



THE VOICE

Vol 29 Issue 48 2021-12-03

Minds We Meet

Interviewing Students Like You

Take a Silent Breath

Where the Magic Happens

Local Shout-Out

Edmonton Gets a Turn!

Plus:

*December's Reading List
Homemade Beef Jerky!
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

Minds We Meet: *Amanda Leslie* 4

Articles

Editorial: *Here Come the Holidays* 3
Reward Yourself the Healthy Way 9
Academic Methodologies and Their Strengths and Limitations 11
The Art of Study Breaks for Full-Time Students 17

Columns

Fly on the Wall: *Take a Silent Breath* 6
Course Exam: ADMIN 405 10
The Reading List: *December 2021* 12
The Not-So Starving Student: *Skewered Meats* 13
Homemade is Better: *Beef Jerky* 15
Beyond Literary Landscapes: *Journalistic Literature* 16
Music Review: *Still Dirty* 19
Dear Barb: *Divorced Developments* 21

News and Events

AU-Thentic Events 8
Student Sizzle 20
Scholarship of the Week 20
AUSU Update 23

Comic

Poet Maeve: *Target Practice* 22

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 48

© 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

Here Come the Holidays

Karl Low



It's a bit crazy to realize how fast the holidays are coming upon us this year. Our next issue will be the penultimate issue for the year, that's how fast it's going.

Which means it's beyond time that I start asking you for your opinions. What do you think have been the best articles the Voice Magazine has printed over the past twelve months. Which of our almost 50 comics made you grin? What article made you the angriest? The happiest? Which article did you read that made you go, "Huh. I'd never thought about it like that before."

You can send your suggestions and ideas to me at karl@voicemagazine.org, because I'm starting to put together our annual Best of the Voice edition. If you don't remember exactly what article it was, that's okay, just give me a general description and I'll do the work of digging it up and seeing if we agree.

The Best of the Voice will be coming out on Jan 7th, and is a great way to look back at what readers and students like you thought was worth a second look. Maybe it'll be something you missed last time, or that great one that you'd forgotten about. Or maybe you'll find your own picks as one of the "Best Of" and

be reassured that your tastes are obviously impeccable.

Of course, holidays mean there'll also be a few weeks where there is no Voice Magazine, but considering that this year those days will land on Christmas Eve and New Years' Eve, I expect you're probably already going to be busy.

But that's for a few weeks from now. This week, we've got a great interview with a fellow student as our feature in our "Minds We Meet" column, but I also thought a couple of our columns stepped up this week into feature territory as well. Be sure to check out this week's Fly on the Wall, a continuation of last week's exploration into silence, and, at least for me, this one hit as a good read.

Also this week, we've got another episode of our "Local Shout-Out", but our intrepid writer has headed up north to provide us some local shout-outs to companies from Edmonton. And if you've got a local shop in your area that you think deserves a shout-out for fellow students, don't hesitate to send me a quick email about it. I'm trying to put together a shout-out article that spans the country with suggestions of nifty local businesses to explore from fellow students in your area that you may not know about. And you can help me by making one!

And hot off last week's "The Reading List" for November, we pile on this week with the one for December, because hey, with holidays coming up, you might just have some extra time to grab a fresh book, and now you've got a couple of lists to pick and choose from.

That's without mentioning our course review, advice articles, comic, events, scholarships, and more article by students like you, for you. Enjoy the read!

MINDS WE MEET



Who are your fellow students? At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had a chance to chat with Amanda Leslie, currently residing in Hanna, Alberta, the traditional Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda First Nation (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Twenty-eight year old Amanda Leslie is currently completing the Bachelor of Arts Psychology Major with an Anthropology Minor after recently beginning the program in July 2021. Although only enrolled in “two courses at the moment,” Psych 289: Psychology as a Natural Science is going well.

Amanda plans to enter “the counselling program,” upon completion, explaining, “This program fits into where I

want to go because I want to become a counsellor and eventually end up owning my own practice to help people who suffer mental health or normal family issues.”

The ambitious learner stated, “I was born in Calgary Alberta,” and “grew up in many different places around Canada. Mostly lived in British Columbia until I graduated high school, then we moved back to Alberta in 2013. I am a strong, confident young woman who has overcome a lot in her life so far. At a young age, I was diagnosed with scoliosis at the age of eight, and it has been tough on me emotionally. I was bullied in high school. Even though I may have had a tough childhood, I was able to come out on the other side in a much happier place. With going from job to job and trying to attend college to be a unit clerk, I finally was able to figure out what my career would be. I come from two loving parents, who helped shape me into the person I have dreamed of becoming. I am also a fur mother to an adorable cat named Edgar, who is my world.”

When not studying, the Psychology student said, “I like to watch television shows, movies, read books, hang out with my cat or spend time with my family and also work at the job I am in.” Amanda is currently reading “the second book in the *Bridgerton* book series,” and “binge watching *FBI*, *Chicago P.D./Med/Fire*, *Magnum P.I.* and many more.”

As for the greatest educational influence in this undergraduate's life? "My cousins all had the greatest influence on my desire to learn as they are all hard workers and took a ton of years to become nurses."

Amanda has always wanted "do online schooling," explaining, "I have taken a photography course online while attending high school and it was a fun experience. I like that I can study at any time, while in my pajama's, and the only dislikes are how the grading is done on the recent course I'm doing."

As for communication with tutors? "The communication with my tutors hasn't been the greatest. I found the way one of my tutors answered my questions made me very confused. The way I phrased those questions were simple to answer but they didn't understand at all. I find it weird that the tutors mark the assignments not the professors who created the courses. Tutors are supposed to help and guide you and help overlook your assignments to give tips."

