



THE VOICE

Vol 29 Issue 14 2021-04-09

Minds We Meet

Interviewing Students Like You!

Music Review

Talk Show Host

Officially Old

Confronting my Mortality

Plus:

Course Exam: Chem 301

*Homemade is Better: The Hawkeye
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,
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 Officially Old

Karl Low



Athabasca University students, as an average, have been getting younger over the years, but we're still have one of the oldest, if not the very oldest, student body of universities across the nation. So many of you might have some experience with what's gone on with me recently.

I officially had to confront my mortality this past week, as various doctor appointments have determined I have both high blood pressure and sleep apnea. On the plus side, this means I qualify for an earlier COVID-19 vaccination than I would otherwise, on the minus side, it's not the otherwise.

There's no need for people to be concerned, I actually feel pretty fine and normal, it was a routine physical that started the ball rolling on these things and caught them, but it certainly does make you feel like an "old" person when you're being told by serious people in white coats that you need to take a pill every morning, and oh, by the way, have you thought of cosplaying like Bane from Batman every night?

So, I guess that means I'm officially old, right? The problem is, I still feel as immature, as unsure of myself, as if I'm making things up as I go along as I always did. When does that magical time come when you suddenly realize you've got it together, like everyone you respect seems to have done. And then the wondrous thought came: what if it doesn't?

What if that time never actually exists. I certainly know that I tend to dwell more on my mistakes than my successes. Even though I've received support and compliments for my work. So how can I be sure that the people I'm admiring aren't doing the exact same thing.

And why not, mistakes offer opportunities to improve. Successes are just done. But if I do that, if we all do that, maybe this idea that people have it together is all just a front. Maybe, when it boils down, we're all just a few finger-scrapes away from realizing that we're all just making it up as we go along, and the only thing that's making it work is that we all believe that other people have it together enough so that it works, so we strive to keep up our end of things.

That's kind of an amazing thought to me. And it should give you hope that if you feel out of your depth, that you're not sure about what you're doing, you're probably not alone. And things will work out regardless, so long as you just keep trying to hold up your end.

In the meantime, this week in The Voice Magazine, our feature interview is with a student with multiple credentials, and he's back at AU as a steppingstone to yet another. We've also got a couple of tasty recipes—I'm actually looking forward to trying out "The Hawkeye" by Chef Corey—and a music review of a new track from a band that might be just the perfect antidote to if you're feeling a bit down.

Also don't forget to check out the scholarships, events, news, course reviews, advice and more in this week's Voice Magazine.

Enjoy the read!



Photo courtesy Nathan Rupert (CC BY-NC-ND 2.0)

A handwritten signature in black ink, which appears to read "Karl".

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 Marcus Levis, SSW (Social Service Worker) from Nepean, Ontario, located on the unceded territory of the Algonquin Anishnaabeg People.

Marcus is a 24-year old student currently enrolled in his first year of the Bachelor of General Arts program, which focuses on Humanities and Social Sciences. He stated, “I am here at Athabasca University in a Bachelor of General Arts and Science in order to prepare myself for future educational opportunities at a brick and mortar. I am leaning toward maybe wanting to become a professor in the future. I just feel that I want to take the time to figure out what I want to teach and that is where the freedom of GAS comes into play. I have the freedom to try many things out and see what things can keep my attention leading into an eventual 4-year Bachelor at a brick and mortar institution in my home town here, then eventually a master’s and a PhD!”

Prior to AU, he was a student at Algonquin College of Applied Arts and Technologies in Ottawa, where he

“graduated three times.” Marcus explained, “In 2014–15 I took General Arts and Science – Community Studies, a one-year certificate program that focused on teaching us how best to learn as college students as well as giving us the specific skills to continue academically in the social science fields of Psychology, Sociology, [and] Social Work and Human Sexuality. In 2015–16, I took the optional second year, which is aptly named General Arts and Science – Year II. I acquired a diploma in General Arts and Science, graduating with honours in 2016. Finally, in the fall of 2016, I entered into the Social Service Worker Program, which lasted two years from 2016–2018, where we were taught in the ways of the Human Services Field, this is the field that I currently have been working in for almost 3 years now.”

When he is not studying, Marcus enjoys playing video games, reading books, and hanging out of with his “friends and family (socially distanced of course!).”

Despite all his post-secondary education, Marcus revealed that he did not always enjoy all his subjects. He elaborated, “As a child I always loved reading, and one of the things about me is that I never hated school in terms of the subject matter, there were just many teachers in high school who gave me a hard time because I just did not love all subjects (hard sciences mainly).” However, he admitted that many teachers did have a great influence on his desire to keep learning. “The biggest influence on me would be my college professors in those regards.”

