



THE VOICE

Vol 28 Issue 47 2020-12-04

Minds We Meet

Interviewing Students Like You!

Making Ourselves Lovable

A Woman's Guide

Council Connection

President Natasha No More

Plus:

*The Evolution of Human Trafficking
Beats from the Basement - Finale
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 Get in Line

Karl Low



So it seems our COVID-19 journey may be coming to an end over the next several months, with news in a couple of provinces about the first rounds of a vaccine for COVID-19 to be administered in January. This seems like a remarkably short time for a vaccine to go from initial stages to completion, and it is, but at the same time, that short length of time doesn't mean that the safety has been compromised any more than a normal vaccine.

I've been looking into the process of vaccine creation, and while timelines from inception to roll-out of a new vaccine can be years, it's been noted that much of that time is used seeking funding for updated trials and trying to find places where the disease is rampant enough that the efficacy of vaccine might actually be tested. With COVID-19, both of those issues are easily dealt with, as large amounts of public money have been made available to researchers to fast track the development of these vaccines, and finding a high enough concentration of the disease is as easy heading to the nearest long-term care facility, much as we wish it wasn't.

What remains, however, are the concerns over the long-term effects of the vaccine. What happens if in three years time those vaccinated start developing a form of lung cancer or other bodily reaction. We don't know. But the kicker is, we don't often know that for other vaccines that we take either. Long term side-effect studies are only typically done once doctors start seeing those side effects kick in. And while thalidomide happened, that it's the only significant example I can think of, and even it happened back before I was born, suggests that a fear of possible long-term side effects might not be that realistic of a fear.

So, I've decided that when the vaccine comes out, I'll be in line, even as my lizard brain looks sideways at my choice. As an AU graduate, I've learned to put my trust in science and statistics beyond my gut feelings and preferences, and both the science and the statistics suggest that my odds of staying safe are much higher with a COVID-19 vaccine than without.

Individual circumstances are different for every person, of course, but I hope that most here will be joining me in that line. Humanity has conquered viruses before, we can do so again.

In the meantime, however, the Voice Magazine will continue to be published, and this week, we start off with our feature interview with student Adonica Salter, a student who came from a job event planning for Bow Valley College and setting up their graduation ceremonies, to a person who will soon be attending her own graduation ceremonies with her Bachelors' of Management.

Also, we have the report from the most recent meeting of AUSU Council, the first meeting after former President Natasha Donahue unexpectedly stepped down and then VP Ex (now President) Stacey Hutchings took up the chair.

And of course, we continue to have advice, scholarships, events, thoughtful articles (this week two articles look at the dangers of social media, albeit in very different forms), recipes, reviews, and more! Enjoy the read!

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!

The Voice Magazine recently had a chance to chat with Adonica Salter, from Calgary, Alberta, the Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Originally from Nova Scotia, Adonica has been living in Calgary for the past five years. She stated, “I had a little bit of education before I came to Athabasca,” having completed one year of a Business Administration diploma, as well as a diploma in Event and Promotion Management. She spoke briefly about her past career: “I worked in the events industry for a long time, and I really loved doing that. I actually worked on a cruise ship for a little bit; I was an assistant show host ... and I really loved that work.”

However, when she moved to Calgary, she “noticed that there is a salary maximum that you can achieve with a diploma. ... It pushed me to go back to school,” she continued, explaining that she is now enrolled in her final semester of AU’s Bachelor of Management program.

She had also previously worked at Calgary’s Bow Valley College as an event planner, where she took care of graduation ceremonies, feeling “that it was meaningful work.” But it was there that she decided that she “wanted to be part of that,” stating, “And now here I am!”

As for future plans, post-grad, Adonica stated, “I can’t wait to get to work, to be honest.” She continued, “I just can’t wait to be working again, especially after these last three years. I would like to work in an academic setting again. I’m not totally sure in what capacity, but there are some courses that I’ve taken that had to do with business analytics and data mining. I really enjoyed that type of strategic planning and making decisions that way.”

When asked to name an individual who had influenced her desire to learn, she revealed that no one in her family has had any form of post-secondary education, stating “No one necessarily influenced me ... It’s just been my own grit. I just really wanted this. I don’t necessarily know what I’m going to do after I’m finished my program, but I just want to be in a higher earning bracket.”

Overall, she feels that online learning has been positive, stating, “I loved it. I have loved it from the beginning. When I thought about going back to school, I really was not interested in what my idea of a traditional university was, in the sense of partying, living in a dorm, and eating off a hot plate. I had no interest in the social part of it. I just want that parchment so bad. When I made the choice to go to Athabasca, I loved that it’s just all about the coursework, and I loved that my online courses were so well laid out. I’ve loved having digital textbooks; there’s just so many features that you can do with digital textbooks that you can’t do on regular textbooks ... I felt like being an online learner gave me the flexibility to work part time, while being a student as well.” She continued, “I wanted to pay my living expenses and just take the minimal student loan.”

She never wavered about her schooling: “I have been pedal to the metal since day one. I want my degree so bad. Even in the hardest times ... I used to wish for what I have now, and here I am in the last semester of my program. It’s really hard, especially being an online student when you don’t have peers around you and there’s no one there to motivate you. It’s all self-motivation and self-discipline.” She continued, “I’ve always kept my eye on the prize. I’m this far into it, there’s no way I would ever give up on it.”

Adonica’s most memorable course has been WGST333: Goddess Mythology, Women’s Spirituality, and Ecofeminism. She stated, “That was an elective in my program. For most of my electives, I have taken WGST courses, and they are phenomenal. This one course in particular was so moving; when I was reading the content, there were parts that I was crying, I was gasping out loud, or just frustrated. That course really touched on a lot on aspects of womanhood that are unspoken, and things that people forget about, or things that have been lost in history. I recommend that course to so many students because it was really easy for me to do well; I loved the content, I really wanted to do the work.”

This particular course spurred her to continue in the WGST program for her remaining electives. She admitted that before taking the courses, she did not think much “about feminism and womanhood,” and now, “My eyes can’t unsee any of that.” She also highly recommends WGST322: Sexuality in Society.

She feels that she “doesn’t have to really contact” her tutors very often, stating that this is “because most of my courses are really well laid out and “can find the answers myself.” However, during the instances that she has had made contact, she has found that they “have been very helpful and very genuine people, especially during a lot of the WGST courses. Many of them have phone interviews ... They give you so much excellent feedback or dig deeper into certain questions. I find it very valuable. It also removes that veil of the electronic aspect of online learning. To talk to a real person is a real reminder that there are other people out there.”

If she were the new president of AU, without hesitation, Adonica chose “student health benefits” as her first project. She continued, “I know that this is a subject that a lot of people feel that the school could work on for students. And I know that not everyone does their entire degree here, but for me, that would be a wonderful aspect, because for the past three years, I have not had

health benefits.” (For students who may be interested in a recent proposal for health and dental benefits at AU, check out [AUSU’s website](#) and consider leaving some feedback on their survey.)

