



# THE VOICE

Vol 28 Issue 16 2020-04-17

## Turning To Literature

Coping with COVID-19 Stress

## Things to Do When You're Bored Quarantined Thoughts

## Home: An Asset and Liability

The Struggling Student Rants

*Plus:*

*Homemade is Better: Chicken Kiev*

*The Gift of Conscience*

*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](http://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

### A Retrospective

Karl Low



I couldn't have written this editorial yesterday. That's because, when it comes to AUSU, *The Voice Magazine*, and myself, have to strive to maintain impartiality. Yesterday was the last day of former AUSU President, Brandon Simmons.

Brandon joined AUSU during a tumultuous time back in 2015. AUSU had become, as some student unions do, somewhat dysfunctional due to some bad actors within the organization. It happens.

The organization had been nearly wiped out, with only three councillors remaining, only one of which was on the executive group, when the byelection took place.

Brandon Simmons was one of the people elected, as was Tamra Ross, the former Executive Director of the organization (and, in full disclosure, my partner). From my point of view, Tamra rejoining AUSU Council meant an increased possibility that AUSU would be able to pick up where it left off—before the dysfunction

had happened—by utilizing her experience as a previous ED to help guide the organization.

However, one of the first policy changes the new group put forward, and supported strongly by Brandon, was one that disallowed former staff from serving as part of the executive for a period of years. At the time, it seemed to me that this was almost an effort to stop things from getting back to normal. And as the council progressed, I saw increasing work that was directed toward making it less of an organization that showcased how it was possible to operate at a distance, to a more traditional format that, at least in my eyes, seemed to less represent the unique nature of AU.

Over time though, I came to realize my misgivings were misplaced. While preventing former staff from leadership positions may have made it slightly more difficult for AUSU to recover at the time, I've come to recognize that it was the right thing to do for the longer term health of the organization.

And while COVID-19 now forces the organization to once again begin operating almost entirely at a distance (and brings to light how some skills and practices that used to be common within it were lost in the interim), I have to admit that, when it comes to the goals of AUSU, moving to a more in-person format has been, overall, good for the organization. After all, that's still the way that government works, and for AUSU to influence government it must be able to work as they do.

As for Brandon, my initial reservations toward him were slowly challenged, then replaced, by a growing respect and admiration for what he brought to the organization, and the work he's done to not only make AUSU stronger, but to do so in a manner that brings together the different opinions of Council and those outside it to form a consensus that almost everybody involved can get behind.

As I said, I couldn't have written this editorial yesterday, because I wouldn't want a serving President of AUSU to know that I wasn't keeping a critical eye on him or her. But today, now that he's gone, I can admit I haven't worried about what AUSU has been up to for quite a while now, in large part knowing that he was at the helm. So kudos to you, Brandon. You will be missed.

Enjoy the read, folks!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.



## Turning to Literature in Uncertain COVID-19 Times

Natalia Iwanek



Canada Famed American author Toni Morrison once said, "Delving into literature is not escape, nor a sure-fire route to comfort. It's been a constant, sometimes even violent, but certainly always a provocative engagement with the contemporary, the modern world. The issues of the society we live in."

In today's unpredictable times, we may find ourselves turning to literature for various reasons; including a ubiquitous need to escape from current reality or in hopes of finding some sense of comfort, only to realize that escape and comfort may be difficult—if not impossible—to find. Living in uncertainty and fear is a new type of existence for many of us; we may find that not even our favourite novels can distract us from our constant anxiety.

We may continue searching, this time turning to literature for guidance and inspiration, hoping for a reflection of our present condition. Unfortunately, we find that this, too, is a difficult task, as nothing quite describes our current situation.

However, if we persist in our search, we may find a sense of relief and wisdom from the unlikeliest of sources; literature that deals specifically with the one thing that we are trying to avoid, literature that causes discomfort, and literature that offers no guidance nor inspiration. By choosing novels that focus on humanity's darkest moments, we confront our deepest fears. Although our first instinct may be to turn away in horror, it is precisely in these books that we can make sense of our troubled world.

The following novels focus on the difficult themes of isolation and fear, something that many Canadians have been fortunate enough to avoid on a collective level. For others, who have had the misfortune to live through war, famine, food shortages, curtailing of civil rights, curfews, these books may feel familiar, as certain aspects of this pandemic feel like history repeating itself.

A portion of these novels is concerned with literal and physical isolation, while others focus on the isolation and disconnection from other human beings on a spiritual level. However, amidst these troubled tales of illness, grief, and loneliness, perhaps we can recognize — as well as understand — humanity's incredible capacity for survival throughout the ages, in all corners of the globe.

***The Plague* by Albert Camus** – Perhaps a morbid choice during a worldwide pandemic, French author Albert Camus' *The Plague* features themes of fear and isolation in 1940s Algeria that can be applied to our current situation. In the seaside town of Oran, Dr. Bernard Rieux suddenly notices an increase in fevers and deaths coinciding with the large numbers of dead and dying rats. Although different from our situation, certain paragraphs are poignantly relevant, "Hitherto, surprised as he may have been by the strange things happening around him, each individual citizen had gone about his business as usual, so far as this was possible ... [Until] every one of us realized that all ... were in the same boat, and each would have to adapt himself to the new conditions of life." (Camus 57)

***This Blinding Absence of Light* by Tahar Ben Jelloun** - Moroccan author Tahar Ben Jelloun tells the story of one man's incredible resilience in the most trying of circumstances, as he spends

years isolated in prison. Based upon true events, the book was inspired by the testimony of a former inmate at infamous Tazamamart Prison.

***The Kiss of the Spider Woman* by Manuel Puig** – *The Kiss of the Spider Woman* by Argentinian Manuel Puig describes the friendship of Molina and Valentin, two vastly different characters overcoming the hardships and surviving isolation of Argentinian prison in creative ways.

***One Hundred Years of Solitude* by Gabriel García Márquez** – Colombia's Márquez is considered one of the founders of Latin America's famed magical realism movement. *One Hundred Years of Solitude* is one of his best-known novels, featuring several generations of the Buendía family in isolated Macondo.

***Americanah* by Chimimanda Ngozi Adichie** – Nigerian author Adichie's *Americanah* deals with a different sort of isolation, including themes of immigration conflicts, acculturation, and separation, as seen in the lives of lovers Ifemelu and Obinze.

***The House of The Dead* by Fyodor Dostoyevsky** - Russian Dostoyevsky's semi-autobiographical memoir of Alexandr Petrovitch Goryanchikov serving time in Siberia for murder was inspired by the author's four years of hard labour for political subversion.

***The Gulag Archipelago* by Aleksander Solzhenitsyn** - Russian Solzhenitsyn based his novel on letters, memoirs, and reports of 227 witnesses of the Siberian Gulag prison and labour camps, as well as his own experiences.

***Palace Walk* by Naguib Mahfouz** - Egyptian Mahfouz's *Palace Walk* is the first part a trilogy that includes *Palace of Desire* and *Sugar Street*, detailing the lives Cairo's al-Jawad family and in particular the perspectives of wife, Amina, and her daughters, Khadija and Aisha.