So far, his experience as a new student at AU has been satisfactory, as he revealed, “I am currently only in one class at the moment (money is tight), but I honestly love the ‘go at your own pace’ nature of AU and the fact that we teach all of this information to ourselves I think is fantastic! I can certainly see where for certain classes, or at certain points in our AU careers, we will all have a bit more of a struggle than others with it being self-taught, but I love that aspect of it right now. As for dislikes ... not too many, the only thing that I have qualms about (and I made a video on my YouTube channel “[Marcus Levis](#)” about this) is the nature of group discussion boards. It is rather pointless in a self-taught course for me to have a project, with a number of people that run on different schedules and that I will never meet. Kind of a little silly in the way it is done.”

When asked if he ever wavered about continuing his schooling, Marcus stated that there was once instance following the completion of his four “years at Algonquin from 2014–2018.” He revealed, “I knew that I wanted to go back and take something, but I was not sure what. I took a year off before getting the inspiration to attend Carleton University in the Fall of 2019, which I did, but after about 8 months I dropped out (right before Corona hit too, which is kind of lucky).” He stated that this was because he “had no idea what [he] wanted to do with the schooling, just doing it for the sake of it,” admitting that “university is a rather expensive hobby.”

His most memorable course so far has been his first, namely ENGL 255: Introductory Composition. He stated, “I am only registered to ENGL 255 so, I do not have much to say in terms of this, but I like it so far.” He also stated that his tutor has been “super quick about replying” and has “been rather on the ball with marking.” He continued, “I have been reading about many of the horror stories in the student feed of the [AUSU] app, but I have nothing but good things to say 1/1 so far.”

If Marcus were the new president of AU, his first project would be “working with students to find out what they want from a native AU LMS [learning management system]. The Moodle system is very 2005 looking, and I can see that they are working on something, but there should be much more feedback from students and especially from those students with many credits who have been dealing with Moodle this whole time. Moodle gives me Blackboard vibes ... and Blackboard sucks.”

When asked which famous person, past or present, he would you like to have lunch with, and why, Marcus stated, “I am not the biggest person when it comes to idolizing people, so this is actually a really hard question to answer, but (and I hope this is not too cliché) I would have to say in terms of someone I respect, Gordon Ramsey.” That lunch would be “one of his famous Beef Wellingtons,” because Marcus has “always wanted to try one, and made by him would be even better.”

The most valuable lesson Marcus has learned in life has been to “be your authentic self, no matter what.” He elaborated, “People will not always like you, and sometimes will dislike you for no reason other than the fact that you exist, so there is no need to change simply because someone does not like you, only change for you.” As for his proudest moment in life, Marcus chose “graduating from high school,” despite graduating from college three times. He revealed that the first graduation was the most special.

The one thing that distinguishes him from other people is that he “never afraid to tell people the truth,” because he would “not want anything held back” from himself in turn. In addition, many people do not know that Marcus has “a massive interest in Philosophy” and has also “written and self-published (not very well) a book on Apple Books and Amazon Kindle called *The Anti-Judgementalism Handbook* in April of 2020.” As for his pet peeve, Marcus had a simple answer; “Group Discussion Board . . . that is the simple truth.”

He is currently reading *Pride and Prejudice* by Jane Austen, stating, “Within the last few months I have taken an interest in finally getting around to reading classics (just finished *1984* by George Orwell).” As for TV shows, he is currently re-watching *Star Trek*.

As a final thought Marcus stated, “I am really appreciating the warm welcome to Athabasca University that I have received so far. I know that I am only in one class at the moment, and that this is only the beginning of my AU journey, but I am more than happy to start here and see in a few years how things progress.” Best of luck Marcus!

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>



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Wait, did I really write that? A student wonders how to be sure an exam was submitted for marking correctly; one response points out the “request exam” page will note the status change from “exam requested” to “exam written” once it's been submitted.

Discord

Aim for done. A group stress-fest as students juggle a full course load, Easter dinner, vaccination appointments, and—oh right—there's that pandemic thing; one student observes it's prudent to lower self-imposed expectations a bit.

reddit

I'm here—what now? After registering for an AU course, a new student wonders when and where to start; responses include a few tips, and a link to the New Student Orientation page.

Twitter

@austudentsunion tweets: “Our friends at @saitsa have partnered with the CRA's Community Volunteer Income Tax Program! OPEN TO ALL STUDENTS UNTIL APRIL 16, 2021 Hours: 10 A.M.-3P.M. Monday-Thursday, and 2-7 P.M. on Fridays. For more info visit <http://saitsa.com/taxes!> #saitsa #cdnpse #taxseason.”



Music Review

Talk Show Host

Jessica Young



Artist: Talk Show Host

Single: Blood in the Sand

Album: *Mid-Century Modern* (upcoming)

Toronto power-pop punk trio *Talk Show Host* has released a new single “Blood in the Sand”, now streaming everywhere, along with a [new music video](#). The single is one of the tracks on *Talk Show Host*’s upcoming album, “Mid-Century Modern”. The band’s first full length album will be available June 4, 2021 on *Wiretap Records* in North America, and *Disconnect/Disconnect* in the UK and Europe. With over 100 shows under their belt locally and in sojourns overseas in places like France, Belgium, Italy and Germany, as well as opening slots for bands like *Planes Mistaken For Stars* and *Pet Symmetry*, *Talk Show Host* are ready for their moment.

