

THE VOICE

Vol 29 Issue 34 2021-08-27

Minds We Meet

Interviewing Students Like You

Local Shout-Out

Supporting Local Businesses

Truth of the Day

The Message a Day Sends

Plus:

*Extreme Discipline
What's the Stuff of Us?
and much more!*



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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

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presented here are those
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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

Truth of the Day

Karl Low



The National Day of Truth and Reconciliation has been declared as a new statutory holiday to be celebrated on September 30th by the federal government. This has been known unofficially as orange shirt day. This means that all federal workers will have the day off, with pay, purportedly to reflect on the legacy of the residential schools, and now, more broadly, on our own and Canada's treatment of the Indigenous Peoples of Canada.

Most people tend to think that a statutory holiday automatically becomes a holiday for everybody, but that isn't the case. It turns out that this is only automatically a holiday for federal employees and those regulated by federal code, which includes a number of industries such as radio broadcasting. Provincial employees, however, are not among those.

AUPE, one of the primary unions at Athabasca University, is noting that unless the province follows suit and declares this a statutory holiday provincially, there's not any requirement for it to be provided to employees in the province. Noting particularly that Alberta Health Services, and the Alberta Gaming, Liquor, and Cannabis (AGLC) group, among others, have refused to recognize the holiday. These organizations in turn have said that while they recognize the importance of the day and encourage their employees to participate in various activities around the day (such as wearing orange shirts) they are still deciding what they will be doing in response to it becoming a federal holiday.

Alberta, on its part, has been silent on the issue, perhaps because Kenney is on a quiet holiday himself at the moment, likely until shortly after the federal election so that his unpopularity in Alberta doesn't threaten to bleed into the federal conservative vote during this election. However, some recent comments from the government have suggested they will not formally recognize it, instead encouraging Albertans to reflect in their own time, and not on just one day.

Being honest, few people would use the time off to reflect on the issues of residential schools or the larger issue of how we've treated the Indigenous Peoples. But even fewer would do so without a day especially set aside for doing so. Which, to me, signals that this isn't going to make a lot of difference one way or the other, but it is a way for the government of the day to say that they are at least listening to the indigenous communities in Canada.

And in that sense, the Province not doing it does tend to speak its own message, and not a good one. If this is the least that the federal government can do, and the provincial government can't even manage that, what does that really say about the importance of these issues to our government?

The AUPE's human rights committee has issued a press release noting that "To stick their noses up at the National Day for Truth and Reconciliation is a new level of heartless disrespect." And I think I agree. Unless our provincial government demonstrates with actions that it's willing to do more than just give people a day off, ignoring the opportunity to do so really is just a sign of disrespect. As an Albertan, to those who've taken it as such a sign, I can only say, "I'm sorry." And that's the truth.

Enjoy the read!

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

MINDS

WE

MEET



“Some say that our destiny is tied to the land, as much a part of us as we are of it. Others say fate is woven together like a cloth, so that one’s destiny intervenes with many others. It is the one thing that we search for, or fight to change. Some never find it. But there are some who are led.”

-Merida, Brave (2012)

Life is like a chess board and each of us are all like pieces on that chess board. Every choice we make and even those that we have no control over affects us as well as those around us. This week, I was able to get a picture of that very chessboard by speaking with Christine Dubois, a student who resides in Vernon BC with her husband and son.

Christine was born and raised on Vancouver Island and spent most of her life near the ocean. However, she moved to Vernon BC five years ago when her husband was injured, medically

discharged, and released from the Navy.

“We had to leave military housing and I was very pregnant at the time. We had to make some tough decisions about what to do, and eventually decided to move to the Okanagan, where the housing market at the time was much lower than Victoria. It was very difficult for us to move far away from my family in my condition.”

Christine has been a nurse for around 10 years and currently works as an LPN at the hospital in Okanagan, “I am currently taking my Bachelors of Nursing through Athabasca, while working close to full time and caring for my lovely but very energetic five-year-old. During my degree, I will have to travel to Alberta to complete my practicums and stay for about 2 months away from my family.”

“My goal is to finish my Bachelors of Nursing then pursue my Nurse Practitioner credential after because the Okanagan is incredibly short of practitioners. We have a lot of rural communities that are underserved, and I hope to help contribute and do my part for my community.”

When asked if it was her childhood dream to become a nurse, she replied laughingly, “I wanted to become a mermaid when I grew up, but nursing was a pretty good option too.”

When she’s not studying, Christine likes to explore her creative side by painting and playing music, “I recently learnt a little violin because I have always wanted to learn it. I have been taking violin classes for the last 2 years and I’m on level 5 now.”

Her love for the ocean and childhood memories enticed her to bring a part for her childhood home all the way to Okanagan. “I love Ocean art. I have lived on the island most of my life and ocean is something I have always seen everyday, but in Okanagan there’s no ocean, so I have painted my living room Robins egg blue. I’ve got a big painting of the ocean and I put some real sand into it. I’ve painted a mermaid, a sea horse, an octopus, a whale, a shrimp and a lighthouse; all different paintings; in my living room.”

Christine took her creativity a step further and combined her love for mermaids with her son’s imagination about dragons into a book, which she later published. She fondly recalled,

“While I was painting pictures with my son, I decided to turn our paintings into a little story book for him. While I was working on the story book, I thought of getting it published and use the income earned as a fund raiser for my tuition and travel. Due to Covid restrictions, event restrictions, bake sale restrictions, I had to get creative and think about what I could do to earn some extra income without having to add anymore to my plate. The title of the book is *Dragon Meets a Mermaid*.”

