



THE VOICE

Vol 29 Issue 37 2021-09-17

Minds We Meet

Interviewing Students Like You

Who Should Students Vote For?

A Student Take on the Parties

9/11 20 Years Later

Where Are We Now

Plus:

*Homemade is Beter: Meal Planning
Facial Yoga
and much more!*



CONTENTS

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

Features

Minds We Meet: *Lorie Tran* 4

Articles

Editorial: *Protecting Responsibility of Expression*..... 3

Who Should Students Vote for in the 2021 Election 9

Music Review: *PAINKILLER TWIGHLIGHT*..... 12

Facial Yoga: *Must Do or Faux Pas?* 16

Local-Shoutout: *Calgary and Area, Part 2*..... 17

What Laughing All Day Did to Me..... 18

Columns

Fly on the Wall: *9/11 Twenty Years Later* 7

The Study Dude: *The CookBook Continues*..... 10

Homemade is Better: *Meal Planning* 13

Course Exam: *INST 203*..... 14

Dear Barb: *Work Manners* 20

News and Events

AU-Thentic Events 5

Scholarship of the Week..... 8

Student Sizzle 19

AUSU Updates 22

Comics

Poet Maeve: *Rugged Individualists*..... 21

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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

Protecting Responsibility of Expression

Karl Low



This issue, we've got another student who has put her two cents in on the election, taking on the task of creating her own summary of some of the student focussed policies. Even if you've already read my rundown, you should probably read hers as she puts some thought into what these various promises actually mean, whereas I just served as a type of stenographer.

One of the promises repeated on the right side of the political spectrum is this one of "protecting freedom of expression" at universities. Sounds like a grand thing, doesn't it? Of course universities should have protect freedom of expression, people should be able to put forth all sorts of ideas at universities, right?

But freedom of expression is a very limited thing. It simply means that the government will not arrest you for saying something. That it. It is not a criminal offense to voice your opinion. That's all freedom of expression means. And the universities already have that, as do we all.

So what are they really promoting? To know that, we have to go back and see where these "freedom of expression" policies came about.

They came about from things like universities not wanting to allow anti-abortionists to promote their cause with the usual methods of graphic and grotesque imagery. They came from far right-wing Ann Coulter cancelling an event at the University of Ottawa due to the depth and loudness of the protests being such that her security team thought it might be too much for them to handle.

What they want to promote, it seems, isn't so much freedom of expression, but rather no responsibility for expression. The ability to say absolutely anything at all without having to engage in forethought or suffer consequences for doing so.

Something these parties should consider. Is nudism freedom of expression? Will the conservative party, or the PPC party, both of which say they'll make these guarantees, come down on a university if they choose to expel a nudist from campus? After all, simply being nude is not an affront to anything except some people's sensibilities—much as an anti-abortion's graphic imagery.

Is protesting vaccine mandates freedom of expression? If so, what then about demonstrations against those who protest the vaccine mandates? Especially when, as recent polls are showing, over 70% of people support the idea of vaccine mandates, meaning that those in favor could grossly outnumber the few who are against. Outnumber them so much that they might feel fearful for themselves, and cancel events, even if nothing has happened.

It's when we consider these type of examples and the likely conservative response—if they stay to form—that we realize these promoting freedom of expression policies only apply if it's expressions that they themselves approve of.

With great freedom, as they say, comes great responsibility. If one of the parties were promoting the protection of the responsibility of expression on Campus, then you might actually have something worth voting for.

In the meantime, however, might I suggest not voting for a party that doesn't understand the difference between freedoms and lack of responsibility. There are other choices on the menu. And until then, why not also check out our feature interview with the latest Minds We Meet, or any of our other bits of advice, thoughtful articles, events, reviews, scholarships and more!

Enjoy the read!

A stylized, handwritten signature in black ink, appearing to read 'Karl'.

MINDS WE MEET



“Lorie Tran resides in Calgary, Alberta and is currently in Third year of the *Bachelor of General Science* program. She is also a new member of AUSU’s MEC Committee position at AUSU. About that, she said, “I hope I can contribute my support to students during this year with their student life. I want to be their voice for anything related to education, financial situation, and other student affairs.”

An active member of Psychologists Association of Alberta and an event volunteer at many non-profit organizations in Calgary, Lorie hopes to apply for *Masters of Counselling* at Athabasca University by 2023.

“I knew that I wanted to be a psychologist,” she explains, “I chose only courses that meet the requirements of the provincial association.”

During her free time Lorie likes to cook different cuisines, “When I have free time, I like to try to cook different foods. Cooking is an art. For me, this is a great exercise to remind me about my mental health. I try to use my break time to cook, spend quality time eating well and avoid my phones and laptops. When I enjoy food, it releases my stress. Sometimes, I found it interesting to learn more about the history of new cuisine.”

Lorie’s parents had the greatest influence in her desire to learn, dream and achieve her life goals. She mentioned affectionately, “They love me unconditionally and gave me the best life that I could ask for. They worked so hard for my future, and they didn’t complain about their lives to me. I wish I knew it and took responsibility for my family earlier.”

As for her friends in AU she mentioned, “I met a friend from Vernon. She wrote a book and it’s a top book for kids on Amazon.” You can see our recent [interview with Christine Dubois](#) for more on that.

Lorie would also like to adopt a puppy and run it to the park everyday!

As for experience with online learning, she professionally weighed the pros and cons as follows:

“Pros: I can study faster or slower, depending on my work schedule. I can select any courses that I feel confident to check first. I love to plan things out, which is perfect for me to work on my study plan. There are student groups all over the world that I can connect with. It forces me to read a lot and utilizes all of the resources available in my course. For example, textbooks, videos, Key concepts...One thing I like is the materials of our schools; I can refer anytime I want.

“Cons: It’s not for everyone. I think it will be hard for people who need interaction. Sometimes, I feel a lack of motivation to keep studying. Besides, looking at a computer for long hours made my back hurt. I need to learn how to stretch and manage my break to ensure my brain is not overloaded. I want to mention that there is a lack of communication between school and students.

“Moreover, a guideline for each course should be more visible on the system.

