



THE VOICE

Vol 30 Issue 37 2022-09-23

Minds We Meet

Interviewing Students Like You!

How to Cope

When Your Kids Drive You Crazy

For the Love of Science

A Plea for Truth

Plus:

Course Exam: HIST 210

*What a Fashion Sense Will Do
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: *Interviewing Olivia Shepherd* 4

Articles

Editorial: *Never Rains but Pours* 3

How to Cope when Your Kids Drive You Crazy 6

For the Love of Science 8

What Happens When You Live the Dream 11

Which Fruits and Veggies Should You Eat in the Fall 12

What a Fashion Sense will Do For You 20

Columns

Course Exam: *HIST 210*..... 14

Fly on the Wall: *Prawns, Peace, and Tomatoes*..... 15

Beyond Literary Landscapes: *Apocalyptic*..... 17

Music Review: *Planetaria* 19

Dear Barb: *Parent Switch*..... 22

News and Events

AU-thentic Events 9

Student Sizzle 10

More AU-thentic Events 18

Scholarship of the Week..... 21

AUSU Update 24

Comics

Poet Maeve: *Royal Humans* 23

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LETTERS TO THE EDITOR

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

Never Rains but Pours

Karl Low



Right now, hurricane Fiona is bearing down on the Atlantic provinces. So if you're there, I hope you're reading this from safe shelter. Otherwise, put this down and get to safe shelter right away, please.

Have you noticed how things seem to pile on? COVID-19 brought health care crises and supply issues that sparked inflation both here and around the globe, while a war starting up in Eastern Europe and the resulting sanctions served to magnify it. Now it seems the reaction to that inflation is threatening recession at a time when many people are already feeling pinched. This while the weather is causing various crop failures around the globe, including a significant reduction in corn crops in the northern US, and now let's just throw a massive hurricane on top of that.

Or maybe I just read too much news.

The 24-hour news cycle has a vested interest in keeping me interested, and the easiest way to do that is to point out the problems in the world, as we're hardwired to pay attention to

possible threats—even though, in reality, many of those threats won't ever hit us directly and there's little we can do about the few that will.

So that's why it's important to keep an eye out for good news, when you can find it. It's not denial, after all, to simply decide to not think about the bad for a little while when you're already overwhelmed. The trick is to keep a little while to a little while. Not dealing with issues means, unsurprisingly, that they don't get dealt with, and so have the opportunity to become much worse.

But in this case, the good news is that we've got a fresh new "Minds We Meet" ready for this issue, and I'm told a few more already lined up. It seems I've asked and some of you answered, so thanks for that! And since it worked once, I'd be foolish not to try again, but this time the ask is bigger. I'm still looking for more current and active students to try their hands at writing for *The Voice Magazine*. Have a passion you'd love to get more people into? Why not convince Voice readers to give it a try? Is there something that you're concerned about in the world? You're probably not alone, and people like you would love to find out that they're not alone either. Not to mention you'll earn a little bit of extra pocket money doing so. I don't think that's something anybody would mind, these days.

Still, if that's not your cup of tea, then just settle back and check out what's on the mind of other folks from the AU community. Like our article on "How to Cope When Your Kids are Driving You Crazy" with some helpful advice for the parents trying to juggle everything. Or a look at "For the Love of Science", where Alek wonders about whether we're going too far in the pursuit of not offending anyone when it intrudes on scientific publishing.

Plus, we've got a new course exam this week, fashion advice, music reviews, an article on finding which vegetables are in season and why you'd want to, plus, of course, relationship advice, scholarships, events, thoughtful contemplations and more. So, enjoy the read and *The Voice Magazine* will be back in October as I'm taking a short break to recharge. Maybe I'll try to avoid the news while I do.

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

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Olivia Shepherd, a 22-year-old student from Calgary, Alberta. Olivia stated, “In the spirit of reconciliation, I acknowledge that the land in which I reside is the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut’ina, the Stoney Nakoda Nations, the Metis Nation (Region 3) and all people who make their homes in the Treaty 7 region.”

Currently enrolled in the Bachelor of Arts in Psychology, with a minor in Philosophy, program, Olivia explained, “I did a brief stint in a BSc majoring in Biology (don’t ask me why, I’m not even good at science). I’m planning to write my LSAT in 2023 and attend law school once I complete my undergrad, and I’m torn between specializing in criminal law or international humanitarian (thankfully I have some time to think on this).”

Outside of AU, Olivia currently works for Results Canada, a non-profit organization, where she advocates “alongside an amazing group of people to see a world without poverty.”

She has spent the majority of her life in a small town north of Edmonton, spending some time in Edmonton “before moving to Calgary in the summer of 2021.”

Olivia had some study advice for AU students. “I best study alone and in silence, but I do enjoy listening to some lo-fi beats every now and then. Every so often I’ll head to a library or coffee shop—seeing other people working helps motivate me to stay on task! Although a distance education university that follows the asynchronous format, I like to designate specific times to study and specific dates to hand in assignments. Before the start of the semester, I’ll look over the syllabus for each class and write down the dates in my calendar to complete assignments, quizzes, etc. I find this keeps me accountable so that I don’t fall behind. I personally enjoy handwriting all my notes as I find I retain information better this way, but I do create a mass document for each class that has keywords, names, and brief notes for review. Quizlet is my best friend; my hand would cramp writing out hundreds of flashcards, but they also have games (such as matching) and the website will create tests with the flashcards which I find way more productive than skimming over what you wrote. (Plus, you can almost always find already made flashcards to save some time). My biggest tip is to create a space for yourself specifically for studying. A nice desk setup goes further than you’d think. I also really try to avoid doing anything school related in bed.”

As for advice for new students? “If you’re on Facebook, join as many Athabasca University groups as you can! There are broad groups and ones that are specific to a class. You’ll find some incredibly helpful tips in these groups, and you can connect with fellow students who I’ve found are more than willing to create small study groups, share notes when applicable, and even proofread your essays before you submit them!”

When she is not busy studying, Olivia enjoys a variety of activities, including “going to the gym to throw some heavy weights around, attempting to cross off a book on my never-ending ‘To Read’ list, hanging out with friends, or lying in bed to watch hours of a TV show.” She continued, “Every so often I’ll head to the mountains or travel back home to see my family and my two border collies, Kobi and Dexter, who live with my parents.”

