



THE VOICE

Vol 28 Issue 24 2020-06-12

Remembering Stonewall Celebrating Pride Month

The Struggling Student Rants Spending to Save Us All

How Music Unites Us Healing the World

Plus:
Editorial: Mea Culpa
Novelty Ramen
and much more!



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LETTERS TO THE EDITOR



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

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

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

Editorial Mea Culpa

Karl Low



Last week, we published an article about vaccines. I was concerned about it then, and I wrote as much in my editorial. But I had looked at it, I had determined that the sources it referenced were indeed good sources, and that the article also contained references to current scientific reasoning, in some cases completely countering the author's point. And in the interest of bringing to the fore some of the ideas expressed in the article, such as the idea of whether mandatory vaccination is something society should or shouldn't enforce, I thought that was good enough.

It wasn't.

A couple of complaints came forward about the article and while I at first defended it based on the above, and on the notion that just because an article is pointing out something we don't like is no reason to refuse it, I eventually came to realize that I had been wrong. Even though the references used were accurate and were good sources, they had been removed from

vital context, context that meant the article was presenting an unfair portrayal of the issues, even with the counter examples. For instance, the article noted some of the bad side-effects that could occur with vaccination. These are true. What it did not note was the astounding rarity of such side effects. The article also gave the impression, although it was careful not to actually claim, that mandatory vaccination for all was in the near future. Yet there is no evidence that this will happen.

While I still believe the overall topic the article raised about the nature of mandatory vaccination is a valid one to discuss, the method the article used to present that idea was wrong, and when it comes to an issue that has a potential to affect public health, I had a duty to ensure that the article met the highest standards for reporting. I failed to do so.

Fortunately, some readers of *The Voice Magazine* were not willing to allow me to make this error, and came forward with their concerns, even taking the time to debate the issue further with me when I first refused their concerns. I'm glad they did, as it let me see my error, and I've taken corrective action. The article has been retracted, and I'm issuing an apology to you, the Voice Readers, for publishing it. I should have demanded better, it's what you deserve.

But this week, as we enter pride month, our feature article looks at the history of pride activities and the fight for LGBTQ+ rights. Today, that fight seems even more relevant as we look to deal with issues of racism and prejudice around the world. Along the same lines, new writer Adrienne Braithwaite gives us her first article that ties in nicely, as she looks at something that really can unite the world, music.

Also this week, be sure to check out The Struggling Student Rants, a look at how our spending has changed during COVID-19 that will likely seem familiar, even as it puts a smile on your face about how strange we are as humans.

Enjoy the read!

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

Remembering Stonewall Celebrating Pride Month in COVID-19

Natalia Iwanek

Amidst Riots, Protests, and Legislation



Amidst protests decrying police brutality facing Black Americans and new Albertan legislation that may be affecting the very right to protest, we enter Pride month, a celebration of queer rights, whose origins can be traced back to a riot.

Despite the cancellation of this year's Pride parades because of the pandemic, June remains a joyful, albeit somber, occasion for many in the LGBTQ+ community worldwide. As the community readies itself to celebrate in a modified fashion, it should be remembered that a great deal of these rights came at a high cost. Many of the rights enjoyed today have roots in New York City's Stonewall Riots, which began as a reaction to police brutality, particularly against the Black trans community.

During this Pride season, we acknowledge that many of these hard-earned rights are not universal, and do not apply to all members of the community. In recent years, the queer community has faced the rise of ultra-

conservative governments worldwide, which have coincided with a rise in homophobia and transphobia, including cities proclaiming themselves "LGBTQ-free zones."

In Alberta, current struggles included the recently voted down Bill 207, which would have proved especially detrimental for the trans community, as well as the passage of the controversial Bill 8, rolling back certain parts of Bill 24, which had supported Gay-Straight alliances in schools. Each Pride month also sees an upswing in misinformation, often used to discredit and further demonize the community. Despite progress, violence against the queer community continues to this day.

The first step to social change is to acknowledge the reality of social privilege, as well as listening to, learning from, and supporting marginalized communities themselves, as well as heeding the lessons of history. For example, although activists had been struggling for decades, Stonewall remains a pivotal moment in queer history. The Stonewall Riots began June 28, 1969 in New York City's Greenwich Village after the NYPD raided the Stonewall Inn, a gay pub. During this time "the solicitation of homosexual relations" was illegal in NYC (and much of the world), and while bars often offered the community relative safety, the community faced relentless police harassment and social discrimination. The subsequent six days of rioting were a catalyst for the queer rights movement in the United States and the world. Amidst the chaos, the stories of various women of colour including Stormé DeLarverie, Marsha P. Johnson, and Silvia Rivera fighting back against police brutality have emerged.

Stonewall can be seen in the context of the civil rights movement, with a great deal of overlap between those struggling for Black rights, women's rights, as well as those struggling for queer

rights. Rights groups, such as the Gay Liberation Front (GLF) and the Gay Activists Alliance (GAA) flourished in the years following Stonewall. Black trans rights activist Marsha P. Johnson, along with Latinx trans rights activist Sylvia Rivera co-founded the Street Transvestite Action Revolutionaries (STAR) for trans women of colour, as well as homeless drag queens, the first of its kind in the United States. It is important to note that both women self-identified as drag queens. Over the years, activists founded other rights organizations, such as PFLAG (formerly Parents, Families and Friends of Lesbians and Gays) and GLAAD (formerly Gay and Lesbian Alliance against Defamation) and which expanded upon the work of prior organizations such as The Daughters of Bilitis and the Mattachine Society, which strove for lesbian and gay rights, respectively.

One year after the riot, the commemorative Christopher Street Liberation Day is now remembered as the first Pride parade. The struggle for queer rights continued well into the 1980s with the AIDS crisis, and the 1990s with increasing rights achieved worldwide, including legalized queer marriage in certain countries in the 2000s. In particular, Canada formally legalized queer marriage with 2005's Civil Marriage Act.

Canada's queer history has been fraught with struggle and protest, with rights achieved through the dedication of many individuals and well as organizations. Toronto's Glad Day Bookshop, the first Canadian and oldest surviving LGBTQ bookstore in the world, found itself at the centre of many struggles throughout the years, including censorship. Canada decriminalized homosexuality in 1969, and removed homosexuality as a cause for inadmissibility under the Immigration Act in 1978. In 1981, over 300 queer men were arrested in raids in Toronto's bathhouses, leading to protests in what has been dubbed "Canada's Stonewall." Canada added "sexual orientation" the Human Rights Act in 1996, while this year's Bill C-8 banned conversion therapy.

The historical record is filled with countless other examples of the importance of protest in achieving rights for those marginalized in society. One example includes the labour moment's Haymarket Affair, which began as a way to secure an eight-hour workday and ended in police brutality. Despite this, Alberta is currently facing a bill many say are against these very types of movements. On May 28, 2020, Alberta's controversial Bill 1 - the Critical Infrastructure Defence Act, passed its third reading in legislature. This Bill was originally introduced in February by Premier Kenney after Canada-wide protests along rail lines, commuter train routes, and roads, in solidarity with Wet'suwet'en protesters opposing northern BC's Coastal Gas Link pipeline.

