



THE VOICE

Vol 29 Issue 10 2021-03-12

Minds We Meet

Interviewing Students Like You!

Women in Fiction

The Women of *A Thousand Splended Suns*

Music Review-Afronaut

An Interview with South African Punk

Plus:

Oversleeping vs Under-sleeping
Course Exam: ACCT 351
and muchmore!



Lorem Ipsum

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LETTERS TO THE EDITOR



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

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

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

Editorial

Rolling Polling

Karl Low



There was some big news today in that the NDP party has pulled ahead of the UCP party in voting intentions, according to major pollster, Angus Reid. This comes with the standard caveats, that the poll is a limited sample of people and, more damning, comes from their online pollster forums, meaning self-selection bias is in effect, but is notable because while we've had an NDP government before, that happened during a period when there were two strong right-wing parties vying to see which one would be the leader.

This time is a bit different because, right now, only the NDP and the UCP are parties with any chance of forming Alberta government. However, there's still a lot of water to get through between now and 2023 when the next election will be held, and if the economic bump Alberta will inevitably get after the vaccines allow us to reopen fully lasts until close to the election, the polls are likely to change considerably.

Given what the UCP has planned for post-secondary, I find myself in the odd position of hoping that any economic boost is short-lived, because the pain that

would force Albertans to seriously evaluate the governing choices on offer, instead of just being able to sink into old patterns again, stands to benefit Alberta much more in the long run.

I've maintained for some time that the reason Alberta primarily votes conservative isn't because the majority of people here are that conservative, or even like the conservative party on offer that much, but rather because voting conservative just seemed to work. When oil money was rolling in almost faster than even a government could spend it, it was easy to think that the guys in power were doing a good job, which meant, in turn, that we didn't have to put much effort into actually thinking about who those guys were and what they stood for. And let's be honest, not having to think about government is agreeable to most of us. That's why we have government in the first place after all, so they can deal with all that crap and we don't have to.

If, however, we as voters are forced to start looking seriously at what the government is doing and saying, and actually put thought into who we elect—if we're forced to do that a few times in a row, it may just become habit. And from there things are bound to get better.

But as I said, that's a couple of years away. Hopefully our post-secondary systems can withstand what is to come until then.

In the meantime, the Voice Magazine continues, with our feature article interviewing AU Computer Science student, Mel Mirasol, as he nears the completion of his studies. Also this week, Women in Fiction returns with a look at a book that won the Indies Choice Adult Fiction award, and Jessica Young brings us her second music review, this time talking to the people behind the South African punk band, Afronaut. Plus events, recipes, advice, news, scholarships, thoughtful articles and more!

Enjoy the read!

MINDS WE MEET



Who are your fellow students? It can feel like you are all alone in your studies, but across the nation, around the globe, students like you are also pursuing their AU education, and *The Voice Magazine* wants to bring their stories to you. If you would like to be featured next, do not hesitate to [get in touch!](#)

The Voice Magazine recently had the chance to chat with Mel Mirasol from Calgary, Alberta, the Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Mel has been at AU since 2012, originally registered in the Bachelor of Computing and Information Systems program. In 2017, program changes allowed him to add Biology to his program as a minor. Although these additional courses slowed down his graduation plans slightly, he is currently on his last five courses!

During his spare time, Mel loves to hike in the summer, stating “I used to hike almost every weekend, not this year though, because of COVID-19, and last year I didn't get a chance to do that as much as well, because there were a lot of forest fires near Calgary. It's not good for the lungs. I usually take my parents with me because it's good for their health. At the same time, it's just good to take them out to the mountains.” During the winters, Mel is trying to learn how to ice skate and has also taken pottery classes in the past. “It's hard. It's harder than it looks and at the same time, it's just messy!”

Mel's parents have had the greatest influence on his desire to learn. He stated, “They have their Bachelor's in Engineering, but my dad was actually the one that has pursued grad studies.” He continued, “My dad did his Master's in Public Administration later in his life. “

His experience with online learning so far has been good, especially in terms of the flexibility. “It's just so good that you can do your studies anywhere — you can do it on transit, you can do it at lunch time at work. You can just do it anywhere.” However, he also mentioned the downside to this flexibility, including the lack of “personal interactions with other students” or tutors. In addition, it can be “easy to get derailed.” He stated, “With the flexibility, I think it comes with that caveat of: ‘You need to be disciplined because we will just give you a schedule and you just do it yourself.’”

Narrowing down the most memorable course so far was difficult for Mel, since “there's been a lot” and he “can't pick one!” He chose CHEM 217: Chemical Principles I and CHEM 218: Chemical Principles. He stated that CHEM 217 in particular was very challenging as an introductory

university course but also “just really memorable.” While in CHEM 217, students are given a home lab kit, in CHEM 218 Mel described booking “a lab with other students” and stated that it was “fun” and a great way to “actually get to sit down with other students.”

As for a non-AU book he is reading right now? Mel chose *Meditations* by Marcus Aurelius, stating that he is “into philosophy.” While Mel does not watch a lot of TV, he noted that “used to watch *Sabrina* on Netflix.”

The one thing that distinguishes Mel from other people is his “level of empathy,” and one of his happiest moments was graduating with his diploma from SAIT, stating, “It just opened a lot of opportunities for me to go to work and help the family.”

Mel is saddened by the news of the resignation of current AU President Dr. Neil Fassina “because he was an amazing president. He actually transformed a lot of things at the university.” He stated that he has seen a great difference from his enrollment in 2017 to the present day. “AU in 2012 compared to what it is now is completely different!” He explained, “There's a lot of things that he did, revamping the entire image of AU, the online presence. He had a vision of where the university is heading.” If Mel were the new president, he stated, “I'm not going to change anything, but I will follow what he established.” He would also focus “more on research and development” as well as being the leading university in “offering online courses.” He stated, “I think our delivery methods right now could be better.”