Olivia also finds time to read, sharing a recent read that has impacted her life with *The Voice Magazine*, namely *The Midnight Library* by Matt Haig. “My favourite quote from the book is, ‘We only need to be one person. We only need to feel one existence. We don’t have to do everything in order to be everything, because we are already infinite. While we are alive, we always contain a future of multifarious possibility.’ The grass isn’t always greener on the other side, and this book made me realize that.”

Olivia chose her parents as having the greatest influence on her desire to learn. She stated, “My mom was a great ‘first’ teacher before I started school. She sparked my love to read, so much so that I looked forward to losing a tooth because the ‘tooth fairy’ brought me books instead of money. As for my dad, we love to debate everything, and naturally, I want to have a better, more researched argument against him. He inspires me to look at everything from both sides.”

Her experience with online learning has been positive thus far. “I personally love online learning. I’m not a huge fan of large spaces and tons of people (i.e. A lecture hall at a typical university) and I’m quite content with teaching myself. I can spend less time on certain topics, and more on topics I find difficult or am interested in. It also gives me the ability to have some leniency in my schedule for work, or if I wake up one morning not feeling well, I don’t need to stress about what I missed in class that day. Sometimes I do wish for more of the conversational aspect and being able to discuss or debate certain topics with students or professors.”

She chose SOCI 305: Sociology and Crime as her most memorable course, stating, “I love true crime podcasts and documentaries, so it was awesome to gain deeper knowledge in the educational sense of crime. I was watching *Mindhunter* over the summer and remember a character talking about Durkheim’s Labeling Theory and thought, ‘Hey, I know that!’ My course tutor, Gordon Drever, also made this course that much better.”

As for communications with course tutors? “So far, so good! I tend to only reach out if I have a question about an assignment or need clarification on a topic that even Google is struggling to answer. I’ve found some tutors to take their time in answering (they’re busy people), and I’ve had some who I swear had an inkling that I was emailing them before I even sent it because they’d answer within minutes. I have yet to utilize the office hours in which you can phone them, but it’s great to know that’s an option.”

When asked which famous person, past or present, she would like to have lunch with, and why, Olivia chose “Emma Chamberlain, though she’s not famous in the traditional sense (she’s a *YouTube* creator and has a podcast).” She continued, “I’d love to discuss some of the things she talks about on her podcast in more depth, hear her travel tips, and I get the sense she’d be down to people-watch and make up personalities and life stories for people passing by. As for lunch, tacos and margaritas! (I’ll let her pick where and cross my fingers she’d pay).”

Olivia also let *The Voice Magazine* know about her most memorable vacation, which happened to be two trips! “The first was a road trip through North Dakota, South Dakota, Wyoming, and Montana with my family when I was 12 or 13. We visited all the National Parks along the way such as Mount Rushmore, Badlands National Park, Yellowstone, and more where they had a ‘Junior Ranger’ program. Explore the park, fill out the booklet the rangers provide, and receive a badge in the end. I still have them all ten years later! My second trip was also a road trip,

through Idaho and Washington. It was my first ‘solo’ trip so no parents telling me where to go (woohoo!). I went to amusement parks, explored museums, drank a ton of coffee in Seattle, and saw my first whale on a harbour cruise. I love sea otters and got to experience the ‘behind the scenes’ of the otters at the Seattle Aquarium while I was there.”

As for her most valuable lesson learned in life? “My most valuable lesson learned is to go with the flow. Much of life is unpredictable and ultimately out of our control. Things will go wrong, but life has a funny way of working itself out.” And her proudest moment in life? “I’m proud of where I am in life in general. Struggling with depression for a long time, I didn’t think I would be here—living on my own, a university student, pursuing my interests and dreams. I’m proud of the things I’ve overcome and what I’ve learned along the way.” Best of luck Olivia!

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!

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



How to Cope When Your Kids are Driving You Crazy

Jessica Young



Kids. We love them to death. They bring our lives so much joy. They give us purpose, meaning, a reason to wake up every morning. We can’t imagine our lives without them. They can also be frustrating, exhausting, and just plain annoying. Let me tell you—my kids are amazing. They’re well-behaved, sweet, smart, funny, and I am so grateful every day that I get to be their mom. They also push every single button I didn’t even know I had.

Now, most of the time this button-pushing has nothing to do with misbehaviour. It’s not their fault. They’re simply kids doing kid things—bickering with each other, asking a million rapid-fire questions, making messes, making noise, and being generally oblivious. Regular (yet super annoying) kid behaviour.

Society puts so much pressure on parents, especially mothers, to be perfect. It’s no wonder parents are wracked with guilt over any negative emotion they have toward their kids. Which is why I think it’s incredibly important to acknowledge that parents are still human beings, and it’s totally normal to sometimes feel annoyed by your children. There is nothing wrong with sometimes feeling overwhelmed by the constant noise and messes and questions. It is normal to desire time away from your children. You can be an amazing parent who loves their children deeply, but still finds them irritating at times.

So, here are some tips on how to cope when your kids are driving you crazy.

Find Your Village

I know this one is easier said than done, but it's probably the most important piece of advice I can give to fellow parents. Finding people to lean on is invaluable. Chatting with other parents in online support groups, going to parent-tot classes, or finding a trusted babysitter are all ways to begin to create a village if you don't have family or friends around you. Don't be afraid to get creative—many gyms offer childcare while you workout (or sit in one of the massage chairs with a coffee...).

Take A Break

Say it with me: It's Okay to Walk Away. Step outside and breathe some fresh air. Park the kids in front of the TV and take a hot shower. Put headphones in and listen to music or an audiobook. Hide in your bedroom closet and journal.

Your break can also include the kids. Sometimes a change of scenery is what everyone needs. Go for a walk, a drive, get them in the bathtub for some playtime, or cuddle in bed.

Use this time to breathe deeply. Reassure yourself that you are a good parent; that this too shall pass. Think about your favourite memory with your child; what you love about them.

Establish Quiet Time

You can establish quiet time in two ways. The first is having a designated period every day where your child is expected to play in their room, look at books on the couch, colour at the dinner table, or another quiet, independent activity. It's preferable if this time doesn't involve screens. Personally, I find screen time only gets my kids more excited, and the sound of *How To Train Your Dragon* or *Sing 2* incessantly in the background of my life does not help me recharge my mom-battery.

The second is asking your child for a few minutes of quiet in the moment (with kindness, of course!). Sometimes I just can't pay attention to the story my daughter is telling me while I'm cooking dinner or focusing on driving. Sometimes I really just want to finish the chapter of the book I'm reading. In these situations, I tell my daughter, "I want to hear your story, but right now I'm doing [insert activity] and I can't listen. I will be done in [time frame] and then you can tell me."