Bill 1 "allows hefty penalties against any person or company found to have blocked, damaged or entered without reason any 'essential infrastructure.'" This infrastructure includes highways, rail lines, pipelines, electrical lines, oil sites, telecommunication equipment and more. Individuals found guilty can face up to \$25,000 CAD in fines or up to six months in jail, while corporations can be fined up to \$200,000 CAD. To proponents, this Bill represents the enforcement of law and the protection of citizens and the economy from harm, while for others the Bill represents further destruction of Indigenous ways of life.

In an interview with CBC, community organizers, such as Alison McIntosh, from Climate Justice Edmonton, believe that this may affect grassroots protests in Alberta, while Alberta's Liberal Party's David Khan believes that this may interfere with Indigenous peoples' rights to hunt and fish on traditional lands, as well as damaging Alberta's reputation as an ethical source of oil. In addition, Alberta Regional Chief Marlene Poitras states, "Allowing the bill to pass will serve to erode individual rights, unfairly target Indigenous Peoples, and has no place in a democratic society."

Bill 1's defined types of infrastructure include both private and public property, which are separate under Canadian law. Experts, such as Howard Kislowicz, associate professor in the University of Calgary's Faculty of Law state that rights and freedoms under the Canadian Charter, such as speech and assembly apply to public infrastructure include roadways. However, he states that the Charter does not apply the same way to items like pipelines, which are technically private property.

Kislowicz believes that opponents may be able to challenge this Bill on the violation of the right to peaceful expression and peaceful assembly, as well as the province intruding upon federal criminal law jurisdiction. He also believes that the law could be challenged under treaty rights and Aboriginal title, protected under section 35 of Canada's constitution. Aboriginal title refers to an area of common law that states that Indigenous rights persist even after the colonization of the land. In Alberta, this may be difficult, though, as most Indigenous land is covered by treaties unlike in other provinces, such as BC.

The overlap of these various struggles for equality cannot be denied, and during this Pride season, we should acknowledge those who fought for many of today's current rights and those who continue to struggle to this day. As a way to better understand the origins of many of these movements and how systems of oppression function, we may turn to the words of Kimberlé Crenshaw who originally coined the phrase intersectionality. Although the term originally explained the oppression faced by Black women, today, intersectionality has evolved into an explanation of the overlapping system of oppressions based on the various intersections of gender, race, ethnicity, language, religion, and class. In the words of Crenshaw, intersectionality today is "a lens, a prism, for seeing the way in which various forms of inequality often operate together and exacerbate each other. We tend to talk about race inequality as separate from inequality based on gender, class, sexuality or immigrant status. What's often missing is how some people are subject to all of these, and the experience is not just the sum of its parts."

Acknowledging these inequalities and understanding how they affect our various communities is a way to work to create change. As Crenshaw states, "We've got to be open to looking at all of the ways our systems reproduce these inequalities, and that includes the privileges as well as the harms." In the original spirit of Pride, this June, consider donating to various causes as a way to actively get involved as one of the first steps to change. These include Outlink Calgary, the Pride Centre of Edmonton, The 519, the Canadian Native Friendship Centre, the Minnesota Freedom Fund, the George Floyd Memorial Fund, and the Regis Korchinski-Paquet Memorial Fund.

Another is to become familiar with the issues facing communities. AU has several courses that help to outline the issues and place them in the appropriate historical and current contexts. Suggestions include WGST 301 Women's and Gender Studies, WGST 421 Advocacy from the Margins, ENGL 308 Indigenous Literature, ENGL 316 Literature of the Harlem Renaissance, POLI 450 Globalization and Human Rights, SOCI380 Canadian Ethnic Relations, SOCI 378 Rebel with a Cause: Social Movements in History and Popular Culture, and SOCI 381 The Rich and the Rest: The Sociology of Wealth, Power, and Inequality.

Wishing everyone a safe and happy Pride Month with a reminder of the words of trans visual artist Micah Bazant, "No pride for some of us without liberation for all of us."

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wondering if everybody else knew something I didn't. On the other hand, spending on dining and transportation dropped, since no one was going anywhere, which, in turn, affected all hospitality industries and the oil and gas industry. Everyone thought consumers would spend less and save more, which is why the cut in interest rates. However, it looks like this interest rate cut wasn't even needed. Consumer spending, despite the massive layoffs and business closures, didn't decrease—it's simply shifted en masse. As with any behavioural shift, one thing is let go in pursuit of another.

RBC's April 16, 2020 report, Pandemic News Delivers Consumption Shock, based on consumer spending, noted that grocery shopping went through the roof as anxious, panic-stricken households filled their pantries. Yet, restaurant spending fell despite the curb-side takeout and delivery options. Canadians also spent less on clothing and jewellery but, I know from various forums and sub-threads that consumers, including myself, willingly handed over their hard-earned cash on loungewear and DIY grooming items, like beard trimmers, teeth whitening devices, and pet grooming kits.

Software and data sales, on the other hand, saw the biggest growth in spending, since the majority of those still employed are working at home and those not employed are spending much more time online. Most AU students were already adequately prepared for this, since we spend the majority of our learning life online anyway.

Finally, to no one's surprise, spending on events, theatres, and galleries bottomed out by April since everything closed down. This was countered by increased spending on books, music, and streaming subscriptions—even my mother who hates TV now has a Netflix subscription.

Our own family has been spending way more on home-improvement items, furniture, software, and hardware. I obviously now need a faster, more reliable ISP provider to connect to work (\$50/month increase) but suddenly my seven-year-old desktop, which was already on its dying breath, couldn't keep up, resulting in a \$1,500 expenditure. And almost as if being taunted by the universe, two weeks later the new desktop is still in the mail and the old desktop woke up from the dead the minute I completed my online purchase.

We also now have the urge to clean up and repair every single slight imperfection we come across around the house, which we would have just ignored pre-COVID, because we were never home to even notice—ignorance is bliss after all. But I've spent more on dish soap, hand soap, body wash, floor disinfectant, Vim® and Mr. Clean® Magic Erasers in three months than I've spent in two years. I also now have the irresistible urge to order fancy \$1,000 outdoor patio furniture, as well as hunt down all the planters and perennials in a 50-kilometre vicinity to enjoy in my backyard. My spouse is still keeling over laughing. Anyone that knows me, knows I am not outdoorsy whatsoever, abhor any creepy-crawly out there, and I don't even freaking garden!

Finally, despite my nonexistent cooking skills and ongoing Good Food™ and Hello Fresh™ subscriptions, I now find myself stocked up on massive amounts of flour and various accoutrements, ignoring the fact that neither am I able to track down yeast, nor can I bake to save my life. I've also thought it prudent to get myself a spice rack and kit to store all 50 staple spices every chef should have in their pantry—according to Epicure™ and McCormick who have now

shown me the way. So to answer the Bank of Canada's question as to whether we, as consumers, are spending less, my answer is a "hell no!" I now have to learn to curb and control my newly-imposed spending methods to find a happy medium for my family's wallet. Until then, we'll be eating well-spiced steaks on the BBQ, on our charming patio dining set, sitting behind a chain-linked fence next to Highway 403.