If Amanda were the new president of AU, one priority would be to ensure marking times and for "students [to] get proper support with allowing faster communication to their questions or concerns." The student remarked that many others "on the AU app were [also] having harder times to get in contact." The learner continued, "I'd also ask professors to be more clear on group project assignments and actually put real due dates, not just flimsy dates like 'due end of unit 4' as that isn't clear. Online schooling needs a bit more structure and better term outlines especially for AU."

Amanda's current pet peeve is a recent course's grading system, explaining how a mark of 80% is needed on a quiz with 20 questions before proceeding to the next section, with only three attempts. "Quiz's with only 20 questions deserve a passing grade of 70%, which I think is reasonable and shouldn't lock the second quiz. That leaves students a rough time if they want to proceed to the chapter of the textbook to finish their course on time."

As for the possibility of having lunch with a famous person, past or present? That would be "Rosanna Pansino who may be a *YouTube*-r but she has an incredible sense of boss-lady vibes. She has grown her brand to a couple cookbooks, a television show and continues to be so humble and grounded." And the lunch? "The lunch would be tea and desserts that she makes as she makes delicious looking treats."

Most people do not know about Amanda's appreciation for "horoscopes, crystals, tarot readings and psychics and [a belief] in the universe," as well as a fascination with "the supernatural and ghosts."

As for a proud moment in life? Amanda revealed, "My proudest moment is when I was able to find my voice, and not be so shy and quiet on the inside. It took me till I was almost done my 20s to get out of the shyness I had all my life."

As a final note, the new AU student mentioned, "The most valuable lesson I've learned in life would be to always put myself first and be okay to say no. I've always put others first whether I am severely sick or injured even." Best of luck Amanda!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.

Fly on the Wall

Take a Silent Breath



Jason Sullivan

Swim Into Scholarly Success

Space Silence, and especially the meditative space required to really absorb and digest course material, is a core commonality to education the world over. Every culture has some form of teaching, from indigenous elders to Maoist re-education camps. We distance students ask our minds to re-create a sense of classroom presence every time we cross the invisible line between normal life and study space.

In 1986 my Father, a university professor at UBC-Vancouver, travelled to Harbin, in northern China (about the latitude of Seattle), on a forestry education tour. Along the way he and his colleagues landed in a flooded airport. They were greeted and, after displaying the necessary papers, were treated to a unique snack: a table of edible fern fronds, symbolic surely of ecosystem harmony and the peaceful feeling of being in natural woodlands, was laid out for them within the most industrial of airport environs.

Shortly thereafter my dad and fellow scientists were bundled into a cab and the driver pushed an audio cassette into the tape deck. The song? Simon and Garfunkel's classic, "The Sound of Silence", that ode to peaceful serenity in the face of overwrought consumerist sentiment. Paul Simon sang it that time with the same plaintive power as his song always carries, and no one minded the background tape hiss of the much-dubbed cassette copy the cabbie possessed.

With a shared sense of the chaos and noise of civilization's endless march, a silent bond between translator, cabbie, and scientist was forged as the song played:

"And in the naked light I saw
Ten thousand people, maybe more
People talking without speaking
People hearing without listening
People writing songs that voices never share
No one dared
Disturb the sound of silence" (Simon and Garfunkel, online).

Words were not enough, the difference between silence brought on by the stupefying roar of inanity and silence induced by authentic passive awareness came clear in that moment.

Any *sturm und drang*, stress and strain, melted away and the group of Canadian scientists were soon laughing with relief. Music, like silence, soothes not only the savage beast but also the Otherness implicit when we enter far away cultures. We can seem planets apart but we all understand tranquility—and its lack.

Silence, unlike compliance no matter what the meme-ocracy deigns to name it, is not only a fount of much academic epiphany, it is also surely the wellspring of us truly coming to terms with our

learning that we may dovetail more fulfilled private lives with a greater flourishing in the lives of our minds.

“Everything is going to be alright,” we might say to ourselves in a silent break from a rupture in our trail of thought. And, if we find ourselves pounded by culture and complaints and life itself, we can always remember that silence is there for us as soon as we remember to define it in our minds and stride calmly and confidently toward our own enlightenment. We have to define it to find it.

Athabasca can only help sharpen our tools of awareness of what really matters so long as we remember to pause and listen to the space between our thoughts. Because that is where the magic happens, in those interstitial cracks that allow the light of learning to trickle into our being.

References

Simon & Garfunkel. (1964). “The Sound of Silence” from *Wednesday Morning, 3 A.M. and Sounds of Silence*. Retrieved from <https://www.theguardian.com/science/blog/2010/may/14/brain-hears-silent-movies>

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.

Local Shoutout—Edmonton and Area, Alberta 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 deserve a shout out.

Cat Café On Whyte

“Our spacious yet homey cat lounge acts as a home away from home for both human and cats. The tranquil environment provided by our Cat Lounge allows you to drink your coffee while spending time with the cats as if in a home environment.”

Cat Café On Whyte, Edmonton’s first cat café, opened its doors in 2017 and pride themselves on partnering with a number of other small Edmonton businesses, such as ACE coffee brewers. Local rescue, SAFE team, provides Cat Café with the kitties in hopes that the increased visibility

will help find them fur-ever homes. For sanitary purposes, there are two sides to the café: the serving side and the cat lounge. Beverages and sweet treats are provided in the cat-free serving side.

Little Brick Café and General Store

"We are Little Brick. We are a café, general store, and event space in the heart of Edmonton. We believe in good coffee, simple living, and the finest quality products."

Little Brick is literally a little brick house—specifically the J.B. Little heritage house. The house was built in 1903 and has been beautifully restored, including a picnic space outside. Little Brick serves coffee, soups, salads, sandwiches, and baked goods; all while utilizing local farms and roasters. While you're there you can pick up a four pack or tall can of local craft beer to go, or you can stay and try what's on tap (which rotates weekly!).

