



# THE VOICE

Vol 29 Issue 41 2021-10-15

## Council Connection

The Budget One

## Setting Up Shop

The Struggling Student Rants

## Online Shopping

When is it an Addiction?



**Plus:**

*How to Outline Your Thesis*  
*Reviewing WOLVES AMONG US*  
*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](http://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 Bits and Bobs

Karl Low



I finally managed to finish the AUSU Council Meeting Report for September, less than a week before the next Council Meeting. I'll warn you right now it's a large one because that's the meeting that AUSU Council approved it's brand new budget.

As always, I like to be able to give students a "short" (it's a relative term, okay?) rundown on what the major changes to the budget were this year from last, and there were a few. Especially when you consider that AUSU has closed its physical office space, added a new executive, joined a new lobbying organization, and more.

So that stretched it out some already. On top of that, however, the budget didn't just sail through nice and smooth like it sometimes does. For a Council that tends to work behind the scenes for most things, eventually coming to unanimous agreements once it comes time to vote, having a non-unanimous vote on something as significant as the budget was worth some reporting on its own. So that's in there too.

But that wasn't enough, no. This meeting, they also rescinded a position policy and then approved a newly updated position policy manual with various changes and some significant discussion on that as well.

All of which leads to this week's Council Connection being quite long, and me realizing more than ever that I need someone else to handle this for me. So, if you've got even a passing interest in politics, student politics, or, ideally, AUSU student politics, and you're looking to earn a little bit of extra cash in return for a couple of hours of your time each month, please get in touch with me at [karl@voicemagazine.org](mailto:karl@voicemagazine.org) and let me know.

Don't worry if you're terribly new at this, it's expected there'll be a bit of a learning curve and I'll be sure to be present to help out with your first several reports, as needed.

Also this week, we have a look at how online shopping can lead to shopping addiction, with a former student presenting her own experience. Plus, if the extra time or change in finances that COVID has granted you has you thinking about starting your own business, the Struggling Student Rants brings a helpful list of things you should be keeping in mind as you set out on your new venture in this socially distanced age.

And if you're getting close to the end of your courses and are thinking you might take that thesis course as your capstone, The Study Dude's Cookbook looks at some strategies that can help you outline your monster paper to keep yourself—and your professor—turning the pages.

All of this on top of our regular selection of music reviews, recipes, advice, scholarships, events, and reporting on what's making the buzz around AU.

But maybe you think there's something we've missed? Something that needs reporting on and you're not seeing it in these pages? Well guess what, we're always looking for new student writers to bring their unique voice to The Voice Magazine. So either make use of our handy-dandy "[Write for the Voice](#)" form, or just contact me directly at [voice@voicemagazine.org](mailto:voice@voicemagazine.org) with your idea. Even if you don't want to write it personally, I'd love to hear what you're looking for. Enjoy the read!

A stylized, handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the final letter.



## Council Connection

### The Budget One

Karl Low



On Thursday, September 20<sup>th</sup>, 2021, AUSU Council met at 6:30 pm for the first time since July. Councillor Jesse Poriz was absent with regrets and Councillor Regan Johnson arrived later in the evening.

The land acknowledgements, agenda, and minutes were quickly read through and approved, and Council moved on to the business of the evening. The first order of business was for the Councillor Oath-of-Office to be read by the newest member of Council, the appointed member from the new Indigenous Circle (IC). However, this motion was tabled as it was noted that the IC had not seen the oath and determined if it was an acceptable requirement for their appointee, and Council felt that, to be fully respectful to the group, it should put this particular item off until it had had time to be considered by the circle.

The next item on the agenda was the approval of the AUSU budget. In this budget AUSU is estimating revenues will be going up by 30,000 over the coming year with a corresponding increase in expenses. However, this expense increase is not simply all across the board, as expenses are expected to be reduced by almost 25,000 in operations which includes the savings on office space as AUSU has closed its permanent office and has rented a storage space for needed materials. This savings (of nearly 42,000) was offset by a significant increase in the salary and related expenses that come from AUSU increasing staffing to have a dedicated social media coordinator.

Expenses are also going down in the Member Engagement and Communications category, with over a \$19,000 reduction from the previous year. In particular, I noted that the amount being spent on career services was being cut almost in half, from 20,000 to 12,500. However, it turned out that this did not come from any scaling back of the career services that AUSU offers, but rather because the first year of AUSU's online resume service, V-mock, had significant setup fees to ensure the resumes are reflective of AUSU's unusual demographics, but those set up fees only need to be paid the first time. There were also some savings in this category as AUSU is reducing the amount they are spending on convocation, moving more to email communications as opposed to postal, and have certain expenses that only need to be paid on alternate years such as for email credits to publish their newsletter to all AUSU members.

The Awards category is seeing funding increasing by about \$5,000, making awards now worth 8% of AUSU's total budget, a slight increase from last year where it comprised 7%.

The largest increase in spending, however, came in the Governance and Leadership category, a direct result of AUSU expanding to have four executive council members, as well as additional committees such as the Indigenous Circle now operating. These changes lead to an increase of spending in the category of more than \$50,000.

Finally, the advocacy category of AUSU's budget saw a significant increase as AUSU has now joined the Council of Alberta University Students (CAUS) as well as the previous membership to CASA. This means an increase in the membership fees AUSU pays of \$16,500, with a corresponding increase in expenses to send delegates to the various meetings these groups hold.

The vote was called and passed, but not unanimously. Councillor Amber McDuffe voted against the budget making the final vote 10/1.

I contacted Amber after the meeting to ask why she voted against the Council, and she noted that she had concerns about the travel budgets increasing so much and felt the Executive team should "advocate for more virtual meetings with our provincial and federal counterparts, for starters."

"I also didn't agree with the spending on some services such as LinkedIn Learning and Vmock. The numbers are trending downward and there just isn't enough use for these services," she continued. "Our team is very passionate about what they do and the work they've put into these services but I just don't feel the student body as a whole is getting a lot out of it." She also noted that there are already similar things out there already available for free to students, such as Khan academy and coursera.org.

Finally, she pointed out that the budget contained a sum of money set aside for a research grant proposal at AU, but the details on the proposal itself had not been made available at that time.

I also contacted AUSU's Executive Director, Jodi Campbell for his comment on these items.

He noted that while the numbers for LinkedIn Learning were down in June and July, they did not see this as trending down, as AUSU tends to see lower use of services during the summer months. "Our annual stats are very positive, and since early 2020 (pre-pandemic) LinkedIn Learning has seen great engagement with students." He noted that over the past 12 months, AUSU has had 3,537 new unique students use the service, with nearly 5,200 subscriptions activated. "We have 6,922 available LinkedIn Learning Seats on our account available with 5,185 activated seats. Based on these numbers the usage is really solid and the Council is happy with it."