Visualize The Future

Take a moment to close your eyes and visualize yourself at 70 years old. Your children are independent adults with their own lives. Your home is tidy and quiet. Think about how fondly you will look back on these days of constant chatter and chaos—and how quickly it all went by. When you open your eyes, you might have a little more perspective on the situation.

All of this being said, if you are feeling frustrated and annoyed by your children more than you are feeling excited to be around them; if your negative emotions are getting in the way of your relationship with your child; or if you're just generally feeling overwhelmed or unhappy with being a parent—you may want to consider speaking to your doctor or a mental health professional.

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



For the Love of Science

Alek Golijanin



It appears that the days where science was a great uniter are fading. The latest scientific dispute is centered around new research ethics embraced by an international scientific journal of science. That scientific journal is *Nature*, one of the more recognized multidisciplinary science journals which brands itself by claiming to publish the finest peer-reviewed research that drives ground-breaking discovery, and that it is read by thought-leaders and decision-makers around the world. But, to better understand *Nature's* position, it is important to understand what science is and why it seems to be "under attack."

The History of Science

Science has always been and will always continue to be the process of building knowledge about the world around us. It is the chase for the truth. A truth that constantly evolves, grows, modifies, and expands. It is

based on empirical data, and it is objective, and that is what separates it from faith.

Many faith-based societies have long attempted to suppress people asking questions and having free flow of thought. Of course, atheistic societies have not been any better. There are countless examples of both societies and the precedent-setting anti-science steps they took when it threatened their ruling classes' power narrative by challenging historical narratives and social narratives. It has also resulted in the imprisonment and killing of individuals who were wrongly labelled as heretics, when in reality they were "gifts" given to man.

Nature's Position of Research Ethics

In Nature's statement on the new research ethics, it describes the starting point for the changes and the reason they deem them necessary as follows;

"In creating this guidance, we took as a starting point the first article of the Universal Declaration of Human Rights — humans are "free and equal in dignity and rights"¹. We drew on the several covenants and conventions of the United Nations (for example, refs. ²³); existing frameworks for research with human participants (for example, refs. ⁴⁵); and the ethics codes of disciplines such as sociology⁶⁷ and anthropology⁸, which have traditionally considered harms that arise for communities or human groups beyond those directly involved in a research project."

"Editors, authors and reviewers will hopefully find the guidance helpful when considering and discussing potential benefits and harms arising from manuscripts dealing with human population groups categorized on the basis of socially constructed or socially relevant characteristics, such as race, ethnicity, national or social origin, sex, gender identity, sexual orientation, religion, political or other beliefs, age, disease, (dis)ability or socioeconomic status."

In this guidance, we urge authors to be respectful of the dignity and rights of the human groups they study. We encourage researchers to consider the potential implications of research on human groups defined on the basis of social characteristics; to be reflective of their authorial perspective if not part of the group under study; and to contextualise their findings to minimize as much as possible potential misuse or risks of harm

to the studied groups in the public sphere. We also highlight the importance of respectful, non-stigmatizing language to avoid perpetuating stereotypes and causing harm to individuals and groups."

Although all of this seems to be rooted in good intentions, *Nature* completely loses me with the paragraph the paragraph that follows.

"Advancing knowledge and understanding is a fundamental public good. In some cases, however, potential harms to the populations studied may outweigh the benefit of publication. Academic content that undermines the dignity or rights of specific groups; assumes that a human group is superior or inferior over another simply because of a social characteristic; includes hate speech or denigrating images; or promotes privileged, exclusionary perspectives raises ethics concerns that may require revisions or supersede the value of publication. For example, the guidance helps in considering whether it is ethically appropriate to question a social group's right to freedom or cultural rights, above and beyond any considerations of scientific merit."

There are so many contradictions in the paragraphs but let us start by saying that science owes us nothing and we owe science everything. Next, we need to consider the damage that "socially constructed or socially relevant characteristics" have caused throughout history. So many of those characteristics have been and are at war with one another, and it has been science that has served as the saviour in many of those instances. It is also necessary to recognize that there has been time throughout history where 'researchers' leveraged "science" to do harm.

In the end, science exists so that we question everything, and it is the driving force behind our pursuit towards the perfect society. That is why our focus needs to be being able to distinguish real science from fake science and learning how to reflect on real science even when it makes us uncomfortable, when it challenges existing truths that we thought were absolute.

For The Love of Science

The anti-science narrative is one that can be traced back to our earliest civilizations, but it is one of the reasons we have The United Nations Educational, Scientific, and Cultural Organization (UNESCO). There is a fantastic summary on the importance of science titled "*Science for Society*". That explanation describes how science is the greatest collective endeavor and how it nourishes our human spirit. "*Science generates solutions for everyday life and helps us to answer the great mysteries of the universe. In other words, science is one of the most important channels of knowledge. It has a specific role, as well as a variety of functions for the benefit of our society: creating new knowledge, improving education, and increasing the quality of our lives.*"

AU-thentic Events Upcoming AU Related Events

Science Outreach Athabasca presents: 50,000 years of Arctic ground squirrels, volcanoes, and ancient DNA from Yukon Territory

Tue, Sep 27, 7:00 to 9:00 pm MDT
Online

Hosted by AU and U of A
news.athabascau.ca/events/science-outreach-athabasca-presents-50000-years-of-arctic-ground-squirrels-volcanoes-and-ancient-dna-from-yukon-territory/

No pre-registration necessary; access through above link

Rural Resiliency: Digital Divide

Wed, Sep 28, 10:00 to 11:30 am MDT
Online

Hosted by AU and the Rural Development Network
www.eventbrite.com/cc/rural-resiliency-speakers-series-888149
Register through above link

Navigating the Aftermath: Making Sense of Sexual Harassment and How an Organization Responds

Wed, Sep 28, 11:00 am to 12:00 pm MDT
Online

Hosted by AU's IDEA Lab
news.athabascau.ca/events/navigating-the-aftermath-making-sense-of-sexual-harassment-and-how-an-organization-responds/

No pre-registration necessary; access presentation through above link

When I first learned about the new changes in research ethics it reminded me of former New York City Mayor Michael Bloomberg's Harvard Commencement speech in 2014. In that speech he had a particular line about science, "*People do not listen to facts that run counter to their ideology. They fear them. Nothing is more frightening than scientific evidence.*"

There were also parts to Mayor Bloomberg's speech that talked about universities having a tradition for being bastions for free thinking and free discussion, and how they seemed to be moving towards the censorship of conservative ideas. This is important because there are instances that demonstrate the exact opposite. Here in Canada, Western University's decision to censor a anti-homophobia graphic poster due to religion, because it showed a two women in a hijab, one black and one white, who were kissing, made national headlines. Although the science clearly supports the existence of same sex couples as a natural occurrence around the world, Western University's position was that theology took precedence over science because there was the chance that this graphic poster would upset people. As a result, the image of the two women in a hijab who were kissing was removed and the graphic poster was reposted.