Pigtopia

"Angela & James Pauls relocated to this picture perfect place in October of 2019 after a house fire at Christmas of 2018. It became very important to them to create a loving and nurturing space for their animals. When Covid-19 happened in 2020 it was the right thing to do for Angela, to offer friends and family a safe place to go out and have some family fun! It took off like mad and word got out that this was the place to be!"

Their goal is to introduce you to their loving four-legged family and show you how much these farm animals love and need to be loved just like us! When you see them talk about the farm you see the love they have for what they do! Visiting the farm is visiting their home, their love shows through everything they do and they want to share that with you and your family!"

Pigtopia is a family fun farm located just west of Millet, which is less than a 60-minute drive from North Edmonton. They have mini horses, goats, and of course, lots of pigs! Pigtopia offers farm tours, children's day camps, and birthday parties. You can also apply to be a member of The Cuddle Club—volunteers who get to help socialize the pigs by snuggling and playing with them.

If you happen to fall in love with one of the pigs on your visit, for only \$30 a month you can adopt a pig. Edmonton has bylaws against owning farm animals as domestic pets, so your new friend will have to continue to live at Pigtopia, but you can name them and visit them as often as you can.

And don't worry—Pigtopia doesn't use any of their animals for meat.

I recognize that all of these businesses are based in Edmonton, 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.

AU-thentic Events Upcoming AU Related Events

Pride Student Lounge

Tues, Dec 7, 2:00 to 3:00 pm MST
Online via Zoom
Hosted by AUSU
www.ausu.org/event/pride-student-lounge/
Email ausu@ausu.org for meeting link

AUSUNights Virtual Student Social

Thur, Dec 9, 5:00 to 6:00 pm MST
Online via Zoom
Hosted by AUSU
www.ausu.org/event/ausunights-virtual-student-social-9/
Email ausu@ausu.org for meeting link

Alumni & Learner Virtual Seasonal Cheer

Thur, Dec 9, 6:00 to 8:00 pm MST
Online
Hosted by AU's Alumni Engagement Office
www.eventbrite.ca/e/seasonal-cheer-2021-registration-205365412477
Register through above link

In conversation with AU's Writer in Residence Michael Winter

Fri, Dec 10, 12:00 to 1:00 pm MST
Online
Hosted by AU Faculty of Humanities and Social Sciences
news.athabascau.ca/events/michael-winter-dec-talk/
RSVP through above link

All events are free unless otherwise noted.

Reward Yourself the Healthy Way You Deserve It!

Marie Well



G You've studied hard. You've minded the kids. You've worked an eight-hour shift. Whatever you've done effort-wise, it's time to give yourself a reward. You've earned it!

But how does a healthy reward sound? Here are some not-so-lavish but super healthy ways to pat yourself on the back and bask in your achievements. These are my favorite rewards.

Become a proud shopaholic on Udemy.

I can hardly wait until the end of a workday when I can go shopping on Udemy for courses that'll benefit my work, education, or everyday life. Yesterday I found a course on film production—a subtle delight I secretly tucked away in my shopping cart.

Eat your favorite fruit or veggie.

After a half day of work, I like to treat myself to an apple, orange, a bowl of frozen raspberries or mixed berries. As I eat an orange, I like to dwell on the vitamin C content and how a diet high in vitamin C wards off cancers.

Visit a bookstore and indulge in reading for an hour.

I used to visit bookstores for up to five hours a day. I became more of a consumer of knowledge rather than a producer. In my case, I needed to reduce the number of book reading rewards.

But why not explore the bookshelves for what topic might strike you as fascinating? You might discover a hidden passion. A book could also change your life's trajectory in a way that brings you closer to your dream life.

Engage in loving-kindness meditation.

If I ever feel tension toward someone, I like to instantly send that person loving thoughts. I'll run through a list of everyone and anyone I can think of and say out loud, "I love you, Mom," "I love you Cheryl," and so forth.

The highlight is pushing yourself to feel intense loving-kindness for everyone. When you do so, your body fills with wonderful energy.

Laugh out loud. Find something that makes you laugh.

Before I make sales, I like to laugh hysterically for a few minutes. By the time I get to the phone calls, my body is flooded with endorphins. I love sales and the laughter is a big reason why.

Go for a walk outdoors, dance indoors, or do most any exercise.

I like to do light cardio or cycle using a desk cycle. But intense cardio exercise makes most everyone "high" on endorphins after an hour. And food tastes amazing after an intense workout. Colors in the environment become more vivid, the senses heighten, and the face grows flush with

beautiful pink hues. Just look into the whites of anyone's eyes after they've done an intense workout. They glisten.

Join a club like Toastmaster's or take a fun class.

I have three goals for 2022 when it comes to classes. I hope to get Salesforce Certified, get a copywriting diploma, and acquire a sales associate certificate.

You might have a goal of getting a certificate at AU. Why not complement your certificate with a side course or club membership that'll give you an edge? After all, side hustles can make learning richer and more fun!

Regularly shop dream jobs on Indeed.com to determine needed skills.

It's like shopping for one's dream future. If I acquire the latest skills required to be a top performer at my job, everything else just falls in place. My brother, who earned well over half a million salary a year, tipped me off on this one.

Look up your dream jobs on indeed.com and assess all the various skills you'll need in order to be successful. And then work toward acquiring those skills. You have every potential to earn whatever salary you may desire.

Well, those are super healthy ways to reward yourself for all your day's efforts. But, if you'd like a bit more decadence, then just remember, a sixteen-ounce steak never hurt anyone.



Course Exam–ADMN 405

Milica Markovic

Capstone II: Application and Integration of Contemporary Business Topics

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.

ADMN 405 is a paced, three-credit course in the Business and Administrative Studies program that invites students to discuss and critically analyze management frameworks, enhancing their problem-solving and collaboration skills in the process. Important topics include decision-making guidelines, emotional intelligence, ethical considerations, and proper netiquette.

