



THE VOICE

Vol 31 Issue 11 2023-03-17

2023 By-Election

Interviews With the Candidates

Chronic Illness & the Art of Pacing

Living the Hard Life

The End of Courtroom TV

Judging What Was On

Plus:

Five Tacos & Origins

*The Iraq War 20 Years After
and much more!*



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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 Technical Issues

Karl Low



The Voice Magazine survey is now concluded, and while we haven't gone through all the answers yet, with over a thousand respondents, we should come away with a good idea of what the general reader thinks might be some ways to improve this magazine. Frankly, I'm both excited and, if I'm honest, a little bit scared. Being judged by an audience is always a bit nerve-wracking, after all.

And I'm pretty sure I'm not the only one who feels this way, as I expect there are at least nine other people who are feeling a bit nervous about the judgement being passed this week.

That's right, the voting is now open to choose which two of the nine candidates for AUSU's by-election will receive a seat on AUSU Council. If you still haven't voted and are wondering what these candidates are about, then don't forget to take a look at our interviews with the candidates. Eight of the nine responded to our questions and gave their opinions on what they think both AU and AUSU should be doing in future, as well as a little bit about themselves to help you pick the people who you think will best represent your interests

to the university and the various governmental agencies, not to mention create the programs that help you the most for the budget.

Meanwhile, this week, we've run out of interviews. So instead, we look at how to handle dealing with your studies (and everything else) if you're also dealing with a chronic illness. It's not an uncommon occurrence here at AU, which you can tell if you read through the interviews we have. The flexibility of open studies is a boon for those that the world generally isn't set up to accommodate, so we likely have more than most.

However, I need to pass along a technical note for those who are using Gmail accounts. Gmail has recently instituted some new security measures to protect you from spam. Unfortunately, they will currently also protect you from emails from *The Voice Magazine*. We're working on getting it fixed on our end, but until we do, if you've written recently from a Gmail account, please consider writing again and provide an alternate address so we can respond. (Also, someone recently contacted me via our forms with some questions about writing but used an email address that doesn't exist, so, if that was you, please try again or write me directly at voice@voicemagazine.org as I'd really like to help you out!)

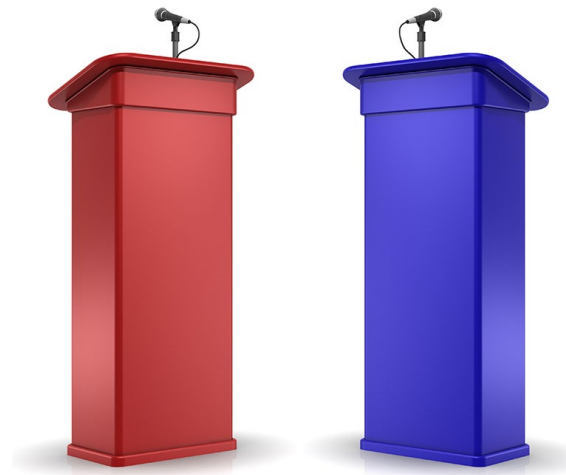
The reason I want to put this out there is because since we don't have any student interviews on deck right now, that means it's a great time for you to get your story up in front of the AU audience. Help build the AU student community and get yourself a bit of fun Voice Magazine swag while you're at it. If you're interested in sharing a bit of who you are, contact mwm@voicemagazine.org and meet a friendly Voice writer who'll be happy to hear all about you.

So this week, in addition to the above, we've got a look at the end of court room TV, advice for living your best life while in the best shape you can be, a tasty looking recipe for stuffed pork loin, some information about the best Mexican tacos (that would be any of them, I believe), advice, events, scholarships, news, music reviews, a look back at the Iraq war 20 years later, and more! Enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', with a stylized, flowing script.

The 2023 By-Election Candidate Questions

Karl Low



Each time there's an election for AUSU, the Voice Magazine likes to ask some questions to help Voice readers understand the priorities, goals, and, to some extent, personalities of the candidates. This time is no different, and with voting now open, it's time for you to be able to see the results.

Nine questions were sent to the nine candidates vying for the two available seats. Eight of the candidates responded to the questionnaire and their answers are printed here, in the order that I received them in email. No editing has been done, with each response being a raw reflection of how they chose to respond. If a candidate who responded chose not to answer one or more of the questions, their name is included under the question, but their response left blank.

Remember that even though this is just a by-election, and a full election will be coming just next year, incumbency is often an advantage.

So the rest, as they say, is up to you.

What faculty are you in, if any, and how much longer do you expect to be studying at AU?

Cassandra MacKay

Faculty of Humanities and Social Sciences. I'm in my second year of a 3 year degree.

Warren Leigh

I am currently an Open Studies/Unclassified student mainly taking Faculty of Business and Legal Studies/Criminal Justice classes. I'll likely be at AU the next 3-4 years and am still deciding about whether to officially switch into a business program or not.

Bonnie McAndrew

I am currently in the Faculty of Business. I am enrolled in the Bachelor of Commerce (Post Diploma) Human Resources Management Manor. I plan to be studying at AU for at least 2 more years, I am working part time on this degree.

Chantel Bradley

Faculty of Business, B. Comm accounting major. I am in my first year of a four-year program.

Manmeet Kaur

I am in the Faculty of Health Sciences pursuing a Bachelor of Science in Nursing since 2019. I will be done with my degree in December.

Mercedes Baglee

I am enrolled in a Bachelor of Arts general studies program and expect to study at AU for at least the next two years.

Deidra Mahabal

Faculty of Humanities and Social Sciences and I expect to study at AU until the end of the year.

Nadia Mackenzie-Vanier

Psychology and Political Science, to be completed by Dec 31, 2023; However, I will never truly be done. I plan to continue to take 1-2 courses per year as a lifelong learner.

**Aside from tuition, what do you think is the most important issue
AUSU needs to address for students?**

Cassandra MacKay

AUSU NEEDS to advocate to AU for disabled students. In the 3.5 years since I started my degree, I've noticed the services offered through Accessibility Services are declining while the number of students receiving accommodations has likely increased.

Warren Leigh

Two things: First, AUSU must commit to fighting for the right of every student and prospective student to study without discrimination, including vaccination and medical discrimination. Given that none of the so-called vaccines developed for Covid do anything to prevent contraction or transmission of the virus and have a very poor track record of safety, there is no reason for any post-secondary institution to implement vaccine mandates, especially a distance institution like AU. Second, AUSU must defend the constitutional rights of every student to free speech and free expression. Too many university campuses have become hostile to all speech—even satirical and comedic speech—that is seen as out of line with the current politically correct agenda, and student unions have been at the forefront of this hostility.

Bonnie McAndrew

I believe that Mental Health and Wellness needs of students are not being met. As I have been watching posts on social media sites and the AU app I am seeing a lot of students talking about being overwhelmed and looking for support. I would like to see some programs put there that give students a place to talk about their concerns. Getting a degree is hard even when you physically on a campus but being virtual it can seem very lonely. I will work so hard to have students know they are not alone. I as well would like to have a program in place for the graduating students to help them as they phase of being a student. Instead of them being left in the cold with no help, they should know that at the AUSU there is a place for them and help so they do not have to take the world on alone.

I will also note that while I have been interacting with students I have been seeing a lot of concerns about ProctorU and online only testing. There seems to be issues with hardware, software, skill sets, and functionality. I am hearing students want the choice to have a handwritten exam, mostly in the math and science. I want to work with the AUSU and AU to work towards better exam solutions. Exams are stressful enough and the issues with an online proctor should not be adding to them.

Chantel Bradley**Manmeet Kaur**

With the increasing tuition, AUSU can address the issue by making more scholarships and bursaries available to students to reduce the financial strain. Also, for nursing students, more of the students could be accommodated for clinicals so that there is less wait time to do clinical.

Mercedes Baglee

The most important issue AUSU needs to address for students is options for tutor selection and available grading rubrics in all courses.

Deidra Mahabal

Issues such as stress management, a need for ways to adjust to student life and alternatives needed to adapt to any changes made in educational programming that occurs along the way.

To reduce the strain of these issues AUSU can encourage student “diversity” showcasing that through interaction we can learn from each other’s culture, traditions, and languages. By minimizing “inequality” we can highlight our differences in abilities based on our gender identities, age, and personal experiences through AUSU. AUSU can also stress the importance of taking each educational experience and turn it into lifelong learning even when we experience change.

Although AUSU may not be able to avoid a hike in tuition, AUSU can remain proactive and as a representative of AU’S student body AUSU can help students overcome these hardships that trickle down on us after a tuition increase.

Nadia Mackenzie-Vanier

Other than financial reasons regarding tuition. Keeping teachers accountable to their positions, as they are in a position of power and influence.

What’s the best part of an average day for you?**Cassandra MacKay**

Working on my courses (Yes...I know I’m a “nerd”)!