Most of the "*socially constructed or socially relevant characteristics*" are diametrically opposed to one another and it seems that they can not peacefully co-exist together unless they under the watchful eye of science. If we love science, then we need to make sure it has our full support all of the time. We can not love science if we keep deciding to selectively uphold its ideals. That is why we need to decide whether we are for science or against it.

Alek Golijanin is an AU alum who considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Bags of time. Seeking tips on balancing full-time work with a full-time course load, a student benefits from others who are doing, or have done, the same, and who can manage to take the time to share their insights and suggestions.

Discord

There's more than coffee percolating through the lounge. Discussion threads in the #coffee-shop-lounge include hurricanes, Alberta water, carrier pigeons, and demanding/expensive babysitters.

reddit

Exam suspense. A student wonders what would trigger an integrity review for a recently-written exam. Responders offer much head-scratching and guesses, but the situation remains perplexing.

Twitter

@aulibarchives tweets: "Missed one of our webinars? Don't worry, we post our recordings on our Youtube channel so you can watch, re-watch, pause and follow along at any point during your studies. <https://youtube.com/channel/UC UTF4BVILYDki69H2LS3zQ>."



What Happens When You Live the Dream

Marie Well



I just read an article called "31 Things That Happen When You Finally Decide to Live Your Dreams." I'd recommend you read it just to get a sense of what occurs when you truly live the dream. The article is so telling that I wondered if the author was a burgeoning movie star, celebrity, or business tycoon. But he was a psychology Ph.D. student. So perhaps his education was the foundation for his wisdom.

As background, I searched his article because I wanted to confirm whether I am living the dream. I once worked a job at a disability employment center cutting strings on hand-sewn bags. I earned a salary of \$5 total every two weeks (80 hours). Now I'm working toward making six figures through pay raises from my present employer and weekend side projects. I hope to reach this six-figure goal within five years.

But even if I don't achieve the goal, it's fun trying.

Here are seven things that are unfolding because of my aim to live the dream:

I'm walking a path toward enlightenment. I was once a hard-core atheist. But I've since discovered that to truly realize our potential, we must live a life governed by service and unconditional love for others. And once we commit to loving all others, we begin the tread toward the path of enlightenment. Life becomes joyous when we strive for enlightenment, and the pieces of all life's puzzles swiftly start fitting together.

My loyalty to my employers is increasing my income. At first, my employer was skeptical of me. I admittedly didn't have a top-notch skillset at the outset. But I hung in there through a highly disciplined work ethic, a love for my work, and a thirst for skills development. But loyalty cemented my career and led to a higher pay grade. When three members of staff left for greener pastures, I stayed loyal. As well, I recently heard of a worker's devoted goal of working ten years for his firm. So, that's now my goal, too. That's because loyalty aids in living the dream.

As I let go of the expectations of others, every relationship of mine deepens. I didn't have many friends not long ago, and my relationship with my mom was horrific. But, once I let go of the expectations of others and committed to loving unconditionally, my friendships deepened and widened. After over a decade of feuding, my beloved mom has spoken her love and adoration for me. When she leaves this world, we will have parted in a place of love. Mended relationships are the greatest gifts that arise from letting go of the expectations of others.

I have all my needs met, and I meet the needs of others. Not that long ago, I'd ache from a lack of food. I'd dig every corner of my dwelling for just enough money to buy a banana. And I'd eat the peel, too, just to stretch the budget. Now I'm able to stock the shelves while also helping others. A decent salary is beneficial, although not necessary, toward living the dream.

My appearance is rapidly improving. I'd recently walk through the oil and gas towers sporting blue and white flower pants with a ripped knee, unwashed hair, and no makeup. I clearly recall one businessman glaring at my knee as he heaved a gasp. Since then, I've been using hair care products made from nontoxic natural food. I've been applying a tiny bit of makeup and

developed a rock-solid fashion sense on a budget. I fit in nicely with the oil and gas crowd now. A decent appearance increases opportunities.

I'm learning skills at hyper speed. Recently, I could barely afford a single \$14 Udemy course, often opting for a few groceries instead. Therefore, my skillset languished, and I found myself further behind on career qualifications. But now, I have the income to learn from top-notch coaches and to enroll in otherwise unaffordable courses. As a result, I am gaining fast traction on the skillset required for qualifying for six-figure careers should my employer retire. The more skills acquired, the more likely it is to be immersed in a dream career.

After reading the psychologist author's 31 things that happen when living the dream, I feel I'm only partway there. That's because I only fully grasp a handful of the thirty-one items. I mean, I've never felt happier or more fulfilled in my entire life. But there's always more to accomplish.

And besides, an adverse life event could threaten to topple my joy. Books on fiction writing indicate that audiences are intrigued by characters infused with a passion for their careers. That's because the audience knows the bliss won't last. But there's a remedy—learning to control the mind to be joyful even during tragic times.

How many of the 31 items listed by the psychologist might you, too, have fully grasped? Without question, you deserve to be fully living your dream life. So, what will be your next step to experiencing all 31 things that happen when you strive to live your dreams?



Which Fruits and Veggies Should You Eat in the Fall?

Xine Wang



An assortment of fruits in the summer I enjoyed that were in season and tasted fresh and sweet.

As the weather slowly transitions to autumn, there's many fruits and veggies that soon become "out of season". Usually, September marks the end of summer berries and fruits, however there's still plenty of harvest that makes this season exciting. Given that we're covered in a snowy tundra half the year, sometimes eating fruits in season can seem out of touch with reality. However, it is still possible to do so. Farmers and researchers also use a variety of technology to help improve yield and length of growing time.

