



THE VOICE

Vol 29 Issue 44 2021-11-05

Minds We Meet

Interviewing Students Like You

Setting Up Shop, Part III

What are you Selling?

Local Shout Out

Student Recommended Local Shops

Plus:

Literary Landscapes

Five Keto Snack Ideas

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: *Michelle Jeanveau* 4

Articles

Editorial: *Facing a Dilemma* 3

Eleven Ways to Flourish at Remote Work 11

Five Keto Snack Ideas 15

Columns

The Struggling Student Rants: *Setting Up Shop, Part III*..... 7

Local Shout Out: *Calgary & Area, Part III*..... 9

Course Exam: *HIST 331*..... 12

Beyond Literary Landscapes: *18th & 19th Century Russian Lit.*..... 14

Fly on the Wall: *Classy and Wise*..... 17

Music Review: *Snakes and Ladders*..... 19

The Study Dude: *More Style Guide Standards*..... 20

Homemade is Better: *French Fries* 22

Dear Barb: *Relation Anxiety*..... 24

News and Events

AU-Thentic Events 5

Vintage Voice..... 6

Scholarship of the Week..... 18

Student Sizzle 23

AUSU Updates 26

Comics

Poet Maeve: *Tinder Trials* 25

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Barbara
Lehtiniemi, Angela Pappas,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

The Voice is published
almost every Friday in
HTML and PDF format.

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 29, Issue 44

© 2021 by The Voice
Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

Hey! Did you know the Voice Magazine has a [Facebook page](#)?

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

Editorial

Facing a Dilemma

Karl Low



I have a bit of a dilemma. You see, AUSU has released the 2021 edition of its annual student survey. It's a survey that basically seeks out the opinions of AUSU members and others as to what services they do that are valued, as well as seeking ideas for what else they can do that members would like to see happen.

The survey comes with a total of over \$2,500 in prizes in the form of gift cards (Amazon or the AU Store) or free ProctorU Exams, so if you're an AUSU member, it's well worth the time to take the survey.

However, you don't need to put in a student number if you're not interested in winning the prizes, and hence comes my dilemma. Not needing a student number means I can encourage all current readers of *The Voice Magazine* (that'd be you) to be sure to fill in the survey so that AUSU Council knows that this magazine is important to you.

The flip-side, of course, is that the more important Council feels the magazine is, the more attention they're going to pay to it, and sometimes flying under the radar can be a good thing. After all, part of what made *The Late Late Show*

with Craig Ferguson amazing is that CBS wasn't too concerned with whatever Craig was up to (at least, according to him). (The other part was Craig Ferguson. If you haven't ever seen the show, and you enjoy seeing real interviews with celebrities, you could do much worse than to hunt down clips from it on YouTube.)

On the whole, however, I think it's probably better if AUSU knows just how much you value the Voice and the opportunity it provides students (even if you've never taken advantage of it yourself. And if you haven't, why not?) to share their ideas, themselves, and earn a little extra on the side.

And to that end, I have to thank Michelle Jeanveau for taking the time to share a bit of herself as our featured interview in this week's Minds We Meet column. Find out about her quest to become a writer of books and materials for educating young children, and where AU has fit on that journey.

Also this week, we bring back the Course Exams, starting with a look at History 331, the social history of Canada. In fact, returning articles is almost a theme of this issue, because we also have the latest installment of the Setting Up Shop series to help you if you've decided to make the move to entrepreneur, and another Local Shout Out with a look at more local businesses in the Calgary area.

I should point out that I'd love to see a Local Shout Out article from your city or town, so if there are a few (or even just one) local businesses in your area you think deserve some love, by all means get in touch with me at voice@voicemagazine.org. I'd love to hear from you.

Of course we also have a selection of advice, news, reviews, scholarships, events and more on top of all that.

So, go do the survey. Then come back here and enjoy the read!

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

MINDS

WE

MEET



Who are your fellow students? At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe students just like you are also pursuing their Athabasca University (AU) studies. Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had a chance to chat with Michelle Jeanveau (she/her), currently residing in Lethbridge, Alberta, the traditional Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda First Nation (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Michelle is currently enrolled in the Bachelor of Professional Arts in Human Services here at AU. She plans “to use this degree as a stepping stone to a Master's in Early Childhood Education.” She explained that since she “would like to teach and write books for the providers and children,” she felt that she needed “more than a college diploma for credentials.” Thanks to AU’s online framework, she appreciates the fact that she “can work and finish [her] degree and [doesn’t] need to worry about missing time out of the field.”

Although Michelle is considered a mature student, she does “not feel that old.” She related that she has “been in the early childhood education field for twenty-six years.” During that time, she has gone to Germany to work as a camp counsellor and worked in a preschool childcare centre. She has also “run and operated a day home for twenty-one years, worked in daycares and started centres.” She explained that she “started the day home because of [her] first child and came back because of [her] second child.”

Michelle stated that her “husband is super supportive” of her return to school and is her “greatest cheerleader.” In addition, her “daughter is older [and] taking a Bachelor's Degree in Film,” while her “son is in Grade 7, finding his way.”

She mentioned that although the family lives in Lethbridge and absolutely loves it, she grew up in Airdrie. She keeps busy by being “actively involved in planning, training for day homes” and volunteering “time for students to come in for practicums and other work for colleges around Alberta.”

When she is not busy studying, Michelle manages to find time for her many hobbies. She loves “to crochet, wood work, and make toys for children with recycled materials.” She explained, “Some of the best toys are the home-made ones. My family and I love camping in the summer, snow shoeing in the winter, and on weekends when we are not out, we love family movie nights.”

Apart from studying and working on her hobbies, Michelle also finds time to relax. She is currently “binge reading *Discovery of Witches* by Deborah Harkness.” Although she admitted that she is “not a big tv show watcher,” she enjoys *Grey's Anatomy*. She also loves watching movies; her family is currently “binge-watching the *Harry Potter* movies in order.”

Michelle told *The Voice* that she is in the third year of her program, and has “had nothing but positive experiences with the school.” She explained, “I have been using student loans; the advisors could not be more outstanding. All the instructors I feel are there for me whenever I need them. I have not had a negative with the school, although, personally, finishing a course on time, going through loans, having a family, working full time, and personal time can put extra pressure on oneself can become a bit overwhelming.”