Warren Leigh

This is a tough question. I really do enjoy my current classes. I’m also an aspiring entrepreneur who is slowly working at getting a business off the ground and I really love thinking about and further developing the vision for it. But I probably most love hanging out with my nieces and nephew, which usually happens on at least a weekly basis.

Bonnie McAndrew

I would say communicating with my clients at work. I am a legal assistant in a Real Estate Law Office. I really enjoy helping and working with my clients to get them into new homes and selling their old one. I see so many happy people who have just been waiting to find a place, it’s a boost in your day when you know you helped with that. Buying a house can be daunting I like to think I can make it easier for them. I love communicating with clients I always tell them that I am here for them any time they need. I will bring the same enthusiasm to connecting and communicating with students attending AU!

Chantel Bradley

The end of the day. I have so much gratitude for the ability to attend AU, work from home and have a family life. The number of accomplishments I make in a day, truly fills me up.

Manmeet Kaur

The best part of the day is when I get to play with my two-year-old toddler.

Mercedes Baglee

The best part of my day is studying from home and raising my five young children. The flexibility AU offers has allowed me to advance my learning in pursuit of my dreams while maintaining a household and enjoying my children's early years.

Deidra Mahabal

The best part of an average day for me is waking up and enjoying a freshly brewed coffee while I set daily goals!

Nadia Mackenzie-Vanier

The Best part of an academic average day is when things I have been learning make an impact and click to the point I can apply it to my daily life.

If there was a new service, program, activity, or degree you could convince AU (not AUSU) to offer to students, what would it be?

Cassandra MacKay

A Practical Nursing Diploma. There are a couple colleges that offer it 100% virtually in Canada so it IS possible. And if AU offers post LPN nursing, it should be able to offer the 4 year BScN too.

Warren Leigh

I would like to see AU partner with campus ministry organizations to offer a virtual multifaith chaplaincy program. Almost every traditional brick and mortar campus has multiple religious groups of every faith working on campus to provide religious and spiritual support for students. Universities are also supposed to be institutions designed for the free exchange of ideas and debate, so some kind of virtual debate club or something would also be immensely beneficial. The chaplaincy program could be the start of this.

Bonnie McAndrew

I would like to see AU offer an LLB or Juris Doctor program. As my ultimate goal is to go to Law School I want the option of working full time while I do so. In Canada there appears to be a lack of part time and online schooling for students looking to become a lawyer.

Chantel Bradley

I am still navigating all the programs, which there seems to be many, so I'm not sure I have anything to add to the list, yet.

Manmeet Kaur

I recommend providing more continuing education programs which have become available recently. Many students can take these continuing courses and certificates to advance further in their careers without significant time commitments.

Mercedes Baglee

I would convince them to offer a Juris Doctor program online. This would be amazing!

Deidra Mahabal

"Yes" I would convince AU to offer an Honors Degree in Psychology, and this is because I have seen several undergraduate students successfully graduate with a Psychology degree with Distinction and Great Distinction. Therefore, I know earning an Honors Degree in Psychology is achievable for both current and future AU students which will give such students more opportunities to meet admission requirements when applying to Graduate programs.

Nadia Mackenzie-Vanier

New services that could be implemented could be a law program and degree.

What's going to be the biggest challenge for you should you get elected?

Cassandra MacKay

I have high goals for myself. I'd like to join the Executive Council. As there's more councillors than there are executive positions, I'd say that's my biggest challenge.

Warren Leigh

If elected, my goal is to be a voice for students who feel as if their voices are usually ignored or even outright silenced, both to the AUSU Council and the AU board itself. Although I could be wrong about this, everything I've seen so far says that both bodies will likely be antagonistic or even hostile towards those I seek to speak for. Also, my plan is to advocate to the AU Board and General Faculties Council to initiate a systematic comprehensive review of all AU courses to ensure that they are fully updated and continue to deliver real education and not the anti-human neo-Marxist ideology that now infects so many post-secondary programs.

Bonnie McAndrew

My biggest challenge will be that I cannot do everything I want at once. I will need to allow time and proper evaluation into my ideas and suggestions. I like to be able to help people right away and some times having a time restraint is very frustrating. I intend to do my best to represent the students and the actions they would like me to take for them.

Chantel Bradley

I hope that I can be a conduit for the members voice of AUSU. I feel I might struggle internally with questions like "Am I doing enough to share the collective voice of students?" or "Am I showing up for the members who need us and voted me in?"

Manmeet Kaur

My biggest challenge will be connecting with students and getting to know their input and ideas on how things could be improved. I will find different ways to overcome this challenge if I do get elected.

Mercedes Baglee

No challenge is too big!

Deidra Mahabal

The biggest challenge for me if I should get elected is to be able to confidently share my opinions even if they are not similar to the opinions of other AUSU counsel members. However, I believe it is vital to respect, support, and learn from each other's point of views even more when they differ.

Nadia Mackenzie-Vanier

The biggest challenge will be the learning curve that comes with being of service to others in such an important event/place in people's lives.

Is there a program or activity AUSU does now that you think it should expand?

Cassandra MacKay

Committees. I don't want to say too much as this is something I'd be bringing to Council if elected but I will say I feel there are two core needs not being met by the existing committees and I also

think it would be great to get a couple non-elected students more involved in committees and council. Last year's general election did not receive enough applicants to fill all the positions. I feel letting a couple students experience life as a councillor periodically throughout the year could help gain interest.

Warren Leigh

The Forums page on the AUSU website seems rather useless in its current form. It's also somewhat hard to find. Since this is a key means of candidate campaigning for Council elections, it needs a serious overhaul. Also, why is the 2SLGBTQIA+ the only demographic to get its own designated Discord server or its own community page on the AUSU website? What about the experiences of other student groups, such as indigenous, religious or disability students? Do they not count? If AUSU is serious about real, meaningful diversity, equity and inclusion, it should start by celebrating and supporting diverse groups of people in an equitable, fair and inclusive manner, which means Discord servers for all.

Bonnie McAndrew

I would go back to the Mental Health and Wellness I spoke about before. I do know we have some options to us as students, but I think there needs to be more. It's well known what the pandemic took a toll mentally and students are still recovering and learning the new way things are done. A sense of loneliness has come from most services switching to online only. I would like to see a program for everyone that offers programs ranging from peer to professional help. Students should know that there is support and the AUSU should be at the front of ensuring that they are aware of what is to offer. I want to make sure each student knows what is out there for them they shouldn't have to dig into layers of a website to find their help.

Chantel Bradley

Hang out sessions. I am hoping to connect with other AU students and become more apart of the community.

Manmeet Kaur

Yes. AUSU has many awards that it provides to students of varying backgrounds. It can further expand on more awards under different yet challenging categories, ultimately intending to aid students financially.

Mercedes Baglee

Yes, more advertising about the services they offer is needed. In addition, the peer review section needs to be improved, and it would be nice to see more students participate in reviewing courses. For example, AUSU could offer a monthly draw to incentivize students to participate and give course feedback.

Deidra Mahabal

A program or activity that AUSU does which I think it should expand on is the Annual Student Survey found in the Voice magazine in terms of survey development. I believe we can receive more updated, relevant, and critical information by providing more surveys to students with the aim of learning more about and to encouraged participation from students who prefer that their identity remains anonymous and their input kept confidential.

Nadia Mackenzie-Vanier

Programs that could be expanded are the medical benefits provided for students. Giving students optional packages to part-take.

Is there a program or activity AUSU does now that you think it could cut back?

Cassandra MacKay

No.

Warren Leigh

I believe it is unfair and inequitable to non 2SLGBTQIA+ students to have more than one Pride Week. No other student demographic or “community”—not even Indigenous or people of colour—gets this kind of attention, which makes having two Pride weeks to be outright discriminatory as well as a clear example of showing favouritism and preferential treatment to one particular group that is not based on merit. I’m sure there must be another student community that could be celebrated in October instead that currently isn’t. In a spirit of diversity, let’s include them too.

Bonnie McAndrew

I do not think taking programs and activities away from AUSU would be beneficial to anyone. I think everything that is offered has someone out there that is using it and benefits from it.

Chantel Bradley

Manmeet Kaur

The AUSU programs and activities are outstanding and are the result of continuous efforts of the past and present AUSU team and should be kept with nothing that should be cut back. Again, it is important to get input from other students about what they think!

Mercedes Baglee

No.

Deidra Mahabal

“No,” I believe the programs/activities that AUSU currently focuses on all have a positive impact on addressing the various issues each and every student encounters as learners with AU.

Nadia Mackenzie-Vanier

Not sure of any program that needs to be cut back on.

What do you hope being elected will bring you personally?

Cassandra MacKay

I’d like a career (or at least a part time career) in politics one day and while AUSU is minuscule compared to the House of Commons, AUSU councillors and politicians have a lot in common: they both vote on policies that will improve peoples’ situations, they both represent their community advocating for change etc.