“Sometimes, I feel there is no community in our school. There are not many student clubs to join. I hope there will be some group work in the future and people can meet and learn from each other.”

These were all points well made, if you ask me.

As far as communication with tutors is concerned, she mentioned,

“So far, I have my ENG 255 & MATH 215 classes only. I would say I am so lucky to have my tutors. They are very quick at responding. I try to interact with them to share my goals for each course. For every assignment feedback, I reconfirm my mistakes and how I can improve.”

Lorie would like to eat Pho in her favourite restaurant *Pure Kitchen* in Calgary with Meg Jay; who is an author of the book *The Defining Decade: Why Your Twenties Matter--And How to Make the Most of Them Now*. She recalls:

“After I read her book, I decided to become a therapist. I would love to tell her how she changed my life and how powerful her stories are.

“When the pandemic restrictions were in effect, I lost my job and stayed home for six months and I couldn’t think about anything. One day, I could not stand my feelings anymore. I started to clean up my house and tried to sell everything I could to pay my bills and debts.

“I never thought it could happen in my life. I found a book that I bought for myself—never had a chance to finish it. The book is called *The Defining Decade: Why Your Twenties Matter--And How to Make the Most of Them Now* by Dr. Meg Jay.

“Jay was an experienced as a clinical psychologist who helped people their 30s and 40s who were hampered by a “loss of vision” in their 20s. This book is intended to give people in their 20s some guidance on how to create that vision (in a non-corny way) so that they can better prepare for their 30s and beyond, rather than playing catch-up after derping around for eight years. I highly recommend everyone to read this. I believe that every struggle in our life is a good lesson for us. Learning about the history of our family can help us to define who we are and how we want our life to be.”

AU-thentic Events Upcoming AU Related Events

MBA for Executives Webinar

Tue, Sept 21, 10:00 to 11:00 am MDT
Online

Hosted by AU Faculty of Business
news.athabasca.ca/events/mba-for-executives-webinar-20210921/
RSVP through above link

Metis Identity

Thur, Sept 23, 2:00 to 4:00 pm MDT
Online

Hosted by AU and X University
news.athabasca.ca/events/metis-identity/
Register through above link

ATTACH webinar series: Qualitative Methods and Normalization Process Theory

Fri Sept 24, 12:00 to 1:00 pm MDT
Online

Hosted by AU and CIHR
news.athabasca.ca/events/
Register through above link

All events are free unless otherwise noted.

Lorie wished that she didn't work so much in her twenties and that taught her the valuable lesson of just how short life is and how quickly time flies by.

"If I could go back, I would prefer to take my time to study, think and observe my own life to make significant decisions for my career. I would love to travel more and enjoy life. However, I need to admit that all of the experience I had led me to continue education and commit to building a great life."

Lorie's proudest moments was "when I got accepted to my current program. I'm grateful that my program opens for me so many doors to connect great people and promising opportunities."

She also suggested, "Students should check out the counseling department of Athabasca to do some quizzes and define which programs are good for you. For me, learning about psychology helps me to research more about childhood experiences. From there, I was able to know about the learning style to study well. I tried to reevaluate my work experience in the past and write down the pros and cons. Looking at those notes helped me gain a deeper insight about myself and made me a better person."

"Recently, I learned about IKIGAI, the reason why you get up in the morning. Japanese people believe that the sum of small joys in everyday life results in more fulfilling life as a whole. So to know what your purpose of life is, you may want to answer these questions:

What you love.

What you care about.

What the world needs

What you can get paid for.

I hope to share later when I know how to utilize this concept with you all."

Lorie distinguishes herself from most other people through actively volunteering which brings her happiness and inner peace, "I do a lot of volunteer work. Helping people makes me happy and grateful to share great moments with them. Besides, I'm an active member of the Psychologists Association of Alberta. I am also an event volunteer at Calgary Korean Women's Association and VietSAIT mentor and other Vietnamese community groups."

"In my free time, I help new Vietnamese comers to reach out to necessary resources. On the other hand, I used my knowledge of Business, IT, and Psychology to coach Vietnamese youth groups to choose careers and improve academic English."

Lorie likes to read books about "mostly psychology" and recommended reading *How to deal with difficult people* by Gill Hasson.

She loves watching *Grey's Anatomy* since "Watching the series, I learnt a lot about empathy in the workplace."

Lorie Tran's efforts to achieve her goals, affection for her family, devotion for the community and lifelong achievements are well worthy of praise and a source of true inspiration that is nurtured by selfless hours of volunteer work especially for new immigrants. I thank Lorie for sharing her journey and pray for her success in all aspects of life.

Kaisha Nasir is in her third year of Bachelors in Business Managment with only six courses remaining untill graduation! I took the summer off since my kids turn into mini T-Rex's everytime I open my e-book.

Fly on the Wall 9/11 Twenty Years Later

Jason Sullivan

Where Are We Now?



The AU is about the small stuff, the learning that adds up to a worldview that matches our hearts to our brains. We inhabit strange times that nevertheless have parallels in history: be it fake news or raging pandemics, or new Cold Wars, the idea that many truths abide on the same planet, and that everyone has an angle, an opinion, a way to feel to smart, has been part of reality for eons.

Egos on the rampage are nothing new, just ask the Romans. Wisely we might heed history if at AU we feel that we know more or better than others. During their steep decline, the Romans had thirteen Emperors in the first sixty years of the Fourth Century C.E. Each filled the office few a handful of years at most and was summarily sacked or assassinated. That's like never having a politician re-elected for multiple generations! Finally, Rome itself was defeated and pillaged in 476 and, broadly speaking, that was that. We might feel on the precipice of

a great collapse, either civilizationally or in our AU studies, or perhaps both, but such an eventuality is likely not the case.

Yet, our times seem to tell a different story of the myriad complexities of human existence. Science teaches, or believes, that we humans are all part of a single species. In fact, we're basically chimps—and not too far from chipmunks. Yet, when our AU course material enters the discursive fray, our minds can often feel or seem miles away from others. To learn to translate our learning into the vernacular is an invaluable skill right up there with learning the fine art of learning itself.