“I had invested some money from my credit card, while not fully believing in myself, having lots of self-doubt, and questioning if I made the right call. The day my book was released, I woke up to find that it was listed as #1 for hot new release on Amazon, and #5 for the soft cover version for hot new release, and so many friends and family had shown their support by ordering it. I am incredibly lucky and grateful for everyone that has shown their love and support for my idea.”

Christine’s family, especially her spouse, had the greatest influence on her desire to learn and continue pursuing her life goals. “My husband was in the Navy, but he got injured, and Veteran’s affairs pays him. But I don’t know if they will pay him forever. I wanted to go back to school so I could earn more income and have financial stability in case the government proposes changes to pension plans or ceases his payments. I wanted to make sure that my family is taken care of, and I used creativity to help finance my future plans.”

Christine likes the flexibility and convenience that online learning has to offer and is self motivated to keep up with her course schedule. “Its great! I can learn at anytime of the day and anywhere I want. Whether its early morning readings, listening to the audio e-books on my tablet during appointment wait times, or even while doing the dishes or late-night assignments, I can be my own manager at home! When my son gets off from school, I can pick him up or drop him off without having to worry about rushing back to school. If I was attending the local at the college here, I would have to drive 45 mins to reach school. I also have to arrange for daycare as well as a nanny to look after him after day care hours, which would be quite expensive. I would need an assistant to run my entire life.”



The only thing that she finds a little inconvenient is wait time to get answers from tutors. “Sometimes it takes a day or two for teachers to answer a question depending on how busy they are, but most of the time, I can find answers on YouTube, online forums as well as various study groups.”

While making a decision to continue her education, Christine had doubts about online learning. “I wasn’t sure if I wanted to go through Athabasca with a university here, so I started upgrading. Since my son was still young, I had decided to wait until he turned five and started school so that I would have the option to choose which university I wanted for my bachelor’s degree. Meanwhile, I invested my time in completing prerequisites for nursing school. My math class was a flex class, and my chemistry class was online. I also spoke to my colleagues, fellow nursing students at the local university, as well as my manager. Due to COVID restrictions, colleges and universities were already facing difficulties with online classes since the curriculum was designed for physical attendance. My manager also reassured me that degrees from Athabasca University were recognized and would assist me in climbing the career ladder. It was then that I made a decision to attend Athabasca University. Since I’m pretty motivated and tend to be a self learner, I stick to course schedule and avoid procrastination.”

Christine’s pet peeve is “Shopping carts left on the road, as well as a little excitement/ anxiety felt after submitting the assignment and waiting for the marks to be posted. It’s always exciting to see how I did on an assignment.”

When asked about which famous person she would like to have lunch with, Christine told me about a very rare event, “My brother and his wife went on a trip somewhere to another country and there was a painting of a woman who looked a lot like me. It was a painting of Lady Recamier in 1777 and she looked almost like my twin. It would be interesting to sit opposite to a look alike and have lunch with her.”

As for the most valuable lesson she learned in life, Christine jokingly answered, “I still haven’t learnt my lessons.” We both burst out laughing.

On a more serious note, she said something which I haven’t heard in a long time and it replicates my own thoughts and ideas. “I guess to avoid gossip and just keep to yourself in groups of women. I feel the need to focus on myself and my goals and not of what other people think of me. I work with a lot of women, and most of them have a lot of opinions, and I think its good to just be confident in your choices, even if they end up being bad choices, they are your choices. And, as the millennials say, YOLO.”

Christine cherishes every accomplishment in life and is proud of every achievement. “I have a lot of proud moments but sometimes my proudest moments are not the most exciting ones. When I learnt how to use a drill, I was pretty excited. When I got a letter in the mail stating that I’d got in the nursing program at Athabasca University, I was proud. Every time I finish a painting and it turns out good I feel great. When I level up in violin, I feel proud of my hard work. When I got my own car, I was extremely excited—my husband and I shared a vehicle for the longest time. When we lived in Victoria we had one family car, but since the bus system was really great, I didn’t necessarily need a car all the time. When we moved to Vernon, had a son, and I started working at the hospital, life became busy. I had just paid off my student loan, credit card bills and line of credit so I went out, put myself in debt again and got myself a new car.”

For her television guilty pleasure, Christine enjoyed watching *Love is Blind* and is waiting for season two.

She is also writing another young-adult book about mermaids (Of course!) which will be published next year

We chatted about children's books and we both found we agreed on one thought, "A lot of children's books nowadays have hidden messages, propaganda and hidden things," she said, "and I always think that can't kids can be just kids? Does every story need to have a lesson in the end? Can't we just let them imagine and dream?"

We agreed that experience and life teach us lessons in its own way and all of us are destined, through our choices and our fates, to end up being the people we are today.

I want to thank Christine Dubois on behalf of *The Voice Magazine* for her time, her efforts, her literary contribution, and her future goals. And I pray that she succeeds in every aspect of her life and continue to fill our lives with her creativity.

Kaisha Nasir is a student at Athabasca University who has yet to submit her writer's tagline.



Local Shoutout---Supporting Small Businesses

Jessica Young



Amidst the COVID-19 pandemic, the Canadian Federation of Independent Businesses (CFIB) estimates potential permanent closures of up to 222,000 small and medium-sized businesses, depending on how the situation evolves. That's 21 percent of *all* Canadian businesses. The corresponding job losses would range between 962,000 and 2,951,000 Canadian workers.

