



THE VOICE

Vol 29 Issue 31 2021-08-06

Surviving A Road Trip

How to Do it With Young Children

The Reading List

Student Selected Books for August, 20201

Team Speak

Olympic Gold and the Individual

Plus:

Course Exam: POEC 302

*The Fly on the Wall
and much more!*



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

Surviving a Road Trip With Young Children 4

Articles

Editorial: *Team Speak*..... 3
The Reading List: *August 2021* 5
Ways to Turn Hardships into Games 16

Columns

Fly on the Wall: *Skipping Gleeefully Between Hills of Learning* 7
The Study Dude: *Cookbook for an Essay, Part III* 9
Course Exam: *POEC 302 (Approaches to Political Economy)* 11
Homemade is Better: *Fajita Salad* 12
Dear Barb: *A Family Business* 17

News and Events

Scholarship of the Week..... 6
AU-Thentic Events 8
Student Sizzle 10
Vintage Voice..... 10
AUSU Updates 19

Comics

Poet Maeve: *Living with Their Pain*..... 18

The Voice Magazine

www.voicemagazine.org
301 Energy Square
10109 – 106 ST NW
Edmonton AB
T5J 3L7

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Barbara
Lehtiniemi, Angela Pappas,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

Views and articles
presented here are those
of the contributors and do
not represent the views of
AUSU Student Council.

The Voice is published
almost every Friday in
HTML and PDF format.

For weekly email reminders
as each issue is posted, fill
out the subscription form
[here](#).

The Voice does not share its
subscriber list with anyone.
Even I don't look at it, it's
all on auto.

Volume 29, Issue 31

© 2021 by The Voice
Magazine

ISSN 2561-3634

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 Team Speak

Karl Low



This morning I managed to catch the last little bit of the Women's Olympic Gold-Medal Soccer (or Football as it's known to most of the world) match. As you probably already know (spoiler!) we won.

It was messy, and, at least in my completely untrained opinion, the Canadian team was more or less outclassed by the Swedish team, but the Canadian women held on well enough to bring it to a penalty kick shoot-out, and there, not having to deal with team play, Canada managed to bring home the gold.

This is obviously nice for Canada, and an exceptional thing for these women, but to me it showed something more. It showed how an extremely solid team performance can outclass a group of extremely talented individuals—unless outside forces constrain the team from operating together.

It seems telling that our only other goal during the game was also during a penalty kick, again, divorced from the team as a whole. And while I'm not trying to take away from the athleticism or abilities of these women (I certainly wouldn't be

able to keep up with them for even the first few minutes, never mind two grueling hours) I hope their coach takes the time after the celebration to use that match to school them in the importance of the team.

When the Swedes got hold of the ball, they invariably passed it to someone. Occasionally it would get taken away by a Canadian player, but more often than not, another Swede was there to collect it. It was almost graceful, like a carefully planned dance. In contrast, when the Canadian team had the ball, they simply seemed to try to ditch it as far away as possible. If someone was there to receive it, it was happy coincidence, but there didn't seem to be a lot of passing, certainly not successful passing, going on.

Now take that thought, and turn around and apply it to our various systems. Our electoral system, for instance, even though it's supposedly about individual candidates, in reality it's about the parties, and in the real politik sense, it's not even about that most of the time, but rather about the single individual actor leading the party. This is a view held by and promoted as well by most of our media, because, let's be honest, it's a lot easier to create a story centered around a single person than it is to write a story of a whole group trying to make positive changes. And in return, our political apparatus warps itself to better take advantage and support that media focus.

Do you know the name of your local MP or MLA? If you do, you're in a small minority of Canadians. Do you know the names of the leaders of the various parties? Probably, especially the party in power. Yet, when push comes to shove, who is more likely to listen to you personally?

Like the Canadian soccer team, we, the Canadian public need to start considering our actions in more of a team manner. This is not about your freedoms, this is not about my freedoms, this is about making sure that the team wins. But our entire society is built to work against that, from our media reporting to our sports to our politics. Is it any surprise that so many people seem to be unable to think of themselves as part of a wider society, but only look at their own point of view? I'm not sure how to fix this. But I think acknowledging that it's happening might be a good first step. Enjoy the read.

A handwritten signature in black ink, appearing to read 'Karl', with a stylized flourish at the end.

Surviving a Road Trip with Young Children

Jessica Young



Now that COVID-19 restrictions are easing throughout Canada, many of us are making plans to travel again—at least within the country. Traveling with young children can be intimidating, especially if you're preparing for a long car ride. My kids and I frequently drive over six hours away to visit family, so I've had plenty of time to sharpen my skills. Here are some tips to make your next road trip with kids a little bit easier:

Leave as Early as Possible

I like to leave as early as seven in the morning when we go on a long drive. Get everything you need ready the night before and get up before the kids to get yourself completely ready for the drive. Then wake the kids, give them breakfast, and get in the car right away. I even let my kids go in their pajamas! Not only will you arrive at your destination earlier, but the kids will be more

inclined to nap on the way.