Despite these positive experiences, Michelle admitted that a few years ago, she “took a break from the classes.” She explained, “I started out taking one course every four months to pay for them out of pocket; when a significant financial and rough time hit, I stopped classes. I then was trying to go forward in my career; the only way to move forward was school. So I started over, reregistered, talked to an advisor and began the journey once again. I now realize that I should have talked to the advisor before, and when things got rough, getting back was tough. However, I realize now the school is available for the support it is a lovely community to be part of.”

As for her most memorable course? Although Michelle wanted “to say all of them,” she stated that “in truth, they are all about the same for me.” However, she is currently taking CMNS 419: Digital Storytelling and “having a blast; it aligns very well with [her] career.”

When asked about her course tutors, Michelle admitted that she “had one bad experience with getting ahold of a tutor.” However, since the issue was quickly resolved, it did not bother her; “it was a matter of talking to the school, which was easy to do.” She continued, “Other than this once, it is incredible how easy it is to communicate with the tutors; you can phone, email.”

Although she does not idolize famous people, Michelle believes that “they are great at their craft and memorable.” However, if she were to have lunch with one celebrity, past, present, or future, Michelle chose “Michael Bond, author of *Paddington Bear*,” because she feels that “he would have some fascinating stories of why he wrote, and some memories.” And the lunch? “This would have to be a gourmet sandwich with tea and a cake for dessert.”

When asked who has made the greatest impact on her desire to learn, Michelle revealed that some of her “most incredible supporters and influences are those in the early childhood field,” including the late Magna Gerber and Dan Hodgins. She also mentioned more recent inspirations, such as Lisa Murphy, Midinna from Australia, and the “extraordinary ladies at the Lethbridge College.” As for the “most significant” influence in her life, Michelle credited her grandmother “who came to Canada and worked hard.” Grandma is currently eighty-eight, and Michelle is

AU-thentic Events Upcoming AU Related Events

Métis Identity: Collectivity, Provisionality, and Being Our Own Bosses

Wed, Nov 10, 2:00 to 4:00 pm MST

Online via Zoom

Hosted by AU and X University
news.athabasca.ca/events/metis-identity-2-collectivity-provisionality-and-being-our-own-bosses/

Access event through above link

AUSUNights Virtual Student Social

Wed, Nov 10, 5:00 to 6:00 pm MST

Online via Zoom

Hosted by AUSU

www.ausu.org/event/ausunights-virtual-student-social-8/

RSVP to ausu@ausu.org for meeting link

All events are free unless otherwise noted.

“finishing [her] schooling to make her proud.” She stated, “One day, I want to be as unique as she is.”

Michelle does not think that she has yet “learned all the lessons” that life has to offer. She explained, “One day I will be an adult; I have been learning to do what you love, don't worry about what others think, it is only you that needs to be impressed. Once that is established, you will soar.”

As for her proudest moment in life? Although Michelle does not “have one [single] proudest moment,” she admitted that some of her most memorable proudest moments including “those times that [she has] worked hard and done it for [herself.]” Some examples of this included receiving “the Duke of Edinburgh Award and meeting the Queen.” She also mentioned being extremely proud of graduating from college, returning to complete her Bachelor's Degree, as well as her children and family.

The one thing that distinguishes Michelle from most other people is her love of her career. She explained, “I am dedicated to children and helping them grow into functioning, happy adults. I never feel that I am working; I play all day and love it.” She also brought up a fun fact; “No one would know or expect; I fear real mice. I can't be in a pet store near them; however, I collect figurine mice. I have 1300 of them, no two alike.”

As a final note, Michelle mentioned that “having a full-time career, a family that is also full-time, being a full-time student can be a lot.” She continued, “However, remembering to take time for yourself and set goals can be powerful, and I have found it my way to cope. In addition, taking advantage of the school resources and advisors has helped me accomplish my goal of completing my Bachelor's in the next year.” Best of luck Michelle!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.



Unearthing classic articles from previous issues of The Voice Magazine

November is [World Vegan Month](#), and our contributors have presented a broad spectrum of views on veganism. Here are some samples.

Praising the grain. Janice Behrens presents barley as one of her favourite grains when preparing meat-free meals. "There is no cure for the carnivorous craving some of us have for succulent red meat and fresh seafood, but as most vegetarians are very well aware, there is no reason to worry about suffering from any nutritional deficiencies from going without animal products." [The Good Life – A Grain of Truth](#), August 26, 2005. (Also see Katie D'Souza's article [Health Matters – Why Protein?](#), from February 3, 2012.)

If you can't join them...beat them? Busby LeClair fires off a bacon-fueled diatribe at the healthy-eating industry. "I am proud to say that I don't mind having a carrot once or twice a year, perhaps a sprig of parsley on my fish and chips, or even the occasional leaf of iceberg lettuce alongside my chicken-fried steak." [When Health Food Goes Too Far](#), July 14, 2006.

The Struggling Student Rants Setting up Shop, Part III

Angela Pappas



If you've read "[Setting up Shop, Part I](#)" and "[Setting up Shop, Part II](#)" then you've already made progress, including:

- Social media profiles (and reputation). Check!
- Laws and regulations. Check!
- Website. Check!
- Porter and his forces; suppliers, buyers, and the competition. Check, check, check!

This, however, is just the beginning and there is still work to do, before quitting your day job, my friend. What you now need to do is crucial: focus on what you're selling.

You may be thinking, "What the heck is she smoking? Of course, I know what I'm selling!" But do you?

When you have your own skin in the game, it's not

always easy to see things in a clear light, and so many small businesses have suffered because of this. They don't know what they're selling, and, as a result, who they need to be selling it to to actually sell it.

Let's break it down a bit. Your goal is to sell a good or service to a customer. Customers are humans. Humans, moreover, buy three types of goods and services—at the base level of which are needs. Humans are needy—that's all there is to it. Needs are not something any one person (or organization) creates or invents; they are just there, and they are required for our survival.

We need food and water to stay alive; these are basic physical needs. It doesn't stop there, though; human needs are much more complicated. [Abraham Maslow](#), a US psychologist, claimed that we all act how we do (or buy what we buy) because of a hierarchy of priorities we intrinsically have—a checklist if you will. His [human motivation theory](#) allows us to break these priorities up into categories, to see where our new business venture and products fits in. Don't forget, we're trying to sell them!

1) Physical: Obviously, oxygen, food, water, and shelter come first as physical needs. But we need to be more creative than that. Physical needs also include procreation and death. Companies that manufacture pregnancy tests—or coffins—know this and they all capitalize on these physical needs. The reason is simple; these needs will never stop existing, and the company will (fingers crossed) never go out of business, so long as they make the right moves.

