



THE VOICE

Vol 30 Issue 42 2022-11-04

Minds We Meet

Interviewing Students Like You

Cybersecurity

Staying Safe in a Digital World

Three Tips to Edit Videos

Get it Done Quickly!

Plus:

Time to Talk Tuition

*Music: Hollywood Forever
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 Alixis Rath*..... 4

Articles

Editorial: *Time to Talk Tuition* 3

Cybersecurity: *Staying Safe in a Digital World*..... 5

Three Tips on Editing Videos for School and Hobbies..... 8

Is it Wise to Be Physically Vain?..... 13

Great and Noble Love 17

Columns

Fly on the Wall: *New Answers to Topics of the Day*..... 10

Music Review: *Hollywood Forever* 14

Beyond Literary Landscapes: *Allegory*..... 15

Dear Barb: *Role Reversal*..... 18

News and Events

Student Sizzle 9

AU-thentic Events 11

Scholarship of the Week..... 16

Vintage Voice..... 16

AUSU Update 20

Comics

Poet Maeve: *Bible Holders*..... 19

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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
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Volume 30, Issue 42

© 2022 by The Voice
Magazine

ISSN 2561-3634



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

Time To Talk Tuition

Karl Low



Your tuition is going to go up. Again. Everybody's concerned about inflation, but few people realize how much tuition rates have inflated over the years. Honestly, most people have a good distance to go before they catch up with what students have been seeing for years. It's gotten to the point now where some schools, like AU, for instance, get a larger percentage of their funding from their students than some so called charter or private schools. So much for being a "public" university.

AUSU is starting a campaign today with the not-so-catchy but very direct moniker #StopAUTuitionHikes. Hashtag included and recommended for those who want to get in on the fun. What fun is that? Well, heading to that hashtag on twitter should get you some pictures of exactly how much the tuition increase is going to cost many students in food.

The increase is currently expected to be about 5.5%, or about \$30 per course. That doesn't sound like a lot of money, and I'm sure to Advanced Education Minister Nicolaides that's cheaper than a bottle of okay scotch on a roof-top patio. But to a lot of students, who have to stretch a student loan budget out over four months at a time, that can work out to several

meals. So, the idea is, you take a picture of just how much food \$30 would have bought you, and tweet that to the Advanced Education Minister, @demetriossnAB, and the President of AU, @peter_scott, with the #StopAUTuitionHikes hashtag.

Even if you don't want to show your own situation, look for the hashtag and retweet it. The more people who understand just what tuition hikes are costing students, costing their kids or friends or family, the more pressure that brings to start thinking of education as an investment to the public, not a cost.

And while we're on the subject of tuition, I want to remind everyone that there's still time to sign up for AUSU's Town Hall on Tuition and Fees. AUSU wants your personal stories about how tuition hikes have affected you, even if the answer is "not very much", just showing up to share and listen helps AUSU deliver an even louder message to the university executive and the Board of Governors. They're insulated right now from the effects of tuition hikes because all they see is the numbers. With the Town Hall and new twitter campaign, AUSU is trying to make the people those numbers affect clear. Help them and it just may end up helping you, not to mention your fellow students and all the students who come after you. You'll be like a leader in the fight to bring solid education to everyone. And who doesn't love a leader for a good cause, right?

Meanwhile, in this issue of The Voice Magazine, we've got a brand new student interview, and by brand new, I mean the student as well as the interview! Alixis Rath recently came to AU and is on a path to eventually pursue her Bachelor of Commerce degree and open up her own bookkeeping business. Plus, we've got a look at cybersecurity. What is it, how can you have it, and what, of all things, does it have to do with the Truth and Reconciliation Commission. Alek Golijanin takes us on a little trip to explore those questions. And with the new economy, many people are starting to make their living from their own videos, so Xine Wang has some tips on how to set up your own content creation action. Not to mention scholarships, events, reviews, advice, and so much more! Enjoy the read!

Handwritten signature of Karl Low.

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Alixis Rath (*she/her*), a 19-year old student enrolled in the University Certificate of Accounting program, who has plans to “continue into a Bachelor of Commerce,” followed by “a long-term goal of creating [her] own Bookkeeping business.” She currently resides, and—along with her 4 siblings—was born and raised in St. Paul, “home to the first UFO Landing Pad.”

Alixis had some great study tips for students. “I find that listening to the lesson, then reading it and taking notes afterwards helps a lot. It helps me get more out of it in the long run. Thinking of what I can accomplish in the future motivates me as well. I realize that to get what I want, I must push through.”

As for her advice to new students? “I would recommend planning out all your classes and give yourself deadlines. And most importantly, following your plan. You don’t want to be stressed out in your classes, take things nice and smooth.”

The Voice Magazine also asked Alixis what she enjoys doing when she is not studying. She stated, “When I am not studying I am either hanging out with my boyfriend, playing the piano, cuddling my cats or catching up on some movies.”

She has also “read too many books to have a favourite” and “favor[s] anything with a happy ending, [since it] keeps [her] positivity and hope up.”

She credits her boyfriend with having the biggest influence on her desire to learn. “I want to be successful for him and our future together. I want him to overall be proud of what I accomplished.”

Her experience with online learning so far has been positive. “I love online learning; I really like having the time to work full time while studying and having the ability to do the classes at my own pace. Although it takes a little bit to get used to as I had to continuously motivate myself to do the task at hand.”