She would love to meet “Lady Diana, Princess of Wales,” who “was a phenomenal public figure.” She also admires “her activism work in a time when women, especially in the royal family, were very much groomed to live, and be, and behave in a certain way. I really admire the way that she carried herself and the changes that she made here in society.” The lunch “would be at Buckingham Palace (of course!), maybe having tiny sandwiches and tea.” She was confident that, “We would have lots to talk about!”

Adonica’s most valuable lesson in life has been “that life does not get easier, we just get better. You just get stronger, and you learn how to deal with the things that come at you. There is never going to be a time in my life when everything will be perfect, and I’ll be ready – you just become a stronger person to deal with the realities of life.” She concluded, “Life doesn’t get easier, you just get stronger.”

Her proudest moment occurred while working at Bow Valley College as a prospective student representative, “advising about seventy students a day for about two years.” She continued, “I really loved Bow Valley College, and my proudest moment was when I moved up into the company as the event planner and worked on the graduation ceremonies.” She stated “For me, that was like coming full circle, because many of the students that I had met in their journey to Bow Valley College, ... being accepted [into it], and moving throughout their program. In that position, I was able to give them the convocation that they deserved.” Her favourite part was the graduation ceremony, stating, “I actually overhauled the grad ceremony and just made it bigger, better, and flashier. I just really wanted to do a good job; I felt very proud to work there and be contributing to a small portion of their wonderful community.”

One thing that distinguishes her from other people is that she “love[s] public speaking. ... In a different life, I used to be a recruitment officer for a different college. I used to go to high schools and give hour-long presentations ... I enjoy that form of effective leadership and using my voice.”

Although she is currently “swamped” with assignments, she has found a bit of time to watch Netflix’s *This is Us*, which she called “so extremely heartfelt and emotional.” She also recommends *Milk and Honey* by Rupi Kaur, “a short collection of feminist poetry.” She mentioned, “I find it very heartfelt and I give it to all my friends.”

As a final note, Adonica related, “One of the biggest resources for me as a student has been the AU online community. There are some really active Facebook groups, and especially on the app. Having those student resources really helps you feel like you’re not alone. So many people ask questions on there every day and get real answers from real AU students. I remember back in my first year thinking that these people must be so much further ahead of me; I felt like such a newbie to AU ... but really, everyone is the same. Everyone is so willing to help each other, and we’re all just ticking off courses on our DegreeWorks planner to get it done. Those communities have been a huge resource to me, so thank you to all those people out there.”

Best of luck Adonica!

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>.



A Woman's Guide to Making Ourselves Lovable

Marie Well



I'm pretty sure that the more we focus our thoughts on love, the more lovely we become, and the lovelier others appear in our eyes. So when another female comes into our vision, fixate on her. Think to ourselves, "I desire to spend the rest of my life with her." And then smile and even chitchat with her as if she's our soulmate. The love creates an instant bond.

If viewing her as our soulmate seems extreme, then simply send spiritual thoughts, such as, "You are pure love," "You are a beautiful soul," and "You are angelic perfection," repeating each thought over and over, leaving no room for judgment.

Either way, we may notice a skip in her walk or a musical quality to her voice, neither of which may have been present prior.

But don't do this with males, as it can make us irresistible.

Adore each woman we encounter. Send her love, even if she hates us, even if she competes with us over our love

interests. Love is an antidote for jealousy, that vile emotion that sparks suffering in ourselves and those around us.

If we're single, try this with males. But do it sparingly. Our charm may make us irresistible to incompatible suitors.

Recognize that every female is beautiful, just as she is. When we connect with another female, and her eyes light up, we catch a glimpse of her infinite beauty, which all of us possess. That glimmer in her eyes is her true beauty, not her physical form, not the syrup or gruffness in her voice, not the shape or quality of her face.

When we greet or see either gender, think of them as having a guardian angel, a giant being of light there to love each and every being, never with a moment of judgement. Try this, whether we believe in angels or not. Try to see the person like his or her angel would, enraptured with unwavering devotion.

Focus love also on the plants and animals we greet or eat. When buying a bag of apples, take them out of the suffocating bag, spray them with water, and talk sweetly to them, coddling them, even saying, "I love you." Then, splash the apples with cold water twice a day. From my experience, the apples stay fresh and crisp longer when loved. They, too, like all of us, seem to thrive when loved

We all, for the most part, love cats' purrs. So, why not make our voices as becoming as a purr, softening our tones, delighting the world with our sweet demeanors. And, while we're at it, why not let our faces exude warmth, our eyes twinkling, our smiles alight? Top this sensory pleasure with postures that are open, agreeable, and loving. We catch a glimpse of this beauty in others when their eyes register our affection.

When we fill our thoughts with love, we build up self-love. We also, unwittingly, master business etiquette. Who doesn't want to be wined and dined, business lunch or not, by someone bursting with affection?

Best of all, love lights up a dark space. When we go through the dark night of the soul, as we all eventually do, that love can deepen into empathy, compassion, mercy, and self-growth—instead of sinking into desolation. It can make us better writers, more thoughtful students, better wives, star employees. When we fire up our love, it melts away the darkness, slowly but steadily.

Author Lorna Byrne claims to have seen angels all her life. When someone loves, she sees a misty essence coming from the person, a mist that retracts when an unkind word is spoken. Imagine if we could keep that mist of love flowing from our hearts, even when we're criticized, condemned, blamed, or harmed. Create a steady bliss where the love never retracts, never diminishes. Never-ending bliss is our calling, even during the dark night of the soul.

And if we don't get love in return, at least we've become love. We've done our best.

Council Connection **November 18, 2020 AUSU Council Meeting**

Emiliy Viggiani



The November 18, 2020 council meeting was called to order at 6:32 MDT.

Councillor Katheryn Hadden sent her regrets, and notably absent was former President Natasha Donahue. Vice President External and Student Affairs (now Interim-President), Stacey Hutchings, chaired the meeting in her absence.

Land acknowledgements were read by VP EX Stacey Hutchings which Councillor Karen Fletcher further elaborated on, speaking about the treaty agreements of what is now called Ottawa (it used to be the nation of Anishinaabe).

The agenda included the addition of the ratification of a vote held by email between the council meetings. The previous minutes of council's meeting on October 21st were then approved.

The Election Conduct Policy was amended and brought to council for approval. There were a few items being revised. For example, the word "day" in the policy meant any calendar day (as opposed to week-day) but not if that day was a statutory holiday. There was also a change to the timeline of when the Chief Returning Officer should be hired, with it being noted that a full seven days before the start of the nomination period probably was not necessary. An amendment was also made that the call for nominations be fourteen days long, instead of an arbitrary period between seven and fourteen days.

Councillor Darcie Fleming was concerned that there may be visiting students, only taking one or two courses at a time, who will run for student council, and wondered if this policy could adjust this or if such a change would need to be done in bylaws. Councillor Amber McDuffe countered

that that change might be a discriminatory concern, noting that people who are studying more than one course may absolutely be committed to working on Council. It was also pointed out by the Governance Advisor that preventing certain classes of students from running might be seen as a violation of the Post-Secondary Learning Act.