If It Bleeds, It Leads

Unfortunately, we're surrounded by sensationalist media that limits complex cognition and the maturing of attention span (including our own). How often do we really read a whole article and truly ponder its significance for all of society and within the framework of history? The most horrific and chilling tales of individual woe and awful behaviour seem almost glorified by media representations.

So why, in the media, does it get to lead if it bleeds? Car wrecks are tragic accidents and forest fires, well, losing your home is terrifying even as trees and ecosystems must regenerate themselves.

A Theorist Named Church With Some Historical Perspective

Ian Church, whose research finds that "the biases and proclivities of human cognition" lead us astray even as relative conditions improve (Church, online), notes that humans have never had it so good by any metrics. Maybe alienation lurks in the weeds, and maybe that's why some folks are such neurotics about making every little detail in their life perfect, but that facts remain. No human born this millennium has had it better in terms of sheer life and health expectancy.

Church provides us some additional historical perspective:

“Infant mortality is, in most countries, far lower than it was even a hundred years ago. Kids are, on the whole, safer now than they’ve ever been before; and the number of people brought out of abject poverty over the past half a century is truly a triumph and a point of celebration. Amidst all of this, however, the perception of the world as a dark and scary place is on the rise. The number of people who think that the world is so dark and evil that there cannot possibly be a God who would allow for it to be so, is on the rise too, at least in affluent Western nations. You’d think that the problem of evil would seem less problematic as global suffering decreased. However, that doesn’t seem to be the case.” (Church, online).

Keep Calm and Learn On

Despite our best efforts to transcend the human condition, philosophers and students are still human and can be caught up in the times. And these *are*, to put it charitably, extraordinary times. But that doesn’t mean we have to panic perpetually or go, to use the vulgar phrase, bat shit. Keep calm and learn on! Our critical faculties are a tool no one can take away from us, so let’s put some historical perspective in our Covid mask and smoke it. Metaphorically.

Church adds a final, wry, rejoinder that we may find better life perspective: “if aspirational media commonly tells us that we not only have the right to *pursue* happiness, but the right to *be happy* – such that any unhappiness we experience must be an indicator that something is wrong or that someone has wronged us – then we might plausibly wonder if the suffering we endure is especially heinous in the larger scheme of things” (Church, online). Not even our distance education travails are designed, per se, to guarantee our fulfillment. The key is to keep at it and see the big picture. Life can always be worse and, even though our studies or the times may get us down, much of history has probably been more unpleasant than the present.

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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.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: 2021 Youth Essay Contest

Sponsored by: Justice Centre for Constitutional Freedoms

Deadline: October 31, 2021, 11:59 pm Pacific Time

Potential payout: up to \$2000

Eligibility restriction: Applicants must be young Canadians who will be between the ages of 15 and 24 on the date they submit their essay.

What's required: An online application form (or email), along with an essay of 1000 to 2500 words answering the following question: "Should citizens who refuse to get vaccinated have the same rights and freedoms as those who do get vaccinated?"

Tips: For ideas and inspiration, follows the links provided to articles on this topic.

Where to get info: www.jccf.ca/projects-media/essay-contest/



Who Should Students Vote for in the 2021 Election?

Jana Menard



An election was called on August 6, 2021, by Liberal Leader Justin Trudeau, Canadians will head to the polls on September 20, 2021. This leaves many voters asking, who should I vote for? As students, our concerns often focus on what each party will do regarding tuition and student debt. This is every party's platform regarding these matters, and my thoughts on them.

Conservatives:

The Conservative Party's focus is always balancing the budget, more jobs and economic growth, they repeat it every chance they get like a broken record. So, what does this mean for students? In their 160-page plan I didn't find one initiative to invest in students, no reduction on student loan interest, no caps on rising tuition prices, no increase on interest for RESPs, and no investment in jobs after graduation. The conservative party's plan says one

thing to me as a student: "we don't care about you". The conservatives do have initiatives to help job growth in general, which could result in jobs for new grads as well, but nothing specific for jobs for new graduates

O'Toole has made vague promises to give \$100,000 in tax breaks to new grads in the three years following graduation, however this promise is not in their 2021 platform.

The conservatives do, however, promote free speech on campus, though this does nothing to help students pay tuition or relieve the crippling debt they face upon graduation.

NDP:

The NDP is working toward a goal of universal free education, however they are not aiming to make this a reality in 2021. Instead, they focus on making education affordable which is still a great goal.

Their first step is removing the interest from federal student loans. They will forgive up to \$20,000 in student debt for every grad. In the first year they say this will reduce 20% of all student debt. To reduce students taking on debt, the NDP party will permanently double all non-repayable grants.

Liberals:

The Liberal Party's plan for students also focuses on reducing student debt. Similar to the NDP, they promise to permanently eliminate the federal interest on student loans, which is a continuation of a policy they implemented temporarily during the pandemic.

They also promise to increase repayment assistance: any graduates who are single and making less than \$50,000 will not have to start repaying their loans. And they plan to help new parents—making it so they will be able to pause student loan repayment until the youngest child reaches five years of age.

The Green Party:

The party that promises the most is the Green Party; they promise universal free post-secondary education by abolishing post-secondary education tuition and cancelling all federal student debt.

They also promise to bring back the Canadian Emergency Student Benefit (CESB) until the pandemic has ended, remove the 2% cap on education funding for indigenous students, and improve accessibility to post-secondary education, graduate education, reskilling and retraining. The Green party has lofty goals that I think most students would like to see implemented, however it is easy to make promises that they likely won't have to keep.

Besides education funding and student debt, many students have concerns about other issues that directly affect them—like housing, pharma care, and climate change. These may be parts of each party's platform that students will want to look at when considering who to vote for. Students also are likely to be concerned with social issues like equality and human rights, these aspects of a party can be reflected in a party's actions as well as their platform and many students likely were watching the debates closely or will be keeping an eye on news headlines over the coming weeks.

Regardless of who you support, the most important thing is that you get out and vote, make sure your voice is heard. The next four years could have large impacts on our futures, and those could be good or bad depending on who is making the decisions.

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Jana Menard is a Bachelor of Arts student majoring in Political Science and minoring in English. She enjoys photography, watching documentaries, and hiking, all the while drinking too much coffee.