“Blood in the Sand” is a catchy, anthemic combination of pop and 90s punk. I’m thinking *Blink-182* meets *Marianas Trench*. The up-beat tune and lyrics, “It all went wrong, I wash my hands and sing along” creates a feel-good vibe, like the song is telling us everything is going to be okay. “Blood in the Sand” makes me think of a song that would be played in any of my favourite 90s movies during a road-trip scene. I was ready to obnoxiously sing along before I even knew the words.

Lead singer and guitarist Chris Veinot says of the single, “It started life as a surf-inspired track but we couldn’t resist the ever-present urge to turn it into a power-pop singalong. The lyrics recount the plot of a non-existent delinquent teen movie I dreamed about during a full moon, something from the mid-to-late 60s that could’ve been directed by Al Adamson or Ray Dennis Steckler. The title doesn’t sound like what the song sounds like, but it was the name of the picture in the dream. We might have destroyed the fabric of space & time if we’d changed it, y’know?”

The quirkiness radiating from this quote translates to the band’s new music video—which is just the right amount of silly and loveably cheesy. The video opens with one of the band members filming their *chonky* cat, and explaining that due to the pandemic, the band was unable to film any “real” footage for their music video. Instead, we get to watch three minutes and thirty-five seconds of Mila the cat being cute. Everyone loves a good cat video. Mixed in is a video montage of Veinot lip-syncing the chorus as well as Sean Woolven playing drums, and Fabien Rivenet on bass. This is the type of music video I’m ready to see more of in 2021—lighthearted and fun, with a dash of social responsibility for making a point of staying socially distanced during the lockdown.

If you need a pick-me-up, check out more of *Talk Show Host* on [Facebook](#) and [Instagram](#).

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





Course Exam

Karen Lam

AU courses, up close

Course Exam

Karen Lam

CHEM 301 (Introduction to Biochemistry)

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

CHEM 301 is an introduction to biochemistry course that studies “the chemical processes that drive biological systems.” The course “explores the basic principles of biochemistry and develops the student’s appreciation and understanding of biological networks.” The course has two pre-requisites of CHEM 350 and CHEM 360 (which is Organic Chemistry I and II respectively), or any equivalent undergraduate courses that may be taken from other accredited post-secondary institutions. For those interested in taking CHEM 350, don’t hesitate to check out the Voice Course Exam article for those!

Why You Should Take This Course

This course is designed for science majors and minors, requiring two upper-level Organic Chemistry courses as pre-requisites. The course focuses on the biochemical processes with a focus of chemical principles. The course also teaches students the importance of research design and application in the field of biochemistry. Essentially this course is a mix of chemistry and molecular biology.

This course is taken by many science majors and minors and specifically, those interested in pursuing a graduate degree in medicine, pharmacy, dentistry, or their masters and PhD. If you think you may be interested in one of this fields in the future, this is the course for you!

Course, Assignment, Midterm and Final Exam Details

The course itself is divided into ten units with each unit covering five to seven lessons. The units include Cells/Water/Buffers, Energy, Structure/Function, Catalysis, Flow of Genetic Information, Metabolism I and II, Signaling, Biochemical Techniques and finally, Synthesis of Concepts in Biochemistry. The course will prepare students who wish to specialize in Biochemistry or interested in taking further science and biochemistry courses in the near future.

The course consists of two assignments each worth 20%, a midterm worth 25% and a final exam that is worth 35%. Students must achieve a composite grade of 50% or higher and a grade of 50% or higher on each of the assignments and examinations to pass the course.

How to Be Successful in the Course

Student Tips

From personal experience of taking this course, introduction to biochemistry is a diagram filled science course. Like Organic Chemistry I and II, students can expect to see many structural drawings and further learning in this aspect. As it is a biology course as well, molecular biology is also included in the course and students will learn about enzymes, DNA, and many biochemical cycles that will need to be understood and memorized. The best way to tackle this course is to draw out the cycles and processes and add your own personal notes to them. I personally drew

out the cycles many times to memorize and understand the bigger picture. I found this the best and most effective way to understand and memorize the details and cycles.

For assignments, I recommend students start early, as they do require time to complete. Even if you're not confident with completing the entire assignment during one sitting, do as much as you can and complete it as you progress with the course. I personally found that very effective as that way, I was able to test myself if I understood the material shortly after doing the readings.

As this is the start to senior level biochemistry courses, students will find the course to be heavier in content than previous courses. With that said, the course overall was appropriate in level of difficulty, however, to get through the course successfully, I recommend students stay on track with the study schedule and plan ahead for studying for midterm and final exams.