Pack a Bag of Fun Activities and Comforting Items

Each of my kids has a backpack full of goodies waiting for them when they get in the car. Go to the dollar store before your trip to pick up some new colouring books, notepads, and stickers. Mess-free sensory toys like stress balls or light up wands are also a great option. Adding new items that your children have never seen before creates excitement, and will keep them busy longer than if you only grab items they are already familiar with. I also add a few of their favourite books, a stuffed animal, a cozy blanket, water bottle, and a sleeping mask.

Snacks, Snacks, and More Snacks

I try to stop as little as possible during the drive. Too much getting in and out of the car increases the overall time of the trip and eventually makes the kids frustrated. For this reason, I pack all of our food from home and only stop for bathroom breaks. Sandwiches, apple slices, bananas, goldfish, pepperoni sticks, cheese, granola bars, and nuts are all favourites for my family. I like to choose finger foods that won't make a huge mess and are relatively healthy—although there is nothing wrong with rewarding (or bribing) kids with a treat, too much sugary junk on a long car ride risks upsetting little tummies. Don't forget to bring a pack of baby wipes to clean up sticky hands and faces on the go!

Passing on Screen-Time

I try to limit the amount of screen time my kids have, so I don't pack tablets or other electronics for the ride. Although using screens to distract children is definitely easier (and sometimes absolutely necessary!) it feels so much better that my kids have learned to tolerate long drives the way I did with a child—looking out the window, playing driving games, reading, and chatting with their family.

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

The Reading List

August 2021

Karen Lam

As we're coming to the end of the summer, many of us are taking last minute travel trips, camping trips, completing summer classes, and preparing for the Fall. This year, it looks like the Fall will be much closer to normal than it has been for the past year. With the variants, fluctuating weather, and smoke, most of us are balancing our time outdoors and indoors. Regardless of where you are, try one of the recommended reads for the month! Enjoy the remaining summer before we head into the fall!

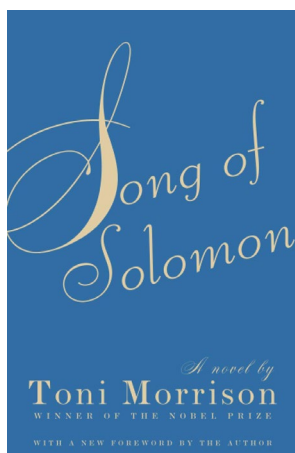
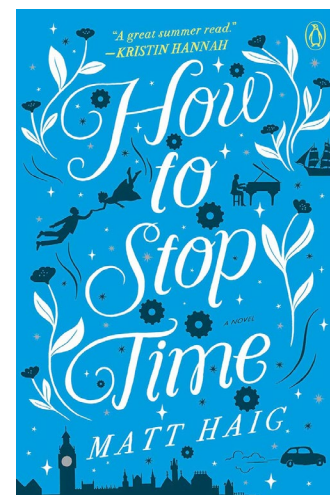


A Million Things by Emily Spurr

A story about a young girl, Rae, dealing with abandonment. Rae lives outside Melbourne, Australia, with no one except her dog Splinter. The story is told from Rae's perspective and explores why she is living alone and how to conquer loneliness. Rae tries her best to get through the days and pretends to be a normal child at school. Rae also hides the truth about her mom, however, everything changes when Rae meets her elderly neighbor. A must read for fiction fans!

How to Stop Time by Matt Haig

Calling fans of *The Midnight Library*! If you loved *The Midnight Library*, this book is a must read for you! Another book by the same author, *How to Stop Time* is a story about Tom Hazard that has a dangerous secret. Despite looking like an ordinary individual, he has a rare condition, he doesn't age, or more specifically, he does age but at an incredibly slow pace. As a result, Tom has lived for a long period of time. However, Tom has another secret, he is not allowed to fall in love. A story that allows readers to examine what it is like to find yourself, how change can be certainty rather than uncertainty, and what it's like to fall in love and mistakes all humans will make. The story is a beautifully written story about learning, growing, and falling in love.

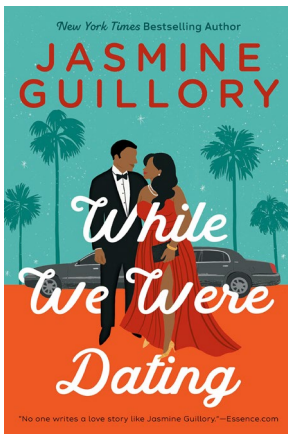
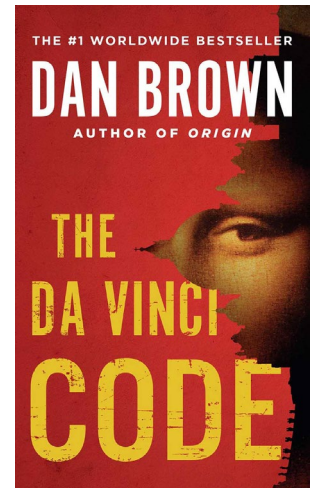


Song of Solomon by Toni Morrison

Song of Solomon is a book that examines the coming of age, it explores the lasting impacts of slavery and racism and focuses on the Macon Milkman Dead III and his family. The book won the National Book Critics Award for Fiction in 1978. A recommended read for everyone!