There was some discussion about how to break a tie if two or more people have the same number of votes for the last available seat on Council. The policy changes put forward removed the secondary vote to replace it with the CRO choosing the last seat by some random means. .

Further into the report, AUSU Council affirmed that Voice Magazine must be unbiased and not promote one candidate over another in an upcoming election.

Overall, the updated policy 3.01 was approved with these amendments to the student election bylaws.

Vice-President Finance & Administration, Monique Durette brought forth policy 3.03 which examined changing the By-Election policy to allow councillors to be appointed by sitting council members. Some councillors evidenced some concern at this notion and it was noted that, prior to the by-election, AUSU Council had been polled as to whether it was felt appropriate that council, as students themselves, be able to elect new councillors without going to the larger AUSU membership. At the time, the overall feeling was that this would be acceptable. However, the concerns being noted now mean that the poll, taken before the by-election, might no longer be representative of council's opinion. VP EX Hutchings said she would like to follow the lead of other student unions to decide how to efficiently fill empty seats, as it was noted that during the last AUSU Council election, several councillors resigned shortly after being elected, but before being sworn in, leaving empty seats even though there were still interested students who had just narrowly missed being elected.

It was explained that the methods differ at other student unions. Some, like the Students' Union of the University of Calgary, have a defined by-election period, during which any empty seats are filled part way through the term.. Other student unions simply have the council appoint new members, while others hold full by-elections when needed.

With no real consensus, VP EX Hutchings stated that she would like to table this policy and it's amendments so that they can get more information and have a fuller discussion with Council as a whole. Next meeting in December, this will be discussed again by student council. The motion to table this discussion was approved.

In the reports section, VP EX Hutchings introduced a position policy promoting co-curricular activities records to be implemented by AU. These records serve as an official way for the extra activities you might do for the university community or perhaps even the community at large to be officially recorded and made part of your student records for transfers or submissions to graduate studies. As some other schools are already doing this, this would give AU students an equal opportunity compared to students of those schools. It will also help students stand out on their resumés and graduate school applications. The motion was enthusiastically and unanimously approved. This is a fantastic opportunity for AU students! Kudos to VP EX Hutchings! I don't know about you, Voice readers, but I look forward to taking advantage of this opportunity.

There was a motion for AUSU to become a full member of the Council of Alberta University Students (CAUS). This will require an unbudgeted expense of \$8000, but council was assured that this would not be a problem as the budget was initially written assuming many of the normal

advocacy activities would take place, something that COVID-19 has prevented. It was approved unanimously.

AUSU also approved updated Investment Policy guidelines which aims toward making sure that AUSU maintains a portfolio balanced between equities and fixed income investments. This motion was passed unanimously by Council.

Finally, was the added motion to ratify a motion passed through email. That motion was to approve an \$10,000 unbudgeted expense to go to human resources support and services from MB Workplace Law. Councillors ratified that this had happened unanimously.

Then came time for the reports, beginning with the President's report. This was where we found out why Natasha Donahue was not present, as she resigned from the executive team and so was not present at the meeting, and hence VPEx Hutchings had to act as the chair. Natasha had indicated that she received an opportunity to work in her field of study, instead, but Council noted that she will be missed.

VPEx Hutchings reported that membership of the Council of Alberta Students and the Co-Curriculars were her top achievements for this month. It was a good month for her, in my opinion.

The awards and bursaries were discussed. It was noted and applauded that the food assistance program distributions would be based on monthly income, rather than annual income. There was the suggestion that awards and bursaries might base their decisions on monthly income as well. Councillor Katy Lowe assured Council that if a student's situation has changed between their last recorded annual income and the current situation, the Awards Committee absolutely take that into account when deciding who receives an award or bursary.

In VPFA Durette's report, she discussed strengthening Athabasca's relationship with Open University in the UK. AUSU is excited to build relationships with other universities that are doing the same thing as AU is. In her finance report, she noted that there is a surplus of \$230,000 including \$104,000 in enrollment spikes.

Councillor Lowe reported that the Awards Committee was busier in October than it had been in previous months, part of the reason being that The awards committee is also considering changes to the award credit requirements and the impacts on students if it was lowered from 12 credits to 6 credits to access awards. This will make awards more accessible to students. I think this was a great decision for students who are struggling to pay for their education.

VPEx Hutchings' report on the Membership Engagement & Communications Committee also spoke about the food assistance program for students and an LGBTQ2S+ discord chat group. She also reported on how the Indigenous Student Representative Committee met to discuss what indigenous representation could look like at AUSU. Councillor Fleming suggested that Council reach out to the Elder in Residence at AU. It was noted that he is often busy, but VPEx Hutchings will attempt to reach out regardless. Councillor McDuffe indicated that she is committed to learning as much about cultural awareness as possible, so welcomes any opportunity.

The Executive Director Jodi Campbell's report on the Student Advisory Committee stated that Natasha Donahue really set the tone for the Student Advisory Committee. When there is a new student president, Council hopes that they continue her great work. He also noted in his report that there is research being conducted related to a student paid health and dental plan for AU students. This project is in the initial stages and there is much to be decided about the program.

yet, even things such as which students might be eligible for it, whether it's opt-in or opt-out, and a number of other concerns.

Councillor Fleming asked if they can move the Trivia Nights, now known as "AUSU Nights" earlier in the month so that it does not interfere with anyone's studies and particularly with exams. Councillor Fletcher requested that the December student social not be Christmas-themed, so as to be more inclusive to those celebrating during the holidays.

Donette Kingyens reported on Communications and Member Services. The website had a lot of traffic this month. There are more peer course reviews than ever, and the social media accounts had a lot of traffic, as well.

As always, you are invited to contact the AUSU office with any questions that arise from the meeting at ausu@ausu.org, 780-497-7000, or toll-free at 1-855-497-7003.

The motion to adjourn at 8:23pm Mountain Time was approved.

This has been your student council coverage by Emily Viggiani. The next council meeting is tentatively scheduled on December 16, 2020 at 6:30pm (MDT).

Aspiring to be a journalist, Emily Viggiani decided to start with The Voice Magazine. It makes perfect sense given Emily's passion for the arts, and she hopes to be promoting artists within Athabasca University.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Group admin adds a few units to facilitate posts on recurring topics, like e-texts and exams. Jennifer shares experiences with ProctorU's tech difficulties during an exam; responses offer similar stories and also suggestions. Jesse wonders how soon a missed exam must be re-written without having to notify AU; responses suggest the usual 10 day window has been extended to 30 days for now.

Other posts include paying tuition by e-transfer, supplemental exams for funded students, course flash cards, text to talk for etexts, and course extensions for OSAP students.

Twitter

@AthabascaU tweets: "ProctorU has upgraded their systems. It's crucial that you test your equipment well before your scheduled exam. See link for more details: <https://bit.ly/2PybVTZ>."