***War and Peace* by Leo Tolstoy** - For those students hoping for a challenge, an informal book club has recently sprouted on Instagram through the hashtag #tolstoytogether. Readers are encouraged to read twelve to fifteen pages of Leo Tolstoy's famed epic *War and Peace* per night. At over 1,000 pages and featuring a cast of over 500 characters, *War and Peace* focuses on Napoleon's war with Russia. The virtual book club was begun on March 18 by A Public Space, an independent nonprofit publisher and author Yiyun Li, who stated, "I have found that the more uncertain life is the more solidity and structure Tolstoy's novels provide." The book club is free and features weekly newsletters and an overview of the week's readings.

The themes in these books can be difficult and, for some, can be triggering as well. Do not hesitate to reach out to Homewood Health Support Program, AU's mental health service, if struggling during this pandemic.

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## The Struggling Student Rants

### Home: an Asset and a Liability, Part I

Angela Pappas



Lately, The past few months we have been paying a ridiculous amount of rent in southern Ontario. At the same time, we have been waiting for our home in Saskatchewan to find its next owner and have been paying full-blown mortgage payments in the meantime. So the question of whether I want to buy a home again has been crossing my mind almost every day. Is homeownership a blessing? Or is it a money-sucking leviathan? I know I'm not alone in thinking these thoughts. Yet people continue to ask whether we'll buy a new home now or wait until our home in Regina sells. When I say neither, the look of shock on their faces is priceless. For generations, people have thought of homeownership as a rite of passage into an elite group. It's a quality that gives off an air of stability, maturity, and even wealth (Retsinas & Belsky, 2002, pp. 375-380).

Buying a home was once considered the American dream by most in North America. Homeownership displayed how hard-working you were and was the determining factor of whether your peers and neighbours respected and admired you. Hard work was evident with homeownership because the option was to literally build your own homestead, with the resources available on your land and your own two hands, like the Little House on the Prairie. People would admire you and think of you as resilient and tireless. Another option, in more recent decades, was to work hard at your job for a few years, whatever that profession was, and run a tight ship at the same time. You could save your money and soon enough you would be able to buy that lovely detached bungalow—white picket fence and all. Of course, this was back in the 1950s and 1960s, when housing costs and market competition were not that high. We all know now that the current situation is a lot different.

Across the country, thousands continue to struggle with increased costs and standstill wages (Pew Research Center, 2017, p. 4). Many, especially those in multi-household families, now often need to work at more than one jobs to be able to pay all the bills. A report released in 2019 by Statistics Canada explains how over one million Canadians are working more than one job, especially those employed in health care, social assistance, and educational services (Fulford, M and Patterson, M, pp. 4-5). While Statistics Canada doesn't give the reasons why many people work such long hours, a Bank of Canada survey done roughly around the same time, on gig work and odd jobs, claims that one third of Canadians take up a side job, such as driving for Uber, housecleaning and yard care, dog walking services, and freelance assignments, because of weak economic conditions (Kostyshyna, O, and Luu, C., pp. 4-8). I'm led to believe we may all need to wake up from this American Dream of ours, as it appears to be turning into a nightmare.

As times change, our beliefs need to adapt and change also. Baby Boomers, Generation X, and Millennials all have sky-high levels of personal debt. Most people's cash flow and financial states these days would make even the most hardened homesteaders cringe, and they would likely try to sell off their cattle to try to salvage the situation. What worries me the most, however, is that many families don't understand their financial situation—or they don't want to. They're always trying to buy the next best thing or experience the latest trend from fear of missing out.



People now measure their happiness and self-worth based on what they drive, what they wear, what neighbourhood they live in, and how many beds and baths their newly-purchased home has. They don't even bother to open the bills that arrive in this beautiful new home because they know that if they take out a calculator they'll have to face reality: they're not the closest bit to breaking even. The best-case scenario is what we call "house poor" — spending the majority of income on mortgage payments and property taxes, barely able to keep up. Bratt, Stone, & Hartman explain that in the U.S., "The number of shelter-poor households has exceeded 30 million since the early 1990s, an increase of more than 70 percent since 1970," (Bratt, R., et al, C, p. 39). This tells me it's not a new trend, we've obviously been doing this a long time. Some younger AU students may not even remember a time when mom and dad weren't carrying a mortgage or a HELOC. God forbid life throws us a curveball such as an illness, job loss, or even an uninsured auto accident. But the unfortunate irony is, it just did. And the banks just might have to change people's opinions about the American Dream.

Yet, like the sheep led to the slaughterhouse, we keep telling ourselves that owning a home is the best investment we can ever make. I thought so too, until a few years ago. My family and I, in the middle of the oil & gas boom, scrounged and saved every penny until that down payment was in the bank. The minute we had the keys to our new home, we were on top of the world—for a couple of weeks, anyway. Almost immediately homeownership and maintenance bills started arriving. Costs I had never even heard of! That is not to say homeownership is a complete wallet-killer. The key is to have a strong foundation in place before entering this highly-coveted status. Potential homeowners need to be aware of the costs and continuous expenses involved in owning a home.

Dave Ramsey, a home ownership crusader, is on a mission to get the American people out of debt and generate wealth. He has a different approach than most financial advisors, however, on how to go about it. Those that follow or have ever listened to him are familiar with his US-based empire. Dave is the author of many books, podcasts, and in-person 'Financial Peace University' courses. Dave has managed to make a fortune for himself by yelling at others to not buy exactly what his company promotes or sells. But

## AU-thentic Events Upcoming AU Related Events

### **The Globe and Mail presents: Online education home learning game plan**

Thur, Apr 16, 1:30 to 2:15 pm EDT  
Online

Hosted by AU and The Globe and Mail  
[news.athabasca.ca/events/the-globe-and-mail-presents-online-education-home-learning-game-plan](https://news.athabasca.ca/events/the-globe-and-mail-presents-online-education-home-learning-game-plan)

RSVP through above link

### **The Grad Lounge**

Fri, Apr 17, 1:00 to 2:00 pm MDT  
Online

Hosted by AU Faculty of Graduate Studies  
[news.athabasca.ca/events/the-grad-lounge-april17](https://news.athabasca.ca/events/the-grad-lounge-april17)

Register through above link

### **Library Resources for Psychology Webinar**

Tue, Apr 21, 9:00 to 10:30 am MDT  
Online

Hosted by AU Library  
[library.athabasca.ca/orientations.html](https://library.athabasca.ca/orientations.html)

No pre-registration necessary; access through above link

### **Talk to a Librarian Drop-In Session**

Wed, Apr 22, 9:00 to 9:30 am MDT  
Online

Hosted by AU Library  
[news.athabasca.ca/events/talk-to-a-librarian-drop-in-session-april22](https://news.athabasca.ca/events/talk-to-a-librarian-drop-in-session-april22)

No pre-registration necessary; access through above link

### **The Grad Lounge**

Fri, Apr 24, 1:00 to 2:00 pm MDT  
Online

Hosted by AU Faculty of Graduate Studies  
[news.athabasca.ca/events/the-grad-lounge-april24](https://news.athabasca.ca/events/the-grad-lounge-april24)

Register through above link

### **Talk to a Librarian Drop-In Session**

Fri, Apr 24, 3:00 to 3:30 pm MDT  
Online

Hosted by AU Library  
[news.athabasca.ca/events/talk-to-a-librarian-drop-in-session-april24](https://news.athabasca.ca/events/talk-to-a-librarian-drop-in-session-april24)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*



I get it — people are dumbasses, so you might as well make a buck. Dave's followers are divided; some do an overall fantastic job because they carefully listen and understand Dave's methodologies and advice. These guys and gals have a very good chance of climbing out of the hole they buried themselves in. This is because these people tend to learn from the mistakes of others and will avoid the potholes and roadblocks the first time around, through plenty of real-life examples and screw-ups on Dave's podcast.

