



# THE VOICE

Vol 26 Issue 17 2018-04-21

## **Not with a Bang, but a Whimper** A Too-Soft Finish?

## **Translating Good Intentions** Time to Grab that Shovel

## **Wickedly Good Times** The Fun of Doing What You Shouldn't

*Plus:*  
*When Loved Ones Die*  
*Course Exam: ENGL 211*  
*and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://voicemagazine.org),**  
**and please indicate if we may publish your letter!**

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

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

## Editorial April Cruels

Karl Low



April hasn't been a good month this year. First we had the accident in Humboldt, SK that lit up the news media across the nation, and just recently, the van attack that took place in Toronto, ON. Both very different tragedies, one of negligence, the other, far too deliberate in nature.

What they have in common, however, is both of these tragedies prompt the question, "Were there any AU students there?"

Athabasca University is unique in that it's unlikely there'll ever be any sort of mass tragedy affecting AU students, but it is also unique in that any tragedy, anywhere around the world, may affect AU students. It's known that AU students were among those killed the Humboldt crash. There is no information as to whether any of the victims of the van attack, that took place over almost 3 km of busy Toronto streets and sidewalks, were also AU students.

(As an aside, it should be noted that AU does offer some counselling support services to students who may feel overwhelmed by events, and AUSU provides their own Student Lifeline offering, so if the random violence does feel like it's

getting to be a little too much on top of the other stressors that come with being a distance student, do take advantage of these things. They can help.)

So while you might not be aware of it, there is a tenuous connection between any tragedy in the world and you as an AU student. I can't help but think that as AU works to make connecting between students, faculty, and staff easier, we'll find that more and more of these tragedies have an effect on our education. What happens when that student you were having a conversation with in a forum suddenly goes silent after a bombing in their general area. How would that affect your stress? And in a way, it's more insidious than a campus based tragedy because the effects will be more contained, more personal. You probably won't even know how many students have been affected, or who they are. It's unlikely that any special support services will be offered to specifically deal with the fallout from some tragedy half-a-world away, so hopefully AU is designing its own services with the type of training that can handle these concerns at any time.

Meanwhile, if we look at the attack in Toronto, we find that the suspect, Alek Minassian, spoke of himself as an "incel" or an involuntary celibate. His feelings of hatred toward himself and toward the "Chads and Staceys" of the world (or in other words, people that are able to find willing sexual partners) was no doubt increased by the subculture of "incel"s that he brought himself to. But in some ways it seems that his anger and hatred are not as uncommon as they once were. We're hearing more stories of young men, especially young white men, who feel increasingly disaffected and left out by society.

We need to realize that many of these men are having to deal with the idea that they may not have the same level of privilege as their fathers. They're having to deal with a world where women are less likely to simply step-aside or submit to their wishes, and while that's a good thing to most people, to those who've grown up thinking the opposite would be their birthright, it can be a difficult pill to have to swallow. So I think we do ourselves a disservice when we catch and vilify someone displaying these attitudes. It is, for instance, entirely possible to be a racist or a misogynist, but not be a bad person.



And that reaction you just had is why we need to stop and think. Remember, many of our attitudes have been taught to us by our parents and peers throughout our lives. And that teaching can run quite deep. But it could simply be that a person displays racism or acts in a misogynistic fashion not because they're full of malice, but simply because they don't know any better. They're ignorant. And that's not a slur or an insult, we're all ignorant in some aspect of our lives, if we weren't, there'd be no need to go to AU in the first place. There's nothing wrong with being ignorant unless a person chooses to remain that way.

But when it comes to someone displaying ignorant attitudes and ideas about race or gender how do we typically deal with them? Do we try to explain to them why what they're doing is wrong and how it might be hurting people? In honesty, do we even know for sure ourselves, or are we just so sure that it's wrong that we don't think about the reasons why? And this is the disservice I think we're doing. By simply vilifying the racist, we're not giving them a real chance to become anything else. Simply telling someone that's not something you should do doesn't help them understand, it just puts them in a position of subservience, where, to be a good person, they must simply do what you say. Is it any wonder that these men are getting upset by how they're treated?

So next time you see or read of someone saying something racist or misogynist, don't just label them and walk away. They don't know any better. Instead, do what little you can to help them understand how the language they're using makes life more difficult for others. And if they don't learn after that, well, then, at least you tried.

Enjoy the read!



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Academic Excellence Award

**Sponsored by:** Global Teletherapy

**Deadline:** May 15, 2018

**Potential payout:** \$1000

**Eligibility restriction:** Applicants must be enrolled in a college, university, or graduate school for the 2018-2019 academic year, be in good academic standing, and have a cumulative GPA of at least 3.0.

**What's required:** An e-mail containing contact and school info, a PDF copy of your unofficial transcript, and a PDF copy of your 2000-word essay on community involvement.