Alixis chose ACCT 251 Introduction to Financial Accounting I as her most memorable course at AU, since it was her first accounting class, and she “was blown away.” She explained, “It was very interactive, and I love numbers which definitely helped, haha. Overall, it was a great leaping stone into the rest of the course.”

As for communication with her course tutors? “I haven’t communicated with my course tutors a whole bunch. However, when I did, they were quick to respond and were very helpful,” she stated.

The Voice Magazine also asked Alixis what her first project would be if she were the new president of AU. She stated, “I would create a fun interaction with the students, even something as simple as doing draws every now and then. The main goal would be getting students to be involved with AU and promote it as well.”

When asked which famous person, past or present, she would like to have lunch with and why, Alixis stated, “Hmmm I have always been fascinated with Marie Antoinette. I think it's just such a dark time in history. I would like to sit down with her and ask her how she coped.”

As for her most memorable vacation? “My most memorable vacation would be the Philippines. My whole family and I went for my dad's wedding in the Philippines. It was beautiful and every single person you met was so hospitable and helpful. Then I got to see my dad marry the love of his life. Best vacation anyone could ask for.”

On a personal note, her most valuable lesson in life was learned from her father. “He always found a positive in situations. He always found a way to make others smile and have a good time in difficult situations. Overall, we need to focus on what is good in life and what we have, and we can build from that.” And her proudest moment? “One of my proudest moments was making the people I love laugh. I remember making my sister laugh with tears, best moment of my life lol. Another one was enrolling into AU, I knew that I could change my life for the better and I was super proud of myself for taking the step.” Best of luck Alixis!

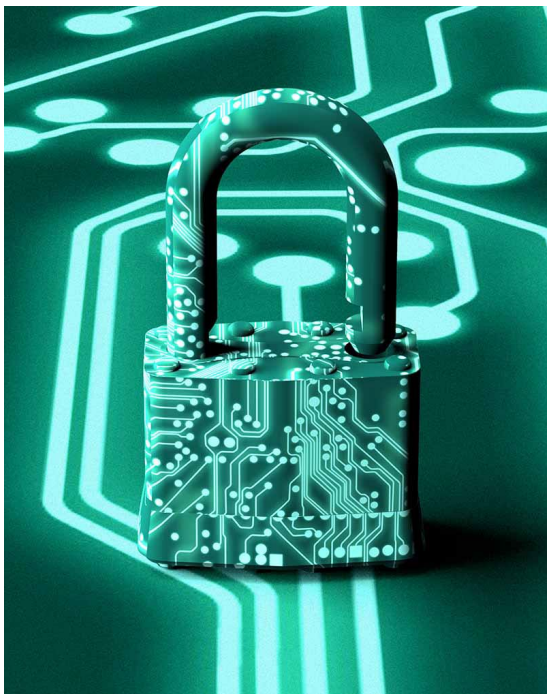
At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like 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.



Cybersecurity – Staying Safe in a Digital World

Alek Golijanin



What exactly is cybersecurity? How do I stay safe while using the internet? These are two questions that are likely to be on many people's minds. Although more people are familiar with the basics of staying safe on the internet, a lot has changed since the early 2000s. There are more sophisticated ways for cyber criminals to steal your information other than emails which tell you how someone has left a sizable inheritance for you and how all that money can be yours so long as you share your banking information. However, the biggest challenge to staying safe is that most people lack the basic understanding of what cybersecurity is about and the evolving technologies that have emboldened cybercriminals across Canada and throughout the world.

What exactly is cybersecurity?

Cybersecurity is the practice of protecting critical systems and sensitive information from digital attacks. The most commonly targeted points of cyber attacks tend to be computers, servers, mobile devices, electronic systems,

networks, and other places where digital data can be stored. As we move closer to a 5G world, a world where almost everything is digitally connected, the threats posed by cyber attacks can be extremely dangerous.

The costs associated with successful attacks can be quite significant and they can include the costs associated with discovering and responding to breaches, the costs of downtime and lost revenue, and long-term reputational damage costs. Additionally, when cyber attacks occur at the individual level, they often result in personally identifiable information getting stolen including identification numbers, credit card numbers, banking information, but sometimes even nude photos and videos of an individual that were meant only for a significant other.

How do I stay safe while using the internet?

To better protect yourself from cyber criminals, it is important to understand how the “game” has changed over the years. These criminals no longer need to rely on emails, credit card skimmers, radio-frequency identification (RFID) scanners or Facebook surveys that tell you which famous person you resemble. The more modern ways of ‘data extraction’ that cybercriminals prefer center around malware, ransomware, and phishing schemes. Think of malware as a type of evil software responsible for birthing viruses and spyware. Think of ransomware as a child of malware that locks files, data, or systems, where the cybercriminals behind the attack demand payment, otherwise they will destroy that data or make private data become public. Think of phishing schemes as messages that are made to seem authentic to dupe individuals—they might come in the form of emails and texts. And I should not have to explain how those Facebook surveys from back in the day were designed to canvas personal questions, the same questions that are asked when people try to reset their passwords.

In order to stay better protected, it is important to rethink how we interact in the digital world and not falling victim as a result of cybersecurity misbeliefs.

