



THE VOICE

Vol 28 Issue 42 2020-10-23

Minds We Meet

Interviewing Students Like You!

Meeting the Minds

Interviews with AU Faculty & Staff

Mid-COVID Money Woes

We're All a Little Messed Up

Plus:

*Introducing K-Pop
Pandemic Networking
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: *Interviewing Dorothy Bentley*.....4
Meeting the Minds: *Dr. Tobias Wiggins*.....6

Articles

Editorial: *Spooktacular!*3
Top K-Pop & K-Dramas For Noobs.....13
Three Tips on Professional Networking during a Pandemic22

Columns

Fly on the Wall: *The Horror of Knowing Yourself*.....9
The Study Dude: *How to Write a Haunting Narrative Essay*.....17
Women of Interest: *Ruth Bader Ginsburg*.....19
Homemade is Better: *Candied Apples*.....21
The Struggling Student Rants: *Mid-COVID Money Woes*.....24
Scholars, Start Your Business: *Eight Ways to Fail*.....26
Dear Barb: *Trapped*.....28

News and Events

Vintage Voice.....8
AU-Thentic Events10,11
Scholarship of the Week.....12
Student Sizzle23
AUSU Update30

Comic

Chazz Bravado: *Take me to the Women's March*.....29

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

Barb Godin, Natalia Iwanek,
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 42

© 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 Spooktacular!

Karl Low



The Voice writers are getting into the Halloween Spirit a little early this year, with a few articles giving a nod to Halloween, just before I take a week off to celebrate the holiday myself. (The fact that this means I'm free to try to avoid all news about the US election for the last full week of campaigning had absolutely nothing to do with this decision, I swear.)

But the big news that's happening is that the President of AU, Neil Fassina, has informed the university that he'll be moving on in the new year. Okanagan College has announced that Dr. Fassina will become president of their institution as of April Fools' Day, 2021. From what I've been able to tell, this move has come as somewhat of a surprise to most at AU.

So far, no reasons for the move have been officially announced, though the president writes, "As we gather momentum along our journey to realize AU's Imagine Plan, I have made the difficult personal decision to submit my resignation as president of Athabasca University to the Board of Governors."

The move is a curious one to me, because, as was noted on Facebook, the choice to leave a university to go to a college is somewhat unusual among post-secondary leaders. Now, Okanagan College is the second largest trade school in British Columbia, with four separate campuses and a full-time student equivalent that rivals AU (even though it has fewer students overall) so maybe it's more of a lateral move than it might first appear, and perhaps when he says it's a personal decision, it really does boil down to that. The weather is certainly nicer in the Okanagan than it is in the Town of Athabasca.

But I still wonder, because Dr. Fassina was a strong champion and the spear-head of the aforementioned Imagine Plan, a five year plan of which just under three years has been completed. Leaving just over half-way through the plan either speaks very well to his confidence that enough has been put in motion to get it done regardless, or could suggest that there may be turbulence ahead for the plan that he does not want to be having to place his name beside.

Unfortunately, this is all currently just speculation. I'm hoping to get more information soon and will be sure to report what I can find to you. The cynic in me wonders if it's because the new Alberta framework for university administration compensation leaves him little room to advance, while the paranoid in me fears that it is a sign of the UCP's upcoming plans for education. Meanwhile, the labour activist in me whispers it's because he's afraid of being the one holding the bag if the AUFA grievances don't improve. But none of these have any evidence behind them and they could all be wrong. Or right. But either way, this March, right before the provincial election, could prove an interesting time for AU.

In the meantime, enjoy this last issue of The Voice Magazine before Halloween and the horror to follow on November third. We'll be back on November 6th with even more news, reviews, scholarships, events, and more! Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl".

MINDS WE MEET



Who are your fellow students? It can feel like you are all alone in your studies, but across the nation, around the globe, students like you are also pursuing their AU education, and *The Voice Magazine* wants to bring their stories to you and vice versa. If you would like to be featured next, do not hesitate to get in touch!

Dorothy Bentley, from the Foothills Municipal District in Alberta is currently 12 credits away from completing her Bachelor of Arts in English.

Dorothy was raised in Southern Ontario before moving to Northern Alberta to live with her father as a teenager. After graduating from college, she began working in the oil fields, eventually leaving after several years “to raise a family with [her] husband and pursue a writing career.” She stated, “After writing as a freelancer for a decade, I decided that, in order to improve my writing, I should pursue a degree.” Her plan has been successful thus far, as she revealed, “I’ve just landed the type of job I hoped for when I began this degree. I was recently hired by the Writers’ Guild of Alberta as the Program and Conference Coordinator in Calgary.”

When asked about any tips for aspiring writers, Dorothy stated, “Check out the Writers' Guild of Alberta website, The Writers' Union of Canada, the Canadian Children's Book Centre, or other provincial organizations as well as the websites of your favourite authors. Attend conferences. Take credit and non-credit writing courses and workshops to hone your skills. Be bold and pitch publication editors with story ideas; also read submission guidelines carefully and only submit to those for which you exactly meet the criteria so you don't waste anyone's time.”

When she is not studying, Dorothy enjoys “easy hikes, reading long and complicated novels, watching films, [and] enjoying good meals with family and friends.” She is also learning how “to ride a motorcycle—again,” having owned one when she was younger. She elaborated on her love of motorcycles, stating, “I enjoyed the sensation of being on a motorbike and quad as a passenger, but I did not like having to ask others for rides. Knowing this, my husband bought me a small motorbike for a birthday some years ago. I sold it when I became pregnant with our first child. I enjoyed experiencing the elements while riding, but I did not enjoy hitting a bee at 100 km/hr, which led to buying a windshield. Both my husband and I bought second-hand motorbikes recently, and we plan to take a course together.”

When asked about who has been the greatest life influence on her desire to learn, Dorothy revealed, “I’ve always loved reading and learning new things, but it was actually through home educating my own children that I felt a hunger to continue learning. I had read about various educational philosophies (which I experimented with on my children), such as Classical

Education from the Greeks, the European tradition of using governesses (which led to reading works by Charlotte Mason, an educator of governesses), Delight-Driven learning, Discovery Learning, etc. I was struck by the contrast between learning as duty and learning as delight. I also read classic literature aloud to my children, and biographies of those who made a mark with their contributions.” In sum, Dorothy has been most “inspired by the lives of others who sought to develop themselves to their highest potential.”

Dorothy “love[s] the independence and flexibility of online learning,” which allows her to work and spend time with friends and family. Like many of us, she has experienced some hurdles in her educational journey, stating, “I tend to push myself; if I become overwhelmed or exhausted, I have learned to take a break for a day or a weekend. The other thing I have done, which I am not proud of, is drop a course after the cut-off. It was an expensive choice, but it was either that or endure an inordinate amount of stress. The payoff is that a completed degree helps to secure suitable employment.”

Dorothy’s most memorable courses to date include ENGL380: Writing Poetry, as well as ENGL211: Prose Forms and ENGL212: Poetry and Plays. She also enjoyed ARHI301: Art History: Canadian Visual Culture and courses in Cultural Studies. Overall, she has found communication with tutors good, stating, “I have not had any problems with communication. Only twice have tutors taken longer than usual to respond, but only by a few days, so it wasn’t a problem for me.”

One thing she would change at AU, is that she would prioritize recording lectures, stating, “I think having tutors record lectures that students could listen to anytime would be beneficial. When I attended a brick-and-mortar university, listening to lectures would help with understanding content.”

If she were to have lunch with a famous person, past or present, Dorothy chose Mary Wollstonecraft, because she is currently writing a paper on the writer and advocate and feels that “some things are not clear from the literature.” She stated, “I would interview her and tell her how things would have been much better for her in this time period.” As for the lunch, it would be mutton stew, naturally, since “I would be in 19th Century London with a writer.”

An avid reader, Dorothy is currently reading Zsuzsi Gartner’s, *The Beguiling* and Jodi Picoult’s *The Book of Two Ways*. She is also currently binge watching Netflix’s *This is Us*, revealing, “I love the relationship drama. Tragedy purges negative emotions and has a cathartic effect. I also really enjoy *Parks & Recreation*.”