When it comes to VMock, AUSU's resume review service, he told me that AUSU is piloting the service until September 2022 "to ensure we give it a solid run and gather stats to help [Council] make their decision. We have just under 200 students who have used the VMock online resume review service to date." He also noted that during the coming year a push will be made both through AUSU and through AU's career counselling staff to let students know about the service and what its benefits for them are."

Acknowledging that uptake was slow in the beginning, he pointed out that it's been much better since mid-2021, and they're hoping to see the usage numbers trend upwards. "If they don't, at least we can say we gave it a solid try. Our survey data shows us that AU students were looking for this type of career support with their resumes."

Finally, when it came to the research proposal project, he explained that AUSU had received a proposal from AU Professor Dr. Tobias Wiggins, seeking support for a Trans Research Center at AU. The Executive Team is currently reviewing the proposal but felt it appropriate that Council approve an allocation of \$2,000 to potentially go to this proposal."

I also took the opportunity to ask Amber if she felt being the lone voice to vote against the budget might have repercussions or be cause for some resentment or strife on Council in the future, and she assured me that she didn't feel that would be the case, "The great thing about our team on council and on the committees is that we all come from diverse backgrounds and we all have very differing opinions on issues. While this might sound like it could cause a lot of conflict, it actually doesn't, and I don't feel my opposition to this will cause any problems further on. We all respect each others' views and opinions."

And that seemed to be the case in the meeting as after the vote, Council moved on to the Executive Workplan, the document that indicates what the executive team (and hence AUSU as a whole) intends to focus on over the year. It received unanimous approval without any significant discussion.

Council then moved to rescind the AUSU position policy 9.10, "Athabasca University's National Presence" which advocated AUSU joining an organization with a national presence, which AUSU accomplished when they joined the Canadian Alliance of Student Associations (CASA).

Personally, I tend to feel that AUSU should avoid removing position policies unless the position itself has changed. If the current goal has been met, then change the resolution to reflect that but leave the position policy in place as, if nothing else, a guide to future councils. In this case, a guide as to why continued membership in these outside organizations is important. The motion was passed unanimously.

The next motion, approving an updated copy of the remainder of the position policy manual, brought on much discussion. Councillor Amber McDuffe noted concerns about the course development policy, particularly on issues of Equity, Diversity, and Inclusion (EDI), and whether there should be timelines established in the position policy for how courses should be reviewed and updated.

Vice-President Finance and Administration (VPFA), Almigdad Eldoma, noted that EDI issues were covered in a later position policy, but took the question of timelines to Council to deliberate. General agreement came from the Councillors that a timeline might be a good thing to include but there was significant discussion about the details this would take.

Vice President External (VPEX), Karen Fletcher, noted that the timeline language should include "if necessary" because attempting to direct AU to change textbooks when the material hadn't changed would not be accepted by AU. She also, as talk moved to asking for a biannual update, noted that given the time it takes to update courses, there is simply no way that AU would ever agree to a two-year update cycle. "One of the things we don't want to happen is for them to close courses because the textbooks are too old. If they change the text, they have to change all the course material that goes with that textbook, so questions, page-number citations, ... if we said every five years, the senior administration might agree to it because it's feasible."

Councillor Cassandra MacKay brought up the point that if AU can't afford to provide the most recent textbook version, they should at least ensure updates are being brought into the study guides for people's courses.

Amber noted that when it comes to proposing things to AU, "the more ambiguous we are, the more they take advantage of it. The bio courses are old, for instance, and the textbook is no longer published yet we're still using it. You can't even get paper copies anymore but AU's still fine with using it."

Preseident Stacy Hutchings noted that this all seemed like something the executive should look into further, but the discussion was getting far into minute details at this point, while the motion was on general approval of the entire policy manual as a whole. She questioned if these desired changes were something that were required before people would feel comfortable voting for the proposed motion.

Councillors Leah Campbell, Regan Johnson, and Amber McDuffe all noted that they would like an action item added to the minutes and next agenda to further develop the course editing policy and provide more proposed direction to AU as to timelines and course revisions that AUSU would like to see.

With that, the vote was called and motion to approve the current policy manual was approved unanimously. An action item was also added to the minutes and next meeting agenda.

The final piece of new business on the agenda was the appointment to the Executive Compensation Review Committee. Three non-executive members, one being from the finance committee, are tasked with investigating executive compensation packages at other students' associations and universities and making a report with recommendations to Council as to changes to how the executives workload is distributed and how they are compensated for doing so, in line with the general practice of other organizations. Councillors Cassandra Mackay, Meredith Charlton and Leah Campbell were appointed to the committee.

With that council moved on to reports, which as this had been the first meeting since the one in early July, contained reports for both July and August. However, this still went very quickly as the current councillors tend not to add any details to or go over points of particular interest from their presented reports, instead trusting that fellow councillors have actually read them and will present any questions they might have.

At the acknowledgements section of the meeting, Councillor Cassandra Mackay wanted her fellow Awards Committee members acknowledged for their quick work in ensuring a rapid turn-around for awards applicants, VPEx Karen Fletcher took a moment to acknowledge AUSU's newest staff member, Samantha, who handles AUSU's social media and how she came in during such a busy period with the Get Out the Vote campaign for the federal election being in full swing. She also wanted to acknowledge staff member Duncan Wojtaszek for his behind the scenes help for various events and the Get Out the Vote campaign.

President Stacey Hutchings wanted to thank VPEx Karen Fletcher for the Get Out the Vote campaign, noting that even CASA acknowledged some of AUSU's actions during the campaign.

The meeting adjourned with the next meeting of Council scheduled for next week, on October 21, 2021. If you're interested in attending live, contact [governance@ausu.org](mailto:governance@ausu.org). AUSU Council welcomes observers and includes Q&A periods at the beginning and end of each meeting if you're curious about any details.

