



THE VOICE

Vol 29 Issue 25 2021-06-25

Minds We Meet

Interviewing Students Like You

Are YOU an Overthinker?

How to Make it Work For You, not Against You.

A Rant on Hiking

& Why You Should Anyway

Plus:

*The Study Dude
Homemade is Better
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

Dose With the Most

Karl Low



You'll have to excuse me this week, there remain a couple of articles to get up on the web, and the PDF is nowhere near complete yet.

The problem is that on Thursday, I received my second dose of the COVID-19 vaccine. (Moderna, in my case.) I didn't think this would be any problem because the first dose gave me little more than a case of the sniffles and a mild headache a few days after the shot.

This time it's different. There have been many reports of how the second shot often presented stronger side-effects than the first, but how bad could it be, I wondered.

Turns out, it's bad. The biggest issues are the headache and the fatigue. It's not that I'm sleepy, but rather that I have zero energy, even typing is a noticeable drain on me now. And don't talk to me about the headache. Or anything really. Keep it quiet. And dark. Dark is my friend at the moment.

Yet despite all this, I don't regret for an instant getting the vaccine itself. The goal is some suffering now to prevent massive suffering later, right? Plus to help us all get back to normal by making sure that the diseases have a far more difficult time spreading meaning a much smaller chance of new variants popping up. So don't look at me and decide you don't want the shot. If anything, I should be a reason you should want it, because it's known to have different effects on different individuals, so what are the odds that you'd get the same symptoms as me? I'm taking that bullet for you, hopefully.

However, the important part about all this is that *The Voice Magazine* is not yet complete. More articles will continue to trickle in over the next while, with the PDF up hopefully (but no promises) later tonight.

And that's actually okay, because we've got a fairly big issue this week, meaning you've got reading material to keep you busy until I get the rest of it up. In the meantime, be sure to take a look at our latest Minds We Meet column, where we have a great interview with student Jessie Goodwin. Also, Jeff Shermack returns with his warning about the pains of hiking, and why you should do it anyway.

Also, this is the last full issue out before Canada Day, and, reflecting perhaps how low-key the celebrations are likely to be, we actually didn't get a single article about it (unless you include the red & white meal delivered by Chef Corey this week in "Homemade is Better".) However, the "Vintage Voice" will direct you to Canada Day articles of the past, if you're really looking to find out what students have been thinking about the holiday.

And of course we've got course reviews, advice, scholarships, and upcoming events. Plus a student look at how we could better handle domestic abuse, the pitfalls of being an overthinker and how to make it work for you, and a solid selection of other articles by students like you. I figured even if I'm not doing so great, you folks deserve at least that much.

So enjoy the read!

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

MINDS WE MEET



The Voice Magazine has been featuring inspirational stories of AU students from around the world so we can find solace during challenging time and push ourselves to achieve our dreams together. Help build the AU community, write to voice@voicemagazine.org if you're willing to be featured in our Minds We Meet column.

This week we were lucky to get in touch with Jessie Goodwin, who was born in Calgary, Alberta, but moved to Ontario with her parents during the early years. Currently, she resides in her childhood home in Ontario (nearest big town would be Collingwood) with her partner and three kids.

Jessie completed her education in marketing two decades ago and started her own business in the field, but, as her family grew, she came to realize that her interests laid somewhere else.

"I found that as time went on, I didn't like what I was doing anymore. It was very time consuming especially with the internet and how businesses were changing online marketing and social media. It became time consuming, and I didn't have time for my family, and I

also didn't see it progressing my career the way I wanted, and I just wasn't satisfied, so I started looking at school options. It took me about 2 -3 years to decide on a school and what I wanted to do and, when I finally did, I still waited a year before I could enroll just to make sure I wasn't going to have second thoughts."

However, Jessie was faced with another challenge just as she started her first semester—COVID-19 lockdown.

"I enrolled right before COVID-19 struck so I was in my first term and my kids were sent home from school; it was a very challenging scramble. I haven't been to school in over 20 years, and I found adapting and adjusting to learning again a huge challenge, and then I had to start home schooling because my kids had to do everything online and we had one family computer; my kids did not enjoy the interaction online, and after talking to a teacher we opted to do more learning with me to relieve some of their stress, and then I just printed all their work and submitted it. So, my essay writing happened at 2am, which was not so bad if I had enough sleep. Some days I did, and some days I didn't"

Currently, Jessie is pursuing her Bachelor of Psychology with hopes of getting an internship to gain experience and continue to learn. As for her future plans she mentioned "I would like to get

my masters; not exactly sure which direction; so, I'm going to keep learning as much as I can to see what I'm good at and which area would keep my interest"

Jessie has done jobs in multiple fields from construction to waitressing to sales associate but her interest in psychology developed when she lost loved ones due to mental health issues and the stigma that surrounds mental health. "The whole 'let's not talk about, it is not there', problem always bothered me... so I thought that I really wanted to investigate, and, also, part of my family are indigenous so it was interesting for me to see the difference between how non-indigenous people address mental health issues and how the indigenous peoples were going to address mental health issues, and how people were going to adapt our programs to actually suit their nations because there is a difference. So that was the interest for me and I decided that I want to learn as much as I can."

When asked about her source of inspiration and motivation, she said, "My kids motivated me to move on. I thought I was always scared to go to school; when I was younger, my parents did not have a lot of money, and money was always an issue since they would get a job that wouldn't pay well or go to school for a job that you can't find employment in, so I had a lot of negative views on what the risks were. So it was really scary for me, but when I looked at my kids I thought to myself that this is not good, I needed them to understand to work hard and to keep putting in the effort to get good results"

"The most inspiring person I ever worked for was a real estate agent. I was his secretary/assistant, and he was self-educated on so many things. He had an amazing library at home, and there were thousands of books in his home. What he did for me was that he taught me how to think differently about things; that everything was a challenge and that one should find ways overcome the challenge—and he opened me up to some different motivational and self-help books that I never would have read without him"

Jessie loves to write stories on Wattpad and read books during her free time "I love to write but I'm terrible at grammar." She is currently reading "*The Psychopath Test* by Jon Ronson in which author is talking to everyone about psychopaths, but it's not quite that simple. He makes it 'a journey through madness industry.' I haven't gotten too far into it yet, but he explains to people that you could literally be walking beside someone and not know that they are a psychopath; you might have met someone today and he might be psychopath; its kind of scary. The human mind is just fascinating. We think we know so much about the people beside us when in reality we don't know anything."

