



THE VOICE

Vol 28 Issue 21 2020-05-22

Minds We Meet

Interviewing Students Like You!

Education Transitions to Online

Challenges and Responses

Fly on the Wall

Bored About Something?

Plus:

*Beats from the Basement
Homemade is Better
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Minds We Meet: <i>Monique Durette</i>	4
---	---

Articles

Editorial: <i>The Metric System: Imperious Measures</i>	3
Recent Challenges in the Transition to Online Education	7
Hike Recommendations Near Canmore	17

Columns

Fly on the Wall: <i>I'll Give you Something to be Bored About!</i>	9
The Creative Spark: <i>How to Make Your Three-Act Structure</i>	12
Beats from the Basement: <i>Santana</i>	15
Course Exam: <i>MATH 270</i>	18
Homemade is Better: <i>Accordion Potatoes</i>	20
The Fit Student: <i>How Not to Die</i>	21
Dear Barb: <i>Anti-Social Media</i>	24

News and Events

AU-Thentic Events	10
Vintage Voice.....	16
Student Sizzle	19
Scholarship of the Week.....	23
AUSU Update	25

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Francesca Carone, Barb
Godin, Barbara Lehtiniemi,
Angela Pappas, Jason
Sullivan, Wanda Waterman,
Xin Xu, and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

The Voice is published
almost every Friday in
HTML and PDF format.

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 28, Issue 21

© 2020 by The Voice
Magazine

ISSN 2561-3634

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

The Metric System: Imperious Measures

Karl Low



Two provinces were set to start using performance measures to adjust funding levels to universities this year. The first was Ontario, the second, our own province of Alberta. As with most conservative ideas, these metrics were largely tied to economic performance, specifically the economic performance of graduates. With pundits claiming they're trying to ensure that taxes are being spent wisely.

Then the pandemic occurred, businesses were closed, and millions of people have been required to leave their employment, many of whom rightly wonder if they'll have jobs to go back to once we open up society again. This has made it blindingly obvious that the economic performance of graduates may not be entirely, or even in any significant fashion, a result of the education they gain in post-secondary.

Ontario has wisely decided to back away from performance metrics at this point, simply because if they tried to use them, the real purpose of them to reduce funding to education would become clear. While it isn't

clear when, or if, they might be brought back, one university document suggests they are not expected before 2021 at this point.

Alberta, as yet, hasn't made any public announcements about what metrics will be in place, but has remained firm that they will start to be applied as of April 1, to ensure that they are able to reduce post-secondary funding by the start of the new school year, and, more importantly to them, their next budget. It should be noted that the Alberta metrics contain no positive upside for post-secondary institutions. If they perform exceedingly well, beating their goals by a large margin, the system, set up without any significant consultation of universities or students, will not reward that institution with more money. All that can happen under these measures is that the institution, and hence the students, lose money, opportunities, and education quality.

If you're a student in Alberta, I urge you to write to your MLA, to the minister of Advanced Education, Demetrios Nicolaides, or to the Premier, Jason Kenney, about the foolhardiness of implementing performance metrics—red-tape that will only cause post-secondary institutions to hire more administrators to figure out how to game the system, and force the government, in turn, to hire more auditors to try to catch the institutions that are doing so.

When you're done that, come back here and check out our feature article, an interview with fellow student, now VPFA of AUSU, Monique Durette. Also this week, we look at how the transition of education from in person to online has been being handled across the country, as well as noting a few of the challenges and responses that various provinces have been dealing with. Plus, if the lockdown has you feeling bored, the Fly on the Wall wants to give you some thoughts on how you might just need to change your perspective.

Plus events, scholarships, reviews, advice, recipes, and more! Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', is located in the bottom right corner of the page.

MINDS

WE

MEET



Born in Edmonton, Alberta Monique Durette now lives in Okotoks, Alberta where she's taking her Bachelor of Arts with a major in Political Science and a minor in Women and Gender Studies from AU. She's lived across the country, from BC to Ontario, and in fact met her husband while she was in high school in Ontario. It's not quite the standard tale of high school sweet-hearts, as she moved again, this time to Alberta, at the age of 17, and only reconnected with him when he found her on Facebook, 11 years ago.

Together, they now have a son who's six years old, and a couple of grown children from his former relationship, one of which has recently made them grandparents.

But before she came to AU, Monique began her working life at a bank in Banff, Alberta, where she worked for six years in various positions, from teller to branch manager to financial advisor, and was considering which way to continue along the corporate ladder when one of

the branches she had worked and still had friends at was robbed. This wasn't just a quiet robbery, but serious enough to the point where people were tied up in the process, feeling legitimate fear for themselves, and this was made even worse as one of the primary people involved in the robbery had been an employee she'd worked with in the branch.

Needless to say, that kind of experience can make you reconsider your options. She left to become the office manager for a smaller company in Banff, eventually starting her own bookkeeping and tax preparation company which she did for about a decade, until shortly after her son was born, when he husband started a janitorial and property management business in Banff around six years ago.

Only a few months into that business, however, and her family was involved in a massive car accident, one that completely changed their world. With her husband suffering injuries that caused permanent disabilities, and dealing with her own anxiety and PTSD from the accident, their property management business had to close. This life changing event is also responsible for bringing her to AU. After her husband closed the business, he decided to attend post-secondary. Monique remembered how she liked learning, even as she disliked school, so when her husband started it was an inspiration for her, "I figured that sounded like a cool thing to do and I needed to do something. I was running a day home as a means to provide for my son and husband, and it became apparent I

needed to do something additionally for financials, so I could either try to find a job that would accommodate my needs and hopefully wouldn't take me away from home schooling our child, or I could go to school."

"And I already had all of these passions and goals—I'd been working more with non-profits, and some voluntary work I'd been doing to fight for women's rights in maternity care, and I realized I needed a degree to get into the positions with these organizations that I wanted, and couldn't get into otherwise."

That's what led her to sign up for her major in political science, with the minor in women and gender studies.



When she's not studying or working, Monique spends much of her free time crocheting and knitting. She started crochet when she was just eight years old, but "in the last five years, I've picked it up a lot, and it was interesting to learn recently that it's something people with anxiety and PTSD are encouraged to do to help them."

A recent creation of hers was a nice sweater, generally doing gifts for her family and friends. Another recent project being a blanket for her step-granddaughter.

She also, as mentioned before, spends much of her time homeschooling her son, but not

because of the pandemic. "COVID hasn't changed much for us because even before that my husband can't work, so he's at home, and so am I, and my goal is to continue to be able to work from home so I can help my son and husband – plus it's better for my mental and physical health."

"It's fortunate," she explains, "that this pandemic has really opened people's eyes to the potential and possibilities that working from home can provide."

So where does she intend to go with all this? Monique's goal is to "work in a non-profit as an executive director." And while she's "leaving the doors and mind open about what that will look like specifically," she expects it will "likely be in the realm of women's rights or rights for persons with disabilities, two areas I'm passionate about."

Recently, her studies at AU have led her to run for, and be elected, to AUSU, where she now serves as the VPFA. She notes that "I'm really quickly learning to love the educational side of the non-profit world as well. I didn't know how much of an enormous world post-secondary is, and it's opened my eyes to it. I'm amazed at all of the dynamics that come into play."