Mel does not have many pet peeves, stating, “It's really hard to annoy me or upset me.” He explained, “I can't control other people, so I'll just let them be. The only thing that I control is my actions. So if that annoys me, I'll just remove myself, or if it actually annoys me and I value that person, I will mention it to them.”

As for the most valuable lesson that he has learned in life, Mel stated, “You need to live in the present, always,” which “just frees you from all stress because you're not looking forward to anything that is in the future, because that is not promised. At the same time, you can't really change anything in the past.” Best of luck Mel!

Natalia Iwanek is currently completing her Bachelor of Arts in English at AU and is also a freelance editor and writer. She can be contacted at <https://www.nataliaiwanekediting.com>



AU-thentic Events Upcoming AU Related Events

Bannock and a Movie March Edition: Wahkohtowin: Cree Natural Law

Mar 1 to Mar 31

Online

Hosted by AU Nukskahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

Three-Minute Thesis Competition

Tues, Mar 16, 12:00 to 12:30 pm MDT

Online

Hosted by AU Faculty of Graduate Studies

news.athabascau.ca/events/three-minute-thesis-mar-2021/

Register through above link

Trinity School of Medicine Info Session

Wed, Mar 17, 4:00 to 5:00 pm MDT

Online

Hosted by AU and Trinity School of Medicine

news.athabascau.ca/events/trinity-school-of-medicine-information-session/

Register through above link

AUSU March Council Meeting

Wed, Mar 17, 6:30 to 8:00 pm MDT

Online via Zoom

Hosted by AUSU

www.ausu.org/event/mar-2020-council-meeting/

No pre-registration required; email governance@ausu.org for meeting package

Open Access Publishing

Thur, Mar 18, 1:00 to 2:00 pm MDT

Online

Hosted by AU Library and Memorial

University

library.athabascau.ca/orientations.html

Register through above link

The Grad Lounge

Fri, Mar 19, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

fgs.athabascau.ca/news/events/index.php

No pre-registration necessary; access through above link

All events are free unless otherwise noted.

Music Review

Africans from Outta Space

Jessica Young



Artist: Afronaut

Album: *Africans from Outta Space*

Afronaut's debut album *Africans from Outta Space* is self-described as an interstellar compound of cosmic folk and tropical rockabilly. Hailing from Soweto, South Africa, Afronaut are leaders in the area's So Punk Movement—named for the eruption of new punk bands in the township. Although the punk subculture has been big in South Africa since the 70's, the scene was flooded with predominantly white bands. The So Punk Movement is creating a platform for Black artists as well as an outlet for youth dealing with poverty and racism. The So Punk Movement promotes inclusion regardless of ethnicity or cultural background. Only one thing is required here: a love of punk music.

Africans from Outta Space features six tracks, ranging in themes from darkly comic to deeply meaningful. "Barfight" an energetic punk anthem, as the name suggests, dissolves into "Lifesprial", a slow, groovy tune about not fitting in. "Birdhouse" is one of the more comical, but intense songs about the whole world going "cuckoo", while "Hell for Sinners" keeps the quick pace with loud guitars and aggressive vocals. This song is one of my personal favourites of the album—a punk spin on "The Devil Went Down to Georgia" by The Charlie Daniels Band.

"Ghost on the Roof" is reminiscent of Nirvana with its slow, grunge-inspired beat. This song is about "tortured souls" and the ghosts that haunt them when they are alone. Finally, "Youthless" is perhaps the tamest song on this album, but also one of the most meaningful. Another of my favourites, "Youthless" is an acoustic song with beautiful violin instrumentals and haunting lyrics: "the lights of a bright life die when the love is done."

I had a chance to chat with Afronaut and ask them some questions about their work. I was joined by Mazakaza (violin), and Thulasizwe (guitars, drums).

Hi there!

Mazakaza: Hello everybody out there! The world. Universe.

Thulasizwe: Shoutout to our vocalist Fumez who couldn't be here today.

What first got you into music?

Mazakaza: What first got us into music, I could say, is life. Is life.

Thulasizwe: My ears. I followed [the music].

What is your creative process like?

Mazakaza: Time.

Thulasizwe: It's purely coincidence. Or maybe not. It's pretty cool.

I noticed you describe your roles in the band as prophecy, insight, and guidance. What does that mean to you?

Mazakaza: Our music has insight, information. People can learn from listening to our songs.

Thulasizwe: Because we learn from other people and their stories. You don't even have to engage with someone personally. You hear them telling their stories in a tavern, maybe a taxi, and then you write about it.

Mazakaza: The music has a certain type of guidance [...] it creates different feelings and makes people want to act in a certain way.

What is your favourite song to play?

Mazakaza: I would say Youthless. Youthless is my favourite song to play when I'm with Afronaut, with my peeps. Its about the youth and how they're not enjoying their time as youth.

What's next for Afronaut?

Mazakaza: Only big things for Afronaut! Taking over.

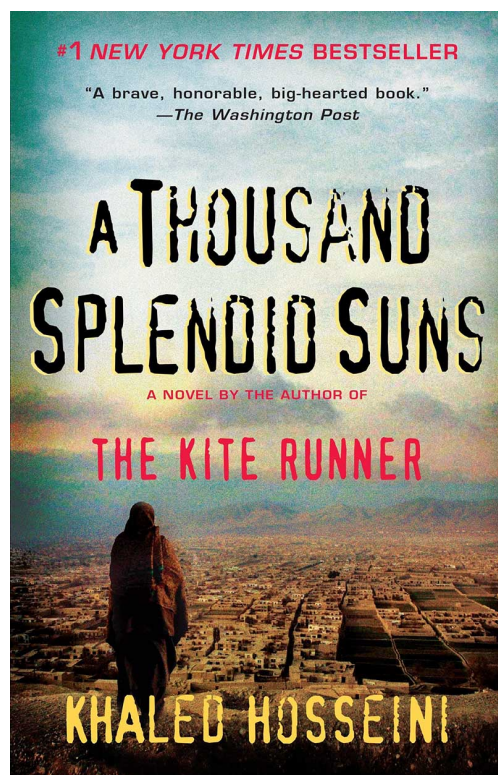
Thulasizwe: No mistakes.