Yet most Westerners don't even want to discuss these things with friends and family, let alone advertise goods or services relating to these needs. So does your market offer fall somewhere along the 'birth-to-death' timeline in any way, shape, or form? Take your time thinking about this. On the one hand, you'll have to get comfortable talking about—and marketing—goods and services considered either unpleasant or awkward to discuss. On the other hand, you're in luck—you'll never go out of style!

2) Safety: Once our bellies are full and we have a roof over our head, most of us tend to prioritize safety. That is, we try to ensure our bellies remain full and that the roof over our head doesn't (somehow) disappear or cave in. Think about this from a bird's eye perspective. "Safety" doesn't by default imply or refer to armoured trucks and fortified castles—although it certainly does if

you're a fan of Dwayne Johnson! Personal protection goods and services, such as weapons or PPE, fall under this category, but so do medical alarms and safety trackers for children and the elderly, and various insurance coverages for our homes, vehicles, businesses, and lives. Yet, it's not just about getting physical. If your good or service has to do with any form of job security, health and wellbeing, or environmental concerns, you fall under this umbrella too. Safety-related categories include:

- Physical safety, including that of the mind, body, and overall quality of life.
- Shelter safety, such as interior and exterior security systems in our homes, occupational health and safety measures in the workplace, and safe municipal evacuation measures.
- Secondary safety measures, such as security features on the gazillions of smart gadgets we all now own, or the ones our vehicles are equipped with.
- Security services, there to keep us safe both in the event of a national disaster as well as through private services, such as bodyguards and security agencies.

You get the idea. If your wares fall under any of these categories, you make sure that everyone stays safe!

3) Love: As the saying goes, "Why can't we all just get along?" All humans want to, somehow, belong somewhere: a group, a club, a unit, somewhere. We have social needs, required for our psychological and perceptual survival, no matter how introverted you think you are.

If you don't believe me, just look at what happened to Tom Hanks and his volleyball, Wilson. Wanting to belong to a 'group' or 'club' doesn't translate to the need to belong to a soccer team, a debate club, or an elite exclusive private club for the affluent. It means we want to fit in *somewhere*—anywhere. This could be the longing to be part of a family unit, a group of friends, a team of coworkers, heck, even a street gang! So how do you cater to 'belongingness'? Any good or service related to social activities, will do. Think of family get-togethers; in-person and/or social networking events; products and services that promote togetherness, such as matrimonial services; religious gatherings; and so on. The market offerings really are endless once you get the idea and start brainstorming.

4) Esteem: Maslow's esteem needs are divided into two camps. One camp relates to the need for respect from others, while the other camp relates to the need for respecting ourselves. Respect from others often takes multiple forms; status, recognition, fame, and attention all fall under this category. The other 'esteem camp'—self-respect—can include a need for competence, mastery, self-confidence, independence, and so on. So, how do goods and services cater to our search for esteem?

Some people seek status, fame, and recognition through their lifestyles. Think luxury vehicles, expensive jewelry, lavish homes, and the latest fashions. Others seek esteem through professional or academic recognition and accolades. Yet, still others prefer more subtle methods. AU students, for example, may try to fulfill the need for esteem through mastery of a subject, or attainment of a certificate or degree. Let's all be honest; we just want to feel good about ourselves. If you and your product cater to this human need, figure out ways to make your customer feel better about themselves than the competition does.

5) Self-actualization: This one's a tough one. The Oxford English Dictionary defines *self-actualization* as "Realization or fulfilment of one's true nature or ideal self, esp. regarded as a human need." In fear of sounding like a Gillette commercial, this one has to do with our need to *be the best that we can be*.

We may not all aspire to reach Gautam Buddha's level of enlightenment, however we do all have a form of internal motivation in at least one area of our lives. This might be an area we haven't

considered, may think of as trivial, or just go through the motions of as part of our everyday. We want to be the best parent we can be, the best student we can be, the best pianist we can be, and so on.

And don't forget about serving others. We all know how Mahatma Gandhi and Martin Luther King Jr., for example, achieved their best selves by trying to create a better society. Therefore, any good or service that caters to helping others fulfill their goals, improve their skills, or motivates them along their journey towards personal growth, belongs in this bucket.

These products or services don't have to be motivational or enlightening themselves. Self-actualization manifests for some through the arts, for example, people seek their 'ideal selves' through creative mediums, such as dance, music, and creating works of art. As such, your product may simply be a paintbrush or a piece of coal, or you may offer dance classes during the weekend. Thus, the question lies in how your dance classes or your lumps of coal help others be better versions of themselves.

As is apparent, needs aren't simple at all. We usually know that what we need doesn't always coincide with what we want. Adults are also great at distinguishing between what we *need* to buy versus what we don't—regardless of the choices we make.

But, when it comes to recognizing a pure need, things are a little bit more complicated. Thankfully, Abraham Maslow simplified this for us and already did the homework. It does, of course, get more complicated than this. If you want to find out more about Mr. Maslow, [MKTG 396](#) and [MKTG 406](#) both do a swell job at prepping you for that corporate gig. In the meantime, your homework assignment for now is to determine what *need* your business is truthfully catering to, rather than what you thought it was, and how to make your customers needier!

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



Local Shout Out Calgary and Area, Part III

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.

Analog Coffee

"We have coffee in our blood! In fact, our family's history in coffee dates back to 1974, when our Dad, Cam Prefontaine, first started a wholesale coffee company which was operated out of our garage and basement! Our parents involved all three of us brothers (Russ, Chris & Jason) in the family business from the start, earning our allowance by helping Dad service old coffee brewers."

Analog Coffee has several locations throughout Calgary—The Farmer's Market, Westman Village, Southcenter Mall, Bow Valley Square, and 17th Ave. I love the rich family history within the company, which is reflected in the "important ideas" Analog is built on: delivering unmatched coffee experiences to customers, fostering community, and the simple, but very important, idea that great coffee makes life better. Analog also ensures that their coffee beans are sourced ethically and that their partnerships directly improve the lives of the farmers, their families, and communities.

Sought x Found Coffee Roasters

*"The coffee journey begins,
When one, like a child, without any preconception,
Looks, feels, tastes, and becomes curious."*

Sought x Found is an absolutely adorable speciality café located on Centre Street, NE. The owners are professionally trained in tasting, roasting, and brewing, and the company supports sustainable trading practices for the farmers they partner with.