While most of us are struggling financially right now, it is extremely important to support local small businesses whenever we can. Not only is it stimulating our economy, helping each other is simply the Canadian thing to do. Over the last few months, I have been trying to be more conscious of where I am spending my money. Although it's not always possible for me to support local because—lets face it—shopping at Walmart or Dollarama is often less expensive and more convenient.

So, to support local business, I have compiled a list of small and medium-sized businesses that I have personally patronized and feel that the price, quality, and customer service deserve a shoutout.

Rocky Mountain Soap Company

"Back in their early twenties Karina and Cam bought Rocky Mountain Soap Company with only one employee, \$86k in annual sales and 450 sq. ft. With mostly blind optimism fueling the first few years, the two have grown the company to what it is today. Throughout its growth, Rocky Mountain Soap continues to be, handmade, with 100% natural, simple, ingredients."

The largest business on my list, Rocky Mountain Soap Company has several locations across Canada, but is based in Canmore, Alberta. They sell natural bath and body products, including a full skin care and baby care line. Not only are all the products not tested on animals and packaged sustainably, but Rocky Mountain Soap Company also has a 100% money-back guarantee; if you do not love their products, you don't even need to show a receipt!

The bath bombs are hands-down my favourite products. There are so many scents, including the occasional limited edition or seasonal scents, and my skin feels so soft and moisturized after using one. My other personal favourites include the Vanilla Coconut Lip Balm, Nomad Hand Sanitizer, and The Daily Oat Lotion.

White Mountain Candle Company

“White Mountain Candle Co. was founded in January 2021 by Laura Metcalfe. Laura’s geology background led to a passion and curiosity for the Rocky Mountains, combine that with a wish to create a clean burning, sustainable and renewable candle to light and fill our homes with beautiful fragrance, and White Mountain Candle Co. was born.

Our candles are locally made in Calgary, Alberta and hand poured in small batches. They are scented with phthalate free premium fragrance oils and pure essential oils. This along with the wooden wicks creates a clean burning candle.”

I recently purchased from White Mountain Candle Company and I was blown away. I’m slightly obsessed with candles—I light one every morning while I have my coffee and write in my journal—and these candles are absolutely beautiful, luxurious, and cost-effective. Not only are they clean burning, but Laura will also refill the empty glass jar when it’s time for a new candle for added environmental sustainability. My candles were hand-delivered to my door by Laura in lovely packaging with a hand-written note.

I purchased the scents Sunday Brunch (coffee bean and cacao), Lake Louise (creamy vanilla and coconut sugar), and Cucina (bergamot, jasmine, and lime). All of them make my house smell delicious and I can’t wait to try more!

Monogram Coffee

“Monogram exists to positively change people’s lives through coffee. The world of coffee impacts a staggering amount of people. We take our role and influence in the industry very seriously, and see it as an incredible opportunity and responsibility to improve the lives of the people that link each of us from seed to cup.

Each of our cafes are designed to be community spaces that celebrate the diverse people, character and neighbourhoods that they are in. Expect our warm Monogram experience, but each cafe does have a couple tricks up its sleeve.”

Anyone who knows me knows that I pretty much always have a coffee in my hand. Seriously. Monogram Coffee is my all-time favourite café. There are three locations in Calgary—Altadore, Fifth Avenue Place, and Britannia—all of which sell a variety of hand-crafted drinks, whole-bean coffee, pastries, and other treats. Served on adorable wooden serving platters in handle-less mugs alongside a glass of sparkling water, whatever drink you order will be seriously Insta-worthy. Not to mention that the coffee is less expensive (and tastes so much better!) than my regular Starbucks order.

I recognize that these are all based in Calgary (where I live), so if these aren’t local to you, I hope this article can encourage you to research the small businesses and services available in your hometown. Let’s work together to stimulate the economy, practice environmental responsibility, and support our communities.

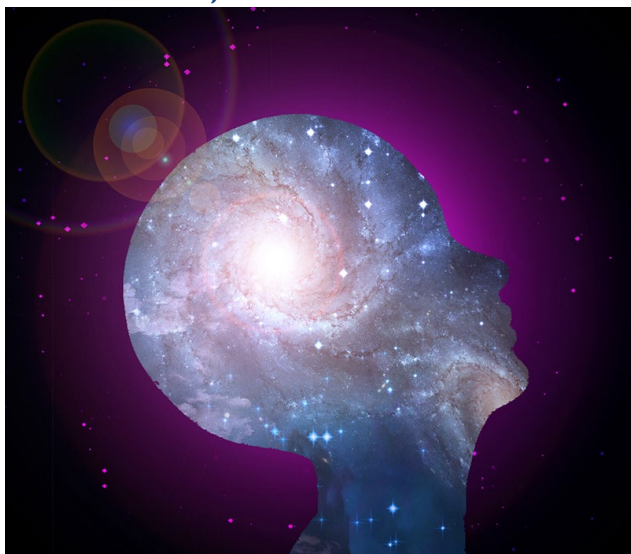
Jessica is completing her Bachelor of Human Resources and Labour Relations degree while pursuing her passion for writing and drinking coffee.

[I like this idea. If you’re an AU student and there’s a business local to you you’d like to shout-out, let me know at karl@voicemagazine.org with what makes them stand out to you.]

Fly on the Wall Who Are We, Or What?

Jason Sullivan

What's the Real Stuff of Us?