Then there are the Dave followers who half-heartedly listen. They think they're smarter than a 70-year old yelling on the radio. So they keep doing things "their way," because they know better, and keep digging a bigger hole—until they discover they can't outsmart the system they were sucked into. They also don't think about the fact that their way is what got them into this mess in the first place. I do admit, Dave has some very sage advice — such as the importance of having a concrete emergency fund in place, which I support 100%. One thing I don't agree with, however, is the pinnacle of Dave's finance plan for America: homeownership, paid in full of course.

Dave claims that if people deal with homeownership in a responsible way, it will be the smartest investment they ever make. This is because it's viewed—by most—as an equity-building tool. The key, though, is to not be house poor. Both Dave and many other traditional finance gurus insist that homeownership is an asset—something you own that has value and also adds to your net worth. Elsinga & Teller (2007) explain how this belief tends to be widespread and not applicable to North America alone. In Belgium, Germany, the Netherlands, and Finland people choose to buy a home because they perceive renting as losing money, whereas homeownership accumulates wealth for the homeowner and eventually leads to 'free' housing. In Portugal, people stated they would rather spend money on their own property rather than spend money on something they will never own. The same applies to the UK; the majority of those surveyed view paying rent as 'dead' money (Elsinga M., et al., p.304).

So, the question remains as to whether homeownership is an asset after all. On the one hand, your home's remaining mortgage balance counts toward your liabilities, but the paid-off balance adds to your net worth. It makes sense. In plain English, as you're making your mortgage payments, you're reducing the amount you owe and increasing the amount you own. To add to that, without even realizing it, you're doing all this while the value of your home is increasing—in an ideal world. Most people insist on this financial pillar of thinking, even though we have all seen instances of how volatile the housing market is. Many individuals and businesses are still trying to recover from the Canadian oil and gas boom, which turned into a bust, a few years ago. To make things even worse, this current pandemic has economists predicting chaos for all real estate markets, sending banks into a frenzy. I can only hope individuals and corporations start to question and further analyze their beliefs surrounding the homeownership and mortgage issue.

This brings us to the topic in the next Struggling Student Rants, the flip side of the coin. It's a topic that causes thousands of arguments in personal finance forums and online discussion posts. Those who disagree with the traditional philosophy of homeownership present very strong arguments on their end. Those who prefer to stick with traditional methods of managing household finances, and those whose best interest continues to rest with pro-homeownership, have labeled these radicals as conspiracy theorists, uneducated, or plain stupid. But, when making your own decisions, you should always analyze both sides of the coin—your coin. Haven't we learnt throughout history that any visionary trying to take off our blindfold is always seen as a conspiracy theorist or heretics? Imagine where we would all be if we all still believed the earth is flat.

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



## Things to do When You're Bored

Francesca Carone



In Canada, most of us have been in social isolation, and practising social distancing, for at least 2 weeks, some places longer. By that I mean, we are advised not to go out unless it is for something essential. In Nova Scotia, we were told only to go out once a week for groceries, and not to go for a walk if you need to drive to the place you want to walk. Right before the end of March break they announced in Nova Scotia and many other provinces that schools are closed, though many places are still attempting to hold classes of some sort. We had a dentist appointment on the third day of March break, and it was cancelled due to COVID-19. The vets haven't been taking any appointments for vaccines for new puppies or kittens either, as the vet's website told me.

That is when I, and many others, knew this was serious. So, we had to find things to do. For me, it wasn't a huge change, but a lot of people were, and are, struggling with not going out. Here are some ideas of what you can do or try while in self-isolation.

### Take an online course if you have spare time.

Coursera offers free courses, even some University degrees, and it is 100% online. You can choose a course about something that you were once been interested in, or one that you can't take at University because it is not part of your program. For example, Instructional Design, or other

computer programming courses, as well as languages, art and history. They also offer some certificates and masters programs like machine learning and data science. There is also [SkillShare](#), where you can explore a new hobby or learn something new such as illustration, animation, or photography. They have many different art projects and other interesting classes. You can get a basic plan for free, or a premium plan (which offers unlimited access and the ability to download the classes) for 11.75/ month.

For anyone with kids, [Scholastic](#) has some online lessons for free. Anything from pre-kindergarten to grade 9. Another website for children is [IXL](#). This is a paid website, but it has a pretty good curriculum that teachers use as well. [ABCmouse.com](#) is a paid resource for younger aged kids such as pre-kindergarten to grade 2, and it offers educational games, books, and fun, and the price is reasonable.

### **Reading.**

When you are bored, you can catch up on your favorite book. If you've already started one, now is the time to finish reading it (this includes textbooks). You can also start a new book that you have not had time to read. Some libraries also offer e-books. You simply log in with your library account number and you can take out virtual books for free.

### **Visit a museum.**

Some very large museums offer a virtual tour. There are options such as The British Museum, The National Gallery of Art Museum, and the Van Gogh Museum. Check out [this link](#) for the full list. Another option is to watch some BBC or other nature shows such as the classic Blue Planet, or [Deep Ocean](#) on YouTube. They are wonderful for adults or kids. There are countless of BBC and National Geographic documentaries online you can watch for free or paid.

You can still get to travel while in quarantine too because some National Parks also offer a [virtual tour](#). Just click the "virtual tour" link under each heading to start your tour.

### **Do your taxes!**

For anyone who hasn't finished, or even started their taxes, with nothing better to do, why not get it done. You can also make your budget for the year, if you do that type of planning and haven't already made one. Think about how much you could save if you make a plan.

### **Lastly, it is time for spring cleaning.**

Why not do some extra work during spring cleaning. People are organizing and re-arranging things in their homes. It is also time for planting in a greenhouse or inside. You can make a garden outside if you don't already have one, and if you do, now is a good time to start planning what you want to plant.

### **For Those Who Are Essential**

But maybe you're still working because your employment is considered an essential service. Even so, you still cannot participate in birthday parties, get togethers, classes, restaurants, and other activities you might be used to, so why not make the most of it with some of the ideas above?