@aulibarchives tweets: "Get your library requests in by December 17th if you want them before the holidays! For more information on our holiday closures see: <http://ow.ly/C19n50xmgGt> #AULibrary #holidayhours #DistanceEd."

Youtube

Wondering what AU's re-imagined 2020 convocation ceremony looked like back in October? Check out the recently-posted 1-hour Convocation Ceremony.

The Digital Evolution of Human Trafficking

Alek Golijanin



Human trafficking is defined as a crime that involves recruiting and exploiting individuals by means of force, fraud, or coercion for the purposes of commercial sex, labor, or services. After drugs and the arms trade, human trafficking is the third most profitable business for organized crime. While the act of trafficking a person has not changed much over the past 50 years, the way in which criminals identify potential victims has. These changes might be the reason that more attention is getting paid to this horrible crime, because the victims of human trafficking are no longer girls living in marginalized communities. These days adolescent girls with a smartphone and social media profiles are at risk of potentially getting human trafficked.

How it Used to be

Before the digital revolution, human trafficking in North America was a crime that disproportionately affected marginalized communities, with girls living in poverty and those without citizenship being the largest groups that were affected. Overseas it was a little different, families in

rural communities and removed from the organized criminal elements that could be found in the cities had their daughters targeted by members of the same ethnic group who were connected outside of the country.

In the former Yugoslavia, men who had moved to Western Europe for work and established crime connections would return to rural communities and go around spreading tales of riches. These men, and sometimes women, would tell families that their daughters would have a chance at a better life thanks to a desirable bachelor that was looking for a wife, a chance to make more money by working in a foreign country, or provide them an opportunity to explore the world. Parents wanting the best for their daughters would eagerly agree to give those daughters a chance at a better life, which, unknown to them, would eventually turn into a nightmare.

This example is not exclusive to Eastern Europe, girls across Africa, Asia, South America, and any place where the awareness of the prevalence of trafficking had not reached, would experience the same outcome. These communities were very vulnerable, but there were still some barriers, like family permission, that had the potential to foil a plot. However, the digital revolution has seen these predators get direct access to adolescents across the world, and it is something that should have everyone concerned.

How It Is Today

In today's world, every adolescent with a social media profile is at risk of becoming a victim of human trafficking. To put that in perspective, the PEW Research Centre published a report in 2018 which found that 95% of teens had access to smartphones and that 45% were online on a constant basis. That means there are no barriers, criminals can target and interact with susceptible youth that are over-trusting and hopeful to make a name for themselves in the online world. These days the promises arrive in the form of vacations, A-list events, high-paying cash appearances, and the chance to be famous. All you have to do is visit YouTube and search the impacts of human trafficking to hear and see all those that are affected by this crime of

opportunity. This list includes mothers and fathers that work in law enforcement, as judges, and doctors, and it no longer only affects the poor.

A Point Of Resistance

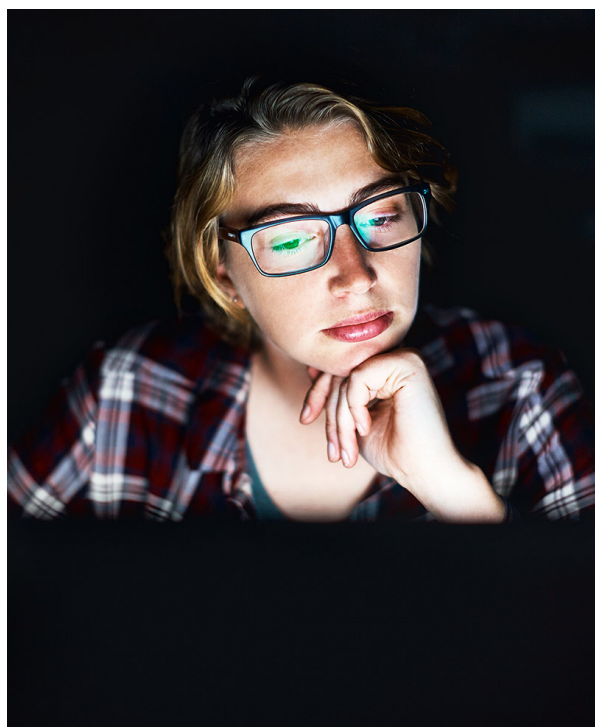
Schools and teachers have the potential to be gamechangers in the fight against human trafficking. After parents, it is teachers that spend the most time with adolescents. The average day for a teacher is filled with a demanding routine and they have access to limited resources themselves. To create a point of resistance at schools, we will need to ensure that teachers are trained and equipped with the skills and tools so that they can help in the fight against human trafficking. That involves being able to identify the warning signs as well as having the necessary social supports that will have victimized kids seeing better days. Teachers across Canada are committed to ensuring the success of our youth, the leaders of tomorrow, but they can not do it alone. If you want to learn more on how to be effective in the fight against human trafficking, Operation Underground Railroad offers a [free training in the signs of human trafficking](#).

In Ontario, some prominent voices have been referring to human trafficking as a “dirty little secret”. However, human trafficking has always been in the open, the only thing that has changed is that it is now affecting middle- and upper-class communities. I recall growing up in Ottawa’s Heron Gate community and the house next door being used by a prostitution ring to sex trafficking girls and women. These days you can find prostitution rings almost anywhere, including single home neighborhoods and hotels. What I think we need to do is get tough on these criminals who choose to destroy futures of individuals for a profit, because nobody was born to be condemned to a life of no worth and for the sole pleasure of other predators.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.

The Study Dude Hacks & Circumstances for Academic Stardom

Marie Well



University success demands a discipline that we all can learn. It could be argued that the students who claim honor's degrees, scoring near-perfect GPAs, have two things going for them: (1) the right circumstances, such as plenty of free time for studies, and (2) mastery of study hacks.

Let's look at some study hacks for achieving optimal grades, hacks that can pull us into the upper echelon of academic success. We'll end by looking at what I consider to be the ideal—and the unideal—circumstances for aspiring toward academic stardom.

Memorize facts.

Highlight facts in our notes. Type them up or write them down on cue cards. Read them ten times a day, doubling up by also saying them aloud. Once we can guess what the cue cards say after seeing only the first few words, we've got them memorized. But review them once or twice a day until exam time, lest we forget what we've memorized.

Try to concentrate on one subject for extended time.

Some subjects demand a lengthy study duration. If we can concentrate on one subject at a time, studying it for a long stretch of hours, coupled with short breaks, we can get into the mindset needed for mastery.

Fill up idle time with studies.

Whether we're crunched for time or have the luxury of long study sessions, take advantage of every free moment, including idle time.

For instance, we might find ourselves waiting in line at a bank, grocery store, or elsewhere. Take that time to pull out and memorize a cheat sheet of study notes. Of course, that means we must prepare a cheat sheet and carry it wherever we go.