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at fst_success@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



Fly on the Wall Discovering The Real You(s) at AU

Jason Sullivan



Ever wake up feeling like a different creature than you were yesterday? We at AU emerge from the cocoon states of our less educated selves every day; the learning is ongoing and that's why it's called continuing education. As we study harder and glean faster, we may see the world anew and feel our essence morph in unexpected ways too. So instead of just faking it till we make it, let's for a moment investigate the consequences of really *being* more than one self. We're maybe a bit like the hero of Franz Kafka's classic novel *The Metamorphosis* who wakes up early for his job in sales only find that he has morphed into a weird insect.

Paralyzed by the weirdness of his new physiology, Kafka's man-sect struggles to even get out of bed; parallels with our

academic minds that outgrow our past dawn worries—only to be stymied by new academic challenges like dour deadlines and study stupors—are all too obvious. Seemingly overnight, we may find that too many tendrils are occupying our grey matter such that the noodle in our noggin can barely move! For Kafka's protagonist the struggle is literal, or literally a metaphor for workaday life itself: he “watched his little legs struggling against each other more wildly than ever, if that were possible, and saw no way of bringing any order into this arbitrary confusion, he told himself again that it was impossible to stay in bed and that the most sensible course was to risk everything for the smallest hope of getting away from it” (17) The chaos of an internalized rat race, or cockroach convention, is thus embodied in an inability to get out of bed in the morning.

While a body that feels like a straitjacket can be a struggle for so many people with real disabilities and give pause to our petty scholastic worries, worries that often are more in our head than in a diagnostic manual, many of us at AU face the task of overcoming anxiety about our success rate in our scholastic endeavours.

Keep Calm and Critter On

Lead us not into a catatonic state, we might pray in our secular way! After all, academic ataraxia (a calm, unperturbed state) is achievable when we realize that we're locomoting in our minds all the time. Kafka's salesman realizes this too, and we can relate if we remember how many times we've had to calm our inner turmoil in the face of exam anxiety or a mountain of an essay to edit. Sometimes we have to surf the urge to panic. He proceeds "to remind himself that cool reflection, the coolest possible, was much better than desperate resolves. In such moments he focused his eyes as sharply as possible on the window, but, unfortunately, the prospect of the morning fog, which muffled even the other side of the narrow street, brought him little encouragement and comfort" (17) In chaos begins possibility, though. A foggy mind may be a symptom of a working mind, or at least one rife with possibilities.

Out of mental murk anything is possible, and creativity is key to making our studies enjoyable. To clear the way for clairvoyant thoughts we must present ourselves in our own minds in a way that represents who we are to ourselves. Most of us probably have moments of brilliance punctuated with stretches of procrastination; the more we accept it all the less we will tense up and resist moments of anxiety.

Speaking philosophically, what's required is an acceptance of the ontological promiscuity our being. This especially applies to our being as distance students far removed from the comforting platitudes of brick-and-mortar campus life amidst a hive of students with whom we are very much alike.

Deconstructing Representations of our Self (Even to Our Self!)

It's a big leap to claim that we know ourselves as well as we think we do; after all, even in our own minds we live in a hall of mirrors that represent ourselves only from one of a panoply of possible points of view. Not feeling like oneself one foggy-minded morning has nothing on considering when, if ever, we really *are* ourselves and how we might tease out the one seeing us from the us that is being seen and so on. But to make peace with our many selves—and especially moments

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie April Edition: The Cree Hunters of Mistassini

Apr 1 to Apr 30

Online

Hosted by AU Nukskahtowin

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

Access through above link

Digital Transformation Leadership Certificate info session by PowerED™

Tues, Apr 13, 11:00 am to 12:00 pm MDT

Online

Hosted by AU's PowerED™

news.athabascau.ca/events/digital-transformation-leadership-certificate-info-session-by-powered/

RSVP through above link

MBA for Executives Webinar

Wed, Apr 14, 11:00 am to 12:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/mba-for-executives-webinar-20210414/

RSVP through above link

The Grad Lounge

Fri, Apr 16, 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.

when nerves get the best of our motivation and we feel like just curling up under the covers—we best consider the gleeful impossibility of ever having a clear picture of our essence.

Jacques Derrida wryly noted that representation itself is problematic, and a desire to look behind the curtain of cognition to get to the real self (in Kafka's book to get back to being a normal human), deceives the mind because such an idealistic goal tends to assume that we have an original essence that can be discovered or even recreated through a map or facsimile. He wrote that "this critique lives on the naivete of representation. It supposes at once that representation follows a first presence and restores a final presence. One does not ask how much of presence and how much of representation are found in presence. In criticizing representation as the loss of presence, in expecting a reappropriation of presence from it, in making it an accident or a means, one installs oneself in the distinction between presentation and representation, within the effect of this scission" (322). So we're never as much like who we feel like we are. Nor are we ever reducible to one representation or another. In other words, there's no outside of ourselves no matter how much we want to shake our academic jitters.

