



THE VOICE

Vol 29 Issue 15 2021-04-16

Minds We Meet

Interviewing Students Like You!

The Reading List

Books for April

You Are What You Read

The Books that Shape Us



Plus:

Course Exam: Psyc 200

*Easy Friday Calamari Marinara
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

A Bit Confused

Karl Low



Wondering what happened to the Voice Writing Contest entries? There'll be more information on that in next week's issue of The Voice Magazine, suffice it to say that we're now in the process of contacting some of the winners and making sure all the t's are dotted and the i's are crossed. Or however it's supposed to go.

Meanwhile, in Alberta, once again we've moved to slightly stricter disease control measures. Alberta has the twin distinction of having the highest per-capita case load and the strongest dissension toward doing anything about it, right up to almost the highest levels in our provincial government. It's almost like the two things are related.

I've been lucky enough so far to not know anybody who's been taken down by COVID-19. Not officially, anyway. I do have one family member who passed in the last couple months from lung related issues, and another who recently had a stroke – a blood-flow related issue. COVID-19, incidentally, is most known to cause problems with blood clots and with our lungs. But perhaps that's just coincidence.

I just have a hard time understanding people who are so incensed by being asked to wear a piece of clothing, and to generally stay home or at least away from other people. I can understand those who fear not having money to pay their bills because they can't work—that makes sense to me, but why try to claim that the problem is attempting to protect ourselves from a public threat rather than the government not providing proper support to those who are forced to suffer because of that threat? I get that you need to pay your bills. Why get so angry at the government saying "Stay safe" instead of angry with them for not saying "Here's some help while you do."

As to what to say to the people who try to claim it's some sort of government conspiracy to get more control over us, I have no clue other than, "Why would they bother?" I mean, really, what's the benefit to whatever mysterious cabal must exist to demonstrate that they can make us all wear masks or avoid working? "It makes us dependant on government!" is the occasional rejoinder. Again, to what end? Is there really a future out there where it's thought people might choose to disband government entirely, and that that would be a good thing, but it can't happen if people rely on the government for assistance? I don't think so. Besides, I've talked to some politicians. Generally, I find they're neither smart enough nor patient enough to create a plan that doesn't reach it's end point before the next election cycle starts.

Honestly, I think it's people trying to justify that they just don't like the situation and don't want to have to live in a reality where it's happening. Kind of like paying taxes to receive services. And for Albertans, why not? We were able to ignore that ugly taxation for services reality for a quite a while with our oil and gas bonanza, why should a diseased reality be any different. They also don't like the idea that there may be some issues that good ol' nose-to-the-grindstone individual work-ethic can't solve. Unfortunately, there's little time to indulge these people anymore. Sooner or later when reality and ideology clash, reality wins. I think we're very close to reaching that point here in Alberta.

In the meantime, this week in The Voice Magazine, our feature interview is with our own Chef Corey, there's more to him than just recipes, and now you can find out what! Plus news, course reviews, lists to keep you amused, articles that might leave you bemused, recipes that deal with foods culturally fused, scholarships so your wallet's not so bruised, events you can schmooze, and more—you can't lose! Enjoy the read!

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

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 Corey Wren from Edmonton, Alberta, located on Treaty 6 territory and a traditional meeting ground and home for many Indigenous Peoples, including the Cree, Saulteaux, Niitsitapi (Blackfoot), Métis, and Nakota Sioux Peoples.

Voice readers may recognize Corey from his weekly Homemade is Better column, where he demonstrates some innovative ways of making culinary favourites. Just in time for the warmer weather, check out his recent article on S'mores!

Corey is “currently enrolled in Bachelor of Business Management with a Major in Marketing.” He stated, “I initially took this route because I thought it would open more doors to better jobs for myself and my family. I already have a Diploma from NAIT’s (Northern Alberta Institute of Technology) Hokanson Culinary School. With that, I achieved my journeyman and Red Seal certifications, and I’ve also received my Blue Seal of Business Acumen.”

He continued, “One of the things about working in the cooking industry is you don’t get a family life. It’s doable, but not what I wanted. I was always working when my friends and family were off work, and then there were the weekends, holidays, and the important days. Sure, I could book time off, but the talented people worked hard and did whatever it took to make it. I didn’t want that, so I left cooking to join a coffee company. I worked there for a few years, then tried food sales. I eventually left food sales and went to part-time work to be the more at-home parent. My wife’s job isn’t incredibly demanding, but it is more important than what I was doing.”

Like many students, Corey has had his struggles. He stated, “Over many years depression started to weigh me down, to the point where I attempted suicide. I know many people can relate, but the short story is I got better. I learned how to be a better me, but I also realized that I needed more out of life. So my wife and I made the decision that I would pursue a university degree. I will be the first person out of my family (meaning my parents and brother) to get a university degree. I felt it was essential to a) show my children that learning doesn’t stop when you get older, b) if you want something, get it, and c) better myself to better my family’s future.”

Corey was born in North York, Ontario, and has moved around the country several times since. He explained, “After I was born, we moved to Edmonton for the first time; it might have been late 1980. We lived here for a couple of years, then moved back to the [Greater Toronto Area] GTA. Around ‘84 or ‘85, we moved to a small town outside of Saint John in New Brunswick.

Then in '89, we moved back to Edmonton. In '99 I moved to another small town, by myself. I spent nine months there before moving back. In '02, I met my wife, and we were married in '04. We had our first children, twins, born in '09, and in 2013 our youngest was born. My wife is a Registered Nurse and program manager at the Stollery Children's hospital."