Warren Leigh

I’ve recently begun studying John and Miriam Carver’s Policy Governance Model for board members but have zero experience sitting on any boards myself. That said, I’ve also recently watched someone I know go through a living hell sitting on a local community town council board that was not run using the Carver’s model. I would like to gain real experience sitting on a board while I continue to study this model of governance, along with *Robert’s Rules of Order*, with the goal of seeing it implemented if it is not already.

Bonnie McAndrew

If I get elected, I will be part of a community that is here to make things better for there students. That brings me the good feelings that make me feel complete. I am the happiest when I am helping others and my new moto in life has been do what makes you happy.

Chantel Bradley

Growth. Everyday I try to see something that has made me better than yesterday. A saying that has resonated for me “Don’t go through life, Grow through life” – Eric Butterworth. It keeps me striving to grow into the better version of me.

Manmeet Kaur

As an active community contributor, I love to challenge myself with new tasks. Being elected will allow me to expand my problem-solving, teamwork, and collaboration skills and allow me to advocate for other students and explore new ideas to solve common issues students face.

Mercedes Baglee

I hope to improve the learning experience for everyone attending Athabasca. I also hope to gain knowledge and experience in governance.

Deidra Mahabal

If I am elected, I hope I can become part of AUSU’S community where I can make personal experiences and connections that I would not be able to form by joining another committee outside of AU. For instance, from a professional perspective as a counsellor I can continue to achieve from other scholar’s career endeavours who are members with AUSU along with AU’S student body to make learning fun for all!

Nadia Mackenzie-Vanier

I hope that if I am elected, I gain relevant experience and knowledge that the service I am providing is making a positive difference for students of AUSU.

Outside of AU, what’s your passion?**Cassandra MacKay**

Music, politics, volunteering and travel.

Warren Leigh

My professional passion is to see public trust restored in our societal institutions, be it corporations, academic institutions, governments, churches, or professional certification and licensing bodies. My business that I’m developing will be aimed at doing exactly that. I’m also passionate about defending the right to life, liberty and property, being a voice for voiceless, and studying philosophy and Christian theology, among other things.

Maybe you’ve lost trust in the system yourself, or you’ve been ignored or even had your voice silenced. If so, reach out at wleigh1@learn.athabascau.ca. And vote for me, Warren Leigh, March 16-21. I look forward to meeting and serving you as your voice on Student Council!

Bonnie McAndrew

My pets are my biggest passion, I have 3 cats and a dog. I could talk for hours about them. I just adore animals. I am also extremely passionate about employment law and becoming an Employment Lawyer. I want to represent the little guys that corporations try to walk all over, I am hoping at some point I will be able to offer my services at lower costs or pro bono.

Chantel Bradley

People and service. Being of service to my family and in my communities, always teaches me. People inspire me everyday. Oh, I can not forget nature. I love being outside (preferably when it isn't -20). I always feel calm and connected when I spend time outside with nature. So, as you can imagine, Alberta winters can be hard for me.

Manmeet Kaur

I am an active volunteer in my community. I like to help others by empowering, mentoring, and guiding them regarding personal skills through EmpowHer. Intending to become a future doctor, I promote health education regarding disorders such as high blood pressure, diabetes, and obesity to improve my community's health.

Mercedes Baglee

Outside of AU, my passions are kayaking, fishing, hiking, and biking; anything to explore the Yukon's wide-open wilderness!

Deidra Mahabal

Outside of AU, my passion to help people be the best version of themselves and I truly believe we have the potential as human beings to make our world a better place by humbling one another in all that we do!

Nadia Mackenzie-Vanier

Outside of AU, I am passionate about my kids, pets and advocating for justice.

Karl graduated with his BA Arts (English) degree (with Great Distinction, he likes to add) from AU in 2012. He actually applies it now as the Managing Editor for The Voice Magazine.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Sabrina Shannon Memorial Award

Sponsored by: Food Allergy Canada

Deadline: April 3, 2023

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian residents under the age of 25, and enrolled for their first year of studies or continuing their studies at a post-secondary institution. Applicants do not need to have food allergies to be eligible.

What's required: A completed online application form including contact and academic info, two reference names and contact info, along with a 500-1500 word essay outlining how you have raised awareness and educated others about food allergies, and who you have reached with your efforts.

Tips: Check out last year's winners for ideas and inspiration.

Where to get info: foodallergycanada.ca/our-impact-advocacy-and-services/advocacy-and-impact/community-awards/



The End of Courtroom TV

Alek Golijanin



After more than two decades on TV, both *The People's Court* with Judge Marilyn Milian, and Judge Mathis were not renewed for a new season, a result of the changing nature of daytime television, and it brings to end an era of controversial courtroom TV. Although the quality of courtroom TV shows has somewhat improved since the 1990s and 2000s, all of them leave behind a troubling legacy, one that championed the exploitation of individuals who could be described as vulnerable, marginalized, and disadvantaged. What is so crazy about all of this is that many of those same shows were nominated for television awards such as Emmys, and some even won. While some people are complaining about the end of an era, courtroom TV was mostly for entertainment purposes, and it rarely educated viewers on anything that had to do with the law.

Courtroom TV shows are about arbitration.

One big misconception about many of these “courtroom” TV shows is that they shine light on court life, when in reality they are only focused on arbitration. Arbitration is an alternative method of dispute resolution that occurs outside judiciary courts. Arbitrators tend to be lawyers or retired judges, and arbitration is the process of coming to a binding agreement, that is determined by an arbitrator, after they have heard from defendants and plaintiffs, and these sessions are generally held in private. When people decide to enter into arbitration, they tend to do so because it is a quicker and cheaper alternative to taking the dispute to court, and you can still retain a lawyer to present your case to the arbitrator.

The simplest way to think about arbitration would be to think of a disagreement you might have with a sibling that you can not solve on your own, so then you go to your parents and ask for their help to find a solution. Once your parents make their decision and after they explain it to you and your sibling, that decision is final and there is no room for “but’s”.

As someone who has experience with the arbitration process, I can say that arbitration looks nothing like what we see on those “courtroom” TV shows, and arbitrators certainly do not interact with defendants and plaintiffs in the manner that some of those “judges” did on TV. The courtrooms we see on TV are far from what most arbitration environment settings look like, a regular-sized room with a table and few chairs, and without the presence of a bailiff. So, remember, that very little of what you see on TV or on social media are what they seem, even when what you are seeing appears to look like a “courtroom” and has all the accompanying features of a “courtroom”.

A real judge does not attempt to provoke or humiliate defendants in court.

There are quite a few disturbing interactions that have occurred on “courtroom” TV, between judges and defendants or plaintiffs. The one that sticks out the most is an interaction between Judge Joe Brown and the defendant, Mr. Williams.

From the get-go, it appears as though the plaintiff was encouraged to mock the defendant, with whom she had an affair with, and she starts to discuss how he had cried to her about how his prior girlfriend had broken up with him. This story had nothing to do with her wanting to get

reimbursed for the two hundred dollars that she lent Mr. Williams so that he could pay a locksmith for their service. However, Judge Joe Brown ‘embellishes’ the moment, also mocking Mr. Williams, saying “I hope you are a man, I don’t know, a lot of folks are down low these days.”, “You are talking over me just like you were a woman. So, when you start acting like one, sounding like one, moving like one. You are one”, “Your problem is you needed a momma.”, “You started acting like a little girl in here throwing a tantrum, and living off of a woman.”, “You are doing girl stuff.”, and “Excuse me, fool.”

At one point, Judge Brown even admits to trying to provoke Mr. Williams, and when Mr. Williams growl-barks at the Judge, the Judge orders that he be arrested. What makes the interaction even more sad is the fact that when Judge Brown says something about Mr. Williams’ needing a father, Mr. Williams tells him that his father had died a long time ago. By the end of this episode, and after watching a few other ones, it becomes hard not to view Judge Brown as a pathetic excuse for a judge, and someone who seems to project his own insecurities and trauma onto other men that remind him of the environment he grew up in.

How does anyone watch that rendition of “courtroom” TV and think that the show is anything more than a platform to mock and embarrass people who are vulnerable, marginalized, and disadvantaged? It should be clear that this is trashy television, and the entertainment is at the expense of another person’s misfortune. A real judge does not attempt to provoke or humiliate defendants by implying they are gay, feminine, or stupid. They do not disrespect their families, and if they do, they know better than to admit it on television. If and when they do all of these things, they are disbarred and banned from practising law, but that outcome never occurred on “courtroom” TV.