Dorothy’s most valuable lesson in life is simple but effective: “Only people matter: be kind.”

As for pet peeves, Dorothy “find[s] it irritating when simple words are incorrectly used, like ‘your’ instead of ‘you’re’ and ‘to’ instead of ‘too.’ She elaborated, “My husband always texts me: ‘I love you to too two’ because he knows this.”

Dorothy has also recently achieved a major milestone in her career. She considers the September 2019 publishing of her first children’s book *Summer North Coming* to be her proudest achievement. As a final note, she mentioned, “I choose to focus on the positives in life, and help others along the way. My picture book focuses on the beauty of nature and a bi-racial multi-generational family. And in my other writings, I look for what is true, good, and beautiful in, through, and after the storms of life. My degree has equipped me to apply analytical and writing skills in many situations. If nothing else, I hope it will be thought-provoking.” Best of luck Dorothy!

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>.



MEETING THE MINDS

INTERVIEWS with AU's EDUCATORS



The Voice Magazine recently had the chance to chat with AU's Women's and Gender Studies Professor Tobias Wiggins in the Faculty of Humanities and Social Sciences (FHSS) about his recent initiative, the Transgender Studies Salon at Athabasca University (AU), along with some of his current and past research.

Background and Current Work

Professor Wiggins obtained his PhD in Women's and Gender Studies at Toronto's York University with a focus on transgender mental health and psychoanalysis. His work concentrated on "the history of the ways perversion was spoken about in relation to gender variance in psychiatry." Specifically, he was interested in the conflation of sexual deviance with gender non-conformance throughout Western medical histories.

He initially came to AU when the Women's and Gender Studies program "was looking for someone to work within their faculty and specifically to coordinate the undergraduate [University] Certificate in Counselling Women." AU had originally wanted someone to address issues "in transgender mental health because the discipline, as it stands, has a strong focus on cisgender

women." He is now "working within the faculty to make the certificate more contemporary, intersectional, [and] reflective of transgender experience." In addition to coordinating this certificate, Professor Wiggins is in the process of developing a *Transgender Health* course here at AU and is continuing his research into transgender mental health, specifically in the context of COVID-19.

Transgender Studies Salon

As stated on Professor Wiggins' website, the Transgender Studies Salon "is a recurring, carefully curated reading group, meant to inspire collegial discussion of recent intersectional texts in the field of Transgender Studies."

When asked about the Salon, Professor Wiggins stated that when he first came to AU, he "knew there wasn't yet a lot of transgender scholarship at the university." He explained that the Transgender Studies Salon was a way to bring Transgender Studies to interested faculty, staff, and students. Specifically, he wanted "to create community around Trans Studies," including inviting "more faculty and staff to read within the field if they hadn't otherwise had the opportunity." When speaking to terminology, Professor Wiggins mentioned that trans is often used as "an umbrella term for transgender, non-binary, Two-Spirit, [and] gender non-conforming people."

During this initiative, he selected a series of recent works in Transgender Studies, integrating "poetry, biography, [and] theoretical texts," and incorporating a variety of styles of writing, which

would provide an “opportunity to have conversations about Transgender Studies with . . . colleagues.”

Struggles Currently Facing the Trans Community

I asked about the most pressing struggle facing the trans community, and Professor Wiggins responded that he “would have a lot of trouble picking one thing,” noting that this “unfortunate truth reveals the difficulty that the community faces.”

However, since his research focuses on transgender mental health, he would say that this could be considered one of the most pressing issues, especially during this pandemic. He stated, “Communities that already face disproportionate amounts of violence,” including overt attacks and structural violence, such as “restricted access to health care, restricted access to community, [and] being invisibilized, are going to have disproportionate struggles with mental health.” He continued, “transgender people face job insecurity, houselessness, and homelessness.”

Professor Wiggins also stressed the importance of viewing issues through an intersectional lens, mentioning that, for example, in cases of violence, “trans women of colour, [including] Black trans women [and] Indigenous trans women are even more likely to experience those types of attacks.” During this pandemic, these issues have been heightened, as individuals are increasingly isolated and resources are being restricted. For the trans community in particular, additional problems include cancellations of long-awaited gender-affirming surgeries and hormone shortages. He identified that “all of these issues really impact mental health.”

Resilience and Strength within the Trans Community

Despite these difficulties, Professor Wiggins emphasizes that the trans community has “incredible skills for dealing with the kinds of issues that are arising from the pandemic.” He stated, “We have a community that is already really accustomed to having their resources restricted, they’re already accustomed to being isolated, [and] they’re also accustomed to unexpected trauma and uncertainty.”

He continued, “Whenever I talk about a struggle that the community faces, I want to really highlight that there is also an incredible amount of resilience, community knowledge, strength, and power. Often with a marginalized community, there’s a tendency to focus on adversity, and I think that writing and thinking with that community means focusing on the ways that we’re brilliant and know how to survive in the face of incredible odds.”

Current Texts in the Field of Transgender Studies

As an introduction to Transgender Studies, Professor Wiggins recommends the Transgender Studies Quarterly, the *Transgender Studies Reader 1* edited by Susan Stryker and Stephen Whittle, the *Transgender Studies Reader 2* edited by Susan Stryker and Aren Aizura, as well as Stryker’s *Transgender History*.

Some texts that currently have Professor Wiggins’ attention, include T. Fleischmann’s *Time is the Thing a Body Moves Through*, “a beautiful book,” which uses Felix Gonzáles-Torres’ artworks to consider “trans lives in the ways that ... trans people love and deal with violence and mourn and come together and tell their stories.”

He also recommends all the readings in the Transgender Studies Salon, which are all more recent texts in Transgender Studies. This week’s text is *Black on Both Sides: A Racial History of Trans Identity* by C. Riley Snorton, which “decentre[s] whiteness as the cannon of Transgender Studies,” and focuses on Black trans lives.

Professor Wiggins' Current Research

Returning to the topic of transgender mental health, Professor Wiggins elaborated on his current research, which he altered once the COVID-19 pandemic began. Although interested in transgender sexuality, he has also been looking at "how COVID was specifically impacting trans communities. I knew (and know) that there will be a lot of research that underscores the negative impacts of COVID-19 on the community, and I really wanted to give people an opportunity to talk through how they're surviving and thriving and building community during this time."

Professor Wiggins mentioned the importance of digital spaces, considering "how trans people are using technology to build community and build worlds." He stated, "You see this incredible emergence of panels and different peer support groups that maybe wouldn't be available otherwise. I've seen [online] queer dance parties, [and] I've seen art shows. I think that queer and trans people use social media platforms in really ingenious ways." He continued, "There are so many ways that we connect and tell each other that we're here."

Further Learning and Resources

For more information about the Transgender Studies Salon, AU students are encouraged to visit Professor Wiggins' website. To register for an upcoming event, which will take place on December 3, 2020, followed by February 4, 2021, contact cwest@athabascau.ca. No previous background in Transgender Studies is required. In addition, be sure to check out The Hub's recent Q&A with Professor Wiggins, in which he details the Salon, his research, and his activism.

AU's University Certificate in Counselling Women will provide students with more information about Professor Wiggins' program, and students are reminded to stay tuned for AU's *Transgender Health* class currently in the works.

In the spirit of community building, LGBTQ2S+ AU students are encouraged to reach out to both Professor Wiggins and myself.

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>.



Unearthing classic articles from previous issues of The Voice Magazine.

iPod Day on October 23 celebrates the world-changing rise of the device, first launched in 2001.

Coming out of the cave. Writer Greg Ryan wrestles with how to embrace distance education while avoiding the relentless march of technology. "I promise my daughter that I'll dispense with my quixotic aversion to modernity. She wants me to learn how to use her cellphone so that she's not embarrassed by my fumbling attempts to dial in front of her friends." The Best of Times, August 15, 2008.

