s. One way to achieve such longevity is through tweaking our diets. So, here are dietary tips from me, Dr. John Day, Jane Ann Day, and the centenarians the doctor studied from the village of Bapan:

Avoid supplements by getting your nutrients from whole foods.

Dr. Day and his wife say, “Need more omega-3 fats? Eat fish or have some walnuts. Want more vitamin D? A serving of salmon will do that for you. For your selenium have a Brazil nut each day. If it is iodine you lack, then eat kelp. Let food be your vitamins and supplements” (p. 67 of 232, 21%). If you don’t want to feel sad, eat salmon. And for young, glowing skin, eat Brazil nuts. (It’s okay to skip the Olé).

If you have a window or a basement, then garden your way to a long life.

Dr. Day and Jane Day point out that “every window in your home is a potential greenhouse in which you can grow carrots, microgreens, salad greens, and tomatoes. Your basement is a perfect mushroom farm. Your roof is a vastly unlimited surface for planter boxes of all sorts” (p. 64 of 232, 20%). If I knew mushrooms grew in basements, oh, I would’ve grown them. Instead, I brought four sun-loving plants into my basement suite and slowly watched them die. It broke my heart. But if I ate them instead, well, that’s a happy ending.

Buy from farmer’s markets for higher nutritional density.

According to Dr. Day and Jane Day, “Fresh vegetables and fruits are better for us, too. That’s because many lose significant nutrients in the days after they are picked through a process called respiration. A green bean, for instance, will lose 77 percent of its vitamin C within a week of being picked” (p. 62 of 232, 20%). So, “buy produce grown as close to you as possible and know as much as you can about the conditions under which it was grown. ... With this in mind, I encourage my patients to shop at farmers’ markets as often as possible to cut down on farm-to-plate time and create opportunities to understand more about their food” (p. 63 of 232, 20%). So, get mummified mangos from major grocers; teenage turnips from local farms.

I did a search online for farmer’s markets and spotted two. But I pooh-poohed the farmer’s markets. After all, major grocery chains offer “local” and “organic.” But, at major grocers, I rarely see signage saying both “local and organic.” And who knows how grocers define “local”? But I’d love to preserve up to 77 percent of a green bean’s vitamin C. So, once my budget shines, I’ll dine at the local farmer’s market. Skip cold and flu pharmacies; get your C’s straight from the farm.

Eat spinach.

“Every meal in Longevity Village, including breakfast, is served with leafy green vegetables, a tremendously good source of vitamin K, which is vital to blood coagulation and helpful for strengthening bones. Despite the fact that it’s really easy to get your daily dose of K (just one serving of kale or spinach will do it for you) most Americans fall short” (p. 38 of 232, 12%). A cheap way to get leafy greens is to buy organic beets—capped with beet greens. Two meals in one—a buffet for rabbits.

Cut out sugars to prevent diseases.

“Take breakfast cereals for example. Despite what the packaging might claim, these factory-crafted substances, in which the most prevalent ingredient is often sugar, aren’t at all a ‘part of a complete breakfast.’” (p. 58 of 232, 18%). If it’s loaded with sugar, shove it away. In contrast, consider almonds. “Because there is very little natural sugar in an almond, and it is digested very slowly, there’s almost no effect on your blood sugar, which means there’s no trigger for the release of insulin, which means your liver is left alone to do more important things than making fat” (p. 59 of 232, 19%). Boxed cereals should be renamed “sugar bellies” to cut to the truth.

To lower my sugar intake, I stopped eating plain Greek yogurt and All-Bran cereal. These two foods summed up to 16 grams of sugar. Ouch! That’s two-thirds the sugar in a chocolate bar. So, I replaced the bran and yogurt with porridge and organic kefir milk. That brought the sugar content to zero grams. But I still crave the sugar highs. So, I started chowing double the bananas, double the apples, and twice the servings of blueberries. But I plan to taper off the extra fruit. Ah, no diabetes, cancer, or heart disease here. Yes, healthy girls are not made of sugar and spice.