Mazakaza: Love.

And with a humble bow and a peace sign, Mazakaza and Thulasizwe signed off.

Although Afronaut's music is certainly different from the Western conception of punk music, it has plenty of heart and soul (as well as a catchy beat!). If you're looking to expand your musical horizons, check out Afronaut's *Africans from Outta Space* on [Soundcloud](#) and [Instagram](#).

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



Women in Fiction

Mariam and Laila

Milica Markovic

Warning: Significant spoilers ahead for the book *A Thousand Splendid Suns*. If you haven't read the book but intend to, you should probably stop reading now.

Khaled Hosseini's 2007 intergenerational novel *A Thousand Splendid Suns* has kept a special place in my heart since I first read it in 2014. Not only did it leave an emotional impact on me, but this was also the women-led narrative that made me realize a character's strength doesn't have to come from her combat skills or grandiose speeches for it to bear any value when faced with conflict—especially when combined with the strength of others whom she cares for.

Inspired by powerful survival accounts of women on the streets in Kabul, Afghanistan, *A Thousand Splendid Suns* follows two protagonists, Mariam and Laila. Despite coming from different backgrounds, they are bound by the same gendered oppression within their own household and in society at large. Mariam begins the story as an illegitimate child, naively

optimistic despite her destitution and the stigma surrounding such children. Her hope is shattered when her mother commits suicide and her father rejects her, arranging her marriage with Rasheed, a man thirty years her senior who would care for her instead. This union would only bring more distress to Mariam, however, as her miscarriages frustrate Rasheed and reveal his abusive nature.

By contrast, Laila, a bright and ambitious girl seventeen years Mariam's junior, enjoys a fulfilling life with her family, peers, and boyfriend Tariq. That is, until missile attacks during the civil war kill her parents, leave her wounded, and drive Tariq's family out of the country. Pregnant with her and Tariq's daughter, and being falsely informed of his death, she becomes Rasheed's second wife for protection. Mariam's trauma would soon be echoed in Laila, the latter bearing Rasheed a son, especially as women's rights in Afghanistan are progressively reduced.

I always felt that Hosseini's portrayal of the heroines discourages us from regarding them as helpless victims. Indeed, their vulnerabilities are believable given the environment they are situated in; the novel depicts a system in which violence against women is commonplace and they cannot perform ordinary tasks outside the home without being covered and a man accompanying them lest they are punished for it. It makes sense that they are given scenes to fear for their lives and grieve their lack of rights, otherwise they would seem less relatable to us as humans who recognize the endeavour to have our needs met.

However, this does not mean that they remain submissive to the cruelty throughout the book. Friendship between women characters is central to *A Thousand Splendid Suns*; Mariam and Laila become as dignified and liberated as they can be considering the restrictions imposed on them, starting with the love they express for one another. Initially hostile and unable to understand each other, their dynamic over time is rooted in stability, support, and confidence. It subverts the trope that fictional women are in perennial competition for a man's respect, which, frankly, would be a rather juvenile route for a poignant story like this to take.

Of the two heroines, Mariam has the fully-realized arc. Living with Rasheed has stripped her of her prior enthusiasm and desire to connect with others. To show change, she must be receptive to and cultivate bonding opportunities. Laila is pivotal to this development, as her demonstrated compassion and will help Mariam realize that she needs a family and should not comply with abuse. In return, Mariam becomes a mother to both Laila and her children. Moments of affection between the protagonists that could be a simple pastime for us, such as sharing tea and jokes, seem to restore their spirit.

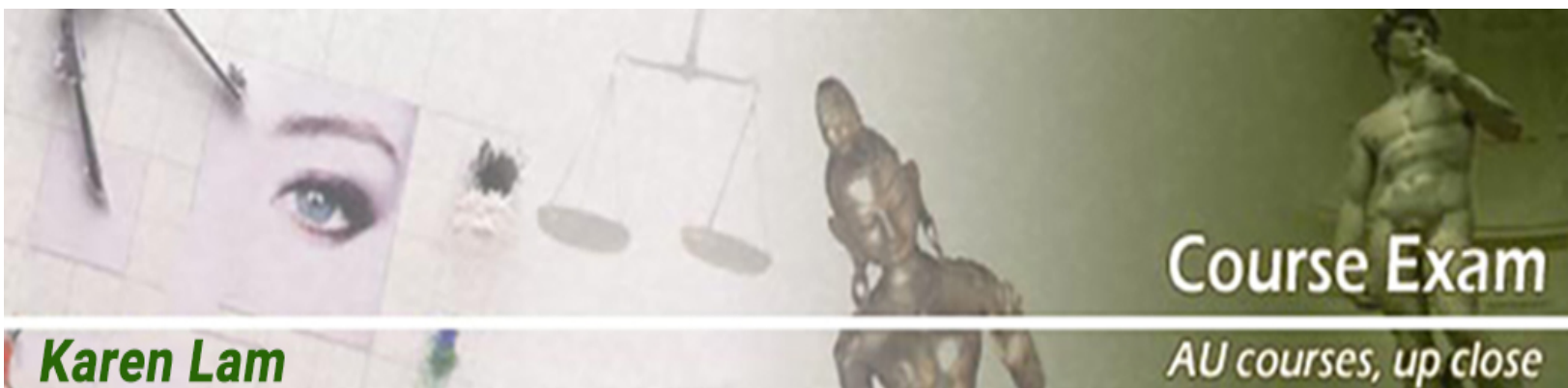
These cherished moments turn into the risks they take to escape their situation or do normal things we may take for granted, like visiting Laila's orphaned daughter. Their plight reminds me of ABC News and Marvel's 2016 comic *Madaya Mom*, a real account adapted from a Syrian woman's text messages documenting the normalcy she tries to uphold with her family, despite their limited resources and freedom while under siege, in the sense that what we might consider small sacrifices or routines are a mode of survival for them.