Fruits grown in season taste fresher and are perfectly ripe. Sometimes, when fruits and veggies are artificially ripened, they taste bland and lack the distinct flavor that a particular fruit carries. For example, tomatoes that are bulk produced in the winter taste bland and watery to me. Another reason to eat fruits and vegetables in season is that it keeps the prices down. Usually, I go to local farmers and markets that only have

available what is currently being grown. This summer, when I visited Portland, Oregon blackberries happened to be in season, and I was able to purchase a large bucket at a huge discount.

Now that you're convinced of eating locally grown food and more importantly in-season veggies and fruits. What are some veggies and fruits that are ripe for the picking in the fall season?

Fall fruits in season:

Apple: While apple varieties have expanded and have growing seasons that vary all through the seasons. In the fall, Honeycrisp apple seasons, McIntosh apples, Empire apples are all in season right now. If you're not a fan of apples, there's options to make them into salads, pies, and other desserts.

Cranberries: Besides the classic cranberry sauce for Thanksgiving, cranberries can be used for baking, for cocktails and even as dressing for salads. Fall is the only time of the year when fresh cranberries are harvested and then frozen to eat for the rest of the year.

Grapes: grapes have a short harvest season starting around September to early October.

Nectarines: Needless to say, nectarines are perfect for snacking but also for desserts and even for salads and slaws. Although the peak season ends in August, there's usually still nectarines available in the fall.

Pears: Some of the most popular varieties of pears are available throughout September, ending in October. Pears are great to eat plain or baked in many dessert recipes. Sometimes, I will add pears to my oatmeal and breakfast adding sweetness and essential vitamins to my breakfast.



Blackberries are in season currently and they are juicy and delicious.

corn than right now.

Fall veggies in season:

Kale: despite not being a huge fan of kale for its bitter and leafy scent, they are currently in season. The thick fibrous leaves work great when sauteed or grilled. The stems are also edible and are great for vegetable stock as well.

Pumpkins: starting about mid-September, pumpkins come into the market and are generally around until November. Other squashes and courgettes are also coming into season. If you're into homemade squash soups, this is the time to stock up on a few of your favorite squashes. If you're debating whether it's pumpkin spice season, the colder weather definitely has confirmed that it's time to take out some warm cozy sweaters and drink a cup of pumpkin spice latte.

Corn: The abundance of corn in most supermarkets is a sign that it's certainly time to have some roasted corn on the cob or make a Mexican salad. The corn I had this month so far has been so fresh, juicy, and sweet. There's no better time to eat



Pictured with my favorite fall fruit - wine grapes.

Course Exam: HIST 210 (A History of the World in the Twentieth Century II)

HIST 210 (A History of the World in the Twentieth Century II) is a three-credit arts or humanities course that introduces students to the major economic, political, social, scientific, and technological developments in post-Second World War history. HIST 210 has no prerequisites, but credit in at least one university history course is recommended. This course is cross-listed with GLST 210 and cannot be taken if credit has been obtained for GLST 210. HIST 210 has a challenge for credit option.

Who Should Take This Course and Why

The Voice Magazine had the privilege to interview Emily McIntyre, a bachelor of arts student with a minor in history. She notes that “this course picks up where HIST 209 left off, at the end of the Second World War.” She continues, “I might see upsetting things in the media such as Russia’s invasion of Ukraine, or the rioting happening in Iran this week, but they make more sense to me now. They don’t feel as random or unpredictable.” If you have ever wondered how global events continue to shape the world, Emily says “this course does a great job of illustrating that ... there is a growing understanding of how interconnected our world is.”

Course, Assignments, and Exam Details

HIST 210 is based on four broad themes: global interrelatedness; identity and difference; rise of the mass society; and technology versus nature. It is divided into fourteen units, beginning with “Boom Time” in 1948 through to “Fast Forward” in 1999. Students will also explore units titled “Fallout”, “Endangered Planet”, “Great Leap”, “God Fights Back”, and more. By the end of the course, students should be able to critically discuss the main currents and major patterns of world history during the twentieth century; analyze the diverse ways in which large-scale developments have affected, and also been affected by, the lives of individuals; explain the strengths and limitations of different approaches to historical understanding; and analyze and compare the effects of major developments in twentieth-century world history on Canada.

HIST 210 includes an eText, fourteen one-hour video programs, the Digital Reading Room, and a Study Guide. The video components “added so much to the readings,” according to Emily.

To receive credit for HIST 210, students must achieve a minimum of 50 percent on the final, and a minimum composite grade of D (50 percent). There are two assignments, each weighted at 30 percent, and a final exam weighted at 40 percent for this course. Emily says “the assignments were pretty straightforward ... both were research essays and there was some guidance on the choice of topic.” From what we found in the Digital Reading Room, each assignment has a choice of two topics and all are accompanied by a plethora of additional readings and resources for students to browse and use in their essays. As for the final examination, “it’s a three-hour written exam comprised of multiple short essays. You can pick from a list of topics for each essay.”

Course Advice

When we asked Emily what her advice for this course is, she says, “I think with any history course, the key to really integrating all of this information is to think of it as a series of stories you tell yourself. It’s just a big, long, fascinating story that happens to be true.” She also mentions jotting down new names, acronyms, or terms so that “if they come up later, you don’t have to go looking for a reminder.” We also asked her how she found communication with her tutor throughout the course. “(They) always have something very interesting to add and often point you very directly

where you should be focusing.” Emily really emphasizes the “very directly”. She also mentioned that the exam questions were very similar to the learning objectives and study questions, and recommended focusing on these throughout your studies. Amazing advice, Emily!

Majoring in psychology with a minor in philosophy, Oliva experiences an existential crisis at least once a semester and psychoanalyzes everyone she knows.

Fly on the Wall Prawns, Peace, and a Steady Diet of Tomatoes

Jason Sullivan

UN International Peace Day



Pondering the joys of deep fried prawns and the possibility of subsisting for several days in a row on the same meal, a menacing concern began to gnaw at my entrails: what if variety *isn't* the spice of life at all? Maybe when we have a good thing, such as a favourite academic discipline, we should stick with it rather than always seek to test our boundaries. What if all those extra electives taken to broaden the ambitions of my intellectual viscera were just distracting from what was bringing me a sense of educational well-being? Peace is not, after all, only a geopolitical state. It can also be a psychosocial reality especially within one's academic being.