When I asked her who or what in her life had the greatest influence on her desire to learn, she explained that while she'd had a tough childhood – being in about nine different



schools between kindergarten and high-school graduation – she always enjoyed the learning portion of schooling. She was a good student in that she did well at school, but also experienced significant bullying and harassment, which is probably the biggest reason that she ended up choosing home schooling now, both for her and her son.

“Having done well in K-12 kept my eyes and mind open to the idea that education is not a bad thing, just how we do it can be hard for certain kids.” And while she hadn’t done any formal collage or university programs prior to AU, she noted that she did a lot of coursework and obtaining other certificates over the years. It’s made her an advocate of learning through experience.

But coming back around to the question, she remembered how when she was four or five years old, she desperately wanted more material to read, and noted that that love of reading was probably her biggest motivator.

Monique pointed out that her favorite part of the online learning experience so far has been the self-directed nature of it, “I don’t like following the crowd, doing what everybody does just because that’s what we’ve always done, and AU allowed me to be who I am in that regard.”

But who is she personally? She’s a person who hates feet on pillows and is a huge admirer of Arlene Dickinson. “I actually ran into her one time. We were coming back from Toronto, visiting family, and our flight was delayed, so we were waiting while my son was being a character, it was only his second plane ride, the first one being the one to come out to Toronto, so we were finally boarding at midnight, and he was so excited about getting on the plane and being up late, pulling his spider-man suitcase and wearing this cute newsboy cap and just looking so amazingly cute, and as we went up the walk we passed Arlene and he pulled a smile out of her, I couldn’t wait but to take a picture of him, making sure to tag her on it, my celebrity sighting!”

“I’ve followed her for a long time, read her books, and really love her story about how she came to be where she is and a lot of the things she stands for.”

While she’s lived across Canada, she notes that she hasn’t really travelled that much. Her travel dreams include Hawaii and Australia, “those have never been in the cards for me so far, but maybe one day.”

Most recently, Monique has been reading the book *Talk to Me: How to Ask Better Questions, Get Better Answers, and Interview Like a Pro* by Dean Nelson. “I’m horribly introverted, but I’m coming down this new path now, putting myself into this position where I have to talk to people and ask questions, so it’s really important I start learning how to engage in solid conversations. Plus, I know I have a lot of things I want to share with people and vice versa. So this seemed like a good book to help.”

Also, I asked about her favorite AU course so far, and after some consideration she chose POLI 350--Women in Canadian Politics. “It highlighted a lot of deficiencies I sort of knew existed, but you kind of think we’ve grown beyond. Almost equally I like the course I’m taking right now, WGST 345—Women, Gender and Work in Canada. It’s about the equality, or inequality, of women in the workplaces. I’ve always known about some of

these issues having had different roles, but I just didn't know the depths of how much the problem is still engrained. For an example, the one that sticks in my mind that I can't get rid of is that even in Edmonton, as late as 2016, women were still only earning like \$0.62 for every dollar that a man is earning. These kinds of things I learn motivate me and make me even more passionate."

"When I learn something I'm against, it drives me to change it, to do what I can to make things better. Even though I don't tend to stand up and speak out until I have something I really want to say."

Living in Calgary, Karl graduated from AU with a Bachelor's of English (with Great Distinction he likes to add), was awarded Editor of the Year by the PWAC back in 2017, and spends way too much time drinking from the firehose that is the internet for The Voice Magazine.



Recent Challenges in the Transition to Online Education

Natalia Iwanek



Although the recent pandemic driven transition to online education may have appeared relatively seamless and rapid, various issues have surfaced at the elementary, secondary, and post-secondary levels. Despite the benefit of an existing online format, struggles have been reported here at AU as well. Various students on the AU app have expressed concern with increased wait times for online invigilation, as well as additional challenges for students uncomfortable with or unable to write their exams online due to housing conditions or lack of childcare.

For those unaccustomed to online education, the transition has revealed significant barriers. This is in addition to trying to navigate an unfamiliar system and online learning portals in a time of collective fear and grief. With brick and mortar campuses closed Canada-wide, many post-secondary students and educators are experiencing online lessons for the first time. Students have reported difficulties with attending lengthy lectures in real-time, inexperienced and unprepared professors, and poor Wi-Fi connections.

Similarly, at the elementary and secondary school level, there have been reports of struggling teachers, children, and parents. In addition, parents often face additional challenges, such as lack of time, insufficient computer and language literacy skills, and accessibility issues.

In both Canada and the United States, rural students, as well as those living under the poverty line, often have minimal to no access to computers and internet services. In both countries, worry exists that this pandemic will cause students living in poverty-stricken or rural areas to fall behind.

This is quickly becoming apparent in Alberta. When contacted for statement, Trisha Estabrooks, Board Chair and Trustee Ward D of the Edmonton Public School Board stated, "Edmonton

Public Schools serves almost 105,000 students. The transition to online learning has been and will continue to be our greatest challenge moving forward. I cannot overstate the amazing work our administration and staff have accomplished in moving learning online for all students.”

Many teachers have implemented innovative strategies to educate their rural students by turning to various apps, social media, and video conferencing tools. Since many students have no or slow internet or computers, laptops, or phones, teachers have been sending students home card-based learning games, as well as texting or calling students without reliable internet.

Estabrooks stated, “This massive change has required an entire reimagination of what learning means for all of our students during this challenging time. Staff are having to learn new technologies, new processes, and new techniques to engage with their students and with one another. Every day I am reminded of the incredible resilience of our staff and students, and the innovative ways we continue to support each other. I know teachers and staff miss students greatly, but truly there's nothing more important than the health, safety, and well-being of our students, staff, and families during this pandemic.”

In many Albertan communities, bandwidth has become a problem with increasing usage, making high-speed internet access impossible. In addition, large phone bills and data overages are becoming more common. In response, some students are receiving Chromebooks and those without internet access are receiving lessons via USB or print materials.

In Saskatchewan, problems with Wi-Fi coverage has also led to creative teaching methods, including sending learning packages to families with activity bags and school worksheets.

In Ontario, teachers and school boards are experiencing problems as well. Many worry that students will fall further behind as a result of online learning challenges. Teachers have not been given a specific guide; much is being left up to their discretion. So this experience is serving as a learning curve, with best attempts being made while faced with difficult conditions. An Ontario public school teacher, who spoke on the condition of anonymity revealed, “I am teaching and it’s very challenging. My kids need a lot of support and it’s very hard through a computer. They are only in grade one. I know there are families without tech, or for whom language is a barrier to be able to help their child.”

The Toronto District School Board revealed plans to give out 28,000 laptops and iPad’s to students, some with built in Wi-Fi for those in need. In addition, print-based material is expected to be available for students who struggle in online learning environments. The Ontario public school teacher stated, “... my board has been working hard to get computers and internet access to as many kids as possible. I’m not sure what percentage of the ones that need it are getting, but I know they’re trying.”

Over the years, the value of online education has been hotly debated, particularly during the recent Ontario teachers’ unions’ negotiations. However, proponents believe that this transition to online education may very well produce a paradigm shift, transforming public education long after the end of COVID-19. In addition, this sudden shift has also highlighted the online system’s deficiencies; steps can be taken to correct them for future learning. According to Marina Milner-Bolotin, an associate professor at the University of British Columbia’s Faculty of Education, “I expect a steep increase in online learning that will continue beyond the [pandemic]. People now will pay much more attention to it as they will experience its power.” Many proponents believe that a hybrid system will be a result of these changes.