As evidenced in *A Thousand Splendid Suns*, some choices lead to even direr consequences. When Rasheed nearly kills Laila for reuniting with Tariq, Mariam retaliates by ending his life with a shovel, giving the two a chance to leave for Pakistan with their children. Whether or not Mariam intended to murder him – I personally did not believe so in my readings since she usually appears concerned about Laila's safety as opposed to genuinely dismissive of Rasheed's wellbeing – her act is by no means treated as an acceptable one by the narrative. It is possible for readers to acknowledge a character's selflessness while simultaneously disagreeing with their demonstration since that would reflect the nuance of such a dilemma being received in our world.

I almost put the book down the first time after Mariam's execution because of how much the entire scenario saddened me: how following the justice sought after by these characters meant lives had to be threatened or ultimately taken. The silver lining for me was what Mariam's resolve seems to imply: that she died happy to have finally been a part of a complete, loving family, purposed to set them on the path to contributing positively in their community.

When Laila and Tariq eventually return to Afghanistan with their children, they help rebuild the orphanage their daughter once lived in and Laila teaches there, able to begin her career like she always wanted to. I think this ending strives to teach us that no matter the setbacks, it is the responsibility of every generation to instill and maintain humane values however they can, and that this work must start with our youth who will one day create the landscape for social relationships.

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



Karen Lam

Course Exam

Karen Lam

ACCT 351 (Intermediate Financial Accounting I)

ACCT 351 (Accounting 351: Intermediate Financial Account I) is the “first course in the two-course intermediate accounting sequence.” The course itself covers many topics from the Introductory Financial Accounting course but in a more comprehensive manner. The course does have a prerequisite of ACCT 253 (or any other equivalent introductory financial accounting course from another post-secondary institution) and is not available for challenge for credit.

Why You Should Take This Course

The course is designed for Accounting Majors or students who have taken an introductory financial account course and interested in learning more and expanding their knowledge. Financial Accounting can be an incredibly helpful course to take whether you are an Accounting Major or not. For individuals who own a business, working with financial planning or budgets or business administration, this course can come in handy. Or if you are someone who has taken the introductory financial course and looking to increase your knowledge, this is the course for you!

Course, Assignment, Midterm and Final Exam Details

The course provides an in-depth coverage of the environment and framework of financial reporting, accounting information processing systems, applications of present value concepts in accounting, preparing financial statements and accounting issues. Many of these topics were

touched on in the introductory financial accounting course and will be re-examined in this course in a much more in-depth detail.

The course itself consists of eleven chapters along with a midterm and final exam that must be taken online with an AU-approved exam invigilator or ProctorU. The midterm exam is worth 35% of the final grade and is to be completed after completing Chapter 5 and the final exam is worth 45% of the final grade and is to be completed after completing Chapter 11 of the course. Aside from exams, the course also requires students to complete LYRYX Assignments that are worth 20% of the final grade and completed throughout the course. It is important to note that students are required to get at least 50% on the midterm and final exam to pass the course.

How to Be Successful in the Course

Tips from the Course Coordinator

Dr. Tilly Jensen (B.Comm., CPA, CMA, M.Ed., Ed. D) is the Course Professor for ACCT 253 (Introduction to Financial Accounting) along with ACCT 351/352 (Intermediate Financial Accounting I and II). Dr. Jensen's research interests are enhancing critical thinking skills in online accounting courses using/creating online tools. Dr. Jensen has worked closely with Lyryx Learning Inc of Calgary for the past 20 years to produce a tool that helps students learn and practice accounting in a low risk/high reward online environment.

When we asked Dr. Jensen for her advice for ACCT 351, she stated, "ACCT351, Intermediate Financial Accounting I, is an extension of ACCT253, Intro Financial Accounting. ACCT351 goes into each of the ACCT253 concepts in greater detail with an emphasis on the underlying accounting standards that guide the application of the concepts. ACCT351 requires that students have a solid understanding of the pre-requisite material covered in ACCT253 which is why there is a comprehensive review section offered as part of ACCT351. Students are strongly encouraged to study the relevant material prior to attempting the assignments. Success on the midterm and final exams is dependent on the completion of the assignments."

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at business-support@athabascau.ca. Happy studying!

Karen's taking her Computing Science degree at AU, learning French and Korean, and is into K-pop, SF, and politics



Unearthing classic articles from previous issues of The Voice Magazine

Since we spring forward into Daylight Saving Time on March 14, followed by the arrival of spring itself on March 20, this week we cast a glance back at all things spring.

Enough already. Former Voice editor Christina M. Frey examines the rationale for Daylight Saving Time and whether it's retained its relevance. "In the light of research from the past few years, our old ideas of DST and energy are being questioned, and they're not emerging unscathed." Editorial - If I Could Turn Back Time..., November 5, 2010.

Must. Get. Outside. Writer Barbara Lehtiniemi escapes from the claustrophobic confines of indoors to sniff the almost-spring air. "There's something about spring air that makes me want to work harder and dream bigger." A Spring in My Step, March 18, 2016.

Fly on the Wall

Why Stress, Why Suffer?

Jason Sullivan



Finding the Now in the Now

Why, as adults (or in our case adult students), do we at times find it difficult to focus on gleeful and joyous moments? Why does doubt and anxiety creep into our being and how is that negativity exacerbated by our studies? Distance education can inflate our stress to soul-gnawing proportions. So, in true critical thinking fashion, we at AU are well-advised to consider our background anxiety because however we felt before we began our study journey our psychological challenges are apt to increase.