“Where I’m from, you’re born with respect.” Dr. McCaffery on The People’s Court

One memorable courtroom TV exchange that occurred between one of these judges and a defendant, occurred between Judge Milian and Dr. McCaffery. When this exchange was aired in 2007,

AU-thentic Events

Upcoming AU Related Events

2023 By-Election: Voting Period

Mar 16 to 21

Online, Hosted by AUSU

www.ausu.org/event/2023-by-election-voting-period/

Ballots emailed directly to undergrad voters; more info on above link

Library Chat

Tues, Mar 21, 10:30 am to 2:30 pm MDT

Online, Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Writing Forum: Writing work flows

Tues, Mar 21, 12:30 to 1:30 pm MDT

Online via Microsoft Teams

Hosted by AU's Write Site

www.athabascau.ca/write-site/writing-forum.html

No pre-registration needed; access through above link

Library Chat

Wed, Mar 22, 10:30 am to 2:30 pm MDT

Online, Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Faculty of Business Undergrad Program Orientation for New Students

Wed, Mar 22, 12:00 to 1:00 pm MDT

Online, Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20230322/

RSVP through above link

Library Chat

Thur, Mar 23, 10:30 am to 2:30 pm MDT

Online, Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Making Writing Accessible:

Refining the assignment

Thur, Mar 23, 12:30 to 1:30 pm MDT

Online

Hosted by AU's Write Site

news.athabascau.ca/events/making-writing-accessible/

Register through above link

All events are free unless otherwise noted.

Dr. McCaffery, who also appeared to have been an elected Councillor, was referred to as “honey” by Judge Milian, a condescending term that is inappropriate in court settings, so he corrected her by saying, “I am Dr. McCaffery, and not honey”. Like many television personalities, Judge Milian decided to make it “about her”, saying the following about respect, “Where I’m from you sorta gotta earn that.” Dr. McCaffery responded with, “Guess what! Where I’m from you’re born with it.” It was the perfect response.

The Judge was not happy with Dr. McCaffery, but he was in the right, so she tried to be passive aggressive with him by using unparliamentary language that implied that the plaintiff had to “jerk around” with Dr. McCaffery for the sum of money that was in dispute. Dr. McCaffery did get out of line, saying, “Watch yourself your honor.”, and they both managed to get the other to act out of character. However, Dr. McCaffery managed to compose himself right before Judge Milian started to imply for the bailiff to get physical with Dr. McCaffery. To this, Dr. McCaffery responds by saying, “If Douglas touches me, you will not be happy, your honour.” and it threw off Judge Milian so hard that she responded by saying, “If Douglas beats you to a pulp, I will be delighted.”

These types of thuggish remarks by a judge would never occur in reality, and if they did, that judge would be disbarred from practising law. Instead, “courtroom” TV “judges” are provided with leniency to add to the ongoing chaos that many of these defendants and plaintiffs have in their lives, because these shows are primarily created to entertain viewers at the expense of those who are in need of help.

A missed opportunity to educate viewers on all things legal.

A part of me is sad to see the end of an era because I grew up on Judge Judy and growing up, I lived for that type of drama. It also sucks because there are some great judges that started picking up steam for courtroom matters, but with a positive twist. One of those judges is Judge Frank Caprio, an eighty-six-year-old municipal judge in Rhode Island. Judge Caprio has his own show on YouTube, Caught in Providence, and his show is so much better than all the other “judge” shows combined.

The episodes I would recommend are: Welcome to America, My Dad was Deported, An Extraordinary Mom, and Tough Year. The “Welcome to America” episode focuses on a newcomer family from Syria, and how their only child, an eight-year-old girl, acts as translator for mom and dad. It was a pretty cool episode, and it reminded me of how I used to translate for my parents and grandparents too.

“An Extraordinary Mom” is another cool episode which highlights the struggles of a single mom with two children, the younger child having special needs, and how she is trying hard to make ends meet ever since the father abandoned the family. The best thing about *Caught in Providence* is that it highlights the real-life situations that people go through, and how a little “break” can go a long way.

Another memorable episode of “courtroom” TV done right is a Judge Mathis episode where a dispute occurs between an uncle and a nephew. The nephew moved away from a dangerous situation in Oakland to St. Louis, to live with his uncle and aunt. The nephew had sickle cell anemia, something the uncle mocks, and the uncle verbally berates his nephew and tells him that he means nothing to him. Upon hearing this, an emotional Judge Mathis pauses the proceeding to lecture the uncle about the seriousness of sickle cell anemia and how his nephew had no parents to turn to, and how he was being tough for all the wrong reasons. What makes this episode even more memorable is that there was a “where are they now” feature on it, and it turns out that the nephew became a preacher and was married with children. That is a real-life fairy-

tale ending, where a young man who was born into a toxic environment decides to take control of his own destiny, and even when everyone he knows turns their back on him, he still manages to overcome the odds.

Imagine if instead of all the hoopla that “courtroom” TV prioritized, viewers were provided with lessons on various aspects of the law at the end of each episode. If that had been the case, maybe “courtroom” TV might still be a thing.

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



Chronic Illness and the Art of Pacing

Natlia Iwanek



Juggling full time work along with AU studies and life’s endless responsibilities can be a challenge for many students. However, for students with chronic illnesses, this busy, fast-paced life can feel utterly overwhelming.

Acknowledging that chronic illness comes in endless varieties, with ever-changing symptoms that can fluctuate in their severity, there are a few lessons that I have personally learned during my post-secondary education journey as a chronically ill student that I believe can be applied to many lived experiences.

One of my most important lessons has been the art of pacing, which can be incredibly frustrating when you are on yet another deadline, with seemingly endless tasks continuing to pile up. Although it seems counterintuitive, rest, relaxation, and stillness can be incredibly helpful, even as the world continues at a chaotic pace. Admittedly, for those who have lost an unexpected week, month, or season of productivity in a

world not created for us, this can be incredibly frustrating. However, what is more damaging is the inevitable flare of symptoms that denying the body this very rest inevitably brings.

I am incredibly guilty of overwork without heeding the consequences, because deep down, that small voice, that voice that questions my place in this world and how others perceive my output, has yet to be fully unlearned—to the detriment of my health. To this day, despite my advocacy for accessibility and accommodations, I still struggle with my own internalized ableism, including asking for accommodations, knowing full well the continued stigma and possibility of lost opportunities. At the same time, I am fully aware of what end pushing myself past my limits brings.

I am incredibly open about disability and chronic illness, while simultaneously intensely private and vague, since I owe no explanations. Over the years, I have become more forceful in demanding accommodations and accessibility as my right, although the daily struggle of advocating for yourself can be incredibly exhausting in and of itself, in a body whose daily state of being fluctuates between mild to extreme exhaustion. It feels like a lifetime of constant fatigue coupled with medical establishment advocacy, a productivity-driven environment, and often, educational institutions that will never truly accommodate, as these systems and intuitions were not built for people like me.

But, somehow, the struggle continues. With me furiously typing out essays, presentations, and think pieces from bed, from the floor, in tiny pockets of time or on those rarer good days—hoping that this particular burst of energy is not the one to push me back into a flare. This includes the struggle to finish this degree, with endless peer questioning about how it could possibly be taking *so long*.

As many AU students know, many of us are working and juggling family commitments, and countless others are caregiving for dependents—in addition to chronic illness, disability, and neurodiversity—and we will take as long as we need to take, not by society's standards and timelines, but by our own. In the midst of the most trying days, I remind myself that I exist in crip time. My life has not been and never will be linear, and that traditional milestones are something that I cannot, should not, and will not abide by. And sometimes breaking down these barriers happens from those long days in bed. It happens from endless naps, and it happens a lifetime of reminders of self-empathy, self-acceptance, and pride.

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



Homemade is Better Stuffed Pork Loin

Chef Corey



I watched a video recently where the chef stuffed a whole pork loin; it looked good. Serendipitously my local grocery store had whole loins for sale. I had my muse, and the supplies were readily available, so I grabbed some apples, brie cheese, and fresh sage. The plan was that I would stuff the pork loin with these ingredients.

I chose not to remove the fat from the loin, and I wanted it to render a bit for a sauce and keep the loin moist. I made a slice in the side of the meat and carefully continued to cut and roll back the meat so it would lay flat. Once flattened out, I seasoned the inside, then added the apples, brie, and sage. I rolled the loin and tied it off with a simple knot and some butcher twine. I seasoned the outside and baked it at 350F until it reached 170F.

I used my v-slicer (or mandolin if you have one) for the apples. I wanted thin slices of the apples to lay them out evenly. I cut the brie about a quarter inch thick and used a few pieces. I chose to leave the sage whole but removed the leaves from the stem.

After roasting, I let the meat rest for 20 minutes, then sliced thick slices for eating. Thinner slices would also be good, but not too thin if you want to keep some meat and cheese. I paired the meat with great sides like mashed potatoes and steamed carrots.

I hope you enjoy making it for your family and friends.

Stuffed Pork Loin

Ingredients:

1 full-sized pork loin (between 5.5 and 7 pounds)
 2 apples – sliced very thin.
 1 small wheel of brie – cut 1/8" – 1/4" slices.
 1 package of fresh sage (found at your local grocer in the produce section)
 Salt
 Pepper



Directions:

- 1) Preheat your oven to 350F.
- 2) Start by slicing into the side of the pork loin. Continue to cut until the loin is butterflied.
- 3) Season the inside liberally with salt and pepper.
- 4) Place the apple slices in two rows down the length of the pork.
- 5) Add the sliced brie, then top with the sage.
- 6) Grab the top of the pork loin and roll it towards yourself. Keep the fat side up, though.
- 7) Tie some twine around the roast and make simple knots, or watch a few videos on tying meat.
- 8) Roast until the internal temperature of the meat reaches 170F.
- 9) Allow the roast to rest for ten minutes, then slice.
- 10) Enjoy!