When he is not studying, Corey holds several volunteer positions. "I am a Scouting leader, I look after the website for my local community league, and I try to volunteer for any sports teams my kids are involved in. I also love camping and the outdoors, so I will sometimes go hiking, but I love camping! I love camping so much! It's why I enrolled my kids in Scouting."

As for the person in his life that has had the greatest influence on his desire to learn? He stated, "So many people, but the most prominent influences have been my late maternal grandfather, my maternal uncle, my wife, and my father. In their way, they have all pushed me to better myself in some form. My grandfather made a life for himself with a grade 7 education. He fought in WWII, was a POW, then held a couple of jobs until his retirement. He always pushed us, when we got to see him, to do better in life. My uncle had worked a menial job then decided to go back to school. When he retired a few years ago, he had built a great life for himself and his family. My wife always knew she wanted to be a nurse. At [age] 10, she was diagnosed with type 1 diabetes but remembered the nursing care she had received, and it made such an impact on her. She worked hard and got a nursing degree from the U of A. Today she is well respected in everything she does. Lastly, my dad grew up on a farm in the Ottawa Valley. When he left home, he knew that he didn't want that life for his family, so he went to college and got a diploma that got him a job with IBM. He took night classes to get more education, and when he retired, he was also well respected in everything he did. When I was growing up, he'd challenge me to find an answer to questions instead of telling me the answer. Sometimes, he didn't know the answer, but he rarely admitted it, not that I can recall. It was the push to find the solution that made me realize I needed to further myself."

Corey has had a positive experience with online learning thus far, revealing, "Athabasca University is hands down the best choice I've made for my education." He continued, "It allows me to learn when I want, where I want. I don't have to sit through hours of lectures taking notes, and I don't have to go to a brick-and-mortar building and pay high costs to do so. I will say that it has pushed me to get more organized and to stay committed to something in a unique way. I hope it's evident that I don't have commitment issues, but AU has allowed me the freedom to get a post-secondary degree in my way." He does not have too many dislikes, stating, "While I complain at times, it's rarely about something out of my control. I'm not sure I can say enough good things about AU. I realize I sound like a poster child for distance learning through AU. It has its challenges, just like other universities. There will be a population that doesn't like it, a population that appreciates it but has criticisms, and a population that is like me. And I'm sure there are others."

Despite his positive experience with online learning, Corey admits that he did waver about continuing his schooling at one point. "I initially decided to try taking one class at a time over several years in 2015, but after my suicide attempt (and I'm thankful that I've thus far been well enough to have only tried once), we looked at our life and tried to decide what is the best course of action. It was a hard choice; we knew that we'd have to rely on funding from the governments, we'd have to cut back on several costs, and we'd have to live reasonably sparingly to make it work. If my wife didn't have the job she does with the pay she does, this wouldn't be possible. COVID-19, though, has cemented our decision. Last year I was able to be home, and we didn't have to worry about childcare like many of our friends. We didn't have to live on a further reduced income like many people we know, and we were still able to do the things we wanted to do within the guidelines."

His most memorable course so far has been COMP 214: Interactive Technologies. He stated, "It's the only course to date, including primary education, that I've gotten 100% in. My final grade was

100%; I was so happy with the work I put into that course.” He continued, “For the most part, communications [with his tutors] is excellent.” “I rarely need them for anything, but eventually, they get back to me. I honestly think I’ve only ever had to get further information from a tutor three times, and each time I’ve gotten the information I needed within the time frame I needed it.”

If he were the new president of AU, Corey’s first project would be “health insurance for all students.” He explained, “It would likely increase student fees, but if I have to pay less tuition than the U of A, McGill, McMaster, U of T, or any other university, I’d still be happy about it. I feel like too many single students do not have enough health coverage, and as someone who lives with a spouse with high-cost medical needs, I feel like having to pay out of pocket for many drugs is really hard.”

As for pet peeves, Corey has several, including “[p]eople who misquote movies,” although he admits that he is also guilty of this. He continued, “Yams are often referred to as sweet potatoes. And while they are part of the same family, I think of sweet potatoes as white. And lately, the term ‘social distancing.’ I hate that term because it suggests something different from what it’s supposed to mean. We are supposed to physically distance ourselves while being social. I realize I’m possibly petty.”

When asked which famous person, past or present, he would have lunch with, and why, Corey chose musician Dave Grohl. “He’s someone I believe to be really interesting, but I don’t consider him a hero of mine. He’s led an interesting musical life, and I think he’d have a lot of great advice about how to overcome adversity.” And the lunch? “As I love to cook, I mean, I write about it every week; I think Dave and I would go to New York City for a slice. It’s a leisurely lunch, and we can both be people eating New York-style Pizza. I have yet to try New York-style Pizza. We would shoot the breeze, and I’d get to ask him about his early days with Nirvana, the Foo Fighters, the other bands he’s been involved in like Tenacious D, Them Crooked Vultures, and more. Plus, he seems like a genuinely cool guy to hang out with!”

The most valuable lesson Corey has learned in life is that “you’re never too old to learn,” and the one thing that distinguishes him from other people is that he is an introvert. He explained, “Few people know that I’m an introvert. I act extroverted very well, though, and I have my whole life. But in truth, I’m happy when I get time to myself to do things I like.” He has also had several proud moments, including the “day my wife said she’d marry me, our wedding day and the birth of my children.”