***The Da Vinci Code* by Dan Brown**

Bringing out one of the classics! For those who have not read any books by Dan Brown, this is a must read! A story that explores Harvard symbologist Robert Langdon and how a sudden phone call in the night woke up him. A curator has been murdered inside a museum and the murder left symbols all over their body. Robert and a French cryptologist work through the riddles and puzzles to discover the clues hidden inside Leonardo da Vinci to determine the message by the painter and figure out why the curator was murdered. This book is for all fiction, mystery, and thriller fans!

***While We Were Dating* by Jasmine Guillory**

Calling all romantic comedy fans! A story about dating, work life, and family life and the real issues that persist. *While We Were Dating* explores the story of a stunning actress Anna who meets Ben, a gentleman who is not into serious relationships. Interested in knowing what happens next? Try this recommended read!

Happy summer reading!

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: George F. Jones Scholarship

Sponsored by: Canadian Rugby Foundation

Deadline: September 1, 2021, 4pm PST

Potential payout: not stated

Eligibility restriction: Applicants must be involved in the sport of rugby (as a player, coach, or administrator,) and enrolled in a full-time degree, diploma, or certification program at a Canadian university or college.

What's required: A completed [application form](#), along with two letters of reference, a photo, and a 250-word statement describing your involvement with rugby and why you would be a worthy recipient of the scholarship.

Tips: Applications can be emailed, mailed, or sent by courier.

Where to get info: canadianrugbyfoundation.ca/index.php/scholarship/george-f-jones/



Fly on the Wall Skipping Gleefully Between Hills of Learning

Jason Sullivan



Wisdom and enlightenment require a sense of humour; if you don't believe me, think of how dour and miserable activists often seem! Happily, rural life as an AU student is often devoid of such sandwich board simplifications of us versus them and good versus evil. The further from a college campus the less strident and asinine are the political rigidities; after all, brick and mortar means walls and borders!

For those of us old enough to remember, George W. Bush kind of laid down the law with silly string with his preposterous axis of evil speeches where he claimed that: "you're either with us or you're against us" (Bush, online).

Labile approaches to life help ease the transformation of our new learning into our social

spheres. I'm reminded of a classic redneck phrase in my town that goes:

Q: "You Know Martin?"

A: "Martin the fuck up!"

It's a means to tell off someone who's veering into ass-hat terrain, discursively speaking, while also inciting a chortle or two on the part of the audience. We at AU aren't going to use our education socially if we start to spout statements that our interlocutors can't possibly relate to; it helps to have some humor or some familiar references. Because we're all in this life-learning story together, and we're not superior because we're chasing a diploma along with a few bass or bucks. Perhaps a return to simpler fare is in order.

From Beyond Hallowed Walls, Ineffable Mysteries Remain

Haters are going to hate, however, and especially when university by mail (like a spouse or a robot dog?) is involved. It's been that way since at least the time of Anne of Green Gables, I'd wager. The philosopher-cum-Trappist monk Thomas Merton adds a rejoinder to those who believe that their common-sense amounts to the same thing as a good education (or vice versa), "There, there is the crooked tree, the moss with my secrets, those pines upon that cliff of shake, the valley living with the tunes of diesel trains. Nobody knows the exact place I speak of, and why should I tell them?" (Merton, 117).

Secret gardens of the mind, nature reserves where we pine away solitary hours, shared alcoves of discursive mystery and joy, these all dovetail nicely with distance education that occurs far away from bustling paved metropolises. We do want to be able to translate our learnings, however. There's little more joyful than being able to spread the mystery of our delights in a way that at least yields an "aha" moment or two. But academia is about far more than reaching out to our humble fellow plebeians who have yet to enter university halls.

Better be it that we focus on creating something new for ourselves, a sort of scholastic sidepiece to the rigours of our coursework toils. You never know, a little extra grist for the mill may come in handy one day. Plus, some extraneous writing and research provides a ready-made Warholian answer to that stump query: what are we going to do with our degree? If you're reading or

skimming this I'd suggest to try writing for *The Voice Magazine* yourself; it's very exciting, and it can be a great sideline to your ordinary study regime! There's nothing boring about imagining an audience of fellow students and then trying to address them the best way we know how. You might learn a lot about yourself, I know I have.

First: Stick a Pencil Behind Your Ear and Imagine Yourself as a Journalist

Learning how to express our self, our real self, with greater clarity and precision can come along with extra-curricular writing. The juiciest moments arise when we're least expecting them. And writing, like learning, allows us to thrive in new expressive ways. Remember: we don't have to say it like Hallmark, or even like our favourite social theorists. To write an idea down in our way is already more than many others attempt, in or outside of that invisible classroom of life.