Your Skin May Crawl But You're You Through it All

Embarking on this new journey, or continuing it for years, involves the unspooling of a new identity. Yet, the *me* of identity is by nature many. We're both audience and performer when it comes to being ourselves through thoughts, words, and actions. And here Mannville, Alberta's most famous sociological specimen, Erving Goffman, is key. Among others, he noted that *role distance* is how we represent our performative essence to whatever key audience is at hand. Role distancing is the act of separating oneself from the role. Role Conflict occurs when some roles that have to be played contradict other important roles.

We are always ourselves playing a role and, ironically, it's an awareness of this fact that allows us to play a healthy version of ourselves to ourselves. Being paralyzed in the mind is like Kafka's protagonist waking up as some sort of bug. To scurry out of bed and get to work he must first come to terms with the mysteries of his evolution. And to fit AU into the larger segmentation of roles and tasks in our larger lives means we have to make peace with the contradictions and ambiguities that emerge, larvae-like, within our previous identities.

Aromatic Conifers of Potential...it's not All About Being a Bug!

Okay, so for those who would prefer to never imagine themselves as an arthropod, metaphoric or otherwise, here's a woodsy rejoinder: in our beloved Canadian Rocky Mountains, and across this great country, wonderful aromatic juniper plants embody ontological promiscuity too: they may live as a shrub or as a tree or even switch from one form to another over their lifetimes. Happily, most of us at AU chose to return to school life to improve our hitherto-moribund minds, jobs, or prospects. Unlike Kafka's hero, we aren't victims of mysterious circumstance. We picked our new role as student. And remembering this simple fact is surely half the struggle as we overcome the challenges of self-doubt along the way.

References

- Derrida, J. (2016/1967). *Of Grammatology*. (Trans. Gayatri Chakravorty Spivak). Baltimore: Johns Hopkins University Press.
- Kafka, F. (1968/1935). *The Metamorphosis*. New York: Schocken Books.

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.



Homemade is Better

The Hawkeye

Chef Corey



I have been in Scouting as a leader, which we call Scouters, for over six years. When I first started with our group, my son was a first-year Beaver Scout. As a Scouter in Beavers, you get assigned a nickname, and I got Hawkeye. I love the name so much that I kept it when our twins moved into the next level, Cub Scouts. This year has been very challenging for our group—and every other organized activity in Canada or worldwide, I'm sure. We have not been able to participate in traditional activities. For example, an annual Cub camp is known as Funarama that many groups around Alberta join in. Being a professionally trained cook comes in handy with camps like these, and since I enjoy cooking, I have had the great fortune to serve as the camp cook in previous iterations.

This year, we are doing our camp virtually, but I got inspired by a sandwich I saw from a YouTuber I follow. His looked so good that I had to make a version of it. I'm sure it will be a camping meal a few times over the summer, and I think this one might become a staple. I also feel like some of the portions of ingredients could be played with. So, if you're adventurous, play with this recipe. For example, you could increase the amount of meat or change the mustard, or use different cheese! Just have fun with it!

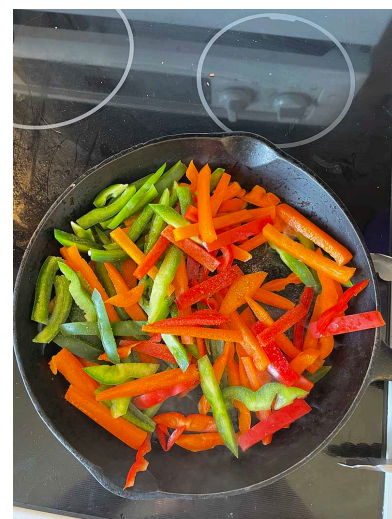
The Hawkeye Sandwich

Ingredients:

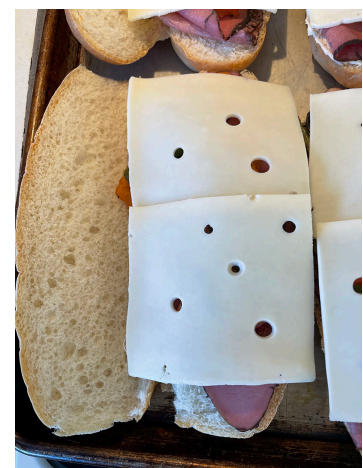
3 coloured peppers, sliced into ¼" strips
4-5 hoagie buns
1-2lbs Montreal smoked meat, sliced thin (deli-style)
8-10 slices of swiss cheese
Dijon mustard
Mayonnaise

Directions:

- 1) Turn on your oven to 350F.
- 2) Place a larger, non-stick frying pan on an element at medium-high heat. Get a frying pan that can fit your hoagie buns, even if it is just one at a time.
- 3) Cut your buns in half lengthwise, and butter both sides.
- 4) Brown the hoagies for 1-2 minutes in the frying pan or until they release from the pan. You want a lower heat than high because they will burn otherwise. You could also use medium heat, or if you have a griddle, set it to 350. This is the same idea as grilled cheese.
- 5) Place the buns on the sheet pan.
- 6) Add the peppers to the frying pan and cook them until they are just soft.
- 7) Add the meat to the frying pan to warm it up, about 1-2 minutes again.
- 8) Add 1/8 to ¼ pound of meat to the bun, then the peppers, then cheese.