Her favourite courses so far have been criminology, forensic psychology and Western Civilization History while English, History and Biology courses were challenging. "The psychology courses are great; some of the courses I take alternately to support them have been hard"

As for her experience with online learning, Jessie mentions "I have a lot of social anxiety so online learning was great because I didn't have to be in large crowds of people. I get really anxious if I'm surrounded by people and being a mature student, I didn't know how comfortable I would be say surrounded by kids' fresh out of high school I didn't want to be a mom on campus; but, after joining Athabasca, and AU online community I have learnt how diverse it is; I was really stunned

The challenge is not feeling connected to my tutors properly, I really like the face-to-face conversation with people and learning from watching other people do stuff. I really like to be

able to watch and learn and then do things myself. I like the classroom-teacher interaction and environment.”

She would love to have lunch with Jane Goodall since “she grew up at a time when women were not exactly seen as equals especially in academic field and I would like to understand what inspired her not to give up. She just kept going and made such a name for herself, such a difference in everything she chose to do and I would like to know what kept her motivated, how did she keep going”

If Jessie would be chosen the president of AU, she would try to bridge the communication and connectivity gap especially among the indigenous and international students. “I do notice that there seems to be still a bit of a gap between the understanding of indigenous students’ and other international students; they don’t seem to be connecting.”

As for her pet peeve? “People complaining about things that they are not going to do anything about. I understand that we need to vent; that’s fine, vent, but once you’re done venting don’t keep complaining about it unless you’re going to do something about it, because its not productive—you’re making yourself feel crappy and you’re making the other people feel crappy. Vent when you’re frustrated, express your emotions to your desire, but then let it go or do something.”

The most valuable lesson that she learnt in life is “No matter how scared you are you have to try. If you don’t try, you’ll definitely end up doing nothing”

She confidently said “I think I will. I’m gonna give it my all because my kids are watching me, they watch me do my homework they watch me prepare for exams and I need them to know that if you put in the hard work, you will get the reward; you might not be the Einstein person but you’ll definitely get the results that are positive.”

Her closing remarks really touched my heart and I’m sure everyone will feel the same way.

“We take so much for granted in our everyday life and its so easy to do that especially in our down days; we all have them; and its so easy to forget how lucky we are to live in Canada and have all these opportunities”

The Voice Magazine team thanks Jessie Goodwin for sharing her life story and wish her the best of luck in all aspects of life.

Stay safe, stay strong and remember “we’re all in this together, we’ve got this!”

Kaisha Nasir is a student at AU.



AU-thentic Events Upcoming AU Related Events

Bannock and a Movie June Edition: Two Spirit Stories

Jun 1 to Jun 30

Online

Hosted by AU Nukskahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

AUSU Annual General Meeting

Mon, Jun 28, 5:00 to 6:00 pm MDT

Online

Hosted by AUSU

www.ausu.org/event/ausu-annual-general-meeting/

No pre-registration necessary; email governance@ausu.org for info or meeting link

The Grad Lounge

Fri, Jul 2, 5:00 to 6:00 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

All events are free unless otherwise noted.

Four Reasons Why Hiking is Terrible and One Reason Why You Should Still Do It

Jeff Shermack



Are you thinking about getting out to the mountains this year? Are you a frequent hiker? If so, this article is not for you. Although, you may enjoy reading about my amateur hiking opinions, if only to disagree with them.

If you're an amateur hiker like myself, consider this your most recent warning. If you've never hiked before, consider this your first deterrent. Hiking is terrible. It's an awful, grueling, physically demanding experience that leaves all amateurs sweat-drenched and oxygen depleted—but the results are worth it.

You should know that the journey ahead of you will be a struggle. For any amateur, hiking is like an exercise in coping with loss. You will experience all five stages of grief over the course of single hike.

That emotional turmoil is unavoidable, but it's a

worthwhile experience. There are few better sources of catharsis than the acceptance that comes when you've reached a hike's final destination. I urge you to pursue that path, and I hope I can prepare you for the trials ahead.

1. You Are Not Physically Prepared for Hiking

Your current level of physical fitness has a smaller effect on your hiking ability than you think. It does have some effect, but its overall importance is minor. Just as someone who spends time in the gym will be better at other active pursuits, so too will your lungs and heart work more easily while you hike, but your muscles are not prepared for this experience.

"I work out every day. Regular bike rides are part of my weekly routine. My legs are strong enough to handle an easy hike."

Each of those statements and all possible permutations have been uttered by amateur hikers as their feet hit the hills and they begin the climb. I've uttered them myself. Trust me when I tell you that they're all lies.

Hiking uses a specific set of muscles that I'm certain never activate for any other activity. I don't know which specific muscles they are, only that they hide below the surface of regular physical activity, like a child in gym class hoping not to be picked.

If you don't hike often, you're not physically prepared for the effect that several hours of outdoor, upward physical activity will have on your body. All the statements written above—and every desperate lie like them—are just weak utterances that amateur hikers hide behind as a hill starts to take its toll.

2. The Online Ratings for Hikes are Lies

"Hold on, did he write 'several hours' above? The website said this hike would only take two hours. That cannot be right. How long have we been hiking? FOUR HOURS? I hate this. I hate nature."

Did you read an online review for a hike that lifted your enthusiasm? Did that website say that the hike was easy, that it only takes a few hours, and that even elderly people do it with their dogs?

Prepare yourself for conversations exactly like the dialogue written above, because everything you read on that website was false.

I have hiked trails with easy ratings and trails with moderate ratings, and I can say with absolute certainty that easy hikes do not exist. The only accurate rating for an amateur hiker is difficult. If this is your first hike in five years, you need to double the recommended time. You've been deceived. Anger is a natural response. Try not to let it spread.

3. There Isn't an Easy Way Out

"What if you had stayed home instead of engaging in this inexorable struggle? What if you had simply chosen an easier hike?"

At a certain stage of every hike, amateurs are consumed by pointless hypotheticals.

You're already on a hike. You made that choice. Now you must face the consequences of your actions. Hypothetical questions are worthless. Ask them only if it helps you escape your brutal new reality.

"What if I turn around now? What if I just stop here?"

You cannot bargain with a hike. It exists in a state of perpetual stoic silence. If you turn back, you'll only be depriving yourself of what the trail has to offer after all the hardship you've already endured. Something special is waiting for you at the end, but adversity still waits ahead. You must face it. Only walking onward will save you from this situation.

4. You Still Have to Walk Back

Congratulations, you made it beyond the needless bargaining stage! Your journey is nearly complete. Each new step brings you closer to the end—and further from your starting point. That growing distance comes with a grim realization for most amateurs. Every step you take now is a step you'll have to retrace later.

Each step up is an inevitable step down. Every sweet downward slope on the way out toward a hidden waterfall is an insidious peak that must be mounted again if you ever hope to return from your ordeal. The realization of that inevitable turn will cast a dark cloud over every step you take from now on, up or down. Try not to focus on it too much. All trials end eventually. This hike will end too.