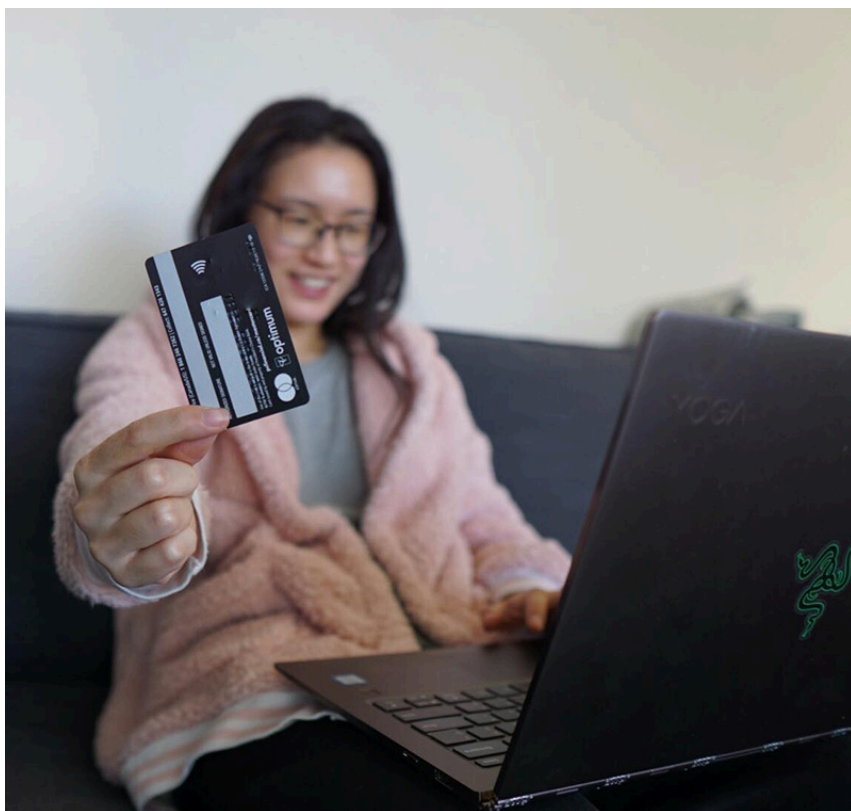
Also, if you're interested in AUSU Council Meetings at all, please contact me at [karl@voicemagazine.org](mailto:karl@voicemagazine.org), as we are currently looking for a council meeting reporter. This is a paid position that requires being able to come to the monthly meeting (typically on a Thursday at around 6:30pm for an hour or two), reading up ahead of time on what will happen, and writing a report (likely much shorter than this one, as budget meetings have a lot of detail) on what you heard while you were there.

*Karl graduated (with great distinction, he likes to add) back in 2012 and has been involved with AUSU for far too long. He's currently the managing editor of The Voice Magazine.*



## When is Online Shopping an Addiction?

Xine Xu



Since the dawn of online shopping with giants like eBay, we've loved the convenience of clicking a button in the comforts of our homes and receiving a package in the mail. My own interest in online shopping came early. Back then, eBay took about a month to ship my beloved international charging adapter that I nearly forgot I had ordered! Now with giants like Amazon, AliExpress, and more, the online shopping scene has narrowed down its shipping to even a day—something that would have sounded absurd in the early 2000s. With COVID, even more players have come into the scene with even more robust online shopping experiences than before.

For example, I recently purchased a pre-loved jumpsuit from Poshmark—a fashion, decor and beauty shopping

platform that enables shopping from other individuals just like me. Most items are pre-owned and those selling their item can post pictures of their item online for others to share, like, and purchase. Think of it as your Kijiji but with built-in shipping (at a price) and fashion-focused items. During the COVID pandemic, this site and many others have gained tremendous popularity with contactless shipping and satisfactory user experiences.

But the big question exists. How easy it is to place a purchase online, enter your credit card details and receive an item in the mail the next day or week, and what does that do? I think it's simply too easy, and I always refer back to psychology when looking at the entire shopping process. For example, the speed of the delivery matters because the behavior of purchasing an item online leads to the reward: obtaining the product in the mail. The faster this behavior-reward loop completes, the more likely this behavior is repeated in the future. Many of my peers also associate opening the boxes of new purchases to an immediate reward. The satisfaction of novelty is insatiable.

Moreover, unlike stores, inventories are constantly changing online. Marketing is constantly changing and becoming tailored to the individual (think of Facebook-sponsored ads for one). Because of the rapid evolving novelty that is the internet, our brains are wired to find new deals. I have to admit, shopping has become almost an



*My recent obsession with Shein and the shopping "hauls" that have taken over my closet.*

entertainment for myself and many others. For example, the International clothing giant, Shein, has had impressive growth during the pandemic due to its trendy styles and its versatility in transforming styles from the runway into affordable fashion pieces.

At the end of the day, it is incredibly easy to be lost in the endless online shopping platforms that exist today. Without physically reaching for the wallet, the saved online credit cards makes shopping online almost reflexive. Without taking the time to reflect on our behaviors, we could sink into crippling debt and financial uncertainty. Some tips for the avid shopper is to take a moment to slow down. Add items to your cart, but let it sit in your online cart for a day or two. After giving your cart a second look, do the same items still interest you or are they part of an impulsive buy? Only you have the answer.



*[Disclaimer: I am not affiliated with any of the company names associated and am speaking from my own experiences.]*

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

## The Struggling Student Rants Setting Up Shop, Part I

Angela Pappas



Nearly two years of this pandemic have come and gone and, despite what anyone says (expert or not), no one knows with certainty when this will eventually end.

What we do know is that everyone's finances have been affected—whether due to last year's mass layoffs, supply chain disruptions, or rising inflation rates—no one has been left out of this party! It would seem natural, then, that many people across the planet are now setting up their own side gigs or quitting their jobs to be their own boss. Sorry boss, it's not me, it's you.

While we can all acknowledge the fact that starting a new venture can be exciting, there are also multiple risks to keep in mind, so you don't end up groveling back to your manager. For all you list-lovers out there, here are some things to keep in mind:

**(1) E-Commerce and Social Media:** We all know that social media has exploded during the past decade. People that once refused to touch a computer are now glued to their phones—my mother included. The impact this has had on commerce can't be described within a few sentences, but if you're up to it, it would make a great thesis topic (you're welcome). One thing I will focus on is reputation risk. Social media is famous for its ability to make anyone famous overnight by going viral. This is great because it gives everyone hope that they, too, can one day become a rockstar, even if they are still living in their grandma's basement. On the flipside, anything and everything you do is being watched. Organizational reputations have been ruined within hours, sometimes with no return. But all this wouldn't affect your small, local side gig, would it? You bet your bottom it would! Before you start setting up shop and posting your wares you need to do a full, clean sweep. Everything must go! Those posts you posted on your personal social media pages 20 years ago may not be so appropriate now. They can, and will, affect your bottom line, so go in there and delete anything related to:

- ☐ Political rants.
- ☐ Opinion pieces, especially ones relating to diversity, equity, equality, humanitarian beliefs, and (as of late) the ongoing debate on vaccination mandates.
- ☐ Current event opinions and rants.
- ☐ Negative reviews and, in particular, those related to other local businesses.
- ☐ Inappropriate jokes. If it's a joke you wouldn't tell your grandmother, or your boss, delete it.