- 9) Put the buns in the oven until the cheese melts; if you want a little extra flavour, you can set your range to broil instead of 350F and let it melt and brown the cheese.
- 10) Once the cheese is melted, pull them out and let them rest for a minute, so they cool down slightly.
- 11) Spread the mayo and mustard on the other side of the bun.
- 12) Cut into halves, thirds, or quarters and enjoy!



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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Eleanor Ritchie Education Scholarship

Sponsored by: Autism Ontario

Deadline: April 30, 2021

Potential payout: \$500

Eligibility restriction: Applicants must be on the autism spectrum, be currently living in Ontario, and be accepted to attend their first year of post-secondary studies (university, college, apprentice program) in Canada.

What's required: A completed online application form, along with ASD diagnostic information, proof of enrollment, and a cover letter describing post-secondary education and future goals.

Tips: Check out other scholarships on offer from the same organization.

Where to get info: www.autismontario.com/programs-services/adults/awards-and-funding/education-scholarships



How Not To Dwell on Others' Flaws

Marie Well



We are all blessed with flaws. Flaws may be shortcomings, but they provide us with the opportunity to tame or, better yet, overcome our weaknesses. And that overcoming is what makes life a hero's journey.

But what about other people's flaws—especially the flaws that harm us? Those people, too, are on a hero's journey. And here's how we can best not dwell on their shortcomings:

Look only at our own flaws. I believe we should look exclusively at our own flaws, while overlooking the flaws of others. This approach prevents blame, anger, and vengeful thinking. It encourages accountability. It helps us grow into better versions of ourselves. When we blame no-one, it's much easier to love everyone.

Dwell on others' strengths. To avoid dwelling on anyone's flaws, dwell wholeheartedly on what makes other beings beautiful. In certain ways, everyone is beautiful. This task is as easily said as done.

Love like an angel. I like to think of how each person's guardian angel loves that person, no matter what wrongs were committed. The love I imagine each angel feels is the love I aspire to project on each living being.

See flaws as part of the hero's journey. I believe it's best to perceive others' flaws as part of their journey. A woman in her 70s may be on a hero's journey to overcome resentment. She may have been abandoned and shunned by loved ones, hence her lifelong resentment. But instead of us taking her resentment to heart, we could instead grasp that her journey and ours have intersected, on the basis that we are, in some shape or form, part of her life. Our goal may be to lessen her resentment by showing love and support.

Develop a higher consciousness. By not dwelling on others' flaws, we develop a higher consciousness. We hone many beautiful traits like empathy, patience, compassion, open-mindedness, acceptance, peace, kindness, supportiveness, forgiveness, and love. We become better versions of ourselves.

Reject any feelings of negativity. We should never feel a moment of negativity about a flaw, even if it impacts us adversely. Instead, we should selflessly give love and support to help others realize their ultimate purpose: flourishing. After all, each one of us is a miracle.

Be a loved mentor. With that said, some people are naturally gifted with the ability to help others overcome their flaws. These gifted people may be loved leaders and cherished mentors. They use their gifts to help alleviate others' sufferings—helping their mentees make change. Even then, these leaders don't judge their mentees for their flaws, but instead offer support and guidance.

Learn the greatest lesson of all. Some circles say that, before we come into existence, we make an agreement with God to come to earth to overcome a flaw or learn a lesson. I believe this agreement with God, pre-birth, happens for all of us. But what exactly is that lesson we are here to learn? Mostly, it's to learn how to love others without conditions, in my view. Overlooking others' flaws is integral to loving them.

I believe we should see others' flaws as signs of beauty—indicators of what others are striving, perhaps unknowingly, to overcome. We are meant to work only on our own flaws, even then in a noncritical way.

The Not-So Starving Student Easy Indian Butter Chicken Recipe

Xine Xu



Butter chicken is one of my all-time favorite recipes that boasts bold, rich flavors. Butter Chicken with a bowl of basmati rice or drizzled over naan makes for a hearty meal, enough to transport you to a different world. Butter chicken originated in India and was introduced with ingredients from both British and Indian cuisine. It is prepared with spices and dairy-based ingredients that create a smooth, creamy base. When we typically think of butter chicken we think of a delicious, albeit less-healthy, dish with ample amounts of butter. However, my favorite butter chicken uses very little butter and does not leave you feeling greasy.

Although ethnic cuisines can sound intimidating and difficult to master, there are many shortcuts that can make your butter chicken taste as good as restaurant-quality ones with minimal effort. I've tweaked many of the recipes I've used in the past for Indian butter chicken for the most effective, delicious, and nutrient-conscious results. You may already know from my previous posts that I am a big fan of short cuts in the kitchen - whatever helps our already busy schedules as an AU student is a win!