T What does an existentialist seagull caw? *Pour q'uoil?! (Why, they seem to ask.)*

Why are we here now, and how? That's the backdrop to our learning as we seek to understand the world and our place in it. Our personal growth is part and parcel with this journey. The search for our meaning of life is about learning; it's added to by AU. In our studies we are bettering our minds in ways we'd maybe have never hitherto imagined. But the question as to what is the stuff of us remains. Perhaps it always will. But to seek is to find, and the journey is the destination. Awareness and openness are our ticket to ride.

Consider the Saskatchewan-born hippie songwriter Joni Mitchell. Her famous song 'Woodstock' claims:

"We are stardust
We are golden
And we've got to get ourselves
Back to the garden" (Mitchell, online).

Maybe we're just space junk—come to rest here on a ball of geologic yarn that we call Earth. Yet we feel like so much more than that every time we make eye contact with a loved one or help a stranger and feel that twinge of care that connects us to the rest of humanity. Maybe we feel it even as we feel a judgmental darkness about those who refuse to get vaccinated; are they risking the lives of their kids and seniors or are they just being themselves? Who's to say, at some level. The moon keeps going through phases as we all do.

Great Fireballs of Ideas

A recent Werner Herzog documentary summarizes so much about being alive and learning along the way. Reducing ourselves to flecks of space matter, stardust, may be as asinine as claiming that every thought and feeling we've ever experienced was somehow injected into us like a placebo or a cure. What makes life special is us actively living the learning along the way. And the sweet smell of success, unlike the burnt metal aroma that space is said to impart, is ineffable when we want to place it onto a mere sensory palette provided by our mortal coil as human beings.

Herzog, faced with caring astrophysicists keen to assert that we are all literally made up of spacedust that some cosmic Hoover vacuum might suck up meaninglessly at a moments notice, enters the frame. For the only time in the whole show he interjects himself into the interview proceedings to claim "I'm not stardust, I'm Bavarian." (Herzog, online). It seems no matter who we are we feel we also have a cultural place and a sense of identity that transcends what we are in a mechanical or physical way. AU is special that way because, even as we can be students almost anywhere, even camping without wifi or out under the stars with nothing but our study guide, we are always ourselves becoming a newer, better, educated version of our prior selves. Life is about learning, and we all learn whether we know it or not, but our studies provide windows of opportunity that we never even knew we had.

Blood of Mind, Blood of Body

Take our life's fuel, our blood. "Human blood is made of plasma (makes up 54.3% of the blood volume) and several kinds of cells (corpuscles); these are –

- erythrocytes (RBC) – 45% of blood by volume
- leukocytes (WBC) – 0.7% of blood by volume
- thrombocytes (platelets) – minute amounts" (Kamal, online)

In our minds we are so much more than that, though. In the old days; that is, prior to neuroscience reducing our definitions of our minds to mere brain machines, psychoanalysts defined our minds, the real movers and shakers of our beings as humans, as including an Id, which is our selfish, childish impulses; an Ego, the moderator between Id and Superego that relies upon reality testing and planning; and the Superego that is the conscience, the critic, and tells us what we shouldn't do as a good person. (Psychology Concepts, online.)

But chemistry, ideas, feelings, none of these contain all that makes us who we are. Perhaps the best part of education at AU is the realization that we are more than we ever knew we could be before. The building blocks of our future selves are created by our personal interactions with our course material. And, unlike social media with its memes and debates, we can learn new things that will give us grounds to better understand ourselves and the world all around. Or at the very least, we will know that we've learned our methods from tried-and-true academic sources. So, enjoy! Happy learning, for this is what we do! It's all making us grow to be more authentic and erudite.

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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.



Unearthing classic articles from previous issues of The Voice Magazine

Hey, how did it get to be the end of August already? The march of time is like online studies: relentless.

It's back-to-school-flyer season. Barbara Lehtiniemi clings to the rapidly-dwindling days left in summer. "I want the days to feel like they'll last forever, with no sign of September on the horizon. I want more time." Late Summer Lament, August 28, 2015.

Preserve summer's bounty. The Voice's online feature provides handy links to help you can it or freeze it. "We're all aware of the environmental benefits of home preserving fruits, vegetables, and herbs, but the task of preparing it all seems daunting." Click of the Wrist – Summer Harvest, August 20, 2010.

Extreme Discipline

Marie Well



I'm not disciplined with money. By no means. I have more debt than Santa Claus on Boxing Day. But I am very disciplined with work, and, during my undergrad, I was highly disciplined with studies. So I have some tips to share about discipline.

To illustrate my discipline, such that you may consider my advice worthy, I have an example. At my company luncheons, everyone drinks two to three alcoholic beverages. I drink water. I eat a salad with no dressing. This is because I have a chronic disease I tell no-one about, so diet is paramount. And the team knows me as the colleague who works evenings and weekends. In fact, my boss keeps urging me to take time off for fear of crashing. And I spend my lunch breaks getting one-on-one coaching for work related skills—skills I'd otherwise be lacking.

I give my work my all, despite my weaknesses and shortcomings.

I was similarly disciplined in the undergrad, despite disabilities that made success seem unlikely, if not impossible. No-one believed I could succeed at university, including myself, with the exception of my mentor. She taught me a hard work ethic. I studied all day, taking fifteen-minute breaks for every thirty minutes of study. I did nothing else except visit a senior in a nursing home two hours every week. I was the top scorer in almost every math class I took and I won a silver medallion for academic performance.