Depending on their business bachelor's degree program, students will need to complete the required courses before taking ADMN 405. They are encouraged to take ADMN 404 as a supplement, but it is not mandatory for course enrollment.

Students cannot take the course for credit if they already received one in ADMN 401, and it is unavailable for Challenge.

Who Should Take This Course and Why

ADMN 405 is a compulsory course for BComms students who have been in the program since 2019. However, Course Coordinator Richard Dixon says that student feedback over the years is nevertheless the best indicator of who the course is recommended to outside of the program.

Based on said feedback, Dixon concludes that students who embrace cooperative settings and wish to test their interpersonal skills, as well as other soft skills in various scenarios such as approaching difficult managers, addressing inappropriate behaviour by co-workers, and/or discussing strategy with superiors should consider taking ADMN 405.

Course, Assignments, and Exam Details

This sixteen-week course consists of, in chronological order, an orientation module and six key themes: *Strategy and Operational Effectiveness*; *Strategic Foresight*; *Value Creation and Capture*; *Strategy and Ethics*; *Innovation and Entrepreneurship*; and *Marketing Strategies*. Acclaimed management frameworks students will study as they work through each theme include Oxford University's *Strategic Planning Approach* and Prof. Michael Porter's *Creating Shared Value*.

Students will be placed in groups for a business case during the first month of the course that either focuses on implementing strategy or developing and applying a strategic plan. In both cases, the groups must produce an oral presentation worth 10% of their final grade and a report valued at 20%.

Class participation, which comprises 20% of the grade, is crucial for students to apply communication and language skills, social graces, affective empathy, time management, leadership attributes, personal habits, and other abilities from their learning experiences through course materials (i.e. watching videos, reading articles, writing solo and group reports, and simulating a workplace environment) and previous courses in their respective programs.

Students will also engage in AI-powered simulations, or Virtual Co-op, for a series of projects collectively worth 25% of their grade intended to help them improve their teamwork skills. These projects involve email correspondence with fictional colleagues and debriefs with a fictional mentor.

The simulations aid in framing the Soft Skills paper, which is prepared by each student individually and makes up 20% of the grade. For this assignment, students are asked to reflect on one of the two simulations they choose to participate in – financial or digital services.

Finally, students are expected to provide peer-to-peer feedback for 5% of their grade.

How to Be Successful in the Course

Course Tutor's Advice for the Course

As ADMN 405 is a greatly contribution-oriented course with weekly deadlines, Dixon emphasizes the importance of commitment to the tasks, and openly communicating possible concerns and/or plans can facilitate progress on the assignments. He is eager to speak with students about anything related to the coursework.

Questions?

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

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

The Reading List December 2021

Karen Lam



Whenever we reach December of the year, I look back and wonder how quickly the time flew by. But at the beginning of the year, I always think how much time I have this year to do all the things I want and how long it'll take for the year to go by.

Rather than think too much about the past, let's all enjoy the month, finish up our classes, spend the holidays with our loved ones, and pick up a good book and read it with our favorite drink!

***Christmas Shopaholic* by Sophie Kinsella**

A story we can all relate during the Christmas holidays: shopping! An adorable and happily written story about

Becky's adventures with shopping for her own things and those around her during the holiday season. With Christmas just around the corner, unprecedented events occur, and Becky struggles to manage everything to ensure a happy holiday. At the end, will she be able to do what it takes to deliver a comfortable and happy holiday? Recommended for those looking for a Christmas story to read!

***Five Little Indians* by Michelle Good**

2020 Governor General Literary Award Winner, this book tells a story from five former residential school students and the challenges they encountered. The challenges of surviving through the 1960s in the world of American Indian movement and the unprecedented strengths that came with becoming a mother. Other stories including the power of friendship and the importance of it during times of struggles. A must read for everyone!

***Happiness* by Aminatta Forna**

When I was on my search for the next book to read, I came across this book and knew I had to give it a try. The story is about two lives that cross with one individual being a psychologist who helps those who survived war live through their trauma and the other individual who is a naturalist. The author of this book examines how all our lives are interconnected with all other living creatures and what happiness really is. Recommended to everyone!

***One Day in December* by Josie Silver**

Are you looking for a romantic novel to read this month? Look no further, this is the one! I picked up this book because the title felt so present and relatable. The story is about two individuals, a number of chance occurrences, and a memorable love story.

Do you believe in love at first sight? I absolutely do not. I personally always thought love at first sight only lasts for so long because the reality sinks in. The character in this story, Laurie also doesn't think love at first sight exists except in movies, until she felt it herself. But then reality stepped in. The story follows Laurie, Sarah, and Jack through their decades of friendship, heartbreak, and many more stories.



***The Easy 5-Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious* by Toby Amidor**

For those wondering why this is a recommended book for December, it's because I'm gearing up for January. With the holidays coming, we'll all be eating lots of delicious food and sweets. With January coming, this book will come in handy as we plan for our new goals for the new year or begin healthy eating again. This book is filled with lots of easy and quick to cook meals for everyone (especially if you have a busy day).

Happy Holidays!

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

The Not-So Starving Student Skewered Meats

Xine Xu



One of my fondest memories was munching on lamb skewers as a child. I found the recipe my grandmother used and made these on my balcony using a griddle.

apartment, you'll also not appreciate the smells travelling to other rooms and the grease settling into the couch cushions or the bedroom closet. The heavy smell of barbecues and grilled items can easily have strong smells as well so cooking outside can keep your indoors smelling fresh.

1. Clean up is easy: I currently use an electric griddle outdoors despite owning a barbecue. The electric griddle plugs into the outdoor outlet where it can be easily used and cleaned. If you're planning to use your barbecue outside, using tin foil can avoid a lot of unnecessary grease and cleaning.