Eat whole grains (not the processed kinds) for a long life.

“As much as possible, the grains we eat should look pretty much the way they do when they come off the plant” (p. 35 of 232, 11%). But are grains even healthy? Dr. Day says, “While there has been a recent flurry of books and websites demonizing grains in every form, the scientific literature does not support this belief” (p. 35 of 232, 11%).

But I say take heed with GMO grains. According to Livestrong.com, “The bio-tech and agricultural company Monsanto has developed genetically modified wheat, but the USDA has yet to approve it.” GMO crops are genetically modified to withstand pesticides. So, when sprayed with pesticides, GMO crops survive while the weeds die. But the problem is, super weeds have since sprouted, also able to survive pesticides. As a result, GMO crop farmers spray their fields with even larger doses of pesticides. And we nibble on the pesticide residues—yes, a double decker pesticide parfait.

But even non-GMO grains get sprayed with pesticides. Thus, some say pesticides—and not the grains—are the true culprits behind grain-related diseases.

I told my dietician I dislike eating grains due to pesticides. She replied that organic and nonorganic grains have similar amounts of pesticides. That’s because pesticides from nonorganic farms blow onto organic farms, making both farms similarly bad. She said, go ahead and gorge on nonorganic.

But wait! If I buy nonorganic grains, I’m supporting the use of pesticides, right? But my dollar serves as a vote for what gets produced. So, I’ll stick with organic. You can vote non-GMO with your shopping cart.

But my dietician also said the gains of grains outweigh the risks of pesticides. So, I’ll eat porridge until I find an organic version. And I bet sprouted organic porridge bulks up my lifespan by fifteen years. Yes, I’ll grin a full set of teeth—stained with organic grains—by the time I turn 110.

So, now you have tips to kickstart a centenarian’s diet. And when you turn 110, will you do karate chops, or will you split wood and press behind the neck with haybales?



The Not-So Starving Student Visiting the Cup Ramen Museum

Xin Xu



I recall my obsession with cup ramen at a young age. It was a miraculous invention, being able to open a plastic cup with what appears to be plastic noodles and, with some boiling water, transform the contents into miraculous ramen. If you're a busy student, instant ramen saves countless hours of meal prep and is so ubiquitous it makes us forget that it was invented less than a century ago. Whether you're a big fan like myself or someone curious about the history of this invention, the cup ramen museum is worth a visit. This museum is located in Osaka, Japan and has attracted tourists from around the world. Best of all, there is no entrance fee for the museum. For ramen-lovers like myself, it was a surreal experience.

The ramen museum stole my heart with its various exhibits that followed the timeline of the creation of ramen in 1958 by Momofuku Ando. He was the inventor of the masterpiece after multiple failed attempts to produce edible ramen in a plastic wrap. I had the opportunity to watch some short films about the first instant noodles and the vision behind its creator. While the film was entirely in Japanese, I could

sense the persistence of Mr. Ando in trying countless ingredients, packaging containers, and cooking methods to perfect the first prototype.

Another memorable exhibit was the ramen work shed, where the first instant ramen was born. The workstation was so simple, you might have thought it looked like a grandparent's kitchen. Some of the ingredients and tools used to prepare the first ramen packets were found at the workstation. Entering the shed felt like I was transported into earlier times where Mr. Ando's sole focus was bringing his vision of convenient take-to-go ramen was at its genesis.

One of the most unique memories of the ramen museum included a DIY cup ramen to be taken home. The procedures used to manufacture the cup ramen were displayed in front of my eyes with a step-by-step manually operated machine. After the flash-frying process, ramen noodles are dried and compressed. My absolute favorite part of the process was selecting the toppings for my individual flavored cup ramen. Finally, after the eye-opening, interactive process, I was able to decorate my take-home ramen noodles. Sadly, before I could take my creation home, my over-eagerness led me to sample my own ramen at the nearest Seven Eleven.





A giant wall of ramen can be seen in the main hall of the museum and shows the timeline of the launch of various instant noodle flavors. A real learning opportunity.