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



How Music Unites Us

Adrienne Braithwaite



Music has unique ability to elicit an emotional and heartfelt response, especially during times of crisis. COVID-19 has shown us that music transcends hardship and can provide us moments of respite, celebration, and joy amidst uncertainty.

A spike in online music streaming

Social media and online streaming platforms like TikTok and Spotify, have seen a spike in users streaming music and live video. People are not just watching or listening to music, they are actively participating in video and music challenges. Online music challenges are turning everyday people into artists; people are creating music as a form of self-expression and individuality. Harvard Health research reveals how listening to music is beneficial for mental health; music helps us relieve stress, feel connected during

times of social isolation, and is a mood booster. During COVID-19, the biggest spikes in music streaming have been fitness-related, children's music, and mood-calming playlists.

COVID-19 and the music industry

But what impact has COVID-19 had on musicians and the music industry overall? A recent CTV News report reveals musicians are adapting to the changing economy by offering curbside and live (distance) concerts for devoted music lovers. Music often fills a natural need for human connection and response when faced with crisis. It can unify us and represent of our cultural identity. With reduced accessibility to fine arts and with mass performances being cancelled this summer, you have a chance to support your local musicians by participating in "Curbside Concerts". Online streaming and low-cost, impromptu concerts might permanently change the music industry as more and more musicians struggle to persevere in this economy. Plenty of opportunities are available to support your local and national musicians. An online fundraiser put on by Edmontonian Dan Davidson, raised \$53,000 in support of struggling musicians during COVID-19.

Music as a form of resistance

Music can also break down social and cultural barriers. At AU, diversity is encouraged and celebrated and music can facilitate a sense of connection between social and cultural groups. There are many examples online of people embracing and celebrating culture and diversity through music and dance. As a display of unity, soldiers and protesters danced along-side each

other in the streets of Atlanta. Some protests in the U.S. are becoming calmer and more focused on music and dance as an expression of community support and unification.

Music is often used as an expression of resistance by oppressed people groups and often ignites an emotional response from individuals. Some protesters have reported that music has substantially “changed the atmosphere” (Kim, 2020), from hostile to more community bonding. From a mental health perspective, music also provides a healthy physical outlet for anger and frustration.

In reflection

As we move forward, reflecting on our relationships and connection with others, remember how music can play a unifying role. As we stand together as a student body, we can support those who are feeling discrimination and show solidarity. In a recent online post, AU President, Dr. Neil Fassina challenges students to engage in conversations about diversity by saying, “[e]ducation plays a vital role in raising awareness about racism, and we will work to confront and reject all manifestations of discrimination. Education raises people up and brings us together. We embrace and celebrate the diversity of our community, our learners, and our team.”

Live Music Streaming Events During COVID-19

CBC Music: An up-to-date list of Canadian live streams to watch during COVID-19. (2020, May 5)
<https://www.cbc.ca/music/an-up-to-date-list-of-canadian-live-streams-to-watch-during-covid-19-1.5500113>

Billboard: Live Streams & Virtual Concerts. (2020, May 27)

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams>

The Social Distancing Festival: Livestream Listings. (2020)

<https://www.socialdistancingfestival.com/live-streams>

Adrienne Braithwaite is completing her After-Degree in Secondary Education at AU. She has a passion for literacy and cultural studies and hopes to pass on her enthusiasm to secondary students in the future.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: AWSN Scholarship

Sponsored by: AWSN

Deadline: July 4, 2020

Potential payout: \$3000

Eligibility restriction: Applicants must be gender-minority full-time students in the second, third, or fourth year of an undergrad program in Science, Technology, Engineering, or Mathematics at an Alberta university, college, or technical institute. Refer to full eligibility criteria for an explanation of gender minority.

What's required: An online application form, including an academic transcript, your CV, one letter of reference, and a one-page essay on how you demonstrate STEM leadership in an academic or community setting.

Tips: Check out 2019's winner for inspiration.

Where to get info: www.awsn.org/awsn-scholarship



The Creative Spark

Five Ways You can Stir up Emotions in Your Stories

Marie Well



When reading stories, we can feel the heartache, the joy, the love, and the suffering of an imaginative hero. But the best books offer up so much empathy that we cry over the character's plight. So, how do we craft a character so richly that our readers' hearts break?

"A reader who feels moved by a book will read it again, tell others about it, recommend it to her reading circle, and remember it for the rest of her life. If you can arouse strong emotions in the readers, your book will be [a] success," says author Rayne Hall (48%).

Go Deep Into the Character's Soul

Fiction writer Rayne Hall suggests, "Get deep into the [point-of-view character's] experience. This is the most important method. The reader experiences events through the filter of the [point-of-view] character. If you handle this skilfully, what the [point-of-view character] feels is what the reader feels. Pay special attention to visceral responses ..., thoughts ..., and descriptions" (48%).

It's beautiful how we can watch a movie or read a book and feel for almost any main character. That's a testimony to our ability to feel empathy. But to feel empathy, we first need to grab onto something likable about the character. Screenplay writers often have the hero start off doing something sweet, kind, generous—anything noble. For instance, the hero might be aggressive with his wife, but the coolest dad imaginable, coaching his boy's hockey team and choosing his boy as most valuable player. Or the main character can be self-loathing and self-isolating but an animal whisperer, making dear friends with any wild animal she meets.

Once we start to love the character, we can see more clearly through her eyes. We tend to cast no blame on her, but feel empathy—for we become her. Imagine if we could see other people's life stories through their eyes, like a form of mind reading? We'd never feel anger or spite toward another soul, only empathy. I believe that level of empathy would reveal to us the beauty inside every soul. Even a mosquito has a purpose and inner beauty, in my view.

The deeper you go into anyone's soul, the more beauty you'll see.

Stir Up Reader's Memories

Author Rayne Hall says, "Trigger the reader's own memories. Readers respond most strongly when what happens in the book evokes an emotional situation from their own life. A reader who has had to live in a flat where the heating has broken down leading to weeks of ice cold rooms, damp seeping through the walls and mould creeping across the wallpaper because the landlord ignored complaints will immediately feel the exasperation, anger, and despair of a [point-of-view character] who has a neglectful landlord" (48%).

As an example, I read about a teacher who taught disadvantaged children. Whenever he taught how to run a business, they eagerly listened, no matter how badly those kids acted minutes before.

I loved reading that story because it triggers my memories. The class of students I tutored were disinterested in my class discussions. But when I talked about physical fitness, they had lots of questions. After I told them how to body build, one student said, "I finally learned something." Not a testimony to my teaching, but a sign that people are curious about certain topics that relate to themselves.

And then there are events that many people feel—life events—such as the teen who turns eighteen and feels old, or the woman in her fifties who fears her husband's midlife crisis. Or the grandparent who wonders if her life held any meaning.

If people hold similar memories, they'll feel for yours.

Tell with Smells

Rayne Hall advises, "Use smells. This is a micro method to trigger emotions instantly. No other sense evokes emotions as strongly as the sense of smell. Mention what a person smells like, and the reader will immediately like or dislike her. Describe the odours of a place, and the reader will feel relaxed or disgusted. A single sentence is all that's needed" (49%).