With that said, the following are traits to help you hone your discipline, taken from *The Positive Trait Thesaurus* by Angela Ackerman and Becca Puglisi.

But before I go there, I want to assure you that extreme discipline becomes a delicious addiction. The more disciplined you become, well, it feeds on itself until it becomes a state of euphoria. It's like a game of chess you've studied to death and keep winning and winning. If you don't already have a high level of discipline, may I suggest you claim *extreme* discipline? It's like a creamy double fudge sundae with the same benefits of a plate of raw fruits and veggies. But the more you eat, the more delicious it becomes.

Now back to the traits. All citations from *The Positive Trait Thesaurus* pages on "Discipline" are in quotation marks below:

"Adhering to long-term patterns or routines." Try studying from 9 a.m. to 10 p.m. every day with fifteen minute breaks after every forty minutes of studies—and feel the rush.

"Making sacrifices to achieve one's goals." Quitting smoking could lead to more resources for textbooks and supplementary materials. And quitting drugs or alcohol can skyrocket success at school.

"Resisting temptation in all forms." This means removing cable TV and Netflix from the subscriptions. This could also mean distancing oneself from the party animal who phones every Friday for a drink fest. The more temptations resisted, the more the thrill factor from extreme discipline awakens.

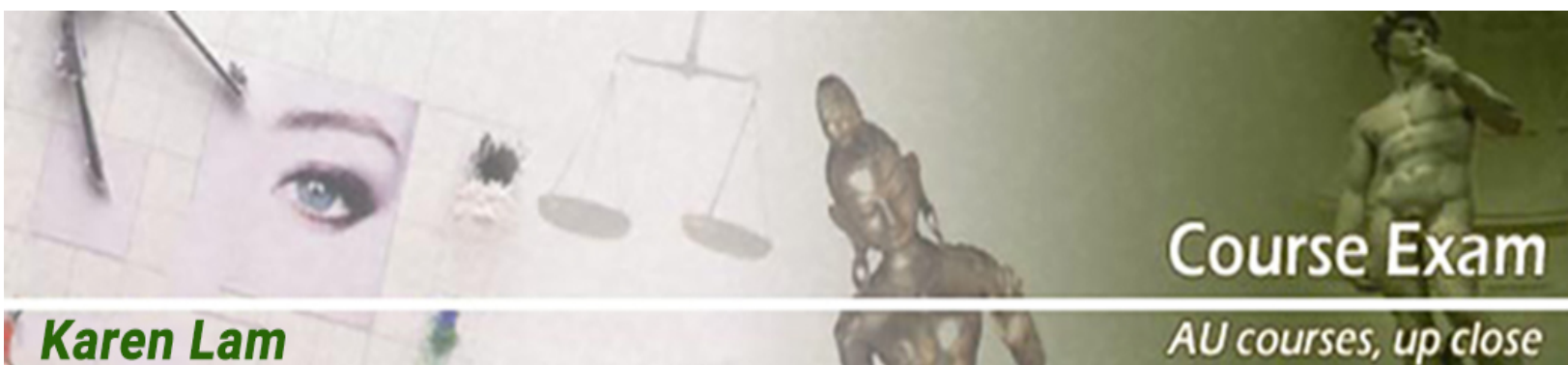
"Being a hard worker." Be the one who goes the extra mile in your studies or work. Stay up late. Wake up early. Put triple the effort in your focus. Every ounce of effort—every second of studies—leads to a reward.

“Willingness to train or hone one's talents or traits.” Every spare moment spent on learning skills is an instance of discipline. But go extreme. Invest as much time and/or money as possible into acquiring skills. The more skills acquired, the more the chest swells with earned pride.

“Feeling accomplished when one defeats temptation.” Defeating temptation is pure joy. Not drinking caffeine for six months feels heavenly. Not eating sweets for a full year feels euphoric. Sticking with extreme discipline becomes less and less a matter of willpower and more a firecracker of thrills.

As a rule, discipline works best when the outcome is purely favorable. For instance, when the goal is to become fit or super athletic, the outcome is a healthy, sculpted body. But when the goal is to lose weight to the point of starvation, the outcome could be death.

So, choose your discipline wisely. Straight A's? Seek the thrills that come with extreme discipline—and achieve your desires.



Karen Lam

Course Exam

BIOL 341 (Human Genetics)

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.

Karen Lam

BIOL 341 is an introductory human genetics course that introduces students “to the laws of heredity as they apply to humans and to the study of inherited traits. The course covers a number of other related topics, including sex determination, the composition and function of genes, the causes and effects of mutation, population genetics, the genetics of immunity and cancer, the contribution of heredity to behaviour and intelligence, genetic counselling, and genetic technologies.” This course is a three-credit science course with pre-requisites of BIOL 204 and BIOL 205 or BIOL 207 that is required. The course is also available for challenge.

Who Should Take This Course and Why

I personally have taken this course as an option course during my undergraduate degree as I was interested in exploring how genetics works in humans. I was interested in learning the risks of mutations and how they were passed on through generations and, potentially, the causes and effects of these mutations. This course explores human genetics in more detail than the other introductory biology courses, therefore if you wonder if you would like to take further human genetics courses, this is the one you should try first!

I recommend this course for all science students and students interested in pursuing a career in health or medicine, and anyone interested in learning more human genetics in general. This course will teach students a lot about how our genes work, causes and effects, how our chromosomes work, and much more!