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

Business Undergrad Program Orientation for New Students

Tues, Apr 20, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210420/

RSVP through above link

AUSU April Council Meeting

Wed, Apr 21, 6:30 to 8:00 pm MDT

Online via Zoom

Hosted by AUSU

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

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

PowerED™ Coach Approach for Leadership Development Information Session

Thur, Apr 22, 11:00 am to 12:00 pm MDT

Online

Hosted by AU's PowerED™

news.athabascau.ca/events/powered-coach-approach-info-session/

RSVP through above link

The Grad Lounge

Fri, Apr 23, 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 asked about non-AU reads and binge worthy TV shows, Corey mentioned, “I wish I read more. I have so many books by my bedside. I will occasionally read the autobiography that Bill Nye released a while back; my wife bought it for me. As for TV shows, my wife and I are watching *ER* together, and I’m also working my way through *MASH*. I also throw in a couple of other series that I like. I just finished *The Queen’s Gambit*; it was extraordinary in a good way. My kids and I are going to watch *Falcon* and the *Winter Soldier* right away as well.”

As a final thought, Corey revealed what made him decide to write for *The Voice*. “While I didn’t see myself in the culinary industry for much longer than I’ve been in it (about 20 years), I do love to cook at home. I love cooking at scouting camps, regular camping, and just for fun. I love when my friends send me pictures of stuff they made, and I love to read blogs about recipes then try them. I genuinely believe that with the proper guidance, anyone can cook. It takes patience, though, and I think we’re starting to lose that patience, replacing it with more instantly gratifying items.

“Fast food has become an enormous industry, and I’m not just talking about the burger chains; companies like Uber Eats and Door Dash can bring you whatever food you want. But there is something about buying raw ingredients and making it from scratch that gives you more pleasure. There was a time when we had no choice BUT to cook for ourselves. Since then, we’ve had such a proliferation of food that it too has become one of life’s instant gratifications, similar to a Facebook like or someone following you on Instagram, or Tik Tok, or whatever other social platforms the kids are using. But I genuinely believe that making food at home for your family is one of life’s special moments. You can sit down with them and talk about the day or the week. No screens, no loud music, just the family talking about life. I wanted to give people the opportunity to try that, so I decided I’d see if I was good enough to be a writer and viola; here I am!” (For students interested in seeing their own writing featured in *The Voice*, [contact our editor Karl Low for more information!](#)) Best of luck Corey!

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

The second-best time to start is now. A student needing printed copies of each course's syllabus for credit transfer assessment at another uni wishes they hadn't waited until after 20 courses.

Discord

Maxing the RAM. A student's efforts to boost RAM on an older computer pre-ProctorU exam garners advice and offers of assistance on the #support channel. End result: RAM boosted!

reddit

Plagiarism's shades of grey. A student's admission of cheating leads to a sometimes prickly discussion on where the line is between research and copying.

Twitter

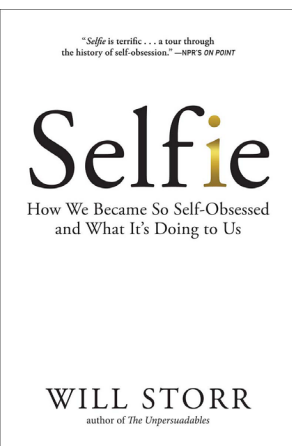
[@austudentsunion](#) tweets: "Join AUSU President Stacey Hutchings for a look back on the year! <https://ausu.org/2021/04/a-year-of-advocacy-in-review>."



The Reading List April 2021

Karen Lam

Like most people, I cannot believe it is April. With the warm weather returning, many of us look forward to the spring and summer where hopefully things will improve, and life will get a little bit closer to normal. In the meantime, try some of these recommended reads for April!

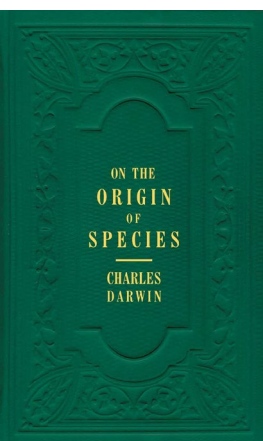
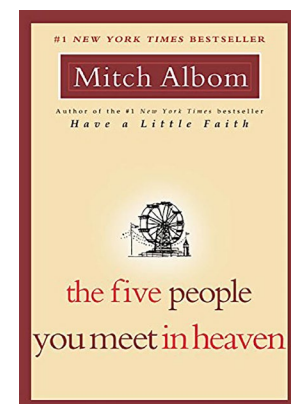


***Selfie* by Will Storr**

Personally, I am not a huge selfie person, but I grew up in the selfie generation where all my friends and classmates were really into selfies. A book that gives us an in-depth exploration of how humans have grown to become more obsessed with an idealized sense of our individuality and how we change it. At the end of the day, what matters most is who we are, and not how look from the outside. A must read for everyone in the 21st century! You will find how accurately, and shockingly true things may be and perhaps even learn something new.

***The Five People You Meet in Heaven* by Mitch Albom**

For anyone who has read Mitch Albom's books before, you know this one is a must read! For those who have not, this is a must read! This book as with all Mitch Albom's books is inspirational and beautifully written book. This book provokes thoughtfulness and soul-searching and gives us all a sense of hope, which is something that we may need during this pandemic. After you read this, you may find yourself digging for more Mitch Albom books like me!