Mom's home smelled of freshly baked bread mingled with plants and homebrewed black tea. Another home I'd visit smelled of body sweat, coconut oil, and fettuccini. Yet another home smelled of pet dander, new leather, and fax paper. Don't these smells cause a gut reaction, a liking or disliking? This is why aromatherapy is felt to be beneficial. Orange or lemon scented essential oils are considered to boost happiness, for instance. And lavender may lull us to sleep. Perfume can make us like or loathe someone, too, depending on how sensitive the snout is to sweet toxins.

Smells can bring your readers closer to your character.

Use Descriptions with Twists

According to Rayne Hall, "Use description to send subconscious signals... You can also use phrases that trigger emotions in the reader only - emotions the [point-of-view character] doesn't share. To do this, compose the description so it largely matches the [point-of-view character's] feelings - but make a few subtle word-choices that evoke what you want the reader to feel" (51%).

You could, for instance, write that a social worker meets a guy dressed in dark clothes with sullen eyes—a lost cause—but when she looks up at him, the sunlight seems to wrap him in a blinding white halo. This could offer testimony to his redemption or spiritual transformation throughout the story. It hints at what's to come.

Descriptions with twists add a subtle foreshadowing.

Let the Reader Know More than the Character

Rayne Hall says, "Tell the reader more than the [point-of-view character] knows. If you're writing in deep PoV, this is difficult to achieve. The solution is to plant several hints in a way that allows the [point-of-view] character to ignore them, while the reader picks them up" (52%).

Suppose Lynn is married to her husband, John, but only sees him on weekends. He travels for his job on weekdays. He never takes phone calls when he and Lynn are together. He has two cellphones, one he accidentally pulled out that had a picture of three children on the screensaver. When Lynn asked him why he had photos of kids, he said he liked kids, much to Lynn's amusement. He doesn't like to talk about work, and dismisses any request Lynn makes for details of his work life.

While Lynn seems oblivious, and has been for fourteen years, the reader gets more and more clues that John has a second family. Drop clues for the reader and leave the protagonist oblivious, and the reader will be glued.

Try stirring up emotions with these five tricks. Your readers will love you for it. And if they shed a tear, you've captured the beauty of a soul in your writing. What more poetic act could be achieved? I think none.

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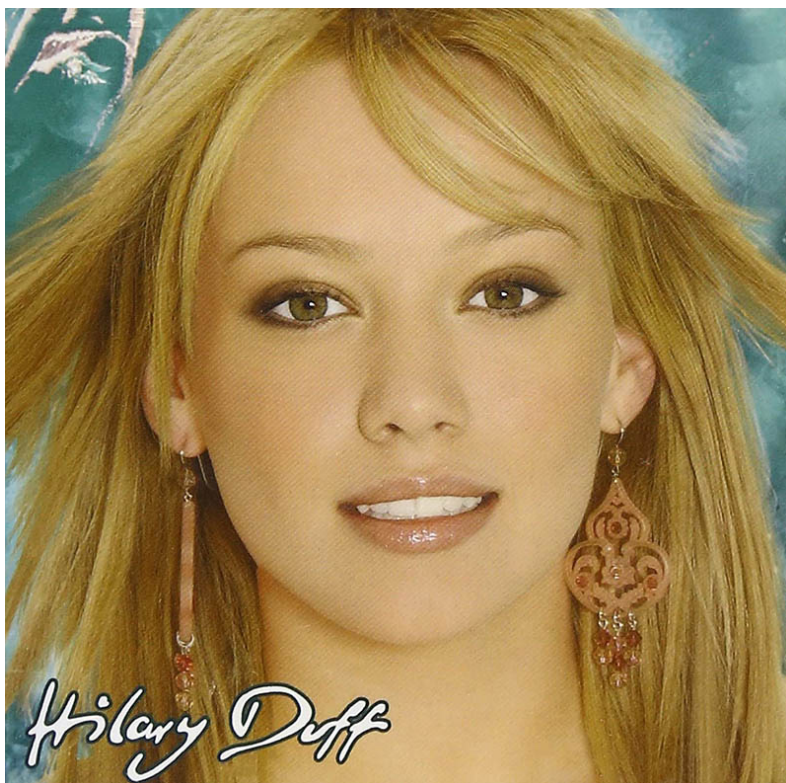
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Beats from the Basement

Hilary Duff

Milica Markovic



Album: *Metamorphosis*

Artist: Hilary Duff

Hilary Duff's *Metamorphosis* was the first album I asked my mother to purchase for me when I was a child, so it holds a special place in my heart. In the late 90s and early 2000s, I was an avid Disney Channel viewer; *Lizzie Maguire*, in which Duff played the eponymous character, was one of my favourite shows on the channel, and she was also a role model for my generation. It was only natural that I'd want some form of memorabilia.

Since 2003, I've had plenty of time to expand my musical tastes and better understand what resonates with a target audience. Nostalgia draws me back to some of the songs of *Metamorphosis* that are more maturely written, but when I recently revisited the others I tend to skip, even back then, I realized *Metamorphosis* as

a whole, which falls under bubble-gum and teen pop, just isn't a memorable album.

The overarching theme is experiencing life changes as a teenager. You'd think the content would include topics this demographic can relate to, even if Duff wanted to be subtle about it, such as peer pressure, family conflict, pursuing one's interests, and personal insecurities. Instead, most of the album focuses on the frivolous side of adolescent relationships. Surely as a young entertainer in a cut-throat business she'd have had more to share than that, considering she played a vital role in conceptualizing *Metamorphosis*.

It also doesn't help that the overall production value is somewhat muddy and insubstantial. Take "So Yesterday" for example: I'm not sure why this was chosen as the first track, let alone a single, because, as a breakup song, it's too mellow for Duff's attitude to shine through. We're also hit with odd lines like: "If the light is off then it isn't on, at least not today." Literal readings aside, doesn't this mean she's not over the person, despite claiming otherwise all throughout the song?

Moving on, the second track and single, “Come Clean,” would’ve been the album’s perfect introduction. Although it’s officially about two people figuring out where their relationship stands, I find it can be interpreted as a self-reflection informing how Duff wants to express herself and live her life honestly due to its spiritually vague lyrics. It borrows from electronica to match that transcendent vibe in the verses, while creating a rainstorm in the chorus.

I’ll also give credit to Duff’s cover version of Sahlene’s “Little Voice” for tackling the idea that, despite harbouring feelings for another, you don’t have to pursue a relationship if you don’t feel ready for everything that comes with it. I know in my high school days it was rare for someone to pass up on dating opportunities – most of them not leading to positive experiences – so, this could’ve been a reassuring song to listen to. That being said, the music sounds overly flirty for lyrics that were intentionally toned down, giving the impression of mixed signals.

Duff’s sugary voice can be grating at times, but when it’s soft it actually sounds lovely in tracks like “Anywhere but Here”, an uplifting tune showing how grateful she is for the person who guides her out of her shell. She does a good job amplifying her voice for the chorus as well. It’s a wholesome production that could make for a pleasant car ride.