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



Fly on the Wall

I'll Give you Something to be Bored About!

Jason Sullivan



A scanty few decades ago childish tears and angst were met with the phrase “I’ll give you something to cry about!” Social evolution means that what was once a real threat evolved into a threat of a threat before landing with a plop in a puddle of joke threats that, ideally, would bring cheer to any young gaffer’s countenance. Smacks of reality aren’t reserved only for whippersnappers though; the value of having perspective in the over-awing face of negative emotions is universal.

Take boredom during social distancing, for instance. No culture has ever had so much entertainment at its crowd-sourced fingertips. As such, boredom in 2020 only simulates what was once an abject dearth of stimulation. ‘If you’re bored then you don’t have enough to do’ is a self-administered response we know well at AU. After all, there’s almost always some course material we

could be working on instead of wallowing like a buffalo dying from a Komodo dragon bite.

Kids embarking on tantrums are traditionally implored to ‘use their words’. Well, consider the nature of adult boredom; it’s not that there’s nothing to do so much as there’s no reasoned assessment of why we’ve had our motivation snatched away. As Jacques Derrida put it, “there is no Trojan horse unconquerable by Reason” (Derrida, 36) And yet, adults under the COVID-19 regime still play the part of bored bipeds, even as mere weeks ago they were busy kvetching about the lifeless nature of their social lives or the soul-destroying grind of their 9-5 jobs. A reasoned perspective is just the antidote.

Too Much Time and Not Enough To Do? Hop Into Your Family Tree Time Machine!

Sixty years ago, my great grandma was a dairy farmer and orchardist in the Edenic town of Kaleden, BC. Her family’s protein included bear meat canned in mason jars; this time of year no fresh vegetable or fruit crops were sprouting. Social distancing was a rural reality and the only live feed was fed to the chickens. But life wasn’t all peace and buttercups; apocalypse was only ever a few footfalls away; it hovered in shadowy fears, either in a Biblical eschatological sense, or an economic poverty sense, or a Cold War nuclear annihilation sense, or a viral influenza during pregnancy sense. The world then contained at least as many fearful components as it does now, and certainly a shorter average lifespan (although my great grandma actually lived to be 99). Boredom was a luxury and a privilege. As a youngster in the 80s, I was her little helper, and I particularly loved to help retrieve ice cream from the basement freezer and turn the irrigation taps on and off. Little joys were the essence of such a rural life. Today when we feel bored, we’ve forgotten all the joys that curate our modern privileges.

Baudrillard and the Simulation of Reality

The key to the irrationality of present boredom is that we have lost our sense of historical context and descended into a senseless labyrinth of social media illusions. Jean Baudrillard anticipated all this in the early 90s with a book called *The Illusion of the End*. At the cusp of the emergence of

the internet epoch he was responding, in part, to a thesis by a Japanese academic named Francis Fukuyama. The latter had stated that, with the fall of the Berlin Wall and the collapse of the Soviet Union we as a species had entered an “End of History.” Not so, said Baudrillard, in reality we had simply surpassed normal historical markers of reality along the historical trail.

Like Hansel and Gretel’s breadcrumbs, the way home was there, only it had become invisible due to an excess of distractions. In this new epoch, each individual, composed out of our many internal versions of self, became a “neo-individual” plugged into the network, getting continuous feedback” (Baudrillard, 106). When the teal-coloured 1992 poop hit the fan and the USSR disbanded (following a referendum where the people actually voted by a large margin to keep it), the world briefly appeared to be a planet of liberal-democratic consensus. Just like today with COVID-19, we all appeared to be in the same boat even enough to resurrect god-awful tunes such as “We Are the World.” Funny how saccharine sentiments emerge in a time of trouble; is this comfort food or just a cry for help?

A sense of belonging and bonding over boredom may be the root of our present cultural circumstances. We must perform our boredom well, in combination with our appreciation of heroic health care workers, to conform. Baudrillard stated that the “fundamental integrism of this consensual society, the terroristic fundamentalism of this new sacrificial religion of performance” meant that, like pale-faced lab rats, we tend to gather together and act the part that we figure we must play.

Real heroes, like health care workers, are lauded while the limitations of our existence (forced to curl up with a good book by law?) are lamented. Yet our feelings are irrational given how much there is to do without even leaving our homes. A certain “distortion of causes and effects” leads to a “mysterious autonomy of effects” (Baudrillard, 110). This “fierce liturgy of the virtual” allows real-time celebrities demonstrating their Handiwipe techniques to wipe out a sense of context. (Baudrillard, 106). Facts and causes fall victim to the emotional performance of effects. Meanwhile etiology, the science of causes and effects, reveals what we presumably all know about the root cause of the virus and how the CDC in 2007, following SARS, warned about the increased risks of live animal market sales (Chomel B., et al, 2007).

AU-thentic Events Upcoming AU Related Events

The Master of Arts (Interdisciplinary studies) Webinar

Thur, May 28, 11:00 am to 12:00 pm MDT
Online

Hosted by AU

news.athabasca.ca/events/mais-webinar

Register through above link

Zotero and Mendeley Citation Management Tools

Thur, May 28, 9:00 to 10:00 am MDT
Online

Hosted by AU Library

library.athabasca.ca/orientations.html

No pre-registration necessary; access through above link

The Grad Lounge

Fri, May 29, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

news.athabasca.ca/events/the-grad-lounge-may-29

No pre-registration necessary; access through above link

Looking Ahead...

AUSU Virtual Student Socials

Saturday, May 30, 6:00pm MDT

Online via Zoom

Hosted by AUSU

RSVP to ausu@ausu.org if you wish to attend.

All events are free unless otherwise noted.

Dreams of Reality, Reality as a Dream?

The dream of getting out of depressing loops of COVID-19 discontent seems as simple as turning off our screens and reading a book. At AU, we are experts at academic productivity, so why not now find a few extra side projects to research during these additional down times. Baudrillard wasn't so sure, however, and frankly it does seem a tall order to act as though the internet, with its friends and fellow travellers, isn't destined to guide the emotional life of our minds. He wrote that "this revival of vanished – or vanishing – forms, this attempt to escape the apocalypse of the virtual, is a utopian desire, the last of our utopian desires. The more we seek to rediscover the real and the referential, the more we sink into simulation, in this case a shameful, and at any event, hopeless simulation" (Baudrillard, 1994, p.117)

It's our feelings, our affects, that we've come to let govern our lives. And these are outcomes of collective interactions rather than raw data; many folks sit at home bored in their spare time anyway, but now the collective sense of boredom breeds a new empire of performativity.

Show Me the True Blue Truth!