As another example, if we're waiting for a ride, or have a few moments free time, we could cram in a study sprint. During such idle time, we could pull out our books, or map out a study strategy, or review our calendars that list all our assignment due dates, anything to get us in study mode. But ask ourselves, could we spend that fifteen minutes more productively? If so, we have a chance to switch gears to a more productive task, making an even bigger bang with our free time.

Before bed, mentally assess each day's work.

Before we nod off, we'd gain by running through actions we took throughout our study session. Did we run into any snags? Any mental roadblocks? Any wasted time? If so, map out how we can turn these issues around, empowering our next study session.

But we also gain from figuring out what worked well, making a plan to repeat that action. Did we make an outline, for instance, one quote and citation per entry? Did the outline speed up our essay writing by a thousand-fold? If so, do it again, especially if it boosts our grades.

Before bed, read two pages of class notes.

We've all heard the adage that what we think about, right before we fall asleep, we tend to process, mull over, analyze, and resolve while asleep. Studying before bed, therefore, offers an opportunity to strengthen our comprehension of our study notes. Read two pages of class notes before bed, and by the end of 3 months, we'll have read 180 pages in the comfort of our quilts.

Study every day.

This rule—study every day—strikes me as the most important one. When we aim to study every free moment, every day, and we get into that habit, without fail, we forge the groundwork for academic success. To study every day, we need to make academics a priority. In university, I studied three courses a semester, studying eight hours a day, taking time out for fifteen-minute breaks, a break inserted after every thirty-minute study stint, for the most part, without fail. I timed the breaks and study sessions with a little manual timer, which I bought at a kitchen supply store. This method led me to achieve over a 3.9 out of 4 GPA, a GPA high enough for me to win the silver medallion.

But later in life, I didn't adopt the same discipline. I was spread all over the place, achieving little, but constantly busy on non-school tasks. If I were to get hyper-focused on studies again, I'd want to plan for a low-income lifestyle, distance myself from distractions, and prepare to coop up in a study space, preferably a home office, for the next four or more years. I'd also hope to set aside savings, prior to the plunge, so that I could buy my textbooks in advance and read ahead, prior to the course start date. Reading ahead was critical—let me say it again, "Critical!"—for success in my courses, most notably, in my math classes.

We must find ways to prioritize our academics, especially if graduate school is our calling. Double up by adopting as many study hacks as possible, while coupling up with the circumstances for success. With the right hacks, all of us can achieve the glory of academic stardom. It's a power we can learn.

Beats from the Basement Finale

Kelly Clarkson

Milica Markovic



Album: *Breakaway*

Artist: Kelly Clarkson

When concluding a more personalized series like this, I imagine most writers would choose to leave their favourite—or at least, a deeply sentimental—topic for last. Considering how virtually every album I’ve discussed here has something either bold or bizarre going for it, my decision probably comes as a surprise to our readers.

In retrospect, Kelly Clarkson’s *Breakaway* is really just pop rock in its purest form. There’s no gimmicks, creative experiments, stylistic drama, or broader themes. It’s just your usual string-and-percussion arrangements, a mildly soulful voice, and lyrics about (troubled) relationships as the driving force of the singer’s second album.

Yet the irony is that it’s still one of the top-

selling records of our day.

I say that’s worth deconstructing. *Breakaway*, released in 2004, was undoubtedly influenced by gothic band Evanescence’s debut effort *Fallen* from the previous year—former members Ben Moody and David Hodges even collaborated with Clarkson on a few tracks. Evanescence, and especially their song “Bring Me To Life,” was a gateway to the goth and emo subcultures for many young people.

Belleville-born Avril Lavigne’s *Under My Skin*, released about half a year before *Breakaway*, continued this trend. It’s interesting to note the similarities between the two albums; both feature several of the same collaborators: Moody, fellow Canadians Chantal Kreviazuk and Raine Maida, and Cliff Magness. *UMS* also primarily deals with heartbreak, while identity, loss, and falling in love are secondary themes they have in common.

The difference, however, is in presentation. Unlike its predecessors, *Breakaway* does away with any melodrama and aggression that may have, funnily enough, held them back, opting to make goth in vogue. It accomplishes this by orienting the genre around dance and easy listening elements, effectively turning a risk into a standard for radio-friendly music.

The choices of Clarkson and her team stood out, essentially, by being ordinary. It’s oddly refreshing; we have a performance that doesn’t feel the need to scare us or whisk us away to some fantasy world. Clarkson tells us exactly how it is with composed vocals and just enough imagery for us to take her seriously.

All the songs are consistent with this branding and therefore deserve their place on the album. The first four back-to-back, in particular, are what a perfect transition should look like. Lavigne’s scrapped “Breakaway” made it to this album, and it eases us into a story about a girl who’s finding her feet as she prepares to make significant changes in her life.

One way to do that is liberating yourself from an unhealthy situation. “Since U Been Gone” takes us right into the action with foreboding, bouncy verses and a beatdown of a chorus.

Sometimes, however, you need to accept how another part of you feels and let it out of your system before it consumes you. Clarkson admits that she’s hurt in “Behind These Hazel Eyes,” a song paced so well because of the way it rises and falls to let her murmur or belt out her pain in sensible doses.

Clarkson comes across as sassy—though maybe a little too unforgiving at times—in some of these tracks. Nevertheless, the wistful ballad “Because Of You” pushes back by explaining how her childhood made her strong and insecure in different ways. It’s inspired by her parents’ divorce during her teen years, and I can see she isn’t trying to antagonize anyone; rather, she rationalizes complicated emotions affecting everyone at the time.

Breakaway is proof that simplicity can go a long way in connecting with as many people’s experiences and attitudes as possible. Revisiting—and discovering—all these albums has made me realize that not all attempts to innovate are necessarily clever or even engaging enough as a conundrum.

Obviously, playing it too safe is also an issue. This series was short in large part due to monotonous and insubstantial productions that don’t give me much to work with. I want to be able to entertain my readers, after all. Much like Clarkson and her *Breakaway* though, I made the best of what I had and enjoyed the ride.

I hope you all did, too. I’m thankful to the lovely Voice staff for giving me a platform and anyone who’s been following along. May your basements come to life with those snazzy beats!

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



Fly on the Wall Two Sides to Every Dilemma

Jason Sullivan



The Liberation of Interpretation in a Post-Truth World

A notorious recent exposition of the vicissitudes implied by post-truth culture is Jeff Orlowski’s documentary titled *The Social Dilemma*. At first blush the show elucidates just how far social media has permeated our culture and our consciousness. Yet, when pressed to describe the problem in words (not only feelings, as would fit the standard definition of post-truth as an urge to see the world as we want it to be rather than as it is), the key presenter and protagonist seem stymied. Long pauses ensue and, in life as

in film production, pregnant pauses speak volumes. Where's the truth hiding when we aren't sure what to say?