Bubble-gum pop generally hasn’t aged well, however, because there’s little to no variation in the vocals, sound design, or lyrical creativity. The most you’ll hear on the radio these days are those holiday-themed covers that eliminate what made the originals emotional and atmospheric, like Taylor Swift’s rendition of Wham’s “Last Christmas”. Needless to say, I wouldn’t recommend *Metamorphosis* to anyone over the age of twelve, though if you really want something upbeat and fun, a bop or two should do the trick.

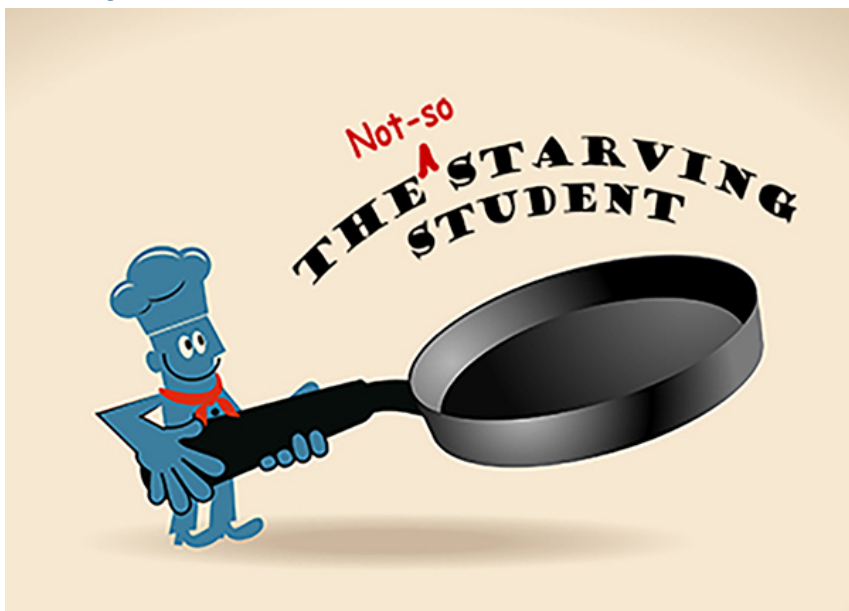
Milica Markovic is a Toronto AU student enrolled in the MA-IS program with a BA in criminology and political science.



The Not-So Starving Student

Novelty Ramen Noodles

Xin Xu



The first thought that crosses most people’s minds when the word ramen is mentioned is college students, especially students who have moved out and are living independently in a college dorm. However, another time that ramen might become a household favorite is during a time such as the global pandemic. Since the early weeks of the quarantine, I recall shuffling my way through Costco behind families that have shopping carts full of ramen packages.

For many AU students, ramen may be a quick, cheap source of carbohydrates packed with flavor, but, for myself, trying different flavors of ramen has

almost become an obsession. Here are some of the newest flavors that I’ve found in the local

supermarkets. These could be hard to find at your standard big box supermarket, but they're worth the hunt, and shouldn't be too tough to find if you can get to a nearby Asian market.

Cheese Ramen:

While I've tried other flavors from this brand, it was my first time trying cheese ramen. I never thought it was possible, in fact, for the two unlikely ingredients to be in the same bowl. If you're looking for a more adventurous flavor, this is your best bet. The package contains a cheese powder packet with some chilli paste. Like other flavor options from this brand, the spice level is quite hefty for those with lower spice tolerance. The cheese adds a cooling effect that helps with the spice that sparks more interest than your average ramen packet.



Black Garlic Tonkotsu Ramen:

As a big fan of the more glamorous black garlic tonkotsu found in local Japanese restaurants, I was curious to try this package of Nissin's newest flavor on the shelf. I knew it wouldn't be entirely up to par with the restaurant edition, but I was surprised to find the strength of the garlic flavor. The powder pack is full of a rich garlic cream that creates a thicker tonkotsu broth than Nissin's regular tonkotsu flavor. I'm also

a big fan of the black garlic oil that adds a sesame scent to my noodles.

Roast Beef ramen:

Nissin has some of the most creative flavors that I decided to go with their newest flavor. The roast beef caught my eye because the regular five spice beef was already a favorite among my family. I was hoping for a flavor that reminded me of my childhood in Shanghai. In classic Shanghainese street food, these noodles would be available every evening in local night markets. While this instant version did not have the richest broth, it did manage to remind me of my favorite Chef Kang's instant beef noodles. The package also has a beef paste that packs more flavor than the usual powdery base most North American instant noodles contain. If you're looking for a unique beef flavor that doesn't remind you of Mr. Noodles, this one is a must-try.



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



Fly on the Wall

Minds in Bubbles, Minds in a Vacuum

Jason Sullivan



Explanatory prowess often begins with a metaphor. Take bubbles, for instance. They can be blown, popped, or inhabited. Social distancing is inseparable from the metaphor of a bubble and distance education runs with the notion that each of our identities contains an inland empire of meaning and activity. Likewise, the sky's the limit in our studies so long as we keep enough fidelity to our personal bubble that we find the time and space to accomplish our coursework. But what are our identities really composed of and what does it really mean to accomplish a fulfilling task?

Ancient Greece holds as many answers as questions to the nature of our bubble-self, but two key themes emerge. First, we have Heraclitus who famously claimed that one cannot step into the same river twice. Makes sense. Whether the Bow, the Kicking Horse, the Fraser, or the Athabasca, rivers are like any social context that flows and is apt to carry us away rather than allow us ingress to its theoretical core. Cratylus replied to Heraclitus, however, that one cannot in fact step into the same river even once (Kerferd, G.B., 1967). We can never truly know other people, or our course material, as external objects; knowledge depends upon adding ourselves to the mixture and creating something new. The flow of life outside our bubble drifts downstream and stops not for the meandering travels of our mortal selves. Our lives and circumstances are permeable; if they weren't, 2020 wouldn't be remembered for our fear of wee beasties.

Spongy Selves in Streams of Meaning

It seems that Cratylus was right. Illusions of stability, even for a nanosecond, are fictions fraught with metaphor in the negative, wishy-washy, sense. Consider the stream of your consciousness; it's like a series of pictures strung together on a synaptic clothesline. The flow of our mind is akin to an old comic book where if you rustled the corners of the pages at the proper speed a little animated image would appear. Life moves as a movie, yet we are viewing simultaneously as audience and participant. But to know or see anything is about more than rustling the pages of perceptions.

To forge meaning out of the flurry of activity external to our bubble is to take a grand omniscient view and translate raw perception into real cognition. Our bubbles, too, are more a method of data analysis than a pure and splendid isolation in which we conduct our studies or prevent infection. Our thoughts aren't only private to others; an inborn conversation with oneself entails the taking of multiple streams of thought within our imagined whole flowing self. We absorb like sponges and then consider the consequences.