It is a good time to learn a new hobby or practice one you already know, learn something new about the world, work a little extra at home, or indulge in some virtual travel. Whatever you do, always remember, it could be worse.

And if you are one of the people who got sick, I am sorry. It will probably suck, but I hope you recover well.

*Francesca is an AU student living in Nova Scotia, who enjoys animals, kids, and nature.*





## Homemade is Better

**Chef Corey**



As I've mentioned before, I challenged my wife and kids to come up with recipes from other countries. This past week it was my oldest daughter's turn. She had chosen Russia, so we researched a few items to make. She decided to make cabbage rolls and Herring salad. None of us have ever had herring before; it was an interesting combination. A recipe she did not choose, to my surprise, was Chicken Kiev which is one of the dishes I view as inherently Russian, if not eastern European for sure. It's up there with Borscht or cabbage rolls.

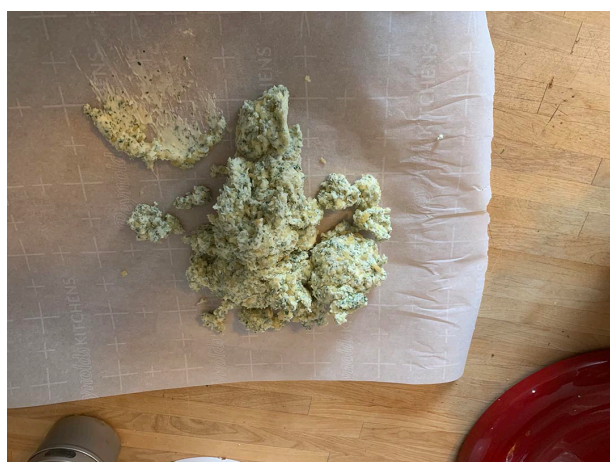
For my family, I made it the traditional way where you pound out the chicken breasts, add a garlic compound butter. You then roll it, bread it, and fry it. It's a lot of work, but it pays off when you do it right. For this week, I thought I'd give two ways of making Chicken Kiev. One method is traditional while the other is a deconstructed version that's much faster.

The ingredients are the same, but the methods vary.

Next week it is my turn to cook from a country. I chose Brazil, so watch for my article for a favourite dish from there.

### Chicken Kiev

#### Compound Butter



#### Ingredients

½ cup unsalted butter softened  
2 TBSP Garlic  
2 TBSP Parsley (fresh is best, but dried is just fine too)  
1-2 tsp Kosher salt to taste

#### Directions

Compound butter is simple to make, and you can use the leftover butter for garlic bread later.

- 1) Add the softened butter to a mixing bowl. A stand mixer works too, or an electric beater.
- 2) Add in the garlic, parsley, and 1 tsp of salt. And mix until well incorporated. Taste it for enough garlic. If you think it needs more salt, add the other tsp.
- 3) Put the butter on to a 9"x9" sheet of parchment, leaving about 2" at the bottom. Pull the bottom end and press the mound into a roll, or as close as possible



- 4) Place in the fridge for 10 minutes.
- 5) Once it has cooled down some, cut the butter into eight equal slices. And set aside for a few minutes.

### Breaded Chicken

#### Ingredients

4-5 chicken breasts (fresh is going to best, frozen will not work for the rolling, but will work for the second method)

1½ cups of all-purpose flour

2-3 eggs

1 cup of breadcrumbs (I used Panko, but any type will work)

4-5 tsp kosher salt

3-4 tsp pepper

5-6 toothpicks

½ cup canola oil

compound butter

#### Directions

I'm going to explain the traditional method first because the simple approach is faster.

- 1) Heat your oven to 350F.
- 2) Put your flour into a mixing bowl large enough to accommodate the chicken breast. Add one teaspoon of salt and mix.
- 3) Crack the eggs into another container and beat them.



- 4) Put the breadcrumbs into a flat container.
- 5) Pull out your chicken and cut off the tenders, set those aside. Start pounding out your chicken until it is close to ¼ inch thick. Great therapy if you're stuck inside with children who are going stir crazy, like us.

- 6) Place all the breasts on to a plate for holding.
- 7) Grab one breast and place it smooth side down. Sprinkle it with salt and pepper on the inside.
- 8) Grab one slice of the butter and roll it in your hands to get a football shape. Place it onto the broadest end of the chicken.
- 9) Fold the right and left side into the center and start rolling. Stick a toothpick into the seam to hold it. Continue doing this with all the chicken breasts.
- 10) Meanwhile, grab a frying pan and pour in enough oil to come up about one inch. Turn the burner heat to med-high.
- 11) Once the oil is hot enough, place one breast at a time into the flour and cover it lightly. Then move to the eggs and cover again, then put into the breadcrumbs.
- 12) Place each roll into the frying pan and fry it while turning until the breadcrumbs are golden brown. Then remove to a sheet pan with a wire rack on it.
- 13) Continue this process until all the breasts are golden brown on the outside.
- 14) Place the sheet pan into the oven and cook until the meat is 165F, about 10 minutes.
- 15) Plate up; if you did it right, the garlic butter will flow ooze out when you cut into the center.





## Fast Chicken Kiev

To speed up the process, we are going to skip a few of the instructions previously written. We are not going to be breading, and our butter will be a sauce.

### Ingredients

4-5 chicken breasts

Salt

Pepper

Compound butter

1 TBSP canola oil

### Directions

- 1) Heat the oven to 350F.
- 2) Place an ovenproof frying pan on the stovetop and add the canola oil to the cold pan. Turn the heat to high.
- 3) Salt and pepper both sides of the chicken.
- 4) Place three slices of the compound butter into the frying pan and allow it to melt.
- 5) Place the chicken in breast side down and sear in the pan until it comes loose, and you need very little force to turn it.
- 6) Once you've turned them, add one more slice of butter and place the pan into the oven.
- 7) Cook for 20 minutes or until the internal temperature of the chicken reaches 160F.
- 8) Every five minutes open the oven and baste the chicken with the melted butter.
- 9) Once the thickest breast reads a temperature of 160F, remove the pan from the oven and place the chicken on a plate to rest for 10 minutes, covering with foil.
- 10) Add two more slices of butter to the frying pan and cook until just slightly browned. Remove from the heat, plate up your chicken and spoon the butter sauce over it, getting all the parsley and garlic.
- 11) Enjoy!



## Scholarship of the Week

**Digging up scholarship treasure for AU students.**

**Scholarship name:** LM Scholarship Program

**Sponsored by:** Leavitt Machinery

**Deadline:** May 31, 2020

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be Canadian or U.S. residents, enrolled or expecting to be enrolled in a degree program at a Canadian post-secondary institution by September 2020, and have a GPA of 3.0 or higher.

**What's required:** A completed online application with contact info, along with a an essay (length not specified) describing a situation in which better safety procedures would have prevented an injury.