**Tips:** Read the Essay Topic and Helpful Hints sections carefully.

**Where to get info:** [globalteletherapy.com/scholarship/](http://globalteletherapy.com/scholarship/)



## Not With a Bang, but a Whimper A too-soft finish?

Barbara Lehtiniemi



No trumpets sounded when I submitted the very last assignment for the very last course of my AU degree program. Silence again when the final marks were posted for the course and my AU transcript preview dropped its last "In Progress" notation.

Finishing the requirements for my degree should fill me with elation. So why do I feel so very "meh?"

Perhaps I over-planned the finish. I arranged my course schedule so it would conclude with an exam-free course. After juggling four courses all winter, I wrote the final exams for three

of them in February and March. That left me all of April to finish my sole remaining course, the exam-free ENGL 384.

By the beginning of April, I'd already completed the course work and had only three assignments to complete. No studying for an exam, no pressure. I created self-imposed deadlines for getting the assignments done. Then I finished them and that was that. No pressure, no trumpets.

In retrospect, I think I'd have relished the finish more if I'd scheduled an exam to be the very last task for my program. An exam is an event in a way an assignment is not. There's a firm date, weeks of intense study, then a palpable feeling of relief when it's over. It's like the drama of sliding into home-plate—as opposed to walking on a bunt.

Ending with an assignment lacked any of that exam intensity and consequently lacked the euphoric relief of having finished. I had until April 30 to submit my final assignment but could send it in on any day. I had set myself a target date with a comfortable cushion; in the end I sent my final assignment in early.

On a day just like any other day, I found myself finished. One minute I was working on a course and the next minute I wasn't. Of course, I would still have to wait for my assignment to be marked. Then, I would *really* be finished. A few days later, I had my final mark for the course, but there were still no trumpets, no real sense of an ending.

Maybe it's the weather—snow was falling regularly here up until last week—or the lingering effects of a cold virus I picked up earlier in the month. But I wonder if my quest to reduce stress for my last month of study robbed me of that fist-pumping moment of elation. Perhaps it would have been better to spend the last few weeks of my AU career cramming for an exam. Then, after a three-hour stress-filled exam session, I could ceremoniously click on the Submit button for the final time.

Surely then, the trumpets would sound.

*Barbara Lehtiniemi is a writer, photographer, and AU student. She lives on a windswept rural road in Eastern Ontario.*





**Brittany Daigle**

**Course Exam**

*AU courses, up close*

## Course Exam

**Brittany Daigle**

### ENGL 211— Prose Forms

ENGL 211 (Prose Forms) is a three-credit introductory English course where students examine fictional work in prose and encounter major literary concepts, terms, and analytical strategies. The texts that are studied in ENGL 211 include American, British, and Canadian short stories and novels, which range from the nineteenth century to the twenty first century. There are no prerequisites for this course, though students without prior writing experience are strongly encouraged to take ENGL 255 (Introductory Composition). If you are interested in learning more about Introductory Composition, read the ENGL 255 Course Exam Article!

Prose Forms consists of five units, one essay worth ten percent, two essays weighing twenty-five percent each, and an online final exam weighing forty percent. Students should note that all assignments must be completed to pass the course. Units one and two have students examining a range of short stories by several different authors, such as Ernest Hemingway, Eudora Welty, Amy Tan, and Thomas King. These two units provide introduction to the strategies of close reading, analytical writing, and selected key concepts in literary studies. Units three, four, and five respectively examine a twenty-first century American novel, a twentieth-century Canadian novel, and a nineteenth-century British novel, as well as relevant literary and analytical concepts.

Dr. Paul Huebener joined Athabasca University in February of 2015 after being at the University of Calgary and McMaster University. He is the course coordinator for ENGL 211 (Prose Forms), ENGL 302 (An Introduction to Canadian Literature), ENGL 308 (Native Literature in Canada), ENGL 491 (Directed Studies in Literature), and ENGL 492 (Research and Writing Projects in Literature). And for the Athabasca University Master of Arts in Integrated Studies program he coordinates LTST 605 (Current Issues in Literary Studies) and ENGL 693 (Directed Studies in Literature).

He states, “One thing that I like about the study of literature is that it provides a window into thinking about larger cultural issues. My primary field, for instance, is Canadian literature, and from there I have expanded into the critical study of time as well as topics in the environmental humanities. My personal hobby right now is making espresso, which is both an art and a science. Learning how to pour latte art is taking me longer than it took to get a PhD.”

When asked to explain the structure of the course to students, Dr. Huebener continues, “The course has five units: two units dedicated to short stories and one unit for each of the three novels. Students write three essays (700 words, 1,000 words, and 1,000 words) as well as a final exam. The assignments and the exam give students a range of choices in terms of which texts and concepts to write about. The course spends quite a bit of time showing the students, in general terms, what the exam will look like and how they can practice for it. We want students to feel confident and supported going into the exam.”