The coffee is phenomenal, but I think my favourite aspect of Sought x Found is their coffee subscription box, called the Get Out of Your Coffee Box: A Curious Coffee Subscription. The subscription box costs \$75 per month and includes three 227g packages of new and exclusive coffees. They also have a zero-waste option for those of us living in Calgary—delivering the coffees in three glass jars that can be returned and reused every month!

Lil E Coffee Café

"What makes us different, makes us great. Brewing Greatness. Lil E is more than a coffee café. It's brewing greatness by giving life and employment skills to individuals with intellectual and developmental disabilities. Greatness starts with a belief that each person has what it takes. Our mission as a registered charity is to build 10,000 bright futures, one cup at a time."

Lil E Coffee Café opened in the beginning of 2021—a perilous time to start a new business. The owner, Paul Constance, was inspired by his daughter Ella, who was born with Down syndrome. Lil E employs only neuro-diverse individuals or those with developmental disabilities; raising awareness in the community and providing these people with opportunities they may not have found elsewhere. Many employers overlook people with disabilities and don't appreciate the unique skills and talents that they bring to the table, making it difficult for adults with disabilities to live a full life. As the mom of a little boy with autism and a staunch advocate of inclusion, this business model warms my heart.

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.

Eleven Ways to Flourish at Remote Work

Marie Well



COVID isn't all bad. It's also a gift.

The COVID Era normalized remote work. And I am grateful. With remote work, I don't stress over my appearance, freeze waiting for busses in minus thirty, and go ape over office politics. I also no longer get workplace anxiety, which was worse than having my hands burned on a stove every thirty minutes. At least, that's the analogy I used when I was in the throes of severe anxiety.

Thanks to COVID, I'm earning more money than I've ever earned in my life—and am succeeding despite three serious disabilities. With that said, here are eleven strategies I use for flourishing in remote work that may be beneficial for you:

1. I journal every task achieved for reporting purposes in virtual meetings.
2. I use the timesheets as a way to make a game out of the timer, recording every task in time increments with the aim to "show off a little" my productivity. This tactic also helps with my focus.
3. I spend more money on clothing while purchasing fewer items. By selecting only "timeless" pieces, I can look my very best at the occasional gatherings.
4. I spend more time than 8-hour days clocked into work. While this strategy may not be most ideal for parents, for a single wanting to get ahead, it can be a remarkable way to go the extra mile. I commonly clock in ten to eleven hours a day, with some of that time dedicated to professional development.
5. I invest in skills development by spending money and time watching Udemy courses to acquire work-related skills. I spend at minimum an hour a day upgrading skills.
6. I invest in coaches from Fiverr for one-hour tutorials whenever I approach a task challenge I am unable to resolve on my own.
7. I invest in lunch-and-learns from Fiverr coaches willing to provide me with, for instance, five hours of design lessons for \$50 total.
8. I spend time each week seeking out new avenues of growth for my company online by searching for topics such as "sales strategies 2022."
9. I keep an email folder in which to store "new ideas." I also like to text myself spontaneous work ideas for the record.
10. I keep office politics to a bare minimum and maintain a formal, professional, but friendly tone in all written communications. It's much easier to remove office politics in a remote corporate setting if one sticks strictly to business in all communications.

11. If showing my face to a client via Zoom, I find the best lighting in the home and wear a full light face of makeup. Mac cosmetics allows me to "virtually" try on makeup, which I find beneficial. I elevate my laptop so that the camera is at eye level.

When I learned today my company would have an office one or two days a week, I shed some tears. COVID's remote work has been decent for me, and going back to an office, even one day a week, is reason to cry.

But, as with anything, COVID has a double-edged sword. It's hard to sell a product when everything is closed.



Course Exam–HIST 331

(Social History of Canada: Early Industrialization to Contemporary Canada)

Milica Markovic

If you have a course that you would like to see a Course Exam article written about 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.

HIST 331 is an arts/humanities course at the intermediate-undergraduate level designed for individualized study. It highlights key constructs in Canada's social history from 1867 to the present. These include national identities, demographics, the 2SLGBTQ+ movement, immigration, health, consumerism, and eugenics.

This three-credit course has no prerequisites, although it picks up from the content found in HIST 330 (Social History of Canada: European Contact to Early Industrialization). Students cannot enroll in HIST 331 if they have previously taken HIST 329. The course is also available as a Challenge for Credit.

Who Should Take This Course and Why

Dr. Frits Pannekoek, who is the course coordinator and tutor, says that HIST 331 "is as diverse as a student's imagination" and recommends it to students who are intrigued by unorthodox perspectives on Canada's past. Some of the questions he would want interested students to consider are: the Canadian's changing attitude toward the human body, the evolving concepts of gender, the commemoration of Canadian identity, and the influence of eugenics theory on policies regarding gender roles, immigrants, and residential schools.

Course, Assignments, and Exam Details

The course is split into four parts. The first part looks at Canadian identity; the second part covers the changing Canadian demography (immigration, gender, and sexual orientation); the third part

discusses the impacts technology and science have had on consumers; and the last part addresses men and women's health, particularly how humans are medicalized, and what constitutes illness according to societal norms.

To complete HIST 331, students must submit two assignments worth 25% and 35% each as well as the final exam valued at 40%.

Course Tutor's Advice for the Course

With deep knowledge about Canada's social history and heritage as well as Indigenous history, and having done extensive research on residential schools, heritage interpretation, and heritage preservation policy, Dr. Pannekoek encourages students to approach him with any inquiries about the course's material.

HIST 331 provides an ever-expanding, multimedia teaching experience, and Dr. Pannekoek believes that there are plenty of topics for students to ponder over that could be relevant to them. Such topics include, for example, household appliances and the car, adolescence, medical history, the woman's body, immigration, and being a man in a regulated environment. The organization of "self-contained and distinct" units in this course, he adds, also helps students to focus their individual interests.

Questions?

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



Pictured: Dr. Frits Pannekoek

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

Beyond Literary Landscapes 18 and 19-Century Russian Literature

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

In this weekly column, I, a self-proclaimed bookworm—and, unsurprisingly, an AU ENGL/POLI SCI student—will be outlining various literary genres, authors, and recent reads.

From one bookworm to another, this column can serve as an introduction for those unfamiliar with the works as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. So, do you have a topic that you would like covered in this column? Feel free to contact me for an interview and a feature in an upcoming column.