Boredom thus has social causes that transcend our real conditions. Yet even the most scientific of truths involve simulation of reality; that is, a forced submission to the methodologies on offer. Think of the romantic phrase 'why do birds suddenly appear?' Of course there's a reason for their feathery flight that transcends the two lover's noticing them. Romantic birds and their songs appear as tokens of love because they are interpreted as such. This parallels how flowers are presented not as the outcome of their botanical growth processes but as simulation of the love of the giver. Colours, too. There's probably no genetic reason that we have certain favourite colours. And can any colour be 'right'? Turns out, scientists in Japan recently synthesized what they claim to be the truest blue and yet their description seems as far removed from the real colour as does boredom in the internet age seem distant from boredom in that timeless, dusty, rural life of yore:

"We succeeded in generating blue chrysanthemum flowers by introduction of butterfly pea UDP (uridine diphosphate)–glucose:anthocyanin 3',5'-O-glucosyltransferase gene, in addition to the expression of the Canterbury bells *F3'5'H*. Newly synthesized 3',5'-diglucosylated delphinidin-based anthocyanins exhibited a violet color under the weakly acidic pH conditions of flower petal juice and showed a blue color only through intermolecular association, termed "copigmentation," with flavone glucosides in planta. Thus, we achieved the development of blue color by a two-step modification of the anthocyanin structure" (Noda, N. et al, 2017).

True boredom, like feeling truly blue, or avoiding the flu, or reading about the chemicals that make colours, says more about our context than about some over-arching capital "T" truth. Boredom is an opportunity if we choose to look at it that way; even the busiest households typically have access to noise-cancelling headphones. At AU let's remember how lucky we are that we've taught ourselves to make the most of every available open moment of time. And if we've forgotten this hard-won freedom now is the time to remember it.

References

- Baudrillard, J. (1994). *The Illusion of the End*. Stanford, California: Stanford University Press.
- Chomel, B. B., Belotto, A., & Meslin, F. (2007). "Wildlife, Exotic Pets, and Emerging Zoonoses." *Emerging Infectious Diseases*, 13(1), 6. <https://dx.doi.org/10.3201/eid1301.060480>.
- Derrida, J. (1978). 'Cogito and the History of Madness'. *Difference and Repetition*. Chicago: University of Chicago Press.
- Noda, N. et al. (2017). 'Generation of blue chrysanthemums by anthocyanin B-ring hydroxylation and glucosylation and its coloration mechanism.' *Science Advances*. <https://advances.sciencemag.org/content/3/7/e1602785>

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 Creative Spark

How to Make Your Three-Act Structure Rock

Marie Well



If Do you want to write sizzling stories?

I have a confession. I want to write Christian or inspirational fiction. Yet, I sleep through movies. I prefer my friend's two-minute movie summaries over watching the shows. Since I became of age, I have read four—yes, four—fiction books. To put it in perspective, I read four fiction books in thirty years.

But to write fiction, we need to read fiction, right? Well, if we won't do that, at least we could try learning plot. But if you happen to love fiction, learning plot could take you to fiction writing stardom.

And perhaps the easiest plot structure to learn is the three-act structure.

Let's explore:

A Three-Act Structure can Open the Floodgates.

“Each story (novel, short story, myth, screenplay) needs a beginning, a middle and an end. These three sections are 'acts':

- Act 1: Beginning
- Act 2: Middle
- Act 3: Ending

Imagine a novel divided into six equal parts. The beginning accounts for just one of them, the middle for three, and the ending for two” (16%).

I'm now going to attempt an outline for a three-act structure. My aim is to show you an original example of how it's done. And at the end of this article, I have a bonus for you: a gold-mine resource for writing plot.

ACT 1

Excite, no incite!

Author Rayne Hall says, “In this section, you need to establish the 'rules of the world', what kind of environment and society the main character lives in, and what kind of person he is, his strengths, weaknesses and ambitions An 'Inciting Incident' happens that upsets the status quo and propels the character into action” (17%).

A hook sets up the character's inner conflict: the desire versus the fear, says [Abbie Emmons](#) in her YouTube podcast. She says, “Ask yourself, what does my protagonist think will bring her true happiness ...? And how is her fear stopping her from going after it.”

Imagine you are an obese teenage boy, bullied so badly one day that you almost lost your life. On your way to the hospital in an ambulance, your face swollen and covered in bruises, you decide to lose fifty pounds and become a star wrestler, maybe like Hulk Hogan. Can you do it?

You have one friend and a nurturing mom who has severe anxiety. Your self-worth couldn't get any lower. But you're a strategic thinker.

Snap into a new world.

In other words, according to Rayne Hall, enter “the curtain between Act 1 and Act 2: Between these two acts is a doorway the main character must open and walk through, or, if you prefer, a curtain to lift. This signifies the main character’s conscious decision to enter a new world or new phase of life. He knows that once he has lifted this curtain, things will never be the same again” (17%).

Here, you, the bullied teen, try out for the wrestling team. You are ridiculed, but the merciful, empathic coach lets you stay on the team.

ACT 2

High stakes keep you awake.

Author Rayne Hall says, in “Act 2 ... the protagonist experiences struggles and growth as she gathers clues and acts on them. The stakes get raised. This is roughly the equivalent of the Trail of Trials. In the middle of Act 2 there’s a Midpoint Reversal. This is the moment when everything turns upside down, and the main character changes direction” (18%).

You, the bullied teen, get taken under the wing of the empathic coach. He spends extra time alone with you, after school, helping you perfect your form. But the bullies turn on both him and you. They exact violence against the coach, showing up at his home, breaking his window, and popping his tires in thirty below weather. The school and police system turn a blind eye. The coach is at his wits end.

The bullies do the same to you, chasing you home and breaking your window. Most every day, you have bruises. Your mom has grown so spacey from fear, she shuts down mentally. She can no longer cook for you, do her banking, clean, or grocery shop.

Change direction by doing the opposite. Author Rayne Hall says of the protagonist in Act 2, “[He] changes course, adapting [his] goal or [his] strategy, or even using [his] skills to do exactly the opposite of what [he] has done up to now” (18%).

You, the bullied teen, quickly learn to take over your mom’s banking matters. You learn to shop and cook. You double up your practice of wrestling, also teaching wrestling to your only friend. You read books on healthy eating. You begin fighting back when bullied.

Don't lose hope during the black moment.

Rayne Hall explains, “Shortly before or after the Midpoint Reversal, or at the same time, is the Black Moment when all seems lost. The main character is in the worst possible situation, perhaps imprisoned, injured, trapped, and betrayed. She is close to giving up but rallies her courage” (18%).

The black moment for you, the bullied teen, arrives when your spirit breaks and you quit the wrestling team. The team has turned its vilest against you. The harassed coach has resigned and recently begun anew at a different school. The new macho coach ridicules and torments you. Your only friend got so badly beaten up, you called it quits with him, secretly to protect him.

Social services takes you away from your loving mom who is crippled with anxiety. You get placed into a dysfunctional foster home with a creepy, psychologically abusive foster father.

Readers will beg for the final world.

Enter, according to Rayne Hall, “the curtain between Act 2 and Act 3: Once again, the main character decides to open a door and enter a new phase. This is often a heart-wrenching or dangerous decision” (19%).

You start a new neighboring school.

You beg the school coach to let you on the wrestling team, only to discover that the captain of the team is a cousin of the main bully at your prior school. The bullying begins anew. The foster home bullying escalates, too. Your life is worse, and you have no-one to turn to for help.

A big wrestling meet is coming up between your new school and the old one.

You locate your empathic coach, and show up at his school. You beg him to coach you one-on-one after school and weekends. You don't want to put him at risk again, but he's your only hope. The coach refuses, but when he sees your bruises, he gently touches them as he always did. You tell him about your mom and your foster dad, and the merciful coach breaks. He'll train you for the meet.

ACT 3

Turn loose the climax.