Personalizing our learning really means being aware of life itself; we're all in the classroom of life every day just by being alive. Merton points out that the more we remember the beautiful moments the more balanced our existence will be. He recalls bounding from hill to hill singing an old-fashioned song: "At once I remember all the afternoons I had been out in the woods, the dark afternoons in the gullies along the creeks and the rainy afternoons on top of the knobs and the day I sang the *Pater Noster* on one knob and then on another; the day I found the daffodils in an unexpected place, and the other day when I picked them in a place where I knew they would be...I knew (as I always guessed) that I had every time come home with something tremendous, although my hands were always empty" (Merton, 135).

In this way, AU studies add ineffable aspects to our being. We don't just get out what we put in in some dull calculus of the mind; what we glean is often intangible by the standards of ordinary life and even our previous selves. As new tides of ideas arrive in our minds there's no telling what will turn up on shore; to quantify the growth of our intellect would be like measuring the beauty of a beach by weighing the sand. Learning how to learn is surely the most transferable skill of all, and dovetails with learning how to inquisitively enjoy life itself.

References

- Bush, G.W. (2001, Nov 6). 'You are either with us or you are against us.' CNN.com. Retrieved from <https://edition.cnn.com/2001/US/11/06/gen.attack.on.terror/>
- Merton, T. (2004). *A Year With Thomas Merton*. Harper-San Francisco.

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.

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie August Edition: First Nation Stories

Aug 1 to Aug 31

Online

Hosted by AU Nukskahtowin

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

Access through above link

AU MBA and the CHE designation

Thur, Aug 12, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business and CCHL

news.athabascau.ca/events/special-live-webinar-au-mba-and-the-che-designation/

Open to current MBA students; email fb-business@athabascau.ca to register

All events are free unless otherwise noted.



The Study Dude A Cookbook on How to Write an Essay

Marie Well



The Editing Phase

Over the last two weeks, I've written about the essay research phase and the essay writing phase. This week, let's focus on the essay editing phase.

To earn an A+ essay, it's essential that you ensure your paper has not a single spelling or grammatical error. That means you need to devote at least three days, ideally up to a week-and-a-half to editing. The more time you have for editing, the better. That's why I advise you start researching your essay the day it gets assigned.

For a recipe for editing, the only ingredients needed are a first draft of an essay, a red pen, a computer, printer, and paper. You may also require a library database, just in case you need more research to get a minimum of three quotes per paragraph or section.

With those elements at hand, here is page three of a cookbook for essays—the editing phase:

First, print off your first draft of the essay.

Next, comb through the essay with a red pen and mark any glaring spelling, grammatical, or structural errors. Do a once through in one sitting. Immediately go to your computer and type in your changes directly into your essay while they're fresh in your mind.

If you've allotted a week and a half for editing, put the paper aside for two days. If you've only allotted yourself three days for editing, put the paper aside for just the night. Once the time has lapsed, print out your revised paper and comb through it again, marking up any changes with red pen.

Keep in mind that if you make a lot of structural changes you might want to number each paragraph with red pen. That way, if you move paragraph 5 to before paragraph 15, it's easier to jot down and follow.

Immediately after marking up your paper, type in your corrections.

If you've allotted a week and a half for editing, then put the paper aside for another two days. Then repeat the editing process every two days until four days before submission date. In between edits, seek out additional articles to quote that might strengthen the weaker sounding parts of your essay.

If you've allotted yourself only three days for editing, you'll need to maximize each day with multiple edits, correcting any glaring errors. You'll also need to ensure that you have not one spelling or grammatical error. Get your friend to proofread your essay, if possible. Only once you print it out and find nothing to change, it's ready to be handed in.

If you've allotted yourself a week and a half for edits, transition to daily editing four days before submission. That means, keep printing out your paper and making minor revisions—multiple times a day—until you finally print it out—and find not a single error.

For an even higher grade, read your essay out loud, making changes to the flow and rhythm of your paper. Also, pull out a thesaurus and replace weak sounding words with more accurate or punchier sounding ones.

You'll also need a clever title, a gripping opening sentence, and a provocative conclusion. But that is another recipe.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Citation coaching. When a student posts about struggling with an in-text APA citation, many responses flood in with guidance and advice. The essay in question went on to garner a mark of 91%, so that's worth a silver medal, at least.

Discord

Doctor Discord. A long thread in the #general channel recounts the array of physical effects students' experienced after getting their COVID-19 vaccine.

reddit

Decoding the exam procedures. A new student's query about how and when to book exams is answered quickly and clearly by another student. Everything you need to know in one paragraph!

Twitter

@aulibarchives tweets: "AU Library will be taking a summer break from chat for August. Chat will be back in September! Contact us: <http://library.athabasca.ca/AskAULibrary.html> #AULibrary #summerhours."