Our bubbles are also susceptible to coercive invasion, and this illustrates our boundaries of awareness and action. Karl Marx stated that the key to our human essence lies in our creative capacity to, through labour—including labours of craft, love and creativity—engage in “free conscious activity that constitutes the species-character of man” (Wartenberg, T.E., 1982). In bubble terms, this means that our selves are changeable and no more capable of being pinned down than is the beauty of a butterfly onto a collection pad or the quack of a duck onto a

dissection table. Thomas E. Wartenberg from Duke University notes the devil in the details of the simple assumption that free creativity is the essence of a fulfilling human nature. Wartenberg wrote that Marx's thesis statement "leads to a critique of various 'ahistorical' theories of human nature present in the philosophic and economic tradition"

We are no more one type of human, with one natural and essential *nature* than we are led through history by a single driving moral force. Material conditions, rather than endemic traits, drive history according to the Marxist model.

Floating in an Ether of Meaning, But We HAVE The Tethers

In our studies, we may at times feel weightless or timeless, attached to a vast sea of meaning and learning while our essential selves remain constant. Yet consider the chemist, Robert Boyle, who, in the 1600s, developed his notion of gases, the stuff of bubbles: "experiments with gases dealt with what he called the "spring of air." These experiments were based on the observation that gases are *elastic*." In this sense, our identities may parallel gases that inhabit a space such that their expansive flowing essence springs out in abundant glory or becomes compressed in an almost claustrophobic density. Our vision and view from our bubble of self may be as broad or as narrow as we choose.

Thinking about the space between ourselves and others, and how within ourselves there's space between different versions of ourself and between our different and competing silos of knowledge, reminds us that value-neutral vacuums exist neither in our minds, nor in our hearts, nor in our unconscious, nor in our society. Thinking becomes, as we continue our education, a matter of prioritizing which of many options for our time and space are most important.

We're not only internally bubbled; we also have to reach out of the confines of our study minds. Key to AU success is our ability to apply, even in translation, components of our learning to those around us. Our best discursive success is when we use our learning to work with, rather than against or above, others. Out of our bubbled ivory towers there's no sense in getting pedantic or, God-forbid, sounding too school-smart, lest we be accused of lacking life smarts. A useful and fun tool for remembering to respect interlocutors of

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie June Edition - Two Spirit Stories

June 1 to June 30

Online

Hosted by AU

news.athabascau.ca/events/bannock-and-a-movie-two-spirit-stories

Register through above link

General Q&A about AU

Mon, June 15, 11:00 am to 12:00 pm MDT

Online

Hosted by AU

www.athabascau.ca/online-learning/how-au-works/open-house/

Register through above link

AUSU Council Meeting

Wed, June 17, 6:30 to 8:00 pm MDT

Teleconference

Hosted by AUSU

www.ausu.org/event/june-2020-council-meeting/

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

Reading Online - An Introduction to E-books

Thurs, June 18, 3:00 to 4:00 pm MDT

Online

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

The Grad Lounge

Fri, June 19, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

news.athabascau.ca/events/the-grad-lounge-june-19

No pre-registration necessary; access through above link

All events are free unless otherwise noted.

all backgrounds appears in the writing of one of the earliest recorded Greek philosophers: Parmenides.

In a mythic encounter with charioteer goddesses Parmenides claimed to discover that in fact there is no not so at a cosmic level. Parmenides wrote: *“Come now, I will tell you ... the only routes of inquiry that are for thinking: the one, that it is and that it is not possible for it not to be, is the path of Persuasion (for it attends upon Truth), the other, that it is not and that it is right that it not be, this indeed I declare to you to be a path entirely unable to be investigated: For neither can you know what is not (for it is not to be accomplished) nor can you declare it.”* (Cohen, S. M. 2003).

Accepting the Other Means We’re Learning How to Learn

Essentially, for Parmenides and we at AU facing beliefs we’ve learned to discount, there is no not-so because what’s unthinkable can’t be known. Our bubbles fail and pop from hubris if they do not absorb at a reasonable rate. Every belief and statement has some reality and thus, in at least a small way, a share of truth. If we can think or believe something it must exist at some level, right? Certainly it’s entered our brain bubble if we’ve been listening. But before fake news becomes a norm in our minds we can recall a key form of bubble diplomacy: describing what’s contained within our mental realms of learning while being equally open to the viewpoints of an Other.

Where current events, political beliefs and traditional knowledge are concerned, there’s no sense in clinging to simple dichotomies of right and wrong. Another ancient philosopher, this time Zhuangzhi of Chinese origin, comes in handy. He said: *“there is nothing that is not so, nothing that is not acceptable”* Bearing this in mind, our bubbles can serve their purpose for health and productivity while not encouraging us to cling to narrow mindsets. Learning is about expanding our awareness of the panoply of discursive possibilities in our social realms.

Our bubbles are open reservoirs of meaning while being, like any epistemic baseline, inherently limited. Just the other day I was plugging in my laptop at the television so the household could watch an edifying documentary. Up popped a *Youtube link to a punk song*; its title elicited a call from the tie-dyed-in-the-soul peanut gallery that went “Berkeley Heathen Scum’!?” Now tell us what you really think!” Amid guffaws, a song by that title illustrated the bounds of my bubble. I’m not just a sociology major with academic pretensions; I’m also a Peter Pan punker who ironically happened to be the only male in his high school grad class with hair long enough to touch his ears.

Contradictions and dialectics abound within and without the bubbles of our identity. We may seem cloyingly academic in one moment or like petulant punks in another, but it’s all true and it’s all us. And if we work hard our studies will expand the gaseous nature of our selves such that our bubbles feel grander and more gratifying. The reality of a successful identity is how it at once evolves and stands the test of time. By being open to new inputs while forming a coherent core, we grow into our best possible selves. Gratefully, AU furnishes us with opportunities to better ourselves both in learning and in life. May our life bubbles blow freely as we study on these sultry summer days!

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



The Fit Student

Start Your Business during COVID-19

Marie Well



Do you have a hobby, a passion, a skill, a brimming curiosity about something? If so, you could have a business ready to go by the time you finish reading this article. I kid you not.

“Dang, I've lost my job due to COVID!” So, what do you do? Do what you've already been doing: run a business, a swanky business—one in your own name.

Yes, You Can start Your Business This Minute

In fact, you've already got one set up. Yes, just by the fact that you've got a birth name means you've got everything you need to start a business—now. That's if your business is a proprietorship named *exactly* and *only* after your first and last name: say, Marie Well (but not Marie Well Consulting). Better still, you will only need to file one tax return—your personal income tax. Easy, hey?

When Can't You Run Your Business Right Now?

Under certain circumstances, you will need to register your business. “You should register for a business number and specific business accounts with the CRA when your business is:

Hiring and paying employees on your payroll account,

Exceeding \$30,000K in sales in the last four quarters (and [thus] needs to start collecting GST/HST sales taxes),

Importing exporting goods into Canada” (<https://baranovcpa.ca/sole-proprietorship-e-commerce/>).

Another delay occurs when you want to name your business after something other than your birth name. If so, you'll have to register a trade name. It's cheap to do. So, no stress there, either.

Here's What You Don't Need to Worry About:

You're ready to start your sole proprietorship right now if you (1) name it exactly as your birth name (i.e., “John Smith” and not “John Smith Consulting”), (2) earn under \$30,000 a year, (3) don't have employees, and (4) don't import or export goods.

I've already been running a business. I just didn't know it. What business might you launch this minute? Have fun coming up with your big-bang business idea.

How Much Will You Pay in Taxes?