Course, Assignments and Exam Details

The course consists of sixteen units ranging from an overview of human genetics, cells and the individual, human reproduction, development, aging, chromosomes, laws of heredity, matters of sex, multifactorial and behavioural traits, DNA structure and replication, gene expression, mutation and repair, population genetics, human ancestry and evolution, genetics of immunity, cancer genetics and genomics, and technologies and applications.

The course consists of four assignments each worth either 10% or 15% each. There is also a midterm and a final exam each worth 25% each that must be done online.

How to Be Successful in the Course

Student's Advice for the Course

For this course, I found it can be overwhelming in the beginning with the amount of detail to cover and study for the exams. I personally had to read the content twice before being able to grasp the content. Therefore, I recommend spreading out the readings to ensure you have adequate amount of time to re-read the content. Using cue cards, Quizlet, and making short summary notes are also very helpful. I found these great ways to help memorize information. To test whether you understand the goals of each unit, I recommend using the study objectives as target to pull the key information from each chapter.

The assignments are a bit long, so I recommend following the study plan and do them after each assigned reading unit to ensure students do not accumulate all the work at the end. Overall, like all science courses, understanding and reviewing the material regularly is key to ensuring success in the course!

Questions?

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

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: James Lee Foundation Scholarship

Sponsored by: James Lee Foundation

Deadline: September 15, 2021

Potential payout: \$5000

Eligibility restriction: Applicants must be Canadian, over the age of 16, and be emerging (non-professional) creative talent. "All fields of creativity related to the advertising community will be considered (e.g. writers, art directors, film makers, recording artists, illustrators, digital artists, etc.)"

What's required: A link to a portfolio that you host with a maximum of 10 pieces, along with your contact info and a maximum 1000-character paragraph explaining how the scholarship funds would help you pursue your creative path.

Tips: Read the scholarship [rules and regulations](#) carefully.

Where to get info: jamesleefoundation.com/scholarship/



Homemade is Better

T-Bone Pork Chops with Mago Apple Salsa

Chef Corey



My spouse asked me to come up with dinner one night, and I must admit I've been in a rut recently trying to finish my summer semester. There was a time when we used to use meal plans that we'd create on Sunday, then we'd shop for the groceries and make those meals, but we've fallen off the wagon, so to speak.

So we had a blank canvas to start with, and, in the end, we built a beauty meal from it. I had bought these pork chops a few weeks ago at the local grocery store when they were on sale, and I froze them when I got home. I knew I wanted to cook them soon, so I thawed them in the fridge for a few days and then asked my youngest to help me out with dinner.

Also, I haven't used my sous vide machine in a while, so I thought I'd get creative. We seared the pork, and then we let them cool for a few minutes before we vacuum sealed them.

Ultimately, resting makes the biggest difference, but this isn't a concern with sous vide. I wrote about using sous vide in my cream cheese stuffed chicken recipe—I don't use it as much as

I could, but I use it enough. This time, the sous vide was set to 170F, but you could get away with 155F or 160F. Realistically, to get a meal from a restaurant that had sous vide your main, you're looking at a ticket price of at least \$25-\$30. So yeah, if you only use sous vide four times a year, that could be \$100 savings per use if you are cooking for four people. When they cost around \$150, plus the vacuum sealer for about \$100, that's just 2-3 meals, and it pays for itself. You can certainly pay more for either device, and you can likely find them used if you're interested in trying it for the lowest cost. That's what I did. I bought both machines used, and now I'm glad because I know how much I use them. I use my vacuum sealer much more than my sous vide, but that's ok.

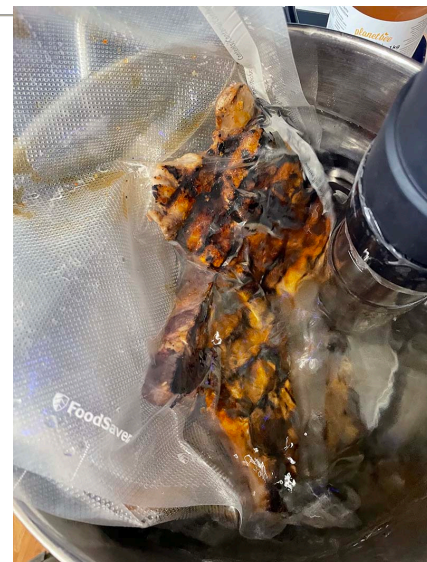
Back to our meal. We used Big Daddy's meat seasoning and seared the chops on our grill sear station. Vacuum sealed them, then let them cook for another 45 minutes. Meanwhile, I diced up the ingredients for the salsa and mixed that together. Once the pork was ready for eating, I removed it from the water and opened the bags to the mouth-watering fragrance of the pork chops. We serve our meal with some sous vide cooked corn on the cob. A couple of tablespoons of salted butter in the bag, seal it up and cook it at 180 for 30 minutes. We also added oven-roasted mini potatoes and roasted asparagus. The pork was tender, the salsa was delicious, and they both paired very well with a glass of Josh red wine (one of my wife's favourite wines). Our "picky eater" daughters, who really aren't picky, also enjoyed it, so hopefully you will too.