The Study Dude The Cookbook Continues

Marie Well

Other Methods of Note Taking

You've got to take notes on a lecture or textbook, but you don't particularly like the note-taking system I outlined last week? No fear. This article will fill you in on some alternative note-taking systems, perhaps one that works best for your learning style.

Last week, I covered taking notes using my personal system, which is like the Cornell system. In the Cornell system, you draw a vertical line down your page, approximately at the 1/3rd width point of the paper. You then write keywords along with summary words in the left-hand margin. And you take notes on the right-hand side on what is being discussed. But at the bottom of the

page you leave space to summarize succinctly the content, perhaps filled in after the lecture.

If you are striving for an A+, systems for note-taking matter.

The only ingredients needed for this recipe are multiple high-quality (Bic) pens, a red pen, backup sharp pencils, a pencil sharpener, two or three high quality erasers (the white rubbery ones), a ruler, and lots of paper (ideally a full store bought package of blank lined paper in your notebook at all times, one notebook for each class.)

Here are some systems for taking notes:

- Try the Cornell system mentioned above or the system I outlined in last week's article. (My system outlined last week is similar to the Cornell system.) I like the Cornell system or my system mostly for taking lecture notes. But for taking notes based on books, the next set of systems might work best.
- One such system is to use mind maps. With mind maps, you write the key idea in a circle and stem out to new circles that contain subordinate ideas to the key idea, a line connecting key idea circles to subordinate idea circles. And you branch out from these subordinate ideas with sub-subordinate ideas. I like this system, but I wouldn't rely on it as my main method of note-taking. I'd combine the mind maps into the margins outlined in either the Cornell system or my system discussed last week. Or I'd combine the mind maps with one of the next two systems.
- One other system is to put a rectangular box around the key point and place bullet points underneath that square box. And repeat for every new idea.
- Perhaps the simplest system is to create bullet points where layers of subordinate ideas are indented. It would have a structure as follows:
 - Key idea
 - Subordinate idea #1
 - Subordinate idea #2
 - Sub-subordinate idea #1 (I know "sub-subordinate" isn't technically a word, but this is a call to Oxford to include it in the next dictionary edition).
- Use a combination of the methods above. This approach is probably the most ideal. It might work best to combine the Cornell system or the system I outlined last week with mind maps or boxed-in key points or bullet points.
- Lastly, I saw a system that took one's notes for a topic, and regularly condensed them until they were tighter and tighter, perhaps doing this once a week. The end result would be a great, succinct, well-organized, well-structured set of notes come exam time. I tried this system, but wondered what I should do with all the prior notes? Perhaps store them all together and place a divider between each different topics' series of condensed notes? Also, I wondered if the end product may be too tight, missing relevant information. If you come up with a great system for storing these notes, let *The Voice Magazine* know

Once you learn the tips for note-taking, you've got an edge.

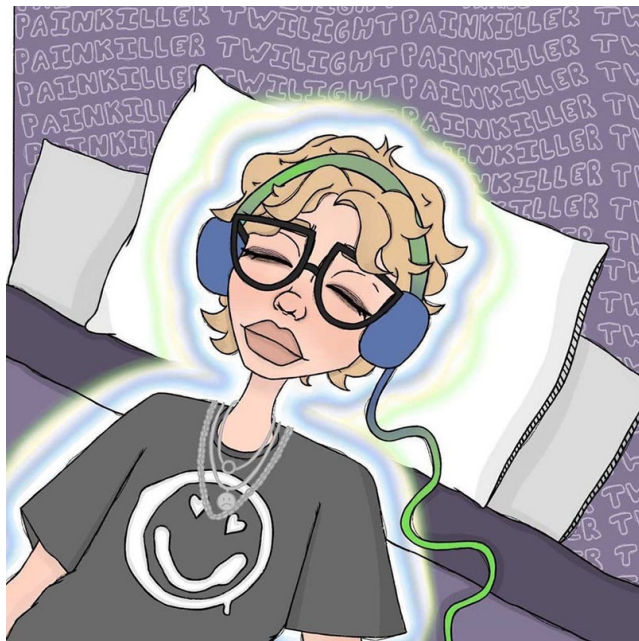
But how do you properly read the textbook in the first place? That, my friend, is the subject of another Cookbook.

Music Review—PAINKILLER TWILIGHT

Jessica Young

Artist: Elko

Album: PAINKILLER TWILIGHT



Egyptian/Canadian nonbinary artist, Elko, has released their new EP, PAINKILLER TWILIGHT. The album was written during quarantine, reflected in the overall theme of disillusionment that permeates through PAINKILLER TWILIGHT. The lead single “Dishonest” is accompanied by a music video shot by Cincinnati media outlet, Soul Serum.

Growing up in a Muslim household under parents who immigrated to Canada from Egypt, Elko has always played the role of misfit, and their artistry is an extension of that disposition. Elko says,

“As a kid I wasn’t allowed to express myself in so many ways, my sense of self had been really distorted. A few years ago, I moved to Toronto and things started to change, but there were a lot of growing pains. Painkiller Twilight is in many ways a narration of things I went through figuring out how to not feel disconnected all the time. It’s about still pushing through and exploring identity after being fucked up by life”.

PAINKILLER TWILIGHT has eight tracks: Fall Apart, Dishonest, Selfish, Pretty Little Lies, Kicked Me Out (ft. SuziWithAnUzi), Common, and I’m A Mess (ft. BadMoodRude). All eight songs are a perfect representation of Gen Z music—pairing gut-wrenchingly raw lyrics with a sound that defies genre. The EP is a modern fusion of alternative, indie, abrasive electronic, and synth-driven bedroom pop. His sound reminds me of artists like blackbear, Ansel Elgort, and Juice WRLD.

I love everything about PAINKILLER TWILIGHT—listening to this album makes me wish I was an angsty teen in a toxic relationship. I thoroughly appreciate artists who bare their soul to the world through their music, and this is exactly what Elko does. “Selfish” opens with the lyrics “smoking cigarettes to feel something, daddy issues don’t mean nothing, tell myself that he means nothing, who am I kidding?”. Every track is a deep self-reflection into Elko’s own psyche that makes it incredibly easy to relate to them. If I had to pick, my favourite song is “Kick Me Out”. Elko’s use of autotune and SuziWithAnUzi’s haunting vocals give me chills.