Who

Looking at 18th and 19th-century Russian Literature, there are three major authors who may serve as an introduction to the genre, a reminder for fans, and an inspiration for further reading. Those authors are Fyodor Dostoevsky, Leo Tolstoy, and Varlam Shalamov. Students interested in further reads in this genre, could also pursue the writings of Alexander Solzhenitsyn, Alexander Pushkin, and Ivan Turgenev, amongst countless others.

What

Russian Literature can be defined as “the body of written works produced in the Russian language.” So 18th and 19th century Russian Literature would include the novels from the 18 and 19 century, written in Russian, by ethnically Russian authors. (Although certain authors from the former Soviet Union are sometimes included under this umbrella term, their works, which often focus on distinct ethnicities, languages, and cultures, will be covered in an upcoming column.)

Some classics in this genre include *Crime and Punishment* by Fyodor Dostoevsky, *Anna Karenina* by Leo Tolstoy, and *Kolyma Tales* by Varlam Shalamov.

Other well-known novels include Dostoevsky’s *Notes from Underground* and *The Brothers Karamazov*, as well as Tolstoy’s famed, but admittedly long and complex, *War and Peace*. (When reading it, keep a notebook to keep track of the numerous characters in this wide-ranging tome!)

Where

As evident from the genre’s title, these novels’ authors, as well as their geographical settings, take place in Russia, or more particularly, the Russian Empire (Imperial Russia) and the former Union of Soviet Socialist Republics (USSR).

When

These novels mainly take place during the late 18th century until the early 19th, as well as from 1917 until approximately the 1950s.

Why

For readers interested in themes of nihilism, faith, political upheaval, human endurance in the face of great suffering, and the human psyche, 18th and 19th-century Russian Literature will not disappoint. These types of themes are commonly seen in this genre—which, in turn, serve to unite it—perhaps, as a response to the political, economic, and social issues of the time, including the fall of the Romanov Dynasty, the 1917 October Revolution, and daily existence in the former Soviet Union.

How

AU's wide range of diverse courses make it effortless to study this topic in depth. Courses related to Russian Literature are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with a counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this particular topic are recommended to visit [HIST 327: Imperial Russia](#), “a three-credit senior-level course that examines the process of empire building in Russia.” Happy reading!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.

Five Keto Snack Ideas

Xine Xu

Since starting on my keto journey, it has been challenging to find healthy snacks that are in line with this new diet. However, as time passed, I've discovered new creative ways to snack without starting a bad habit. Many options exist if you're looking to lower your blood sugar and stay healthy and fit. Here's my personal list with my own creative twist on some snacking favorites.



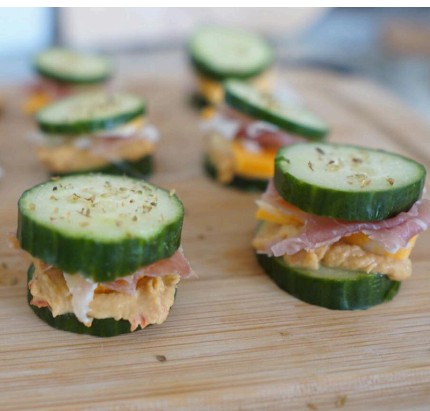
Keto Dark Chocolate

When I first heard about these dark chocolates, I was thrilled. Firstly, most chocolate contains an absurd amount of sugar that cuts out the bitterness of cacao. As a big dark chocolate fan, this was naturally added to my snacking routine. Moreover, keto chocolates come in small snack packs that help control your portion size. Dark chocolate boasts many health benefits including reducing heart disease risk keeping your body balanced in its healthier cholesterol levels.

Keto Coconut Clusters

Initially I was quite skeptical about this product as it came with a variety of seeds and nuts that did not sound entirely appealing. Moreover, it is made primarily with shaved coconut which can be tough to bite down on. However, since trying this product out a month ago, I've been obsessed with munching on these crispy, light and sweet (sweetened with artificial sugars) snacks. They are high in fibre and have a variety of different textures from the pumpkin and flax seeds.





Cucumber Bites

One of my all-time disappointments after starting keto was not being able to have my saltine crackers. Crackers were perfect for every occasion and creatively topping them off was one of my favorite past-times. However, I've discovered that cucumbers make an excellent replacement. Not only is it light in flavor, but it adds crunch and texture to the fillings inside. Here I have used a cheese, prosciutto and unsweetened peanut butter filling that is satisfying and delicious.

Nut & Seed Trail Mix

Despite having to screen more carefully for nut-based granola and trail mixes, I've found a new interest in unsalted, plain trail mixes. Sometimes, I even mix the trail mix with seed-based salad toppings for some creative flare. Trail mixes are a filling snack with its abundance of plant-based proteins and fats. I found that when I'm extra hungry in the evening or afternoon, a small handful of trail mix was enough to keep me satiated.



Charcuterie Board Without the Crackers

If you're looking for something to munch on while enjoying a movie with a loved one, try a charcuterie board without carbs. I recently purchased a new cheese board just so I can improve my charcuterie-serving capabilities. Now, I select a mix of soft and hard cheeses along with olives, seeds and other sugar-free goodies for the board. It is an excellent way to snack without feeling the sugar high afterwards. The cheese and meats make you forget that you're missing out on the crackers.



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

Fly on the Wall

Classy and Wise

Jason Sullivan



The individuation of education need not be a lonely or isolating experience. Distance learning need not imply distance from reality. We get to write our own themes, develop our own mantras, and largely learn at our own pace. AU is like life itself that way.

If you reduce life to your annual tax forms or to a mindfulness and gratitude checklist, or to a list of goals accomplished or forsaken, there's a lot shared between academic and regular life. Perhaps it's ordinary schooling, in the pressure cooker of a college campus, that's out of whack with reality. In any case, assumptions about narrative scaffolds, proper behavior, pleasure for others, and the ability to get along in assorted awkward instances aren't so relevant to our Athabasca success as they are in the fish market

and shark pen of normal university.

With only one tutor per course to impress, and few or no fellow students to wrangle over the details with while encountering the universal vicissitudes of culture and nature and all that makes old films like *To Sir With Love* seem trite, we need not feel contrite if at times we suspect that our social skills are neither evolving nor improving.

Likely these abilities of discourse and plain old getting along with others are growing greatly. Critical thinking, after all, is about not just taking the first version of reality that comes our way. And there's nothing more conversationally pleasurable, gratifying, interesting, and just plain positive than having a conversation with one or many fellow travellers, students or otherwise.