T-bone pork chops with Mango apple salsa

Ingredients:

4-6 pork chops cut ½" to ¾"
Big Daddy's Meat rub
1 red apple – cored and diced small
1 mango – peeled and diced small
¼ - 1/3 cup of red onion – chopped fine
1 cucumber – seeded and diced
1 red pepper – seeded and diced small
1/3 cup cilantro
Juice of 1 small orange
Juice of 1 lime
Salt and pepper



Directions:

- 1) Heat an oven-proof large pan over medium-high heat (or use your grill).
- 2) Preheat your oven to 300F.
- 3) Season one side of the pork chops and place that side down into the frying pan. Season the other side.
- 4) Flip your pork chops once they release easily.
- 5) Place the pan into your oven until the pork chops hit 155 – 165F.
- 6) Let them rest for 20 minutes.
- 7) For sous vide – sear the chops on both sides as before. Let them cool for 5 minutes and place them into a vacuum seal bag. Seal your bag and put them into preheated water of 155 – 170F. Allow to cook in the bath for 30 – 45 minutes; you can go for up to 2 or 3 hours if you really want, but set it to the lower side of the 155 – 170F.
- 8) For the salsa, ensure you have diced all the ingredients into small cubes.
- 9) Mix the mango, apple, onion, cucumber, red pepper, and cilantro into a bowl. (if you are one of those who is put off by cilantro, you can leave it out but maybe add 2 tablespoons of mint.
- 10) Squeeze out the lime and orange juices onto the mixture. Toss to combine.
- 11) Add salt and pepper to taste.
- 12) Serve the salsa on top of the chops and enjoy!



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

The Study Dude The Cookbook Continues

Marie Well



Memorization Techniques

Over the last four weeks, I've written cookbooks for writing essays. Today, it's time to focus on memorization for exams. After all, memorization is perhaps the top vehicle for testing student knowledge.

If you are striving for an A+, tricks and tips for memorizing facts are must haves.

We all love recipes for success, so how about one for memorization?

The only ingredients needed for this recipe are an imagination, a cell phone voice recorder, a computer, paper, printer, and optionally a study buddy.

Here are strategies for memorization to help you ace exam after exam:

- Highlight all the facts and definitions in the assigned chapters of your textbooks. Alternatively, you can underline them with pencil and later erase them. That way, you'll preserve the quality of the book.
- Similarly, highlight all the facts and definitions in your class notes, assuming you have a lecture style class.
- Type the highlighted facts and definitions in your computer. This is step one of memorization: repetition.
- Try to organize your facts and definitions under headings. This clustering of similar ideas will help anchor the memorization into a somewhat logical order.
- Print out your sheets of facts and definitions.
- Read them out loud three to five times a day, or more, depending on how much time you have prior to the exam. Start studying for your exam as soon as it gets assigned. Better yet, pretend a pop quiz might happen daily and prepare accordingly.
- Get a buddy or use your microphone to attempt to recite your pages of facts, item by item, repeating from the top of the list as soon as a mistake is made.
- Use wild visual imagery to memorize your facts and definitions. If you need to memorize a fact from Chinese history in 1788, imagine a Buddha on a piano (which has 88 keys). Make a note of what the visual represents beside the fact or definition.
- If you've got a group of like terms to memorize, take the first letter or a major keyword's first letter and create a funny or memorable mnemonic tool. For instance, a group of terms with the first letter of major keywords could be "P.P.L.M" You could memorize this as "Plump."
- Another way to use acronyms as mnemonics is to make a memorable sentence from them. For instance, "P.P.L.M" could end up as "Pretty Please, Love Mama." Just try to find an association between the acronym mnemonic and the topic. For instance, if the topic is Hitler's four top strategies (with the list of strategy first

letters spelling PPLM), visualize his mom begging him to scrap his strategies with a note signed, "Pretty please, love Mama."

- As for dates and numbers to memorize, you can look up a system for memorizing these online. Here is one online example of a date and number mnemonic: <https://www.rememberg.com/Mnemonic-Systems/Major--The-Major-System-for-memorizing-numbers>.
- Keep reading your facts and definitions printout daily. Close your eyes and try to recite each fact and definition from memory. Immediately open your eyes after each one to see if you're correct. If you're wrong, say out loud the actual definition or fact five times in a row.
- You're ready when you can see a word or two from each entry in your list and say out loud the rest from memory.
- Most people say to stop studying the day before the exam. I say otherwise. Take your list with you on the bus and read the definitions to yourself. I increased my grade by at least 10% for one final exam by taking this last-minute extra study approach.

Once you learn a variety of memorization techniques, your grades will bolster and exam anxiety will abate.

But how do you take notes if you're attending a live lecture? That, my friend, is the subject of another Cookbook.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

When you're keen to write exams. A student asks whether an exam can be written before the course's official start date; the answer is a whomping no—exams can't be accessed until the first day of the course.

Discord

Bait and switch? Less than two weeks before a course's end date, a SPAN 200 student is notified that there will be an exam after all (exams had been paused for pandemic reasons.) Suggestions include contacting the tutor and course coordinator to ascertain whether this applies to current students.

reddit

Going back for seconds. A student who is almost finished their undergrad degree, wants to pursue a second undergrad degree immediately afterwards; responses suggest contacting AU's academic advising for assistance with the timing.

Twitter

[@austudentsunion](#) tweets: "Tell us why you're voting in the upcoming election to be entered into our draw for Apple AirPods, \$100 Amazon Gift Cards, or AUSU swag packs! [#ReadySetVote](#)

[@casaacae](#) For full contest rules go to <https://bit.ly/2WafCbz>."





Dear
Barb

Barbara Godin

Moving In

Dear Barb:

Hi, my boyfriend and I have been dating for four years and we moved in together three months ago. We got along great while we were dating, but not so much now. We seem to argue a lot more about finances—I am a saver and he is a spender. When we were dating and each had our own money, this didn't seem to be a problem. I have also noticed that he never puts anything away, I am constantly picking up after him.