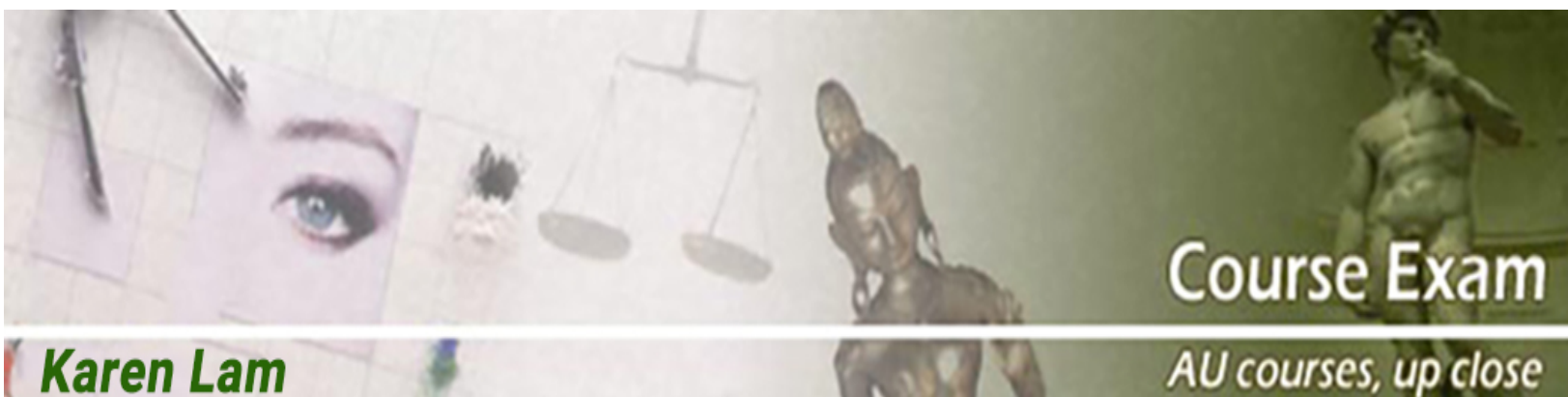
Unearthing classic articles from previous issues of The Voice Magazine

The 2020 Summer Olympics (yes, 2020!) wind up on August 8, 2021 in Tokyo. Each Olympiad seems to gather its own drama, and our writers weigh in on their views of games past.

Winning isn't everything. Really! Following the summer games of London 2012, former Voice editor Christina M. Frey explains why losing is sometimes better than winning—in life as well as the Olympics. "Would you believe me if

I said that third-place winners are happier than those who come in second?" Editorial—Win, Lose, or Blah, August 10, 2012.

The medal machine. At the conclusion of Athens 2004, Debbie Jabbour muses on the appeal of the Olympics, and rails against the growing elitism of the games. "The Olympics combine sports and nationalism into a ceremonial performance that is almost religious in nature..." From My Perspective—The Olympics, August 25, 2004.



Karen Lam

Course Exam

AU courses, up close

Course Exam

Karen Lam

POEC 302 (Theories and Approaches to Political Economy)

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.

POEC 302 is a three-credit course that examines the relationship between politics and economics and how that changes with time. The course also examines the fundamental ideal relationship between politics and economics, states and markets, democracy, and capitalism. Students will have the chance to read the works of major political and economic thinkers and contemporary approaches such as feminism, anti-racism, and environmental political economy.

Who Should Take This Course and Why

For this course, we had the opportunity to interview Jenna, currently an open student at AU taking courses to determine which program she will specialize in. When we asked Jenna why she took POEC 302 she stated, "Politics has always interested me, and I've known for the longest time that it influences all areas including economics, health care, and essentially everything. When I came across the course, I knew I had to take it as I would learn lots of valuable information from it."

Jenna recommended this course to everyone stating, "POEC 302 is a course that examines the relationship between politics and economics. It helps us understand and appreciate the relationship between the two and how it produces the traditional culture that exists today. The course will also teach us the interdependence of political and ideological issues of power along with problems that exist such as poverty, inflation, and unemployment. I absolutely would recommend this course to everyone as I think it is very worthwhile."

Course, TME, and Assignments Details

The course consists of the ten units including background, Ancient and Mercantilist Foundations, Smith, Ricardo, and Malthus, Marx and Early Marxian Approaches to Political Economy, Marginalist Economics: The Utilitarianism of Jevons, Menger and Walras, Economic Sociology: Weber, Schumpeter and Galbraith, Thorstein Veblen and John Maynard Keynes, Rise of Neoliberalism: The Austrian and Chicago Schools, Intersectional Analysis, and finally, the Revival of Critical Political and Future of Capitalism.

The course consists of three TME that are worth 15%, 15% and 30% respectively. The final research paper is worth 40%. There are no midterms or final exams for the course.

How to Be Successful in the Course

Course Tutor's Advice for the Course – Dr. Jason Lacharite

Dr. Jason Lacharite has a PhD in Political Science from Monash University, Melbourne, Australia. Dr. Lacharite's research interests include the relationship between globalization and Canadian tax and social policy, Chinese politics, government, and history, strategic studies in the Asia Pacific region, and comparative public policy in the OECD. Dr. Lacharite is also a Senior instructor with the Department of Political Science at the University of Northern British Columbia, Prince George, B.C.