He continues “We recommend spending about eight hours per week in order to finish the course within five or six months, although students can work more quickly if they wish. Having a sense of curiosity and a willingness to read thoughtfully is key. Complete the assigned readings and



take notes on the literary texts themselves, as well as the key strategies for analytical writing. Discussing your essay ideas with your tutor is always a good idea.”

Dr. Huebener states, “This course is useful for students who would like to gain the ability to develop close, thoughtful readings of literary texts. It can serve as a foundation for further studies in English, or as an English literature credit towards another degree program. Students coming into this course should already be fluent in the English language.”

When asked what students will take away from this course, he concludes “The literary theorist Rita Felski suggests that there are four main reasons for reading works of literature, which include recognition, enchantment, knowledge, and shock. Of course, there are other reasons as well. A good literary text is one that is larger than us in some way; when we read it, our consciousness expands. We want students to leave this course with an expanded consciousness, with a desire to read their world with critical discernment.”

Whether this is a program requirement of yours or the readings or topics above interested you, ENGL 211 (Prose Forms) will have you immersed in interesting readings written in a variety of different centuries!

*Brittany Daigle is 22 years old and completing her BSc in Computing Science & Information Systems with AU from Toronto, Ontario.*



## Translating Good Intentions

**Deanna Roney**



After what has felt like the longest winter, it is finally feeling like spring. It turned spring-like a few weeks ago, too, only to have another snowfall warning, which lived up to its name. Now, I love winter, but this year those “it isn’t April it is really January 104th” felt all too real. The winter was dragging on. As soon as it felt like the temperatures were turning there would be another cold-snap or snowfall. This long winter had me eager for spring—more so than any other year. I wanted to see the 6-foot tall snowbanks shrink, I wanted to see grass, I even wanted (yes *wanted*) to start tackling spring yard work,

which, around here, means scooping up five or so months worth of dog poop that is buried under the snow.

About this time of year, I shake my head at myself and think “next year I will do better”. In the summer I venture out and scoop regularly, but in the winter, with the cold and the snow that makes finding it that much harder, it is far too easy to let it slide—out of sight, out of mind. That works until it is all really, really, in sight. But this year I was eager to get working on this project; getting some fresh(ish) air, enjoying some sunshine that is actually carrying some warmth, and just enjoying the tackling of a job. But it got me thinking. Every year I think the same thing in the spring, and every spring I think that next winter I will do better—dit will only take a few minutes out of my day and it will make spring that much nicer. I can rake grass instead of poop. Why is it, that every winter I quickly forget about these great intentions?



The old saying goes the road to hell is paved with good intentions. The hardest part about taking something from intention to action is to make it into a habit. Be it scooping dog poop throughout the winter, working out, keeping in contact with friends and family, it is about making it second nature. The first few weeks are going to take concentration, it will mean kicking yourself out the door even when you really don't want to. It means consciously making an effort to see your intentions through. After a while though, those intentions that you had to stubbornly push yourself to do will become second nature. If I started bundling up and walking outside with the dogs every morning, before long it would feel weird not to.

Part of making something into a habit though is making it convenient. If you want to start working out maybe that means getting some exercise equipment at home so you don't have the inconvenience of having to go to the gym. If it is in the case of keeping your winter yard poop free it means having a shovel and bag handy. It means not having to dig through the snowbank to access the shed for the bucket/bag/shovel. Because, if these things are too inconvenient, it is far too easy to push it aside, "I just woke up, I'll have coffee then get everything out and go clean up" this too easily ends up never happening because now you've had coffee, now you have to get ready for work, and when you get home, well, it is too dark to find poop in the yard and the flashlight is lost or dead.

If you really want to turn your intentions into actions then you have to work toward making them habits and making the habit easy to attain. Don't let small excuses derail you. Because, before you know it, spring will come and remind you that, once again, your good intentions were nothing but words to make yourself feel better as you shoveled poop into a five-gallon pail.

*Deanna is an AU graduate who loves adventure in life and literature. Follow her path on the writing journey at <https://deannaroney.wordpress.com/>*



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

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

### **AthaU Facebook Group**

Amanda shares her celebratory feelings about finishing the last exam for her BHR/LR program; way to go, Amanda! Avital seeks recommendations for PSYC courses. Channele wonders what happens if she withdraws from a course while on OSAP; one responder suggests there's a one-time grace for a withdrawal.

Other posts include the BGS program, Edmonton study buddy, LPN to RN bridge, and courses ACCT 355, ADMN 417, EDPY 200, and GOVN 301.

### **Twitter**

@AthabascaU tweets: "Need to get in touch with your #AthabascaU tutor? <http://bit.ly/2r0mPay> #AskAU."

@AU\_Press tweets: "Why do we need stories about sports? Our next book \*tackles\* this question. <http://ow.ly/BZed30jFXmo> #sportlit."

### **Youtube**

April 27 is Morse Code Day, and what better way to celebrate than by watching this Morse Code Day April 27 video!