After visiting the museum in Osaka, I was still hungry and stopped by some nearby shops for fresh ramen. While cup ramen has been a staple in my university diet for many years, fresh ramen still steals my heart the most. At the end of the day, the cup ramen museum was an excellent learning opportunity, but also an entertaining trip that was a highlight of my trip to Japan.

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



The Struggling Student Rants 10 Ways to Entertain Yourself For Free!

Angela Pappas



A few months back, I began experimenting with the concept of "money-free entertainment". Since embarking on our "debt-free journey", one of my biggest realizations is that many activities we used to do regularly and take for granted were really bogging down our budget. They had to be put on pause for a while if we truly wanted to get ahead. Therefore, we cut them. However, boredom soon became a problem, leading to arguments on how strict we really need to be with our budget. Personally, I'm happy as a clam staying in bed all day and binge-watching Netflix, reading financial blog posts, or listening to podcasts and audiobooks. However, my husband, the extrovert, needs to get out of the house and

actually do something in his free time, or he tends to drive us all bonkers! I've tried to find ways to appease this side of him; however, I still struggle to find fun, entertaining things to do without

spending exorbitant amounts of cash. I do know there are other options out there; it's just a matter of having an open mind and being willing to try! Now, to convince my other-half.

1. **Check out the local community calendar** – Look at your city's or town's website (and cities and towns nearby) to find a list of events going on in the community. Many of these events may be free. If there is a small fee, ask if they are looking for volunteers. Chances are they will welcome you with open arms. You will save your bucks and appear altruistic at the same time. You could also get involved in community sports. Many sports fields are filled during the spring and summer months with both youth and adult sports leagues. You don't need to know any of the players, and sure you might *feel* weird just randomly cheering on a team, but trust me, no one will even know, or care. Stop by, watch a game or two, and start chatting with people. Ask any of the team coordinators if they need a helping hand, it could be a great way to get involved and meet others in your community.
2. **Visit your local library** – Libraries are basically large warehouses for free books, extensive CD and DVD collections, journals, and other things that can keep an introvert entertained for hours. Many libraries also have “story time” that can keep kids busy, film nights for the whole family, book clubs, author readings or lectures, and many other events you might be unaware of – all completely free. Our local library even has a 3D printer for use, which sounds fun but the waiting list is currently almost at 9 months.
3. **Teach yourself how to juggle** – Ever wish you knew how to juggle when you were a kid? All you really need are three tennis balls (or apples), some YouTube videos showing you how, and time to practice. It might sound lame, but juggling can be fun to learn, and if you're a couch potato like I am it can be considered a workout. It's also something fun to bust out as a party trick on occasion; you can always get people to smile if you juggle three fruits in the kitchen while preparing something.
4. **Have a film festival** – Invite some friends over and ask them to bring their favorite DVDs. Then, settle in with some snacks (whatever you have on hand) and burn a lazy afternoon and evening just watching movies together. It's a ton of fun and it doesn't cost anything at all. If the weather is being especially cooperative, have a “movies under the stars” night – just set up some old blankets and cushions in the back yard, mosquito repellent, and set up the projector screen against any flat surface. If you don't have a projector screen, just use a tablet or laptop like we do.
5. **Do a neighborhood cleanup** – You don't need to organize a formal activity. Just walk through the common areas in your neighborhood (parks, sidewalks, etc.) with a trash bag and a pair of gloves, and pick up the litter. If your OCD kicks in, it can be a satisfying way to get your blood going. It also spruces up your neighborhood and the surrounding area, not just for your own enjoyment, but for everyone. If you want to really get into it, invite other people that live near you to get involved as well and make an event out of it.
6. **Rearrange the furniture in a room** – It's amazing how much you can refresh a room just by moving the furniture into new positions. It can completely refresh the look of the room and give you a good workout too. Try to keep flow and functionality in mind, and if you really want to make a project out of it, start browsing through décor magazines and Pinterest. If you're feeling especially energetic, just think: an empty room can be the best canvas to work with. There's plenty of ideas to try out that will keep you busy all weekend and perhaps all week too. If, for some reason, this prospect

stresses you out or you don't like the results, remember that it's just furniture. It can be moved back.