The most common cyber safety tips include

1. Update software and operating systems so that you have the latest security patches.
2. Purchase anti-virus software that detects and removes threats and make sure that you keep it updated for the best level of protection.
3. Use strong passwords that include different characters and do not recycle passwords.
4. Do not open attachments from unknown senders whether they come over email or text, but also be wary that the accounts of known senders can become compromised. So always be hyper vigilant about every attachment.
5. Do not click on links from unknown senders whether they come over email, social media, or text, but also be wary that accounts of known senders can become compromised. So always be hyper vigilant about every link.
6. Avoid using unsecure WiFi networks in public spaces because any activity that you do can be traced.

The most common cyber misbeliefs include

1. Cybercriminals are outsiders. In reality, most cybersecurity breaches are often the result of insiders who operate for themselves or with outside actors including organized groups backed by nation-states.
2. Cyber risks are well-known. In reality, they are dynamic and constantly evolving, and that it is not uncommon for unintentional human error to contribute to them.
3. Cyber attacks can only occur in a few places. In reality, everything that is digital is potentially a target for cyber attacks.
4. Cyber attacks only target certain industries. In reality, cybercriminals routinely target governments, hospitals, and anywhere else they think that they can potentially turn a quick profit.

A major misconception about cybercriminals is that they are external forces that operate outside our borders. It is quite common for cyber attacks to originate from within, and “within” refers to insiders like current or former coworkers, business partners, contractors, and others who are familiar with the victim. When the cyber attack stems from “within” it can be invisible to traditional security solutions, like firewalls and intrusion detection systems, that focus on external threats over internal threats. These attacks from within could be especially damaging if they happen to be within our government and democratic systems. And those systems and the people who manage them have strong incentive not to let their failures be known, because they are at constant risk of being voted out.

Truth and reconciliation in the cyber age

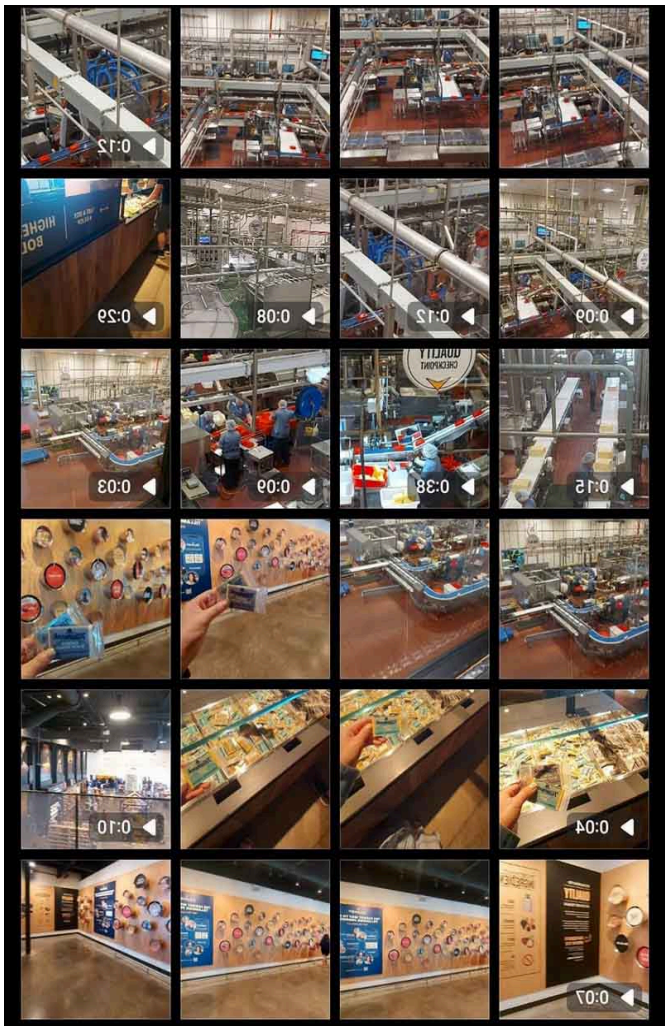
Yet despite all the threats posed in a digital world, society today is safer than ever before and its all thanks to technology. Technology is also the reason why we can track threats in real-time, but we can also go back to right historical wrongs as was seen with the uncovering of unmarked gravesites of children who were forced into the residential school system. In the case of the unmarked gravesites, a radar device was used that emitted high-frequency electromagnetic waves to detect turned soil, but not everything requires fancy equipment.

I am old enough to remember when people who made claims that Indigenous children in residential schools were abused and killed that those people would be labeled as “conspiracy theorists.” And now we are all convinced that there was much more inhumane treatment of Indigenous children than technology will be able to uncover. The biggest obstacle that prevents us from making progress with the “truth and reconciliation” of our pasts, whether it be coming to terms with the treatment of Indigenous Canadians or coming to terms that individuals in positions of consequence have misused their powers for personal gain, it requires us to step away from the notion of believing that we need to protect the reputations of individuals who were believed to have been “honorable.”

Unfortunately for us, the only way to get to that “perfect society” is by facing reality—facing that the past has had, and the present may still have, undesirable truths, and it feels like we are not there just yet. So, if we are focusing on how to make sure that the integrity of our institutions is upheld or how regain trust and confidence, well, one thing that involves is comprehensive reviews of network systems to root out any and all corruption, bring to light any failures that might be hidden, and enact sweeping legislative changes that make it clear that cyber crime will not be tolerated.

Three Tips on Editing Videos Quickly for School or Hobbies

Xine Wang



We are all guilty of over-shooting footage we want to use for our videos. Here I have too many clips and footages that it took a long time to sort through and pick the right footage I wanted to use.