When we asked Dr. Lacharite for his advice for the course he recommended this course to, "everybody and anybody interested in discovering how politics and economics mix, mingle, and match." Dr. Lacharite also gave students interested in this course the advice to, "critically evaluate the assigned readings and conduct some independent research. To the extent possible, always try to use your own voice."

Student's Advice for the Course – Jenna

When we asked for Jenna's advice for students is "make sure to read the readings and allocate time for the independent research. If you do the readings in advance, you'll find that it is much easier to read. For the research paper, try to give yourself time to do the research before writing. Cramming would make the experience very stressful, and I highly do not recommend doing so."

Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at jasonl@athabasca.ca. Happy learning!

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



Homemade is Better Fajita Salad

Chef Corey

I was scrolling my twitter feed one day and I saw one of the local butchers in Edmonton showing off some skirt steak. It inspired me for that night's dinner. But when I drove to my favorite butcher and asked them for some skirt steak, they were out. I persevered and picked up some flank steak instead. Bob Ross used to say there are no mistakes, only happy accidents. I like flank steak and its neighbours to the plate, where the skirt steak comes from.

Flank steak has some great versatility! I looked up beefitswhatsfordinner.com and discovered that it can be grilled, stir fried, broiled, smoked and sous vide. It's also a great source of Protein, but also Zinc, Niacin, Vitamins B6 and B12, Selenium, Phosphorus, and Choline. This list made me curious though. We see these things that we're told are good for us, and I know from friends that vegetarians and vegans must work so much harder to

ensure they are getting complete proteins, but why is meat considered good for us?

I looked up the chemicals to understand why our bodies need them. The Mayo clinic's website states that niacin, aka nicotinic acid, is a form of vitamin B3, which is used by our nervous system, digestive system, and our skin. The Mayo clinic also cites research that shows niacin as useful in raising your good cholesterol (HDL). A lack of niacin, which North Americans do not need to worry about, has also been linked to birth defects in mice. I also found a list of foods that contain niacin, and it turns out most of us likely eat some or all of them regularly. Yeast, milk, meat, tortillas, and cereal grains all contain niacin.

Protein is another nutrient that we need, and I would hazard a guess and say most North Americans know that we need protein. We should be consuming 0.8g of protein for every kilogram of body weight, or 7g for every 20 pounds. Protein is made of a multitude of amino acids, and it is what powers our bodies. Amino acids are so important that we require nine of them to survive, these are known as the essential amino acids. I'm not going to go deep into these because I would just be going down the rabbit hole if I do. But Harvard university has a great article on protein, and you can search for it in your preferred search engine.

Zinc is seen as an "essential mineral" according to the National Institute of Health. Our bodies cannot store zinc, yet we need it for growth and development. It aids in healing, DNA synthesis, and cell division. It is also the catalyst for a multitude of enzymes, around 100. Three ounces of flank steak contains around 4.3mg of zinc or 40% of your daily needs.

Vitamin B6 is used in metabolism and cognition. It is a combination of six compounds, and they are readily available in a variety of foods such as fish, beef, potatoes, and non-citrus fruits. B12 is required for red blood cell formation and is used by our nervous system. It is contained in meats like fish, chicken, eggs, and dairy. Both vitamins are available as a supplement should a medical professional suggest you take it.

Selenium is also widely available in many foods. It's uses include reproduction, thyroid metabolism, DNA synthesis, and oxidative damage. Our body stores it, and uses it as needed. It is richest in Brazil nuts, seafood, and organ meats, but we also get it from bread, meat, poultry, grains, and eggs.

Phosphorus is used in our bones and our teeth. It is interrelated to calcium as well, since they both help our skeletal system. Phosphorus is found in many of the food we consume, and that are also in the article. We get our highest



amounts from dairy products though, and when we consume it from animal products it is absorbed more efficiently.

Lastly, choline is used to synthesize two phospholipids that are used in cell membranes. It is also needed to produce an important neurotransmitter that helps memory, moods, muscle control, and other brain and nervous system functions. We get choline from animal products like milk, cheese, fish, chicken, meats, and whole grains.

So now you have a little information about what some of these chemicals do. Incidentally, I was able to find most of this information on the National Institutes of Health's website. Each page contained more information about each nutrient does, and it goes into more detail.

For today's recipe, grilled my flank steak after seasoning it with some Big Daddy's seasoning. I grilled it until it was around 135F, but you could go up to 150F if you prefer it more well done. This meat is great for high heat and fast cooking, it is steak after all. I let it rest for five minutes and prepared a green salad with some sautéed onions and peppers. You could cut them smaller and leave them raw as well. I was going for a tex-mex flavour with this meal. I then sliced the steak into about ¼" slices and served it as is. Next, I added some Pico de Gallo and guacamole with smashed up nacho chips once it was plated. The chips add a bit of crunch to the salad, and the Pico added a slight heat.

I hope you enjoy this recipe!