**Tips:** Check out the [previous years' winners](#).

**Where to get info:** [forklifttraininggrandeprairie.com/index.php/training.php](http://forklifttraininggrandeprairie.com/index.php/training.php)





## The Study Dude

### Six Common Mistakes I Made with my Master's Thesis

Marie Well



You want a thesis that makes Mom and Dad beam? A thesis that churns out multiple publications? A thesis you conveniently store on the guestroom bedside table? All grad students want that quality—at first.

But once the grind begins, some students stumble, lose focus, or just give up. Let me reassure you, your thesis will shine. That's because I'm going to share with you five common mistakes I made that gave me a pass, but not firsts. That way, you've got guidance to write, not just a pass, but an award-worthy thesis:

**Mistake #1: Don't make your thesis topic as broad as the Bible's.** According to The Open University, "it is your responsibility to narrow the project topic down, which [is] something that you can and want to do, and it is your task rather than [your supervisor's] to carry it out" (35%).

Ah! I came to my Master's supervisor with a grandiose idea. Was it about love? Peace? God? I don't recall. But my prof, overwhelmed, stepped down as my supervisor. Regrettably, she later got demoted from professor to instructor.

So, I searched for another supervisor, which took nearly two years. You see, you have to fit your idea into the constraints of not only your department focus but also of a supervisor's know-how with your topic. Don't make your thesis topic as broad as the titanic! Narrow it down to something manageable, and you've overcome your biggest hurdle.

**Mistake #2: Expect to extend your thesis due date by years if you work a full-time job (and frequent the cinema).** The Open University says, "Since your PhD project is unique and only you know the pressures on your life, there is little point in other people providing you with a rigid timetable. This is why one of the first things you must do is to develop your own work plan" (26%).

My plan evolved around working full-time making lots of money while writing my thesis. To calm my nerves, I frequented the cinema. Thus, my master's thesis took five years to finish. I begged for this extension, but I was only allowed one extension. So, ask for the maximum extension because your department won't give you a second chance. After all, it's your one chance to capture the glory of yet another degree.

**Mistake #3: Don't Wing it. Plan it.** The Open University states, "At the start of your project, it might seem very hard to make a detailed plan, because you yourself do not have the experience to know how long some activities will take" (28%).

Uh, I wrote my thesis over ten years ago—and don't recall that stage. Planning? Luckily, I had a supervisor who broke the thesis into chapters and said, "Do this! Do that!" The guy was sharper

than an accountant with a business and math double major. So, seek out a supervisor who's either highly structured in her thinking or well-experienced with supervisory roles. That way, you'll steamboat to the prize.

**Mistake #4: Expect to juggle.** The Open University claims, “research is seldom easy or straightforward. You may have to repeat some activities several times and your work may overlap across the phases so that, at the same time as writing up one experiment, for example, you may be completing the field research for another” (28%).

My supervisor asked me to restructure a section. So, I spent two weekends doing just that. When I showed it to him, he told me to restructure it like it was at the start. So, I did. And then the guy told me to restructure it again! Argh!

When we did the final run-through before my defence, he told me to restructure it yet again. I burst into tears. Thank goodness, he dropped the subject! Despite how crazy this sounds, juggling is the norm. Welcome the sticky points, and you're certain to succeed.

**Mistake #5: Pretend You're Stephen King.** According to The Open University, “one of the activities that we specifically recommend you plan for is writing up your research, both during your research and at the end of your project. We emphasise the need to write because it is often put off to the very end of the project, when in nearly all cases it is required right from the beginning” (31%).

Write as well as Stephen King. I mean, read every book on academic writing you can find: *Stylish Academic Writing* by Helen Sword, *Writing Science* by Joshua Schimel, most anything by Roy Peter Clark.

While you're in writing mode, keep a daily journal—both to get you writing and to get you documenting your research. My supervisor recommended I keep a research journal. That's because excerpts from your journal can end up in your thesis. Plus, you might forget steps in how you gathered and analyzed your data, so a record in your journal will surely rescue you. Also, with a detailed journal of your research process, you'll have ammo come oral defense time. Your journal will bring you the best of success.

**Mistake #6: Plan for the big “D'Oh!”** The Open University says, “One way of dealing with the unpredictability of research is to ask yourself, during your planning, ‘What can go wrong?’ This question, in turn, highlights some of the tactics you could employ in these instances, so that if, say, there is a delay in negotiating access, you will have allowed for this and will have an alternative plan in which you can substitute another task in the meantime” (41%).

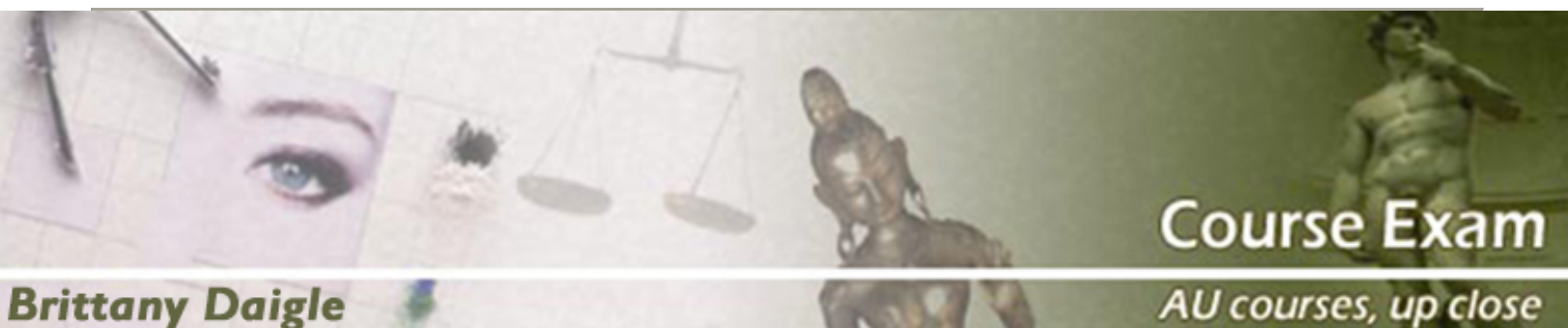
My big “D'Oh!” struck as panic attacks, which consumed most of my waking life. The attacks made me so spacey I could barely grasp a sentence. I couldn't write; I couldn't read—when braced by anxiety. So, I worked on my thesis weekend mornings and afternoons. Plan around those soul-crushing “D'Oh's.” With wiggle room, you can break through any barrier.

If you're in grad studies, the Corona virus might extend your time for writing your thesis. If so, get a head start now. Every minute matters when it comes to feeling accomplished as you reflect on your grad degree(s).

#### References

Open Learn: Free Learning from The Open University. (2016). *Postgraduate study skills in science, technology or mathematics*. The Open University. E-book excerpt.





**Brittany Daigle**

**Course Exam**

*AU courses, up close*

## Course Exam

**Brittany Daigle**

**BIOL 207** (Principles of Biology II) is the second of two introductory courses in general biology that prepare students for most senior-level biology courses offered at Athabasca University. This course is designed to help students learn more about the nature of life. The main topics include the diversity of organisms, including fungi, plants, protists, animals, and bacteria. The course will emphasize evolution as the overriding biological principle. To register in BIOL 207, students must successfully complete **BIOL 204** (Principles of Biology I) or equivalent for professor approval. Students should note that this course also includes a mandatory five-day, in-person lab component that is usually offered in the summer months in Athabasca, Alberta.