That being said, I was not a huge fan of the music video for “Dishonest”, which features Elko getting out of bed, dancing in their room, and walking through their neighborhood. Again, the video is very representative of the Gen Z take on music videos—the low-budget, recorded on an old video camera look. Maybe I much prefer Elko’s music video for “Fall Apart”, probably because it follows the typical music video format that I grew up with (does that make me sound old?). This video features Elko driving to a party, singing to their disappearing love interest in the passenger’s seat. Cut with selfie-footage of a party and risqué scenes with the love interest, the video for “Fall Apart” feels like a classic music video that fits the vibe of the song perfectly.

Overall, PAINKILLER TWILIGHT is “fire”, as the kids would say.

Check out Elko on [Instagram](#), [TikTok](#), [Twitter](#), [Youtube](#), and [Twitch](#).

Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.

Homemade is Better Meal Planning

Chef Corey



This week I want to discuss the value of meal planning. Full disclosure, I'm not an expert at it, but I can see the benefits of planning out your meals. In September of 2019, my family started planning out what we'd eat for dinners so that it was easier when the time came to make it. We have noticed a few benefits when we have our meals planned out for the week. First, we save money. Second, we tend to eat healthier, and last, we tend to eat earlier. If you do not already meal plan, I hope this article at least gives some food for thought, pun intended.

When it comes to saving money, it works on a few levels. Having your weekly meals planned out for at least 4 or 5 days of the week helps you to make an appropriate grocery list. You are less likely to add ingredients that you don't need, thus reducing the size of your grocery bill. It also cuts down on the number of trips you need to make to the grocery store, which reduces your gas consumption if the grocery store is farther than walking distance. However, that does not consider public transit or self-powered vehicles (IE: cycling). If you rely on a taxi service to get you to the store, you reduce the amount of money you pay for each ride. Thus, there is a financial AND environmental incentive. The last way I think you save money is on takeout meals. When we know what we are going to eat ahead of time, there is less guesswork, and thus we order out less, which saves us more money.

When we plan our meals in my home, we tend to eat healthier meals. Instead of ordering takeout from a fried chicken restaurant or going to the closest drive-through, we can pre-prepare our meals. I'm home during the day, so I can slowly prepare ingredients for dinner in between breaks while studying or reading course material. If you are not that fortunate, then some preparation the night before can save you time. Plus, there is so much technology these days to help us cook at home. With instant pots, sous vide, delayed cooking in our ovens, we have many options for meals. Plus, there is a satisfaction that can come with making a meal yourself. Other ways that meal planning helps you eat healthier are the portion sizes, the number of extra ingredients, and the ability to freeze it for another week. In my home, we tend to eat smaller portions at dinner time because we feel more satisfied. We are also consuming less salt, sugar, carbohydrates, and saturated fats. Food manufacturers need their foods to last a specific duration of time. To ensure it does, they have to add ingredients. Extra salt, more sugar, preservative chemicals, and packaging atmosphere. Not that the food we buy at the grocery store doesn't contain those items, but I like to look specifically for reduced sodium (and I also check the sugar content compared to the standard option), the amount of sugar in the ingredient, or buy the raw option. Sometimes it also gets us out of our comfort zones, we don't repeat meals every week, and we get more variety. We might make a stir fry two weeks in a row, but the first week's stir fry will likely contain different ingredients than the second week's.

Best of all, my spouse and I feel less stressed at supper time because we aren't guessing what to make. I said earlier that we usually eat earlier as well. Supper time in our home can be anywhere between 5 and 7. On the nights where we don't have a meal plan, supper is generally later because we are guessing at what to make.

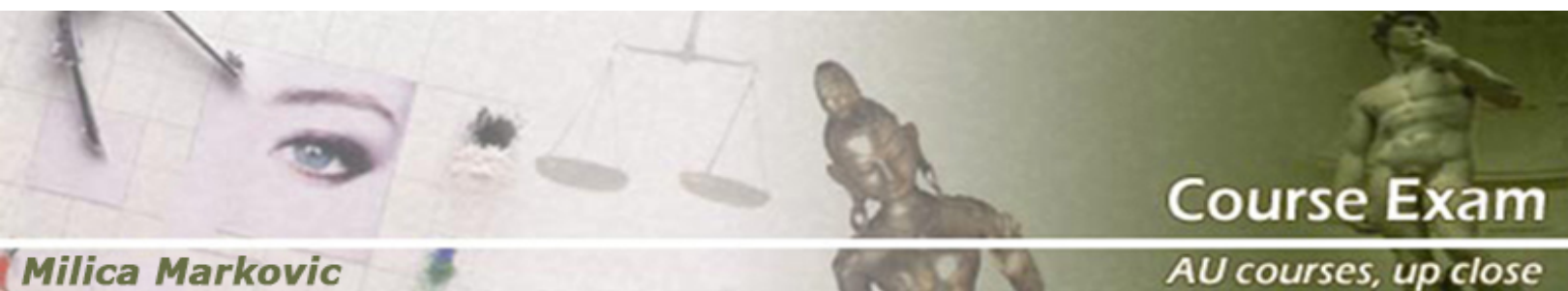
When the meal is planned, I can start supper earlier, and we aren't stressed because we only have five minutes to get to that night's activity, and no one has eaten. In turn, this gives us more time

together as a family and helps strengthen that bond we value with our children. We get time to discuss the day's events with our kids, and everyone gets some attention.

This shows our kids that we want to hear about their day or about their lives. The hope is that it instills a strong enough bond with them that they can tell us about their hopes, worries, and dreams. It's not always a positive time, there are times where we struggle to have a meaningful conversation, but I like to think we have more good days than bad days.

If it does nothing else, I hope this article inspires someone to try planning out their dinner meals for a few days at a time. People are so busy these days with a variety of activities, especially if you have kids. I always feel like we are running from one activity to another, and it's not always just for the kids. So, meal planning has been helpful for us, and when one of us has a planning block, the other will take over for a while.

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



Course Exam

INST 203 (Indigenous Studies I)

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.