I’ve always been interested in video editing as it serves such a wide range of functions in modern life. We can’t live without our screens, but as technology progresses, I’ve found that people are much more engaged with videos than pictures, and it’s been a fun learning experience throughout the years. Before COVID-19, I had my own podcast and vodcast during school. It was my first glimpse at video editing, social media, and sharing information using different mediums. I particularly loved video editing because there’s so many elements and features. If you were on a budget, a phone camera could shoot some incredible videos, if you’re at a higher budget, there’s plenty of equipment and technology that enhance video quality.

Fast-forward to during COVID-19, I was very adept at online live-streaming, gaining followers quickly and increasing subscribers daily. Even though many would say that it’s an experience that doesn’t always apply to my daily life, I personally found it made an enormous impact on my ability to market and use technology proficiently. During this time, I would learn how to create my own brand logos, following animations and clips that would make it user friendly and engaging. Today, these skills are still valuable as I have my business in health care. I love learning a new skill and not knowing where it might be useful down the road.

What are some things I learned about video editing that could

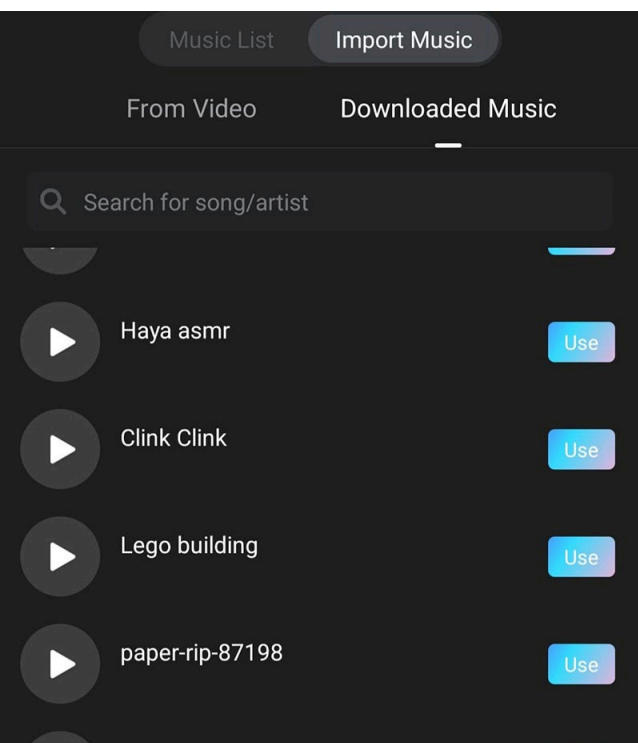
be summed up in 3 points?

1. Plan ahead

As with any social media content that you produce regularly, make sure you have a deadline in mind and set a schedule for yourself. When I was live broadcasting every day during COVID-19, I set a rigorous schedule and stuck with it. I made sure that during the time I was creating content that I was engaged and on topic. The same goes for video editing, make sure you plan your videos, what you will say and what scenes you need.



Picture of me creating videos in batch. All the planning was done ahead of time.



This is an example of the music I pick out on the phone and pre-downloaded for each video I plan to make.

2. Shoot enough footage but not too much

This is something I struggled with when I first started shooting footage for a video. I would shoot so many scenes as a result of being perfectionistic. But this also slows down the editing process since you will have to review these footages and pick the best one. I would recommend for each scene or intro that you film them a few times and make sure the last take is the one to your liking. The more perfectionistic you are about videos the longer they take to edit. Don't be afraid to make small mistakes on camera because you can always crop it out or cut the scene where you fumbled. If you worry about over shooting, you can always shoot your scenes in small batches instead of one long video.

3. Compile your music ahead of time

Sometimes, finding the right sound, music and audio files can be heavily time-consuming. Finding some music and creating a file in your computer that is easy to locate will speed up your video editing process.

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



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Quick response. Two questions get quick answers: one on how to find out your AU student email address if you've forgotten it, and the other on how to apply to re-write a final exam.

Discord

Write Site round up. A thread in the #general channel compares students' experiences in using AU's Write Site to review essays

reddit

Oh, stop, you're making us tired. A self-employed student working 60-70 hours per week wonders if it's possible to complete one course per month. Responses confirm it's possible, but perhaps not compatible with

those working hours.

Twitter

@aulibarchives tweets: "Not sure how to advance your research? Work through at our Search Like a Pro mini course: <https://athabascau.ca/library/get-library-support/guides-tutorials-webinars.html#special-topics> #AULibrary #DistanceEd."



Fly on the Wall

New Answers to Topics of the Day

Jason Sullivan



Sociological Thought as a Dada Manifesto

Well, you walked into *that* one, I thought to myself when asked a pop quiz sort of query about my educated take on a current event. See, the challenge with having an academic major is it lends itself well to what we might term mechanic-worker syndrome. Having a friend who excels in mechanics and general fix-it-ness often leads that person to be asked to help when one or many automotive or lawnmower issues arise. So, when announcing oneself as a psychology or sociology student it may happen that an audience assumes one's proficiency on the topic in a way that fits their expectations. One *could* give a flat and arid account of the issue on offer or, perchance, try something completely different.