One of the traditional foods I had growing up was skewers. There are so many variations in different regions of the world. The infamous Middle Eastern kebabs are a mouth-watering treat. Satay skewered meats served with peanut sauce are a favorite in Asia. Yakitori is a Japanese skewered meat dish that uses charcoal grills with various cuts of gizzard, liver, skin, and dark meat from chicken. The Russians have a variation called Shashlik which is marinated pork, beef or lamb smothered in copious amounts of onion. The Greek Souvlaki is a lamb skewer served with pita and tzatziki. There are many more variations of skewered meat varieties, but the bottom line is that human civilization has enjoyed skewered meats for a long time. There's something comforting about grilling them over the fire and especially on a stick.

So why should you try making some skewered meats in the comfort of your home's patio or porch?

1. No irritating smells: despite my love for cooking, cooking at home can cause some smells and scents to linger in the kitchen for lengthy periods of time. If you have an open style kitchen, like my

3. Food tastes better on a grill: Have you noticed that grilled meats or charred meats taste better than your regular stir-fried items on the stove top? The high heat breaks down proteins differently than on the stove top creating unique flavor compounds. If you're tired of eating the same stove-cooked food, try grilling or griddling items outdoors.

Thankfully, the snow has not hit Calgary just yet and I've had the opportunity to do some outdoor barbecues on my patio.

Now that you're convinced skewering meats are a great idea, here are some tips for making great skewered meats.

Cut Ingredients to the Same Size:

Cutting ingredients into the same size is pivotal when making good skewers. I've made plenty of skewers in the past where the ingredients were of different thickness and sizes that make it difficult to cook evenly.



Using my griddle outside helped keep my indoors smelling fresh



I used my metal skewers here as I was serving these for an appetizer.

Metal Skewers are Better for Meats that take Longer to Cook

If you're cooking meat for more than 5 minutes on the grill, the best skewer material is metal.

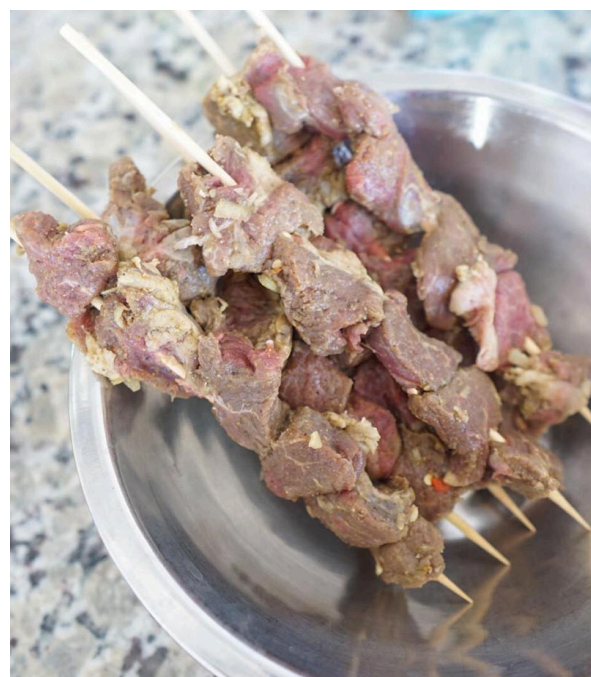
Turn the Meats Frequently

To help the meat cook evenly outdoors, turn the meat frequently (once every few minutes for beef, pork and chicken and once every minute for shrimp is sufficient).

Marinate them but Also Brush Sauces while your Skewers Cook

The lamb skewers I recently made were pre-marinated overnight with onions, garlic, cumin and peppers that allowed the meat to have intense flavor after the griddling process. I also brushed some honey garlic marinade over them about a minute before I took them off the griddle for extra flavor. Brushing the sauce on before you take them off the grill or griddle will help the heat break down the sauce ingredients giving it an extra burst of flavor.

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



My lamb skewers were marinated with a variety of spices and herbs prior to cooking. I used bamboo skewers that I cooked them for a medium-rare texture

Homemade is Better Beef Jerky

Chef Corey



When Karl recently asked if it was possible to make beef jerky at home. I wasn't sure it was possible without a dehydrator. Upon some quick googling, I discovered that it was indeed possible. A YouTube series I watch (*The Bearded Butchers*) has an episode where they make deer jerky with a selection of their spices, a smoker and some unique mats made for their application. I, on the other hand, did not use those items. I made a very basic recipe for my first try, but it worked well enough to feel confident enough to share my recipe. I will, however, be perfecting it later and will update you on one of my social media pages. Facebook, or Instagram.

The neat thing about homemade beef jerky is a) you can do it yourself, and b) it's cheaper to make it than to buy it. The downside, it's not exactly like commercial jerky. On the upside, it's still amazing! While there are a few methods to making jerky, I tried the most basic way for testing. I also felt like I needed to do it. The funny thing is, once I'm challenged to make something, I find it difficult to turn it down. I will figure out how to give it the shiny glaze that it has and how to perfect it.

While this week's article is short, my recipe is very instructive. I hope you try this.

Beef Jerky

Ingredients:

Big Daddy's spice mix
1-2kg Beef eye of round

Hardware needed:

One large bowl
One sheet pan
Parchment paper
1 – 2 cooling racks to fit the sheet pans

Directions:

- 1) Slice the beef into 1" pieces, then slice it against the grain into ¼" slices. The thinner, the better
- 2) Once the beef is sliced, place it into the large bowl and liberally mix with the spice.
- 3) Cover the top of the bowl with plastic wrap and refrigerate overnight.
- 4) Heat your oven to 175F.
- 5) Place the cooling rack over the sheet pan. If you have more than one cooling rack, you can use two sheet pans.
- 6) Place the meat on the racks and insert it into the oven.
- 7) Bake the meat for 4-6 hours. You will want to turn it over every two hours.
- 8) Once 4 hours have passed, check the meat to see how dehydrated it is. If it has reached the chewiness you want, then take it out. Once you refrigerate it, the meat will firm up.
- 9) Allow the meat to cool for up to one hour, then put in the fridge and consume as you want.