Here's the tax scale in Ontario, Canada:

“\$8,044 in tax on the first \$40,120 earned (20% tax rate)

[plus]

\$9,242 in tax on the next \$30,531 earned (30% tax rate)

[plus]

\$6,063 in tax on the next \$17,256 earned (35% tax rate)

After you've earned over \$90k you're looking at approximately 40%-50% tax on each additional dollar earned" (<https://youngandthrifty.ca/sole-proprietorship-to-corporation-in-canada/>). Other provinces have different rates.

Up to 50% Tax? Maybe it pays to stay small. But I see marketing agencies hiring lots of employees while growing revenue. You make the calls now, Boss! Will you one day go big or stay conveniently small?

How Much Will My Accounting Firm Ding Me? Not that much!

If you earn under 500 dollars for the year, it's classified as other income, and thus not charged by an accounting firm as a business, says my tax consultant. But once you earn more than \$500, you are charged by your accounting firm as a business.

But no need to worry. Accounting fees don't add up to much if you're a proprietorship:

"You would be looking at accounting fees ranging from \$200 – \$500 CAD + GST/HST depending on the accountant you work with and the complexity of the tax return" (<https://baranovcpa.ca/sole-proprietorship-ecommerce/>).

I can live with that!

You Can Deduct Expenses as a Sole Proprietor

"If you are self-employed [as a sole proprietor], a business owner or a partner in a partnership, you can deduct your home office expenses if you meet one of the following two conditions:

Your home office is your principal place of business, or

The workspace is used only to earn business income, and you use it on a regular and ongoing basis to meet clients, customers, or patients" (<https://www.mileiq.com/en-ca/blog/home-office-tax-deduction-2018-canada-all-you-need-to-know/>).

You can write off a portion of your heat, electricity, and property taxes, for instance. Who doesn't want to shave off some fat from a hefty property tax?

What Are the Risks? And What Can You Do About Them?

As with anything golden, there is a downside. As a proprietorship, you could be personally liable for any lawsuits or unpaid loans.

So, be careful if you have anything that could cause harm, such as heavy sound systems for your DJ business. If so, you might want to incorporate. That way, if anyone trips and falls, your company, and not you, will be liable if sued, says Steve Mariotti (2014). But incorporating costs money. Plus, a corporation's tax preparation can be costly.

But, if you start off as a sole proprietorship, you can always incorporate later.

Disclaimer: Although I write with the best of intentions, I'm neither a lawyer nor an accountant. So, you'll want to double check whether my facts apply to your specific circumstances and to your province. Provinces will vary in their terms.

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Homemade is Better Smoked Pulled Pork

Chef Corey



It is I teased this recipe on my Facebook page a few weeks ago while I was cooking it. A few years ago, my wife bought me a stand-up smoker for Christmas. I have used this smoker so many times over the years and smoked a handful of different items in it. Some have been great; some have been a learning experience. I can say one thing; my propane smoker is ok. It does the job, but it's somewhat difficult to control the temperature. If you are considering a smoker propane is a good start.

A cheaper smoker is an excellent way to start, though, as it teaches you about smoking, and it's a small investment. The super deluxe expensive smokers probably work great, but they are a more substantial investment. Electric is a half-decent way to go as well, you can control the heat better, but they can't stay outside like propane or charcoal smokers. Charcoal is also a way to go; I've been looking to get a charcoal barrel smoker that has a

removable offset firebox so I can disconnect it and try to figure out cold smoking. The bonus of charcoal is that real smoked flavour. But again, charcoal can be tricky. It's easy to get too hot. But once you have it dialled in, it's consistent. Charcoal is also a lot more work, but for some, it's a fun challenge. The serious BBQ guys in the southern states only use charcoal. One of the more famous I've seen is Franklin's BBQ in Austin, Texas.

But what if you want to smoke, but you don't have a smoker, nor do you want to spend the money one yet? No problem. Here are a couple of other ways you can still smoke and don't have to buy a smoker. If you have a gas grill, you'll turn it on to the lowest setting. Make sure you have a decent thermometer with it. Most cheap grills have cheap thermometers, invest in a decent oven thermometer, or you can get a digital grill thermometer. A basic oven thermometer is inexpensive, does the job, and is pretty accurate. You might have to play with the dials a bit to get to 225, but that's your target temperature for this recipe. You can also skip smoking altogether and just roast the meat in your oven at 225F.

If you're going to use your grill, you will also need a couple of other pieces of hardware. Two foil roasting pans, a wire rack that fits inside of them, and an ovenproof bowl for water. Put one pan onto the grills of your BBQ and place a layer of wood chips on the bottom. You will want a single layer, but good coverage. Place the wire rack on top of the wood chips and place the pork on the rack. Then place the bowl filled halfway with water next to the pork. If your bowl doesn't fit, you can try setting it under the rack if there is room or get a smaller bowl. You may need to fill the water a few times, but you may also need to do the same with the wood chips. Put the other pan on top and close the lid on your BBQ. IF the cover doesn't close you can leave it open, but get some of those triangle paper clips and clip down the sides of the pans, this just ensures you keep more smoke in the "smoker" you just MacGyvered. If you have a digital probe meat thermometer that you can use and leave, you should use it. If you don't have one, you'll want at least an analog meat thermometer. Buy one when you're getting the roasting pans, they are incredibly useful!

You might need to ensure it's accurate first, but YouTube has tons of videos on how to calibrate an analog thermometer.

Let your meat smoke for a couple of hours. If you bought a 5-pound shoulder, you'd need up to 10 hours. Smoked Pork shoulder is one of those set it and forget recipes. At the midway point, check the temperature of the meat. Once it reaches 140F, you will want to wrap it in tin foil and let it finish to 170F. Remove it from the heat and let it rest. If you read my article on grilling, you'll know that resting the meat is what keeps moisture in it.

Now for a quick rant on pork! I love pork! I sometimes struggle with which to order from a restaurant if given a choice between pork or beef. Pork has had a bad rap for a long time, and it suffered from fears that we'd get trichinosis. But the CFIA has had a program in place for more than 100 years to control trichinosis, and while pork still needs to be cooked, it can be slightly undercooked. I try to cook my pork chops to medium or medium-well and resting them. The threat of foodborne illness isn't zero, and you still have to treat raw meat carefully. Keep it in the fridge and thaw it properly from frozen.

The recommended method for thawing meat is in the refrigerator. This method ensures that the temperature of the meat doesn't enter the "danger zone" and allow the build-up of harmful bacteria. The recommendation many years ago was to cook pork to well-done because of trichinosis, but today's industry is well regulated, and animal testing has increased to ensure safe consumption. So, cooking pork to well done isn't necessary anymore, medium or medium-well is safe. Rant over, let's get our smoke on!