## Wickedly Good Times

Tara Panrucker



Sometimes, there is nothing like saying you are done with something—or someone. Sometimes, it feels good to quit. Sometimes, the only way to feel better is to indulge in something decadent. And, sometimes, the only way to get your good vibes back is to do something you probably shouldn't.

I don't recommend robbing a bank, murdering your boss, or shipping a 'problem' child off to Antarctica so they'll really have something to cry about! Going to jail is an entirely different level of wicked. There

comes a time, however, when nothing else will do but a box of chocolate truffles, paired with multiple large glasses of your favourite red wine to wash it down. There comes that cold, dismal, snowy, spring Canadian day when nothing will heal your soul more than bundling under a pile of blankets with an all-day marathon of *Narcos*, joyfully scarfing every kind of comfort food you can get your sticky hands on.

Eventually, there comes a day when the finest way to achieve peace of mind is to discard that goal you've been unsuccessfully striving for the last five to ten years, and just serenely accept it's *not going to happen*. There comes a day when you confidently look your spouse or best friend in the eye and tell them the truth instead of giving a sugar-coated version that doesn't help them anyway. "No, I don't want to try ice climbing with you" or "No, those jeans do not flatter your butt". Thus, your wickedly authentic voice begins to emerge out of the 'nice zone'.

Doing what other people consider pointless, or just wrong, may be the only action that will bring you closer to a sense of what you stand for. Alternatively, instead of settling for 'reality', maybe you need to give yourself a virtual smack upside the head, get your act together, and chase your dreams, no matter how unbelievably difficult the road ahead may seem. The time is now to feel the fear and do it anyway.

Perhaps taking a month off from the killer term paper, killer work project, or killer marathon training program, will save your life—because maybe it's actually killing you. Why not sit and watch the world go by for a change? Something amazing might happen: you might actually feel good doing nothing! Or, maybe it's time to tell someone to take a hike and too bad if they don't like it—if your sanity depends on it.

No one is going to agree with your choices all the time. No one's opinion of you matters as much as your own. Life is not a dress rehearsal, and it's not meant for living someone else's dreams. Life is what you decide it will be, every day. When you stop caring what everyone thinks and let go of guilt over indulging in pleasure, you can move mountains and swim oceans. I'm speaking from experience. I quit jobs, dumped someone over the phone, had three desserts, went for a long Harley ride just for fun (and survived), and I called someone on their lies, to their face. No regrets.

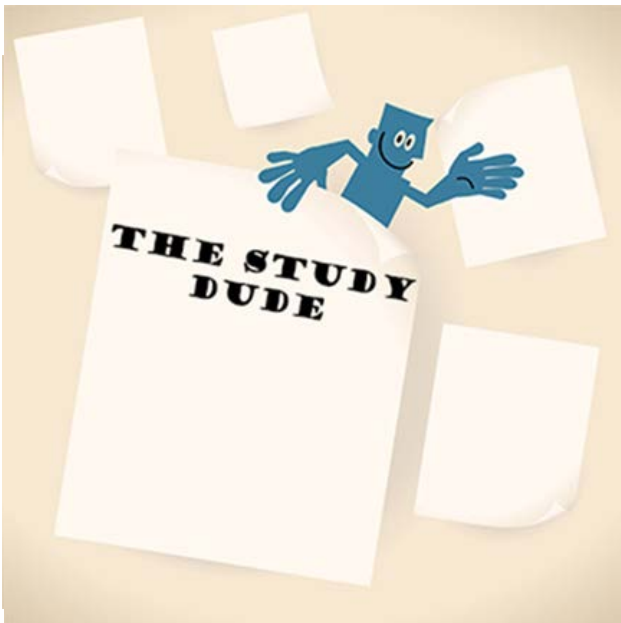
Tara Panrucker lives on Vancouver Island and is seeking a General Arts Degree at AU.



## The Study Dude

### Exam Focus? Get Fit!

Marie Well



Do you want to focus like Superman during exams? Well, focus works the brain like windshield wipers work windows. But you focus clearest without the pigeon's package. So, start wiping! Or, better yet, exercise.

Elie Venezky, author of *Hack Your Brain*, says, "Focus is a muscle, and you can build it" (as cited in <https://www.fastcompany.com/3050123/8-ways-to-improve-your-focus>). To do that, you need to meditate and eat brain foods, like blueberries. Or drink ginseng, take ginkgo biloba, and memorize lists. When you combine the above, focus steadies like Michael Moore's gaze on a rainbow-sprinkle Timbit.

Another trick is to quit caffeine (and decaf). If you ever tried studying after a Redbull-induced spat, you'll know it doesn't work. On the flipside, caffeine-

free-calm-moods lead to less conflict. And less conflict leads to, yes, focus. If Mike Tyson gave up Redbull, he may never have spat out that ear.

But the most underrated way to focus is exercise. I've been training hard for ten months. I started with daily walks but have been upping the ante monthly. For instance, just last month, I added ankle weights and negative chin-ups to my routine. Due to the hard training, I've grown calm, yet energized—and focused. Like the Dalai Lama drip tortured with Redbull.