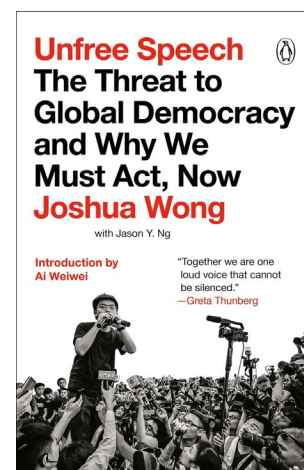


***The Origin of Species* by Charles Darwin**

For all science lovers, this book is for you! You are probably why I am recommending this book. Back when I worked at the library, I discovered that many books get banned and challenged, however, there are many of these books that do not get the freedom and appreciation they deserve! They are filled with knowledge and worthwhile to read. *The Origin of Species* by Charles is one of them! Published back in 1859, it was banned by Trinity College and Cambridge where Darwin was a student at that time. And unfortunately, in 1925, Tennessee banned the teaching of Charles Darwin's theory of evolution in school until 1967. Read this book and learn about one of the most influential books in the 19th century!

***Unfree Speech: The Threat to Global Democracy and Why We Must Act, Now* by Joshua Wong**

A heartbreaking, real-time, and ongoing issue, *Unfree Speech* was written by Joshua Wong, a Hong Kong student activist, who is currently in jail in Hong Kong due to his protests for democracy. The story explores Joshua's past and how it influenced him to become an inspirational, powerful, Nobel Peace Prize nominee from Hong Kong at the age of 23. For anyone interested in learning about democracy, interested in politics and current issues, this is a must read for you! This true story was the book that got me interested in politics.





***What It Takes: To Live and Lead with Purpose, Laughter and Strength* by Zahra Al-Harazi**

To celebrate International Women's Day, try this book about one of Canada's most successful businesswomen. Zahra Al-Harazi was born in Yemen and moved to Calgary from Minnesota. The story explores her past experiences and how it shaped her to become who she is today. An inspirational and worthwhile read!

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 We Are What We Read

Jason Sullivan



Whatever we put into our bodies goes into the makeup of our being. Years ago I attended a restaurant in Nelson, BC, specializing in delicious garlic dishes. The glory of that mighty plant was on full display and for months after I enjoyed roasting garlic cloves with a little salt and olive oil. Garlic, like any shared experience, is most enjoyable when everyone imbibes. If we all ooze the same aromas out of our pores then a world of olfactory equality arises, right? So, with this in mind, let's consider an action crucial to AU student life: reading! Yet, before we can read literally we might consider how much of social reality involves reading ideologies into our personal identities and beliefs that we tend to take for granted. Everything we see and consume we first read in a sense.

The Personal and The Political

Jurgen Habermas (1929-present) claimed that the goal of a free civil society was for people to inhabit what he called a "rationalized lifeworld" (Habermas, 449). Like eating what we truly are hungry for, while bettering ourselves and our social spaces, Habermas concluded that "integrative social solidarity" must "gain sufficient strength to hold its own against the other two social forces – money and administrative power" (447). For him, "politics is conceived as the reflexive form of substantial ethical life" (442). And as material reality goes, so goes our belief systems.

Yet here a problem arises: norms and values are so external and coercive that they insidiously get inside us—like garlic aroma that lasts for days or body image issues that weaken our self esteem. What began as tasty and healthy becomes something else entirely as it becomes who we are. Just as we are trained to imagine the capitalist marketplace as a value neutral realm of exchanges among rational actors, "the legal institution of an economic society that is supposed to guarantee an essentially non-political common good through the satisfaction of the private aspirations of productive citizens" can make our desires seem natural and inevitable (447). But as soon as we

meet discursive opposition, dissonance arises and we are forced to find new interpretations of our realm. This, in a nutshell, is what education is about. And this, nutcrackers to the nether regions implied, is precisely what pop activist fandoms fail to incorporate: an ability to taste the world in new ways.

Yet, taking hunger as our archetype, we find that the world forges our ideas of what to eat in much the way society frames what is good to read. The “integrative force of solidarity” can mean no one tries anything new, let alone tastes unpopular intellectual fruit, and that can only make social reality blander and more malleable to those with ill intentions, cost-cutting or civil rights limiting, or both (447). And, descending to the nastiest junk food imaginable, memes are such common fortune cookie tidbits of readable brain food that we assume that they provide real sustenance. It remains, surely, for our AU student selves to transcend the simple answers provided by blurb-y words on social media so that we can better ourselves and raise the bar of discourse of those around us. High ideals to be sure, but no one ever doctored up Kraft Dinner by clinging to the directions! After all, the common belief that social media provides free access to information and reality to all would literally eat our academic impulses alive if we didn’t defend the noble ivory tower essence of a university education. For many of our peers, structured education appears wholly necessary in these times of apparently unlimited online information.

Seasoning Our Minds: Another World And Another Meal Are Both Possible

As Zhuangzi (circa the 4th Century BCE) famously put it, “the eye envies the mind”; thus, no food is value neutral in that our mind, unconsciously perhaps, creates our desires according to social expectations. Metaphors of consumption abound through more serious art and literary realms. Think of the joke “Do you like seafood?” “Yup, I see food, I eat food!” In academic disciplines, to read the world is to engage with, and truly masticate, reality so as to taste new possibilities. Margaret Atwood describes her first published novel, *The Edible Woman*, as a 1969 interpretation of eating as a social performance: “it’s a human activity that has all kinds of symbolic connotations”, she says.

As anyone can attest who’s loved or been loved by someone with an eating disorder, or noticed how for some folks every act of eating invoked consumerist notions of self as a product advertising at all times to an unseen but omniscient culture Other (otherwise summarized by the line “will this make me fat?”), eating is never value neutral. Food is a consumerist fact in our times and one maybe a pinch less addressed than countless other politically correct topics. Is that because we in 2021 take it on faith alone that the meaning of life is to live long and be healthy at the expense of flavour and fat?