Rayne Hall describes “Act 3: The ending: The story reaches the Climax. This scene pitches the main character against the main antagonist, perhaps in a duel to the death between hero and villain or a confrontation between investigator and serial killer. The book's tension is at its highest. Next comes the Resolution when the main character's problems are solved and the goal is achieved (or lost, depending on the kind of story you're writing) and problems are solved” (19%).

You, the bullied teen, train with your school, sucking up the abuse. You also train with the empathic coach at the school where he teaches. On top of that, you join a nearby gym and lift weights to avoid home life. You also spend hours at the local library. Plus, cycling to and from the empathic coach's school helps you drop the weight. You start to see a good-looking guy peer back at you in the mirror.

As the wrestling meet arrives, the abuse intensifies. The bullies show up at your gym or library to torment you. You keep pushing yourself, training and working harder, despite the fear.

The big wrestling meet arrives. You are paired off with the bullies, one by one, from your old school. You beat them all until you're paired off with the main bully. When it's one against one, it's a different story than five against one. You cream the main bully. Your only friend shakes your hand at the end of the meet as so does the captain of your new team. You've won the respect of your new team. The empathic, merciful coach pats you on the back, and gives you the name and number of a pro coach who can help you compete at a professional level.

Let 'em savor final thoughts.

Rayne Hall says, “There may be a Denouement showing what happens after the main story is over. Sometimes this is in the form of an epilogue, a scene taking place some years later. For example, a Romance novel may give a glimpse of the couple's happy married life with their children, to reassure the reader that the two are indeed living happily ever after” (19%).

You, the now tough, fit, and respected teen, meet your mom in her group home. She says she's proud of you, and you've inspired her to beat the odds. She is working hard on recovering from anxiety—reading medical books and seeing therapists. She hopes to have you back within a year. She says you and she can live wherever you like.

She pours out a bag of cash. “I save every penny for you. I spend nothing on myself. Use it to make yourself strong.”

You ask your mom to use her phone. In the group home, there's one central line. You phone the professional coach, and set up your first lesson.

To make this three-act structure work, I used a free two-week trial of a story writing software called https://onestopforwriters.com/features_tools. I didn't use the software to its full capacity. If I had, I'm sure this would've been a much better plot. Go ahead and try out the free trial of the software. It's geared to help you write a story based on the characters' desires and their transformations. After all, character is the crux of most any story.

References

Hall, Rayne. (2016). *Writing Vivid Plots*. E-book.



Beats from the Basement

Santana

Milica Markovic



Album: Supernatural
Artist: Santana

My feet have a mind of their own whenever Spanish-language music plays. Whether it is the Gipsy King's fleeting flamenco or Gloria Estefan's frisky freestyle, the romantic in me soars beyond the ballroom floor. Latin rock adds even more flavour to the Spanish-speaking world's many genres, though it wasn't until guitarist-songwriter Carlos Santana and his band of the same last name released *Supernatural* in 1999 that it became popularized in Canada.

Like much of their discography, the nine-time Grammy award-winning album is nearly split down the middle between Spanish and English songs where lyrics apply, allowing the band to nurture their roots while also welcoming foreign listeners to their style. It combines hard/alternative rock, pop, and R&B for a truly adventurous and passionate experience. Some tracks make you feel like a vagabond driving on wondrous sand dunes and others take you on a relaxing trip to the beach with their funky chill. Santana brings some of that psychedelia from their jazz fusion days, but it puts your mind in a spiritual state rather than a cosmic one like a Pink Floyd tune would.

Despite what other critics have said, I find the album constant in its chosen styles, all except for one song and that's “Do You Like the Way” written, produced, and rapped by former Fugees member Lauryn Hill and sung by CeeLo Green. It starts off as music you'd hear in a spy thriller,

which is cool, but I'm not sure why Hill decided rapping her part is better than using her fantastic singing voice when the instrumental is already dramatic enough. Green's segment, by contrast, match his pained, almost inaudible cries to the words perfectly, which speak to how the human condition never ceases to be greedy and ruthless in spite of our advancements.

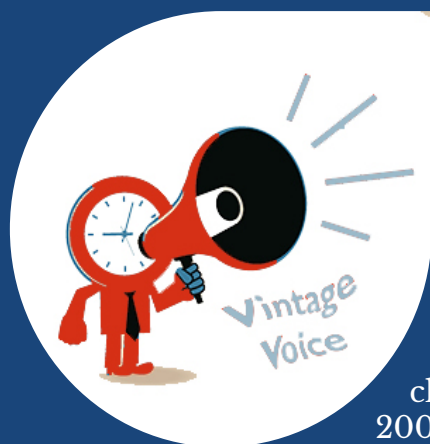
That jarring moment is easy to forget when the rest of *Supernatural*, like its very cover, is nothing short of vivid. Matchbox Twenty's Rob Thomas enters smash hit "Smooth", which he dedicated to his wife, Marisol Maldonado, with cheeky flirtation, and Santana's groove helps turn the entire production into a cabaret. Picture this: you're calmly watching a movie, when suddenly the protagonist and their entourage break out into song and every stranger within range joins in on the shenanigans. You don't know how or why this happens, but it vibes with you anyway. That's "Smooth" in a nutshell.

Out of all the albums I've dug up thus far, I haven't heard a track to conclude one as well as "The Calling" does. Fellow rock and blues guitarist Eric Clapton interplays with Santana through their intricate language of strings during the first half; it's as gently unpredictable as the first few raindrops on your palm before the shower, but when the percussions' shifting and clapping pick up in the second half they thoroughly cleanse your soul. The gospel-esque chanting aids in making this sound like a song for the people instead of something abstract and unreachable.

Before concluding this review, I must of course honour the generation-defining "Maria, Maria", featuring The Product G&B and produced by Wyclef Jean and Jerry Duplessis. Every time I hear it, I imagine myself with a cheap cigar in one hand and my fifth drink in another at an abandoned cabana where we're all wallowing in our thoughts about lost love and the world's problems. Although fads come and go, our fond memories with this song will remain timeless.

It's unfortunate that we haven't seen other musicians cross over like Santana did, because we could sure use a revival of these musical styles on the indie scene to keep it fresh and alive.

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



Unearthing classic articles from previous issues of The Voice Magazine.

To honour Sherlock Holmes Day on May 22, we sleuthed through the archives, following clues that led us to these elemental offerings.

Breathing life into Holmes. Janice Behrens chronicles her growing fondness for mystery novels, including the iconic Sherlock Holmes series. "When reading the books, it is sometimes possible to almost smell the pipe tobacco hanging in the air and hear the sound of horses hooves clopping by outside." The Good Life—Sweet Mystery of Life, February 10, 2006.

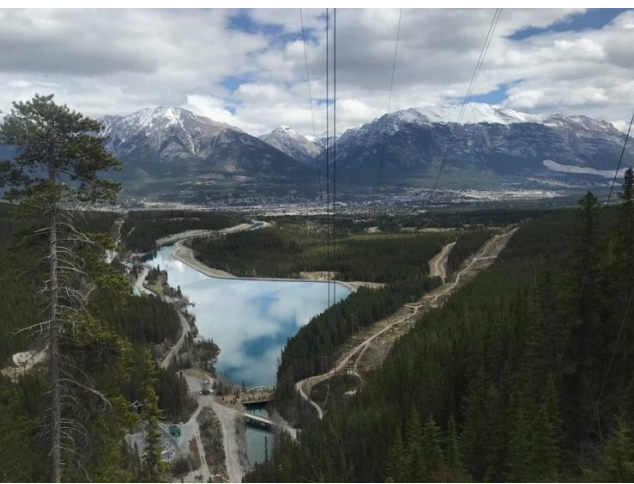
Life-long love of words. Bill Pollett traces his fascination with the written word. "Notice that some words sound exactly like ice skates hissing across a frozen pond, while others drone like sun-drunk wasps, or rustle like badgers sneaking through shoulder-high corn." Lost and Found—In Praise of Words, July 21, 2004.