Eff you, and the dinosaur you rode in on. Busby LeClair, tongue firmly in cheek (we think,) explains why everybody ought to embrace the virtues of technological advances. "Thanks to the magic of mobile phones, I am now able to order take out Thai food, catch up on the results of my buddy's v.d. test, and have phone sex with a hottie I met on Lava Life – all without missing any of the vast array of cultural options available to me." Brave New World, March 22, 2005.

Fly on the Wall

The Horror of Knowing Who You Are (Or Aren't)

Jason Sullivan



Having a runny nose has a whole new meaning this year. The response script of “quick, run and catch it” has morphed into “eek, go get tested”. Life as living pathology, sigh, that’s reality at the outset of the 20’s. But wait, on Hallowe’en anything goes, right? Our dress can express the social and mental pathologies we feel and we are permitted to gleefully spread pathogens of fear and loathing wherever we tread. In fact, the winning costumes are often the sickest! Yuck, toilet bowl calamity headgear! Yuck, amniotic birth canal of a bigendered headless horsemen! Yuck, we have nothing to fear but that our own inner ghouls will make our costume too believable to be interesting!

Thing is, all this dressing up and making believe masks the crucial truth that down, deep down in our shadowy insides, we may not be the singular unity we believe ourselves to be. Identity, when looked at scrupulously, is a horror show all itself.

The key to dressing up, as Mr. Dressup was wont to show, is that you have to have a little tickle in your trunk. Humour is key at Hallowe’en and especially in this year of pale faced cultural horror and malodorous online lynch mobbery. This year I’m gonna be adorned as an Insecurity Guard, and go around flashing my doe eyes, with faux lashes, at people while asking them how they’re feeling and if they are doing okay. We all have insecurities and I’ll be there to guard against them running amok. Yet to ask a question is to answer it, as any good scientific methodology shows. We frame debate, and evidence, by counting what’s left out so that we may zoom in on what’s important.

Identities assume themselves like a parasite taking over a nervous system; one flick of a wand of infection and we can literally be someone different. Yesterday, hale and hearty. Today, complications from syphilis. Ok, not funny, but really there’s only two ways off this planet: the first is death and the second is an active imagination. To create alternative selves is the basis of realizing the tangled webs we weave. The idea of being well-adjusted is to be holding our polysemic versions together even as they howl and hoot in a cacaphonic chorus. So, what can we know about our essence in this hallowed eve of ontological promiscuity? Who could we be? Now’s the time to explore and ask; we can be anything we want—for a night.

Fears from The Crypt, The Ancient Humanoid Gallery

Let’s drift back, way back, through the suffocating mummifying sands of uncountable eternity, all the back to where early humans ruled the land. Or did they? Early humans are said to have known their place, and its tentative uncertain nature, all too well.

Shiftless but well-fed, they circulated the commons like our beloved fruit and vine workers from Quebec who arrive seasonally here in the Okanagan Valley. No one has more fun than these Quebecois and we can imagine the same to be true in those ancient galleries: those ancient cave paintings in France at Altamira and Lascaux. The night frights of these early humans stemmed from the great predation rates they faced; this wasn’t some video game virtual reality gadget wrapped in plastic around their cranium like a toilet bowl in an old-school frat boy prank. No

virtual terror approaches the lived horror of being stalked by a living, panting predator on an autumnal night. “Awoooo!” indeed.

As it turns out, “approximately 6 percent to 10 percent of early humans were preyed upon according to evidence that includes teeth marks on bones, talon marks on skulls and holes in a fossil cranium into which sabertooth cat fangs fit”, says The Guardian. “To this day predation rate on savannah antelope and certain ground-living monkey is around 6 percent to 10 percent as well.”

So if you feel a cougar hunt coming on this Hallowe’en, as predator or as prey, chances are your intuition (for once) is spot on. After all, we’re all more animal than not when we let ourselves run wild.

Who Are We Being on Hallowe’en Evening...And Are We Ever Ourselves?

Who and what would we express about ourselves given our druthers? Hallowe’en is almost here and, for one night only, we can ontologically *be* whoever or whatever we want to be. It’s *carpe diem* time, fangs out, knives out, lights out, inhibitions gone. A season for expressive exploration in the way Christmas is a season for repression of longstanding feuds and iniquities.

Where exploration is concerned, ol’ Derrida is never far in the shadows. That’s because he problematizes meaningful certainties right in their bones, right in their basis as language. How do we know ourselves and how do we know what we know? Well knowing and speaking are not the same; the twain meet only when we can speak the name of a feeling, place, or person. And what of the love that dares not speak its name or, for Hallowe’en purposes, the many identities we explore only to feign comedy along the way?

Who are we seeing in those eyes in the mirror? Derrida notes that, as in any horror movie where the protagonist glances at a mirror and sees more than she bargained for, seeing what’s really there is where the chills of identity begin. Installed, institutionalized, feeling repulsed with horror at oneself, of a life lived at the behest of despotic superficial cultural norms, the audience identifies with the protagonist—fearing and fleeing a beast with no name, one impossible in physical form but all too real in the life of the mind.

Derrida notes that in representation begins the quandary of identity, “Representation is intimate with what it represents ... as if the represented were nothing more than the shadow or reflection of the representer. Dangerous promiscuity and nefarious

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

Bannock and a Movie October Edition: Jordan River Anderson - The Messenger

Oct 1 to Oct 31

Online

Hosted by AU Nukskahtowin

indigenous.athabascau.ca/bannock/index.php

Access through above link

Learning Café - October Session

Fri, Oct 23, 2:00 to 4:00 pm MDT

Online

Hosted by AU

news.athabascau.ca/events/learning-cafe-may-session-2

Access through above link

Talk to a Librarian Drop-in Session

Tues, Oct 27, 9:00 to 9:30 am MDT

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

Business Undergrad Program Orientation for New Students

Tues, Oct 27, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20201027

RSVP through above link

The Globe and Mail presents: The future of learning

Tues, Oct 27, 1:30 to 2:15 pm MDT

Online Hosted by AU and The Globe and Mail

news.athabascau.ca/events/virtual-learning-2

RSVP through above link

All events are free unless otherwise noted

complicity exist between the reflection and the reflected, which lets itself seduce narcissistically. In this play of representation, the point of origin becomes ungraspable. There are things, reflecting pools and images, an infinite reflection from one to the other, but no longer a source, a spring. There is no longer a simple origin...What can look at itself is not one, and the law of the addition of the origin to its representation, of the thing to its image, is that one plus one makes at least three." (Derrida, 39)

Consider, then, the essence of your being. Who are you really, are you one, two, or many? As soon as we consider who we really are, under the makeup or mask or manscaped beard, we may encounter not a glowing endorsement of some authentic self, but instead a vast gulf, expanding into the cosmos like pancake batter spilled overboard on a cartoon space ship.

Finding Identity in Making it Up; We Are A Masked Production, Everyday!

Where does identity abide and why not in numerous iterations? Perhaps, like the wicked witch of the West in Wizard of OZ, we really do wear a different mask of our self every day of our lives. The weirder the better on Hallowe'en, but our options are socially circumscribed and intellectually circumscribed for the remaining 364 days of the year. I once knew a girl who practically got fired from work for only doing makeup on one side of her face!

What costume can possibly convey the excoriated truth of identities unravelling over the years? What banal, superficial dreams allow us to chase fake versions of our selves such that our real demonic dream weave remains buried under heaped cloth of time? Maybe the best mask is the acceptance that we're always masked. The older we get the more likely we are to discover the labile nature of living as a singular self. This Hallowe'en, as we dream ourselves awake and see the moment as it is, let us at AU remember that the only nightmare worth facing for real is the horror show that would transpire if we failed to get our gnarly warlock brain in gear and our witchy warted schnozz down to the academic grindstone.

Boo! Have to Laugh, Right?