Milica Markovic

INST 203 introduces students to the longstanding impacts of governmental policies on First Nations, Métis, and Inuit peoples in Canada through four key disciplines: political science, anthropology, history, and sociology. Students will also review federal and provincial statutes and legislations affecting Indigenous lives, including the British North America Act of 1867, the Constitution Act of 1982, the Indian Act of 1976, and treaties.

By analyzing the broader context of Indigenous-European relations, this three-credit, art/social science course aims to elucidate issues faced by Indigenous peoples from their first contact with European settlers to the present day. Using students' theoretical and practical faculties developed throughout the course, they should be able to discuss a range of relevant topics; these include the changing (meanings of) terminology describing Indigenous groups, the endeavors of Indigenous leadership and initiatives to reclaim independence for their people, the state's attempted assimilation programs, and the significance of Métis populations in policy shaping.

While it has no prerequisites, students cannot take INST 203 for credit if they have already obtained one in INST 200 or NTST 200. The course is also available as a Challenge for Credit.

Who Should Take This Course and Why

Course Tutor and James Smith Cree Nation member Dr. Neal McLeod recommends the course to all students, explaining that because we dwell on the land, we partake in its stories

encompassing Indigenous societies. He adds that the course should encourage future education, particularly among “teachers and other people who will work extensively with and alongside Indigenous people.”

INST 203 provides a gateway to other undergraduate courses – including research methods – in Indigenous studies, which Course Coordinator, Dr. Josie C. Auger (who is a nehiyaw iskwew (Cree woman)), suggests to students continuing their research on “how the past affects the present.” She goes on to say that non-Indigenous students should freely pursue knowledge by Wisdom Seeking and/or using the Indigenous Research Methodology when working with Indigenous peoples for self-determination.

Dr. Auger explains that doing so respects the diversity of worldviews, languages, traditions, customs, gender, and aspirations of Indigenous peoples in accordance with Mother Earth; by sharing this knowledge, Nations may be restored and strengthened. Should non-Indigenous students want to engage in research methods, she asks that the knowledges of Indigenous peoples be respected and affirmed.

Course, Assignments, and Exam Details

This course is comprised of three units (in order, with proposed, updated unit and section titles): *Identity: Social, Political, Psychological, and Legal Consequences*; *Treaties*; and *The Métis: The Emergence and Status of Indigenous Peoples*. The first unit covers “The Indian Act and Racial Categorization”, “The Indian Act and Indigenous Women”, and “Terminology and Identity”.

The next unit contains the most sections: “Background to Treaties”, “*The Royal Proclamation of 1763* and Subsequent Unnumbered Treaties”, “The Meaning of Treaties”, “The Numbered Treaties, 1871-1923”, and “Indigenous Understanding of Treaty Terms”. The last unit concludes with “What’s in a Name? The Emergence of the Métis”, “Indigenous Women and the Emergence of the Métis”, and “The Political Emergence of the Métis”.

There are three assignments, each worth 15%, 20%, and 25% respectively, as well as a final exam valued at 40%.

How to Be Successful in the Course

Course Tutor’s Advice for the Course

At the beginning of the course, Dr. McLeod advises students to take the self-assessment so they may understand their strengths and areas of improvement. Furthermore, he says that enhanced one-to-one instruction is an advantage of the course and he strives to offer the best possible experience to students, so they should seek guidance “whenever they need it.” He believes that students can successfully complete the course “with regular work, focus, and the openness to ask questions”.

Questions?

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

Interviews conducted by Karen Lam.

References

The Assembled Circle of Delegates of the Summer Institute (1996). Appendix 2: Saskatoon Declaration of Indigenous Cultural Restoration and Policy Recommendations on Cultural Restoration Developed at the Saskatoon Summer Institute. In Marie Battiste [Ed.], *Reclaiming Indigenous Voice and Vision* (2000), UBC Press.

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

Facial Yoga

A Must Do or a Faux Pas

Alek Golijanin



Yoga is a form of passive exercising that incorporates stretching one's body, and it has been shown to help improve overall health and well-being. It is considered a good way to start your morning if you can make time for it, but a beauty-inspired form of yoga may take priority over stretching limbs if the primary focus is beautification. Facial yoga is a form of yoga that is supposed to activate the muscles in your face that have the potential to make your face appear younger by releasing tension, reducing wrinkles, and improving blood flow.

Facial Yoga Exercise Techniques

The idea behind facial yoga is that it should be done twice a day, in the morning to activate your muscles and at night to release the tension before sleep. There are countless facial yoga exercises that can be done, all of which require multiple repetitions of the exercise. Here are four:

The Eyebrow Lift – put your fingertips just above your eyebrows and apply light downward

resistance as you try lift your eyebrows up. This exercise is supposed to target the facial muscles around your eyebrows and reduce droopiness.

The Cheeks Drag – put your fingertips just below your cheekbones and apply light upward drag as you try to open your mouth. This exercise is supposed to target the facial muscles around your cheeks and make them more prominent.

The Jaw Drop – extend your lower jaw downward by opening your mouth until you reach your maximum before closing your mouth. This exercise is supposed to release facial tension while strengthening your jawline muscles and making them more prominent.

The Jaw Wiggle – relax your lower jaw and allow your mouth to drop open before you begin to move your jaw to the left and right. This exercise is supposed to release facial tension while stretching your jawline muscles and make them more prominent.

The Jury Is Out

Aging is a natural process for all living things, and there is no way to maintain a permanent youthful look, but some people swear by the positive effects of facial yoga. Whether you are keeping up with *The Real Housewives* of wherever, the Kardashians, or any other pop culture personalities, these are probably not the type of people that practice facial yoga, as they are more likely to try and pass off cosmetic surgeries as natural beauty—da bizarrely vain mistruth.

As to whether facial yoga is a must do or a faux pas for you, the best bet is to try it out for yourself. If you do decide to share your progress with the world, you may get some funny looks your way, some from people who would secretly do facial yoga if you told them it worked.