When you apply our learning to that all-too pedantic real world of common sense and core beliefs and this is what you do notions we find that AU has helped birth a whole new you. To consider one fun example, note how a hitherto unproblematic assertion about the meaning and intent of one of Sappho's poems might go. Sappho, who Plato called the eighth wonder of the world, did not write poetry as though she were concerned about trigger warnings. Her tales of female-female adoration may have meant many things but they certainly suggested timeless affairs of the heart. If we dust off the stale idea that academia is boring and dweebish and unrelated to social interaction, we might likewise realize that learning is part of what being passionate in life is all about too.

Anne Pippin Burnett reminds readers, however, that when we focus on the raw impulses of love or classroom misbehaviour, we must not at once discount creativity and the ability to utilize rules of rhetoric and form. Pupils, like kids of all ages and politicians and poets too, say the darndest things. You don't have to have been a political junkie outside of education since Preston Manning and Audrey McLaughlin's days to realize that what can seem silly or sly, shameful, or snide can also be really effective in the sphere of spoken and written words. And sometimes being a pleasure to have around is just plain boring.

Burnett notes that a double standard often applies to the study of classical poetry such as that created and sung by the hero named Sappho: "any hint of conventional artistry is distasteful to a

critic whose ideal lyric is the naïf expression of a violent emotion” such as lust, love, or grief when a beloved is married off into the sunset (Pippin, 2).

Likewise, in-class students of all ages are implored to be themselves and speak their truth even while rules of engagement and discussion and general good behaviour are enforced with strict discipline. It's no wonder that Bob Dylan once sang about “mongrel dogs who teach” (Dylan, online).

Perhaps being a pleasure to have in class is a key reason why we chose AU in the first place; perhaps, even, disdain for the pressure cookers of socialization that embody in-person education and underpins the very notional binary of school smart and life smart. But, then, have you ever noticed how when someone derides books smarts they shortly move on to complaining about their own lives? Perhaps passion for an audience is what matters most of all and those who command attention, like teachers, are not always primed to share the stage for those with less pleasurable, on topic, or mutually appropriate things to add to the discussion.

References

Burnett, A.P. (1983). *Three Archaic Poets*. Cambridge, Massachusetts: Harvard University Press.

Dylan, B. (1964). 'My Back Pages'. Retrieved from <https://genius.com/Bob-dylan-my-back-pages-lyrics>

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: Generation Google Scholarship

Sponsored by: Google

Deadline: December 10, 2021, 11:59 pm PT

Potential payout: \$5000

Eligibility restriction: Applicants must be intending to enrol in, or be accepted to, a full-time Bachelors, Masters, or PhD program in computer science, computer engineering, or a closely related technical field, at an accredited university or college in Canada or the U.S. for the 2022-2023 academic year. See the [Who can apply](#) section for full eligibility requirements.

What's required: An online application, including contact, academic, and financial info; a copy of your résumé; current or recent academic transcripts; and your responses to three short-answer essay questions.

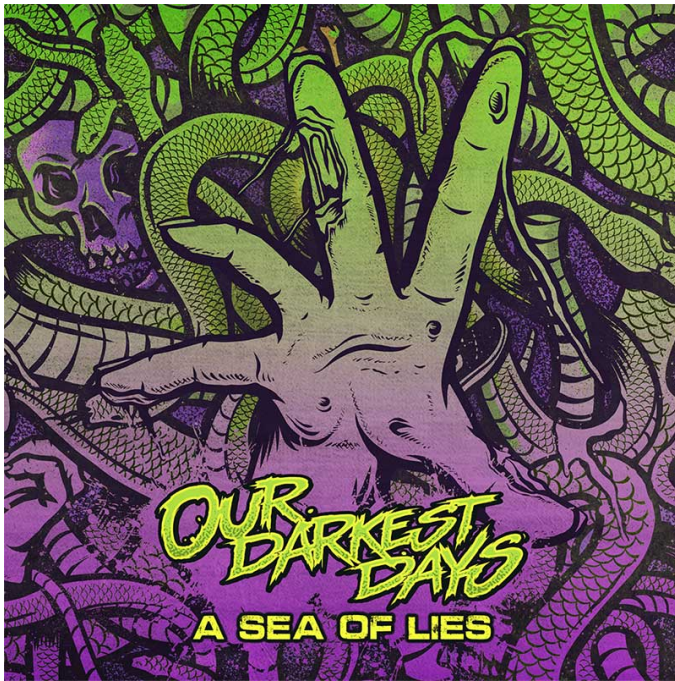
Tips: Before you start the application, be sure to have ready PDF copies of your résumé, your most recent transcript, and of your answers to the three essay questions.

Where to get info: buildyourfuture.withgoogle.com/scholarships/generation-google-scholarship/



Music Review—Snakes and Ladders

Jessica Young



Album: *Snakes and Ladders*

Artist: Our Darkest Days

Canadian melodic/skate-punk band, Our Darkest Days, is releasing a new album entitled *Snakes and Ladders*. The album will be available digitally and on CD November 19th 2021, with vinyl shipping in early 2022. In the meantime, the band has released a single from *Snakes and Ladders* entitled “A Sea of Lies”, available to stream anywhere you get your music.

Hailing from Quebec City, Our Darkest Days was formed in 2012. Although multiple band members came and went throughout the years, their sound has remained; their influences still today are reflected by 90’s punk rock bands such as Ignite, Propagandhi, Lagwagon, Good Riddance, and Strung Out. In fact, the band proclaims that *Snakes and Ladders* is their most

technical and refined music to date.

Of the new single, the band says, “Life is a journey that has its ups and downs, and even though the ideal path is a straight clean line this is hardly never the case. Even the easiest of routes can have unforeseen challenges that surface with no warning. Such as a ship that is misguided by the force of nature that we could not have predicted, our lives are also rerouted in different directions because of the lies of those around us that force us to take alternate decisions. We’re on unstable ground and with the right entourage the key is to find the balance between what is right and what is wrong.”

Snakes and Ladders consists of thirteen tracks: “These Fast Times” (ft. Steve Rawles); “When Dust Settles”; “A Sea of Lies”; “Countdown to the End”; “Through Our Veins”; “Lost for Words”; “Influent Sores”; “Against All Odds” (ft. Étienne Dionne); “All That Remains”; “The Road to Nothingness”; “Anchored”; “Silence Is Golden” (ft. Geir Pedersen); and “Snakes & Ladders” (ft. Valérie Morin).