Beneath the rules and propriety Hallowe'en remains a time of plurality, open or otherwise. Comedy is key to thrills; it may be too that humor drives art throughout history and costuming is surely a making-art of one's own corporeal canvas. Barbara Ehrenreich notes that early humans "knew where they stood in the scheme of things,

"You Can't Get a Degree from Google University"

Critically Evaluating Internet Sources

Tues, Oct 27, 6:00 to 8:00 pm MDT

Online via Adobe Connect

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

Talk to a Librarian Drop-in Session

Thur, Oct 29, 3:00 to 3:30 pm MDT

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

Virtual Student Social

Thur, Oct 29, 5:00 to 6:00 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/virtual-student-social-3/

RSVP by emailing ausu@ausu.org by Oct 28

The Grad Lounge

"Talk to your graduate advisor"

Fri, Oct 30, 1:00 to 2:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/events/index.php

No pre-registration necessary; access through above link

Talk to a Librarian Drop-in Session

Tues, Nov 3, 9:00 to 9:30 am MST

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

Talk to a Librarian Drop-in Session

Thur, Nov 5, 3:00 to 3:30 pm MST

Online via Microsoft Teams

Hosted by AU Library

library.athabascau.ca/orientations.html

No pre-registration necessary; access through above link

All events are free unless otherwise noted

which was not very high, and this seems to have made them laugh. I strongly suspect that we will not survive the mass extinction we have prepared for ourselves unless we too finally get the joke”

The noted psychoanalyst Joseph Campbell further shines a light on the comedic element to what once were revered as sacred cave paintings: “As Joseph Campbell described it, operating from within the magico-religious paradigm: ‘A large bison bull, eviscerated by a spear that has transfixed its anus and emerged through its sexual organ, stands before a prostrate man. The latter (the only crudely drawn figure, and the only human figure in the cave) is rapt in a shamanistic trance. He wears a bird mask; his phallus, erect, is pointing at the pierced bull; a throwing stick lies on the ground at his feet; and beside him stands a wand or staff, bearing on its tip the image of a bird. And then, behind this prostrate shaman, is a large rhinoceros, apparently defecating as it walks away.’” So humor lives on through the ages, and mostly not laughs for the high-brow ilk. Maybe the best costumes are the ones that make us laugh, either literally from nervous fright or just from plain old glee.

Perhaps to truly enjoy Hallowe'en is to realize that we're never being just ourselves so much as we're always, in life and in academia, in flux. There's humour in accepting the unchangeable even as it never ceases to flow. After all, they don't call it an academic discipline so we can just repeat back what we're taught like some rote parrot or turgid automata! Leave that for the cultural house of horrors populated by *hoi polloi* with zombie eyes glued to the dull blue glow of the screens of their smart phones. Education for we star pupils at AU is about challenging preconceptions so we can unearth the most stunningly beautiful, startlingly shocking, or downright delectable parts of ourselves. So here's to being spooked into new learning adventures, happy Hallowe'en to all!

References

Derrida, J. (1967, Trans. Spivak, 2016). *Of Grammatology*. Baltimore: Johns Hopkins.

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.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 2020 Academic Excellence Award

Sponsored by: Global Teletherapy

Deadline: November 12, 2020

Potential payout: \$1000

Eligibility restriction: Applicants must be enrolled in a university, college, or grad school for the 2020-2021 academic year, be in good academic standing with their current educational institution, and have a cumulative GPA of at least 3.0. See full [eligibility requirements](#).

What's required: An email with contact and school info, a copy of applicant's unofficial transcript, and a 2000-word essay on a specified topic related to self-improvement.

Tips: Read the Helpful Hints for the Essay section for valuable info about essay requirements.

Where to get info: globalteletherapy.com/scholarship/



Top K-pop and K-dramas to Try

Karen Lam



Have you ever listened to a K-pop song or watched a K-drama? For all newbies, K-pop/K-drama stands for Korean pop and Korean dramas. The past few years, Hallyu Wave (Korean Wave) including South Korean music, dramas and movies have become increasingly popular. Korean music and Korean dramas have been popular in many Asian countries such as Hong Kong, Taiwan, Japan and other Asian countries. However, in the recent years K-pop and K-dramas have been gaining popularity in the UK, USA and Canada as well. You may have even heard of the movie *Parasite* from Oscar Awards! Aside from the popular *Parasite* movie, there are much more to appreciate in Korean music, TV dramas and movies.

Here are my top five Korean dramas and music of 2020 that you should try!

Top 5 K-pop Songs to Listen to

BTS – Dynamite

If you have not heard of BTS, they are currently one of the most popular boy bands in Korea right now, with a handful of hit songs for you to try. “Dynamite” is one of their more recent and one of my favorites! There are also “DayTime” and “NightTime” remixes of this song. The “DayTime” remix version features acoustic, EDM, tropic and poolside remixes which are designed to be listen for day time music and much more active and high energy music. Whereas, the “NightTime” remix features slow jam, bedroom, retro and midnight and designed for you to listen the music in a calm late night. Dynamite is one of the songs that is entirely in English, however, many of their songs are sung in aa combination of English and Korean.

[BTS \(방탄소년단\) 'Dynamite' Official MV](#)

BTS – Boy with Luv (feat. Halsey)

More BTS! Another one of my favorite BTS songs, featuring Halsey, an American singer and songwriter. A must try for all K-pop newbies and pre-existing K-pop fans.

[BTS \(방탄소년단\) '작은 것들을 위한 시 \(Boy With Luv\) \(feat. Halsey\)' Official MV](#)

**BLACKPINK – Ice Cream (with Selena Gomez)**

BLACKPINK is currently one of the top girl groups in South Korea, and they also have many popular music videos for you to watch. “Ice Cream” is one of their recent releases featuring celebrity Selena Gomez. If you haven’t heard this song yet, you should! For Netflix subscribers, BLACKPINK also recently released a documentary (*BLACKPINK: Light Up the Sky*) of their journey to becoming one of the top girl groups in Korea and it is now available to be streamed.

[BLACKPINK - 'Ice Cream \(with Selena Gomez\)' M/V](#)



IU – Eight

IU is a solo female singer in South Korea who started singing at a young age and is known for her clear voice. Many of her songs have topped the charts throughout the past few years. One of her recent songs, “Eight”, is one of my favorites! She also films TV dramas and films--many of them being extremely popular.

[\[MV\] IU\(아이유\) eight\(에잇\) \(Prod.&Feat. SUGA of BTS\)](#)

**PSY – Gangnam Style**

Most of us have probably heard of this song, as it was pretty popular a few years ago. If you're new to K-pop this is a must listen, but if you're already a K-pop fan, you should re-listen to this song!

[PSY - GANGNAM STYLE\(강남스타일\) M/V](#)



Top 5 K-dramas to Binge

Crash Landing on You (Netflix Original)

One of the highest rated K-dramas of 2020, *Crash Landing on You* is a romantic comedy featuring Hyun Bin as Ri Jeong-hyeok and Son Ye-Jin as Yoon Se-ri, two star-crossed lovers, one from North Korea and the other from South Korea. Yoon Se-I is a South Korean fashion entrepreneur, and Ri Jeong-hyeok is the Captain of North Korean Special Police Force. Their lives cross one day when Se-ri was paragliding in Seoul, South Korea, with a sudden tornado that blows her off course and she awakens to realize that she is in North Korea. The plot brings to the audience the history between North and South Korea and gives us the opportunity to understand the cultural differences between the two countries and the lifestyles of living under two different countries.

It's Okay to Not Be Okay (Netflix Original)

It's Okay to Not Be Okay a Korean drama series that focuses on mental health and tells an interesting and unusual love story between two individuals who become each other's healer. The drama is a story about Moon Gang-tae (played by Kim Soo-hyun), who is a community health worker at a psychiatric ward with an altruistic brother, and Ko Moon-young (played by Seo Ye-ji), a popular children's book author. This is a must watch during a pandemic as it demonstrates a realistic portrayal of mental health, and delivers an important message of healing. Each character in the drama has their own story and shows the different ways each character heals throughout the story. This is very relatable during a pandemic as we are all adapting to a new normal.

#ALIVE (Netflix)

A recent South Korean movie about zombies! The story is about two individuals who live in South Korea as their city was attacked by a zombie virus that turns humans into zombies if they have been bitten. A popular, relatable, and worthwhile movie to watch during a pandemic.