Maybe food is the ultimate metaphor; as a cursory review of the art world shows, the eye is a favourite theme of consumption. Judy Chicago’s 1979 exhibit *The Dinner Party* highlighted how status and privilege define the way we consume one another with our eyes and minds. Chicago work, in her own words, delivers a “reinterpretation of *The Last Supper* from the point of view of women, who, throughout history, have prepared the meals and set the table.” A critic’s summary describes the dinner scene:

“The central form is a forty-eight-foot triangular table with symbolic places set for thirty-nine “guests of honor”—remarkable women from different stages in Western civilization. Each guest has her own runner, embroidered on one side with her name and on the other with imagery illustrating her achievement. Each place setting includes a glass plate, decorated with a butterfly or floral motif symbolizing the vulva”.

Wow, that’s a different dinner set! To consume challenging imagery is to engage our critical thinking faculties; when we are comfortable in our news and views we aren’t likely to express any

new ideas in our AU essays. Remember, the brain requires more calories than another other organ. And that, despite only weighing 2% of our total mass!

Feminist geniuses have critiqued patriarchy and social norms by questioning how ideas get inside the brain and make their bad brew appear natural and inevitable. If you aren't questioning authority then there's a good chance you are upholding oppressive values. To think that today's world somehow transcends this iron law of rebellion where The Man ("Das Man" for Heidegger fans) operates as a dark shadow menacing enlightenment is surely foolhardy. Any among us can post Simpsons-themed memes about social justice issues but it takes the authentic academic skills of an AU pupil to deploy some rigorous discourse. Maybe to truly read ourselves into our studies and consume new ideas that will make our brains grow up big and strong is to endorse views opposed to the norms of our time. At least, for long enough to broaden our horizons. After all, just as books are just words, and food is just a meal, so too are all actions only momentary dollops of sour cream in the vast soup of life's potential. So next time you see something readable or edible that makes you go "just, no!" give yourself a chance and try it, you might like it!

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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.



Homemade is Better Hash Browns

Chef Corey



Until I worked in food sales, I always admired hash browns at restaurants. They were usually crispy, perfectly shaped, and golden brown. Then I got into cooking and food sales and realized that most restaurants use a premade product from McCain's or Cavendish. Pretty much the only two companies that make foodservice quantities of cubed hash browns. Don't get me wrong; there is a place and time for these products. But if you are a restaurant owner and you're reading this article, consider making them from scratch. It takes a few extra steps. In the restaurant industry, time is money, so grabbing precooked and packed products can be easier and sometimes cheaper. The short-order cook at your local greasy spoon would rather deep fry some prepackaged food than have to make a whole new batch of potatoes, which will take time and effort to do. But I think my recipe is perfect for you, the at-home cook: no deep frying and very little waste.

The most important part of this recipe the type of potato you choose. I prefer Russets for a couple of my recipes. Russet's make for better double-baked, French fries, mashed potatoes, and hash browns. I don't know what it is about them; they tend to be softer when baked and easier to work with. I like red, white, yellow and have a huge adoration for purple, but russets are really the workhorse of potatoes for me. Reds and whites have too much starch, so they don't break down the same as russets. I prefer them for roasting,

while purples are the same. Because of the starch content, they do not make for good mashed, in my opinion. So if you're someone who just gave up making mashed potatoes because it never worked out, it might be the type of potato you were using. YOU might be great at making mashed potatoes, but you chose a potato that doesn't work well with being mashed. I did that for a cooking competition.

I was in my last year of culinary school. I signed up for a "Black Box" competition and chose to mash some Russian blue (also known as purple) potatoes. In retrospect, I should have roasted a melody of potatoes instead. Some simple oil, salt, and let the potatoes speak for themselves. It was a rookie mistake, but I learned a valuable lesson. I still have a great passion for potatoes, and I will usually critique my wife's work when she is making something with potatoes... which is why I tend to cook most of the meals. A little secret for you newly wed's; there is the right way to approach a criticism, then there is my way. Don't get me wrong; I enjoy cooking. We decided a while ago that if I were going to be the parent at home, I would do the cooking. And for the most part, I cook the meals. Thursdays are my hard day; I feel worn out from everything. I'm sure you can all appreciate that feeling.

Well, some interesting facts about potatoes. Potatoes are part of the nightshade family, which is why we have to cook them. Stompin Tom Connors wrong a song about potatoes. His song celebrates the PEI potato from Cavendish. There are about 5000 different varieties globally, and we are only familiar with a small selection in Canada. 3/5's of the varieties are found in South America. According to some facts, McDonald's restaurants are said to prefer the Burbank Russet for their French fries. Potatoes should be stored at 4C if held for the long term; otherwise, they should be kept around 7 – 10 C. It is colder than most houses, mine for sure. So if you do not have a cold room, your refrigerator is the best storage place.

Well, on to this week's recipe!