Hike recommendations near Canmore

Xin Xu

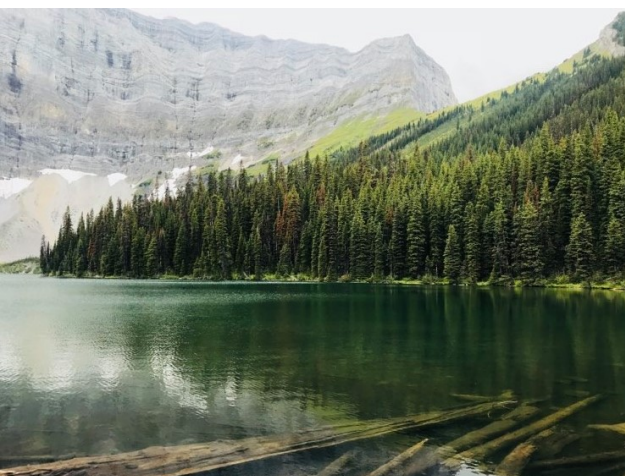
With the re-opening of provincial parks within Alberta, I've had the opportunity to visit some of the province's incredible provincial parks. Over the long weekend, I went on a solo hike through the Peter Lougheed Provincial park in Canmore, Alberta. Despite the mountains being a popular hangout location, I steered clear of the visitors and took the paths less travelled.

As the parks within Alberta and across Canada begin to open to local residents, it may be an option to visit the outdoors for a change. Having not visited the gym for months, I opted for simpler hikes that don't require any scrambling near the peak. Here are some of my favorite easy hiking trails near Canmore. Remember to keep at least 6 feet of distance between yourself and other park visitors.



Grassi Lakes: This is one of my favorite short hikes in the Kananaskis region. The views are unparalleled and only boasts about 2 km worth of uphill walking. The incline is less steep than some of the other recommendations here and can be a great solo or family hike (for those living in the same household). Hikers are rewarded with not only an astonishing view of the bow valley but also two grand lakes at the peak. Both lakes feature aquamarine-clear glacial water that add breathtaking color to the scenery.

Barrier Lake: this popular hike features a 7 km trail that on average takes about 2-3 hours for ascent. The trail is pebbly and wet at this time of the year so rain boots or waterproof footwear is highly recommended. At the foot of the mountain sits a wide-spanning lake that also serves as a hydroelectric generator. Near the peak, guests get a panoramic view of the lake surroundings with the grandeur of nearby snow-capped mountains.



Upper Kananaskis: This hike was one of my favorites due to the customizable options guests have during the hike. Throughout the initial portion of the hike, a grand view of the upper Kananaskis lake can be seen between the trees. Little gems along the way include waterfalls, bridges that make the overall hike enjoyable and pleasantly surprising. Towards the end of the hike, visitors are greeted by Rawson lake, a beautiful aquamarine pool cradled by nearby mountains. In the summer, I often take up the challenge of hiking up to Sarraill Ridge which offers a more difficult but rewarding route with higher elevation.

Troll falls: For those looking for a flatter hike with no sharp inclines, troll falls offers an enjoyable route through small creeks and sparse forested areas. The waterfall at the end of the hike is unique with its rocky surroundings. The hike is perfect for families with small children or those looking for a laid-back stroll in the outdoors.



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



Course Exam

MATH 270 (Linear Algebra I) is a three-credit introductory mathematics course that is suggested for students in the Bachelor of Science programs. This course covers systems of linear equations, matrices, inverse of a matrix, determinant, vectors in two-, three- and n-dimensions, Euclidean and general vector spaces, and applications of linear algebra.

There is a Mathematics Diagnostic Assessment that students can take to test their readiness for this course and other math courses offered at Athabasca University. This online test contains 70 questions that will help you assess your mathematical skills. Based on your score, it will recommend which Athabasca University mathematics course you are likely ready to take successfully. MATH 270 is not available for challenge.

Linear Algebra I is made up of five units, five assignments weighing a total of fifteen percent, a midterm examination weighing thirty-five percent, and a final examination worth fifty percent. Students should note calculators are not allowed during either of the examinations. Throughout this course, students will learn a lot of interesting material, such as how to solve systems of linear equations, calculate basic matrix operations, solve applied linear algebra problems, and much more. To receive credit for MATH 270, students must achieve a course composite mark of at least a "D" or fifty percent in the course, with at least a grade of fifty percent on the final examination.

Karen Fletcher is currently enrolled in Athabasca University's Bachelor of Science program, with a major in Mathematics. She began by providing an introduction, stating "I own a small business that provides knitting patterns to publications and yarn companies and returned to school last year to pursue a math degree. I love sewing my own clothes, have three kids and am in Ottawa, Canada."

When asked to explain the course to other students, she explains that "Math 270 is a basic linear algebra class that focuses on solving linear systems. You cover matrices, plus eigenvalues and

eigenspaces. One of my favorite parts was that each unit concluded with a section explaining the real-world application of the math taught in that section.”

As for the structure of the course, she states that “There were five math assignments, plus a midterm, and final exam. The midterm was a standard paper exam (I wrote before the pandemic) that reasonably covered the material. Due to the fact that it's hard to type out the answers to math questions the final is currently made up of several math questions you do in advance, and then you have to explain your process for solving them as well as why you felt the course was relevant over a video call, then your tutor will ask you questions about various concepts in the course. I thought the final exam covered relevant material but as someone who struggles to come up with words right away, I found having to speak on the spot challenging.”

Karen would recommend this course to other students, stating that she “thought the course was well laid out and I liked the fact that the textbook came with a student solution manual.”

When asked if she had any tips or tricks to completing this course, she states that she “found the course was fairly straightforward, as long as you pace yourself and keep on track with the study guide, I think you'll be fine.”

As for communications with her tutor, Karen states “My tutor was Arzu. He was amazing at taking time to explain concepts to me when I got stuck. He was very friendly and encouraging.”

Whether MATH 270 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 material surrounding the topic of linear algebra.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group



Raiza wonders if AU offers student loans; responses say look to AU for scholarships and to government bodies for loans and grants. Amber had an unexpected result from a BIOL 204 home lab experiment; other students reply they've had similar results and it was okay. Kayla seeks input on whether to withdraw from a course; other students advise to persevere and get an extension if needed rather than bail and pay for a new course.

Other posts include exams on different platforms, letters of permission, course extensions, retrieving unsaved files, degree frames, and courses CHEM 217, ENGL 255, and SPAN 200.

Twitter

@austudentsunion tweets: "Did you know #AthabascaU has a Write Site that can help you with your academic writing? Write Site Coaching help students identify individual patterns of errors in submitted assignments, and work with them on improving their skills. Find out more at <http://write-site.athabascau.ca>."