5. The Results of Your Struggle

When I talk about results, I'm not talking about some kind of transcendental spiritual transformation that brings epiphanies about humanity's relationship to nature. If you do experience that kind of reflection, I'm happy for you. In my experience, it's difficult to find any kind of solace while I'm ruefully trudging up a steep incline, wondering if it's possible to take too much albuterol.

I'm also not talking about the bulging, stony muscles that will naturally develop in your legs if you keep hiking. Your body will eventually thank you for the exercise, but first it's going to punish you. The cost of admission to the house of gains is muscle pain. There might be benefits beyond those doors, but they're not the reason you should start hiking.

The results I'm talking about are the fantastic, otherworldly views of mountaintop calderas, hidden waterfalls, and verdant flowering valleys; vistas that I hope I'll remember even as my last anxious breath escapes my clutches. If I have ever had occasion to consider my place in the universe, it's been when I've seen the faces of immortal stone giants looking down at me.

Jeff Shermack was studying English, writing SF and interested in experiments with storytelling structure. This February he'll be graduating from AU, getting ready to take on the real world.

Are YOU an Overthinker?

Adrienne Braithwaite



Do you spend more time thinking about hypothetical consequences of a decision, than you do on the decision itself?

Overthinking is more than simply taking an unusually long time to make decisions; it is a culmination of excessive worrying about the future while spending too much time dwelling on past mistakes. Overthinking can impact both mental and physical health and evidence symptoms of anxiety and exhaustion. It can also limit creativity and academic performance, which is especially important for post-secondary success. However, overthinking is not always a negative trait; it can also be a healthy approach to decision making, improve our self-confidence, and act as a catalyst for academic success. The challenge is being able to recognize when our overactive thoughts are impairing our ability to make everyday decisions.

Impairing physical and mental health

Dwelling on decisions and outcomes can adversely affect our physical and mental wellbeing. Over time, symptoms may mirror those of generalized anxiety disorders which include restless sleep, stomach problems, and headaches. Once you identify your tendency to overthink, you can develop habits such as deep breathing and calming exercises; these activities limit the impact your stressors have on both your physical and mental health. Writing down your main ideas, options, and worries is also another way to help you take some of the pressure off your physical body. By making lists, such as a pros and cons chart, you visualize and externalize the issue. This frees up space to set aside or take a break from the decision-making process to focus on your physical and mental health needs.

Stifling creativity

Analysis paralysis is defined as “over-analyzing (or over-thinking) a situation, or citing sources, so that decision or action is never finally taken, resulting in paralyzing the outcome.”

Often when we overthink a task or a problem, we are trying to problem-solve so we make the best decision possible. However, overthinking can stifle decision-making abilities, leading to inaction and/or unproductivity. Psychotherapist Amy Morin recommends nurturing a healthy mindset by setting aside designated “worry time” each day. Morin says by doing so, we leave more time in our day for our productive, problem-solving thoughts. Personally, I find taking a walk and listening to a podcast helps me set aside whatever thoughts are crowding my mind. Whatever strategy you find most beneficial, it should be one that provides you with enough time to reset so when you come back to the decision-making process, you have a fresh perspective.

Having a positive and productive mindset is especially important for post-secondary students, as assignments often require a high level of critical thinking and concentration. AU offers students a variety of learner supports including mental health counselling, assistance with exam preparation and time management as well as strategies for developing effective study skills.

Perfectionism; a symptom, or a cause?

I am a self-proclaimed overthinker, and my need for perfection started when I was an adolescent. As the youngest of four children in my family, I simply watched and learned from my siblings' mistakes. However, inaction is one of the major downsides of perfectionism. As an adult, when I am faced with an important decision, I tend to imagine all potential outcomes or consequences beforehand. I spend hours pondering polarizing choices, and often consult multiple people to obtain various opinions before making any major decision. I usually feel an enormous sense of relief when a decision is taken off my plate and placed of my control.

Now, as a post-secondary student, I overthink assignments and email replies, waiting many hours for potential productivity. My biggest fear when studying for exams is that I will forget or miss essential information; I try to counteract this by attempting to cram as many facts into my short-term memory as possible. The only time I ever remember cheating on a test was because my Grade 6 teacher scared us all into thinking the test was too difficult for anyone to pass, even the smart students. I truly believed I could not pass the test on my own, so I spent hours memorizing the multiple-choice key from a friend who had written the exam the previous year. As an educator, I now realize students who cheat, do so because of lack of confidence in their own success. My perfectionism and overthinking let me down in this instance. If I had spent even half the time studying that I had spent creating and memorizing an acronym for the key, I would have scored just as well on the exam.

With some conscious effort, I have slowly learned to identify when I am overthinking, and I am now more willing to accept less than perfect outcomes. However, there are still long, challenging assignments which have required more creativity than I thought myself capable of. Wrapping my head around an unexpected assignment has often taken me longer than creating the actual assignment. Overthinking has a way of clouding our creative thoughts, leading to long unproductive periods of time.

As a result of my own tendency to overthink tasks, I have been forced to tone down my academic expectations of myself and recognize how my overactive thoughts are inhibiting my creative abilities. My personal health and family obligations are prioritized, but sometimes that means setting a time limit for myself on course assignments. Learning to set boundaries on your decision making can help you avoid the vicious cycle of overthinking, along with the negative effects of stress on your physical and mental health.

Fine-tuning Self-awareness and Mental Strength

In the article, "[3 Thinking Strategies That Will Make You Mentally Stronger Today](#)," Morin provides purposeful mental health exercises to enhance your problem-solving skills and creative potential. Below is a short summary of Morin's recommendations:

- Recognize the signs.
- Develop a purposeful, self-reflective approach to changing your mindset.
- Create a mantra to boost your confidence.
- Rephrase negative self-talk into positive self-talk.
- Challenge your brain to identify its own potential.

Try to set aside the long hours of cyclical thinking, and instead, focus on what goals you want to achieve. Ask yourself if the decisions and choices you are spending hours mulling over will have a long-term impact upon your goals, relationships, or career ambitions. Set mental time limits and be aware of how dwelling on thoughts for too long can impact mental and physical wellbeing. Lastly, and I am saying this to myself more than anyone, teach yourself to be alright with

accepting less than perfection. In doing so, you may find you have more time to spend on more fulfilling tasks and feel more energized to tackle all of life's big decisions!

Resources:

- Learner Support Services, Athabasca University
- <https://lss.athabascau.ca/>
- *Do You Have Analysis Paralysis?* Psychology Today. April 24, 2019.
- <https://www.psychologytoday.com/ca/blog/fixing-families/201904/do-you-have-analysis-paralysis>
- Keep It Simple: 14 Ways to Stop Overthinking, Healthline. November 14, 2019
- <https://www.healthline.com/health/how-to-stop-overthinking>

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Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Athabasca University 50th Anniversary I-Care Completion Bursary

Sponsored by: AU

Deadline: July 15, 2021

Potential payout: One tuition credit for a single, 3-credit course (undergrad or grad)

Eligibility restriction: Applicants must be enrolled in an AU undergrad or grad program, have no more than 15 AU credits to complete for their undergrad program or no more than 9 AU credits to complete for their grad program, have a minimum GPA of 2.0, and demonstrate financial need.