Prep time: 15 minutes
Cook time: 45 minutes
Overall taste: 9/10
Nutrition: 7/10

Ingredients (prepares 2 servings)

340 chicken breast	$\frac{3}{4}$ cup basmati rice
30 grams ginger	160 grams roma tomato
170 grams sweet potato	110 grams yellow onion (1 large onion)
2 tsp turmeric	165 mL coconut milk
1 tsp ground cumin	1 tbsp soy sauce
1 $\frac{1}{2}$ tsp garam masala	1 tsp sugar (optional)
1 tsp coriander powder	2.5 tbsp vegetable oil
1 tsp red chilli powder	$\frac{1}{4}$ tsp salt and pepper to taste
1 tsp minced ginger	1 tbsp unsalted butter
7 grams cilantro	



Instructions:

1. Preheat the oven to 425 degrees F and wash all the vegetables
2. Cut sweet potatoes into half inch pieces. Peel and finely chop onions and mince the ginger
3. Roughly chop the cilantro and set aside for garnish
4. Add rice to boiling water in a pot. Reduce the heat to low. Cover and cook until rice is tender and liquid is gone (takes approximately 12-14 minutes)
5. While rice cooks, pat turkey dry with paper towels. Season with salt and pepper then sprinkle with **half** of the following powders:
 - a. 2 tsp turmeric
 - b. 1 tsp ground cumin
 - c. 1 ½ tsp garam masala
 - d. 1 tsp coriander powder
 - e. 1 tsp red chilli powder
 - f. 1 tsp minced ginger



6. Heat a large non-stick pan over medium to high heat. When hot, add 1 tbsp oil and add turkey. Cook until golden brown and crusted on each side (1-2 minutes per side).
7. Move the turkey to the baking sheet with sweet potatoes and bake thoroughly for 8-10 minutes
8. When turkey and sweet potatoes finish cooking, heat the same pan over medium heat. When hot, add 1 tbsp oil, add onions and tomatoes. Cook, stirring occasionally until onions are soft (3-4 minutes). Add ginger and the **remaining half** of the following powders:
 - a. 2 tsp turmeric
 - b. 1 tsp ground cumin
 - c. 1 ½ tsp garam masala
 - d. 1 tsp coriander powder
 - e. 1 tsp red chilli powder
 - f. 1 tsp minced ginger
9. Cook and constantly stir until veggies are soft (1-2 minutes)

10. Add coconut milk, soy sauce and $\frac{1}{2}$ cup of water to the same pan. Bring the mixture to a boil and reduce the heat to low. Cooking and stirring often until the water has evaporated (10-20 minutes)
11. When sweet potatoes and chicken are done (cut chicken into thin strips) from the oven, stir into the curry. Cook for another 1-2 minutes. Season with salt and pepper to taste.
12. Fluff the rice with a fork and stir the cilantro and 1 tbsp butter. Season with salt.
13. Divide rice between plates and top with cilantro.



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



Unearthing classic articles from previous issues of *The Voice Magazine*

April 9 is Unicorn Day, the annual celebration of (probably) non-existent animals. Exist or not, we found some in Voices past.

And this was before viral arguments about *The Dress*. Writer and philosopher Jason Sullivan questions video-game horses and perceptions of reality. "As students who write essays and plan experiments we have the wonderful opportunity to define the world according to our own hypothesized senses of reality." *A Horse of a Different Colour*, January 23, 2015.

Reciprocity for fun and profit. S.D. Livingston provides a glance at how you can show appreciation for all the free bookish tools and content you benefit from. "Throw in all the free templates, add-ins, and themes created by individual programmers, and you have a remarkably generous community that helps writers and podcasters bring their content straight to you, the audience." *Write Stuff — Spread the Word*, December 23, 2011.



Dear
Barb

Barbara Godin

Descending to Violence

Dear Barb:

Hi, I am 18 years old and just graduated from high school. I live with my mom, who is a single mother. We do not have a lot of money, so I am planning to work full time while doing my teaching degree online. My parents separated when I was 15 and divorced a year later. The divorce was very intense and my dad thought I sided with my mom, so I rarely see him now. I miss him a lot but I feel caught in the middle. Mom was devastated when my dad left her for another woman who he was having an affair with. Mom had a really hard time during the first year, and then started to get herself together.

The problem is now she is out partying all the time and bringing home all kinds of guys. I never know who will be in the house when I get up in the morning, which has created some uncomfortable situations for me. Maybe this is part of the healing process and she needs to do this, but I really wish she would use some discretion. Would it be out of place for me to ask my mom not to bring these guys home when I am there? Maybe they could go to a motel or to his place. I really love my mom, but if she continues to do this I am going to have to move out, which will be very difficult, since I really can't afford it. Looking forward to your input.

Thanks, Rebecca.