**(2) Regulations and Laws:** Regulations and laws help standardize commerce, both on the national and provincial level; they are there for a reason, even if we don't necessarily like them. Things to keep in mind include:

- ☐ Sole proprietorship versus incorporation
- ☐ Permits and licenses
- ☐ Industry-related requirements



- Federal and provincial tax requirements
- Target market(s).
  - Will you cater directly to the final consumer, or go after businesses?
  - Will you go after the entire market (mass marketing), or a select few (niche marketing)?
  - At the end of the day, who will want to buy your product or service and why?
- Competitors—what will the neighbours think? E-commerce has increased rivalry because firms and individuals now have access to markets they never even dreamt of. Buyers are now able to buy the same exact product or service you are selling from anyone around the world. Hooray for shopping choices, but it goes without saying that the next guy will try to undercut you or, perhaps even sabotage you with things like rating bombs. The moral of the story: watch your back and play nice.

**(3) Supply Chain:** If your business has anything to do with goods, or services which require parts or materials, you have to keep in mind not only the recent supply chain disruptions but also the fact that the Internet has distorted delivery expectations and patience for everyone. Instant gratification is now the norm; gone are the days when we would order something from the Sears catalogue and wait weeks for the mail carrier to arrive. Thank you Amazon Prime—you've ruined it for businesses across the globe! The moral of the story, give your customers realistic expectations on delivery times and be prepared to calm down any angry ones who think that you control Canada Post.

**(4) Going online:** Finally, long gone are the days where you could open a lemonade stand at the end of your driveway and wait for the dough to start rolling in. If you're not online, are you anywhere at all? Not only do you need to be actively present on multiple social media channels, but you should also, at the very least, have an online website. Thankfully, with businesses like Shopify and Wix, setting up a website is not as difficult as it used to be. There are still, however, some things you need to make decisions on:

- Cataloguing system. The complexity of your catalogue will depend on your product line (i.e., what you're selling). By product, I am referring to both goods and services.
  - How will you set your catalogue up?
  - Will you have photos?
  - Will you have detailed descriptions?
  - Will you list prices or ask potential consumers to contact you?
  - Some online shops even go so far as to place each of their products or services on separate webpages.
- Payment processing. What types of payment will you accept?
  - Typical payment methods include debit card and credit card. More and more businesses, however, are now accepting PayPal and bitcoin.
  - If you have a physical location, consider payment options like Apple Pay and e-transfers, as well.
  - If you plan to go international, keep in mind that many non-developed countries typically pay through COD (cash-on-delivery). If you decide to forgo this method, you may be missing out on a very large market willing to hand over their cash.

While all this may seem overwhelming, fear not—there is so much more to stress out about! This is not an attempt, by any means, to scare you from realizing your dreams. It is, however, an attempt to help you get started on the right foot.

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



## Staying Centered

Marie Well



It's important to reframe outcomes to stay centered. In other words, it's vital to always keep a positive mind, no matter what occurs.

By controlling your thoughts for pure happiness, you develop your ability to focus. Every student wants focus. But controlling the mind takes work—all good things do.

Everyone gets bombarded everyday by both negative and positive thoughts, mostly random. It's human nature. To control your mind, focus exclusively on positive thoughts. It's like shopping. You don't go into every store you see—only the good ones.

If you are about to eat a meal and you see a few burnt peas, don't concentrate on those burnt peas. Instead, simply enjoy the meal.

If your home burnt down, what would be the better outcome: crying and complaining, or setting out to build a new home? The builder isn't happy about the outcome, but he or she simply treats the event as

neutral and works toward the solution: rebuilding. It's best to focus on the process, not the perceived pain. We only have so much energy to invest, so invest it in the process, not the pain.

Personal or professional issues are no different. Focus on giving your tasks the best you've got.

Similarly, if a bad outcome happens, such as a low grade or conflict at work, don't let it crush you. And don't see yourself as a failure. Treat the outcome as a neutral event. Find strategies to prevent it from happening again.

Who would you rather be: the person who has an easy-going smile no matter what happens or the person whose worry, fear, or anger prevails? We all have the ability to stay upbeat and calm in any situation.

You can either be a victim or a victor, not both. The more we see ourselves as victims, the more we default to that mindset. If instead we strategize our way to victory, we'll grow.

Don't involve the emotions. Instead, go to one's higher self, which is free from all emotion but love and happiness. Learn to celebrate every event for the lesson it brings. Or simply detach. Make the positive a new habit you form.

Don't get angry, fearful, or self-doubting, but instead think of something pleasant. There are always a million positive things to think about. Even reframing an antagonist as friend can be helpful. But be able to take the scissors and snip away the emotional umbilical cord and just let love reign. See negative emotions as a lower level. You'll never solve problems with negative emotions. You have to go to a higher level to solve your problems.

When we are consumed by negative emotions, we are in fight or flight mode, which hinders our ability to make rational decisions. When in that mode, the body releases the stress hormone cortisol. Cortisol can lead to memory problems, anxiety, and depression. So don't ever beat

yourself up. Find strategies to build up your world instead. Interpret bad events in a positive light or simply let them go. We can change our thoughts instantly. We can also change our emotions instantly, too, if we focus on a higher state such as love and happiness.

Here is a list of coping strategies for training our mind to think purely positive:

Think of the opposite of the negative emotion. In other words, think of the positive. Or think of an unrelated object or event that brings you happiness. Or do the opposite of a negative, such as letting out laughter instead of crying. Or imagine yourself as pure spirit, not physical matter, and let the negative flow through and past you. Or think of yourself as living in a higher realm, where you are never plagued with worry, but always consumed with curiosity and joy.

But do detach from the negative because it isn't yours. No negative belongs to you, even if it is directed at you. The negative can always be reframed. So don't own the negatives. After all, the negative is there to make you better, to help you rise above with higher states and happier emotions. Simply focus on happiness and unconditional love in your thoughts. Own those states of mind instead.

Once you get hit with some negative, journal how you reframed it and ultimately let it go. What positive thought or action allowed you to maintain happiness? Write down that positive thought or action as a strategy to adopt.

Each positive thought forms a habit.

## Student Sizzle — AU's Hot Social Media Topics

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

#### **AthaU Facebook Group**

**Depends on what you're studying for.** Responses to a student's question about course study guides clarifies they are meant to lead you in your studies for the course, not to be used as exclusive exam-prep materials.

#### **Discord**

**TutorialU.** In response to a student query in the #general channel about what to expect during a ProctorU exam, another student outlines the step-by-step process, along with advice for avoiding issues.

#### **Twitter**

**@austudentsunion** tweets: "After a successful Pride Month in June, AUSU has decided to do it again! We are thrilled to announce that we will be hosting our first October Pride Week from Oct 25-29, 2021. Read more about it in our Executive Blog here <https://bit.ly/2Yr9Cvt> #Ausu #pride #igo2au."