What's required: A completed application including extensive financial information.

Tips: A student can only receive this award once.

Where to get info: registrar.athabascau.ca/studentawards/undergraduate.php#199



The Study Dude

Four Signs of an Amateurish Essay

Marie Well



Most grad students don't know how to write. At least, I've read this claim in books and heard it from a professor. My thesis was written worse than any undergrad paper I ever wrote. The further I climbed the Tower of Babel, the less I knew.

Universities don't commonly teach students the basic skills of how to write. So how do we avoid a poorly drafted essay? As one solution, we could watch vigilantly for signs of poor writing.

With that said, here are four signs of an amateurish essay—and four easy fixes:

Amateurish Essays use the Words “is,” “are,” and, “be” Often.

The best written essays have few or none of these passive verbs. But how do you get rid of them? You can start by reading through your essay and highlighting every incident of these words. Then, replace these words with stronger verbs or rewrite the

sentence.

Example 1: “He has been grooming the horse” could become “He groomed the horse.” It changes the tense but makes it a less mumbled read.

Example 2: “The cat was pet by the man” could become “The man pet the cat.” It changes the voice from passive to active by putting the subject of the sentence—“the man”—first

Example 3: “Charles is a royal name” could become “Charles resonates as a royal name” or “Charles sounds like a royal name.” The word “is” sounds too bland for an A+ essay.

Example 4: “Sally is beautiful” could become “Sally looks beautiful.” Or you could rewrite it to say, “Sally shines like an angelic presence.” Despite this, when the “is” comes before an adjective, the simplicity of the form “Sally is beautiful” might work just as well.

Poorly Written Essays Separate the Subject from the Main Verb by Cramming in Long Clauses.

Instead, keep the subject and verb close together. “*Johnathon*, despite his reckless driving record that spanned ten years, although he once won an indie 500 car race, seemingly oblivious to any threat of danger, *bought* a Porsche” could become “*Johnathon bought* a Porsche, despite his reckless driving record that spanned ten years, although he once won an indie 500 car race, seemingly oblivious to any threat of danger.” Keep the subject and verb close together wherever possible. I heard a rule that said something like “limit the words separating the subject from the verb to no more than twelve words.”

Amateur Essays Don't Begin and End Sentences with a Bang.

Exciting essays start and end sentences with punchy words. “It was a *cold* day with a flutter of *glowing* light” could become, “*Cold*, the day was met with a flutter of light, *glowing*.” Similarly, “Sometimes *monsters growl* at night” could become “*Monsters* at night sometimes *growl*.” The best words start and end the sentence.

Amateur Essays Make it Unclear Whom "it" Represents.

"The day and the night merged into one color, a kind of muddy road I remembered walking as a youth. *It* always brought back memories of the tragic day the window shattered" could become "The day and night merged into one color, a kind of muddy road I remembered walking as a youth. *The color* always brought back memories of the tragic day the window shattered."

Or you could end with "*The merging of the day and night* always brought back memories of the tragic day the window shattered" or "*The muddy road* always brought back memories of the tragic day the window shattered."

If "it" could represent more than one thing, replace "it" with the thing it represents. My editor once said something like, "Clarity is key to good writing. Writing is intended to be understood."

If you're a grad student who never learned to fix these four writing errors, join the club.

Women of Interest

Emilie Augusta Louise Lind af Hageby

Barb Godin



Definition of anti-vivisection

: opposed to experimentation on living animals especially when considered to cause pain or distress to the subject: opposed to [vivisection](#)

Emilie Augusta Louise "Lizzy" Lind af Hageby was a staunch supporter of the anti-vivisection movement and, in 1906, was co-founder of the Animal Defence and Anti-Vivisection Society.

Lind af Hageby was born on September 20, 1878, to a wealthy family in Sweden. She was the granddaughter of the chamberlain to the King of Sweden and the daughter of a renowned lawyer. As a result, Lind af Hageby was able to access the kind of education that was unavailable to most women at that time. She attended the London School of Medicine for Women along with Swedish social activist Leisa Katherine Schartau. The women both attended University College in London to further their education on anti vivisection. Following graduation, they published a diary of their experiences *The Shambles of Science: Extracts from the*

Diary of Two Students of Physiology. In the book the women claim researchers vivisected a dog without sufficient anaesthesia. This accusation resulted in a scandal known as The Brown Dog Affair.

The Brown Dog Affair was a controversy which was ongoing throughout Britain from 1903 to 1910. The trigger for this event was allegations that William Bayliss of the University College of London performed an illegal vivisection on a small brown dog. Bayliss claims the dog was

adequately anaesthetized, while the Swedish Activists, including Lind of Hageby, claim the dog was conscious and struggling in pain while a group of 60 laughing medical students watched. This event resulted in a libel trial and rioting in the streets by medical students. The jury believed Bayliss's account and awarded him £2000 pounds plus £3000 in costs.

Following the trial Lind af Hageby's book *The Shambles of Physiology* was withdrawn from publication and all remaining copies were given to Bayliss' lawyer. She later republished the book taking out the chapter about the dog and replacing it with the events of the trial. As a result the government set up the Second Royal Commission on Vivisection in 1907. Lind af Hageby continued her work on anti vivisection and in 1909 she organized the first anti-vivisection conference in London resulting in amendments in the fight to end vivisection. In 1911 while living with Margaret Damer Dawson, Commander and founder of the Women Police Service, the women organized the International Congress of Animal Protection Societies in London.

From 1954 until her death on December 26, 1963, in St. Johns Wood, London, Lind af Hageby managed a 237-acre animal sanctuary near Shaftesbury, Dorset. She died at her home leaving £91,739 to the Animal Defence Trust, which continues to provide grants for animal protection concerns.

Many of her books and writings can be [found on Amazon](#).

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

Fly on the Wall Heel Not, at AU You're No Helot

Jason Sullivan



A great hope of AU studies, to this *Fly on the Wall* anyway, is that it may give us wings to see beyond the confines of our towns and our our lives, that we may ever circle the globe of ideas with excitement and optimism rather than by bearing the sickly burden of that timeless millstone of a phrase: "what are you going to do with all that education?" The doing is the being, after all!

And who are we to imagine that others know us better than we do. For we are all already doing as we are learning and being. And you never know down what magical trails our studies will lead, if we open ourselves to the doors of providence along the way.