If you would like to learn more about Principles of Biology I, read my Course Exam [article](#) for BIOL 204.

Principles of Biology II is made up of thirteen chapters, two assignments weighing ten percent each, simulation exercises worth ten percent, lab evaluations weighing twenty-five percent, a midterm examination weighing fifteen percent, and a final examination for thirty percent. The thirteen chapters within this course cover plants, protostomes, animal nutrition, Darwin, prokaryotes, fungi, viruses, and more. The simulation exercises of evolutionary processes will include dog domestication and sickle cell alleles in African malaria areas (using SimBio software). To receive credit for BIOL 207, students must achieve a course composite grade of at least a "D", or fifty percent, and a grade of at least fifty percent on the final examination.

The midterm and final examinations for this course must be taken online with an AU-approved exam invigilator at an approved invigilation center. It is your responsibility to ensure your chosen invigilation center can accommodate online exams.

Victoria Reid is from Edmonton, Alberta, and is a licensed practical nurse working in the operating room at the University of Alberta Hospital. She is currently enrolled in the Bachelor of Science program with a major in Health Sciences. She explains that she "originally enrolled in 2015 in the LPN-BN bridging program. After about a year I decided I was actually craving a new career entirely and transferred into the science program."

When asked to explain BIOL 207 to students who have yet to take it, Victoria states "BIOL 207 is a continuation of BIOL 204, which covers biodiversity, micro and macro evolution, and conservation. Both courses are prerequisite for nearly every higher-level biology course at Athabasca University and other institutions. This course gives the foundation of knowledge needed to study further biology courses."

As for the structure of the course, she states "There are assignments, which are combinations of short answer, definition/comparison, and multiple-choice questions. There are also mandatory in-person labs, two lab reports, two simulation exercises, a midterm examination and a final examination. The textbook for this course is necessary in order to be successful. All of the learning is from the required readings, and there are no supplemental materials. The study guides are not comprehensive."



When asked if she would recommend this course to other students, she states that she “found BIOL 207 much easier than BIOL 204, and the course work more interesting as opposed to the dryness of BIOL 204.”

As for tips and tricks to completing BIOL 207, Victoria advises you to “hold on to your coursework from BIOL 204. It comes in handy when writing the lab reports and for succeeding in the in-person labs.”

Victoria’s tutor for BIOL 207 was a “lightning fast marker” who “wasn’t overly critical and made sure to make the appropriate corrections when necessary.”

Whether BIOL 207 is a degree or program requirement of yours, or the topics discussed above are interest to you, this course will have you learning a lot of interesting material surrounding the principles of biology.

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



## **Fly on the Wall** **Springing Ahead and Looking Back**

**Jason Sullivan**



It’s In spring we dust off our outdoor selves and, hopefully, gain new perspective on ourselves. Everything appears differently in the bold light of the season and this illustrates the subjective nature of the act of seeing itself. Take photo albums, for instance. When I look at family picture books, aged and oxidised by the loving ravages of time, I often imagine what my kindred participants who have long left earth were thinking when they captured their illuminated perceptions. In that split-second moment, preceded by a lifetime of priorities and values, experiences and reactions, these people expressed a slice

of their whole selves. So much reveals itself by the pressing of a camera’s shutter button (or it’s smartphone equivalent).

We’re all artists of a sort when we’re behind a camera lens, after all, and the paths of real life are traced lovingly through the tubular lenses of our eyes that themselves reflect the thoughtful pathways of our mind. In looking at our studies as a series of snapshots we may discover ways and means that our view of our selves and our lives have evolved along with all those textbooks we’ve absorbed.

## **On the Land as we Imagine the Land**

Woody Gwynn describes a personal process of creative depiction in terms of his landscape paintings of the American Southwest. It’s an almost cartoonishly desolate realm where coyotes bring to mind Wily cartoon characters. But it’s not a timeless realm. Gwynn describes a transformative process of representation that has evolved over the centuries and itself alters as cultures recall their own histories. Images of this old West, says Gwynn, “suggest slow passages, at a walker’s pace, through states of mind and ancient cycles of seasons, perhaps between realms

of the living and dead” (Gwynn 151). If we open the lens of our own lives, we find that each moment is measurable, not in terms of the stark Poe-like metronome of a mindless clock mechanism, but as a series of uncertain amblings as we navigate our life’s course. All human existence is reducible, after all, to where our feet take us. And our life paths are but extensions of our mind’s ruminations across countless internal and external landscapes. In our minds we’ve travelled many miles before we’ve taken a step.

We alter the course of our own history by the visions we take of ourselves traversing this path of existence. In the 1800s an artist named Poussin utilized “carefully orchestrated recessionary planes” in intricate procession asking us to “follow a single implicit assumption: that landscape is there to be seen and ordered by human will” (Wynn, 153). Lo, but if life were so simple today! These colonial desires, replicated in asinine mind maps cut and pasted out on floors of career and personal planning classrooms of decades past, come to be replaced by more realistic punctuations of life where subtleties and setbacks enter the fold of our representation.

### **Time and Space and How We See ‘Em**

Spring’s not all sunbeams and sundials, after all. Time becomes shorter as the draw of the great outdoors calls us into its arms. “Life is what happens when you’re busy making other plans” famously intoned John Lennon. In the visual realm this finds expression as the 1800s gives way to the modern day where artist depictions of natural wonders such as the Grand Canyon suggest that “the chasm is a grand visual spectacle” (Gwynn 153).

Rather than yawning vistas to be mapped, gorges the bottom of which strike sublime fear in the heart of one’s existential fears about mortality and infinity, the great open space of the West came to be seen as beautiful in its own right. Gwynn’s work expresses “a new kind of artistic encounter with nature” that “dispenses with the landscapist’s traditional props for evoking human associations-nostalgia, sentimentality, and the merely picturesque” (Gwynn 155). In modern times the Earth appears as art in itself; likewise, if we step back and look at our educational journey, there’s nothing out of place, per se. Instead of asserting a narrative design, akin to a colonialism of the mind, Gwynn “plays thoughtfully with formal questions-moods of line, textures of surfaces, subtle harmonies of color” and these express some of the deeper sensations of the human experience (Gwynn 153).

Asking ourselves daily how we are feeling in our studies helps to personalize the experience just as does an artist’s living near the landscape s/he paints. Not sure if you feel up to memorizing those key course terms? Maybe paint about it for awhile or take some photos of spring sprouts! If there is one truth truer than all the others at AU it surely is that, if we are to succeed, we have to be enjoying, or at least appreciating, the process. Rome wasn’t built in a day, and certainly not by mindless automatons slaving away with only their future goals in sight; this nose-to-the-grindstone mentality can only burn itself out. At AU, if our mind’s on just our goals, then the material we are presently learning will struggle to find permanent purchase on our minds. Just as the West ceased appearing as an ominous wild to be tamed, our studies can take on a gentler hue as they stimulate our creative instincts. And while I’m not saying we should paint the past in rosy hues, it helps to find a perspective that allows us to see progress even in our failures. Canyons are beautiful even if we don’t bridge every single one.