Hi Rebecca:

You sound like a mature young woman who definitely has it together. I think it would be a good idea for you to talk to your mom about how her actions are making you feel. It's possible she does not realize the impact this has on you. I am sure your mother would want what is best for you and hopefully she will adjust her behaviour without you having to move out, as that would have a negative impact on your plans. It's possible your mother is expanding her wings and perhaps going a little overboard. If your mom is resistant maybe you could both go for a few counseling sessions, to help each see the other's point of view.

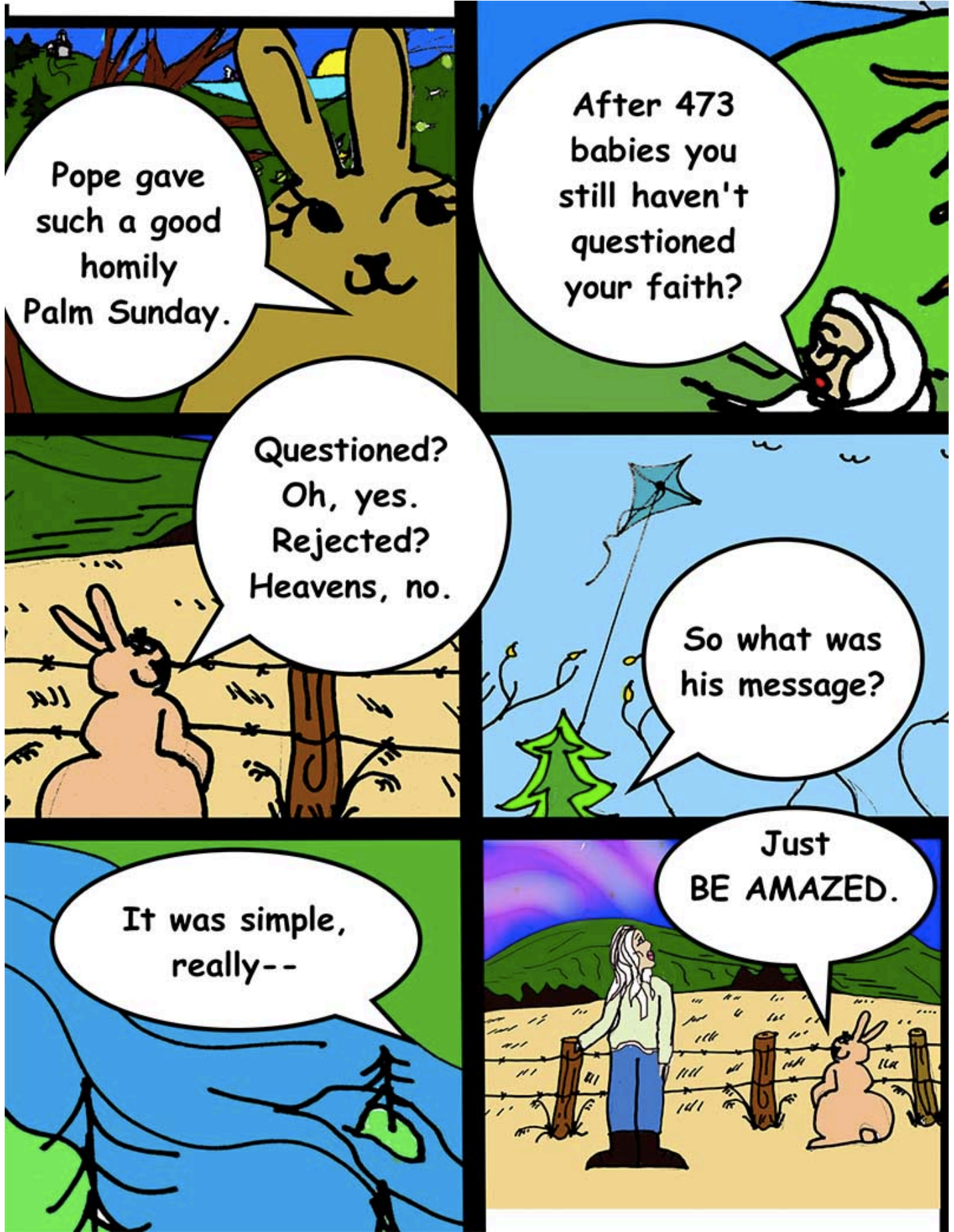
Thanks so much for writing and good luck Rebecca.

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
Amazing Grace

Wanda Waterman



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

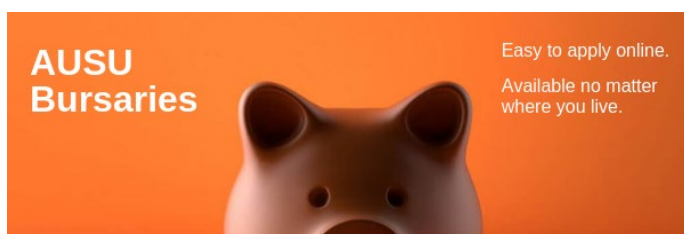
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

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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