It's this boundlessness of vision, untrammelled by excessive expectations of unwanted responsibilities, that sets the backdrop to a wonderful character in the 1941 classic film titled *Meet John Doe*. In it, a disgruntled World War I Colonel (remember, Great War veterans were neither valorized nor compensated for their sacrifice in the way WWII veterans were), outlines the essential problematic faced when we seek peaceful freedom of mind over and against stultifying shackles of so-called adulthood.

Here's a few choice excerpts from the Colonel's dialogues and exergii in the film. I'd encourage you to, while reading them, imagine yourself gnoshing on your favourite camping food over a roaring fire on a starry night. For this was the sort of life countless veterans faced between the wars; they may have been appalled at being left behind by rapidly industrializing society, but they also realized that their freedom transcended modernist norms. Or at least, this is how the Colonel saw things.

"I seen plenty of fellers start out with fifty bucks and wind up with a bank account!
And let me tell you, Long John.
When you become a guy with a bank account, they got you.
Yes sir, they got you!
And when they get you, you got no more chance than a road-rabbit."

The Colonel later becomes more explicit about the Ahab-like net of desire that consumerism forges for unsuspecting folks who believe that working hard to get ahead, rather than staying in school (for instance, says I!) will bring them pleasure and peace of mind.

"All right. You're walking along—not a nickel in your jeans—free as the wind—nobody bothers you—hundreds of people pass yuh by in every line of business—shoes, hats, automobiles, radio, furniture, everything. They're all nice, lovable people, and they let you alone. Is that right?
Then you get hold of some dough, and what happens?
All those nice, sweet, lovable people become heelots. A lotta heels.
They begin creeping up on you—trying to sell you something. They've got long claws and they get a stranglehold on you—and you squirm—and duck and holler—and you try to push 'em away—but you haven't got a chance—they've got you!
First thing you know, you own things.
A car, for instance.
Now your whole life is messed up with more stuff—license fees—and number plates—and gas and oil—and taxes and insurance—and identification cards—and letters—and bills—and flat tires—and dents—and traffic tickets and
And a million and one other things.
And what happens?
You're not the free and happy guy you used to be.
You gotta have money to pay for all those things—so you go after what the other feller's got—
And there you are—you're a heelot yourself!"

The helots of Ancient Greece, Sparta to be precise, were serfs reduced to vassalage "after the conquest of their land" (Brittanica, online). Lest we meet the same intellectual fate, reduced to servants of social norms rather than free-thinking educated adults, we might recall that school is more about learning to be ourselves than learning to meet external expectations about our identity. Fulfillment through education doesn't have to make us into cynics but it can certainly open new vistas onto the meaning of our lives. Friedrich Nietzsche said in one of his pithy aphorisms, "there are no moral phenomena at all, only a moral interpretation of phenomena." (Nietzsche, online). If we don't embody the highest morals of our making then who can we blame but ourselves?

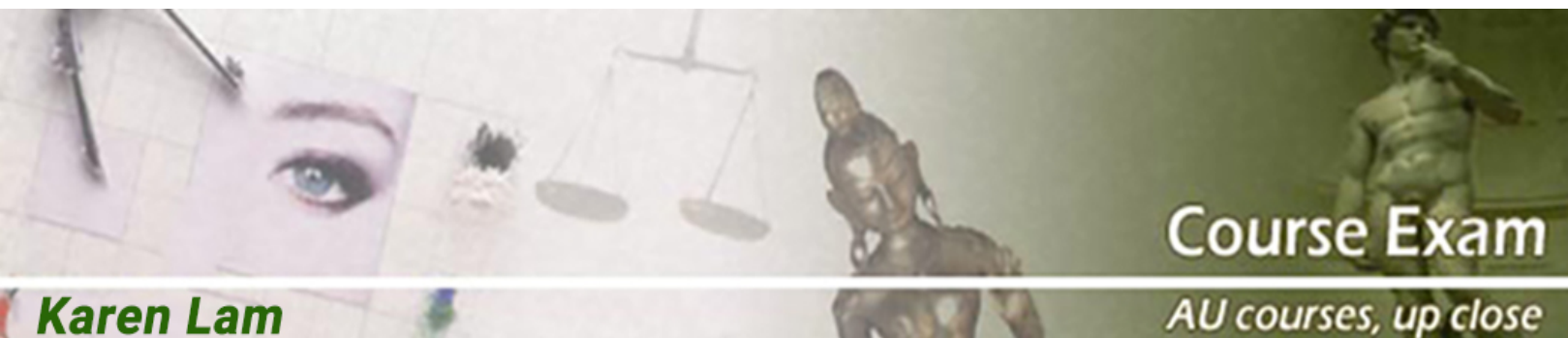
It thus remains for us at AU to learn to think about the world and our place in it in a way that will truly better ourselves. After all, whether our province thrives on dead plants and animals from a bygone epoch, or by Lotus-land mystery attracting investors from overwrought lands on the

other side of the planet, or simply by transfer payments from provinces who have so much, and so much to lose, while still writhing in agony over their perpetually uncertain future and imagined calamities just around the corner, the one thing no one can ever take away from us is our education. And, like that ultimate learned skill of an attention span, there is great dignity and pride in a worldview forged by a truly educated outlook.

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



Karen Lam

Course Exam **CMIS 214 (Custom Applications with C#)**

Karen Lam

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

CMIS 214 is a three-credit introductory course designed to help students “learn the many features you can build into Windows-based business applications using C# (pronounced C Sharp). Students will be introduced to related tools and technology, and you will explore applications programmed with these tools.” It is important to note that this “course is not intended to provide an exhaustive study of C# Windows programming as this is well beyond the scope of a single course. However, once you complete this course students will have a good foundation to enable you to continue to develop these skills.” The course itself requires CMIS 245 or COMP 200 or COMP 210 as pre-requisites.

Who Should Take This Course and Why

For this course, we had the opportunity to interview Gary, a student who recently completed this course at AU. When we asked Gary why he took this course, he stated, “Programming is becoming a popular field around the world. Jobs that I once could not apply for due to their location, I am now able to because of the remote option. What I love most about this field is the

ongoing learning it offers me. AU has been amazing, it has allowed me to take courses in the programming field while working, I just love it.”

When we asked Gary who he would recommend this course to, he stated, “Absolutely everyone. Regardless of your field, having programming and computer skills is imperative in this generation. Whether it is simply to troubleshoot your own computer issues or for a career change or simply to learn more, it is absolutely worth your time.” For those looking for an elective in programming or to learn more about custom applications with C#, this is the course for you!

Course, Assignments and Final Exam Details

This course itself uses custom built online material, including a course website and multimedia presentations. The course also includes a reference textbook that is provided for additional background material. Each of the seven units includes theory and practical tutorials and hands-on activities for students to learn the material. The reference textbook uses the C# programming language within the Visual Studio for Windows Desktop programming environment, part of the Microsoft .NET architecture. The online course material uses Visual Studio, which is a proprietary product available from the Microsoft site. The knowledge and skills students develop in this course can easily be adapted to other programming environments. The reference textbook provides extensive coverage of the C# language and includes many code fragments to illustrate the topics.