One discursive tendency breaker involves just two syllables: Dada! The Dadaists arose after the irrational horrors of the Great War, where the richest countries of the world squandered their lives and their riches to conduct a bloodbath, based ostensibly over their loyalty to a system of NATO-like alliances. Like living in a nightmare, young people suffered and died to keep the word of the leaders of their nation. The answer, figured the Dadaists, was to make a mockery of prevailing viewpoints to liberate our better impulses. Andre Breton announced himself as such by introducing the concept of a *soluble fish*, one that lives not only *in* the water but *of* the water, perhaps to imply that we make our own news in the context of ourselves as a democracy of one, an autonomous zone of our own chosen reality. Were society really part of us we'd lose our identities, dissolved within mantras of consumerism and family alliances. Yet our minds transcend trifles of belonging every time we better ourselves through education.

We ascend past the grind of daily life and news cycles or, as Breton put it, "the ground beneath my feet is nothing but an enormous, unfolded newspaper." Birds in gilded cages may still fly the coop and we at AU may also learn to think outside the bounds of normalcy. Athabasca gives us the chance to carve out our own epistemic niche as we add our learning to the broader vistas of our life. While that may not be enough when society demands us to give answers it preordains as relevant, we can certainly offer some alternative realities to our interlocutors.

Dada is useful, then, as an entry point to describing how divergent viewpoints are only the beginning of education. To really get outside the box can mean making an alternative box of seeming nonsense. Rather than rote facts and flimsy figures, creative thinking can be about swimming far away from piers of normalcy and conformity. Witness Dada's brazen disregard for typical topics treated in a mundane manner: "Politics, finally, which it seems to me has been given scant space, tends above all to govern good relations between men of different metal, the first rank of which is occupied by calcium men. In the minutes of the seances in the chamber, as simple as a chemistry report, they have been more than partial: thus the movements of wings have not been recorded." (online). Metal, what? Is this about Iron Maiden versus Black Sabbath fans on a 40-plus social media forum? For Dada the sense is in the sensibility, not necessarily the

literal meaning. One thinks of the Rhino Party who, in the 1989 election won narrowly by Joe Clark, garnered almost 100 000 votes (online).

Creative whimsy, that mystical drive that led many of us to skip class and even flunk out of school in our younger years, is precisely the answer rarely seen in a textbook. It's like saying: make it up as you go along and traditional education is far from granting leash to such tendencies. So, when we find an academic topic that jives with our inner realm that's when we come to actually enjoy learning. To be believable and credible, then, the key when asked about our major is to give an answer not only about what we've learned, but one that feels right. Like a writer, we might want to appeal to all the senses; how does a topic smell, your inner Dada homunculus might ask. Or how would you dream about a given topic, were you fully lucid.

Life can, for instance, feel anywhere between a dream and a nightmare and even pariah theorists like Freud can provide grist for the mill. So when asked about a new Netflix show about neuropsychology an answer might be to ask what about dreams, how do they feel and how ever could they be mapped onto a brain scan machine. Can your CAT device do this? There are always more fish in the sea of explanation. Freud, for his part, described the sensation felt by one of his clients: "a particular feeling of which [my friend] himself was never free, which he had found confirmed by many others and which he assumed was shared by millions, a feeling that he was inclined to call a sense of 'eternity', a feeling of something limitless, unbounded—as it were 'oceanic'" (online). Within oceans of meaning, we find ourselves in society, and education is about finding meanings that make sense that had previously been invisible. Meaning is contrary to facts, perhaps, when we consider that all the evidence in the world is of a different nature than our heart felt perspectives. Sociology, then, is in a way about not belonging, about providing space between ourselves and our subject under study. Those who feel a bit abnormal, and maybe we all do, make the best social science students. After all, if everything in life felt fine, we'd not be curious so much as complacent.

So. It's okay to answer a question about culture by saying that the topic doesn't interest us. We're not in school merely to describe *how* things work; to contemplate *why* things operate how they do is just as important. When we ask why, we often find out our motivations—and those of others. Alienation may be the core reason that students seek answers outside of the everyday; if normal reality suited us fine, we'd require only the daily news cycle to tell us what society was up to. For

AU-thentic Events

Upcoming AU Related Events

AUSU Town Hall: Tuition & Fees

Mon, Nov 7, 2022, 5:00 to 6:00 pm MST

Online via Zoom

Hosted by AUSU

www.ausu.org/event/town-hall-tuition-fees-2/

RSVP through above link

Library Chat

Tues, Nov 8, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on [home page](#)

Library Chat

Wed, Nov 9, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on [home page](#)

Library Chat

Thur, Nov 10, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on [home page](#)

AUSU Psych Night

Thur, Nov 10, 2022, 6:00 to 7:00 pm MST

Online via Zoom

Hosted by AUSU

www.ausu.org/event/psych-night/

RSVP through above link

All events are free unless otherwise noted.

Breton, however, a sense of being out of step with the times provided a window to imagine new realities. "It is as if a waterfall stood between the theatre of life and me, who am not the principal actor in it." (online). To reclaim a sense of control over one's ideas is key to higher education; thinking critically even when consensus provides a sense of certainty is what education is all about.

My answer to cultural issues, then, begins with describing that learning to think away from my instincts is the key to acquiring a sociological imagination. C. Wright Mills, rebel theorist in starched 1950s America, claimed that when we see our puny lives within the great gears of society and history, we shall acquire a new sense of imagination. And from there we can imagine life as we should wish it to be, rather than merely as it is. If there's one thing education provides, it's a sense that the world has been many things to many people and even the staunchest of adversaries tend to have an awful lot in common with one another.