Itaewon Class (Netflix Original)

Itaewon Class is a story about an ex-convict, Park Sae-ro-yi (played by Park Seo-joon), whose life turns upside down after his father was killed in an accident and he was expelled from school for attacking a bully. Inspired by his father, who worked for a large conglomerate that specializes in bar-restaurants, he follows his in father's foot-steps and, upon release from prison, he opens a bar-restaurant called DanBam in Itaewon (an area in Seoul, South Korea). He and his staff work toward success--battling against one of the top food conglomerates. The film is an inspiration and brings to the audience the challenges that everyone in his bar-restaurant faces and how they tackle them. Another binge-worthy drama to watch!

BLACKPINK: Light Up the Sky (Netflix Original)

A documentary that was released very recently interviewing BLACKPINK, currently one of the top girl groups in South Korea, and detailing their journey to become one of the top music girl bands in Korea. The documentary is an inspiration and allows the audience to take a step into the world of K-pop and the amount of hard work, time, and the number of challenges that K-pop stars encounter and overcome to bring us their best music.



The Study Dude

How to Write a Haunting Narrative Essay

Marie Well



Have you ever wanted to tell a story, perhaps about your life? Well then, you've likely wanted to write what is called a narrative essay. It's the kind of essay that starts with vivid visuals of the scene—from the scents to the sounds to a smorgasbord for the senses—and ends with a deep reflection.

According to EssayShark (2017), “the main purpose of each narrative essay is to tell a story. You may inform the reader about a remarkable event from your past, a meeting with a memorable personality, or the ongoing experience that is likely to change your life. Actually, it does not really matter what you are going to tell, as how you will tell it is significantly more important”.

I wanted to write a narrative essay this week for *The Voice Magazine*. I wanted to title the essay *Freed from the Places of the Past*. Instead of writing it in full, I'll take pieces from it and use it as an example throughout this article.

Start with a hook.

What is a hook? EssayShark (2017) writes about “the ‘hook’”. This element is also called an

extraordinary beginning and using it in a narrative essay is especially important. “You may begin your story with a paradoxical fact, relevant quotation, definition, question, or a colorful detail” (75%).

My narrative essay would've begun by saying, “While in grad school, I heard that some students studied ‘place,’ or maybe it was ‘space.’ I don't recall which it was. But I ridiculed it, saying place had little significance to anyone's life. But last night, I visited an old neighborhood in the pitch black of night, and the place felt like a haunting memory.” That was my hook.

Set the scene.

After you lay out the hook, you should set the scene.

EssayShark (2017) outlines “setting the scene. Your attention-grabber should be followed by a wide range of visual, acoustic, and tactile details. In a narrative essay, it is critically important to set the scene properly: explain where the events take place, who are the main characters, whether they are fictional or real, etc.” (75%).

To set the scene in my narrative essay, I wanted to say, “within the blackness, I saw the lit signage of the Walmart strip mall where I had once bought a blue and white coat. (I still wear that coat, 20 years later.) To my dismay, the strip mall looked oddly unfamiliar, with a c-train I had never seen before coupled with a giant public library. As my friend and I silently drove past, I saw buildings I failed to recognize, with the occasional shop I recognized still in place.

“But the haunting feeling heightened as we wheeled by my old building, a dim shadow masking the few lights that still shone within its windows. I recalled the person I had once loved, the friends, the enemies, and all the mistakes. And it saddened me.”

Drill the moral home with your thesis statement, if you can.

After you set the scene, bridge it with your thesis statement.

EssayShark (2017) highlights the thesis statement, saying that “in a narrative essay, the thesis statement is significantly different from that in an expository or argument essay. You don’t need to introduce your arguments, defend the position, or prove something. Instead, your thesis statement may serve as a beginning of the story: ‘It was cloudy and hazy when I started my way to green forests.’ Additionally, your thesis statement may connect a personal experience with a universal, proving the significance of the topic you write about Also, you may use the thesis statement for offering a moral lesson to your audience” (75%).

My thesis statement I wanted was, “Perhaps that black night sky brought the sadness and longing. Perhaps the changes in the district brought a sense of missing out. But one thing stood clear: no matter how troubled or triumphant each moment is, it must be savored, for once it's gone, it fades into memory, like an aching to make things right.”

Make the body meaty.

After the introduction, focus on the body paragraphs.

According to EssayShark (2017), “Body paragraphs depict but not tell. It is commonly known that good storytelling is expressive—it is overwhelmed by precise descriptions and sensory details that help the audience to visualize the events illustrated by the author. To make your audience live the experiences together with you, use the details related to all five senses: express what you heard, smelled, touched, felt, and saw during the event” (75%).

In my body paragraphs, I wanted to compare this haunting place with places that recurred in my dreams: “I recalled dreams I had of my futuristic homes. In one dream, my childhood dwelling had been replaced with condos, but the block remained. At the end of the block were bustling new businesses, one of which was a bar. I'd enter that bar in my dream like a lost soul, only to be reunited with my family. The bar looked like a living room with stale musky carpets and a '70s TV, an open space bathed in dull yellow light, not unlike a legion. I had recurring dreams about that same bar five or more times. It, too, felt whimsical and pleading. I felt like an outsider, though, a sign perhaps that I had made mistakes with my family. Mistakes only love would ever mend.”

Shift back and forth from story to reflection.

Within the body paragraphs, shift from story to reflection.

EssayShark (2017) says, “In narrative essays, new paragraphs usually mark the shift from action to reflection or indicate the change in the events” (76%).

One reflection I intended to write was, “Perhaps my whimsical and sad reflections on places ties into regrets bygone. One of my friends has the opposite view. She sees past places like pages in a book. She says, it's never as good when rereading a page, but the next page holds so many possibilities. Her view struck me as optimistic, as someone not attached to regrets, as someone still not struggling to make sense of past events. Perhaps she had lived her life right, although I know she had her share of heartaches.”

Conclude with a moral lesson.

After your body paragraphs, it's time to conclude your narrative essay.

EssayShark (2017) proposes that “in a narrative essay, the conclusion serves as the moral center of the story, as it summarizes everything you have told and provides your story with a significant sense. Due to this, at the end of the story, you should necessarily include a personal reflection or evaluation of the event being described and explain why it is significant for you as the author” (76%).

I wanted to conclude my narrative essay with this: “When places bygone stir up a deep aching, it's a sign we haven't yet fully learned our lesson. Only once we infuse the present with nothing but love, can we begin to set free the places of our pasts.”

Now that you've got the basic order of a narrative essay, why not write one and submit it to *The Voice Magazine*. Your narrative story—and all its wisdom—might just hold a key someone needs for hope.

Reference

EssayShark. (2017). *Essay Becomes Easy Part I Analysis * Persuasive * Classification * Evaluation Reflective * Narrative * Compare and Contrast Essays*. [Kindle Unlimited]. Retrieved from amazon.ca.

**Women of Interest**
Ruth Bader Ginsburg**Barb Godin**

Ruth Bader Ginsburg (1933-2020) spent five decades fighting all manners of inequality and changed the world in far too many ways to be included in this short article. Ginsburg was nominated by President Bill Clinton as an associate justice of the Supreme Court of the United States in 1993 and held the position until her death in 2020.

Joan Ruth Bader was born March 15, 1933 in Brooklyn New York. Joan Bader became known as Ruth when she began school and her mother noticed there were many girls in the classroom named Joan, so asked the teacher to call Joan by her middle name to avoid confusion. Her father was a Jewish emigrant from Odessa, Ukraine, and her mother was born in New York to parents from Krakow, Poland. The Bader family belonged to the East Midwood Jewish center, which is a Conservative synagogue where Ruth learned the tenets of the Jewish faith and the Hebrew language.

Ruth's mother was active in her daughter's education and encouraged her to go further. Ruth graduated with a B.A. from Cornell University in 1954. Shortly after graduating she married Martin D. Ginsburg and they had their first child before Ruth entered Columbia Law School, where she was one of only a few women in her class (1956-1958). She graduated as a Kent Scholar (similar to AU's "with Great Distinction") in 1959. At this point she began her career as a law clerk in the US District Court in the Southern District of New York. Ginsburg became the first woman to be hired with tenure at Columbia University School of Law. To a great extent, it was her own career that led her to become an advocate for gender equality and women's rights.