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



Local Shoutout Calgary and Area

Jessica Young



Amidst the COVID-19 pandemic, the Canadian Federation of Independent Businesses (CFIB) estimates potential permanent closures of up to 222,000 small and medium-sized businesses, depending on how the situation evolves. That's 21 percent of *all* Canadian businesses. The corresponding job losses would range between 962,000 and 2,951,000 Canadian workers.

While most of us are struggling financially right now, it is extremely important to support local small businesses whenever we can. Not only is it stimulating our economy, helping each other is simply the Canadian thing to do. Over the last few months, I have been trying to be more conscious of where I am spending my money. Although it's not always possible for me to support local because—lets face it—shopping at Walmart or Dollarama is often less expensive and more convenient.

So, to support local business, I have compiled a list of small and medium-sized businesses that I have personally patronized and feel that the price, quality, and customer service deserve a shoutout.

Rebel Comics

"Rebel Comics was built for the fans of this generation that have no unique place to call home, or a place to fulfill their nerdy needs or simply a place to go and have a fun afternoon relaxing and playing games! So come on down, bring your friends and get the real comic store experience with a few extras. Be a Rebel, draw outside the lines!"

Rebel Comics is a comic company located in Cochrane. They sell anything a nerd (like me!) could ever ask for—Pokémon, Magic The Gathering, D&D, Funko POPS!, collectables, comics, graphic novels, and much more. You could literally spend hours going through all the cool stuff packed into a modestly sized shop. I recently took my daughter here to purchase some Pokémon cards, and the owner was incredibly friendly and knowledgeable. Rebel Comics also regularly hosts game nights and Magic The Gathering tournaments for that real community feeling.

Phil's Family Restaurants

"At Phil's we pride ourselves on making unique food products using only the finest, freshest ingredients sourced locally whenever possible. We serve only the very best cuts of Alberta Beef. We treat both our staff and our customers as if they were family."

Phil's is a staple in Calgary history—it's been around since 1956 and now has locations in Forest Lawn, North Hill, Glenmore, and 11th Ave, as well as one restaurant in Red Deer.

My kids and I are huge breakfast food lovers, and I take them here far too often. Phil's has the best breakfast food in town if you're looking for that "homemade" feel (the Stuffed French Toast is my favourite), the service is fast, and kids get free pancakes!

Village Brewery

"Some of the best things happen over beer. Ideas are born, friendships forged, deals struck. Village Brewery began that way too, with friends sharing beers and dreams for a community brewery. A brewery that would support Calgary's artists and craftspeople. A brewery that would create the excellent ales and lagers our friends and neighbours deserve."

Village Brewery not only makes delicious beer, but they strive to foster a sense of community within the city. 10% of sales go back into the community because, “it takes a village”. I love a company that puts their money where their mouth is.

You can find Village beer at most liquor stores in Calgary, order directly from their website, or go in for the full Villager experience at the taproom in Inglewood. It’s kid friendly, functions as an art gallery, and is host to various activities and events throughout the week.

I recognize that these are all based in Calgary (where I live), so if these aren’t local to you, I hope this article can encourage you to research the small businesses and services available in your hometown. Let’s work together to stimulate the economy, practice environmental responsibility, and support our communities.

Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.

What Laughing All Day Did to Me

Marie Well



A while back, I started laughing all throughout each day. It was a sort of experiment, a thought experiment. So I tried it. And did it ever result in incredible changes. Let me share with you some of the best changes that will likely occur should you, too, start laughing frequently throughout the day.

Change #1: You're never angry. When I let out a genuine happy laugh, it's impossible to be angry in that moment. I'm not sure of the science behind why this happens. Perhaps it's the rush of feel-good hormones that circulate through you when you laugh.

Change #2: You stop ruminating immediately. When I worry or ruminate, a gentle warm laugh brushes away all concerns. This freeing of the mind reminds me of 100-year-olds who say they never took life seriously. Laugh all day and you won't be plagued with worry. Nothing bad will stick.

Change #3: You feel euphoric all day long. When I flood my body with endorphins all throughout the day, I just glow with happiness. You, too, will feel the bliss that comes from training yourself to laugh frequently.

Change #4: You don't get stressed. When I start getting stressed, laughter soothes my nerves and puts everything in perspective. A long time ago, when I had extreme anxiety, I used to laugh frequently whenever I had an anxiety attack. Today I realize that laughter is a way to medicate the anxiety. Try laughing all day to not just medicate stress, but to prevent it in the first place.

Change #5: People like you more. That's because everybody likes happy people. When I laugh a lot, I notice others relax more around me. Laughter is infectious and everyone loves to be genuinely smiled at. Laugh and smile with people you love, and never scowl, and watch yourself become more of a people magnet.

Change #6: You easily dispel any negative thought or emotion. When I have a troubling thought, I instantly let out a sweet laugh. The laughter puts the negative thought into positive

perspective, removing it from my thought processes, preventing me from getting attached to bad energy. Try laughing gently when a troubling thought arises and see how easy it is to shift gears.

Change #7: Your skin and eyes start to glow. I look better now that I laugh and smile all day. If you, too, laugh all day, you'll see a magnificent change in your appearance. There is a reason why people want smile lines as they age.

Change #8: You make better decisions. When I'm happy, I don't make decisions based on paranoia, perceived slights, resentments, or anything else that could make matters worse. I find I make healthier decisions. Try laughing when making a tough decision to take out the "toughness" from the equation. Life isn't meant to be taken too seriously.

Change #9: Work and studies are more enjoyable. When reading a confusing textbook makes me laugh, I don't feel the anguish that would otherwise occur. It's easier to tackle a problem with a happy mind because it means less stress and tension. Try laughing when you hit roadblocks at school or work and you'll find yourself continuing your studies or work with a clearer mind.

If you don't quite believe my claims, here is an article that talks about the benefits of laughter, which include an enhanced immune system, the body's production of pain killers, the stimulation of organs, and so much more: www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456.

The secret to making laughter feel its best, from my experience, is to hone a sweet, delightful, love-filled laughter that others find appealing and that feels like a gentle massage in your stomach. It's like a form of meditation. And if you love the sound of kittens purring, wait until you manifest a similar sensation through laughter.

At the very least, you'll feel happy.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

You almost have to study to book the exam, amIright? Several queries demonstrate that booking an exam isn't as easy as it should be, but props to the AthaU community for helping other students navigate the process.