Life is a learning process and if we're not having much fun along the way then we have to question our methods. We only have one life and we might as well find

some joy along the way. At the broadest level, we'd be fools to trundle through a life in harness only to arrive at the finish line wearing a doltish gaze that reads: "what happened?" It's up to us to enjoy the ride, and, despite the agony of deadlines and setbacks along the way, an intangible skill we acquire in distance schooling can be an ability to enjoy the finer moments of life.

Finding pleasure in as many inexplicably delicious eureka moments is part and parcel of living a good life. Placed in the presence of each moment, inhabiting as it were an interstitial place between all the stuff going on, there's potential for wonderful clarifications of meaning about ourselves and our lives. Distance education shines light on these joyful momentary tidbits; the whole of our world becomes a classroom where we can share what we learn—given a compassionate audience.

Planning to Succeed and Enjoy!

The worlds we inhabit as time passes are ours alone while in common; the trick, surely, is to see our presence as immutably present in every moment we live. Yet, our natural inclination to make plans for the future is why we've signed up for courses in the first place. So, when we're fearful of failure or procrastination, a plan is just the plan for any moment of dalliance. A good study plan begins by writing or typing something, anything, down. Make a plan to make a plan and the rest just might fall into place.

Failing the arousal of any creative gristle, map out what you've done or not done over the past week. Recall the adage that those who forget the past are condemned to repeat it. Put down a plan to make a plan. The rest will follow. Tomorrow will be today soon enough anyway so you might as well envision yourself excelling when you get there.

Civilized Open Schedules and Their Discontents

Just going with the flow isn't only risky for us, it's stressful too! Having a plan can be rewarding and relieving, because it's easier to see that we've made time for our studies rather than constantly be fatigued by having to find the time for them. University of Maryland sociologist, John P.

Robinson, studied workplace anxiety and found that, “while we may constantly complain about our harried schedules, the real joy-killer seemed to be the absence of any schedule at all...Americans are surprisingly fretful when not absorbed by tasks, paid or otherwise. And at the bottom of his rankings, registering an “unparalleled level of unhappiness,” were those whose plight may sound puzzling: people who, though they almost always felt underscheduled, also almost always felt rushed”.

Part and parcel with individualized study conducted at a distance is that, while the schedules are of our own making, they likewise are ours to ignore or break. Omnipresent anxiety over imagined future failures, especially that ubiquitous looming course contract date, can best be mitigated by having a schedule that’s rigorous but forgiving, regimented but teeming with positive morale. Making time our own means we name and contain it and put it in perspective, be that within daily scheduled slots or weekly hour target goals. The worst plan, besides simply failing to plan, is to repeatedly tell oneself “I’ll see how I feel” when the time comes. Because someday, as the band Creedence Clearwater Revival sang in classic fashion, never comes!

Seize Those Shards of Inspiration and Plan to Enable Them

To be fair, waiting for academic inspiration to strike may work for some students just fine, but I find that without expectations in a given day (usually set in motion in my mind the night before) my motivation will evaporate or drift away. However, we’d be foolish not to pounce on opportunities for enlightenment; even if they throw our meticulous study plan off kilter. Martin Heidegger suggested that each moment is more than a feeling or a piece for our contextual pastiche. “Ordinary understanding certainly sees the moment within time as well, but only sees the moment of vision as an ordinary moment, and only sees the ordinary moment in its evanescent character as something which is present at hand only for a short time.” (Heidegger, 295). Moments imply eternity when they transcend the passing nature of their context.

The ineffable nature of truly memorable moments lies in the windows onto the nature of our being that they provide. After a clarifying moment that transcends our passing experience of time and space we quickly return to a mental place where all seems right with the world. Yet, “this return to inauthenticity is an extinguishing of the moment of vision” (Heidegger, 295). When things feel normal we’ve lost the magic. In other words, it’s our everyday preconceptions and evaluations, such as the chores that take up our study time, that we sometimes allow to cloud our judgment about when is a good time to crack the textbooks. Making time in a plan allows us to avoid the intangible stress of wondering when we’ll next feel motivation to further our education.

These precious and few shards that feel like they happen outside of time, these moments of clarity where time stands still—or even reverses—are of a different type than the rest of experience and reflection. Bearing the uniqueness of these experiences in mind, it remains only for us adult students to recapture the glow of youth such that we may simultaneously ward off worry over future deadlines and dispel the tension from our present tense.

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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.



Persist Despite Failure

Marie Well



Have you ever told someone about your dream, and they laughed at you, mocked you, but then called you “tenacious” when you reached your goal? Or did you ever get the opportunity to watch a grad ceremony, cameras continually zeroing in on the graduating student with the crushed spirit? Or did you ever hear wild tales, unbelievable but possibly true, like ones about the obese loser in high school who went on to become a psych doctor by day, world champion wrestler by night, and supermodel during her spare time?

These tales are all examples of what persistence can do.

An obese female with the loud laugh and the IQ seemingly of zero shocked everyone, years later, when she returned with a graduate degree and an athletic body. That was me. And the disabled student in the classroom that seemed pitiful turned out to be on the university wrestling team, bodybuilding by night, accepted into grad school. That was me, too. One fellow student, when he learned of what I, the disabled student, was doing, said, “Sometimes the losers get

lucky.” I took it as a compliment: he was calling me tenacious, persistent.

With persistence, we can all break through barriers.

For instance, I faced a bad string of luck with careers, which held me back from securing long term employment. Instead of despairing, I kept learning skills. The bad karma slowly dissipated, and I may have finally reached the point where I’m able to secure a long-term high-paying career. But if I fail again, perhaps next time I’ll achieve the dream. Or the time after that.

At the very least, that’s persistence. At the very most, it’s unstoppable success. I’ll take the wager.