Finally, toward the end of the movie, the expert consensus admits that they were most worried about "bad actors" as defined by the presenters. They proceeded to claim that "populism" is an "existential threat" to society and, indeed, the problems of our time stem from "the worst in society" working to "erode the fabric of society" aided and abetted by a "religion of profit". One might be forgiven for asking how populism; that is, community involvement in the political process, is so bad for democracy? The answer, of course, is that the presenters of *The Social Dilemma*, after much stammering and stunned silences, don't like the versions of reality they see emerging aided and abetted by the technologies they helped create. They dislike the truth of the world as it is and would prefer to substitute their own. Truth is made by those with authority, they seem to say, and the authority ought to be us.

So it seems that bottomless newsfeeds, scrolling to infinity, are serving to "erode the fabric of society". But can you desiccate what 's not already flimsy? Here's the meat of the show: in back of the "supercomputer pointed at my brain" is the reality that intellectual indolence has precluded serious inquiry into reality and the social world around us. The world online pretends to have all the answers for us to learn as we scroll. Thus, we at AU are faced with a real dilemma: do we apply our brain cells to maximal force in our studies or do we relax and wile away our lives, our only lives, on social media? Distance education can be an unforgiving beast; no one is minding us or watching over our dalliances. There's no Mary Poppins conducting merry pop-ins to dole out sugar cubes laced with attention span vitamins.

Come Together for a Common Good—But Not Like THAT

The same question of solidarity gathered around shared truths arises in [a recent book review of *Upswing*](#) by Robert Putnam: "They offer a detailed sociology of decay followed by vague sermonizing about revival. But what would a sociology of revival look like? How, specifically, does a society like ours recover from the kind of broad-based breakdown of solidarity we are experiencing?" Apparently, populism is toxic unless it recreates the boring and ineffectual institutions that people find alienating to begin with! But to point closer to home, how can we evade the litany of mindless distractions that tempt our better brains away from doing their schoolwork? Truth is, we have to define the terms of what works for our unique selves and that means personalizing our study regimes.

The More Things Change.

Scrolling aimlessly through social media newsfeeds while sitting on the couch all day is a bad habit for AU study success and *The Social Dilemma* illustrates the corrosive nature of junk culture info-tainment in fine fashion. But as a kid growing up in the 80s it was clear that Michael Jackson in Pepsi commercials on TV was selling an equally superficial truth based on a big business selling carbonated sugar water. Where marketing is concerned, the truth today is as it was: consumerism drives our culture regardless of our health, mental or physical. So when *The Social Dilemma* claims that "you are being programmed" into a world based on "fake, brittle, popularity...vacant and empty" it all sounds like the oldest truth in the book.

Yet some of the most authentic and real truths have remained constant from thirty years ago to today; these truths are within and they don't constantly need to be shared with others. They're the inspiration that our tutors appreciate when they read our essays and they're the twinkle in our eyes as we recount our learning to interested interlocutors. Yet, just as adults once worried that kids were becoming zombies in front of the television in my childhood, the same idea that technology is now more than "a tool...it's seducing you" has a familiar ring to it. Barbarians of

brainwash and untruth have always lurked at the gates, it would seem. And without question it's hard to be inspired when you're being sucked into a screen, any screen. In many ways what's amazing is how little our culture has changed *despite* the insidious infiltration of wifi into every nook and cranny of our souls and into every specially-designed pocket in our jeans, jumpers, and snowboarding snowsuits. Remember when sitting at a desk was boring because it was either crack the schoolbooks or put your head down for a nap? With wifi and smartphones there's always tasty mindless distractions on offer. Yet, the truth about the world is no more out there now than ever; it's always a mixture of social creation, faulty reasoning, and dubious methodologies.

It seems we can't have reality and truth at the same time; truth is extracted from empirical and intelligible reality and deployed to serve interests and power structures. Michel Foucault's position that truth carries stealthy power verified in truth's apparent inevitability summarizes as follows: "true power lied in the absence of repression, that power that required no threat but merely a systematic implementation to create habits was the most effective form of power. Institutions such as the education system, justice systems, and scientific institutions were examples of power that created a habitual way of acting toward one another. This power that created societal habits was far more powerful than that of repressive power because its structure was not easily identified and therefore was harder to overthrow and rebel against." Sometimes, truths border toward fact, but if our personal truth (such as a requirement for a quiet study space) conflicts with the truth of others then we must let our personal truth win out. That's not post-truth, that's common sense!

Truth as Historical Unfurling; Whose Flag, Everyone's Flag

A brief historical example suffices at the political level; nothing clarifies the truthful ambiguity of reality like a little historical awareness. I speak here of the 1964 US Presidential election. In the wake of JFK's assassination and the looming catastrophe of the Vietnam War, two versions of the free world were presented. Barry Goldwater was the Republican nominee. He said "I cherish a day when

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie December Edition: Birth of a Family

Dec 1 to Dec 31

Online

Hosted by AU Nukskahtowin

indigenous.athabascau.ca/bannock/index.php

Access through above link

Talk to a Librarian Drop-in Session

Tues, Dec 8, 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

Accessible Spaces 101 Info Session

Thur, Dec 10, 11:00 am to 12:00 pm MST

Online

Hosted by AU's PowerED™ and the Rick Hansen Foundation

news.athabascau.ca/events/rhfac-training-information-session/

Register through above link

Talk to a Librarian Drop-in Session

Thur, Dec 10, 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

Seasonal Cheer

Thur, Dec 10, 5:00 to 8:00 pm MST

Online at AU's "Virtual Mountain Lodge"

Hosted by AU

news.athabascau.ca/events/seasonal-cheer/

RSVP through above link

The Grad Lounge

Drop-in Visitor: Dr Andrew Perrrin (AU's AVPR)

Fri, Dec 11, 1:00 to 2:00 pm MST

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

All events are free unless otherwise noted

our children will restore once again as heroes the sorts of men and women who, unafraid and undaunted, pursue the truth...equality, wrongly understood, as it has so tragically in our time, leads first to conformity and then to despotism.” We may all be equal before the law, but that’s different than forcing some down to lift others up. It certainly fails the test of truth in terms of a nation of citizens equal by law.

Goldwater also stated that we must not fear the need for extreme acts in defence of freedom; “extremism in the defence of freedom is no vice.” By this he meant that dropping a nuclear bomb on Hanoi, capitol of North Vietnam and the US’s enemy in the conflict, was his method of attaining peace. Meanwhile, his opponent, Lyndon B. Johnson, wanted to hold back the nukes. The latter’s view won the day, and, in the end, the truth is that 58 000 US troops were sacrificed along with something intangible yet vital that sounds all too familiar in 2020: American prestige and moral leadership in the free world through the course of the Vietnam war.

Truths get murky when assessing competing realities. Reality is messy and at times horrific. Who knows for sure which truth in 1964 was better, but, to be sure, there were at least two of them. It’s a double bind, merciless killing or slow slaughter, and one that silences the inconvenient truth that war is always avoidable. Maybe the most important fact about the historical example of 1964 is that the world of competing truths hasn’t changed much since then, nor is it likely to. Truth is a catch phrase for agreement, if not unanimity, among so-called experts. Truth is dispensed downward, like candy at Hallowe’en or tax refunds in Spring. Unified agreement about a truth, more than any childish populism, carries a risk of authoritarianism. We can’t all agree or we’d soon forget why we all agreed.