Learning requires not only a serene physical setting but also a certain inner peace about our skills, interests, and predilections. However, to appreciate peace in its most literal sense as freedom from war requires contact with a living memory of war or its facsimile within our Canadian lives. Conflicts breeds appreciation of its absence, you might say. When the study struggle is real it's not because of gunshots down the street or secret police at our window. Yet pressures we apply on ourselves can be their own force for oppression. A panoply of conflicting ideas can stimulate the mind, but they can also stir up existential murk. Demanding consistency itself induces a lack of peace.

Conflict is not only an external and coercive force. To this end, as the UN every September 21st marks an International Day of Peace they note that “true peace entails much more than laying down arms. It requires the building of societies where all members feel that they can flourish” (online). In our private distance education nation of one, personal prosperity from peace suggests we not stifle conflicts of ideas or even internal turmoil so much as allow harmony to resolve itself with placid acceptance of diversity. Likewise, in our larger life peace can be about granting ourselves and others and the planet space to truly flourish. Finally, peace is knowing and accepting ourselves as a student with strengths as well as weaknesses. Instead of striving to always branch out and change ourselves or our ideas we may want to in our studies try and just focus on what we most excel at. Innate talents are fodder for growth and not only invitations to try something new and out of our comfort zone.

Reflecting on our Educational Past to Appreciate our Peaceful Present

Peace implies an acceptance of a panoply of realities within a homeostatic social whole. Variety goes with college education, such as when we hit the road to pursue our studies. I think back to a sunny September day in Nelson, BC. The year was 2004 and I was on foot from my Baker Street

apartment to the 10th Street Campus of Selkirk College where, tucked away as an old library of what had once been a Catholic College, a small vanguard of academia known as the Nelson University Centre held court. In conjunction with Athabasca, they offered classes of which I'd enrolled in several. The largest class size was a heady threesome, and the smallest was just me with a fascinating and erudite German-Canadian scholar whose PhD was in history from the University of Chicago. Walking to class that fine morning I passed what can only be termed an old school hippie fellow with long Biblical beard and a scruffy but polite demeanour. He had alighted upon a rock pile and around him were gathered an assortment of green and pinkish tomatoes. Culls from a community garden, perhaps. Like admirers congregating to hear their bard speak, these fruits of the soil were implying themselves to him perhaps as a number of meals. Like a desert island castaway subsisting on coconuts or a teenage stoner with a national dietary plan of jujubes and gummy sharks, variety was abiding with this guy more than any protean culinary possibilities. He was a happy camper. At least in that moment, anyway. We are what we eat, I thought, and so are we what we learn. Most of all, we are as placid and peaceful as we allow ourselves to be. No one else I spoke to that day was as calm as this humble one-item eater.

My class that day was Art History (now known as ARHI 201), in conjunction with Athabasca, and in it we learned about symbolic visual depictions dating to ancient times and how, be it imposing lions at the gates to a Mycenaean fortress or frolicking porpoises adorning a Minoan fresco, the leitmotif of a place and a time followed themes of peaceful trading or conflict and conquest. Compare and contrast, that study guide practice question that probably goes back to the stone age, asked us to consider the nature of art as an expression of particular historic times.

Which artists abide most effectively in a given circumstance? Clearly an artist or academic needs a degree of tranquility to attain any degree of success. But, like kitties seeking mice in Egyptian grain silos while also helping to prevent the spread of disease and pestilence, artists don't only express their private concerns. They also embody public and cultural realities and those, by the nature of life, involve conflict. Artists and students both need relative peace to conduct their life's work.

However, were life truly all about peace nary a new idea would emerge; stimulus by nature is a challenge inciting dialectical thought as concepts confront one another. Truly pacific calm wouldn't lead to a desire to express anything at all, it'd just be a life of passive receptivity. Whereas mortal combat leaves little time for higher pursuits like education and creativity, a little critical thinking is maybe the stuff of success. Time to reflect and even experience monotony, rather than always seeking variety and new experiences, is key. Alan Watts wrote that "to be silent is not to lose your tongue. On the contrary, it is only through silence that once can discover something new to talk about" (Watts, 91). Like sitting with an audience of tomatoes or prawns, our wisest moments may come from feeling stability and being at peace with reality just as it is.

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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.



Beyond Literary Landscapes Apocalyptic and Post-Apocalyptic Novels

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.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. 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

Continuing with my previous weeks’ columns that have discussed Speculative Fiction sub-genres such as Dystopian Literature and Science Fiction, this week’s column serves as an

introduction to Apocalyptic and Post-Apocalyptic novels. It also serves as a reminder of some of the genre’s classics, and as an inspiration for further reading.

Apocalyptic and Post-Apocalyptic novels can be defined as “subgenres of science fiction that are set in a time period where the earth as we know it is coming to an end.” In particular, post-apocalyptic novels occur in the future.

Common themes include nuclear disasters, global pandemics, environmental disasters, zombie apocalypses, wars, controlling governments, and destruction.

For those a bit confused about the difference between Apocalyptic and Post-Apocalyptic novels, and those classified as Dystopian Literature, you are not alone. One way to differentiate these genres is to remember that “Dystopian novels often focus on societies and cultures that appear stable and well established, whereas post-apocalyptic cultures are more imbalanced or volatile.”

Well-known authors who have written Apocalyptic and Post-Apocalyptic novels include Waubgeshig Rice, Stephen King, and Jose Saramago.

What

Examples of Apocalyptic and Post-Apocalyptic novels include *Moon of the Crusted Snow* by Waubgeshig Rice, *The Stand* by Stephen King, and *Blindness* by Jose Saramago.

Where

These Apocalyptic and Post-Apocalyptic novels take place throughout Canada, the United States, as well as Portugal.

When

These novels are set during the 21-st century and the future.

Why

Apocalyptic and Post-Apocalyptic novels may be of interest to AU readers who enjoy Speculative Fiction, as well as novels with elements of Horror. Readers may also be interested in reading about dystopian visions of the future, plagues, ecological disasters, political crises, and the end of the world. They confront readers with the question of how we'd survive in a world where civilization hasn't.

How

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

AU students interested in learning more about this topic may enroll in ENGL 491: Directed Studies in Literature, a senior-level, three-credit course, which "is designed for students who want to pursue a particular topic of study in literature, cultural studies, or both." (Note: This course requires several prerequisites, including ENGL 211: Prose Forms, ENGL 212: Poetry and Plays, two senior-level ENGL courses, and professor approval.)

Students may also consider ENGL 492: Research and Writing Projects in Literature, a senior-level, three-credit course, which allows students to "focus on a particular literary theme, idea, or theoretical problem." (Prerequisites are identical to the abovementioned ENGL 491.) Happy reading!