### *References*

Gwynn, W. (1996). ‘Landscape Painting and the Social Meaning of the Earth’. In *Contested Terrain: Myth and Meanings in Southwest Art*. Albuquerque: University of New Mexico Press.

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



## Porkpie Hat The Gift of Conscience

Darjeeling Jones



Last week, I was speaking with a friend of mine, a professional artist, who has been staying and working for the past few months in Portugal. She was telling me that, as news of the COVID-19 pandemic was gaining momentum, she and her partner had been traveling to a couple of larger metropolitan areas in Spain and the South of France, before returning to the small coastal town that had been serving as their “home base”. Even though this was more-or-less at the start of the virus, and well before any travel restrictions had been mandated, she had been feeling very guilty, worrying about whether they had unknowingly brought the illness back to this beautiful village, with its breath-taking coastal views, its warm, welcoming (and preponderantly elderly) inhabitants, and dire lack of the proper medical facilities and resources to adequately deal with this unforeseen medical catastrophe. What if they, these “privileged tourists,” had driven back to the charming village with death as their invisible hitchhiker?

I did my best, of course, to reassure her, to tell her that she could not possibly have known at that point, and that it was in no way her fault. Nevertheless, I could completely empathize with how she felt. I’m sure it’s a feeling most of us have had at some point in our lives, whether justified or not: that we have, without meaning to, done some terrible harm to others. Perhaps we have broken someone’s heart, or harmed them in some way, emotionally or physically, through recklessness, thoughtlessness, or negligence. I know it’s a feeling that has kept me awake through many nights over the course of my life; things that I’ve done, or left undone; said, or left unsaid; so many things that I would like to change or undo.

Perhaps that is why so many of us are drawn to stories of imaginary sociopaths in novels, films, and television shows: Professor Moriarty, Hannibal Lecter, Alice Morgan, Villanelle. In a strange sort of way, we often find ourselves more attracted to them than to the heroes of the stories. It is pure escapism; we root for them because, on some level, we wish we were them. We wish we could go through life doing whatever we want, living only for our own pleasure and gratification, without fear of a guilty conscience.

But what pale, twisted creatures we would be. And what a terrible world this would be. Conscience is a funny thing. Like invisible ground glass, it tears us up inside. Yet, without it, we would be so much less than human. Indeed, it’s one of the ways we know that we are human. Like love, sorrow, wonder, and joy, guilt and worry—the offspring of conscience—are essential aspects of our collective humanity; without them, we are diminished, something much less than fully developed beings.

It seems to me that life, when filtered through the human psyche, is a wondrously strange and complex experience. All our emotions, whether ecstatically pleasurable or excruciatingly painful, form a vibrant, essential part of the intricate tapestry, the endlessly varying fugue. To feel a profound sense of anxiety, such as that felt by my friend, is one of the costs—but also, perhaps, one of the privileges—of being alive.





## The Creative Spark

### Five Romantic Uses of Metaphors

Marie Well



I had a dream that I threw out my dreamland husband from my home. We screamed and yelled, and he cried out, “I’ve been having an affair all along.” He stole all the freezer grocery items and barged out the door. In my dream, I couldn’t get him out of my life fast enough.

But when I awoke from my dream, I reflected on it. I had mismanaged my dreamland relationship. The fault wasn’t in my dreamland husband. It was in me.

Thank goodness my reality is bliss, not bombs. But this dream inspired me to merge metaphors with romance to impart tips to you for a happy relationship. All the best wisdom I’ve ever gathered comes from my favorite source: The Marriage Foundation. So, keep in mind I’ve been advised by a non-profit that makes marriage its business.

There are five general purposes for a metaphor, according to Farnsworth, author of *Farnsworth’s Classical English Metaphor*. He’ll teach you a tidbit on each of these five, while I follow each with a metaphorical romantic tip.

#### Swooning metaphor #1

A metaphor arises through “making an unfamiliar subject familiar by comparing it to what the audience knows better” (4%).

Farnsworth further explains that “many comparisons work this way. They make a subject familiar by likening it to a source that is easier to imagine even if the reader knows it no more directly” (6%).

Here is my metaphor, comparing ideal romance to haven’s gateway:

Your spouse is the gateway to heaven, beckoning you to burst into the bliss of unconditional love. It’s a love only you can create, for it’s your nature, your soul. As you step past the gate, you must let go of all ego—dawn a robe of selflessness—for only then can you taste the bliss.

When we have no ego, we can give, forgive, and give some more—until we attain the bliss.

#### Fawning metaphor #2

Another metaphor takes shape by “throwing a familiar subject into a surprising perspective” (4%).

Farnsworth says this type of metaphor “throws a too-familiar subject into a surprising perspective, causing the reader to see it from a different point of view .... The effect may be to shrink the significance of the subject, or to cause it to seem enlarged, or to otherwise let an old thing be seen anew” (6%).

Here is my metaphor that shows how marital psychologists can, surprisingly, do more harm than good. It’s not always the case, but, personally, I wouldn’t trust a psychologist with my love life.

I say psychologists are lions claiming to be vegetarians. They aim to fix marriages, but leave behind bleeding hearts. Consider the psychologist who says accountability comes from taking ownership “of your part.” For instance, you claim you did 20% wrong, while your loved one did 80% wrong. How does that fix a love life? I think that when a couple spars over a toothpaste lid—the 20% and 80% don't matter. What matters, to me, is 100% selfless love. Do 100% to allay your loved one's woes, and expect 0% in return. That's true love held accountable in my eyes!

### **Eye-gazing metaphor #3**

Another type of metaphor manifests through “giving visible form to something inherently invisible, or otherwise making an abstraction available to the senses” (4%).

Farnsworth clarifies that “a comparison often makes an intangible subject available to the senses. Appeals to any of the five senses are possible, and some comparisons invoke several of them; by far the most frequent and important sensory effect of a comparison, however, is to make the subject visible, with uses of the other senses often present but subsidiary” (6%).

And what could be more intangible than love itself. Here is my metaphor:

Love is your truest essence—the bonfire that never dies, only unites; that sheds eternal light, but never destroys; that awakens the soul, but never burns. That's the love we are meant to give our beloved, day in day out, never once fading the light with a foul word or unkind thought.

### **Smitten metaphor #4**

Yet another type of metaphor forms by “caricaturing the subject by drawing a comparison that exaggerates some of its features, whether for the sake of ridicule or elevation” (4%).

Farnsworth says, “A quite different purpose of comparison is to caricature the subject—that is, to exaggerate some feature of it, whether for the sake of reduction, elevation, or mere emphasis .... Exaggerated comparisons may be further divided into those that elevate their subjects and those that diminish them—the difference between caricaturing a person by comparison to Atlas or to a reptile” (7%).