Fajita Salad

Ingredients:

1 flank steak – seasoned with Big Daddy's seasoning, or some fajita spices
1 red bell pepper



1 green bell pepper
1 yellow onion
1 recipe of Pico de Gallo
1 recipe of Guacamole
1 head of romaine lettuce, rinsed and chopped
½ of a head of iceberg lettuce, also rinsed and chopped

Directions:

- 1) Bring your flank steak out an hour before you cook it and let it warm up to room temperature. Then season it with your preference of seasoning.
- 2) Turn your grill on high and let it warm up.
- 3) Grab a salad bowl and chop up the romaine and iceberg lettuces into bitesize pieces.
- 4) Sliced your onion and bell peppers.
- 5) Grab a frying pan, cast iron if you have one, and either use your stove top or if your grill comes with a side burner then go cook outside! It's probably a beautiful day out!
- 6) Add a tablespoon of your favorite cooking oil, I used canola, and put it in the pan while it warms up. You will need high heat for this.
- 7) Sauté the vegetables, which is to say cook them until they start to become slightly limp. Like that of fajita veg.
- 8) Let then veggies rest and get your flank steak on the grill. Remember, don't move it until it wants to be moved. It will let go of the grills when its ready.
- 9) Cook your steak until it reaches 135 – 140F, then pull it off. Unless you are going to well done, in which case cook it to 150F.
- 10) Let the meat rest under tinfoil for 5 minutes.
- 11) In the meantime, grab your Pico de Gallo and guacamole.
- 12) Put the sauted veg on top of the salad, but do not mix them.
- 13) Once the meat has rested slice it about 1/8" to ¼", or kinda thin, but not super thick.
- 14) Place the sliced meat on top of the salad and serve.
- 15) Add Pico and guacamole, and smash up some taco chips on top, then enjoy!



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

Ways to Turn Hardships into Games

Marie Well



You can turn your hardships--even your responsibilities—into a fun game; make that game one where you turn the bad into good, or you seek to make things better through noble action, or you simply look to the bright side. You score points in that game when your thoughts and actions lead to happiness and love, and that means you win.

But what are some ways to turn hardships into fun games?

If you're exhausted and need to rest, savor that rest with a smile on your face, lapping up the comfort of your quilt or of the pillow against your cheeks. Dwell on even the tiniest sensation of comfort. Try to recreate the positive sensations over and over again, long after your rest period is over.

During struggles at work, sit up straight, smile, even speak out loud your next moves. Take action on pressing issues. Prioritize the acts with the biggest results. But do it all with a smile and frequent laughter. Give yourself points for every high-performance minute.

If someone you love hates you, respond with love and service, always seeing that person for their strengths, never their faults. Map out how you can give your all to that person,

never wincing at their slightest unkind word. You earn kudos for every moment of love you give, whether or not your love is received in kind. (I believe the purpose of life is to learn how to love all others no matter how badly they may treat us.)

If someone slights you, don't take offense. Instead shower them with bursts of love. Make it a game where every slight is met with a smile and gentle laughter. Don't dwell on the slight for even a second. Your prize will be the harmonious relationships you create.

If you have a weakness, tend to it with love. For example, if your addiction to chocolate is threatening to send you a bill from the dentist, make a game out of it. Quit chocolate. Offer to give back rubs to a loved one for a month if you break down and eat chocolate. What better way to quit an addiction than through play?

Even if undergoing caffeine withdrawal, do so with joy. Promise your friend a gift if you fail to quit caffeine for a full year. And make it a gift they'd love. Take pleasure in abstaining.

If you want to lose weight, post pictures of your toes on the scale every week. For every five pounds you lose, post a picture of yourself trying on a fancy dress or suit. No need to buy.

If you arrive on your deathbed, do so with a smile and a heart full of love. A smile and a burst of love do not need a reason. You can manufacture both in a flash, without cause but your own volition.

While on your deathbed, make a game out of how many people, including enemies, to whom you can send out thoughts of love, instantly letting go of any grudges. Try to succeed at giving love to every single person that comes to mind. What better way to leave this world than with a heart full of love? Better yet, do this exercise every day, starting today.

The saying "seize the day" is something I read in poetry. But seize every hardship with a game makes seizing the day easier—and fun.

A Family Business

Dear Barb:

I just started a new job that I am enjoying. My cousin knew the boss and got me in. The problem is I do not like my direct supervisor, who happens to be the boss's son. I have been trying my best to get along with him, but we just seem to butt heads. I have noticed his father favors him and treats him differently than the rest of us. I haven't mentioned this to my cousin or anyone for that matter. I am not sure whether I should keep trying, or move on to another job. I really like the job and see a lot of potential. What advice would you give to someone in my position?

Thanks, Aidan.

Hey Aidan:

You seem to have two issues going on. First of all you don't get along with your boss and secondly there seems to be some favoritism or nepotism going on and these two issues most likely are connected.