Every nation has its foundational myths, for instance, and every marketplace has the notion that value is produced by an invisible hand of desire. Yet, contrary to business education where needs and wants are achieved privately and expressed publicly with dollars and labour, one might sociologically note that a certain brainwashing accompanies even our most personal wishes. The business of commerce may be the front line of politics, a land either so appalling or so boring (or both) that many of us take cover in entertainment (which is also fraught with similar perils of intellectual laxity). Calling back to Breton, then, his statement about the metal men is more than just nonsense. Nonsense says so much, like asking what would happen if someone installed a Tim Hortons drive thru and only dispensed fortune cookies. Much of life is ludicrous if we look at our dreams that way. Wouldn't learning be better if we started closer to home? Allen Ginsberg once noted that mundane facts like shopping for groceries become relevant matters for utopic imaginings and polysci ponderings when he asked "When can I go into the supermarket and buy what I need with my good looks? America after all it is you and I who are perfect not the next world" (online).

Believing himself ugly, he assumed that a better world would start with less consideration of appearances. Our academic majors are like that too; whatever others assume about sociology or psychology we might want to throw out so that we can really address topics at hand. Answers themselves, pat assertions, comfortable in their complacency, may even be the wrong places to start. For this reason, when asked about current events, I find it helpful to respond by saying that my education leads me to ask the interlocutor what they themselves think? We're all students of human life, after all.

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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.

Is it Wise to be Spiritually Vain?

Marie Well



Life's most important goal is to love all others. Although many may disagree, I believe it's vital to put all others before self. So, that's why I faced an existential crisis when I deleted an article on fitness I wrote yesterday for *The Voice Magazine*. What troubled me was that I promoted fitness vanity as much as, if not more than, the spiritual and health.

Vanity is a vice; fitness is a strength. So, I looked up "fitness" and various religious philosophies to determine its spiritual crux. This is what I found:

Sikhism, which is a young religion I love, embraces fitness. At least three gurus promoted exercise regimes. The idea was that one should be physically strong to be spiritually strong. So, from that perspective, bodily strength empowers the soul's goodness.

As well, Islam embraces the view that fitness brings peace. And a peaceful state fosters reflections for spiritual advancement.

Further to this, Judaism emphasizes moderation and has verses that recommend fitness and a healthy diet of vegetables.

On the other hand, Hinduism, Buddhism, and Jainism are tied to yogic practices, which are often physical and spiritual. Traditional cornerstones of yoga consisted of meditation and a release from worldly attachments. Bodily vanity, however, is a worldly attachment because we leave our bodies when our souls exit this realm. So physical vanity should be avoided.

And Christianity states that the body is the temple of God and that women should dress modestly. Therefore, we should care for our physical beings without inflating the ego.

Given this, I came up with the following conclusions on what fitness spiritually means to me:

First, fitness is not best meant to aggrandize the physical body. Instead, it's a means to make oneself look more pleasant to connect with others more readily, not on a physical level, but on a spiritual one. Second, fitness enables one to stand straight and sport a confident, lively smile for every passerby. Next, the highs of intense fitness more readily enable a person to laugh and feel joyful throughout the day, which brings joy to others. The exercise mindset also yields more life opportunities, enabling tremendous wealth potential. Moreover, that wealth can be used to make others' lives easier. Fitness also fosters the health and strength essential for reflecting carefully on our thoughts so we can refine them. In addition, the endorphins of fitness help us enter a heightened state of love for all living beings. Just as importantly, a healthy body helps us endure life's struggles and heartaches. Life's challenges are gifts meant to help us grow. Therefore, with fitness, we have an easier time overcoming hardship. Lastly, a healthy body means longer life and, thus, more time for developing wisdom.

So, I think a fit and healthy body should not be a physical idol. Instead, it should be a vehicle for spiritual and personal development. And it is my view that the love of all beings is the ultimate end goal of existence.

Music Review

Hollywood Forever

Jessica Young



Artist: Havanna Winter

Single: Hollywood Forever

Sixteen-year-old TikToker Havanna Winter has released her third single titled, “Hollywood Forever,” along with a music video available on [YouTube](#). The single is available for streaming anywhere you get your music.

Havanna Winter was born in Oslo, Norway, but moved to Los Angeles, California at the age of nine. Havanna went viral on TikTok at the peak of the COVID-19 pandemic in 2020. She proceeded to gain 3.1 million followers on TikTok and 1.4 million followers on Instagram. Recently, Havanna signed with Wonderwall Records and has released three singles this year, with plans to release a full album in 2023.

“Hollywood Forever” was co-written by Havanna, Maya K, leelee, and Carlos Guevara. Meanwhile, the music video was inspired by filmmakers Quentin Tarantino, Robert Rodriguez, and Tim Burton, as well as films like *The Lost Boys*, *Pulp Fiction*, and *Dazed and Confused*. Of her music videos, Havanna says, “I was missing some of the magical moments in old school, retro movies. As I began to create music and visuals to accompany it, I thought it would be a good opportunity to try to sneak some of it back in!”

The single is a combination of alternative, indie, and sad-pop—a typical sound for TikTok-famous Gen Z artists. Specifically, the vocals, backup vocals, and overall vibe of “Hollywood Forever” remind me of popular Olivia Rodrigo songs like “déjà vu” and “drivers license.” While there’s nothing wrong with the track, and I did enjoy listening, it’s very derivative. If you’re looking for something new or different, this isn’t it.