Corey Wren is a student at AU's school of business management and a stay-at-home-parent of three who graduated from NAIT's culinary arts program in 2007.

How to Sculpt Your Physique Fashionably Through Sports

Marie Well



This article is a touch taboo. That's because I explore how to sculpt your physique when the focus should be on how it makes you feel. And I believe that fitness should be dedicated to our "higher power," not vanity.

The good news is that I took a fashion course and have done many different physical fitness activities. So, I have some good fitness "vanity" advice, due to the process of synthesis. Since taking a fitness fashion course, I can guess which physical activities will balance the body to look more like an hourglass, which is a goal for both men and women. But be warned, my suggestions are the opposite exercises you would need to be highly successful at each sport. That's because if you have massive shoulders, you'd have an advantage with swimming. So, big shoulders will give you an edge with the sport but won't balance out your figure. That's because swimming will

make your shoulders even bigger. So, to balance out your figure to be an hourglass, you might consider a sport that primarily uses legs, buttocks, and no shoulders.

So, I'll take four typical physiques and let you know which ones will enhance your figure but not necessarily give you an advantage with the sport.

Inverted triangle body. This is where your shoulders are wider than your hips. Sprinting and cycling will build lower body muscles, balancing out the figure. When I lift weights, I become an inverted triangle. That means my shoulders get wider than my hips. So, when I used to cycle (which builds a muscular lower body) while lifting weights, I'd balance my appearance with more of an hourglass physique. Now I'm swimming instead of cycling, so my shoulders are getting more prominent. However, swimming is cardio, so my core is getting lean. So, there are still benefits.

Pear-shaped body. This is where the lower body is bigger than the upper, making for a pear look. Rock climbing, rowing, swimming, and boxing are great ways to build upper-body muscles. So, develop a more muscular upper body. Couple a stronger upper body with the naturally endowed gorgeous lean tummies and bigger buttocks of pear shapes. This combined will give an hourglass figure.

Rectangle shape. If you are straight with no curves on your sides, try a combo of upper and lower body exercises: I did cycling and boxing in the past—a great, fun upper and lower body combo. This combo builds shoulder and lower body muscles, giving the appearance of an hourglass.

Apple shape. Apple shapes hold most of their weight on the belly. Pilates is excellent for this body type. And cardio, too, is a must for reducing midsection weight. Cycle to build up those lean, gorgeous legs that most apple shapes possess and to shed weight around the waist. Add in boxing for some upper body balance to get the hourglass look.

Interestingly, fashion courses and articles indicate that men, too, should strive for an hourglass figure (with full pecs). So whatever exercise you do, add weightlifting four to six days a week. Your bones and muscles will thank me later. I like to get at least six hours of exercise a week. As I write, I'm sitting in the bleachers at the swimming pool because I'm down with the tail end of a cold. But tonight, I'll do pecs, shoulders, and triceps in my home gym.

Try any exercise you feel comfortable with, even for 15 to 30 minutes every second day. And gradually build up from there. Be sure to include weights and cardio. Build up to five or six hours of exercise a week, more if your goal is to do competitive fitness. By the end of two years, you could be ready to try out for a varsity team.

If we could only convince AU to find a way to host varsity teams, what fun we'd have!



Fly on the Wall

Reflections on the Iraq War, Part I

Jason Sullivan

Historical Perspective as the Spectre Haunting Current Events



20-years-ago, on March 20th, 2003, American and British troops invaded Iraq to remove a tyrant who had used chemical weapons against his own people. This ruling despot, Saddam Hussein, had received the South Park cartoon caricature treatment so we all knew he was a *baaaad* man. Authorities and experts (spoiler alert: beware expert consensus!) claimed that Hussein owned or was trying to create chemical weapons and nuclear weapons which at any moment he might deploy in a 9/11-style attack. At this unique juncture of world history, the powers that be even had a colour-coded terror alert scale, inspired presumably by Froot-Loops cereal, where citrus warning

lights broadcast over news reports warned us daily how likely we were to suffer another vicious attack.

The so-called War on Terror (which arguably only continued until Hurricane Katrina changed the media narrative in September of 2005) was above all a psychological war where freedoms were suspended in the name of public protection while, tragically, the human consequences in faraway countries were all too real in terms of death and carnage.

Meanwhile, in the rustic Kootenay town of Creston, B.C. I was a horticulture student and the older folks in town were mortified about impending war: consensus was that, thanks to Colin Powell's duplicitous (and later discredited) display to the UN of Iraq's supposed threat, a new Vietnam War was about to begin. Thing was, I pointed out at the time, you need two great powers to tango in a proxy war and there was no Chairman Mao looking to aid Hussein in the way that had unfolded during 'Nam (a contrast to Ukraine today for obvious reasons) with Ho Chi Minh.

There's no underestimating the antiwar sentiment that prevailed in Canada during 2003, though. The Iraq War seemed like another brutalization of the best hopes and dreams of a generation seeking a kinder, more equitable future for the world. Many draft dodgers had migrated north to Canada, and specifically the Kootenays, where I lived. Some educated us, in a manner only possible through experience, that war for a so-called good cause was something to be very wary about. Many Vietnam veterans took to the local Co-Op radio airwaves to note that besides the carnage unleashed on a foreign country, war also led many brave soldiers to return home as shattered images of their former selves. And 58,000 US troops never returned home at all (National Archives, 2018). War could get big and bad really quickly, we realized.

Tragic irony shortly befell the people of Iraq: tales of chemical weapons being used by the invading Americans came to light: a combination of white phosphorous and explosives which American forces, with macabre humour, dubbed "shake and bake" had been deployed to turn combatants and civilians alike into human candles. Horrible, right, and not something depicted in your average favourite video game (Fidler, online).

So much for the moral high ground; war here revealed itself as an atrocity by nature. By 2006 the medical scientific journal, *The Lancet*, concluded that were "654,965 excess Iraqi deaths related to the war, of which 601,027 were caused by violence" (*The Lancet* in BBC, 2011). War really *was* hell. Just as we'd been warned by the draft dodgers who'd made peaceful lives for themselves in Canada to avoid the endless carnage caused in Vietnam by American aggression. What's more, to the average Iraqi, war had not brought a better life: "Saddam Hussein in the 1980s led a country that was "awash with oil wealth, was secular, had good hospitals, roads, and education, but there were also ruthless killings of opponents, and an insane cult of personality"(Sewell et al. 2023). After the invasion, and to this day, Iraq is a far poorer and more destitute country than it was in the 1980s; even basic electricity is still spotty (Sewell et al., 2023). Back in the 80s Hussein actually received funding from Ronald Reagan during a war with Islamic Fundamentalists ruling neighbouring Iran (who'd in 1979 taken American hostages, an act for which they receive ire to this day) (Hersh, 1992).

By 2003, after already having lost a war with America in 1991, Iraq was a shell of its former self, such that the invading troops had little trouble achieving their objectives. Unlike Ukraine today, no imperial patron emerged to defend the beleaguered regime. Behind small wars throughout history lies big funding from major powers. Perhaps there's a small lesson for we at AU fighting the good fight of academic betterment. As students, we often need patronage from one or more sources if we are to fight our nobler battle: the struggle to scholastically conquer new regions of learning that we may create a realm of enlightenment for our future selves.

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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.



Music Review—Beautiful Things

Jessica Young



Artist: Netty Rose

Album: *Beautiful Things*

New Jersey blues rock band, Netty Rose, has released their third EP, *Beautiful Things*. The album is available for streaming anywhere you get your music. It consists of five tracks: Come Back; Fair-Weather Friends; Riled Child (featuring Craig Cirinelli); Free; and Drown (featuring Chris Cirinelli). A music video for the songs “Riled Child” and “Come Back” are available on the band’s YouTube.

Netty Rose is comprised of twin siblings—vocalist Annette (Netty) Coviello and bassist Rudy Coviello—who collectively write the band’s music. Recently added is drummer Chris Badami and guitarist Jason DeGeorge.

According to the band, Netty Rose finds inspiration through growth, both personal and professional, and

will continue to make meaningful music that listeners continue to enjoy.

Netty Rose reminds me of a mix between Carri Underwood and Kelly Clarkson with a rock twist. Annette has a seriously powerful voice and a great presence in the band’s music videos. Specifically, “Riled Child” reminds me of a rock version of Carri Underwood’s “Before He Cheats”.