#### **Youtube**

**Meet the Pres.** A short speech by AU's incoming president, Prof Peter Scott, Welcome Peter Scott, 10th President of Athabasca University.



## Music Review—Hollow Gloom

Jessica Young



**Artist:** WOLVES AMONG US

**Album:** *Hollow Gloom*

Metalcore quintet, WOLVES AMONG US, is releasing their second album, *Hollow Gloom*, on November 19<sup>th</sup>, 2021, through Prime Collective.

WOLVES AMONG US hails from Aalborg, Denmark, and are positively known and recognized for their ability to combine the heavy with the pop-ish. “The coming album is a musical depiction of the various struggles we face in life. Personal, societal, and mental struggles are the main themes on this record. Despite the apparent desperation in the songs, the underlying theme is one of hope,” muses vocalist Jimmy Bertelsen.

*Hollow Gloom* consists of eleven tracks: “Shikari”, “Haunted”, “We Are, Reviled”, “Calamity”,

“Chimera”, “Dejection”, “Animals”, “Destroyer of Worlds”, “Trapped In I”, and “Fragile”. Two of the songs, “Calamity” and “Chimera”, have been released as singles. A [music video](#) for “Calamity” and an [official lyric video](#) for “Chimera” are available on Youtube.

WOLVES AMONG US reminds me of Bullet For My Valentine. Some of the songs, specifically “Trapped In I,” give me Linkin Park vibes. While their sound is a little heavy for me—very loud, intense, with lots of screaming—I can appreciate extremely talented musicians when I hear them. The technicality of the instrumentals is astounding, and the lead singer has a melodic, haunting voice (when he’s singing and not screaming, that is).

The lyrics are the cherry on top. As I usually find with heavy metal music, the lyrics are heartbreaking, soul-bearing, raw, and poetic. I could definitely see myself blasting any *Hollow Gloom* song after a break-up or a bad day. Two of my favourites are the track “Haunted” and “Chimera”.

From my perspective, “Haunted” is about the pain of feeling like no one understands you, with lyrics like “see me now, see me now, tell me where do I fit in?”. While “Chimera”, one of the tracks the band has released as a single, is about someone you loved completely destroying you—“My world was set ablaze, and the fire was raging, I was trapped in a haze, her flames were consuming, my world has burned, now everything is dust, my soul has turned to ashes”.

Although not an actual music video, the official lyric video for “Chimera” is artistic in its own right, very clearly reflecting the image of WOLVES AMONG US. The video for “Chimera” features flashes of a beautiful woman turning more and more grotesque and creepy as the song goes on. The music video for “Calamity” is simple yet very visually appealing. The video features quick-succession shots of the band playing in what looks to be an old church or abandoned building. Personally, I like when artists don’t try too hard, stick to what they’re obviously comfortable with, and let the listener focus on the music.

Overall, I really, really like *Hollow Gloom*.

Check out WOLVES AMONG US on [Instagram](#), [Facebook](#), and [Spotify](#).

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



## Homemade is Better

### Sweet Potato Fries

**Chef Corey**



We were making burgers the other day, and my wife bought sweet potatoes in hopes that we could use them for something. I recalled that one needs corn starch to make them crispy, so we thought we'd experiment and see what happens. This recipe is sort of based on Japanese Tempura. I've seen corn starch, flour, eggs, and seltzer or carbonated drink in a few recipes that I've come across. Since I wasn't after the dredged look of the Tempura, I thought I would remove the egg and flour and concentrate on using corn starch and the carbonated water.

We also have a deep fryer, one of our seldomly used kitchen gadgets, but it is a multitasker! I keep my oil in a container with a lid on it and watch it for signs that it's done its job. Then when I'm done with it, I dispose of it at the local eco station, OR I ask a local restaurant if I may dump it in their grease bin. I recommend the eco station; it is less intrusive. Never fear if you don't own a deep fryer; you can still make excellent tasting yam fries using a good old pot and some oil.

Keep a separate glass container that is cleaned and dry to put the spent oil in; just because the oil is dark doesn't mean it's no good. There are a couple of signs that tell you the oil is spent. The first sign is smoking. If the oil starts to give off smoke, don't use it after that fry. Another sign is an off smell. If the oil smells bad, you can be done with it. I would also suggest that after three months of home frying, it's probably ok to get rid of it. If you aren't using it that much, then wait until it is very dark. I've had mine a little too long at this point and need to start fresh again. If you treat your oil right, it will repay in deliciously fried food!

I'm willing to bet, as well, that when you read sweet potato, you thought yam. You'd be wrong! While yam and sweet potato are often interchanged, they are, in fact, different root vegetables. The sweet potato is related more to the common potato (if there is such a thing), while the yam is its own species of root tuber. In North America, we interchange them because the sweet potato can have the appearance of a yam and vice versa. I expect that many people think yams are actually a sweet potato and that many of us have likely not had a true yam.

If you've had sweet potato fries in the past, you've likely enjoyed them with spicy mayo or curry mayo. You've also likely only had them at a restaurant—at least the ones that were the best tasting. And I'm sure you've thought, why are my sweet potato fries always soggy when I make them at home. We have no fear; here is a recipe that will help you have great sweet potato at home, any time you want!



### Sweet Potato Fries

#### Ingredients:

4-5 small sweet potatoes (or 1 large if that's all you can get)

½ cup corn starch

¼ – ½ cup club soda

Pinch of kosher salt





### Directions:

- Peel your sweet potatoes and cut them into French fries.
- Soak them in cold water for 20 minutes.
- Set your frying oil to 400C
- Mix the corn starch and club soda, adding more club soda as needed to dissolve the starch.
- Drain, and dry the sweet potatoes.
- Once your frier is ready, dip a clump of the fries into the mixture, and then carefully place them into the oil. Watch for them to clump; if you have chopsticks or a deep fryer, try to separate the fries.
- Fry for 3-4 minutes or until they are crispy enough to

your liking.

- Evacuate the fries into a paper towel-lined bowl to soak up any excess grease.
- Remove the cloth, season with some salt, toss and taste.
- Repeat steps 6 – 9 as needed, and if you need to make more corn starch solution, then do so.

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



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** 10 Words or Less Scholarship

**Sponsored by:** StudentScholarships.org

**Deadline:** Nov 30, 2021

**Potential payout:** \$500

**Eligibility restriction:** Applicants must be students between the ages of 14-25, who will be attending school in the Fall of 2022.

**What's required:** Comment on any of the sponsor's Facebook posts about why you deserve the scholarship, using ten words or fewer.