She was cofounder of the "Women's Rights Law Reporter," which was the first law journal dedicated to women's rights. President Jimmy Carter appointed Ginsburg to the US Court of Appeals for the District of Columbia Circuit, where she remained from 1980-1993. On August 10, 1993, Ruth Bader Ginsburg was sworn in as Supreme Court Justice. In 2002 Ginsburg was inducted into the National Women's Hall of Fame. From 2006 to 2009 Ginsburg was the only female justice on the Supreme Court.

Martin Ginsburg died June 27th, 2010 from metastatic cancer shortly after the couple had celebrated their 56th wedding anniversary. Ruth Ginsburg received the highest honor from the American Bar Association on August 9th, 2010, the "American Bar Association Medal". In a groundbreaking move, Ginsburg was the first Supreme Court justice to officiate at a same-sex marriage ceremony. In 2016 Ginsburg called presidential nominee Donald Trump a "faker", however a few days later she issued an apology, claiming her words were inappropriate for a judge to make.

Ruth Bader Ginsburg's health problems began in 1999 when she had surgery for colon cancer and underwent chemotherapy following the surgery. In 2009 she again received chemotherapy for pancreatic cancer. In November, 2014, she had heart surgery to place a stent in her right coronary artery. In 2018 she had two cancerous nodules removed from her lung.

Ruth Bader Ginsburg leaves a remarkable legacy which includes induction into the National Women's Hall of Fame and receiving a Lifetime Achievement Award from Scribes (The American Society of Legal Writers). In 2019 Ginsburg received the one-million-dollar Berggruen Prize for Philosophy and Culture, which she donated to several charitable and non profit organizations. The Berggruen Institute recognizes "thinkers whose ideas have profoundly shaped human self-understanding and advancement in a rapidly changing world," describing Ginsburg as a "lifelong trailblazer for human rights and gender equality." On August 26, 2020, Ruth Ginsburg was the recipient of the National Constitution Center's Liberty Medal "for her efforts to advance liberty and equality for all."

Ruth Bader Ginsburg died on September 18, 2020 at the age of 87. Following a private ceremony with her family and close friends, the casket was placed outside for public viewing. Thousands of mourners lined up for two days for the opportunity to pay their respects to an outstanding woman. Ruth Ginsburg was the first woman, and the first Jew, to lie in state at the capital.

Barbara Godin is a graduate of AU and writes the "Dear Barb" column. She lives in London, Ontario with her husband, and two dogs. She can be reached on twitter @BarbGod



Homemade is Better Candied Apples

Chef Corey



Halloween is slowing creeping in, although you'd never know it by all the decorations that showed up in the stores in mid-September! Such is the life of a consumer. This week I thought I'd make a sweet tooth favorite, candied apples! I'm drooling just thinking about them. Whether you're a parent, DINK(Double Income No Kids), or single, candied apples probably give you memories. This year is a little different as well, some folks are going out and some are not. Neither choice is wrong, though, maybe you needed to hear that. Your choice is the right one for you.

The beauty of these is that you can wrap them in cellophane and send them off to friends and family, or maybe you're going to have a private you and cohorts only party, or maybe it's just you! These will still be awesome! And you can

customize them. Love pumpkin Spice? Just add a little pumpkin spice seasoning to it!

Hope you enjoy, and Happy Halloween!!!

Candied Apples

Ingredients:

4-6 apples
4-6 Popsicle sticks
2 cups white sugar
1 cup water
½ corn syrup
Red food coloring*

Directions:

- 1) Wash and dry the apples
- 2) Add a popsicle to the stem area
- 3) Grab a baking sheet, and cover it with parchment paper and spray with pan spray
- 4) Add the sugar, water, and corn syrup, and food coloring (if you choose to use it) to a pot and start to heat over high heat
- 5) Once it starts to boil add a candy thermometer and let it boil until you are close to the hard crack phase, around 300F
- 6) Place one apple at a time in the syrup and move it around to cover it with the syrup
- 7) Place the apples onto the sprayed baking sheet and let them cool
- 8) Don't break your teeth when you eat them!



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

Three Tips on Professional Networking during a Pandemic

Xin Xu



Being a career-centered workaholic, I've always been enthused by the idea of networking (strange I know!). However, networking gone wrong can create feelings of anxiety and repulsion toward ever going back to having a semi-formal networking conversation again. I've been there. I've felt the same discomfort sitting in a conversation where I was ill-prepared to ask thoughtful questions or was feeling there was a coerced script running in the back of my mind. The best way to address some of this discomfort is to practice, practice, practice. While many of the traditional networking dinners and events have been replaced by Zoom calls or small coffee meetings, there is still plenty of opportunity to connect with working professionals.

How might we practice during this time of social distancing and work-from-home environment you might ask? I have a few tips and tricks that might be useful for AU students moving into the workforce and beyond.

1. **Do your homework:** This adage does not only apply to our academic careers but to our professional development as well. They say opportunity comes to those who are most prepared, and this cannot be more true. By doing your homework and conducting the necessary research before a networking event, you will have the capacity to have deeper conversations rather than gathering surface-level information. They say the actual networking doesn't happen when you meet the person, it happens well before. The more information you have access to prior to a Zoom networking call, the better quality these conversations will be.
2. **Share your narrative:** Networking can feel like a passive activity, whereby the more informed, senior party advises the junior professional on a particular topic. While often true, sharing your areas of strengths and weaknesses will help allow the other individual to tailor their information to your background. For example, rather than withholding information, I've shared experiences both positive and negative that helped spark



interesting conversations during networking sessions. I was honest about my weakness in the customer service area and my strength in bigger-picture thinking. Communicating this information also improves your personal branding in allowing others to know what types of roles may be best suited for you. Sometimes, this means reviewing your CV or work history to better communicate those experiences in a succinct manner.

3. **Keeping it focused:** I've seen many networking sessions quickly turn into a mess of different topics. Sometimes, this can be helpful building rapport and allowing flexibility in your conversations. However, most professionals are busy people and don't have an entire afternoon to dedicate to networking. Sticking to a schedule of 30 minutes to one hour may be effective in gathering and sharing information. With a schedule in mind, the conversations will be focused, meaningful for both yourself and your correspondence. That being said, giving some room for rapport-building and time to process information may be valuable. For example, I've sat in conversations where a 10 minute tangent actually sparked a new area of interest that connected me with individuals in an entirely different industry.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Jennifer wonders what happens if the internet cuts out during an online exam; suggestions include using a USB stick modem to prevent a signal drop. Danielle needs tips for studying while parenting; lots of feedback from been-there-done-that parents.

Other posts include AU's service standards, taking five courses at once, asking for a course extension but getting a withdrawal, and completing a course in eleven days (not recommended!)

reddit

New posts include questions about missed exams, and booking exams after the contract end date.

Twitter

@austudentsunion tweets: "AUSU has DOUBLED the number of awards and bursaries we are giving out in our Fall awards cycle! That means TWICE as many #AthabascaU students will be recipients. Over \$45,000 available. APPLY NOW! <https://bit.ly/1GIWJhi>."

@aulibarchives tweets: "In celebration of Open Access Week check out our LibGuide on Open Access Resources! <http://libguides.athabascau.ca/c.php?g=696588&p=4940991> #OAWWeek2020 #OpenUniversity."



The Struggling Student Rants Mid-COVID Money Woes

Angela Pappas

We're All Just a Little Messed Up



I don't do sappy. However, the world around us has changed. Everyone seems isolated—more so than before—and I feel like the majority of the planet has no grip on reality. We all scroll through hundreds of social media posts, from real and imaginary friends, claiming if anyone needs to talk they should reach out. But we all know that that's much easier said than done. Don't be fooled by the hype.

Sometimes, social media is great for connecting, zoning out, or being entertained. Other days, however, all of these fake posts can get you down and make it seem like everyone else has their ducks in a row, their poop in a scoop—except you. And now, when literally no one on this planet knows what's

going to happen next, it's easy to get overwhelmed.