And Now For A Poetic Word

To speak of truth is already to divorce truth from language; the speaker, her power, and her prestige, are inseparable from the words she speaks. Likewise, essays we write that have a personal flavour usually come across the most forcefully and sound the most, well, true! Yet the dream of a truth that fits all remains in language and spirit. Language is grounded on the idea of expressing a coherence between the inner mind and outer experience; yet a gap of uncertainty naturally bifurcates these two realms. We each, literally, live in our world with its own truths.

The desire for universal truth and justice free from the exigencies of context is caught and teased out in elegant contradiction by the poet Jean de La Fontaine. Lest we imagine that mutual agreement on the ways of reality be an outcome ordained by nature, Lafontaine tells the tale of a domestic lamb peacefully drinking at a stream before being interrupted by a wild wolf.

Lafontaine’s poem goes as follows:

“That innocence is not a shield,
A story teaches, not the longest.
The strongest reasons always yield
To reasons of the strongest.

A lamb her thirst was slaking,
Once, at a mountain rill.
A hungry wolf was taking
His hunt for sheep to kill,
When, spying on the streamlet's brink
This sheep of tender age,
He howl'd in tones of rage,
'How dare you roil my drink?

Your impudence I shall chastise!
 'Let not your majesty,' the lamb replies,
 'Decide in haste or passion!
 For sure 'tis difficult to think
 In what respect or fashion
 My drinking here could roil your drink,
 Since on the stream your majesty now faces
 I'm lower down, full twenty paces.'
 'You roil it,' said the wolf; 'and, more, I know
 You cursed and slander'd me a year ago.'
 'O no! how could I such a thing have done!
 A lamb that has not seen a year,
 A suckling of its mother dear?'
 'Your brother then.' 'But brother I have none.'
 'Well, well, what's all the same,
 'Twas some one of your name.
 Sheep, men, and dogs of every nation,
 Are wont to stab my reputation,
 As I have truly heard.'
 Without another word,
 He made his vengeance good--
 Bore off the lambkin to the wood,
 And there, without a jury,
 Judged, slew, and ate her in his fury.
 (<https://www.lafontaine.net/lesFables/fableEtr.php?id=718>)

Might makes right during unjust circumstances, to be sure, but the theme of poem is that each side claims virtue as its mantle. The wolf has been persecuted for centuries, in Europe as on much of the Prairies and anywhere colonial culture abides, and in many cases wolves have been utterly extirpated by farmers and ranchers. If they could speak they'd seek retribution and maybe a little over-compensation.

In the end, truth and falsity, and the pursuit of *veritas* and humility in the face of objective reality, comes down to words and who speaks them. We each come from a different point of view with its own truth, or versions thereof, and any compromise leaves everyone a little disappointed. It's when we refuse to speak with or even hear those we abhor, and let us be honest we all know that some who feel most progressive may also be the most intolerant, that truth yields to intellectual and emotional despotism.

Truths Build Walls; Inclusion Means the Entrance of What We Abhor

In psychology an exasperated therapist may note that a person has a wall between themselves and their Other. So consider a concrete wall: apparently impenetrable, even pretty sturdy by the hard science standards of physics, but as soon as humans are around the story changes and expands into new realms of opportunity. We bipeds may climb a wall, graffiti a wall, or go around a wall. Animals do this too but the human organism is uniquely evolved to make the wall her own in a way that suits her interests, themes and desires. A wall of "truth" assumes a common denominator, a truth which conveniently matches up with ones own core beliefs. So to really see the expanse of reality and its many truths we have to accept the impossibility of absolution from ambiguity.

Hope though we do for universal truths, be they political in the jungles of social media or pedagogical in the virtual lecture halls of AU, we must come to terms with the tangled web of realities that comprise our actually-existing human lives. And then, only then, can we treat ourselves to a second bowl of ice cream in the manner of a being truly imbued with the spirit of play that is also the impetus to innovation, creativity and even progress itself.

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.



Kitchen Gadgets

Crepe Maker Review

Xine Xu



I recently had a craving for crepes and borrowed a crepe maker from my parents. Little did I know that it would be one of the handiest and space-conserving kitchen appliances I've used. If you're a fan of changing up your dinner or breakfast routines, crepes are an excellent way to bring flavor to your meals. I love how versatile crepes are and the ease in which it could be customized to either savory or sweet flavors.

For myself, I never had a sweet tooth, so savory crepes have always been my go to. After struggling to make crepes using a shallow pan, I decided to borrow my parents' favorite kitchen appliance. My parents purchased this crepe maker from Amazon after reading many reviews online.

Functionality:

★★★★☆

I gave functionality a three-star because functionally, the crepe maker is quite distinct in that it's ideal only for crepes. Despite this, I tried to cook some toppings such as mushrooms, sprouts and sausages on it, it did not cook as quickly as I had hoped. It is much faster using a full-sized stove instead. However, the crepe maker does make excellent thin crepes that can be customized to your liking. The crepe-maker has two settings including a clear and dark option that enables you to create crepe that is translucent in texture or opaque. The dark crepe cooks faster whereas the translucent can take much longer.





Cleaning:

★★★★☆

This crepe maker is simple to clean and has a Teflon coating that makes the cooking surface non-stick and simple to scrape using a rubber or wooden spatula. The cooking surface is closed off and there are no cracks that can cause it to leak through. The exterior is plastic and can be wiped down using some soap and water.

Convenience:

★★★☆☆

Depending on how long you spend preparing your meals, you may find the crepe maker less convenient compared to some other cooking methods I've written about. For example, the air fryer is convenient to use because after placing my mildly seasoned thawed chicken legs in the container, I could walk away

for 20 minutes before my meal was ready to serve. However, with the crepe maker, I would have to stay by the cooking surface to avoid a burned meal and potential fire hazard. For that reason, I've given the convenience a three-star performance. Moreover, the 1200 wattage of this appliance makes cooking crepes a longer process than using your stovetop.

Overall:

★★★★☆

If you're not a big fan of crepes and only occasionally have a craving, it may be more worthwhile to purchase read-to-serve ones. For myself I find that I can get more usage out of the crepe maker if I also enjoy preparing other ethnic dishes such as green onion cakes, taco shells or Indian parathas. The cooking surface does allow for versatility, but if you're looking for a fast and convenient cooking appliance, the crepe maker may not be my first pick.

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



Homemade is Better Cheesy Penne

Chef Corey



This week we will discuss the bechamel sauce, the third of our mother sauces we are making. We've actually made four of these sauces already, but the brown sauce was not a focus when we made it. I will write another article on that. Tomato, espagnole (brown sauce), and bechamel sauce are the heavy hitters, in my opinion. We use tomato a lot in various Italian dishes, and while it's not the only sauce that the Italians use, North Americans tend to think it is.