**Tips:** Remember to "like" the [StudentScholarships.org](https://www.studentscholarships.org) Facebook page.

**Where to get info:** [studentscholarships.org/easy.php](https://www.studentscholarships.org/easy.php)



## AU-thentic Events Upcoming AU Related Events

### Make it Happen YEG Student Innovation Day

Sat, Oct 16, 8:00 am to 4:30 pm MDT  
Online

Hosted by AU and Post-Secondary Innovation Partners in Edmonton  
[news.athabascau.ca/events/make-it-happen-yeg-student-innovation-day/](https://news.athabascau.ca/events/make-it-happen-yeg-student-innovation-day/)  
RSVP through above link

### Cultivating ease in academia with Dr Melissa Jay: Cultivating compassion to support success

Wed, Oct 20, 3:00 to 4:00 pm MDT  
Online via MS Teams

Hosted by AU Accessibility Services  
[news.athabascau.ca/events/cultivating-ease-in-academia-with-dr-melissa-jay-compassion-support-success/](https://news.athabascau.ca/events/cultivating-ease-in-academia-with-dr-melissa-jay-compassion-support-success/)  
Access through above link

*All events are free unless otherwise noted.*

## Fly on the Wall Mollify Our Minds?



Jason Sullivan

### Re-Examining Discourse as Automatically a Useful Augmentation to Academic Life

Class discussions express as much about participant egos as they do about the topic at hand. Professors aren't immune from becoming over-zealous about their pet topics and students, well, even the best of us can be carried away in flights of fancy as we expound our points of view. But where loquacity lets off real thinking begins. AU allows our minds to thrive in ways that aren't under perpetual cross-examination by our peers, and this may be a benefit to our learning, especially if we are of an introvert bent.

Consider the simplest of questions: what do we really think about a topic? To be sure, we *could* adopt one of many stances on an issue of the day

or with regard to a key foundational aspect of our academic discipline. Yet, in the end, we can only try out perspectives with the honest knowledge that, in the future, we may feel different about it. Values and beliefs can *feel* like they are for keeps, but the times and the time of our life as we age means that change is as inevitable as the wind. The act of taking a perspective, espousing a point of view, or exploring a narrative, invokes a certain set of rules of discourse and interaction. Like a board game that gobbles up countless hours as players lose themselves in the minutiae of rules and strategics, tactics and tit-for-tat, the sheer act of discourse can transcend the pedagogical purpose of education. We're not students to talk so much as to listen.

### Hearing and Being; Seeing Within Our Ideas

A Moncton, New Brunswick musician named Rick White once sang that “everyone wants everyone to listen. But everyone hears only themselves” (White, online). School is one of many forums, online and otherwise, where the medium of debate can override the joy of sharing ideas respectfully. Timeless though discussions may appear to be, there also exists a parallel realm of silent meditation. We may not literally be like Rene Descartes sitting with a candle and pondering his cogito, but it never hurts to quietly consider where we are at in our studies. A Hindu guru named Maharaj claimed that “salvation is to see things as they already are...your hope lies in keeping silent in your mind and quiet in your heart” (Maharaj, online). Other highlights of this point of view, far from immurement away from so-called stimulating conversations, include “knowledge can come by constant meditation”, “you are knowledge, you are what you are seeking”, “you do not come from somewhere, you do not go anywhere”, “the greatest guru is one's inner self” (Maharaj, online).

Eat your heart out, individualized study students! But there's more to the idea that our inner steam mill of a mind can on its own propel us to scholastic success. Even when we do express our learnings to peers and tutors and fellow students, we are always-already engaging in more than simply an expression of meaning. Behind every vernacular or lingo lies a hidden phrasebook of implicit meanings. The assumption that speech must be relevant to a particular topic at hand already rules out many comments that might break new ground, epistemological or otherwise. Consider this excerpt from a succinct description of Speech Act Theory:

*“conversational maxims.* These are the conventions stating that one usually says things which are not only true, but relevant, substantiated etc. (And these rules are, according to Grice, part and parcel of human rationality just as the rules of logic are.) These rules facilitate that saying something can effect conveying something else: if I ask “Where can I get some petrol here?” and get the answer “There is a garage around the corner”, I assume that the answer is relevant to the question and infer that the message is that the garage sells petrol. The pieces of information a participant of conversation infers like this were called by Grice *conversation implicatures.*” (Peregrin, online).

An answer to the question about where to fuel up could easily be: why don't you walk? Or: why go shopping in the first place? Such snide remarks might not win us new friends but they are certainly possible as discursive rejoinders; in fact, class discussions are much like everyday social life. Rife with assumptions and biases, discourse may tend to simply uphold groupthink norms and cultural biases of the times. To really think ourselves free of the bondage of normality is, at least in terms of creative expression of our learning, perhaps best done in the relative isolation of our own minds. At the least, some balance between talking and thinking is required. Expressing ourself to others is crucial to really showing that our studies are worthwhile, but that doesn't mean we are missing out by not being part of a chattering class discussion every time we learn something.

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

## The Study Dude The Cookbook Continues

Marie Well

### Writing a Thesis Statement And Outline



You've been assigned your first paper, and it's 10,000 words. Your prof stressed that the thesis statement is critical for your success and that your paper structure needs to be sound. And she wants you to include your outline. But you don't even know how to write a thesis statement. What do you do?

Over the last three weeks, I showed you how to read a textbook, take notes, and memorize a book, but this week let's focus on how to write your thesis statement and generate an outline.

For this recipe, you need an outline generator (provided at the end of this article), a topic to research, lots of research already underway, Microsoft Word or loose-leaf paper on which to generate your outline, and a pen if needed. And you'll need to activate your left-brain for some structural fun.



Please bear in mind you'll need to have researched your essay topic in depth prior to creating a full outline. You'll have needed to isolate key themes, find citations, and gain a general idea for the structure. But your structure may be rough and incomplete, which is why you'll want to iron out a great outline at this stage. I covered how to research an essay in a prior article.

But back to writing a thesis statement.

A thesis statement typically has one main idea supported by three key elements. If you have a topic assigned in the form of a question, then turn that question into a thesis statement.

First, take the question the assignment asks. Restate it as a statement with three supporting elements, while ensuring you are taking a position that you can support via citations from your research. For instance, a question asks, "What is the main point of contention within the article by William Beatrice? Support your position." In response, you could say, "The main point of contention within the article by William Beatrice is that the metaphysical is absent in academia, which leads to a missing variable vital for accurately assessing psychological states. Beatrice states that this inaccuracy in assessing psychological states is due to three reasons: the absence of the metaphysical limits the role of unconditional love, it assumes what can't be seen is non-impactful, and it overemphasizes selfish human survival instincts."