The course is divided into seven units beginning with an Introduction to Visual Basic; followed by Objects and Properties, Decision Logic/ Repetition/ Procedures/ Arrays and Collections in C#; and wrapping up with Objects, Classes, Inheritance, and Polymorphism.

The course consists of four assignments. Assignment one is divided into two parts and is worth 10% including a practical exercise worth 8% and an online quiz worth 2%. Assignment two is also divided into two parts and worth 20% in total, including two practical exercises worth 16% and an online quiz worth 4%. Assignment three is worth 20% and is similar to assignment two. Finally, assignment four is worth 15% and contains one practical exercise worth 13% and an online quiz worth 2%. Students are required to complete an online discussion worth 5%. The online discussion requires five messages from at least three units to be done before the final assignment or writing the final exam. There is a final exam for the course that is done online and worth 30% of the overall mark. The final exam consists of multiple choice and short answer questions.

When we asked Gary about his overall experience with the course he mentioned, “this is definitely a moderate to heavy duty course. But after taking it, I learned so much and the practical exercises gave me the chance to really understand the content better. I immediately was able to apply what I learned towards the work I was doing.”

How to Be Successful in the Course

Student's Advice for the Course

When we asked Gary what his advice for the course is, he stated, “Don’t procrastinate, or at least try not to. Obviously, we all know it’s much easier said than done. There is quite a lot of assignment work so spreading it out will help a lot and give you the time to process and understand the content.” He also elaborated, “Programming is really about practice and experience. It is really important for anyone interested in the course to know, although reading the material is important. Don’t shy away from practicing and doing it. Even if you are wrong, it is absolutely okay. You learn from your mistakes.”

When we asked Gary about his experience with the course coordinator or tutor, he stated, “I didn’t contact them very much as the course gave me essentially everything I needed. YouTube

is simply a life saver. Many people have done videos on this content, so if you're stuck, either YouTube it or visit GeeksforGeeks."

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at business-support@athabascau.ca. Happy studying!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Patience! Not everything is instant. A student's request for an emailed transcript doesn't instantly produce the transcript; it turns out that requests are processed overnight and emailed the following day.

Discord

Reimagining the desktop. A discussion in the [#General](#) channel reveals the many set-ups students have explored for utilizing multiple screens, including using the Duet app and an iPad for a second screen.

Twitter

[@austudentsunion](#) tweets: "We're looking for our next Social Media Coordinator! For details including job description, hours, required qualifications, and salary visit our website: <https://ausu.org/2021/06/ausu-is-hiring-3/> #Hiring #Jobs #SocialMediaMarketing."

Youtube

If you're looking to "de-stress, decompress, and engage more in life", check out AU's [Harnessing Your Energy](#) video.



Unearthing classic articles from previous issues of The Voice Magazine

Canada Day on July 1 is a subdued affair this year. Between painful past brutalities and present pandemic realities, many are opting for the opportunity for quiet reflection. This week, Vintage Voice wanders around to visit two disparate Canadian locations, each with a past of its own.

Special places for the soul. Darjeeling Jones makes a second visit to a place that that seems to hover beyond the reach of reality. "...there are some landscapes which, if we move slowly through them with an open mind, an open heart, and a sense of respectful wonder and attention, can change *us* in profound ways." Porkpie Hat—[A View of Haida Gwaii](#), August 30, 2019.

Outdoor learning opportunities. Teresa Neuman reclaims a sense of wonder while chaperoning a school trip in rural Saskatchewan. "The boys mainly wanted to explore the many quicksand pits, but some diversionary tactics on my part steered the boys away from these traps." [A Trip to the Brick Factory – Canada's Heritage Sites are Worth a Second Look](#), July 2, 2003.

Domestic Abuse

How Can We Do More For Victims?

Alek Golijanin



As we exit out of the chaos that was created by COVID-19 and return to normal life, there are elements of society that have come to light and that we will need to refocus on moving forward. The past few years brought significant attention to the historical struggles of women in the workplace and home life, as well as the inconsistent outcomes in the justice system for women that are victims of crime. During COVID-19 the resources made available by women's shelters were exacerbated by women and children trying to get out of unsafe home environments and we saw a spike of domestic abuse that was connected to the lockdowns.

While I was surprised by the reporting, I was not surprised that shelters for women were struggling to keep up with demand as their financial supports were already stretched thin pre-COVID-19. My business background had me thinking how interactions might be able to be optimized whenever at-risk women are identified because there seems

to be room for improvement.

Police Services Are the Frontline

One of the earliest points of identifying women that are potentially experiencing domestic violence is when police officers respond to calls for domestic disturbances. When police officers respond to these calls, they tend to look for physical signs of assault including redness, swelling, and bruising. If they do not see any signs of physical abuse, police officers are limited in their powers. Without any solid evidence of physical abuse, and if the victim is unable to speak openly, the interaction is likely to end with the police officers leaving their business cards or information to other support services.

In addition, police officers tend to lack the skills and training of a social worker or therapist when dealing with potential victims of violence, and their authoritative position can limit their ability to connect with those victims. One thing about me is I like finding efficiencies, flaws, and vulnerabilities in everything from technology to society. When I started to account for different scenarios, the most concerning ones had to do with immigrant communities and how the current approach is struggling to breakthrough. The key variables I identified were the effects of culture shock combined with post-traumatic stress disorder (PTSD), the gender of the responding officer, the potential for a responding officer to communicate with non-English speakers, and follow-up interactions involving non-EMS personnel.

Supporting Immigrant Communities Across Canada

Canada is known for having welcomed immigrants around the world during their darkest hour, particularly those fleeing warzones and humanitarian crises. Arriving to a new country where everything is foreign to you combined with the effects of PTSD can be very challenging for families. The introduction to a new way of thinking can contribute to a crisis mode within an individual and PTSD negatively impacts mental health, leading to unstable individuals who may act out in ways that those around them never imagined. The biggest challenge with PTSD is that it is still a taboo topic for newcomers to Canada, yet it is present in all groups that have experience major traumas, and ignoring it poses significant risks.

When it comes to an optimal police interaction involving domestic disturbance calls, the ability to connect with a potential victim of violence and to communicate with non-English speakers is key. Certain cultures forbid women from talking to any men outside their immediate family, so in those cases having a female responding officer is critical. At the same time, not being able to communicate with a potential victim that does not speak English or French can eliminate any chance of providing the necessary information and supports to exit a toxic environment.

An aspect to domestic disturbance responses that I believe is missing and that should become standard protocol is the idea of mandatory follow-ups that include non-emergency personnel. Depending on the situation, non-emergency personnel can include counsellors, therapists, community leaders. Victims of violence may feel unsafe in confiding in police services and responding officers, so it is important to have individuals that are trained in working with victims of violence and be able to connect with them.