7. **Volunteer your time** – There are countless volunteer projects out there that need nothing more than your time. A Saturday working for a volunteer cause can add good karma points to your psyche. You can meet others in your community while making a positive contribution to society and working your body and mind for the benefit of others. You might even pick up a new skill, and either way, it will leave you at the end of the day knowing you used your time to help others. Another option is to help an elderly or disabled friend or neighbor – there's always a person or two in your life that could use a helping hand, but who are often too proud to ask. One great way to bridge this gap is to just stop in for a visit and pay attention – if they need something, you'll usually find out. Just volunteer to do it and get started. You'll find it's the simple things that really help – reaching something on a high shelf or managing a simple household task. That little effort can make all the difference. Few things can make you feel as good as helping someone you care about.
8. **Play with a pet – it doesn't have to be your own** – An hour spent playing fetch or Frisbee with a dog, or rubbing its belly, can give you a different perspective on things and help you destress too! The same can be said for time spent curled up petting a cat. Spend some quality time with your pet or with the pet of a neighbor or friend; animal shelters are usually in need of volunteers to walk or play with their rescue pets as well. Every pet loves attention, a bit of exercise and interaction. Plus, petting an animal can lower your blood pressure and reduce stress hormones (Crouse, 2019). You could even start up a side gig as a pet sitter, and make some extra cash on your money-free weekend.
9. **Play Frisbee or practice yoga at the park** – Get a friend (or a pet) and dig out that old Frisbee from your closet, then head out to an open field and toss it around. It's a lot of fun and can be a great excuse to run around, stretch, jump, and act all out silly in a public space without fear of being judged. The best part is, it doesn't cost a dime. You could also practice yoga, or perhaps try it for the first time. All you need is some outdoor space, mosquito repellent, and a blanket to do most yoga poses. Try out some basic yoga poses to see if you enjoy it. It increases flexibility, improves concentration, and holding some of those positions for long periods can be a powerful workout. If you have a hard time getting your mind to quiet down, use this as an opportunity to learn how to study better for your AU courses. *Make It Stick - The Science of Successful Learning*, written by Peter C. Brown, is an eight and a half hour audio book on Audible that a fellow AU student suggested in the AUSU app. Brown explains how common study habits can turn out to be counterproductive and explains how to use strategies that make learning easier.
10. **Go on a bike ride** – If you have a bicycle and a helmet laying around, you already have everything you need for some good exercise and good fun. Head outside and bike away. Almost every city, town, and every provincial park has an extensive array of bike trails, so you can usually find somewhere new and interesting to explore. Plus, it'll help get you into shape quickly. Don't forget to take some ice water and a snack with you!

References

- Brown, P. (2014). *Make it stick :the science of successful learning*. Dreamscape Media.
- Crouse J. (2019). *Get Healthy, Get a Dog: The health benefits of canine companionship*. Harvard Medical School Special Health Reports.

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





Dear
Barb

Barbara Godin

Relationships' End

Dear Barb:

I have been dating my girlfriend for three months. We get along great and have lots of common interests. I just assumed we were exclusive, but apparently not. She thinks we should be dating other people because, according to her, it is too early in our relationship to limit ourselves to just dating each other. Obviously, she doesn't see our relationship the same as I do. I have a problem with her dating other people, though. Do you think she is trying to tell me something? Perhaps I would be better off ending the relationship. What do you think? Thanks, James.

Hi James:

Yes, I think she is trying to tell you that, for her, there is something not quite right in the relationship. It could be that she has met someone else, but she wants to hang onto you just in case the other relationship isn't what she wants. Or she may be trying to get out of the relationship for some reason. It could be something else or a combination. But it's up to you what you want to do. You could continue in the relationship while she dates other people and hope that she discovers there is nothing better out there, or you can end the relationship now. Even if you end it, she may eventually want to pick up where she left off, after deciding there wasn't anything better. Ultimately, it's up to you what you do at that point, too. You may be interested in reading the following letter. Thanks, James.