Instagram has always had an endless supply of photoshopped posts, showing how so-and-so is living their best life, and, somehow, even though they lost their job, they still are. Facebook seems to be the nesting ground for all things MLM and virtual Tupperware parties—more so than normal times. Everyone has joined “business support groups” to promote their neighbour's business. There are days when I feel like Scrooge McDuck because I keep declining the offer for \$100 Scentsy bars. I would rather my family eat the apples than smell the apples. Pinterest... well, they're just carrying on with *Holiday Decor for Under \$20* hoping no one will fully grasp what's going on. The people posting these are either trust-fund-babies or out of their mind.

But let's all be real for a moment here. I'll be the first to raise my hand and admit that writing for *The Voice Magazine*, sending out good money vibes, or talking about personal finance all day, every day, does not, by any means, equate with my financial ducks being in any sort of row. Nothing could be further from the truth and I apologize if I've added to anyone's anxiety by writing about tips and tricks or talking finance and streams of income. The truth is, we are all messed up in our own special way, without having the world come to a halt. Everyone struggles out there on a good day, and I mean everyone. If anyone argues this and says they're sailing through all of this, they're lying—either to you or to themselves. Even Queen Elizabeth, the richest old lady I can think of, is worse off than she was pre-COVID.

Add a sprinkle of unemployment to the mix, a dash of a breathtaking virus, a whole lot of global unrest, and you've got yourself a cleaned out wallet. All of this can, of course, be served with your choice of side: nonstop migraines, nervousness, restlessness, feelings of impending danger, hyperventilating, increased heart rate—take your pick. If you find yourself struggling financially, waking up in the middle of the night, or trying to figure out how to climb up Alice's rabbit hole please don't give up hope and know that you're not alone. Seriously.

Many of us, from all walks of life, are dealing with financial stress and uncertainty this year. 2020 has felt like a horrible episode from the original *The Twilight Zone*—the wallet that eats \$50 notes, the paid bills that reappear in your mailbox every morning, the Girl Scout selling \$10 cookies every night (or else). Regardless of where your stress stems from, whether it's from losing your job, escalating debt, unexpected expenses, or all of these, finances have been the most common factor everywhere I look.

Like any source of stress, this takes a huge toll on our mental health, our physical health, relationships, and all aspects of daily life. Sleep might seem like a long-lost friend; I don't know about you, but nothing keeps me tossing and turning like a four-figure bill quite does. Never mind the new wardrobe (including pyjamas) because literally nothing fits. Stress wreaks chaos on our appetites and money woes can cause you to overeat, skip meals to save money, or even turn to other coping mechanisms. If you're reading this and getting antsy, don't worry, I'm not spying on you—I'm just in the same boat. We all are. For myself, the word "uncertainty" is going on my hate-list. I swear if I hear one more person say "uncertain times" I may just go postal on their ass. But it's alright to feel uncertain. It's a legit feeling, as are they all.

You may feel angry, ashamed, or fearful and start picking fights with those closest to you. I know I certainly have started doing so and some days I feel like a crazy old lady in curlers and a housecoat yelling at the youngsters driving by with their music blaring. You may also be withdrawing from the outside world. COVID-19 had me self-diagnosing agoraphobia through WebMD until I had to force myself to go to the grocery store.

I recently spoke to a long-time friend in the medical profession who works in a large ER unit. She noted that COVID-19 has changed life as we know it more than we think. But it's definitely evident in the hospitals. She disclosed to me that cases related to overdosing, alcohol poisoning, attempted and successful suicides, have all doubled nationwide. However, she sarcastically noted, while the news has been focusing on the number of infections and hospitalizations from COVID-19, they're downplaying all of the other issues that have surfaced. Like I said, I don't do sappy. I do, however, believe that we all are struggling much more than we did before COVID-19 become a household name. As The Struggling Student [that] Rants I'm not going to rant this time. I'm simply popping in to say that no matter how hopeless things might seem—in that moment—there is always someone to help out there. Someone to talk things through with you and maybe even help you sort things out. You just need to make the hardest step of all—reach out and let them know you want to talk. It truly is the hardest step, but also the most important. AU has fantastic resources through Homewood Health for all of their students, including a 24/7 support line and options for virtual counselling sessions.

Homewood Health has also partnered up with the Government of Canada and Wellness Together Canada to provide free resources, assessments, unlimited phone counselling sessions, and many other valuable resources for all Canadians in a different platform than the service that AU provides, one that's anonymous. My advice is that, regardless of whether we feel we do or don't, we should all make good use of these resources. Because 2020 has affected us all in one way or another. Talk to friends, neighbours, family, or even strangers. Sometimes it can be easier to talk to someone we don't know. Finally, focus on what you can control rather than all the things you can't. I realize this is easier said than done but we all need to take things one day at a time and look towards the light at the end of the tunnel. That light is either gonna be a glorious outcome or a train. Either way, we'll all find out together.

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

Scholar, Start Your Business

Eight Ways to Make a Freelance Business Fail

Marie Well



Freelancers want to succeed. So, how can you earn six-figures freelancing during COVID? Let's look at this question upside down. Let's instead ask, *How can you earn a rock bottom salary—yes, next to nil?* Now, that's the devil's advocate. Once we know that, then avoiding it should be a piece of cake, right?

Jennifer Goforth Gregory. (2018) lists eight ways to make a freelance business fail, from her book *The Freelance Content Marketing Writer Find your perfect clients, Make tons of money and Build a business you love*.

Gregory (2018) says, “If you are still not meeting your income goals, odds are that you are doing one (or more) of the following:”

“1. You do not constantly market yourself” (Gregory, 2018, 64%).

Insurance sales people aim to make eighty cold calls a day. Aim for that volume of outreach. Any less may spell trouble. And you deserve the best.

And if you're just starting out, you may wonder, where do I begin marketing myself? How should I price my services? What services should I offer? Such unresolved concerns can slow your progress.

On the flipside, you might be hesitant to market yourself. You might fear creating a bigger workload than you can handle. That concern kept me from creating package deals on my Website.

But to learn how to market yourself, watch courses on how to start a freelance agency. You can find such courses on [udemy.com](https://www.udemy.com/), LinkedIn Learning, even YouTube. These courses could teach you tidbits such as how to price your services, how to hire contractors, and how many clients you need. Once you get an inside view, make your splash in business.

“2. Your marketing is not targeted.

“Maybe you are not presenting yourself in the email in the best way for the client to see how your skills help them” (ibid).

Target your marketing by taking a copywriting course. Or read a copywriting book. Copywriting is writing for the sale. With copywriting, you focus on benefits and buy now buttons. With just a few simple tweaks to your website, you could leap to first place amongst your competitors.

“3. You do not leave your house.

Especially in today's world of emails, tweeting and texting, meeting someone face-to-face cements a relationship” (ibid).

Look your best when you meet your clients. Get your hair done once a month. Buy new clothes. Splash on a scent. Oh, you'll look stunning. Any body type and any face can look gorgeous. After all, your soul is where your true beauty lies. The rest is the wrapping on the gift.

"4. You have a lot of one-off assignments

"The first project with a new client always takes many hours longer than second and third projects with the same client. You have to get used to the client's style, their process and their expectations. This means you make less money on new clients than you do on regular clients" (ibid).

I had the reverse problem. A regular client lowballed my price. I'd design a poster for him. And then he'd want a similar poster for half the price. I had to let that client go. But I will one day return, just with a higher price. So get regular clients, but ones who pay a decent wage.

"5. Applying to job ads is your main source of marketing.

"If your strategy consists mainly of applying to posted job ads, you're missing a lot of opportunities" (ibid).

Oh, this has been my grief. I get contract work from post ads, but the work is sparse. A better route may be to specialize in an industry. A great way to test out the industries is through cold calls. If four out of four restaurant owners hang up on you, chances are, restaurants are not the industry you desire.

"6. You do not follow up with potential clients and past clients" (Gregory, 2018, 65%).