“These Fast Times” features Steve Rawles from the band Belvedere (a Calgary band which I have previously reviewed). This is probably my favourite song of the album, and is about how quickly life can slip by. The song begins with the sound of a ticking timer and blasting into intense instrumentals, with lyrics that everyone will find relatable.

But the presently released single, “A Sea of Lies” is my least favourite. The track begins with a soundbite of someone saying, “listen to me, anything I f***** say is a lie”, melting into a guitar riff. This song sounds like the vocals and instruments are not following the same timing, as if the vocals were edited over the music just a few moments too late. While this was obviously done purposefully, it makes the song sound all over the place. Even punk music needs to have a flow.

The rest of the album all sounds very similar—too similar for my taste. I found it difficult to differentiate between the songs, even the songs that featured another artist. I also felt that they over-did the concept of using a random soundbite at the beginning of a song as they used this idea on at least five tracks. However, I was very excited when I heard the beginning of the final

song “Snakes and Ladders” which features a beautiful, slow, lyric-less guitar solo for the first minute of the song. Unfortunately, the song breaks into the same aggressive, heavy format of the other twelve tracks. The song ends by fading into another gorgeous, melodic piano solo. It felt slightly confusing, and like the band was interrupting the solos at the beginning and end. I really wish the band would have allowed themselves to experiment with creating a full song that was obviously out of the box for them.

Overall, *Snakes and Ladders* is good. The band was correct that this album is certainly technical, and all band members are obviously very talented musicians. The lead singer’s vocals sound very interesting—reminiscent of the singer from Volbeat. However, I feel like they missed the mark on creativity and creating something that stands out in a sea of talented punk musicians.

Check out Our Darkest Days on [Facebook](#) and [Instagram](#).

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

The Study Dude More Style Guide Standards

Marie Well



Why are there so many style guides? There are almost as many style guides as there are academic disciplines. Well, not quite, but there are more style guides than seems necessary: one.

The reason for so many is because some disciplines prioritize certain information. For instance, the social sciences use APA because the date of publication is important to them, which has been made very accessible through the APA style guide. They want current information.

The arts, on the other hand, tend to prioritize names of creators, therefore MLA hosts both author first and last name.

But what about the rest of the style guides? What makes them so unique? Mainly how they cite and reference seems to be the key differentiator.

Other than that, it seems like style guides use examples and illustrations common to the disciplines they represent, making the guidelines easier to follow. Some nuances also exist between different style guide structures that allow citations to be more easily done in the respective academic disciplines.

Let’s look at the key differences between the style guides.

CSE (Council of Science Editors)

The CSE style guide is used in the sciences, including biology, zoology, ecology, and medicine. It uses three different formats: citation-sequence system, citation-name system, or name-year system.

The citation-sequence system uses superscripted numbers that are documented in the reference section at the end of the paper. In the references, the citations are in the order they appear in the text.

The citation-name system also uses superscripted number, but the end of document “cited works” are in alphabetical order according to author’s last name.

The name-year system has, in the text, the author’s name and year of publication. The references, placed at the end of the document, are in alphabetical order by author surname.

AMA (American Medical Association)

The AMA style guide is used for medical research. It uses in-text superscript numbers for citations placed at the end-of-paper references.

ACS (American Chemical Society)

The ACS style guide is used mostly in chemistry. The ACS style has a reference list at the end of the paper and in-text citations. The in-text citations are either sequential numbers in square brackets or author-date format containing the author surname and date of publication. Just be consistent in which in-text citation format you choose.

Chicago

The Chicago style guide uses footnotes or endnotes and a Bibliography. You can either have footnotes which situate the references at the bottom of the page or endnotes which puts them at the end of the paper.

There are two types of Chicago styles: (1) the notes and bibliography system and (2) author-date style.

Chicago's notes and bibliography system uses superscript numbers inline to refer to the corresponding bibliography as either footnotes or endnotes. The notes and bibliography system is used mostly in history, the arts, and literature.

The sciences and social sciences tend to use the author-date Chicago Style. It involves in-text citations with author name, publication year, and page number. This Style involves a reference section at the end of the paper.

IEEE (Institute of Electrical and Electronics Engineers)

The IEEE style guide is used for engineering, computer science, and IT. The inline citations are numbers in square brackets, listed in numerical order at the end-of-paper reference section.

ASCE (American Society of Civil Engineers)

This style guide is used by civil engineers. It incorporates the in-text author date format, citing the author’s last name and date of publication.

Whew! That’s a lot of information on style guides. If I had to pick a style guide before picking a discipline of study, I’d pick AMA (American Medical Association). That’s because everyone dreams of being a doctor, including me. But the last time I went to the doctor’s office, it had a thick scent, perhaps of COVID. Thus, I think I’ll stick with APA.

Homemade is Better French Fries

Chef Corey



A few weeks ago I wrote about making sweet potato fries, but, truth be told, I also made French fries that night. My wife likes sweet potato fries, but I'm not the biggest fan, so I make French fries. There is a bit of an art to making fries, but with that in mind, you should be able to make them at home with very little skill or equipment.

I want to look at the history of French fries first. Some of us might recall a time when a US Politician, Bob Ney (R-Ohio), tried to rename them because they were upset with France's refusal to support the US invasion of Iraq. The problem with his logic is that French fries are possibly not French. If you are shocked, you might not be alone. It is theorized that French fries came from Belgium, where they speak French. As the story goes, American soldiers were stationed in Belgium during WWI and brought back the idea of the slender fried sticks of potato. Of course, an alternative possibility is that fries did originate in France, and both countries, to this day, contest the origins. This wouldn't be the first time a food was invented in

multiple countries, but that's another article. Regardless, I know I'm thankful that they were invented!

I always find it interesting how many recipes there are for the use of fries. Here in Canada, we are most famous for one of the most significant culinary additions to the world, poutine! Fries smothered in cheese curds and gravy must be up there for impressive culinary ideas. If it was invented today, I think we would all wonder why it wasn't done years ago. We get to add it to the growing list of foods that Canada has brought to the world stage, including ginger beef, Donair, and Hawaiian pizza.