So how does persistence apply to students? Persistence means we structure the goal of graduating into steps, the graduation ceremony being the finale. Persistence means investing everything we’ve got into our dream. If we tend to cancel coffee dates with friends in favor of study time, chances are we’ve got persistence. If we spend all our money on supplementary textbooks instead of on clothes and makeup, we’ve got tenacity. If we write an essay rather than go to the movies, we’ve got persistence. And we’ve unquestionably got persistence if we sweat it out, figuring out every tiny edge, seeking out every avenue to overcome a limitation—hiring tutors, borrowing study guides from the library, staying up extra late studying, buying dictionaries instead of shoes, seeking out mentors, studying weeks in advance of class start dates—and the list goes on.

And sometimes persistence is simply facing another day. My favorite indicator of persistence is when our spirits get crushed, but we still keep working toward the goal. These are the most telling times of persistence.

I managed to persist during my loneliest time at the university, when a dear friend, who nourished me with advice, called me “The kid at school without a lunch”; when harassment was so troubling I fled a department; when I lived in fear; when I wanted to drop out of school; and when every day held sorrow.

All students face some aspect of hardship during their degrees. And in life, we all face severe setbacks at times. When they happen, then to achieve our goals, we must drum up persistence. It's persistence that brings hope. And hope brings promise. And promise brings opportunities, which lead us further up the path to success.

Persistence is the badge of honor of every student.



Homemade is Better

Chef Corey

Pork Chops, Mashed Potatoes with Pan Sauce

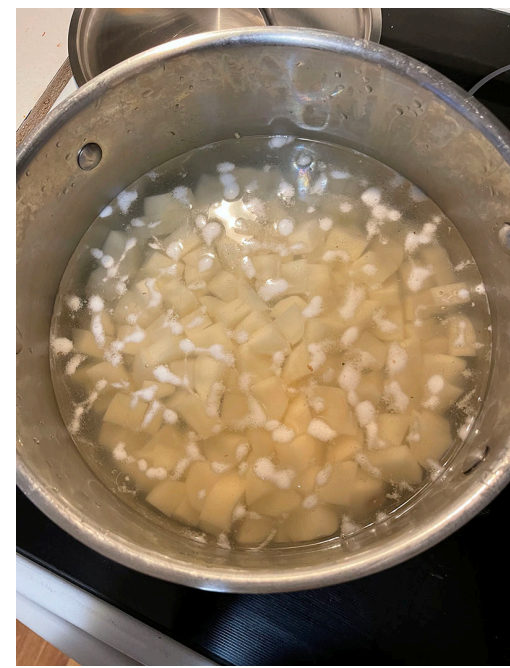


This week I decided to get really basic. Our oven is being flakey, and it might be time to visit a relative who sells appliances to get a new one, but until then we are making do. When I worked in the industry, it was a regular occurrence to have a piece of equipment not functioning properly. They get beat up and abused so often that we had to expect it. Restaurant owners do what they can to get good equipment, sometimes that means they buy used equipment and get it fixed up, sometimes they buy new. It all depends on the money situation.

I love a good pork chop when it is still juicy and not over cooked. There was a time when pork had to be cooked to a well-done shoe leather. The concern had to do with a worm that was common in pork, trichinella. Joseph Leidy, an American scientist, discovered how this parasite was being transferred. Since then, hundreds of countries around the world have increased and evolved their inspection processes to reduce the infections rates. In Canada, the concern about

contracting trichinosis is very low due to our inspection policies. Still, it is recommended that pork be cooked to 71C or 160F, also know as medium. Another factor that allows pork to retain moisture is resting. I think every article I've written about cooking meats has discussed resting, so I won't flog that old chestnut again, but rest your meat and wait at least 20 minutes before cutting into it. This can make all the difference. When we start hacking up our meat is when it starts to lose moisture and then it dries out—that, or when we cook all the moisture out by cooking it for too long.

Now mashed potatoes in our house usually have only four other ingredients. Salt, butter, sour cream, and pepper. Sometimes we'll change out the sour cream for buttermilk or heavy cream, but that's it. One of the key things I've learned over my years of cooking is that food of similar size cooks uniformly. Potatoes are no exception. When you're chopping up the potatoes try to make them as close to uniform as possible, and size DOES matter, at least when it comes to cooking. Larger chunks will take longer to cook. If you make them about a ½ inch in size, they will cook quicker, and you'll have mashed potatoes sooner! As for knowing when they are cooked fully, you want to use a fork to grab a piece of potato. If the fork can penetrate the potato easily and it breaks apart easily, they are done.



For the pan sauce you can use a couple ingredients: vegetable stock, wine, or bourbon. All you need is to get the crispy bits off the bottom of the pan. Be careful with using hard alcohol, as I've mentioned in previous articles, if you have a gas stove you risk flambe when the burner is on. So turn off the burner temporarily to make sure you don't burn anything. Once the liquid has cooked down a little bit and you've gotten all the "fond" off the bottom of the pan you can add about $\frac{1}{4}$ cup of cold butter cut into cubes. This will make for a delicious buttery sauce, and you will not be disappointed!

I hope you enjoy this recipe! Don't forget to follow me on Instagram and Facebook, [Homemade_is_better_yeg](#).



Porkchops, Mashed Potatoes, and Pan Sauce

Pork chops Ingredients:

4-6 porkchops, approx. $\frac{1}{2}$ to 1" thick, not frozen
Salt
Pepper

Directions:

- 1) About an hour before you want to cook, pull the pork chops out of your fridge and set them on the counter to warm slightly.
- 2) Set your oven to 350F and pull out an oven proof pan. Cast iron is perfect, but any pure metal pan that can stand the heat is fine.
- 3) Set your pan on a burner over high heat and add 1-2 tsp of canola oil.
- 4) Grab your pork chops and add salt and pepper to one side.
- 5) Once your pan is hot enough add the pork chops, seasoned side down. Add salt and pepper to the side facing you.
- 6) Let them sear until they can be picked up easily. Don't force them to release, this will just tear the meat.
- 7) Once they release, turn the chops over and put the pan in the oven. Cook until a thermometer reads 150 - 155F.
- 8) Remove the pan from the oven once you reach the temperature. Remove the pork chops to a plate and cover lightly with tin foil to rest. The carryover cooking should get us close to if not slightly over 160F.