I know when he lived at home his mom did all these things for him, but he can't possibly expect I would do this as well. To be honest, sometimes I feel that he is too nosey. He is always asking me where I'm going and with who, and wants to see who is emailing me or who I am talking to on the phone. I like to have a little bit of privacy, which I easily give to him. I have not brought up a lot of this stuff, because I don't want to cause anymore problems between us, but I am starting to doubt whether I can continue living with Matt. I don't know what to do because I do love him, but I need more space and I don't like the arguing. What do you think, is the relationship salvageable?

Thanks so much, McKenna.

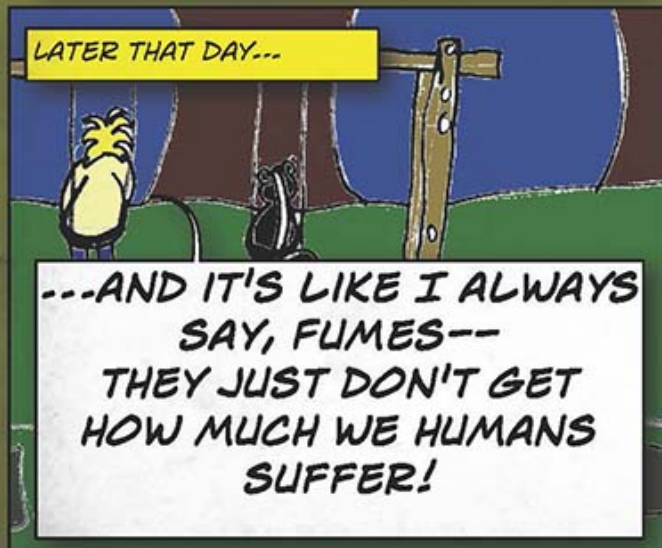
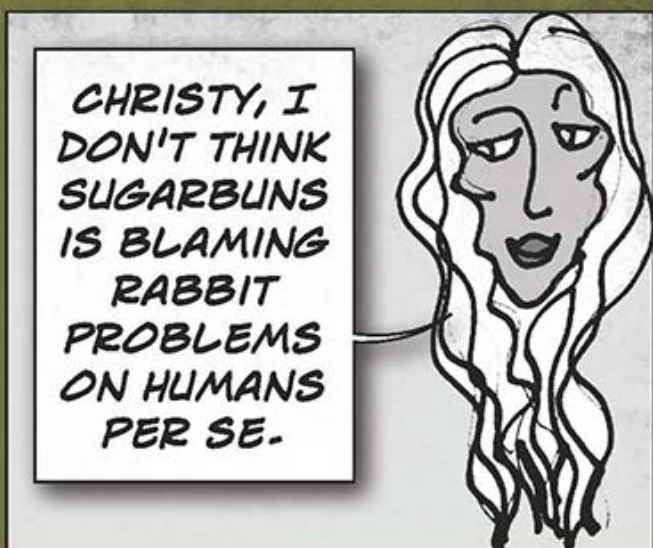
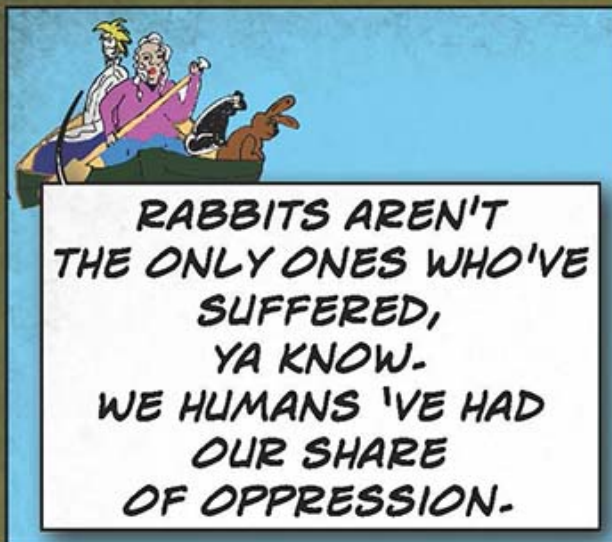
Hello McKenna:

Thank you for writing, and your relationship is quite probably salvageable. When a couple move in together the dynamics of their relationship completely change and it takes time to adjust to the new situation. The most important aspect to any relationship is communication. You and your partner need to discuss expectations for now and the future. Finances often are an issue when couples began splitting bills and planning for a future together. It is a good idea for you both to meet with a financial consultant early in your relationship, before problems begin. Map out your future goals with a financial planner and decide how much each person will contribute to pay bills and save for the future. It is also important that you each have your own spending money. You should be able to buy the things you want, within reason.

Another aspect of living together that should be carefully worked out before major issues arise are the chores and who will do which one. For example, who will do the vacuuming, or cleaning the bathrooms, or the cooking or laundry? If you both sit down and discuss these issues, they won't escalate and become a major source of conflict. Moving in together involves many changes and adjustments, including privacy issues, but when resolved, can lead to a deeper level of love and commitment. All relationships go through a growing phase, so don't give up, take the time to work through these obstacles and you will create a very satisfying and caring relationship. Best of luck McKenna.

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**Talk About Suffering Here Below****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

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Editor-In-Chief	Jodi Campbell
Managing Editor	Karl Low

Regular Columnists Barb Godin, Natalia Iwanek, Barbara Lehtiniemi,
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