You then need three elements to support your view. Theses rely on threes. Three is a pleasant number, even in still life art, which often features three pieces of fruit or whatnot. But you don't have to worry about being confined with just three topics with which to write a 10,000 word essay. You can always make your three elements very broad and then break each element up into sub-elements.

A great strategy I learned for creating a complicated outline for a thesis statement involved making the three elements very general, but then breaking each element down into complex outline structures.

The structure for your outlines for each of your thesis statements need not be parallel. For instance, you could have each of your three elements broken down as follows:

1. Thesis statement
  - Element one (restated as a thesis statement)
    - i. Sub-element one (restated as a thesis statement)
      1. Sub-sub-element one
      2. Sub-sub-element two
      3. Sub-sub-element three
    - ii. Sub-element two
    - iii. Sub-element three
  - Element two
  - Element three (restated as a thesis statement)
    - i. Sub-element one
    - ii. Sub-element two
    - iii. Sub-element three
    - iv. Sub-element four (restated as a thesis statement)
      1. Sub-sub-element one
      2. Sub-sub-element two (restated as a thesis statement)
        - a. Sub-sub-sub-element one
        - b. Sub-sub-sub-element two



### c. Sub-sub-sub-element three

The Idea behind showing you the above outline is to demonstrate that outline structures need not be parallel nor just a long paragraph per element.

But you do want parallelism with how you introduce each element or each sub-element and so forth. The parallelism will ask as a guidepost for your reader.

For instance, say you have three elements, the first and third ones containing multiple sub-elements, and, in the third one, even sub-sub-elements. What do you do?

First, here is what the structure might look like:

1. Thesis
  - a. Element one: The metaphysical element is largely ignored in academia.
    - i. Sub-element one: minimize role of emotions
    - ii. Sub-element two: prioritize love over mind as essence
    - iii. Sub-element three: provide framework for selflessness.
  - b. Element two: the metaphysical substance called unconditional love is undergoing a revival in marriage counseling, but is external to academia
  - c. Element three: The metaphysical substance called unconditional love has been briefly touched upon by five psychiatrists, although each with key deviations from the movement reviving unconditional love
    - i. Psychiatrist one
      1. Key deviations one
      2. Key deviations two
      3. Key deviations three
    - ii. Psychiatrist two
      1. Key deviation one
      2. Key deviations two
      3. Key deviations three
    - iii. Psychiatrist three
      1. Key deviations one
      2. Key deviations two
      3. Key deviations three
    - iv. Psychiatrist four
      1. Key deviation one
      2. Key deviation two
      3. Key deviation three
      4. Key deviation four
    - v. Psychiatrist five
      1. Key deviation one
      2. Key deviation two

You could say, for the first element which has three sub-elements: “The metaphysical substance called unconditional love is largely ignored in academia, and needs to be addressed to achieve three things: (1) minimize the role of emotions, (2) prioritize love over mind as the essence of the being, and (3) provide a framework for selflessness.” (This sounds like a thesis statement, doesn’t it? In a way, it is, it’s like a mini-thesis statement.)

For the second element, which has no sub-elements, you could say, “The metaphysical substance called unconditional love is undergoing a revival in the realm of marriage counseling, although this movement is external to academia.” And then provide your supporting evidence of course.

For the third element, which has sub-elements and sub-sub-elements, you could say, “The metaphysical substance called unconditional love has been briefly touched upon by five psychiatrists, with significant deviations from the present revival happening external to academia. These five psychologists are [fill in] and their key respective deviations are important to examine.” Then, you’d list the five psychologists as sub-elements and each of their key deviations as sub-sub-elements.

The purpose of the above description is to help you see how to create parallel introductions for each element (I.e., they all start with “The metaphysical substance called unconditional love”). Typically, you want to vary the introductions somewhat, but since this outline structure is more complex, I chose to introduce each element with similar wording. The purpose of the above description is also to help you create a mini thesis statement for each element or sub-element or sub-sub-element, where applicable. The purpose is to also show you how to create complex outline structures.

Also, it should be noted that you don’t need just three elements in your thesis statement. You can also have four, five, even two, or some other number greater than one. Just remember that three is the most pleasing, so strive for three whenever you can. And avoid two if possible, as it makes for an impression of a weaker argument.

Lastly, there is a thesis generator that also generates an outline. It can be accessed at [writingcenter.uagc.edu/thesis-generator](http://writingcenter.uagc.edu/thesis-generator). While the outline generator is fairly basic, it does give insight on how to structure a paper based on an outline.

So, there you have a recipe for generating thesis statements and their outlines. It gets easier to generate outlines the more you do it. And should you ever need to hand in your outline, you’ll have a surefire high grade.

This all may seem basic for our more seasoned academics, but when I first realized the above during a communications studies lecture, it was revelatory to me. Recipes can be repeated and refined, but the best are shared.



## ***Unearthing classic articles from previous issues of The Voice Magazine***

You'd be forgiven for thinking that Global Handwashing Day, which occurs each October 15, is a new thing, but it began back in 2008. Our prescient writers have been on the topic since before then.

**Remember when SARS was stunning the world?** Zil-E-Huma Lodhi summarizes what is known about a new virus spreading around the world in early 2003. "It is unusual for a coronavirus to cause anything more serious than a cold,

but the SARS virus has somehow mutated into a deadly infectious agent." Severe Acute Respiratory Syndrome (SARS), April 30, 2003.

**They should call it handwashing.** Columnist Hazel Anaka finds that there are a number of tasks that require two hands. "Using a hair dryer and brush or hooking up a bra was impossible." From Where I Sit – Five Simple Mistakes, July 8, 2011.



Dear  
Barb

Barbara Godin

## Over Shared

*Dear Barb:*

*I recently began working in a medical office. It is not a large office; 10 women and two men work here. When I started, I really liked the people and the atmosphere, however things have changed. I felt so comfortable that I shared a lot of personal details with some of the girls, but now I'm regretting that decision. At the time I was going through a messy divorce and needed someone to share with and I thought these were people I could trust, but I guess not. It seems the few people I did share my situation with have told others in the office and even my boss. I didn't want everyone to know that my ex was abusive. People seem to be sympathetic, but I don't want sympathy, I just want this part of my life to be behind me, but it doesn't seem that I can do that now. I almost feel like I need to find another job. Did I make a bad decision or are most offices like this? I have been out of the work world for a few years and possibly things have changed a lot. Should I just move on and consider this a lesson learned? Thanks Gillian.*

Hi Gillian:

The world has changed with the introduction of social media. People are comfortable sharing much more information than they were in the past. It is best to pick and choose what you share in the workplace and on social media. Everyone is not always sympathetic to your situation and you might not like what is done with what you share. If you want to put this part

of your life behind you, then it's best to not openly discuss it. Having boundaries is important. Choose to share with close personal friends rather than coworkers. At times these lines get blurred as coworkers can become close personal friends, at that time you may choose to share more information with them, but do so only when you know that person will respect your privacy. Even if everyone else in the office shares personal information, you are not required to.