But the worst thing for focus? Anxiety! Yes, that fuzzy headspace. To prevent anxiety at the workplace, I try to cycle to work and back. And in the evenings, I'll lift weights, stretch, and, to round-out the fun, shadow box.. But remember: ten months ago, I could barely walk a block unless someone threw a hamburger a-block-and-a-half away.

What keeps me motivated is the feeling I get. You know, that feeling built from the struggle on day one to the euphoria ten months later. You, too can have that feeling.

Another great feeling? Reading Anders Hansen's excerpts on how exercise boosts focus in his book *The Real Happy Pill: Power Up Your Brain by Moving Your Body*. My hope is that you, too, will fine-tune your focus with exercise. Here's what Hansen says:

- The fast way to foster focus? "We become more focused—and otherwise more alert—through exercise" (location 856 of 3512, 24%).
- Exercise boost selective attention: "The Eriksen test .... indicated that the participants who were fit ... had better selective attention" (location 866-878, 25%).
- And exercise activates parts of your brain that sharpen focus: "The parietal lobe ... and the frontal lobe—parts of the brain that are vital to our ability to be and remain focused—were more active in the subjects who were in good shape" (location 878, 25%).
- Exercise boosts dopamine, which aids in focus: "Lacking dopamine can lead us to become unfocused and jittery, distracted .... Is there any ... way to boost dopamine levels without resorting to pharmaceuticals? There is: move your body" (location 1042, 30%).



- And exercise works better than ginkgo biloba or brain games: “Research clearly indicates that what truly puts our extra ‘mental concentration’ gear to work is physical exercise, not diet supplements or apps with cognitive exercises” (location 1208, 34%).
- Even walking sharpens focus: “Engaging in physical activity as simple and uncomplicated as regular walking for six months didn’t simply improve selective attention; it produced a measurable effect on the brain” (location 899, 25%).
- But for the best focus, try running or cycling instead of walking.
- And do half hour or more of fitness: “You should be active for at least twenty minutes, but thirty minutes is better to enjoy the full benefits” (location 1234, 35%).
- Exercise treats ADHD: “I realize that, throughout my life, working out has been a type of ADHD medication” (location 991, 28%).
- Even five minutes of fitness helps ADHD: “As little as a single five-minute exercise session improves concentration and lessens ADHD symptoms in children” (location 1118, 32%).
- Why care about ADHD? We’re all a little bit ADHD: “Just as exercise and physical training help the ADHD sufferer to focus, it can assist the rest of us whose attention occasionally goes on a walkabout. After all, we’re all perched somewhere along the ADHD spectrum” (location 1197, 34%).

My boyfriend has a keen mind. He remembers math and physics formulas from decades ago. As for me, I barely recall the integral of  $x$ . Not him. He’s got it all tucked away in a powerful mind.

We figured out why he’s so sharp. Since his teen years, he trained hard. After decades of training, he boasts a keen, focused, and stress-resilient brain. So, start training today to shine with the sharpest.



## The Fit Student When Loved Ones Die

Marie Well



You’re preparing for a test and you get a phone call. Your loved one has died. Now what? Well, you could mourn at the funeral. The funeral ends, but the heartache lasts. I find a better solution is to listen to the Long Island psychic, Theresa Caputo.

The psychic says do rituals to heal your loss of a loved one. After my loved one died, I put holiday decorations on her grave: Easter bunnies, Valentine’s hearts, Christmas wreaths. In those moments, I felt my loved one healing and guiding me.

And the psychic says look for *signs* of your deceased loved one. Once, when I approached my loved one’s grave, a bunny quivered against her tombstone. Its ears pulled back into innocence. Its fur shimmered white, begging for a petting. Other times when I approached the grave, the sun beamed blinding starbursts through

the trees. Psychic Theresa Caputo suggests such delights serve as deceased loved ones' ways to say hi.

And the psychic insists our deceased loved ones become guardian angels. When my landlady passed, I inherited twenty paperback books, all about guardian angels. And I read every one. Prior to my landlady's passing, she gave my boyfriend a medal that said, "Never drive faster than your guardian angel can fly." Today, my boyfriend boasts a perfect driving record. I believe my landlady wished to make her exit as our guardian angel.