I also found the lyrics to be generic and surface-level. With lyrics like, “Happy birthday Mr. President/I think there’s been an incident/Can’t help it that I’m into him/And nothing but a shirt and tie/I guess he’s just the silent type/I must have caught him by surprise,” I’m having difficulty deciphering what the song is even about. The chorus involves Havanna calling 911, asking for a stretcher, proclaiming “pain is pleasure” and finishing by saying she’ll visit “him” in Hollywood forever. Again, it’s unclear to me if this song is actually about anything, or if Havanna simply wanted to make a song with a “Hollywood” theme and needed words that rhymed.

The music video for the song was fun, but all over the place. First of all—if you’re sensitive to gore, you may want to skip this one. There are several scenes of dead bodies with blood on them and Havanna holding a bloody knife. The music video features Havanna in various outfits, dancing with shirtless men, driving in a car with men, or killing men. She begins the video dressed as Marilyn Monroe, then in several 1960’s inspired dresses, then finishes the video by getting put in a straight jacket while wearing 1920’s flapper dress. Again, it’s still pretty unclear to me what this song and video were actually about.

Overall, “Hollywood Forever” was mediocre. If you’re a fan of this genre of music or know Havanna Winter from TikTok, I’m sure you’ll enjoy it. Otherwise, I don’t think you’re missing out on much. But I hope Havanna continues having fun expressing herself through her music. Check out Havanna Winter on [TikTok](#), [Instagram](#), [Facebook](#), and [Twitter](#).

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



Beyond Literary Landscapes

Allegory

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

While each week, this column serves as an introduction to a certain genre, a reminder of some of the genre's classics, and as

an inspiration for further reading, this week's offering is a bit different.

In particular, this week's offering begins a series that dives deeper into the text itself, focusing instead on literary devices. For the first instalment of this series, we focus on allegory.

Allegory can be defined as “a literary device used to express large, complex ideas in an approachable manner.” In particular, this literary technique “allows writers to create some distance between themselves and the issues they are discussing, especially when those issues are strong critiques of political or societal realities.”

These types of works can be divided into four main categories, namely classical, Biblical, medieval, and modern.

Authors of well-known Allegories include Herman Melville, Franz Kafka, Richard Adams, George Orwell, Aesop, and Dante Alighieri.

What

Examples of well-known Allegories include *Moby Dick* by Herman Melville, *The Metamorphosis* by Franz Kafka, and *1984* by George Orwell.

Other examples include Aesop's *Fables*, *Watership Down* by Richard Adams, and *The Divine Comedy* by Dante Alighieri.

Students who enjoy Allegories may also enjoy Parables, Legends, as well as Children's Literature, Anthropomorphism, and Speculative Fiction, covered in previous columns.

Where

These works take place in various locations, including the United States, various oceans, as well as fantastical and religious settings, such as Hell and Purgatory.

When

Many of these works take place throughout history from ancient days to modern times.

Why

These texts may be of interest for readers who would like to learn about social critiques, political and social themes, controversial topics, as well as those who would like to revisit old favourites and discover new works.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Allegory 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, or trying to write their own Allegory, may enroll in ENGL 482: Advanced Fiction Writing, a senior-level, three-credit course, which "provides an option to work on separate short stories or linked stories, or develop a longer narrative, whether a novel, novella, or novel-in-stories." (Note: This course requires students to have completed ENGL 381: Creative Writing in Prose and obtain the permission of the professor.) Happy reading!

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Working Parent College Scholarship Program

Sponsored by: Ca.Job-Applications.com

Deadline: December 2, 2022

Potential payout: \$1000

Eligibility restriction: Applicants must be full- or part-time students at an accredited Canadian post-secondary educational institution, be residential parents of at least one minor child, have worked an average of at least twelve hours for each of the previous four weeks (at time of application), be legal residents of Canada, and be 18 years of age or older.

What's required: A completed online application form, along with a 600-1000 word essay discussing your experience as a parent working your way through school.

Tips: Check out the previous years' winning essays for inspiration.

Where to get info: ca.job-applications.com/scholarships/



Unearthing classic articles from previous issues of The Voice Magazine

If you're a writer, chances are you know it's NaNoWriMo (National Novel Writing Month) in November. Some of our *Voice* writers have known about it, written about it, and even participated in it.

Sit yer bum down and write. Writing columnist Christina M. Frey opines that it's the utter grind of churning out 1600 words a day that provides the greatest value to NaNoWriMo. "You write even though it's not working the way you want it to; you write even though, frankly, you suspect it sucks." The Writer's Toolbox – Are you Ready to WriMo?, October 24, 2014

Nailed it. Hazel Anaka reflects back on her month drafting a full novel. "I'll have a helluva great start: 50,000-plus words. They simply can't be *all* bad." From Where I Sit – A Walk in the Park, December 2, 2011.

Great and Noble Love

Marie Well



"Great and noble thoughts upon which you habitually dwell become great acts."
- Joseph Murphy

I went from crying daily for over a year to my present state of laughter and joy. In part, it's because of the two-hour exercise stints, which just feel incredible. But mostly it's because I'm learning to love and appreciate the magnificence of your soul—and every other soul in the universe.

When I wonder who you are, I believe that God is overwhelmed with love for you, whether you believe in God or not. I know that your journey had heartaches, disappointments, triumphs, love, and dreams—all of which, the good and bad, were essential to your "becoming." And I believe every step you took and every soul you touched was divinely accounted for before you were born.