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



More AU-thentic Events It's All Coming Up

Presenting Your Work at a Conference

Wed, Sep 28, 1:00 to 2:00 pm MDT

Online

Hosted by AU's Write Site and Faculty of Graduate Studies

news.athabascau.ca/events/presenting-your-work-at-a-conference-2022/

Register through above link

Library Search Strategies

Wed, Sep 28, 12:00 to 1:00 pm MDT

Online

Hosted by AU Library

www.facebook.com/events/3359671380921555

No pre-registration needed; access through above link

Who me? Cheat?: An interactive academic integrity dialogue

Thur, Sep 29, 12:30 to 1:30 pm MDT

Online

Hosted by AU Library

www.facebook.com/events/793626518646235/

No pre-registration needed; access through above link

MBA for Executives Webinar

Tue, Oct 4, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20221004/

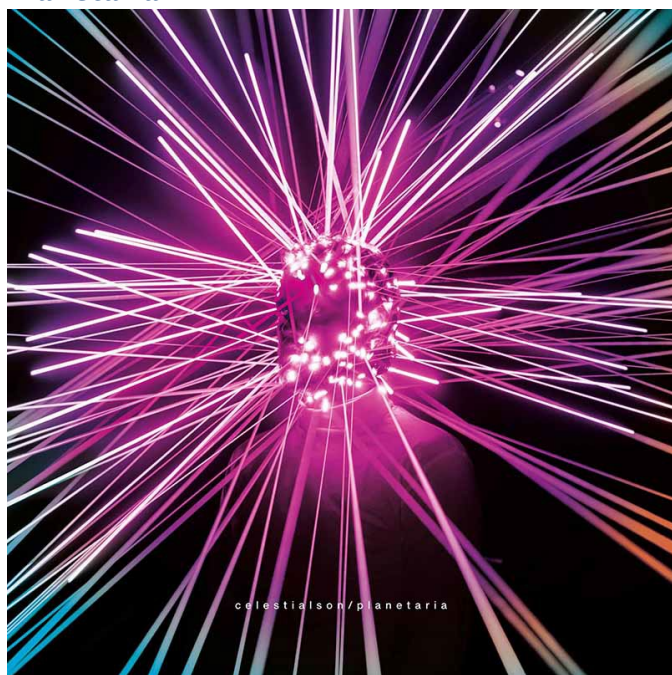
RSVP through above link.

All events are free unless otherwise noted.

Music Review

Planetaria

Jessica Young



Artist: Celestial Son

Album: Planetaria

Electronic progressive rock band, Celestial Son, is releasing their third LP, *Planetaria*, on November 4th, 2022. The album will be available for streaming anywhere you get your music. In the meantime, Celestial Son has already released four singles from the album, which are available for streaming now.

Hailing from Copenhagen, Denmark, Celestial Son was founded in 2003. According to the band, the trio sets out to uncover the unexplored and exciting intersection between modern synth-wave, pop of the 80's, 70's progressive art-rock, and the 90's melodic grunge.

Planetaria contains 11 tracks: Rise of a Cosmic Dragon; Fakir (featuring Gavin Harrison); Lord of

Karma; Interstellar Intercourse (featuring Gavin Harrison); Sound(E)scape Master (featuring Gavin Harrison); City of Man; Qi; Dawn at the Planetarium; Reen; Negative Gas; and Avian Heart (Gavin Harrison).

The already-released singles include Fakir (featuring Gavin Harrison); Lord of Karma; City of Man; and Avian Heart (featuring Gavin Harrison). The singles all have official music videos available on the band's YouTube.

But, overall, I wasn't a fan of *Planetaria*.

My biggest complaint is that the songs all sound nearly identical. The album is a run-on-sentence of techy synth instrumentals. There are minimal lyrics—some of the tracks are almost purely instrumental—so there's nothing to make each individual song different or memorable. When there are lyrics present, the lead singer uses the exact same drawn-out, lifeless vocals in every track. He sounds as if he's bored, and it's difficult to get into a song if the person singing it isn't even interested.

The lyrics themselves are uninteresting. It feels like the band is trying too hard to be poetic to the point that the words no longer make sense. For instance, the song "Fakir" contains the lyrics, "Use/The escape/And prove/whatever you want it to prove/I must face my fears - taste the lies man/So I'll stay right here until you realize/You better believe me/Now those fears never calm." I'm not quite sure what that means, or who is supposed to relate to that.

The music videos for the singles are all very similar as well. The video for "Fakir" features two dancers in what looks to be a dark warehouse, dancing through clouds of smoke while holding lights. Meanwhile, the video for "Avian Heart" features one dancer in the middle of a dark field, dancing through clouds of smoke while holding various lights.

The video for "Lord of Karma" and "City of Man" are equally weird. "Lord of Karma" features the lead singer, alone in a field (perhaps the same field from the other video, but in daylight this time), with a microphone hanging from the sky. This is cut with flashes of a man finding a

glowing tree stump in the forest. “City of Man” features a man on a beanbag chair playing an original Nintendo, cut with scenes of one of the band members apparently cosplaying Jeffrey Dahmer—or maybe the killer from The Lovely Bones. Not sure.

I get the vibe that Celestial Son is trying a little too hard to be “weird” and different. But who knows. Maybe I just don’t get it.

Check out Celestial Son on [Facebook](#), [Instagram](#), and [YouTube](#).

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



What a Fashion Sense will Do For You

Marie Well



I was one of those women who looked grossly out of place in the oil and gas towers. Other women looked considerably more polished than me, despite my best efforts. I didn't even have the dress sense to fit in with the uniformed baristas or concession stand servers. Yes, I looked frumpy, and I felt it. I was sporting my pink crop pants with the puffed-out knees, a neon sign screaming "misfit."

But I took an online course on Udemy on how to dress like a fashion icon. My previous article explained how it taught me my color palette and what clothes most suited my body shape.

As a result, I grew addicted to online shopping. Although I tucked many outfits into shopping carts, I never purchased them. Instead, I vowed to relinquish my fixation on fashion in favor of spirituality and skills development. But I've since

caved and bought online a pair of jeans, a t-shirt, a sweater, and a suit jacket and pants. This week they arrived, and they didn't disappoint.