Mashed Potatoes Ingredients:

4-5 medium to large russet potatoes – peeled and diced into $\frac{1}{2}$ " cubes
1 TBSP salt + more for taste
1 cup sour cream
1 TBSP unsalted butter
1 tsp pepper

Directions:

- 1) Wash your potatoes, and if you do not want the skin in your mashed potatoes then peel them.
- 2) Cut your potatoes into the $\frac{1}{2}$ " cubes and put them into a large pot, then cover them with water.
- 3) Add the salt and turn your burner onto high.
- 4) You can cover them to speed up the heating, but beware, the starch in the potatoes will cause them to boil over, so keep an eye on the pot and if you start to see steam coming out from the lid, then remove the lid.

- 5) Boil until you can pierce with a fork and they fall apart easily.
- 6) Strain out the water and grab your favorite masher. You can also add them into the bowl of your stand mixer and turn it on to medium speed.
- 7) Once you've smashed all the potatoes add your sour cream, butter, and pepper. Mix it up and taste it for salt. Add $\frac{1}{2}$ tsp of Kosher salt or $\frac{1}{4}$ tsp of table salt. Taste again and if your happy with the taste then set aside some where warm.

Pan sauce Ingredients:

$\frac{1}{2}$ cup bourbon, white wine, or vegetable stock
 $\frac{1}{4}$ cup unsalted butter – cut into uniform cubes
 Salt
 Pepper

Directions:

- 1) Now your pork chops are resting you can make the pan sauce.
- 2) Grab your frying pan, but remember that its still probably hot, so be careful not to burn yourself.
- 3) Heat it up over high heat.
- 4) Once its at temp add the liquid and stir with a wooden spoon to get the bits of meat off the bottom of the pan. Once you have cleaned most of the pan start adding the butter 2 cubes at a time. Stir until they are mixed in, then keep adding until all the butter is incorporated.
- 5) Taste and add salt if needed, but you should add a bit of pepper.
- 6) Serve it up with a side of your choice, I like corn because they tend to go well together.



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



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Well, it depends: Is ADMN 233 or ENGL 255 better to take? Opinions are divided, but many suggest it depends on what course of study a student is planning to follow.

Discord

Students chillin': The lounge channel fizzes with comparisons of fave brews and video games for those precious moments of unwinding.

reddit

Real world solutions: A query on how to print out quiz content for later study produces a tip on an extension with broader webpage printing applications.

Twitter

@AthabascaU tweets: "Have you been able to access higher education because of the flexibility and openness of online learning? We would love to feature your story: t.co/bST2uAUl32."

Oversleeping vs Under-sleeping

Xine Xu



While AU students work and study from home during the pandemic, sleep is a persistent issue that many face. The pre-pandemic era might have meant our obligations were in person and forced us to stick to a potentially rigid routine, whereas during the pandemic our schedules may be more fluid. This fluidity doesn't always lead to better sleep. Especially if our routines have been reversed. For myself, last summer I had days where I woke up at noon or slept at odd hours in the afternoon. Sometimes sleeping on average six hours and other times sleeping in short bursts of two or three hours. This lack of circadian rhythm can be detrimental as it may leave lasting impacts on our health if occurring over the long term. Let's take a look at how oversleeping and under-sleeping can impact us.

Oversleeping:

While we often speak of under-sleeping or sleeping less than the recommended 7-9 hours as an adult, oversleeping can be a health issue as well. If you're well-rested but still in bed or sleeping more than the recommended hours a night, it may be a sign that there are underlying health issues. Oversleeping is linked to depression, obesity, heart disease and many more

chronic conditions, for example. And ironically, oversleeping may leave your body feeling even more fatigued and lethargic.

According to Harvard Medical School blog, the quality of sleep is much more important than the total number of hours spent in bed. Specifically, individuals should tailor their sleep to their own needs. For example, I'm someone who needs the full recommended 8 hours of sleep each night and disruptions, including wakings in the night or eating heavy meals before bed, can impede my restful sleep cycle. One solution I've found useful is to maintain the same schedule on weekends and holidays as I do on the weekdays. After figuring out the number of hours you need, make sure you set your alarm up and maintain consistency for good rest.

Under-sleeping:

This is frequently the subject of many conversations as many adults do not sleep the recommended 7-9 hours of sleep each night. Personally, this has been a persistent problem for my own health, as sleeping for less than 8 hours of sleep can create noticeable behavioral changes the next day. I find myself crankier, less focused, and even unmotivated to perform daily tasks.

A band aid solution to this may include a large cup of black coffee, but a vicious cycle then starts when I have trouble falling asleep the same day. It's been demonstrated that substances including alcohol, caffeine and other medications may also impact your ability to sleep. One solution that I've found useful is meditating an hour before bed to truly unwind my mind.

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



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Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Investintech - CAJ Journalism Scholarship

Sponsored by: Investintech

Deadline: April 1, 2021

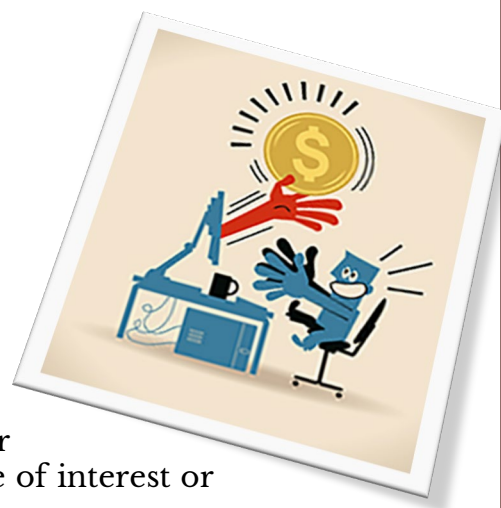
Potential payout: \$1000

Eligibility restriction: Applicants must be working towards a Bachelor's or Master's degree (any program,) be accepted to or enrolled in a college or university in Canada, and show evidence of interest or skills in journalism.