If you have a job interview, and you got a business card from the employer, then follow up. You could either send a follow-up business idea or resource. The employer will adore you and, at the very least, remember you. Follow-up to open doors.

7. "You spend too long working on each project.

"I am not talking about turning out crap or cutting corners, but about writing quickly and turning out good quality work based on the expectations of the client" (ibid).

One author said, if I recall correctly, it takes her an hour to write one hundred words. She might be a slow writer, but a great writer. Get into the freelance swing, and you'll develop a system. Systems speed up the lag. And speed is money. But if you're on the slow slide, simply do work in twice the time for double the cost.

8. "You do not believe you can make six figures.

"If you avoid all of the above mistakes, but don't think in your heart that you can earn a high income, then you most likely will not reach your goal" (ibid).

One trick I've learned is to price yourself according to industry standards. Then, creep up your price until you hit resistance. Resistance occurs when demand drops. That way, you'll gain the biggest bang in profits.

So, that sums up what it takes to fail at earning a living. So, slip on a Versace suit and step out into the business world. It's time to make a killing. And, yes, COVID, you've just met your master.

Reference

Gregory, Jennifer Goforth. (2018). *The Freelance Content Marketing Writer Find your perfect clients, Make tons of money and Build a business you love*. [Kindle Unlimited]. Retrieved from amazon.ca.



Dear
Barb

Barbara Godin

Trapped

Dear Barb:

Like everyone else I am getting so tired of this virus. My husband and I are stuck in the house working from home and limiting contact with others. At least during the summer, we were able to get out; now that the cold weather is here and cases are on the rise we are spending more time at home. Prior to this, we were a very social couple and spent a lot of time with friends and family and participating in work related activities.

We live in a small house, so we can't seem to get away from each other. I have noticed a change in Ron; he's become angry and argumentative. I have tried to be understanding and tolerant, but I am frustrated too with the situation. We have gotten into some real battles, escalating into violence a couple of times. I am becoming fearful and try to go along with everything to keep Ron calm. I feel like I have nowhere to turn, I feel trapped in a situation I don't want to be in. I don't believe Ron would have ever become violent if this virus hadn't changed our life. If this goes on for another year or so, I don't think I can live like this. I hope you can give me some advice, or point me in the direction where I can get some support or help. Thanks, Tara.

Hi Tara:

Thank you for your very important letter. Unfortunately, so many women are experiencing exactly what you are and they are left with few options. Domestic violence is

reaching epidemic proportions in Canada and throughout the world. While being interviewed by CTV News, Angela MacDougall, executive director of Women's Support Services (BWSS) stated that she was warned early on by contemporaries in China that a tremendous increase in cases of domestic violent would occur as a side effect of the pandemic.

Since isolation is the means by which the abuser controls their victim, the pandemic has created the perfect storm. They can carry out their abuse without fear that anyone will see the marks or bruises. For so many women these are scary times.

Things are being done to assist with this crisis. The Federal Government is increasing funding to women's shelters and other services for victims of domestic abuse. Ending Violence Association of Canada provides some avenues that you may be able to turn to for help. You can access them at this link: <https://endingviolencecanada.org/getting-help-2/>. Ultimately if you feel in danger, do not hesitate to call 911.

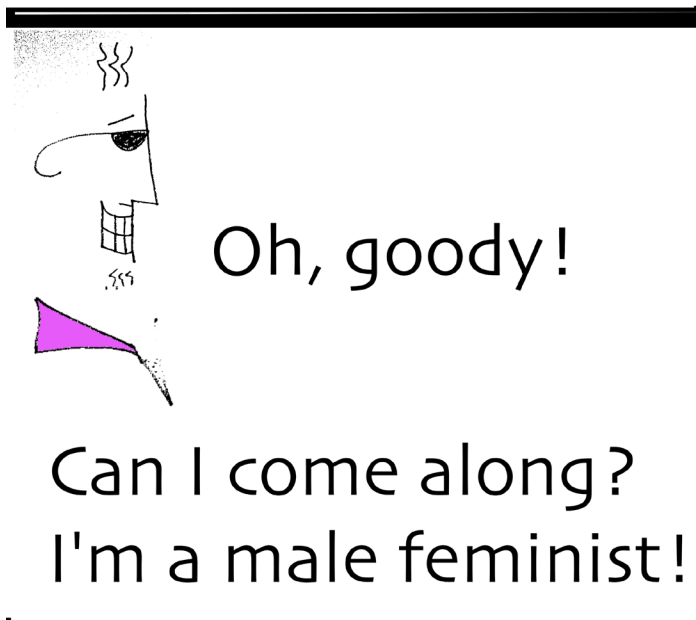
Sorry I couldn't be of more help, but this is all the information I was able to find. Stay safe.

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



Chazz Bravado**Take me to the Women's March****Wanda Waterman**

Joining
the
Women's
March.



Oh, please!
You're no
feminist!
You're just
trying
to dip your
corn dog!



**UH,
SEE YOU
SATURDAY!!**

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

- Oct 29: [AUSU Virtual Student Social](#)
- Oct 30: [Deadline to apply for course extension for Nov](#)
- Nov 1: [AUSU Awards & Bursaries Deadline](#)
- Nov 10: [Deadline to register in a course starting Nov 1](#)
- Nov 15: [Dec degree requirements deadline](#)
- Nov 26: [AUSU Virtual Student Social](#)

DOUBLE the Awards & Bursaries!

AUSU is happy to announce that we have DOUBLED the amount of funds available for our Fall 2020 and Spring 2021 awards cycles, which means twice as many students will be recipients!

There is now **over \$54,000** available for AU undergrads spread out over 8 different award and bursary categories (*in addition to our year-round bursaries!*).

Applications open to all AU undergraduate students.

Academic Achievement Awards (6 available): For students who have achieved academic excellence.

AUSU Bursaries (8 available): For students in financial need and/or with exceptional circumstances.

Balanced Student Awards (8 available): For students who balance multiple commitments.

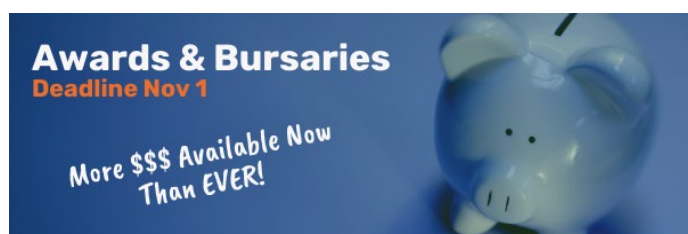
New Student Bursaries (8 available): For students in financial need with between *3 to 11 AU credits.

Returning Student Awards (8 available): For students who have returned to studies after a long break.

Student Volunteer Awards (6 available): For students who contribute to their community.

#Igo2AU Awards (4 available): Open to all undergraduate students to celebrate diversity at AU.

Apply online [here](#).



AUSUnights Student Socials

AUSU is hosting Virtual Student Socials for AU students on the last Thursday of every month!

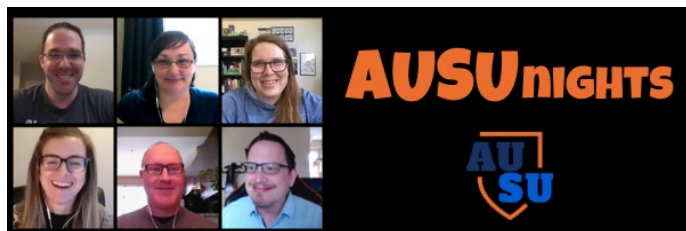
It's great opportunity to connect with AU fellow students through Zoom, play some fun trivia games, and get a chance to win some prizes and swag from your Students' Union!

Upcoming Dates and Times

- Thursday, October 29, 2020 at 5:00 MT (7:00 pm ET)
- Thursday, November 26, 2020 at 5:00 MT (7:00pm ET)

RSVP to ausu@ausu.org for the meeting info!

Be sure to specify which date you want to attend!



Free Resume Review Service!

Want to get a stand-out resume?

AUSU has partnered with VMock Inc. to give AU students free access to their web-based SMART resume review platform!

Sign up [here](#).



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, Natalia Iwanek, 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