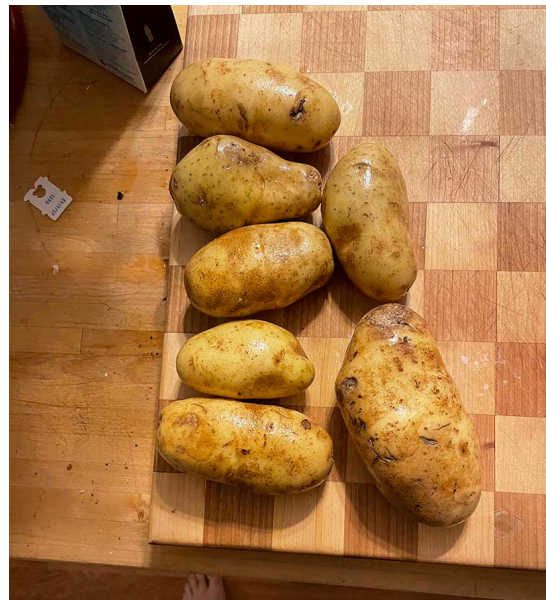
Hash Browns

Ingredients:

4 -5 medium russet potatoes
1 -2 tbsp canola oil
1-2 tsp Kosher salt

Directions:

- 1) Dice your potatoes into equal-sized cubes—about $\frac{1}{4}$ to $\frac{1}{2}$ inches.
- 2) Place them into a medium-sized pot and cover them with water. Add 1 -2 tablespoons of salt.
- 3) Bring the pot to a boil and allow the potatoes to boil for about 5-10 minutes. You want them soft, but not super soft. You should be able to pierce them with a fork and have them slide off. If 5 – 10 minutes is not enough, let them keep boiling, but check them every 5 minutes. You want them to slide off a fork with a bit of encouragement... pushing them gently.





- 4) Once they have finished, strain the potatoes and put them on a baking sheet with parchment and allow them to cool completely. If you do this the night before, they can sit in your fridge until morning.
- 5) Heat a frying pan or griddle to medium heat (around 350F).
- 6) Add the oil to the potatoes and toss them a couple of times to thoroughly coat them. You can just put them in a bowl if that's easiest. BUT be careful; you want to toss them gently, so you don't break them up.
- 7) Once your skillet or griddle are heated up, add your potatoes in batches if you need to, cook over medium-high heat.
- 8) Give them a flip every few minutes to ensure you are getting good browning on all sides.
- 9) Once all the potatoes are heated through, add the salt, and you're done.

10) ALTERNATIVE COOKING METHODS:

- a. You can cook the potatoes in an oven set to 350F. Make sure you stir them every five minutes to get them cooked evenly.
- b. If you have a deep fryer, set it to 350F and fry the cubes a handful at a time until they are crispy.
- c. Add salt to taste.



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



16, 2010.

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

The pandemic has made it easier for some to observe Wear Your Pajamas to Work Day on April 16. We observe that our writers have used (at least) two different spellings for that garment.

Hazel says "pajamas." Former Voice columnist Hazel Anaka laments the days she let drift by without accomplishing much. "Time is a slippery little thing that drips through our clenched fingers." From Where I Sit — Not in the Cards, April

Tamra says "pyjamas." Tamra Ross Low distills the apostrophe's usage into four simple rules for which she provides examples. "Unlike pluralization and spelling, the rules for using the apostrophe are simple, concrete and consistent." The Vexing Apostrophe, October 2, 2002.

How to Love Our Fellow Students & Professors

Marie Well



When we love our fellow students and professors, we leverage our grades, our friendships, and our enjoyment of academics. Here are 10 ways to love our colleagues and mentors in academia:

#1: Avoid competing with others. Compete only with ourselves. If another student outshines us, seek synergy, where we strive to be our best and nurture the best in others. Let someone else's success inspire us to excel ourselves as students.

#2: Be the classroom cheerleader. Cheer on our professor's wisdom. Cheer on our fellow students' questions and comments. Bring on the positive energy with our very presence.

#3: Nurture—even mentor—our fellow students. Try to have the attitude of “no-one left behind.” Everyone gains from knowledge. If a fellow student is struggling, we benefit from offering a helping hand. The student gains support, and we learn faster by teaching others.

#4: See ourselves as part of a team. Our fellow students are on our team. Success for everyone is the ultimate goal—in life and in academics.

#5: Boast about our professors' and fellow students' finer qualities. I heard a story from Paul Friedman that went something like this: “My son told me that a fellow student didn't like him. So, I asked my son, ‘Do you like him?’ My son said yes. So I asked, ‘Do you tell him how great he is at what he loves to do? Do you tell him the reasons why you like him so much?’ My son said no. I replied, ‘Then why should he like you?’” The moral is to dwell on every positive about others, boast about others, praise them, lift them high—every chance we get!

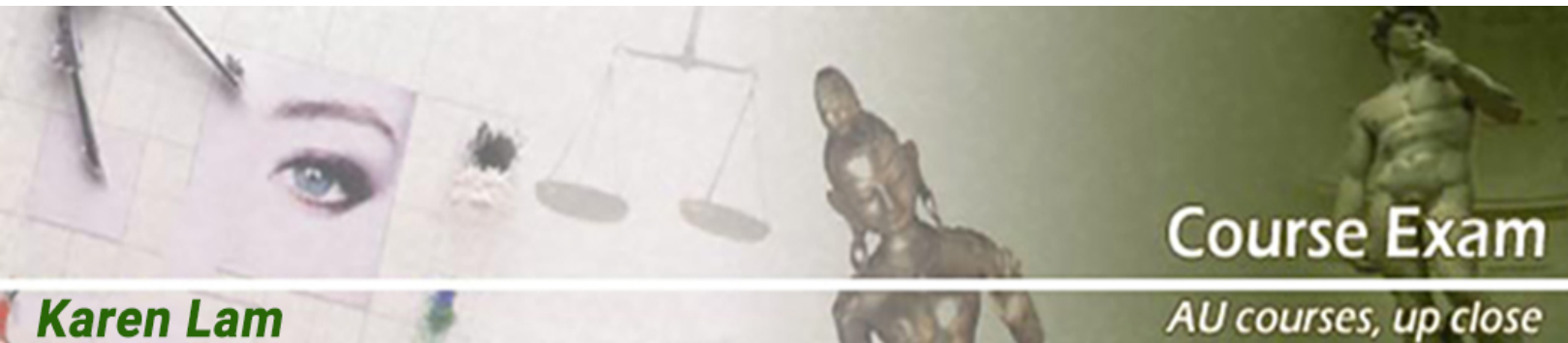
#6: Don't argue with the professor. A loved one told me that China culturally holds their teachers in great esteem. If we uphold our teachers as valuable and worthwhile mentors, we gain an eternity. Teachers impart knowledge, even wisdom, and that insight can change lives. Teachers are like gold. Not one of them should be minimized. If we take a bad class but learn at least one thing, we have grown.