“Riled Child” is definitely a song that you could dance to in a rock bar—it’s high energy, a little sultry, and has a catchy chorus. On the flip side, this also means that I found the song to not have much depth, with lyrics like, “Nothing’s quite so pretty and nothing’s pure/Baby you’ve been a sinner since the day you were born/Chasin’ every storm, chasin’ every storm, chasin’ every storm in a full moon forest/Feelin’ smooth, feelin’ riled/Don’t you know I’m a riled child?”. However, I did enjoy Chris Cirinelli’s deep, raspy vocals on this track.

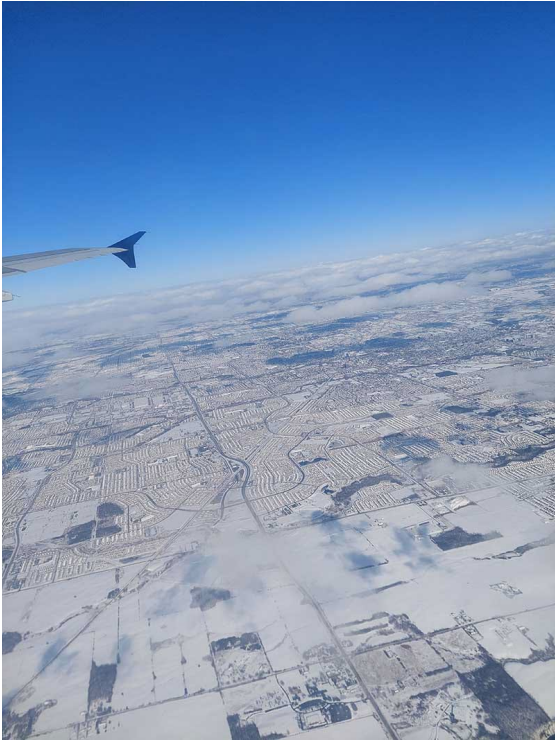
The music video for “Riled Child” has western/pilgrim vibes—featuring the band playing outdoors in matching plaid shirts and cowboy hats, mixed with shots of Chris Cirinelli lighting sage and looking stoic. Annette looks straight out of *The Hex Girls* (if you know, you know—this is absolutely a compliment!) while she walks the grounds mysteriously and whips her hair around in what appears to be a cellar.

“Come Back” is a song about still being hung up on a previous partner and wanting to rekindle the relationship. Some of the lyrics are: “Stuck inside this time machine/Nostalgia’s my friend/Should light it up with gasoline/But then we won’t mend/Listen, baby, maybe I’m crazy/I don’t play the game/I know that you want to/You know I want you”.

The music video for “Come Back” is simple in comparison to “Riled Child”. The band members are animated and performing one by one against a multicoloured, geometric background. It reminds me of those old iPod commercials, which isn’t necessarily a bad thing, it’s just not exactly original.

Overall, I thought *Beautiful Things* was okay. I could take it or leave it. Check out Netty Rose for yourself on [Facebook](#) and [Instagram](#).

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

[blue rare]**Thoughts on *The Reluctant Traveler*****Oliver Moorcraft-Sykes**

Lately, I have been mostly enjoying the Apple TV reality series *The Reluctant Traveler*, starring the great Eugene Levy, comic actor and co-creator of the sitcom *Schitt's Creek*. The premise of the show is that Mr. Levy is someone who is deeply averse to new experiences, but nevertheless willing to move far beyond his comfort zone for the sake of entertainment, with each episode being filmed in a different far-flung locale. It seems a shade improbable, at times, that anyone could truly be pushed to the limit of their psychological endurance by being "forced" to stay in luxurious five-star hotels from Finland to Venice. Still, Mr. Levy is a funny and oddly charming man, well worth spending half an hour with, at least. And, contrived as it might be, I love the overarching theme of the show, that overcoming one's fears and inertia can open the door to memorable and transformative experiences.

I think many of us can relate, at least to some degree, to this idea of being a "reluctant traveler". Going on a journey can, after all, be a pretty stressful endeavour. My own recent travels, for example, have involved brushes with lost luggage, delayed and canceled flights, uncaring and unhelpful airlines, and a night sleeping on the baggage room floor of the outer circle of Hell (otherwise known as Toronto Pearson Airport).

Even assuming you make it in a timely fashion to your destination, there is always the possibility of a disappointing hotel or Airbnb, or a host of other potential irritations. Surly TSA agents, stomach churning in-flight turbulence, miserable customs officials, misguided guidebooks, crowded, overpriced tourist traps, potential illnesses, exorbitant currency exchange rates. You name it.

It is a human peculiarity, definitely shared by me, to focus too much on the frustrations and minor calamities of life and not enough on the joys and wonders, and I think traveling is a profound illustration of that. Sure, airports are a nightmare, and airline food is crappy or non-existent. But, on the other hand, you have the chance to experience the technological miracle of soaring, godlike, through the clouds in a sleek silver machine, and waking up the next day in some wildly different location half a world away. One day you may be playing computer solitaire behind a desk, and the next day looking out your hotel room window at an Icelandic fjord or the Matterhorn. Perhaps one afternoon you're microwaving lasagna for lunch, and the next you're looking at a stuffed crocodile or ivory-handled walking stick in a curiosity shop in Montmartre.

In some course or other in my MFA program, it was noted that there are really only two types of stories that we tell ourselves as human beings, with one being "a traveler goes on a journey," and the other being "a stranger comes to town". Either way, it's a tale of the ways that dislocation and change can both upset us and transform us. Travel is one of the surest means of bringing ourselves face-to-face with the unexpected, in ways that can be both intensely beautiful and fraught with distress. It's also one of the surest ways of creating indelible memories, learning about ourselves, and enhancing our personal resilience and sense of wonder. Reluctant or not, what could be more worthwhile?

Five Types of Tacos and Their Origins

Xine Wang



Taco stands at the side of the street in Playa Del Carmen were authentic and delicious.

Ever since returning from Mexico, I've been exploring Calgary for great taco joints across the city. Although none quite compare with the street taco experience, I was able to find a few places that offered fairly authentic experiences for Mexican street food. Paired with a fruity, tropical drink, tacos make the perfect finger food or main course. When I was in Mexico, I noticed that there are various different fillings for tacos based on the location.

Tacos are a blend of ancient Mexican recipes and international influences. Indigenous people in Mexico ate a version of tacos that looked slightly different. The fillings were filled with fish and other cooked organs. Authentic taco-stands in Mexico sold tacos with beef tongue, intestines and more. Cheese, lettuce, sour cream and tomato were a future addition.

When I first arrived in Mexico, I knew few words in Spanish. Ordering was tricky because the different Spanish terms referred to the fillings in the taco. So of course, I had to try them all to understand which was my favorite.

Taco de pescado

Fish tacos are found on the menu in many places. In Canada, you might find them even at fast food places. The fish taco originates in Baja, California, which is a strip that is south of California. The fish is a boneless, fried fillet and topped with coleslaw and mayonnaise. The fish taco was not something I had tried on this trip, but was something I fell in love with on my trip to San Diego. Authentic fish tacos in the Yucatan area were rare and likely didn't taste quite like the Fillet-O-Fish type varieties in south California.

Carne Asada

In English this translates to grilled meat. Carne Asada is typical in north states. The meat is juicy and spiced with cumin, lime and thinly sliced. I love that the flavors are soaked into the pork making it extra flavorful and juicy.

Al pastor

This is the most famous of the taco flavors everywhere I went in the Yucatan area. When I tried to Google Translate this one, it would refer to the "pastor" which didn't give me a clue as to what it entailed. After trying this flavor, I found that it was a slow cooked pork that was on a rotating spit. Similar to that of donair joints in Canada, the meat is cooked in open flame and well-charred, giving a delicious grilled taste to the meat. The locals had multiple DIY toppings available but traditional Al pastor is topped with pineapple, which gives the taco a tangy taste.



This is the Mexican restaurant I tried in Calgary. The affair was fancier and the food was delicious. But the spices were quite unlike the street tacos I've had. The flavors are less pungent and salsas less spicy.



Left: Al pastor tacos with pineapple chunks.
Right: Taco Birria topped with onions

Tacos de Birria

Birria originated in the Western Mexican state of Jalisco. Birria is essentially a spicy meat stew slow cooked to perfection. Usually, it's prepared with goat that is marinated in a chili broth. Birria tacos are popular, but the Birria filling can be consumed by itself and is a popular dish served during special occasions. Birria has other varieties, including beef.

Campechanos

When I was ordering from street vendors in Mexico, this was by far my favorite item on the menu. This is a taco variety originating in the southern states of Campeche (hence the name Campechanos). It is made with a medley of meats including sausage, thinly sliced beef, chorizo and is both spicy, crunchy, and savory. The flavors were explosive.

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



Campechanos tacos on the side of the street. Perfectly spiced and topped with green chilli, salsa and cilantro.