An afterthought upon making this recipe is that more salt will draw more liquid from the meat and possibly help dry it out. If you want to test this theory, add ¼ cup of kosher salt and pat the meat dry before putting it in the oven. If you're going to use a smoker, use the same temperature and keep an eye on it. You want to reach around 180F.

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

Beyond Literary Landscapes

Journalistic Literature

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing “to-read” pile.

From one bookworm to another, this column will be underscoring and outlining various literary genres, authors, and recent reads and can serve as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

Who

This week’s column will serve as the first part of a two-part series in the wide-ranging Journalism genre. It will primarily focus on three major authors who may serve as an introduction to Journalism in general, a reminder for fans, and an inspiration for further reading, namely Gabriel García Márquez, Alma Guillermoprieto, and Eduardo Galeano.

Students interested in further reads in this genre may also choose to pursue the writings of Joan Didion, including works, such as *Salvador*, which covers 1982-era El Salvador, and *Miami*, which covers Cuban history and politics. Other journalists that can be of interest include the works of Desmond Cole, Christiane Amanpour, Ida. B. Wells, Anna Politkovskaya, and Ryszard Kapuściński.

What

Journalism can be defined as “the collection, preparation, and distribution of news and related commentary and feature materials through such print and electronic media as newspapers, magazines, books, blogs, webcasts, podcasts, social networking and social media sites, and e-mail as well as through radio, motion pictures, and television.” Types of journalism include, but are not limited to, war correspondents, reporters, and columnists.

Some classics in this genre include *News of a Kidnapping* by Gabriel García Márquez, Guillermoprieto’s *Looking for History: Dispatches from Latin America* and *The Heart that Bleeds: Latin America Now*, and Eduardo Galeano’s *Open Veins of Latin America*.

Where

The above-mentioned journalists cover a wide geographical area. For instance, Uruguayan journalist and author Galeano writes about Latin America in general, with a specific focus on Mexico, Colombia, Guatemala, and Brazil. Mexican journalist Guillermoprieto covers a great deal of countries within Latin American, including Cuba, El Salvador, Colombia, Peru, Argentina, Nicaragua, and. Colombian journalist and novelist García Márquez covers Colombia, specifically the city of Medellín.

When

These works mainly take place during the 20th and 21st-centuries, with a great deal of focus on the political and economic upheaval of the 1980s and 1990.

Why

These recommendations can be a start for readers interested in learning more about the history of Latin America prior to contact, the era of imperialism and colonization, Indigenous Peoples, such as the Aztecs, Incas, and Mayas, as well as the socio-economic impacts of foreign policies that continue to this day. For instance in these works, readers can learn a bit more about Colombia, including La Violencia a civil war from 1948 to 1958, the Medellín cartel, as well as the ELN: Ejército de Liberación Nacional (National Liberation Army) and the FARC: Fuerzas Armadas Revolucionarias de Colombia (Colombian Revolutionary Armed Forces).

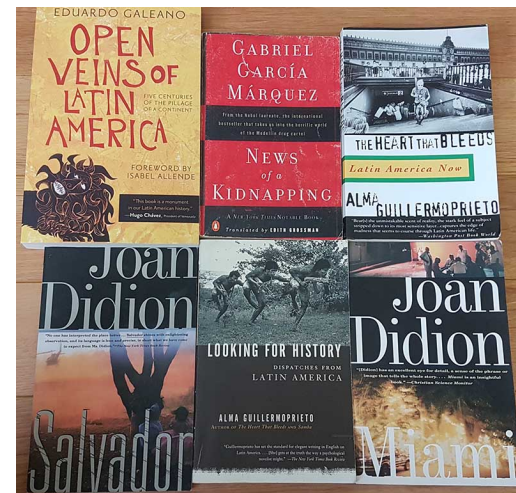
Readers can also learn about the history of The United Fruit Company, particularly in Guatemala, the FSLN: Frente Sandinista de Liberación (Sandinista National Liberation Front) in Nicaragua, as well as the El Salvador Civil War from 1979 to 1992 and the FMLN: Frente Farabundo Martí para la Liberación Nacional (Farabundo Martí National Liberation Front).

How

AU's wide range of diverse courses make it effortless to study this topic in depth. Courses related to Journalism are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with a counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this particular topic may consider any of the many SPAN courses available at AU, including SPAN 200: Introductory Spanish, a junior-level three-credit course, that "introduces students to the basic elements of the Spanish language." Happy reading!

Natalia Iwanek (she/they) is currently completing her Bachelor of Arts in English with a minor in Political Science at Athabasca University.



The Art of Study Breaks for Full-Time Students

Marie Well



Re You've got many classes on the go and limited time. You're stuck on a math problem. In fact, you've been stuck on it for the past hour. What do you do? Have a break, naturally.

But what if your break time eats into valuable study time that could be used for nailing another A? Or what if too many breaks prevent you from taking another class per semester (one more class a semester could put you ahead by a year in your graduation date). What do you do then?

There are many views on study breaks, but I've got a different one.

I was the Queen of Breaks in my undergrad. I timed myself all throughout the day for thirty-minute study stints followed by fifteen-minute breaks. As soon as the timer rang, I switched gears.

During my breaks I'd phone someone or get a cup of coffee. I can't recall what else I did, but it certainly wasn't spent on productivity.

I also began my studies sometime between 12 noon and 3 pm each day, but studied with my break system straight through until midnight. So, I studied nine to twelve hours a day, with lots of breaks.