@aulibarchives tweets: "We've been adding more resources to our Pandemic Support Guide to help you in this challenging time. Be sure to check out the changes! https://libguides.athabascau.ca/pandemic_support/home #AULibrary #COVID19."

Homemade is Better Accordion Potatoes

Chef Corey



Fun fact about potatoes I once learned while watching a favourite celebrity chef. Potatoes are a member of the nightshade family, and 99% of all potatoes are descendants of a variety grown in Peru. Potatoes were modified in so many ways that today there are about 4,000 varieties. Most potatoes fall into the categories of Russet, Red, White, Yellow, or Purple. And each category has a plethora of varieties! Who knew potatoes were so fascinating?



Accordion Potatoes – Chef Corey

Ingredients:

4-5 potatoes (any kind works, but Russets work best)
Olive Oil
Salt
Pepper

Directions:

1. Heat an oven to 350F or a turn on your BBQ; you can smoke these too!!!
2. Wash your potatoes thoroughly, but leave the on the skin.
3. Make a slice about $\frac{3}{4}$ of the way through and about 1/8 inch apart, 1/4 inch is ok too.
4. Cover it in olive oil, making sure to get it into the slices as well, but be careful you don't break it.
5. Add salt and pepper.
6. Cook for 30-45 minutes, the size of your potatoes will determine the length of time. You're looking for softened insides, and a knife should easily go through.
7. Top with sour cream, butter, and chives! Or don't, these are awesome with a little hot sauce too!



The Fit Student How not to Die

Marie Well



Twelve Treats that'll Keep You Alive and Lean

Have you ever felt like you were going to die?

I was going to die. It would take two years, I guessed. At my fit doctor's dull-lit room, I got no diagnosis, just her sweet welcome, her crossed leg gently kicking to a rhythm. Oh, and I got plenty of x-rays.

On one of my trips to my doctor, she spoke powerful words. "Change your lifestyle."

I paid heed. I went into debt on a credit card to fund my healthy eating. And, wow, did I end up a fitness fanatic. Four springs later, I freed myself from the dying process.

This spring, I downloaded the app called *The Daily Dozen* by M.D. Michael Greger. Dr. Greger wrote the book *How Not to Die*. He donates every penny he earns from his books to charity. He's a good soul with great diet advice.

So, let's look at Dr. Greger's list of the daily dozen that'll help keep you and me alive.

Daily item #1: Three servings beans. A half a cup of lentils counts as one serving, according to Dr. Greger. You can buy a can of beans from Walmart for under \$1.00. A can holds four servings. I eat a whole can every day.

You could buy uncooked hard beans and soak them for three to five days. (Drain and soak them in a fresh batch of water three times a day.) They'll sprout in the water. Once they sprout, you can cook them. The sprouts will give you a healthy blast of vitamin K.

Daily item #2: One serving berries. A half a cup of fresh or frozen berries counts as a serving, says Dr. Greger. Today, I ate a half cup of frozen strawberries. I typically eat frozen blueberries, which offer great brain benefits. And students love a brain boost, right?

If the cost and short shelf life of berries concerns you, buy frozen bulk berries. They are frozen at the peak of ripeness, so they are super healthy. But fresh is best. Walmart's prices are similar to Safeway's: nearly \$11.00 for a giant bag.

Daily item #3: Three servings other fruits. One cup of cut-up fruit or one medium whole fruit counts as a serving. Today, I ate one-and-a-half cups of frozen pineapple, mango, and peaches. I also ate two apples.

Again, fresh is best, but frozen makes it affordable for students.

Daily item #4: One serving cruciferous vegetables. A quarter cup of Brussel or cauliflower sprouts make up a serving, says the doctor. Since my budget tightened, I've cut out broccoli, Brussel sprouts, and sour cabbage. But I aim to return to sour cabbage, as it's probiotic-rich.

A head of sour cabbage costs about \$10.00 at Safeway. It'll last you two weeks to a month if you eat a little every day. If you like sauerkraut, you'll love sour cabbage. And it'll keep your immune system strong. Students don't need colds during studies, right?

Daily item #5: Two servings greens. One cup raw spinach or kale (or half a cup cooked) counts as one serving. I like to eat fresh kale, not the packaged kind. Oh, but if you want to go all out, grow an indoor kale garden. Wow! Homegrown kale will heal most any autoimmune disease, in my opinion.

Organic kale lasts half a week and costs about \$3.00.

Daily item #6: Two servings other vegetables. A half a cup of non-leafy vegetables count as a serving, says Dr. Greger. Every day I eat an organic carrot and an organic celery heart. If I can afford it, I'll eat a sweet bell pepper, too. I like to buy yams or sweet potatoes, too, as they are super-cheap, delicious, and healthy.

When you go to work, pack two big bowls of vegetables, along with nuts, seeds, or avocados. The fats in the nuts, seeds, or avocados will increase the nutrient uptake from the vegetables.

Daily item #7: One serving flaxseed. One tablespoon ground flaxseed counts as a serving, says Dr. Greger. Today, I ate two tablespoons flaxseed.

If you want brain friendly Omega-3, eat flaxseed every day. You can buy a bag that'll last two weeks to a month for \$4.00. I buy organic flaxseed from Amazon for \$7.00 in a giant bag. Flaxseed will give your brain extra fuel during study time.

Daily item #8: One serving nuts and seeds. One quarter cup of nuts and seeds, or two tablespoons nut butter, count as one serving, says Dr. Greger. I used to eat six or more tablespoons almond butter each day. Oh, do I love it. But whole mixed nuts taste even better. Lately, I've been buying a bulk bag of mixed nuts for \$21.00. It lasts me a week.

If you just want one type of nut, consider walnuts. Walnuts have potent omega-3 brain healthy fats. In other words, walnuts give you better brain power.

Daily item #9: One serving herbs and spices. A quarter teaspoon turmeric counts as one serving. I used to drink hot water mixed with either cinnamon or turmeric and black pepper. Those spices stained the counters, so I shield away from buying them. But turmeric is known in Eastern medicine to have powerful anti-cancer properties.

If you want one of the healthiest spice combos, mix turmeric with black pepper. The two together make the anti-cancer ingredient in turmeric—curcumin—incredibly more potent.

Daily item #10: Three servings whole grains. A half cup cooked grains or one cup cold cereal amounts to one serving, according to Dr. Greger. Today I ate three cups of Fiber 1 cereal. I go overboard on the fiber. It keeps me lean and regular.

Dr. Greger suggests bread as a source of grains. I don't eat bread as it packs on weight and it's constipating. I tend to eat steel-cut oats, wild rice, or high fiber cereal instead.

My dietitian told me to substitute bread with yams or sweet potatoes. These substitutes are starchy, just like grains, but won't harm you if you have grain intolerances.

Daily item #11: Five servings beverages. A serving includes one cup of tea, coffee, or water (without sugar and cream). I drink just water. I'll drink milk, too, which is not on the list as dairy can contribute to cancer. If you want dairy, I'd recommend plain yogurt: it's probiotic rich.

Daily item #12: Exercise. The doctor recommends forty minutes of vigorous exercise a day. That's 280 minutes a week, or 4 hours and 40 minutes. I tried exercising ten hours a week, and, yes, I got addicted to training, but I grew rundown, weak, and gained weight. In short, I over-trained.