My Crazy Life---Cybercrime During COVID-19 Lockdowns

Alek Golijanin



“Nothing about you makes sense,” “You’re like something out of a movie,” and “You’ve lived a million lives, eh,” are all phrases that I have become accustomed to hearing from almost everyone I meet. Most of the stories I share with people might lead them to believe that I am a tall-tale teller, possibly influenced by the legendary Davy Crockett, as I have had my own hunting-furry saga, but it just is not so.

Here is one of those kinds of stories, one that may seem like a tall tale but that I can assure readers is non-fiction as non-fiction gets.

Master Chief versus the parasitic infestation known as the Flood.

Early into the COVID-19 lockdowns, I was targeted by a cybercriminal who managed to obtain access to my email account and who hijacked my PayPal account after I clicked on a link to download a pirated version of the 2001 video game Halo: Combat Evolved. Although I should have known better than to try for a pirated version, I had my friend on the phone and he agreed to download it if it worked for me. After clicking the download link, a purple Google Chrome icon appeared on my desktop—I knew it was malware, and it was at that moment that I knew I had messed up.

Being the positive person that I am, I thought to myself, “Well, if I could choose between a computer virus and COVID-19, I would always choose the computer virus.” What I also had in my favor was that this was an unsophisticated cyber attack, a prehistoric way of carrying out a cyber attack dating back to the early 2000s. Despite my cyber skills not being as sharp as they once were, all I needed in this situation was the PayPal number notification to turn the tide and for this hacker to end up a casualty of war.

The story goes something like this: a few hours after my failed attempt at downloading Halo: Combat Evolved and while I was preparing for an accounting exam, my phone started to go crazy with non-stop notification pings. I tried to wait out the pings, close to a minute, thinking that the non-stop ping sounds would subside, but they did not. Looking at the screen, I was surprised to read that I had over one hundred unread emails and that they were continuing to come in. At first, I thought it was a friend playing a prank on me, but then I remembered that purple Google Chrome icon, and realized what was happening.

The hacker, who had obtained access to my laptop as a result of the malware, had proceeded to email bomb me through a spam service. During that five- to ten-minute period where I was receiving non-stop spam emails, I managed to spot an email notification that I received from PayPal which stated that my PayPal telephone number had been changed, although he had tried to hide it by using a number that also ended in “8999”, like my number.

Without that PayPal notification, my wallet may have been killed in action as a result of the cyber attack. But this hacker was not the sharpest tool in the shed, and he had failed to account for the notifications during his email bombing campaign that alerted me, and that simple mistake sealed his fate.

For starters, I opened my banking app that was registered to my PayPal account, and I realized that the individual had purchased premium computer parts from a computer store in the UK, which turned out to be the UK’s version of Best Buy. They were closed until 2 am EST. This gave me enough time to reach out to PayPal’s loss prevention division, and they were also able to

provide me with the new email and phone number that had been registered to my account. With that, I had all the information I needed so I visited that city's municipal police services website, and I submitted a criminal complaint. At exactly 2am EST, I connected with the computer store's customer support line, and we were able to cancel the purchase.

After four intense hours of leading my cyber defences and repelling the hacker's attack on me, I was left with two choices: sing Leonard Cohen's *Hallelujah* before going to sleep or pull an all-nighter in order to hunt down the hacker in an *America's Most Wanted* manner. Since the COVID-19 lockdowns had me bored beyond belief, I chose to go on an adventure.

After a little bit of digging, I was able to find out the hacker's exact location. Since I had the hacker's email, I decided to send him a screenshot of his front door, but before I did that, I felt the need to also show him that I could conduct bigger and better email bombing campaigns. To my surprise, and after halting my email bombing campaign, the hacker actually responded to the email I had sent him with a screenshot of his front door, and he started giving me a list of excuses including that I "had no proof that it was him, and even if it was him who carried out the cyber attack, since he had not picked up the items he had not committed a crime.", and it had me feeling like vintage John Walsh. Surprisingly enough, we exchanged a few more emails, and the hacker's tone changed altogether. To be fair, it appeared that the hacker was remorseful for the potential harm his actions could have caused, but his ego was preventing him from saying, "AleK, I'm sorry."

Our email exchange reminded me of the interaction that occurs between Frank Abangale Sr. and Frank Abangale Jr. in the 2002 movie *Catch Me If You Can*, where Frank Sr. fakes being angry at Frank Jr. after the principal tells him how Frank Jr. impersonated a high school teacher to embarrass a school bully, but, in the end, both Franks can't help but laugh. Perhaps it was a mistake to not be more stern with him, but I was in a transitional period similar to Jules from *Pulp Fiction*.

For my part, I went over a few more things with him regarding his actions in a father-like manner. The exchange with me telling him how I was hoping for him to be able to turn his life around after this incident. I like to think he did.

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



Unearthing classic articles from previous issues of The Voice Magazine

With the first day of spring following a few days after March 17's St Patrick's Day, there are many reasons why we are thinking green this week!

Out-of-this-world celebrations. Barbara Lehtiniemi muses on the cross-cultural appeal of St Patrick's Day. "Green may be the prime attraction of St. Patrick's Day. By mid-March, Canadians are tired of a colourless landscape." *The Return of Green*, March 17, 2017.

Re-homing your clutter. In this first of a two-part series, Christine M Frey offers a raft of suggestions for environmentally-friendly spring cleaning and tidying. "We know the therapeutic benefits of getting rid of all that useless stuff we no longer need. But there's a twinge of guilt as the black garbage bags pile up and we think about the legacy we're leaving the earth." *Green Spring Cleaning*, April 17, 2009. (Part two of the series can be found at www.voicemagazine.org/2009/04/24/greening-spring-cleaning-part-ii/.)

Beyond Literary Landscapes

Realism

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

This week’s column focuses several well-known authors from the Realism, or Literary Realism, genre.

Realism can be defined as “the accurate, detailed, unembellished depiction of nature or of contemporary life.” This genre can be found in many of the arts, including literature, art, cinema, and theatre.

Begun in the 19th and continuing to the early 20th century, Literary Realism was “a reaction to eighteenth-century Romanticism and the rise of the bourgeois in Europe.” Many consider France the root of the movement, with the eventual spread to the United States, Great Britain, Latin America, as well as Imperial Russia.

In particular, this genre “depicts familiar people, places, and stories, primarily about the middle and lower classes of society.” These types of works aim to portray a type of truth, without romanticizing or dramatizing the situation.

Realism can be divided into several subcategories including Psychological Realism, Naturalism, Social Realism, and Magical Realism.

Examples of Realism authors include Gustave Flaubert, Gabriel García Márquez, Fyodor Dostoevsky, John Steinbeck, Upton Sinclair, and Charles Dickens.

What

Examples of works of Realism in literature include *Madam Bovary* by Gustave Flaubert, *One Hundred Years of Solitude* by Gabriel García Márquez, *Crime and Punishment* by Fyodor Dostoevsky, *The Grapes of Wrath* and *East of Eden* by John Steinbeck, *The Jungle* by Upton Sinclair, and *Great Expectations* by Charles Dickens.

Where

These novels are set throughout France, Colombia, Imperial Russia, the United States, as well as England.

When

These works take place during the 19th and 20th-centuries.

Why

These novels may be of interest to AU students who would like to take a look into the ordinary lives of those who lived in the 19th and 20th-centuries.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Realism 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 306: The Literature of Work, a senior-level, three-credit course, which serves as "an introduction to literature created by people who do the actual work being depicted." (Although no prerequisites are required, a university level English course is recommended.)

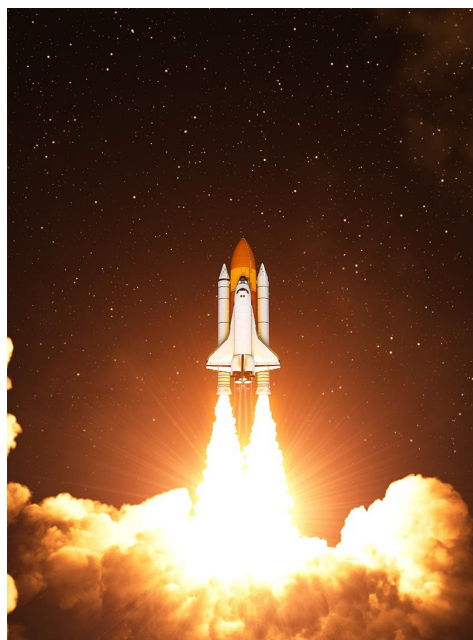
Students may also be interested in ENGL 344: American Literature I, a senior-level, three-credit course, which "introduces students to American literature, its history and development, and its rich variety of forms and techniques." (Please note that this course requires several prerequisites, including ENGL 211: Prose Forms and ENGL 212: Poetry and Plays.) Happy reading!