I took only eight classes a year, three fall, three winter, one spring, one summer. I ended up with a 3.92 out of 4.0 GPA. And then I went into grad school.

But I thought, "There must be something better." If I made better use of my time, I could have added an extra three to six hours a day to studies. That would amount to at least one more, maybe two more, courses a semester, assuming three hours of study a day is required for one course. I could've completed 14 courses a year, instead of 8. In other words, I could've graduated in three years.

But what does it take to achieve that?

Well, I've since formulated a system. It's based on my time working like a marathon runner at my career. Basically, it's to pretend you're at an 8 am to 9 pm job, with 1 hour for lunch and 1 hour for dinner. But the breaks, too, need to be work oriented. After all, a body in motion stays in motion. In other words, if you work or study all day, it gets easier to do more of the same.

So, here's my system. Wake up at 8 a.m. and study straight through until 9 pm, with one hour for lunch and one hour for dinner. During this time, you can take "breaks" by switching to another study subject. But be sure to clock everything you study in a timer app. I use my work Timesheets to track everything I do in increments. I'd recommend QuickBooks Timesheets. It's meant for the office, but it allows me to record everything I do.

At 9 pm, it's quitting time. You have free time to clean or relax. You've earned it. I like to clean and then learn job-related skills from 9 pm until 11 pm, when I go to sleep. But sometimes I squeeze in extra work for, say, an hour.

Keep a journal in the form of a Word document that you update with every task you've done and every task that comes to mind that you need to do. Highlight or bold the tasks that you need to do. Pretend you need to report to a boss on what you've studied at the end of each week.

When you are stuck, wondering what to do next, look at your journal for your highlighted or bold to-do tasks. Clock in the task on Timesheets and document in both Timesheets and your journal what you are about to do. Keep your most recent journal entries at the top of your Word document.

Make it a race between you and the timer, where the goal is to be hyper focused, like running both a sprint and a marathon in one race. But stay relaxed.

And buy a desk cycle to get exercise while studying. I find a desk cycle helps me focus while I'm doing more mundane tasks. Keep a bottle of water nearby at all times and snack on fruits, veggies, or nuts and seeds.

If I ever do it all over again, this is the system I'd use. After all, a body in motion stays in motion. And a body in motion experiences fewer jumpstarts (translation: less stress). And remember, the quicker you get to your studies, the faster most any problem is solved. And the sooner you graduate.

(If you have a hyper-focused system for studies, kindly consider commenting below on what strategies you use to perform at peak level.)

Music Review—Still Dirty

Jessica Young



Artist: Kris Rodgers and The Dirty Gems

Album: *Still Dirty*

Portland, Maine's Kris Rodgers & The Dirty Gems have released their new album *Still Dirty*, available for streaming anywhere you get your music.

Of the album, lead vocalist and frontman Kris Rodgers says, "We took some chances we wouldn't normally take on this record, and I think it paid off. For me, a big thing was to not shy away from trying something because it's a little left field. 'Tortuga,' 'She Likes To Party' and 'Don't Look Back' all sound like they come from different records".

Still Dirty consists of ten tracks: "She Likes To Party", "I Can Still Feel It", "Can't Give It", "Don't Look Back", "Across The Galaxy", "Take Me To The Pilot", "I'm Your Man", "Don't Turn Around", "Tortuga", and "See You

Again".

Several of the songs have accompanying music videos, such as "I'm Your Man", "Don't Turn Around", "She Likes To Party", and "Take Me To The Pilot". "Take Me To The Pilot" is a cover of the famous Elton John song. Talking about the cover, Rodgers says, "Ever since I was a kid and heard it for the first time, I always wanted my band to play it. Then we did and it became this staple of our set. It's so nice because it happened organically. We played it basically live in the studio. I had to recut the piano and vocals because technology. We also played without a click track, which was interesting."

Still Dirty is a classic rock revival. It has a rock-opera vibe, reminiscent of Meatloaf, or fittingly, Elton John. You can certainly tell which artists inspire and influence Kris Rodgers and The Dirty Gems. The cover of "Take Me To The Pilot" was good, although it sounded more like a direct impersonation than the band putting their own spin on the song. It's the kind of tune you might be really excited to hear being played live in a bar, but just doesn't have the same spark when you hear it on the album. If I wanted to hear an exact rendition of "Take Me To The Pilot" I would listen to the original song.

The rest of the album was fun to listen to. It was upbeat, feel-good music, and every song was very different. The female backup singers on the song "Don't Look Back" gave the track a 60s feel, while "Across The Galaxy" sounds like a mix of folk and country—you can almost picture Rodgers sitting across from you at a campfire, playing his beat-up acoustic guitar and belting out this song. "See You Again" is a lovely piano ballad that reminds me of Aerosmith's "I Don't Wanna Miss A Thing".

The only song on the album that I'm not a fan of is "Tortuga", in which the band tries to go for a Latin feel. In my opinion, it seems forced, and the Spanish accent Rodgers is attempting throughout the song is a little gauche.

Overall, *Still Dirty* is a fun album. It's not anything ground-breaking, but I think The Dirty Gems are the kind of band that would be wonderful to see live.

Check out Kris Rodgers and The Dirty Gems on [their website](#), [Twitter](#), [Facebook](#), and [Instagram](#).

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



Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Fresh new-student enthusiasm. A student notices they already have access to a course that starts January 1 and wonders if they can submit assignments early. Responses are unanimous: no.

Discord

Group rides. A conversation thread in #coffee-shop-lounge spotlights the online cycling program, Zwift. Great exercise for students with stationary cycles!

reddit

From hero to zero. A student who was penalized for plagiarism on an assignment wonders if the transcript notation can be removed early; responders suggest appeals are possible but not guaranteed.