My metaphor compares you to the ultimate love personified:

As your loved one squeezes the heart of the world, make your own heart grander and softer. Only the purest heart satisfies true love—and washes away woes. Let me reassure you, a pure heart resides within you. It awaits its glory, as you are pure love personified.

### **Love struck metaphor #5**

One type of metaphor arises from “simplifying a complex subject” (5%).

Farnsworth elaborates, “A comparison can give simpler form to a subject that is complicated .... Simplification may have pedagogical value, as it can bring clarity to a point that is hard to understand. Another frequent rhetorical consequence of simplicity is to make a claim more persuasive” (7%).

I tried to simplify the need for a family bond by using the metaphor of a flower:

A child and its parents are as inseparable as a flower to soil and sunshine. Take away the soil or sunshine, and the flower wilts. Your nature is pure love. That love must eternally bind your family.

Without both parents, a child's risk of suicide, depression—and incarceration—skyrocket. The child's soul wilts, like a flower with neither soil nor sunshine. But with both soil and sunshine, a flower reaches its peak of beauty. And pure love yields the most beauty.

As for my dreamland world, I had given up the moment my dream began. I had a chance to salvage the bliss, to brush aside all anger, to embrace only love. But I pushed my dreamland husband out the door.

The one metaphor I'd like to leave you with is this: when you give nothing but love, your romance morphs into a contagion of angels.

#### References

Farnsworth, Ward. (2016). *Farnsworth's Classical English Metaphor*. Jaffrey, New Hampshire: David R. Godine.



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

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

#### AthaU Facebook Group

Jessi wonders what happens with accounting courses with paper exams now; responders advise asking the course tutor or the Faculty of Biz contact centre. Faye relates being locked out of her exam by ProctorU during a bathroom break; still waiting for resolution on this one.

Other posts include computer specs for ProctorU exams, influx of new AU students, the Titanic, course refunds, and courses CHEM 217, PSYC 375, and RELS 211.

#### reddit

One query asking if a degree from AU is viewed as having similar value to a degree from a bricks and mortar uni; responders reassure that it is. Other posts related to specific courses.

#### Twitter

@AthabascaU tweets: "You can get an #onlineeducation wherever you are—something Global Affairs Canada employees are seeing first-hand. #AthabascaU & French-language Université

@TELUQ have partnered with @GAC\_Corporate to provide training for Canada's international staff t.co/Sckef9An6S."

@austudentsunion tweets: "AUSU has multiple bursaries available for students in financial need, including a New Student Bursary for new #AthabascaU students with between \*3 - 11 credits at AU and our AUSU bursary for students with \*12 or more credits. Apply online! https://bit.ly/1GIWJhi."







Dear  
Barb

Barbara Godin

## Stir Crazy

*Dear Barb:*

*After weeks of isolation and hearing lots of stories about the coronavirus, I just don't know what to believe about how or when this virus will end. Everybody seems to have a different theory and they all believe they are right. The most common theory I have heard and read about is that Coronavirus is caused by 5G Internet. Apparently this theory originated when a woman created a YouTube video where she claimed that high frequencies from the 5G technology releases chemicals that are inside of your body from the use of vaccines and chemicals in foods etc. and ultimately leads to symptoms like those of Covid-19. Another theory I read about is that the virus was created in a lab and released to the public.*

*And the one that most of my friends believe is that it comes from eating bats, apparently someone in a market in China was eating soup that contained bat meat and that was the beginning of the virus. They all seem a little weird to me, however I am choosing to self isolate because it seems to be making some sense, plus there is nowhere to go anyway. Maybe I am just thinking too much, but I wish someone could offer some insight or truth to what is really going on. Any suggests on how to find some peace in this chaotic situation?*

*Thanks, Mackenzie.*

Hey Mackenzie:

Great question. There are many theories about where the virus came from and the one that seems to come closest to any type of validity is the bat theory. Scientists have discovered a similar virus to the covid-19 in bats, but the question remains, how did it get from bat to human and was there an intermediate host. That will be something for the scientist to figure out; our job is to prevent the spread.

As for the other theories you mentioned they have all been debunked. USA Today published an article on March 21 explaining why the 5G theory has no validity and its well worth the read. As far as the claim about the virus being created by scientists in a lab in India, and that the findings were circulated through social media, this has been examined by several scientists who study viruses and found to be totally unproven. Depending on your belief system many people have decided to accept one of these theories as truth. My suggestion is to follow the advice provided by professionals and health care officials, who have much more knowledge than us about this topic. This seems to be working to a certain degree as a large number of Canadians have followed this advice, whereas President Trump was slow to get his people on the bandwagon, and the numbers show the difference in the number of cases in the US as opposed to Canada. You can only keep doing what you are doing and keep in mind that this will end and we will go back to living our lives. Thanks for your letter, and stay healthy, Mackenzie.

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



Poet Maeve  
The New Sanity

Wanda Waterman





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

## IMPORTANT DATES

- **Apr 30:** [Deadline to apply for course extension for May](#)
- **May 7:** [Annual General Meeting](#)
- **May 10:** [Deadline to register in a course starting Jun 1](#)
- **May 15:** [Jun degree requirements deadline](#)
- **May 30:** [Deadline to apply for course extension for June](#)
- **Jun 10:** [Deadline to register in a course starting Jul 1](#)

## AUSU Awards & Bursaries

[Applications for AUSU's spring awards cycle are now open!](#)

There is **over \$20,000** available for AU undergraduate students spread out over 8 different award and bursary categories (*in addition to our year-round bursaries!*).

We are also proud to announce that this awards cycle we are launching a **New Student Bursary** to address a need identified by our membership for more funding for new students. The New Student Bursary is for new students in financial need with between \*3 to \*11 credits completed at AU. Students with 12 or more AU credits are eligible for all other AUSU awards and bursaries.

Applications are online and are open to all AU undergraduate students. Apply now!

**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.

**New Student Bursaries:** For students in financial need with between \*3 to 11 AU credits.

**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.

Apply online [here](#). Deadline May 1, 2020



## Last Blog from Outgoing President

It's always hard to say goodbye to our outgoing council and executives, but their legacy lives on with AUSU!

Outgoing AUSU President Brandon Simmons shares his experiences with the Students' Union in his final [AUSU Executive Blog](#). He also gives some tips for students struggling in the current COVID-19 pandemic, and shares his own experiences enduring hardship and the impact it had on his studies at AU.

*AUSU would like to sincerely thank Brandon for all of his fantastic work and advocacy on behalf of AU students. We wish him all the very best in the future!*

Check out the Blog (with photos!) [here](#).



## AUSU Annual Members' Meeting

AUSU is holding its [Annual Members' Meeting on Thursday, May 7, 2020](#), in accordance with AUSU [bylaws](#).

All members are welcome to attend by phone or video conference. This is a great opportunity to find out more about your AU Students' Union, and ask questions or provide feedback!

Find out more on our website [here](#).





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# CLASSIFIEDS

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

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## THE VOICE

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