So, how does one make French fries? First, you will need a few pieces of hardware. If you do not own a deep fryer, then use a large pot—something with the space to allow the fries to move around. You will also need a metal strainer, a pair of tongs, and a coffee filter. Add in a sharp knife and a lot of working space, and you should be able to make fries. For your oil, you can use a combination of products or just one. I use canola oil, but peanut oil or lard also work. You need an oil with a high smoke point, which means it doesn't break down easily with heat. Coconut, grapeseed, olive, or avocado oils are not appropriate because they will burn as you heat them, and you'll taste it. Get some canola oil; you'll thank me later.

Next, you'll need to buy russet potatoes. You could use other potatoes, but russets are the best for this application; besides, the russet is really the most versatile potato. If you want more information, check out any of the previous potato recipes I've written.



French Fries

Ingredients:

3-4 large russet potatoes
Salt
Canola oil
A large or medium bowl with cold water
A large bowl for serving

Directions:

1) Grab your potatoes and wash them off.



- 2) Get a bowl and fill it up halfway with cold water.
- 3) If you desire, peel the potatoes, then slice them into long strips. Try to keep them similar in size.
- 4) After they have been cut, put the potatoes into the water and let them soak for at least one hour, but up to three.
- 5) Pour out the water and dry off your fries.
- 6) Pour some oil into a large pot, about half full. Heat the oil to 300–325F
- 7) Once the oil has reached its temperature, start blanching them (partially cooking them) for around 4-5 minutes. Do this in batches if needed.
- 8) Remove the fries with a metal strainer, or a straining spoon, onto a paper towel-lined baking sheet.
- 9) Once all the fries are blanched, turn the heat up to 375–400F.
- 10) After the oil is ready, fry the potatoes again until they are golden brown, again about 4 minutes, but it might be faster. The larger the potato, the longer the cooking time.
- 11) When they are done, remove them from the oil into your service bowl and start salting until you're happy with the flavour.
- 12) Throw the ketchup out, because you won't need it, these fries are the best thing you've made. I'm just kidding; if you really can't do fries without ketchup, then go ahead



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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

You gotta kick your own ass. A student struggling with an individualized-study course format seeks help, and the community responds with advice and tools for staying on track.

Discord

Student housing in an insane real estate market. A thread in the #coffee-shop-lounge spotlights the dismal options facing students who need housing in other cities (like Toronto, yikes!)

Twitter

@austudentsunion tweets: "AUSU values your opinions! Between Nov 1-22, tell us how we can best serve our student members to support your positive student experience while studying at AU. We are giving away over \$2500 in prizes to members who complete our survey. <https://bit.ly/3nMdAYL>."

Youtube

Two writers for the price of one. Sneak a peek at AU's new Writer-in-Residence, featuring AU WiR committee chair Dr Angie Abdou, In conversation with author and AU Writer in Resident Michael Winter.





Dear
Barb

Barbara Godin

Relation Anxiety

Dear Barb:

I am in my early twenties, and my boyfriend and I have been dating for two years. We get along great, have never broken up or had any major arguments, but lately I have been feeling like something is wrong. I keep wondering if we are right for each other. He seems to be too good to be true. I feel almost too lucky to have met someone who is so perfect for me. Then I start to think that maybe I am not being realistic. Maybe I am just seeing what I want to see.

My stomach is in knots all the time and my mind keeps creating all these scenarios, like maybe he isn't who he says he is. My boyfriend hasn't given me any reason to feel this way. But I've always heard you should listen to your gut. I'm wondering if my gut is trying to warn me about something, or am I just scared of this commitment.

Desperately need some advice, Ellen.

Hi Ellen:

It sounds to me like you are experiencing relationship anxiety and that is extremely common, according to psychotherapist Astrid Robertson. Relationship anxiety can occur at almost any point in a relationship and can lead to questioning the relationship in ways very similar to what you are experiencing.

You may ask yourself whether the relationship will last, whether your boyfriend is right for you and even begin to wonder if you are convincing yourself everything is

great when it really isn't. These doubts can cause behaviours that will lead to emotional and physical problems, such as stomach issues, stress, self-doubt and trust issues. Spending a lot of time over thinking your partners' motives and behaviours is not healthy, and it is important that you get this under control before it destroys a perfectly healthy relationship.

There are things you can do to manage relationship anxiety. Begin by discussing your feelings with your boyfriend, sharing and communicating how you feel is an important part of relieving anxiety. It is also essential that you realize the difference between your feelings and facts. These are your feelings, not necessarily the reality that your boyfriend is experiencing. Ask yourself what may be causing this anxiety. Is it possibly low self-esteem, or fear of the relationship ending? These are questions you need to answer. If you cannot resolve these feelings, I would suggest you see a counsellor or possibly you could both go for couple's therapy.

Best of luck Ellen, I hope this information is helpful

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
Tinder Trial**Wanda Waterman**



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

Academic Achievement	\$1,000 ea. (6)
AUSU Bursaries	\$1,000 ea. (10)
Balanced Student Awards	\$1,000 ea. (8)
#lgo2AU Award	\$1,000 ea. (4)
New Student Bursaries	\$500 ea. (8)
Returning Student Awards	\$1,000 ea. (8)
Student Volunteer Awards	\$1,000 ea. (6)

Accessible to all AUSU members currently taking AU undergraduate courses, qualified students - [apply now!](#)



Based on the early success of our piloted [Virtual Food Assistance Program](#), AUSU is proud to announce that we are increasing support for our AU student members. The value of the 5 gift cards awarded by monthly draw will be **increased to \$100 CAD each**. We are also **doubling the number of cards** from 5 to 10 during one month per quarter when students may need greater assistance around holidays.

[Learn more here](#) about AUSU's Virtual Food Assistance Program or click below to apply.

[Apply Now](#)



From October 25-29, AUSU celebrates October Pride Week! Don't miss the Facebook Live [keynote address on October 25](#) by award winning Two-Spirit, Oji-nêhiyaw author [Joshua Whitehead](#) (he/him).

Also, RSVP for our Pride Edition of [AUSUnights](#) and listen to AUSU Open Mic Podcast [Episode 50: Let's go! It's Pride in October!](#)



AUSU values your opinions! Between Nov 1-22, tell us how we can best serve our student members to support your positive experience while studying at AU. Our 2021 AUSU Annual Survey should take no more than 4 - 5 minutes to do and all your answers will be completely confidential. The best part? We are giving away over \$2000 in prizes to members who take our survey.

We look forward to your feedback! If you have any questions about the upcoming survey, please contact services@ausu.org.

CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Barbara Lehtiniemi, Corey Wren
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

The Voice is published almost every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2021 by *The Voice Magazine*

ISSN 2561-3634