No doubt you are in a difficult position, but there are ways of managing this behaviour. Foremost you must maintain professionalism, do not get caught up in petty disagreements and jealousies. If you strongly believe there is nepotism in your workplace you need to document incidents where you believe this was taking place, include details and examples. Speak to coworkers and see if they feel the same as you and if they are willing to come forward with their information. While you are compiling these

details, be cautious who you share with. It is probably best to vent your frustration with people outside of your workplace. For example, close family members, or even a therapist would be able to help you work through these feelings. When you are confident you have a case, you will need to present this information to one of the top managers who are not related to anyone involved in the situation. This is the first step towards acknowledging this unfairness and it may be enough to bring this behaviour to the attention of the perpetrators and initiate change.

As far as not getting along with your supervisor there are a few things you can do. First, ask yourself if the way you interact with him is related to the fact that you believe is he being favored because he is the boss's son. Suggest having a meeting with him, to possibly work through these issues. If you feel you are being treated unfairly, again I would suggest you go to top management, or HR, to air your grievances. Finally, if all else fails, it may be time to look for another job.

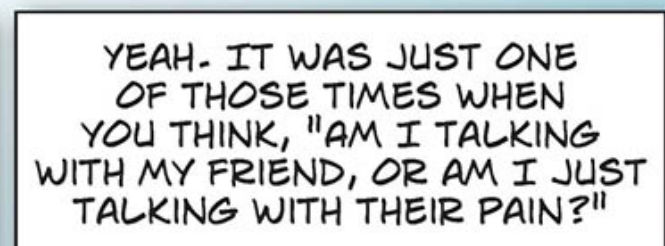
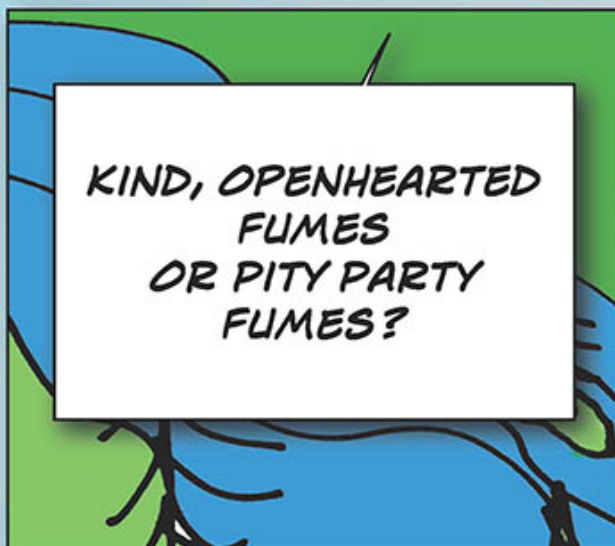
Best of luck Aidan, I am confident you will make the right choice for you.

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
Living with the Pain

Wanda Waterman





Undergraduate Abstract Submissions Welcome at GSRC

The [Athabasca University Graduate Students' Association](#) and the [Faculty of Graduate Studies](#) are excited to announce the call for abstracts for the [2021 Graduate Student Research Conference](#) (GSRC), which will take place virtually on October 1st and 2nd.

Current AU graduate students and recently graduated alumni are invited to submit an abstract for the conference. **Undergraduate abstract submissions will also be accepted this year, with the top three being invited to present at the conference.** Cash prizes will be awarded to the top three graduate and undergraduate submissions.

True to tradition, submissions are encouraged from all disciplines, whether the research is completed or underway. **Read the full call for abstracts [here](#).** The submission deadline is July 27th, 2021.

[Submit an Abstract](#)



Read the latest [Executive Blog: Summer Updates & Good Things to Come](#) and learn what your executive team has on the go this summer. Get updates on advocacy efforts, newly formed committees, community initiatives, and more!

Check Out This Research Assistant Opportunity With AU



The IDEA Academy program is recruiting up to fifteen [Research Assistants](#) to be trained on cloud tech and tools so they can support, advance, and contribute to

projects developed and supervised by AU faculty researchers.

AU program students will be prioritized this intake. The opportunity is open to undergraduate or graduate learners with varying digital literacy levels. This call for applications will create a pool of candidates that may be considered for future opportunities.

[Click here](#) to view the full posting including requirements and application instructions. **The application review will begin on July 23, 2021.**



AUSU has teamed up with VMock Inc. to provide our members with free access to the VMock [resume review](#) platform where you can build a new standout resume or improve your current one!

Sign-up for [VMock](#) using your @athabasca.edu email or whichever email address you have on record with AU.

CLASSIFIEDS

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

THE VOICE

301 Energy Square - 10109 – 106 St NW - Edmonton AB - T5J 3L7
Ph: 855.497.7003

Publisher	Athabasca University Students' Union
Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Natalia Iwanek, Barbara Lehtiniemi,
Jason Sullivan, Wanda Waterman, Xin Xu and others!

www.voicemagazine.org

The Voice is published almost every Friday in HTML and PDF format.

Contact *The Voice* at voice@voicemagazine.org.

To receive a weekly email announcing each issue, subscribe [here](#). *The Voice* does not share its subscriber list.

© 2021 by *The Voice Magazine*

ISSN 2561-3634