#7: Side with our professors when they are faced with resistance. When another student criticizes or condemns our professors, it's important we come to our professors' defense. Learning increases in cooperative environments. And we can best model that cooperation by showing support to those who impart knowledge on us.

#8: When we fail, find the opportunity in our failures, says Napoleon Hill. We rise above when we stay positive, optimistic, and cooperative even when faced with failure. Failure is never the end. In fact, failure offers an opportunity for us to grow, to discover more about ourselves, to find out where we fit today and might better fit tomorrow. When my niece said sadly that she quit high school, I replied, “Don't feel bad. You were practicing. Next time, you'll claim your diploma.”

#9: Go the extra mile. If we are assigned a textbook on linear algebra, perhaps we could borrow and read five other linear algebra textbooks from the library. That way, we go beyond what is required in a way that fills any holes in knowledge. One friend modeled this approach by reading multiple textbooks, simultaneously, on the same subject. She made it to the PhD.

#10: Max out on participation marks. If our prof gives marks for our attendance on a forum, max out our marks with lots of contributions. No prof will scowl when we put up our hand every chance or when we heavily participate in their online communities. In fact, that participation is what tends to distinguish A students from the rest.

**Karen Lam****Course Exam***AU courses, up close***Course Exam****Karen Lam****PSYC 200 (Introduction to Career Development)**

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.

PSYC 200 is a three-credit junior level psychology course designed to “review the history of career counselling and discusses a sampling of career development theories, the general process of career counselling, the career concerns of diverse client populations, and different settings in which career counsellors work.” The course has no pre-requisites and is available for Challenge for Credit.

Why You Should Take This Course

The course is designed for students who are interested in a career as a career counsellor or interested in understanding the field of career counselling. For human resources professionals, potential or current career counsellors looking for upgrading or refresher, or simply someone who wishes to understand how career counselling works for personal growth, this is the course for you!

This course examines the history of career counselling, sampling theories, process of career counseling and the concerns that are most seen in the client population. I personally think this course is worthwhile for anyone to take, as most of us have had a part of our life where we wondered about our career, either in the past, present, or future. Or simply being available to help your current or future children or friends or colleagues with career advice. Understanding the potential concerns can help determine how to address them or visit a career counsellor!

Course, Assignment, Projects, and Quizzes Details

The course is composed of eight units starting with an Introduction to Career Counselling and Career Development Theories, expanding to understanding the development of relationship and defining career concerns. The course further expands in exploring the problem and understand the self to exploring the problem in terms of contextual and labour market options. The course wraps up with action planning and evaluation, career development and diverse populations and finally, career counselling in different settings.

The course includes a career questionnaire that is worth five percent of the overall mark along with four application papers each worth 12.5% for a total of 50%. The course does not have any final exams, but there are three quizzes with quiz one and three worth 7.5% and quiz two worth 10%. The final item for the course is a research project that is worth 20%.

For those who do not enjoy exams, this course has no midterm or final exams! Only three quizzes and a few papers and a project.

How to Be Successful in the Course

Student Tips

From personal experience with psychology courses, these courses are typically terminology and content heavy, and require more memorization. As there is no midterm or final exam for the course, students will only need to focus on quizzes for studying. Using cue cards and Quizlet will be helpful to test yourself of knowledge.

For papers and the research project, as they are typically more time consuming due to the amount of writing and research required, starting early will be key to allow for adequate time to research, edit, revise, and edit. As with any course if you are unsure about anything, the first place I recommend to look is the Moodle Discussion board, as if you have the question, there is a highly likely chance another student asked. If you cannot find your question on the Discussion board, your Tutor is always there for you.

For research projects, I always find looking for a topic and finding appropriate resources an important part and a first step. It is always extremely helpful to check with your tutor if the topic is appropriate and if it will be detailed enough for you to write your research paper on. Your tutor can give you appropriate feedback for you before you begin writing and researching! I have done this for my Computer Science and other courses, and they have always helped me successfully completed the paper.

Questions?

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Aging Matters Scholarship

Sponsored by: SeniorCare.com

Deadline: May 15, 2021

Potential payout: \$1500

Eligibility restriction: Applicants must be attending, or enrolled to attend in Fall 2021, an accredited university or college program full-time.

What's required: A completed online application, including contact and academic info, and a 800-1000 word essay on "Why aging matters to you."

Tips: Read [past winners' essays](#) (on different topics) for inspiration.