Discord

Word count is in the eye of the beholder. A thread in #general reveals that what does or does not get included in an assignment's word count is ultimately decided by who is marking it. If there is any doubt, ask the course tutor.

reddit

Province to province move. A funded student plans to move from one province to another and wonders how it will work with provincial student funding; responses suggest starting with AU's student financial assistance office.

Twitter

@AthabascaU tweets: "CONTEST: We're giving away 2 copies of Dr. Reinekke Lengelle's new book *Writing the Self in Bereavement: a story of love, spousal loss, and resilience*. Details: <https://bit.ly/3BD8Hqk>." (Enter by Sept 30.)





Dear
Barb

Barbara Godin

Work Manners

Dear Barb:

I just landed an awesome job with a big corporation. My problem is that I'm not sure of the proper etiquette at work or even at social events. I have been raised on a farm and I am not familiar with many of the protocols required in business. Could you make a few suggestions that would help me? Thanks so much. Darren.

Hi Darren:

Congrats on your new position! It is important to begin your career on the right path and following the proper etiquette in business and social events is important. How you present yourself in life is half the battle. I will include some tips for basic etiquette and business etiquette, plus I found an impressive book that you might like to order, the hardcover is a little pricey, but it is a book you want to keep around and refer to as situations arise. The following are some business etiquette rules from the site Inc. that you should make every effort to follow. Here is a brief overview; the website goes into more detail.

- Use your full name when introducing yourself.
- Stop crossing and uncrossing your legs.
- Don't eat at your desk.
- Don't just walk into someone's office.
- Keep personal items off the table.
- Keep questions to a minimum in meetings.
- If you did the inviting, you pay.
- Reply to everyone on email when it's necessary.
- Remove people from email threads who don't need to be there.
- Limit your thank yous.

Along with business etiquette it's also important to follow the rules of basic etiquette, such as listen before speaking, being punctual, if you cannot avoid being late, call or text to let the host know. Avoid negativity and do not become involved in gossiping. Do not embarrass others, you may find a story humorous, but the other person may not. Always try to give compliments and pay attention to the person you are speaking with, by making eye contact. These are basic manners that you can follow in your everyday life. Hope this information is helpful Darren and best of luck in your new position.

Following the publication of my book *Dear Barb: Answers to Your Everyday Questions* I have been asked numerous times if I ever receive updates from the readers, here is one from the June 22, 2021 column - *POST PANDEMIC DIET*

Hi Barb, I just wanted to let you know that your advice was beneficial. It has been approximately 2 months since I began following your advice and I have lost 10 pounds. I began walking, but it was a slow start. I am now up to about 30 minutes most days. Also, on Monday mornings I cut up veggies for snacks, and I found an awesome recipe for low call dip at www.rachelcooks.com/dill-vegetable-dip-skinny/. I discovered that a lot of my problem, aside from being sedentary, was not being aware of how many times a day I grabbed a snack, and usually a sweet one. So, thank you for your help.

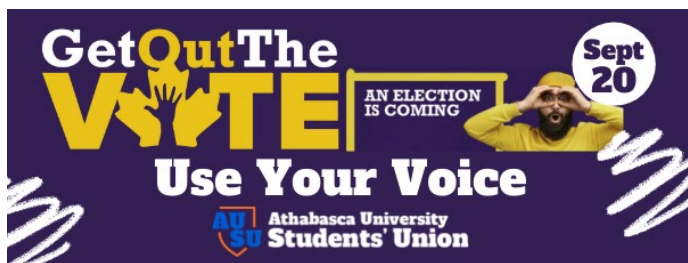
Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place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



Poet Maeve
Rugged Individualists

Wanda Waterman





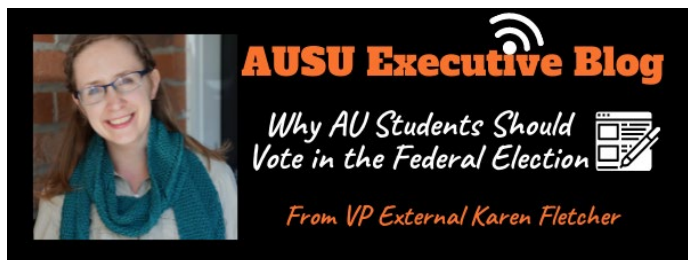
Federal Election Coming This Monday!

The Federal Election is September 20 and your vote matters! The AU student body vote brings weight to issues your President and Vice-President External discuss with Members of Parliament and government officials. By voting, you make it easier to advocate for lowering interest on loans, increasing bursaries, expanding job programs, and more!

Don't have ID? You can still vote! Simply declare your identity and address in writing and have someone vouch for you who knows you and is assigned to the same polling station. There are also other acceptable ID types aside from a driver's license including student cards, utility bills, and credit cards. For more info on acceptable ID and how to vote without ID, click [here](#).

So, find your voting location at [Elections Canada](#) and make your voice heard!

This is your last week to check out our election posts on social for more info and tips. Your engagement enters you into our [AMAZING CONTESTS!](#) We're giving away Apple AirPods, \$100 Amazon gift cards, and AUSU swag packs.



Discover why you should cast your vote in the federal election in the latest [AUSU Executive Blog](#). Your participation has a bigger impact than you may know!



AUSU teamed up with FYidocors to bring some great preferred partner savings on eyewear to our membership! [You can get up to 40% off!](#)

FYidocors has more than 280 locations across Canada and growing! They were founded by some of Canada's most reputable and respected optometrists who believe that patients should come before products, and that eye care should be their primary focus.



Jared Maltais and Christian Fotang from the Canadian Alliance of Student Associations (CASA) join AUSU to talk about the federal election on September 20, what it means for Athabasca University students, and how to make sure your vote counts. AUSU is running a Get Out The Vote campaign to encourage all students to cast their ballot this election and CASA is our key partner in making that campaign work.

[Listen Here](#)



[Homewood Health](#) offers a comprehensive wellness support program to meet your mental health and wellness needs. If you are struggling and need support, you can call Homewood Health's 24/7 support line.

CLASSIFIEDS

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

THE VOICE

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