But you might feel wary of psychics, avoiding their booths. I, too, stay clear of psychics at carnivals, despite my curiosity. But Theresa Caputo offers uplifting views on the afterlife that could soften most anyone's grief. Caputo helps you heal your inevitable grief in her book *Good Grief: Heal Your Soul, Honor Your Loved Ones, and Learn to Live Again*:

- When your loved one dies, your feelings rock you: "When you lose a person you love, the feeling is so raw that it consumes you" (p. x).
- And that heartache needs to heal: "It's [your loved one's] greatest hope that you learn to heal and carry on" (p. ix).
- Yet, you'll never be the same: "The goal of grieving is to find a new normal that you can accept ... You will never be the 'old you,' but that doesn't have to be a bad thing" (p. 16).
- Find peace in the notion of guardian angels: "It's your loved ones' job in the afterlife to watch over, guide, and protect those they love on earth" (p. 9).
- And ask for help from your deceased loved one: "Your loved ones are with *you* anytime you call on them" (p. 9).
- And develop your bond with your deceased loved one: "Your relationships can even become stronger when your loved ones are in heaven because they are with you all the time ..." (p. 10).
- And know that milestones (like graduation) won't go unnoticed. According to Theresa Caputo: "Milestones are just as important to spirit. I can't tell you how many souls say they attend weddings, graduations, births, reunions, vacations, and other meaningful events" (p. 10).

## **AU-thentic Events** **Upcoming AU Related Events**

### **MBA in Hockey Management Info Session**

Tues, April 24, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-4/](http://business.athabasca.ca/event-details/executive-mba-business-hockey-info-session-5pm-mst-online-4/)

Register online at above link

### **The Use and Abuse of Paraphrases and Quotations in Academic Writing**

Mon, April 30, 2:00 to 3:00 pm MDT

Online

Hosted by AU Faculty of Graduate Studies

[fgs.athabasca.ca/news/presentations/](http://fgs.athabasca.ca/news/presentations/)

e-mail [fgs@athabasca.ca](mailto:fgs@athabasca.ca) with your student number to register

### **Zotero and Mendeley Citation Management Tools**

Mon, April 30, 5:00 to 6:00 pm MDT

Online

Hosted by AU Library

[library.athabasca.ca/orientations.html](http://library.athabasca.ca/orientations.html)

No pre-registration required

### **Business Undergraduate Info Session**

Tues, May 1, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

[business.athabasca.ca/event-details/business-undergraduate-information-session4/](http://business.athabasca.ca/event-details/business-undergraduate-information-session4/)

Register online at above link

### **AU Open House**

Wed, May 2, 10:00 to 11:00 am MDT

Online

Hosted by Athabasca University

[www.athabasca.ca/discover/open-house/](http://www.athabasca.ca/discover/open-house/)

Register online at above link

second session: Wednesday, May 2, 5:00 to 6:00 pm MDT

### **Nursing and Health Studies Library Orientation**

Sat, May 5, 11:00 am to 12:00 pm MDT

Online

Hosted by AU Library

[library.athabasca.ca/orientations.html](http://library.athabasca.ca/orientations.html)

No pre-registration required

- So, how can you heal? Do rituals that celebrate your loved one: “Your loved ones’ ... souls are present when you do something that remembers, honors, or simply includes them” (p. 10).
- How else can you heal? “Reminisc[e] about your memories, accep[t] help and support, release[e] burdens and guilt, and tak[e] care of yourself and those around you” (p. 14).
- My favorite way to heal? “Tur[n] one of your fondest memories [of your loved one] into a treat for others. Go buy your Nana’s favorite breakfast cookies from the bakery she loved ... When you hand over the present, be sure to tell ... what he or she meant to you” (p. 23).
- But what if you and the deceased had a rocky relationship? “Know that Spirit’s guidance will always be positive. Loved ones and other well-intentioned Spirit never encourage you to have thoughts or feelings tinged by doubt, fear, or negativity” (p. 22).

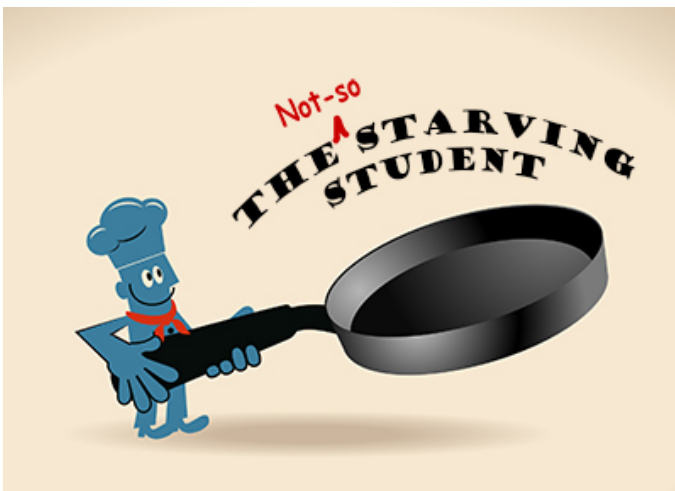
When my papa passes, I’ll indulge in the things he loved: Mexico holidays, sports cars, true crime shows, and Black Forest Cake. And he’ll keep rescuing me when I’m weary or lost—if only in my dreams.