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



Our Rocket Ship is Launching

Marie Well



I don't know how it happened, but my enthusiasm for life is at its highest. I'm in menopause, so presumably life should be terrible. But it's not. I'm on fire with joy. I'm unsure what I did right or if it's just luck. But I have some insights that may interest you. Here they are:

Whatever passion you have in life, invest heavily, not lightly, in it. You might love travel. If so, skip the local trips and do whatever it takes to take those cataclysmic trips. Or if you love beauty, don't just soak them up in photos. Instead, seek out the most overwhelmingly beautiful spectacles and do whatever you can to withhold them in person.

If you're like me and love lifelong learning, then slow down on LinkedIn Learning or Udemy and instead invest heavily in highly accredited courses that are sizable financial investments. For example, my employer bought an expensive professional sales course for me, and I purchased a critical thinking course. These courses have blown my mind with how powerful they've

made my thinking and approach to work. And the critical thinking instructor called me his "biggest star student—ever," which was joyful to hear. Taking courses for me is the cat's meow. It's the nighttime marshmallow fire in the middle of the woods. What is it that you love? Whatever it is, invest heavily in it! It's your ticket to a life on fire!

Another way to achieve great passion is to listen to inspiring, energy-charging music on high volume while working. For example, I have many songs from Top Gun fired up on my headphones while working. And I highly recommend making a YouTube playlist of commercial-free, inspirational music. It skyrockets energy.

The most significant idea is to learn how to love unconditionally. When I gave selfless love to everyone, there came a tipping point. The benefits of it are happening now, which has me floored. People I love who were riddled with criticism toward me my entire life are suddenly

praising me. And it happens unexpectedly. But I know to not get attached to praise or blame but to stay focused on the process. We must control our minds to always be happy, regardless of outer circumstances. That's because the darker moments in life—the biggest hurdles—generate tremendous growth potential, too. Hardships, which are treasures, are intended to bring us to that highest place of love. The good news is that we can stay joyful and make healthy choices during even the darkest moments.

A key to entering a state of joy, I've realized, is a hard work ethic. Of course, life isn't perfect, and we all have flaws and weaknesses. But that's where a hard work ethic comes into play. While unconditional love can transcend us into higher consciousness, a hard work ethic will transform us into powerhouses. And if we fall, then spring up skyward, defying gravity. That's what a hard work ethic can do for us.

The whole idea of a glass ceiling is a myth. That's a victim mentality. I prefer the metaphor of a rocket ship with unlimited possibilities. And if the rocket ship fails to launch, imagine a better one—especially an impossible one. Definitely an impossible one. The higher we aim, the more we gain.

With just these few ideas, even menopause can be the most glorious time of life. Everyone is magnificent with unlimited potential. There are no exceptions to this rule. Not one! So, work hard, love unconditionally, and invest heavily in our passions. And imagine our great rocket ships. They're about to launch—and we're in the drivers' seats. And we can go anywhere. So, where in the heavens shall we visit?



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

APA frustrations. Vague remarks from a tutor on a student's APA citation formatting prompts much wondering on what exactly is the problem; a comment in the thread suggests having the Write Site review the assignment before submitting to the tutor for marking.

Discord

Where tutor is a dirty word. A student attempts to seek clarification on obtaining outside tutoring but the post is blocked because the server identifies key words as potential spam. A re-worded post prompts a conversation around the topic, as well as the blocking activity.

reddit

Just crickets. A request for suggestions for an easy SOCI course (300 or 400 level) is met with a telling silence. Meanwhile a post asking for tips on easy stats courses prompts a discussion on the merits of SOCI 301 vs CMNS 308.

Twitter

@austudentsunion tweets: "Getting to know your candidates will help you make an informed decision during the election voting period taking place from March 16-20. visit <https://ausu.org/governance/elections/> today!"





Dear
Barb

Barbara Godin

Destined to Divorce?

Dear Barb:

Hi, I am in my late twenties, and I have been living with my boyfriend for four years. On Christmas Eve he proposed to me and presented me with a magnificent diamond. Of course I accepted, since I have been waiting a long time for this. We get along great, and I don't foresee any problems, however, everyone in my family is divorced. My parents divorced when I was in my teens, and I have four siblings and they are all divorced. I know the divorce rate is high, but seriously, everyone in my family! I have fears this will happen to me, especially as the wedding day is getting closer. I want my marriage to work, and I am looking for things I can do to give my marriage the best shot at success. Do you have any tips that I can apply that will help me to have a happy healthy relationship and a successful marriage? Thanks so much, Allison.

Hey Allison:

Thanks for your email. Marriage is challenging these days and it's tough to maintain a lifelong union, but all relationships have value no matter how long they last. Some are meant to last a lifetime and some are only meant to last a few years. There are many things you can do to give your relationship or marriage the greatest chance of survival. The best matches are individuals who share similar values, education, hobbies, and personalities. Also, there are several things you can do to assure your marriage will

last. Show your partner that you love them every day. For example, small things like a kiss, hug or making that special dessert will go a long way in keeping your relationship vital and alive.

It is important that you maintain relationships outside of the marriage, as you cannot expect one person to meet all your needs. Never take each other for granted, although it is very easy to slip into this habit. If a person's needs are not met in a relationship, they will look elsewhere. How you feel about each other is important but expressing that love to your partner is just as important. Your sexual relationship is also a vital part of a successful marriage, but not simply the orgasm - the emotional connection is equally important. Plus, a healthy sexual relationship has proven to improve overall health. Practicing sex or intimacy regularly will keep you and your partner connected in a special way. Also do not put all the stress on the physical act of sex. Include sharing a shower or bath or reading an erotic story together. These acts may or may not lead to orgasm. Taking the pressure off performance will reduce anxiety and lead to a more satisfying overall experience. Researchers have found that the way a couple handles conflict is a good predictor of whether they will stay together or divorce. Contempt, criticism, withdrawal, and defensiveness are all behaviours to avoid in a relationship or marriage. Finally, it is important that you not only focus on making your spouse happy, but you also need to create a happy life for yourself. Sacrificing your own happiness for your partner's happiness will only create resentment and hostility. Allison, you are entering this marriage with a strong desire to make it work, therefore you are starting on the right path, and I believe your marriage has a good chance of success. Best of luck and congrats on your nuptials.

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
Defamation

Wanda Waterman

FKUP IS GONNA GO
BANKRUPT
IF THE TOWN COUNCIL
DOESN'T STOP
HARASSING IT.



HARASSING?
DON'T YOU MEAN
SUING FOR DEFAMATION?



CALL IT WHAT
YOU WANT,
BUT WHAT IF
FKUP
HAS TO SHUT
DOWN?



CHRISTY, THERE ARE
TWO OTHER
RADIO STATIONS
IN TOWN.
AND THEY BOTH
DELIVER
REAL NEWS.



OH, COME OFF IT!



IT AIN'T LIKE ANYONE
WANTS REAL NEWS
THESE DAYS!





"In the end we will remember not the words
of our enemies but the silence of our friends"

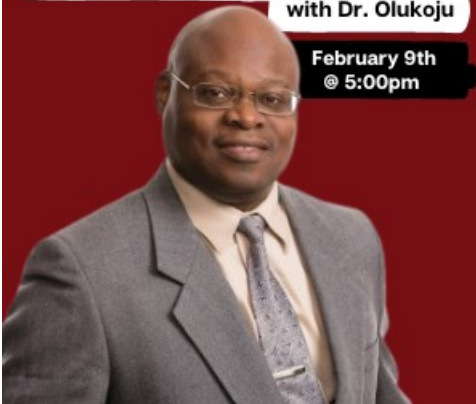
- Dr. Martin Luther King Jr

**AU
SU** February Events

**RSVP On
Eventbrite**

Politics, Voting, and Inclusion of the Black
Community in Canadian Governance
with Dr. Olukaju

February 9th
@ 5:00pm



Join us on Feb. 9 at 5 p.m. MT
on Zoom and celebrate Black
History Month with Dr. Olukaju
from AU as he discusses [Politics,
Voting, and the Inclusion of the
Black Community in Canadian
Governance](#). Dr. Olukaju holds a
Ph.D. in Public Policy and
Administration and a second in
Theology.

[RSVP on Eventbrite!](#)

Velma Morgan on
OPERATION 

February 15
@ 5:00pm



Then return Feb. 15 at 5 p.m.
MT to celebrate with Velma
Morgan during [An Introduction
to Operation Black Vote
Canada](#). OBVC works to ensure
that equity is activated in our
democratic institutions in order
to create opportunities for
Black Canadians to fully engage
civically at all levels in Canada.

[RSVP on Eventbrite!](#)

**AU
SU** Athabasca University
Students' Union

**2023 By-Election
BECOME A
LEADER
ON STUDENT COUNCIL**

Nominations Open February 13

**Council By-Election Nominations
Open Feb. 13**

Feb. 13 is the start of
the 2023 Student Council By-
Election with nominations opening
for all AU undergrads like
you. Voting will take place March
16-21 to fill two (2) available seats
on AU Student Council. More
details to come! Questions?
Email us at ausu@ausu.org.

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ausu@ausu.org

CLASSIFIEDS

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

THE VOICE

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