Conclusion

It is not uncommon for newcomers to Canada to experience challenges with adapting to life in Canada, but what makes Canada so unique is the opportunity and supports it provides to newcomers. However, many communities are still unfamiliar with all the supports available to them including secretive shelters for women fleeing domestic violence. While a responding officer may be trained and capable of helping potential victims of violence, there are elements at play that might inhibit an officer's ability to assist those victims such as existing community-police relations and overall trust of police. Whether we are looking for solutions in technology or for societal problems, the one constant factor is the importance of having access to subject matter experts. Having industry experts in positions of consequence is how we push the needle and come up with adaptive solutions to an ever-changing world.

Homemade is Better Spaghettini with Chicken & Tomatoes

Chef Corey



This week is a shorter article. I just got back from camping over Father's Day weekend, and I am beat! To prepare for this week's recipe I looked in the fridge and saw that we had some cherry tomatoes. My youngest cannot get enough of little tomatoes, so I was impressed that she had not eaten all of them, it's a good problem to have, I realize. I pulled out some chicken thighs and spaghettini and decided to toss them all together and see what we get. It turned out to be very delicious, and everyone finished their helping! Some days that's not an easy feat, as I'm sure many parents out there can attest to.

I hope you enjoy this recipe and can add it to your repertoire.

**Spaghettini with Chicken
and Tomatoes**

**Ingredients:**

6-8 chicken thighs – diced (you can sub in breasts, just use 4 if they are large)
1 box of spaghetti
1-2 cups of cherry tomatoes left whole
1 head of garlic – minced
½ an onion – diced
1 TBSP olive oil
2 tsp Kosher salt
1 tsp black pepper
1 tsp basil
1 tsp parsley
1 tsp basil
½ tsp thyme
1 cup chicken broth (or you can use ½ of white wine)
1 cup parmesan cheese – grated

**Directions:**

- 1) Get out a large pot for your pasta, fill it halfway with cold water then add 1 – 2 tbsp of kosher salt. Add the noodles and turn your burner on to high.
- 2) Grab a large frying pan, add the diced onions, garlic, and oil. Turn the heat to medium-high.
- 3) While the onions and garlic are sweating, rinse your tomatoes, then dry them off.
- 4) Once the garlic starts to brown, add in the chicken and 1 tsp of salt.
- 5) Cook, stirring the chicken, until the chicken is no longer pink—about 5 minutes.
- 6) Add the tomatoes and herbs and cook for another 5 minutes.
- 7) Add the chicken broth and cook until it has reduced by half.
- 8) Add parmesan cheese and continue to stir.
- 9) Taste and add the rest of the salt if you think it's needed.
- 10) Once the pasta is al dente strain it.
- 11) Serve up the noodles and add the chicken and tomato topping. Add more parmesan on top, and voila!



How to Stay Crazy Happy

Marie Well.



Women's emotions can feel erratic. One moment we're smiles; the next, sobs. Throw in bad news, the death of a loved one, or anything burdensome, and our emotions can run roughshod on our sanity.

But we aren't our emotions. We are more than that. We are souls, and souls are comprised of pure love. Emotions, unlike love, are from this world only and don't play a part within our highest selves.

From my own philosophies, I've learned some tricks to regulating our emotions so that we're steadily happy.

Here they are:

When we get a sad or troubling thought, think, "Stop!" and focus on anything even remotely positive, from a chirping bird to a smile from a passerby. Or focus on a past memory that brought delight or on the many wonderful traits of the people in our life.

When we feel criticized or condemned, focus on the strengths and beauty of everyone around us, ignoring any perceptions of unkindness, never taking actions personally.

When we feel worthless, instead of feeling like a victim, strive to be our ideal selves: purely happy and love-filled. Train our thoughts to dismiss all negative thoughts by creating higher philosophies that prevent the negative from manifesting.

Look to our guardian angel, loving on us with all its heart and soul, feeling nothing but pure compassion for us, giving nothing but care. Know that we are unconditionally loved.

Love our enemies. Love those who wish to do us harm. Even if someone poisons our teas, love them, but stop drinking the teas. Crazy as it sounds, it keeps us happy in distressing times.

Expect nothing but give everything. Live a life of service, demanding nothing in return.

The instance a negative emotion arises, reconstruct the associated thought to something positive, even if the new positive thought doesn't fit the societal norm. Often, norms are less than stellar. "I" statements are destructive as is venting—both erroneously embraced as reasonable ways to respond. I'd rather surrender to fixing only myself.

Don't dwell on other people's negatives, only on bettering our own. When we focus on what we can change—ourselves and not others—we can better grow into our ideal selves.

Know that every material thing is fleeting and the only thing with true permanence is love. Make that love what we feel toward every living being, even if that being explodes in us a bomb.

I once told my hairstylist that I wanted to train my mind to be happy all the time, even if a bomb exploded. She thought I was crazy. But I'd rather be crazy with love than crippled with negativity.





Dear
Barb

Barbara Godin

Post-Pandemic Diet

Dear Barb:

I don't know if you can help me, but here goes. I have a friend that I've known for many years. We have kept in touch throughout the pandemic and have recently begun seeing each other again. She keeps talking about when the borders are open she wants me to go to her sister's place in New York to stay for a few days and go shopping and stuff like that. I am really not interested in going to the states or shopping, I don't need anything, but I don't know how to tell her without hurting her feelings or making her think I don't want to spend time with her, because I do. Do you have any suggestions on how I could handle this situation without causing a rift between us? Looking forward to your response, Susan.

Hi Susan:

You seem like a very caring person who definitely does not want to hurt a friend's feelings. My advice is to be honest. Tell her that at this time you are not interested in going to the states shopping but suggest you have lunch together. You could even offer to treat her. This will avoid her feeling you don't want to spend time with her, and since things are finally opening up, I'm sure she would appreciate getting out with a friend. Great question.

Dear Barb:

Hi, throughout the pandemic I have basically sat in the house and got fat! I have gained 20 pounds over the last year, and since I haven't seen anyone and my zoom visits are limited to head shots no one has noticed. Now that things are opening up, I need to do something to get rid of this weight real quick. Do you have any advice on how I can drop this weight? Jessica

Hey Jessica:

There are no magical ways to lose weight, it requires time and commitment. I am sure you are not alone; many people have gained weight through the several lockdowns, which hopefully are coming to an end. Once you start living your life again and joining in outdoor activities and generally become more active, you should notice the weight begin to come off. Also if you belonged to a gym prior to the pandemic, since they have been closed more than open throughout the last 15 months, you have not been able to stay in shape. I assume you were working from home and it is simply too easy to pop into the kitchen for a snack, or some comfort food while working through those proposals or financial statements. Start to get in shape today by organizing a schedule which includes walking 30 or 40 minutes a day. Refuse that sugary snack, instead chop up some veggies that will always be available, add some low calorie dip to add flavor. These few changes will start you on your journey back to a healthy lifestyle. Best of luck Jessica.