## The Not-So Starving Student

### Food Gadgets Part 2: A Fresh Look at Cooking

**Xin Xu**



As an AU student, you might be tasked with having to feed, not just yourself, but family and perhaps roommates as well. Preparing meals day in and day out, you might become fatigued at brainstorming new inspirations for recipes and, of course, having to bring those ideas to life. We call this the chef’s block (similar to writer’s block but this time, you’re literally starved of daily sustenance). Once in a while, to overcome our boredom for preparing the same three meals in a day, we can indulge ourselves by experimenting with new kitchen tools. The more tools you have in your toolbox the more fascinating cooking can become. Some other ideas can be found in my

first article on this subject.

For example, my recent exploration of pasta makers has changed my cooking routine drastically. This shows how the taste, texture and even experience can change significantly from one cooking method to the next.

### Pressure Cookers

A pressure cookers is a gem that more experienced chefs may find exciting to use. Particularly if you’re a fan of fall-off-the-bone tender protein, this tool will accomplish the job. Whether it’s chilli or chicken noodle soup, a pressure cooker will bring your cooking to the next level.







### Bamboo Steamer

If you don't already have a steamer, it is one of the most versatile and essential cooking gadgets for any kitchen. Better yet, a bamboo steamer helps contain nutrients better than a plastic or metal steamer. The natural build of the steamer also helps absorb some of the moisture rather than letting it re-condense and drip back into the food.

### Yogurt Maker

We all know that yogurts are an excellent source of probiotics in our diet and have many lasting benefits that aid with nutrient digestion and absorption. Now you can produce and customize your own yogurt without wondering which artificial ingredients are in the formulation.



### Dough Mixers

This gadget has been on the market for years and is nothing new, but certainly helps reduce the labor-intensive kneading that come with dough-based recipes. The machine helps knead the dough for recipes like pancakes, crepes, burrito bread, roti and more.

### Meat Slicers

I at first found it absurd that a machine was required to slice our meats until I began re-creating Asian hot pots in my own living room. The paper-thin slices of lamb or beef comes in handy for seasoned hot-potters, beef carpaccio lovers, and anybody composing their own charcuterie board.



### Ice Cream Maker

If you're looking for inspiration after your dinner, there's professional ice cream makers that allow you to customize your own ice cream flavors. The best part about DIY ice cream besides knowing the blend of ingredients? You will never have to settle for freezer-burned ice cream again.

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



Dear  
Barb

Barbara Godin

## Communication Breakdown

*Dear Barb:*

*I have been with my girlfriend for three years and we got along great, for the most part, but recently we started arguing a lot. I think it might be time to end the relationship. We don't seem to agree on anything, even watching a movie is becoming stressful. We don't like the same kinds of movies; she won't watch what I want to watch and I won't watch what she wants to watch, so we end up watching nothing. Then the whole evening is ruined. We don't seem to be able to talk through these things. We both get our backs up and give each other the silent treatment. It's affecting our sex life as well. I mean, if we are not talking all night we really do not feel affectionate or close to each other.*

*She keeps saying we need to go to counseling, but I really don't want to. It seems to me if we can't get along, what good is a counselor going to be. I feel two people are either meant to be together or they are not, and I'm feeling like we are not meant to be. What do you think? Thanks, Jason.*

Hey Jason:

Thanks for writing, not many guys take the time to write, so I can only assume you care a lot about this girl. Many people today give up on relationships long before they should. The

main ingredients in all relationships are compromise and communication. No two people are ever going to agree on everything, so if you decide to give up on this relationship, you are likely going to run into similar problems in the next one. So why not learn to compromise now? It sounds like you both need to be more open minded and try doing what the other person wants to do. You may surprise yourself and find that you enjoy doing these things, or at the very least you may find some common interests. Good communication is vital to any relationship. You should sit down and discuss the ways that you can improve your relationship. Discuss your feelings, your likes and dislikes, and take the time to really listen to what each person is saying. Don't be so focused on what you want to say next that you don't hear what the other person is saying. Also always be respectful of each other's differences. The world is made up of all kinds of people, if everyone were the same we would all be like mechanical beings walking around. If you find it impossible to do this on your own, then I would suggest you find a counselor that specializes in communication.

No, Jason, I don't think you should give up on this relationship!