For me, four to five hours of vigorous exercise a week is a healthy target. I nap for an hour and a half after a hard one-hour workout, but, oh, does it feel great.

Many studies show that exercise yields significant brain benefits, too.

Last item: B12: If you're vegetarian, take a B12 supplement: "For adults under age 65, the easiest way to get B12 is to take at least one 2,000 mcg supplement each week or a daily dose of 50 mcg." I like to get B12 from salmon or sardines. But I rarely eat meat. So, I need to supplement. Dr. Greger says lack of Vitamin B12 can lead to trouble: "paralysis, psychosis, blindness, and even death."

If I could add two more items to Dr. Greger's daily dozen, I'd include ice-cold showers and probiotic-rich foods. (I read a study that showed ice-cold showers benefit people with autoimmune diseases.)

If you eat nothing but what's on Dr. Greger's list, you could prevent or reverse—maybe even cure—disease. You'll also lean down fast.

On a final note, if you're ill or overweight, I recommend avoiding restaurants. When I dined out, I ordered just a water and treated the other person's meal. No hard feelings that way.

Since I've gotten healthier, I dine out once a week with family. But I feel a tinge of fear every time. Dying is no fun.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Villa Charities Scholarship Program

Sponsored by: Villa Charities Foundation

Deadline: June 30, 2020

Potential payout: \$2500

Eligibility restriction: Applicants must be Canadian citizens or permanent residents, be registered in a full-time undergrad program at an accredited Canadian university or college, have a GPA of 3.5 or higher, and have an interest in Italian culture and heritage. See [full eligibility requirements](#).

What's required: An email with a completed [application form](#), which includes academic and employment history, community involvement, and a 500-1000 word essay on Italian culture and heritage, along with proof of university or college enrolment, and a recent academic transcript.

Tips: Read the [Terms and Conditions](#) carefully.

Where to get info: www.villacharities.com/villa-charities-foundation/villa-charities-scholarship-program/





Dear
Barb

Barbara Godin

Anti-Social Media

Dear Barb:

I am considering deleting my Facebook since I have experienced so many misunderstandings. I'm not sure what the proper etiquette on Facebook is. For example, I have responded to people's posts that I didn't agree with or had a difference of opinion about, and it resulted in longstanding tension between me and the person, even when we meet in person. Also, I have posted pictures of people with their significant others and when the relationship ends they get mad that I didn't delete all the pictures of the couple together.

In one case this has actually resulted in a total estrangement of a family member. Also, I have put some pictures on my feed that I thought were funny, but the person in the picture did not agree, never told me, but just stopped talking to me. I tend to be a person who speaks their mind in real life, so why should I have be monitored on Facebook? I am beginning to think Facebook is not the place for me, what do you think, Barb? Looking forward to your response.

Thanks, Miranda.

Hey Miranda:

Great topic! Facebook can be an effective tool to stay in touch and share pictures and events with family members and friends who live at a distance. Facebook can also be a source of pain for people, causing family and friends to become angry and distant, when that was not the intention, as is in your case. There are certain rules of

Facebook etiquette that may assist you to eliminate some of the painful results you are experiencing.

For example, do not say anything on Facebook that you would not say in person. Don't hide behind your computer as that will only lead to problems. This type of behaviour has resulted in bullying, and we have all read the headlines of some of the unfortunate results of online bullying. Before you post a picture or status update, consider all the people who could possibly read it. Make sure it is not offensive to anyone. Or if you choose to put the post or picture up, be prepared to live with the possible flaming results you may receive. A picture may appear to be innocent fun to you, but the person in the picture may be embarrassed, so choose your pictures carefully and don't tag others in pictures unless they agree. Also, you can tighten up your own privacy settings, that way you can monitor which pictures or comments you are tagged in. It may be possible that Facebook is not for you, or possibly with just a limited audience of people who know you, and will not take your post to mean something you didn't intend. Cheers Miranda.

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
Honesty

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

- **May 30:** [AUSU Virtual Student Social](#)
- **May 30:** [Deadline to apply for course extension for June](#)
- **June 4:** [AUSU Virtual Student Social](#)
- **Jun 10:** [Deadline to register in a course starting Jul 1](#)
- **Jun 15:** [Jul degree requirements deadline](#)
- **Jun 17:** [AUSU Public Council Meeting](#)

Take our COVID-19 Survey for a chance to Win a Free ProctorU Exam!

The global health emergency has had an enormous impact on Athabasca University students, and AUSU wants to make sure that we are doing all we can to help our members. We have launched a [brief survey](#) to get some feedback from AU students about how COVID-19 has impacted their studies. AUSU will also be able to use the information collected to help us develop our internal and external advocacy initiatives on behalf of AU Students. All answers are confidential.

AUSU also knows that online ProctorU exam expenses can be an extra financial burden for students.

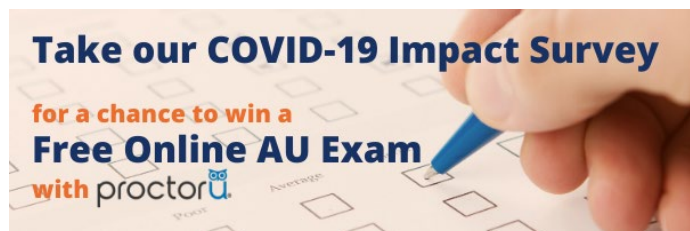
**That's why AUSU is giving away
100 FREE ProctorU codes
to AU undergrads that [fill out our survey](#)!**



ProctorU allows you the opportunity to write your online exams from any suitable location with internet access while an invigilator supervises you remotely. A free ProctorU code from AUSU pays for the cost of one exam with ProctorU, up to a 3-hour exam length.

The ProctorU code recipients will be chosen at random from all AU undergraduate students who complete our short survey.

Click [here](#) to take the Survey.



AUSU Virtual Student Socials

AUSU is hosting some virtual Student Socials! This will be a great opportunity to connect to fellow students through Zoom, play some fun trivia games, and get a chance to win some swag from your AU Students' Union!

Dates & Times:

Saturday, May 30, 2020 at 6:00pm MT (8:00pm ET)

Thursday, June 4, 2020 at 6:00pm MT (8:00pm ET)

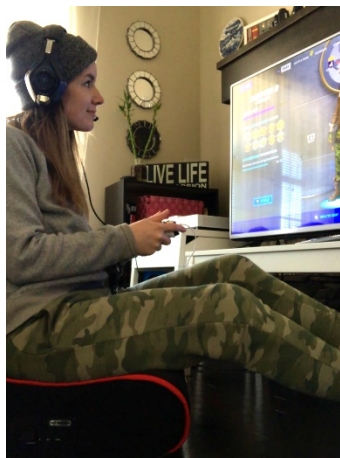
RSVP to ausu@ausu.org if you wish to attend!

Include your name, student ID number, and which date you want to attend when you RSVP.



Exec Blog – The Social Side of Gaming

Looking for ways to connect during the pandemic?



In our latest AUSU Executive Blog, VP External & Student Affairs, Stacey Hutchings shares her experience using online gaming to connect with her friends and family during the pandemic, as well as some insights on how gaming can help with mental health!

Click [here](#) to read the Blog!

CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Barbara Lehtiniemi,
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

The Voice is published almost every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2020 by *The Voice Magazine*

ISSN 2561-3634