That you are even reading my article has been divinely ordained before we arrived in this world—at least, that's how I see it. So, it's important to me to keep my thoughts tremendous and noble as much as possible throughout the day. That way, when I write to you, I'll have a message that I hope helps you realize how utterly stunning your soul truly is. I want to show you how truly magnificent your life has been. And I want to reveal your ultimate eternal purposes: to love, learn, and feel joy.

It takes great effort to keep the thoughts happy sometimes. It takes having no expectations of others and loving others immensely no matter what they do. It also takes letting go of ego and worldly attachments in favor of selfless love. And it takes deep gratitude for every soul in existence. That's because every soul combined forms the most beautiful mosaic and song, I believe.

As a Christian with influences from multiple other religions, I even believe the purpose in hell is to love every soul within that realm. That's because if those banished souls were in heaven, they, like everyone, would flourish when basked in pure love.

I believe that, depending on our mindset, we act as receptors to specific thoughts, as all thoughts have energy. Thoughts, to me, are like radio waves that we receive when we are on the "same station." These thought waves may be what Carl Jung, the famous psychologist, referred to when he introduced the concept of "collective consciousness." This consciousness, he proposed, stores all the experiences (and perhaps thoughts?) sent to us by "signals" from the universe. Therefore, I also believe we must scrutinize and filter every signal we receive to choose only the most love-filled ones.

So, it's essential to constantly assess each thought, rejecting the bad and nurturing the noble. That way, we manifest beautiful views. To do this requires 24-7 vigilance. It involves learning not to judge anyone and not to feel jealousy, anger, shame, fear, or anything dispiriting. It takes constant growth that stems from allowing only positive and uplifting thoughts, where we entertain only the ideal in everything and everyone. More than that, it means focusing on the sheer beauty of who you are, my reader, and who every soul truly is.

No one is more valuable than anyone else. But the absolute truth is everyone's value is nothing less than pure, incredible, infinite love. And you, my friend, whatever path you've walked, are more beautiful than even the forests in heaven, although they, too, are infinite love.



Dear
Barb

Barbara Godin

Anxious for an Answer

Dear Barb:

I am a student in my early twenties. My mother was a single mom. After my dad moved out mom never remarried, but she had lots of relationships and live-in boyfriends. I don't doubt that she loved me, but she was a partier. Our house was always filled with people, and I felt lost in the crowd. Most mornings I couldn't wake her up I so pretty much raised myself. I have a younger brother, but he stayed with his dad when my mom and I moved out. I never brought friends home because I was embarrassed by my home situation, plus my mom smoked weed daily. Mom was never mean to me, she was mostly neglectful, but I did feel loved by her.

The problem I am having now is that she was recently diagnosed with cancer, and I am having a hard time dealing with it. What I mean is, she requires a lot of care, and I am feeling a little resentful of having to give up so much of my life to care for her when she basically gave up nothing for me. I just started university and I fear I am going to lose my year. I have been looking at registering at AU so I can pick up a few courses. Is it wrong for me to feel this resentment toward my mom? And how can I resolve these feelings? Looking forward to hearing from you.

Thanks, McKenna.

Hi McKenna:

I am sorry that you had this experience as a child. The good thing is that you did feel your mother's love despite her neglectful behavior. Understandably, you are feeling resentful towards your mother since you are now being expected to do for your mom what she never did for you. It appears that your mother put her happiness ahead of yours. This is not something most mothers do. Your resentment and possibly angry feelings are perfectly normal, but as you are realizing you must do something about them.

My advice would be to find a counselor in your area, or a support group, which will help you to work through these feelings. You need to find a balance, as you need to care for your mother, and continue your life. Do not put your life on hold. Perhaps you could get outside help or other family members to assist with your mother's needs. I believe with a bit of help you will be able to get through this. If you turn your back on your mother now, you may be left with guilt and remorse.

Best of luck, McKenna.

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
Bible Holders**Wanda Waterman**

AU SU

UPDATE

COMMUNITY. RESOURCES . SERVICES



Last chance to apply for [Fall Cycle Awards & Bursaries](#) before Oct. 31!

AUSU's Awards and Bursaries Program celebrates the success and spirit of AU undergraduates and supports students facing financial hardship. Students currently taking any AU undergraduate course are AUSU members and eligible to apply, so [get started today!](#)

There are eight diverse categories to apply to so [check out the complete list](#) on our website. Please email ausu@ausu.org with any questions or feedback about the AUSU Awards & Bursaries Program. Note that applications will be reviewed in November and the selection process is done by the [AUSU Awards Committee](#).



We Want Your Feedback!

We hosted 1 of 2 Tuition & Fees Town Hall meetings on Sept. 12, getting feedback from AU undergraduates on how 3 years of tuition and fee increases have impacted their studies. Thank you to everyone who attended!

If you missed the first session and would like to provide your valuable feedback, please [RSVP on Eventbrite](#) to our second **Tuition & Fees Town Hall on Nov. 7 @ 5:00 p.m.** over Zoom.

Contact ausu@ausu.org with questions.

Provided by

ausu@ausu.org

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Please send us your valuable opinions, feedback, and suggestions. We are committed providing quality content and look forward to hearing from you!

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THE VOICE

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Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
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www.voicemagazine.org

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

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

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ISSN 2561-3634