Dear Barb:

I have been dating my boyfriend for a year. He's a great guy, but the problem is it seems the spark has gone out of our relationship. I have met someone else, a mutual friend, who I'm attracted to. I feel I need to pursue this other relationship, but I don't want to lose the friendship I have with my present boyfriend. Looking for some advice on how I can let him down without us becoming enemies. Thanks, Penny.

Hi Penny:

No doubt that will be difficult, but not impossible. If you both want to continue a friendship, and are willing to work at it, it's possible. But it's definitely a good idea to spend some time apart before you begin to hang out as friends. You both need to allow time for the feelings and emotions to heal. Since this is what you want, it may be easier for you to get to the point of a friendship. A major hurdle may be the fact that you intend to see a mutual friend. Your boyfriend may find this difficult to accept. As well, I would not suggest jumping into a relationship with this other person right away. Take some time to end one relationship before jumping into another one. Take it slow and see what happens, you may find it's not a possibility for the two of you to remain friends. Thanks for your letter Penny.

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



Poet Maeve
Old Backpack**Wanda Waterman**

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

IMPORTANT DATES

- **Jul 10:** [Deadline to register in a course starting Aug 1](#)
- **Jul 15:** [Aug degree requirements deadline](#)
- **NOTE:** No Council Meeting in July
- **July 31:** [Deadline to apply for course extension for Sept](#)
- **Aug 10:** [Deadline to register in a course starting Sep 1](#)
- **Aug 13:** [AUSU Annual Members Meeting](#)

Lynda.com Upgrade to LinkedIn Learning

AUSU has offered our members FREE access to video training and resources through Lynda.com for over 6 years. Very soon, your Lynda.com access is upgrading to [LinkedIn Learning](#)!

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- Free access to industry-leading training videos and content from Lynda.com.
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- Learn wherever you are, whether that's on the mobile app or on a browser through LinkedIn
- Tie LinkedIn Learning courses to your goals and career development plans
- Simple new direct sign-on with your @athabasca.edu email address

Upgrade Day: July 30

Students with an existing lynda.com account through AUSU will also receive a direct email with more information.

Find out more about learning through LinkedIn Learning online [here](#).


Stay tuned for more details to come! If you have any questions, email services@ausu.org.


2019 #Igo2AU Contest Winners

AUSU just held an [#igo2AU Contest](#) for a lot of really great prizes. During the contest, we gained **over 250 new followers** on social media, and saw a lot of great student posts from new and existing fans! **Thanks to everyone who participated** - and keep posting with the [#igo2AU](#) hashtag!

The winners were selected by random from all the entries into our contest and announced on the appropriate social media platform!

Congratulations to:

 Maryanne Brochu, Alicia Brothers, Leah Campbell, Janice Epp, Nancy O'Brien, Rebecca Mallette, Kendra Sebastian, Yvonne Werner.

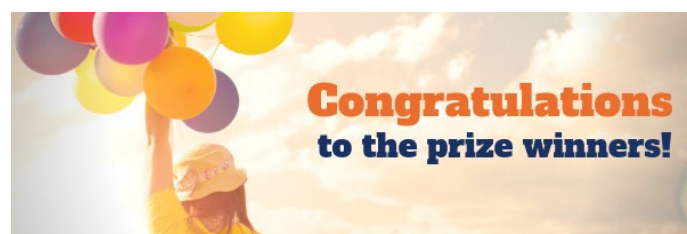
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 @drewbdoing, @faye_lilley, @paige_commet, @northflyy

Prizes included:

- BlueTooth Flip4 Wireless Speaker
- Sony On-Ear Headphones with Microphone
- 10 free Online AU Exams through [ProctorU](#)
- 6 Amazon Gift Cards (valued at \$25 or \$50)
- 2 S'well Bottle Prize Packs.

If you have any questions, contact us at ausu@ausu.org.



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Classifieds are free for AU students!
Contact voice@voicemagazine.org for more information.

THE VOICE

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