But brown sauce is your gravy. Classics like mushroom, port, and madeira are relatively common. Mushroom is self-explanatory; it's a mushroom gravy. Port and madeira are fortified wine sauces. Bechamel is your cheese sauces, cream sauces, mornay, Nantua, soubise, and mustard.

This recipe is a cheese cause, but the others are easy enough to make as well. Once you make your bechamel sauce, you can add prepared mustard for mustard sauces. A 2:1 gruyere to parmesan for mornay,

or slowly cook (but don't brown) finely chopped onion for soubise. Nantua is shrimp butter (a shrimp and butter mixture) and some heavy cream. Each sauce works for a variety of dishes as well. But the Nantua would be best for seafood, the others, though, can work in lots of different dishes.

I hope you enjoy this twist on classic mac and cheese. Try it with mornay sauce or even add some heavy cream, gruyere and parmesan—it's so good!

Cheesy Penne

Ingredients:

¼ cup butter
¼ flour
2 cups milk
1 tsp dry mustard
¼ tsp white pepper
3-4 cups shredded cheddar cheese
Salt to taste
500g penne

Directions:

- 1) Fill a large pot with water and add a generous amount of salt. This is your chance to season your pasta.
- 2) Add your pasta and put it over high heat. Cook until it starts to boil, then taste the noodles to see if they are done. It should have some resistance but be reasonably easy to chew.
- 3) Once the pasta is done, drain it.

- 4) While you're waiting for your pasta to boil, melt your butter in another pot.
- 5) Once the butter is fully melted, add the flour and stir it with a whisk. The roux should form a paste that is clumpy but doesn't fall apart.
- 6) Let it cook for a minute, then add the milk.
- 7) Stir vigorously to ensure all the flour gets incorporated.
- 8) Add the mustard and pepper.
- 9) Turn off the heat and add the cheese 1/3 at a time.
- 10) Keep stirring to keep it mixing.
- 11) Taste the sauce and add salt as you feel it needs it.
- 12) Once your sauce is thick and the pasta is done, add both to the large pot and stir.
- 13) If you want to bake it, turn your oven to 450F. Put your pasta in a casserole dish and cover with more cheese. Bake until the cheese melts and just starts to brown slightly.

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Alberta Blue Cross Scholarship for Mature Indigenous Students

Sponsored by: Alberta Blue Cross

Deadline: January 15, 2021

Potential payout: \$1500

Eligibility restriction: Applicants must be members of a first nation or band, or have Inuit, Métis, or Indian Status; must be enrolling in the first year of a full-time post-secondary or diploma program of at least two years' duration; must be accepted to an accredited post-secondary institution from the list provided; and must have been residents of Alberta during their most recent year of study. (See [full eligibility requirements](#).)

What's required: A completed application form (to be submitted by email or mail), including a description of your community involvement and a 500-1500 word personal essay, along with proof of status or membership, a letter confirming your post-secondary education admission, a copy of your AB high school transcript, and at least one reference letter.

Tips: Read the [application package](#) carefully for full descriptions of requirements.

Where to get info: www.ab.bluecross.ca/aboutus/indigenous-scholarships.php





Dear
Barb

Barbara Godin

A Separated Christmas

Dear Barb:

As Christmas approaches I have been feeling more down than usual. I haven't seen my parents for almost a year and my kids haven't seen their grandparents. My parents both suffer from health issues and I don't want to take the chance and put them at risk. We are doing zoom visits but it's just not the same. My kids want to play with their grandparents. I know I'm not the only one feeling this way, but sometimes it seems that way. I miss so much of my former life.

My kids are 3 and 7 and I want to make Christmas as special as I can considering they won't be able to see their grandparents. I will drop off Christmas dinner at my parents, but basically we will only see them at a distance. I keep hoping something miraculous will happen and things will go back to normal by Christmas. I guess I was hoping maybe some of your readers would be able to share some tips on how they are able to make Christmas special for their families. Thanks for listening, Penny.

Hi Penny:

It a rough time for everyone and I'm sure a lot of people will relate to your letter. I have found some information that may help, and hopefully readers will send in their tips and suggestions on how to get through this holiday season during the pandemic as well.

Although everything is going to be different this year it's important to find ways to still make this a meaningful and special Christmas. A big difference for the kids is their visit with Santa. Most cities and towns are offering activities and virtual visits with Santa, so you can check out what your city is offering. According to COVID-19 safety measures indoor gatherings are basically out. Since you will be getting together with family outside, do some outdoor decorating. For example, decorate a tree outside, but have it so it can be viewed from inside as well. Put up Christmas lights on your deck or patio. Many parks are providing drive through access to see the lights, rather than walking together as a group. Each family unit can pile into their own self decorated car, perhaps with Christmas lights, and follow each other while breathing in the Christmas spirit. I know it's difficult when you can't follow your own traditions, but change can bring about new and memorable traditions. Thanks Penny.

Below are some websites with some great advice for a fun filled and safe COVID-19 Christmas.

<https://www.yahoo.com/lifestyle/10-meaningful-ways-celebrate-christmas-212004011.htm>

<https://rochester.kidsoutandabout.com/content/250-creative-ways-keep-your-family-sane-during-covid-19-crisis>

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
Mutual Respect

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

- Dec 10: [Deadline to register in a course starting Jan 1](#)
- Dec 10: [AUSUnights Virtual Student Social](#)
- Dec 15: [Jan degree requirements deadline](#)
- Dec 21: [Deadline to request exams for Dec. end date](#)
- Dec 21 – Jan 4 – AUSU Holiday Closure
- Dec 24 – Jan 4 – [AU Holiday Closure](#)

AUSUnights Student Social

Our next AUSUnights Virtual Student Social is coming up!

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

In recognition of how busy the end of the month often is for AU students, we have changed our schedule up to the second Thursday of every month.

Date: Thursday, December 10

Time: 5:00pm MT / 7:00pm ET

The upcoming event will holiday themed! Come join in on the festivities and get your trivia game on!

RSVP to ausu@ausu.org **for an invite!**



Free Resume Review

AUSU has teamed up with VMock Inc. to provide our members with FREE access to the VMock web-based [resume review platform](#)!

VMock is a SMART platform that provides instant personalized feedback on your resume to help you get an amazing resume incorporating global best practices.

Use the VMock platform to:

- Get an objective score on your resume benchmarked against thousands of resumes.
- Assess how well you have marketed your core competencies
- Receive personalized feedback line-by-line on aspects that recruiters focus on.
- Improve your resume using targeted recommendations on over 100 critical parameters
- Ensure your resume is a fit for your target career.
- Re-upload or rescore your resume to see your increased score!

Sign Up Now!

How to get started:

1. [Sign up for VMock](#)
2. Once you receive the approval email, follow the link and click "Login".
3. Upload your resume in PDF format and get started!

For more info visit the AUSU [website](#).



CLASSIFIEDS

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

THE VOICE

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