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.

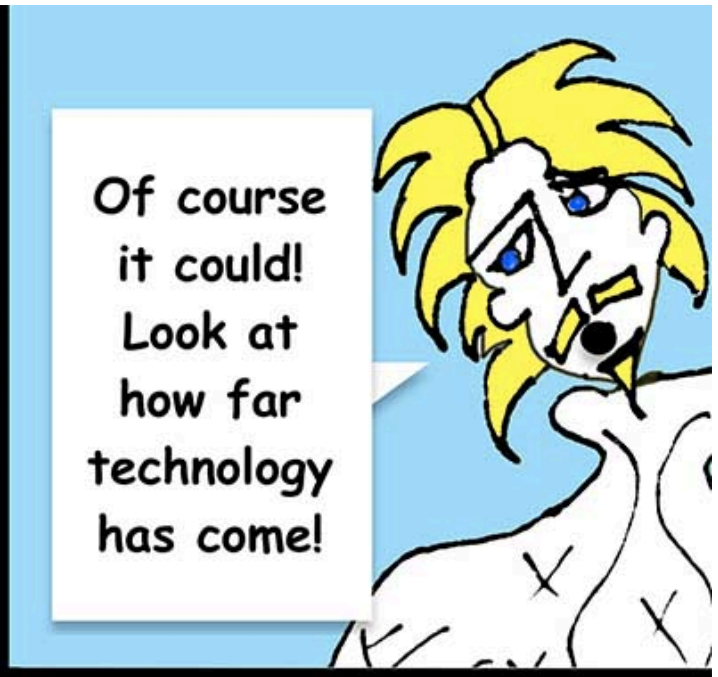


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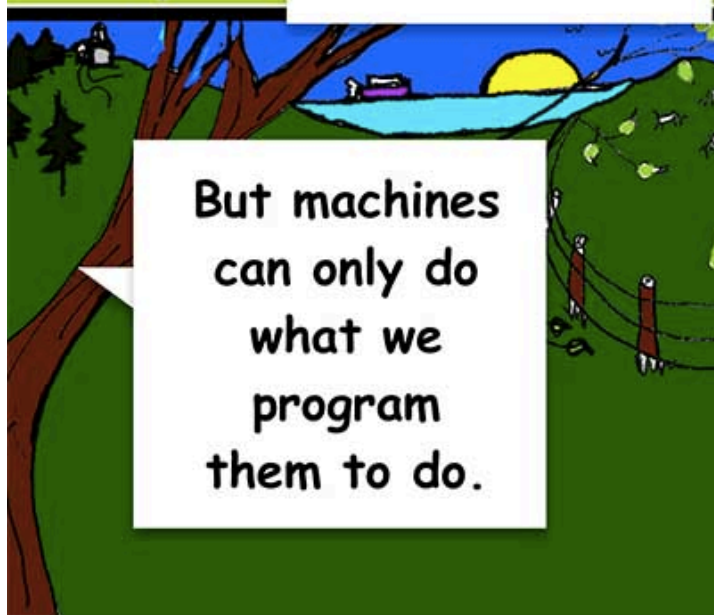
Wanda Waterman



Sometimes
I wonder
if artificial
intelligence
really could
take control
of the human
race.



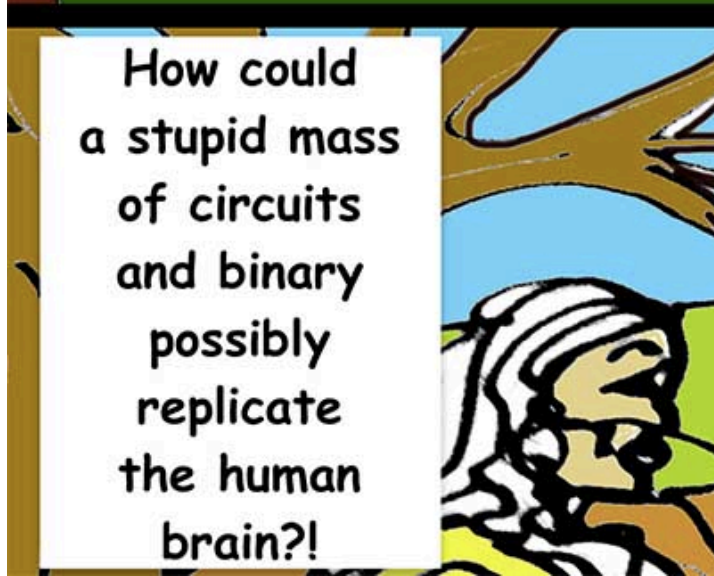
Of course
it could!
Look at
how far
technology
has come!



But machines
can only do
what we
program
them to do.



AND we've
programmed them
to be BETTER
than us.



How could
a stupid mass
of circuits
and binary
possibly
replicate
the human
brain?!



Shhhh!
Enough!
My smartphone
is listening.



Vote now in your Student Council By-Election

It's time to vote! Ballots have been emailed to all AU undergraduate students. There are 11 candidates for six open council seats.

**Check your inbox. Open your ballot.
Choose your representatives.**

The voting period is open from June 24th-28th, 2021 at 11:59 pm MT.

[Meet Your Candidates](#)

[Visit the 2021 By-Election Forum](#) to learn more.



Happy Pride from your AU Students' Union!

Thank you to everyone who has participated in this week of recognition and celebration.

Our **What does Pride mean to you?** [social media contest](#) ends tonight at 11:59 pm MT and you don't want to miss out on awesome prizes so go to our [Instagram](#), [Facebook](#), or [Twitter](#) for details.



You can also check our latest Open Mic podcast, [Episode 46: Celebrating #PrideWeek at AUSU](#) hosted by Vice President Community and Wellness Natalia Iwanek and special guests.



Apply to become a member of the Indigenous Circle (IC)

We are looking for **up to thirteen AU undergrads who identify as Indigenous** to [join the Indigenous Circle at AUSU](#).

The Indigenous Circle represents Indigenous students at AUSU, as well as the greater AU community, and advises AUSU on various matters through the lens of Indigenous students.

Duties include attending Indigenous Circle meetings, reviewing proposals and providing feedback, and reducing barriers to education among AU's Indigenous learners.

Indigenous Circle members receive a \$50 honorarium for each meeting attended.

To join the Indigenous Circle, email your resume and a summary of why you are interested to Governance and Advocacy Coordinator Duncan Wojtaszek at governance@ausu.org.

You must be a current AUSU member and self-identify as Indigenous to apply.

CLASSIFIEDS

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

THE VOICE

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