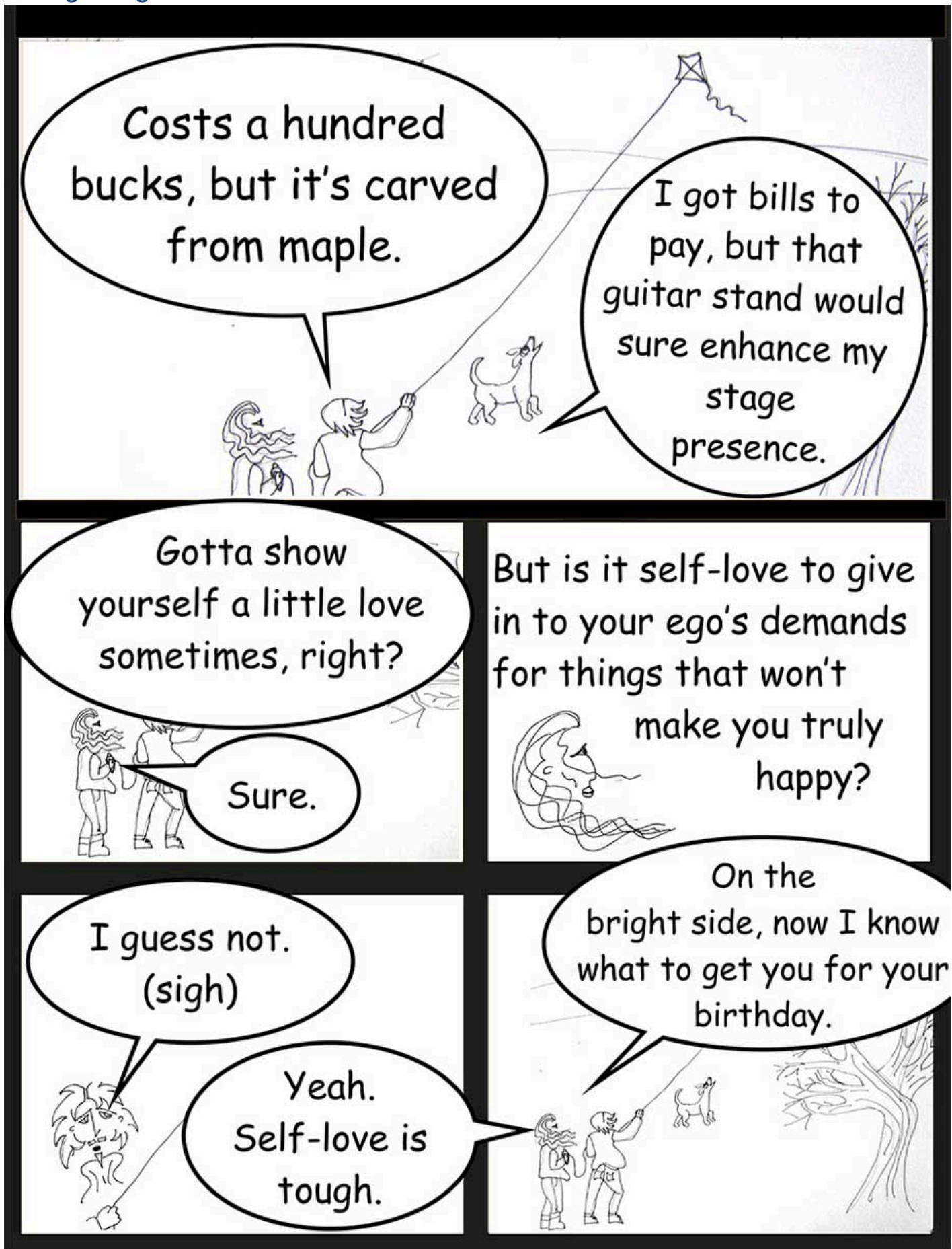
Follow Barb on twitter @BarbGod

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Poet Maeve  
Resisting the Ego

Wanda Waterman







**AUSU**  
ATHABASCA UNIVERSITY  
STUDENTS' UNION

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## IMPORTANT DATES

- **Apr 10:** [Deadline to register in a course starting May 1](#)
- **Apr 10:** [Council Changeover Meeting](#)
- **Apr 15:** [May degree requirements deadline](#)
- **Apr 30:** [Deadline to apply for course extension for June](#)
- **May 10:** [Deadline to register in a course starting June 1](#)
- **May 15:** [June degree requirements deadline](#)
- **May 31:** [Deadline to apply for course extension for June](#)

## Stress Awareness

Going through a stressful time? You're not alone. Three-quarters of adults experience stress in their daily lives, recent studies have shown. Major stressors include money, work, and personal health concerns. Trying to balance your studies with work, relationships, and a social life – all while trying to set yourself up for future success – can be tough.

**Student LifeLine** is there to help you identify your sources of stress and find effective ways to manage them.

Check out the [Stress Awareness](#) feature on their homepage (Username: **AUSU**, password: **wellness**), where you'll find a variety of resources to help you lead a happier and less stressed life, including a brand-new Stress Management Toolkit.

You7 can also contact **Student LifeLine** any time, 24/7 at **1-800-567-2255 (TTY:1-877-371-9978)** to speak to a caring, professional consultant for free expert advice or help!

**This is a FREE service for all AUSU members!**

**Student Lifeline provides help and support 24/7 for any issues, from health, wellness, work, life, money, school, community referrals, and more!**



## Want to Know More About Your new AUSU Executives?

The new team officially took office on April 10, 2018! Click the links below to check out their biographies!

**AUSU President:** [Brandon Simmons](#)

**VP External and Student Affairs:** [Melinda Goertz](#)

**VP Finance and Administration:** [Natasha Donahue](#)



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Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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