Smoked Pulled Pork

"Big Daddy's Meat Rub" Ingredients:

- ½ cup brown sugar
- ¼ cup white sugar
- ¼ cup Kosher salt
- 2 TBSP Garlic Powder
- 1 TBSP ground Cumin
- 2 tsp black pepper
- 1 TBSP onion powder
- 3 TBSP paprika
- 2 tsp chilli powder

Wood chips (soaked for at least 30 minutes):

- 1 part applewood
- 1 part hickory
- 1 part mesquite
- 1 Pork shoulder





Directions:

- 1) Mix the rub and store it in an airtight container.
- 2) Sprinkle some onto the pork, wrap it in plastic wrap and refrigerate 4 hours to overnight.
- 3) Take the pork out and let it come to room temperature.
- 4) You will need about 1.5 - 2 hours per pound of meat.
- 5) Preheat a smoker to 225F OR preheat your grill to 225F.
- 6) Put the meat in your smoker or grill and cook it to 140F. Once it hits 140F, wrap it in tin foil for the rest of the cooking until 175F.
- 7) Let it rest for 30 minutes, then unwrap it and shred.
- 8) Shred into a vessel, grab some and put it in a bun and top with your favourite BBQ sauce!



Chef Corey is a student in business management who first graduated from NAIT's Culinary Arts Program in 2007



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Amber asks how to fast-track prof approval for course enrolment before the deadline; a flurry of suggestions follow, including contacting the course coordinator. Stephanie is hoping to cram several courses into a scheduled leave from work and is looking for tips—and of course other students have tips for that! New student Refka seeks, and gets, help finding course materials on myAU.

Other posts include changing an exam write date, course withdrawal fee, and courses ACCT 356, CMNS 419, ENGL 211, PSYC 315, SOCI 287, and WGST 301.

Twitter

@austudentsunion tweets: "Applications are open for a new Emergency Bursary for #AthabascaU students impacted by COVID-19. AUSU is proud to have partnered with @AthabascaU , @AUGSA and community donors for this fund to support students. Applications open until June 13. <https://bit.ly/3cS0RfJ> #OneAU."

@aulibarchives tweets: "Looking for resources for a topic on Indigenous Studies? Visit our Indigenous Studies Research Guide for some ideas! If you come across other sources you think would be helpful to other INST students send them our way! https://libguides.athabascau.ca/Indigenous_studies #AULibrary #INST."





Dear
Barb

Barbara Godin

Lost Children

Dear Barb:

I am the youngest of three who are all in our thirties now. My oldest brother and I do not get along. He has always been abusive and demeaning to me, so I decided to stop speaking to him. That was five years ago. Recently we learned my dad is not doing well. Dad has been fighting prostate cancer for almost 10 years, but it seems to have gotten worse recently. I have a good relationship with my parents and love them very much, but my mom told me that my dad's dying wish was for my brother and me to make amends. I am reluctant to do that.

My life has been so peaceful without the arguing and put-downs from my brother. I have managed to see my dad at times when my brother wasn't there, but as the end is coming, we will both want to be there. I know my brother loves my dad and since he was the "golden boy" I'm sure he will be there till the end. How can I make sure my dad has peace at the end of his life, without having to reconcile with my brother?

Looking forward to your advice, Lisa.

Hey Lisa:

So sorry to hear about your dad's illness. Prior to deciding to cut ties with your brother, did you do everything possible to resolve the issues you had with him. Cutting off ties with a family member should never be taken lightly. Did you go for counselling together or separately, to try to find a way to maintain some type of relationship?

Unless there was physical, emotional, or psychological abuse, you should always try to maintain a relationship. I don't sense a feeling of regret coming from you, so perhaps your relationship with your brother was toxic, and, in that case, you may be better apart.

You do seem to be having feelings of resentment, though, which is evident when you refer to your brother as the "golden boy." I feel you both need to see a professional counselor and if you already have and nothing was resolved, find another counselor. In the meantime, I would suggest you both form a limited truce for your father's sake. At least then he will be able to have some sense of peace in the knowledge that you are attempting to reconcile. Sibling rivalry is a normal part of the sibling relationship. There are a lot of family dynamics that contribute to the relationship and sometimes we simply do not like our brother or sister, for a variety of reasons, but estrangement should be a last resort.

Good Luck Lisa, hope I was able to help.

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
Down to the Protests

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

- Jun 15: [Jul degree requirements deadline](#)
- Jun 17: [AUSU Public Council Meeting](#)
- Jun 30: [Deadline to apply for course extension for Jul](#)
- Jul 10: [Deadline to register in a course starting Aug 1](#)
- Jul 15: [Aug degree requirements deadline](#)
- Jul 16: [AUSU Public Council Meeting](#)

Emergency Bursary Fund

Now more than ever, we need to stand together and support one another. The COVID-19 pandemic has affected everyone, and we know that many students are struggling with extra financial burdens that are impacting their studies at AU.

To help students in this difficult time, your AU Students' Union proudly helped sponsor an [Emergency Bursary Fund](#), in partnership with Athabasca University, AUGSA, and community donors.

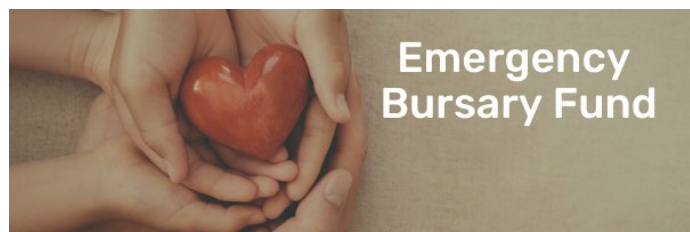
Criteria for Undergraduate Emergency Bursary:

- Current AU student in an undergraduate program.
- Actively registered in at least one AU course.
- Completed a minimum of 3 AU credits.
- Experienced an unexpected financial hardship.
- Demonstration that financial emergency has the potential to affect AU studies.

The fund will provide a \$1000 bursary to program students in financial need.

Applications close June 13.

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



Congratulations Award Winners!

AUSU is pleased to announce some of the award winners from the May 2020 Awards Cycle. While we wish we could give awards to all 240+ students that applied, AUSU is proud to have given out **over \$22,000** in awards and bursaries to our May applicants - not including our year-round bursaries!

Congratulations to all of the deserving recipients from the AUSU's May Awards Cycle!

#lgo2AU Award:

Charlene Janzen, Chelsea Mann, and Tayla Koerber

Academic Achievement Award:

Danica O'Neill and Thomas Leydier

Balanced Student Award:

Leighton Greenstein, Milton Brisson, Robert Hammel, and Samantha Stone

Returning Student Award:

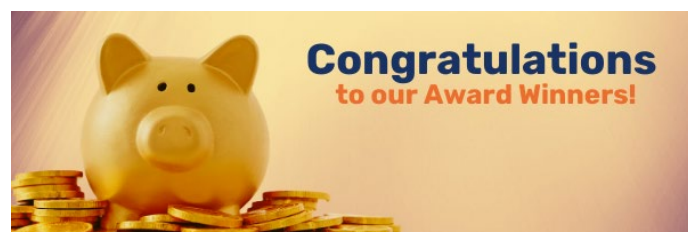
Courtney King, Kyle Reedman, Lori Rutledge, and Sandra Baggio

Student Volunteer Award:

Andrea Heinz and Shauna Hammer

AUSU provided many other awards and bursaries, but not all winners are announced for confidentiality reasons.

For more information about all of the AUSU awards available, visit our [website](#).



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THE VOICE

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