Before sharing personal information ask yourself the following questions, which were reported in a New York Times article about sharing too much information in the work place.

- *Who's listening to me (a boss, a client, a colleague or a friend)?*
- *Why am I sharing this? What's the point?*
- *In this situation, would less be better?*
- *Have I left my emotional baggage outside the door?*
- *Does what I am sharing benefit my career or the quality of my work relationships?*

I believe you will be able to put this situation behind you and move forward. Best of luck Gillian, hope I was helpful.

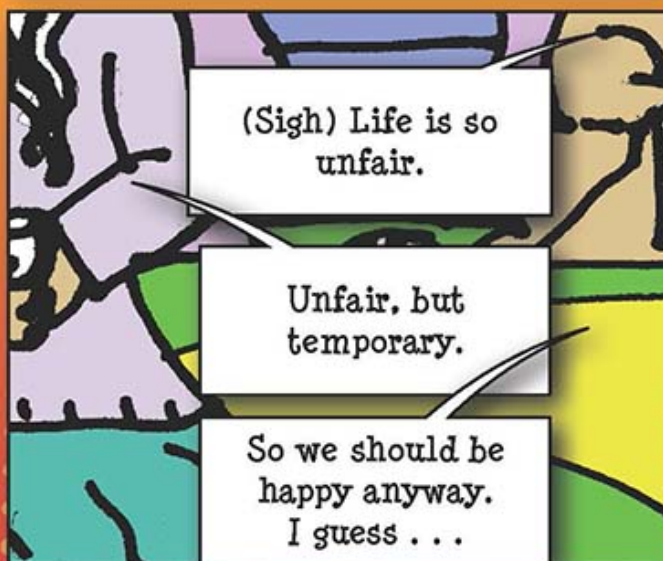
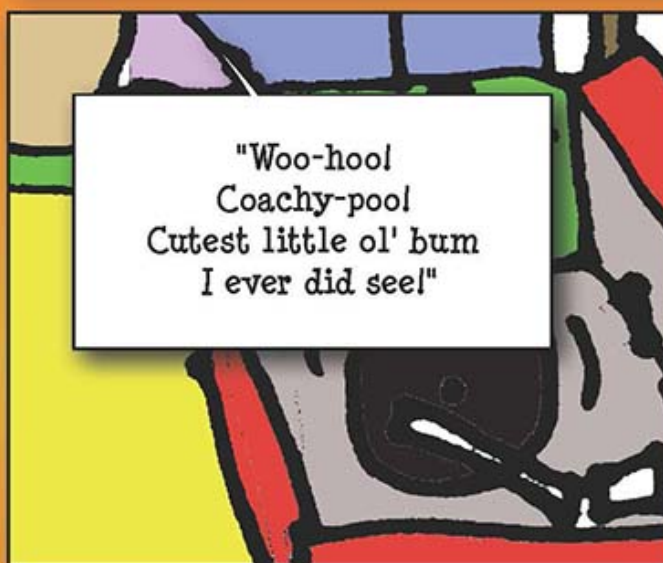
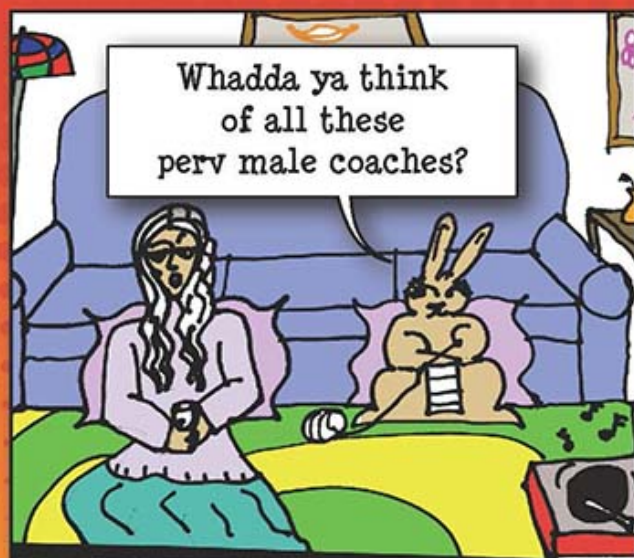
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Poet Maeve  
Harassing the Harassers

Wanda Waterman







Our fall annual [Awards and Bursaries](#) have doubled!! This means **twice the awards** available in the following categories:

<a href="#">Academic Achievement</a>	\$1,000 ea. (6)
<a href="#">AUSU Bursaries</a>	\$1,000 ea. (10)
<a href="#">Balanced Student Awards</a>	\$1,000 ea. (8)
<a href="#">#lgo2AU Award</a>	\$1,000 ea. (4)
<a href="#">New Student Bursaries</a>	\$500 ea. (8)
<a href="#">Returning Student Awards</a>	\$1,000 ea. (8)
<a href="#">Student Volunteer Awards</a>	\$1,000 ea. (6)

Accessible to all AUSU members currently taking AU undergraduate courses, qualified students - apply now!



From October 25-29, AUSU celebrates October Pride Week! We have fantastic events lined up, including Facebook Live streams of a [keynote address on October 25](#) by author [Joshua Whitehead](#) and a [presentation on October 29](#) by AU Faculty member [Dr Tobias Wiggins](#).



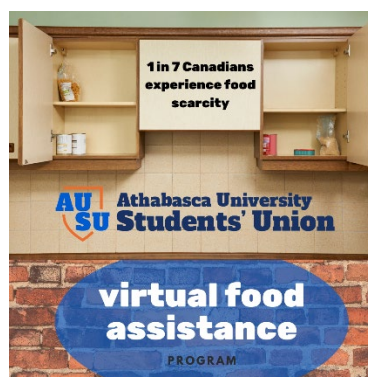
Also, look for a Pride-themed takeover of [AUSUnights](#), 2SLGBTQIA+ community highlights, a Pride AUSU Open Mic Podcast, fantastic contests, and more!



To get things started, check out the [Pride Executive Blog](#) from your VP Community & Wellness Natalia Iwanek where she discusses Pride: past, present, and future.



October 16 is [World Food Day](#), a United Nations observance which generates awareness globally for those suffering from hunger to ensure food security and nutrition for all. Food is a fundamental human right.



The theme for World Food Day 2021 is "[Our actions are our future.](#)"

If you are an AU student experiencing food scarcity, apply for assistance from our Virtual Food Assistance Program. Visit [ausu.org](https://ausu.org) for details.

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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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