My fifteen-dollar t-shirts and twenty-dollar jeans look better on me than the \$250 suits I bought ages ago. The colors are better, the style more attractive, and the fit seems perfect. Walking through the oil and gas towers with my new \$35 outfit brought a new response. For the first time, I fit in. Professional women would smile at me as we passed by, an acknowledgment otherwise reserved for a colleague. The baristas complimented my "style" and inquired about my choice of clothes. For the first time, I felt I could fit in with a managerial role with one of the oil and gas firms.

And then my \$200 beige suit coat and pants arrived in the mail. Because of the fashion course, I knew they would look great on me without trying them on. And when I tried them on, they looked impeccable. In the past, I would spend hours shopping for items and walk away with

something that didn't suit me. Now, I have a quick idea of what to buy, search it online, and it'll fit and look fantastic.

As well, I can address my previously ill-suited clothing. Nearly every coat or suit jacket I have owned has been black, which washes me out. So, I Google search my color palette, buy a scarf in a fitting color, and drape it around my neck in a way that detracts from my shoulders. As a result, my appearance looks significantly better, despite the black blazers. After all, the colors closest to our faces are the ones that matter most from a fashion perspective.

I know this sounds vain, but it means at least fitting in with the corporate crowd, which has been a long-term goal. In the past, my biggest fear during job interviews was my appearance. That's because people can make an impression in less than a minute. And my first impression was all wrong. So now I'm sharing with you the secret to making that first impression. Take a fashion course, whether you're a man or a woman. It could help you secure a great career.

The fashion course said, "If you want more power or success, you won't find it in clothes. Instead, take a skills development course or enroll in a seminar." But I think they got it wrong—at least partially. Appropriate fashion can take me from a complete outsider—a misfit—to a corporate appearance. In that case, a professional style opens doors otherwise unavailable.

So, do you want to spend significantly less money and less time on clothes shopping yet look fantastic? Then, a fashion course should be top on your agenda.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Future of Work Scholarship

Sponsored by: Automotive Parts Manufacturer's Association (APMA)

Deadline: September 30, 2022, 11:59 pm EDT

Potential payout: \$2500

Eligibility restriction: Applicants must be students at a Canadian post-secondary institution; studying in the areas of engineering, skilled trades, cross-border logistics, or policy leadership; pursuing a career in Canada's automotive sector; and be Canadian citizens, permanent residents, protected persons, or international students.

What's required: A completed (2-page) application form, including contact and academic info, contact info for two references, and a 250-word max answer to the question "Why do you want to pursue a career in Canada's automotive industry?"

Tips: The deadline is coming up quickly, but the application form is simple.

Where to get info: <https://apma.ca/future-of-work-scholarship/>





Parent Switch

Dear Barb:

Hi, I enjoy reading your column every week, but I have not seen my problem yet, so I thought I would write, as it may help someone else. I grew up as the oldest daughter in a family of four. My parents separated when I was nine and we rarely see my dad. After my dad left, my mom fell apart and started drinking and stayed away from home a lot. I was left to care for my younger siblings. When the kids were younger I made supper, did laundry, and cleaning.

Now that they are older, I have to care for their emotional needs as well. It has been 10 years since my dad left and my mom has gotten worse and is barely functioning. I feel so overwhelmed. I tried to get my mom to go into treatment, but she is not interested. I have told her I can't keep doing this and that I am going to move out soon. She starts crying and begging me not to leave. I haven't got the heart to leave my siblings alone with her. I need some professional health. I do not know where to turn. Looking forward to your advice. Thanks, Melanie.

Hello Melanie:

You are experiencing what is known as "Parentification," which is a parent-child role reversal, where you are required to take on the role of parent to your younger siblings and even your own parent. After experiencing this for 10 years, it has become a part of your life, but you are realizing that you have to do something to change it. You have to be able

to live your life and your mother needs to get help. There are treatment programs that can help you and hopefully help your mother. If you are firm, then when she realizes you are not going to continue in this unhealthy pattern she will have no choice but to step up and get some help for herself, or she will lose her children.

I found three types of therapy that you and your family would benefit from. The first is Cognitive-Behavior Therapy, which helps people to change their thinking and learn to deal with stressful situations. Another type of therapy is family systems therapy. It is used to understand the dynamics in the family and will help you to understand what is going on and how you are being affected. Lastly, psychoeducation will help you to understand and look for signs of mental health disorders and how they are treated. To find out which type of therapy is best for your family, I suggest you talk to your family doctor, he will be able to point you in the right direction. You have to start to look after yourself. If you don't, your adult relationships will be severely impacted. I'm so happy that you are beginning to realize your family needs help. Thanks for your email, Melanie.

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.



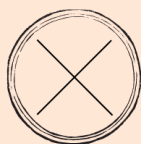
Poet Maeve
Royal Humans

Wanda Waterman



Indigenous Week at AU SU

September 19th - 23rd, 2022



Cheryle Chagnon-Greyeyes

Medicine Wheel Teachings

Sept. 20, 2022 at 5 p.m. MT

Mohawk Institute Residential School Virtual Tour Screening

Presented by the  WOODLAND
CULTURAL CENTRE

Sept. 22, 2022 at 11:30 a.m. MT



Meet Bear Clan Patrol

Presentation by Rose Fontaine

Sept. 22, 2022 at 5 p.m. MT

RSVP on Eventbrite

AUSU invites you to Indigenous Week from Sept. 19th-23rd, 2022, including three free virtual events on Zoom!

First, [join us](#) on Tuesday, Sept. 20th at 5:00 p.m. MT, as Cree Elder and Storyteller Cheryle Chagnon-Greyeyes shares Medicine Wheel Teachings, traditional knowledge that can guide any journey using the fundamental concepts of wholeness, inter-relationship, inter-connectedness, balance and respect.

RSVP on Eventbrite

Then, [join us](#) on Thursday, Sept. 22nd at 11:30 a.m. MT, as the Woodland Cultural Centre presents a special screening of the Mohawk Institute Residential School. This virtual tour video was created with the production company *Thru the Reddoor*, and it follows guide Lorrie Gallant as she gives a tour of the former Mohawk Institute Indian Residential School.

RSVP on Eventbrite

Finally, [join us](#) again Sept. 22nd at 5:00 p.m. MT, for an introductory presentation to the Bear Clan Patrol, a nationwide, community-based initiative helping to provide a sense of safety, solidarity, and belonging for Indigenous community members using nonviolent, nonthreatening, and nonjudgmental methods of support.

RSVP on Eventbrite

CLASSIFIEDS

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

THE VOICE

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