Where to get info: www.seniorcare.com/scholarship/



The Not-So Starving Student Easy Friday Night Calamari Marinara

Xine Xu



Butter Ever feel like having something fancier than just take out for Friday night? When I feel like having something more exotic without putting a significant amount of time in the kitchen, I turn to my pasta dishes. Besides the traditional meatball marinara, ever considered a seafood marinara? If you're not a big fan of squid, shrimp also works great with this recipe. This is a personal recipe that I've used for many years. I recall the day I first tested this recipe was when my parents had a few leftover pre-cut calamari rings in the freezer and didn't have any inspiration for a recipe. Since that day I've revamped this recipe to create a more flavorful sauce base for the pasta.

One of my favorite elements about seafood pasta is the incredible flavor that comes from seafood mixed with a rich tomato or cream base that just melts in your mouth. I love the mix of texture I get with squid as well that can't be found with traditional meatball marinaras. The ingredients are incredibly simple and I whipped up this dish in under 30 minutes without finishing the latest episode of *Kobra Kai* on Netflix.

Prep time: 10 minutes

Cook time: 20 minutes

Makes 2 servings

Cooking utensils:

Frying pan
Stock pot

Ingredients:

400 mL Marinara sauce
2 medium sized frozen/pre-processed squids (8 inches length) or 2 servings of peeled uncooked shrimp (20 medium sized shrimp)
3 cloves garlic
½ yellow or white onion
1 tbsp mayo
½ tbsp unsalted butter
1.5 cup of uncooked pasta (1 serving)
4 cups water
1 tbsp coarsely chopped cilantro or parsley
2 strips bacon
2 tbsp olive oil or vegetable oil
1 tbsp white wine or cooking wine
Salt/pepper to taste



Instructions:

1. Add 4 cups of water to a stock pot and boil water under high heat
2. When water is boiling, add 1.5 cup of uncooked pasta and turn heat to high. Cook for 20 minutes.
3. Clean squid under running water and remove innards if unprocessed. If frozen, ensure squid is fully thawed.
4. Pat squid dry with paper towel and chop into 1 cm sized uniform rings as shown in image.
5. Add 2 slices of bacon to the frying pan and cook until bacon is golden brown and set aside, drain excess oil/fat if desired. Once cool, cut bacon into coarse bits.
6. Finely mince garlic.
7. Heat frying pan to medium-high heat and add 2 tbsp olive oil or vegetable oil to pan. Add onions to pan and stir fry until slightly charred.
8. Add squid into frying pan and close lid to cook for 3 minutes.
9. Add marinara sauce, course bacon bits, mayo, butter, garlic, salt/pepper to taste, cooking wine/white wine and allow it to simmer under low-medium heat until pasta is ready to serve.
10. Cook pasta for 20 minutes or until au dente and plate on a large dish.
11. Add marinara sauce with squid over cooked pasta, mix and serve!



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





Refilling the Nest

Dear Barb:

My wife and myself and our two kids recently had to move back in with my parents. Because of the pandemic, we both lost our jobs and couldn't afford our rent. We feel bad about having to do this. My parents are retired and have good pensions so finances are not an issue for them. They have been retired for several years, so they are well into their routines. Our children are 4 and 6 and fairly active and I think it is rough on my parents. We try to keep them occupied, but they are just kids and need to have the freedom to be themselves.

My parents haven't come right out and said the kids are wearing on them, but I can see it in their demeanor. We cannot afford to move out, and I don't think my parents would actually suggest that, so I need to find a way to work this situation out to everyone's benefit. Do you have suggestions that would be helpful, so we can all live together in peace until things get back to normal? Thanks for your help, Gary.

Hi Gary:

Times are tough no doubt about it. You are fortunate to have parents who can accommodate you and your family. I'm sure this is not something you wanted to do, but if managed properly it can be a bonding and satisfying experience for you and your

family.

The main thing is to respect your parent's space. Do whatever you can to help in the home with cooking, laundry, and other household chores. Your parents, as well as your family, need to have their own time and space. I am sure your parents have TV shows or movies that they like to watch and during these times it is important that you keep your children occupied, either in their rooms, or doing an outside activity. This also applies to hobbies your parents may be involved in. As well don't leave all the cooking to your mother. I am sure she would like to prepare some meals, but it is a lot of work to have to do a huge meal every night for six people. Take turns preparing dinner and cleaning up after. Do your own laundry. Also have a games night with your parents, where everybody can relax and have some fun.

Remember this is a temporary situation and everyone has had to give up something during the pandemic, but there is a light at the end of the tunnel, as the vaccine becomes available to all.

A book that you may find helpful, although it was written prior to the pandemic is *Under One Roof Again, All Grown Up and Relearning to Live Happily Together*; many parts of it are still relevant. It's available at Amazon and Barnes and Noble.

Thanks for writing Gary.

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.



Chazz Bravado: Male Feminist More Gun Control

Wanda Waterman



Today I tried
to convince
a feminist
that real women
LOVE guns.



"How could
you not?"
I queried.



"They're, like,
the ultimate
phallic symbol!"



"You DO
like phalluses,
'don't you?"



(Sigh.)



If I'd only
had a gun . . .

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

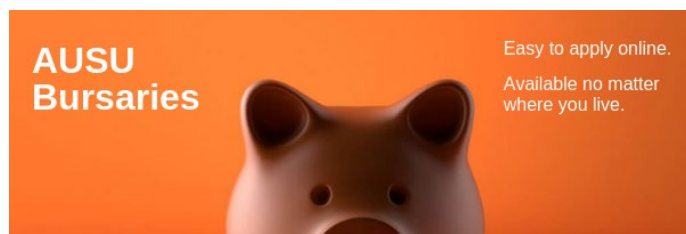
AUSU has [year-round bursaries](#) available for AU undergrad students in financial need.

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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