What's required: An online application form, including contact and academic info, a short bio, a reference letter, a sample of journalistic work, and an idea of a project you'd like to work on. See Submission and Application Details section, and application form, for full requirements.

Tips: Read the Selection Process section for details on submission criteria.

Where to get info: www.investintech.com/data-journalism-scholarship/





Dear
Barb

Barbara Godin

Weed Worries

Dear Barb:

I have been dating this really cool guy for the last eight months; at least I thought he was cool, now I'm starting to wonder if he has a problem with weed. When we first met we would smoke together and have a lot of laughs. It was great for a while, but now it seems to have become the focus of our daily lives. I am trying not to smoke everyday, but my boyfriend says there is nothing wrong with it. This is becoming a problem in our relationship. I don't want to spend my life with a stoner. I want to have a family and a career. I don't want my kids to have a father who lives his life in a hazy weed fog. I think my boyfriend has a real problem. Are there any obvious signs that would indicate he has a serious problem, or am I just overreacting? Thanks, Wendy.

Hey Wendy:

Thanks for sharing your all-too-common situation. The occasional use of marijuana does not pose a risk to most people, however once a line is crossed everything changes. Signs of marijuana addiction may include a variety of behaviours, mainly if your boyfriend is getting high daily and that seems to be his central concern for the day, then you can be sure he has a problem. Using marijuana may cause changes in the brain, as any mind-altering substance can. Significant changes in a person's behaviour may be an indication of an addiction problem. For example, you may notice your boyfriend is no longer interested in socializing

with friends and family as he once did. He may even begin hanging out with a whole new group of friends, who are also heavily into smoking weed. As well, you may notice your boyfriend having problems at work. If he is getting high at work, then, depending on the nature of his job, he could be putting others at risk. Driving while high and having unprotected sex are also risky behaviours which often indicate poor decision making. Research has shown that a major component of marijuana, THC, can cause changes to the frontal cortex of the brain. Financial and legal problems may also result from this high-risk behaviour.

Another consideration is that excessive use of weed may have a negative impact on a person's health. For example, long term excessive use of marijuana can affect short term memory which impedes the ability to learn new things, it also increases the risk of heart attack, and, if a pregnant woman uses marijuana, research has indicated her child's long memory will be impacted. As well, toxins can be passed from mother to infant in breast milk.

I don't think you are overreacting. The excessive use of weed is not something that should be taken lightly. You and your boyfriend need to have a serious conversation and perhaps speak to an addiction counselor. Thanks Wendy.

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
Net Worth

Wanda Waterman

Hey, Maeve,
how much
are you
worth?



Well, considering
that I can't
be replaced—



Seriously. what are your
assets minus your debts?



Ya got me.
I have no property,
no credit, and no
debt.

WHAT?! You're
kidding, right?
So it's like
you don't
even exist!



Or that
I exist
par excellence.



Pfffff....

The information on this page is provided by the AU Students' Union. The Voice does not create this content. Contact AUSU at services@ausu.org with any questions about this article.

IMPORTANT DATES

- Mar 10: [Deadline to register in a course starting Apr 1](#)
- Mar 11: [AUSUnights Virtual Student Social](#)
- Mar 15: [Apr degree requirements deadline](#)
- Mar 17: [AUSU Public Council Meeting](#)
- Mar 31: [Deadline to apply for course extension for Apr](#)
- Apr 8: [AUSUnights Virtual Student Social](#)

Services from AUSU

If you are an undergraduate student at AU, that means you are also a member of the AU Student' Union!

What is AUSU?

Being a member of AUSU entitles you to access [AUSU services](#), attend events and online council meetings, receive support and advocacy from AUSU, and run in our election for a position on AUSU council.

Services for Students

As a member of AUSU, you have access to our services and resources, **no matter where you live or how many courses you are taking**. These include:

- [Awards and Bursaries](#)
- [Student Advocacy](#)
- [Free Mobile App](#)
- [Free LinkedIn Learning](#)
- [Free Resume Review Service](#)
- [AUSU Open Mic Podcast](#)
- [Eye-wear Discounts](#)
- [Pharmacy Discounts](#)
- [The Voice Magazine Student Publication](#)
- [Virtual Food Assistance Program](#)
- [2SLGBTQIA+ Discord & Resources](#)
- [Career Resources](#)
- [Peer Course Reviews](#)

For more info, visit the [AUSU website](#).



AUSUnights Trivia

AUSUnights is a Virtual Student Social trivia night held on the second Thursday of every month. They are a great opportunity to connect with AU fellow students through Zoom, play some fun trivia games, and get a chance to win some prizes and swag from your Students' Union!

RSVP to ausu@ausu.org for an invite to the virtual meeting room. Be sure to specify which date!



AUSU Year-Round Bursaries

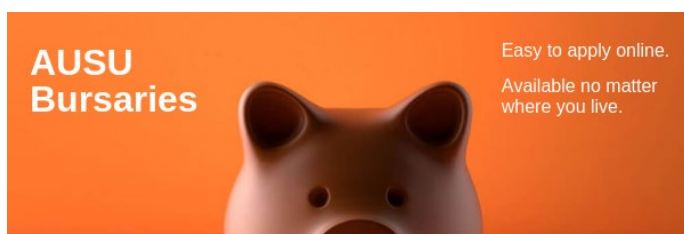
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

Computer Bursary - provides new laptops for members who need one for their AU coursework and are otherwise unable to afford one.

Emergency Bursary - can pay for AU course extensions, late exam, or supplemental exam fees for members who require them due to unforeseen circumstances.

Travel Bursary - can help pay travel expenses related to an AU course, such as travelling for exams, labs, practicums, or related conference.

Applications are on the [AUSU website](#).



CLASSIFIEDS

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

THE VOICE

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