Twitter

@austudentsunion tweets: "AUSU is excited to announce that, in recognition of our incredible partnership, @AthabascaU is investing \$90,000 into AUSU programs and services. Read more about it <https://ausu.org/2021/11/ausu-celebrates-AU-investment/>."

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Ingenium-NSERC STEAM Horizon awards

Sponsored by: Ingenium Foundation, NSERC, and Indspire

Deadline: January 15, 2022, 8:00 pm EST

Potential payout: \$25,000

Eligibility restriction: Applicants must be Canadian citizens or permanent residents of Canada; be 16 to 18 years old as of the application date; have been recognized for accomplishments in the fields of science, technology, engineering, art and design or mathematics (STEAM); have maintained an academic average of at least 80%; and be preparing to enroll in the fall of 2022 in their first year of post-secondary education in a STEAM field at a Canadian institution.

What's required: A completed application form, along with a description of STEAM achievements, academic transcripts, two letters of support, and a two-minute maximum video clip.

Tips: Be sure to read the [Instructions for completing an application](#) for valuable information on the process.

Where to get info: www.nserc-crsng.gc.ca/Students-Etudiants/UG-PC/STEAM-STIAM_eng.asp



Divorced Developments

Dear Barb:

Hi, my wife and I got married three years ago and our first child is two years old. The problem is we have hugely different ways of parenting. I am strict, while she's more lenient. We want to raise our children to be good people with the right morals and values. I don't want them to feel torn between their parents. Do you have any tips for us, so that we can avoid the tension I see in other families? We have talked about this issue and realize we have different parenting styles, and we are both willing to meet somewhere in the middle.

Thanks, Don.

Hello Don:

Thanks for writing in. You and your wife are starting out with a good attitude. You are willing to compromise so that your children will not have the push and pull that so many children experience. I can give you some general tips that will help you both to be the best parents you can be, but I believe you are already on the correct path.

A good rule to follow is to **be consistent with discipline**. Create reasonable rules that your child should be able to follow. Be clear with your expectations and if your child does not follow then there must be consequences. Be consistent. You cannot punish your child for something one day and not the next. How will they learn what you

expect from them if the boundaries keep changing?

Another important tip that, as parents we often do not think about, is to **acknowledge when our children do good**. We sometimes focus on the negative and ignore the positive. If your child does something, like clean up after themselves without being told, recognize it. This way you are showing your child that you do appreciate and notice all that they do. By rewarding their good behaviors, you will see more of these types of actions in your child. It is especially important that you **be a good role model**. Your children are learning how to function in this world by watching you. Your children learn how to interact with other people through your example. If you are rude and uncaring to others, you can be sure your children will be rude and uncaring as well.

Make communication a part of your parenting style. Explain why you do not want your child to engage in a certain behavior and the consequences that may occur if they do participate in that behavior. Listen to your child and do not be afraid to negotiate with them. If children play an active role in decision making, they will be more likely to follow through on what is expected of them.

Finally, and most importantly, **spend time with your children**. Be an active part of their lives. Make it a point to eat dinner together as a family. Children need attention and support from their parents, and if they do not get it, they may find other, not so healthy ways to get it.

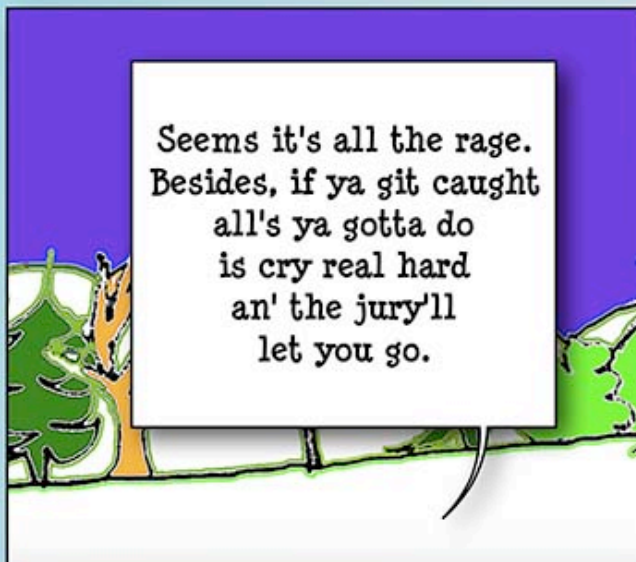
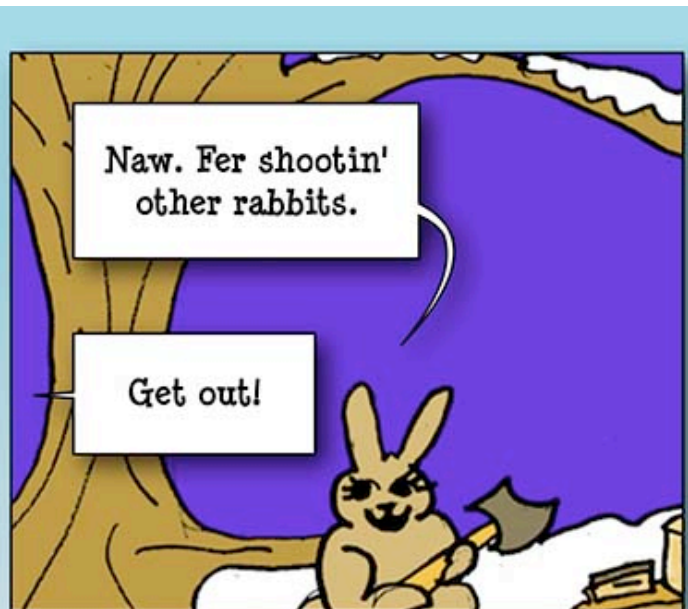
Since you are new parents, most of these issues will not come into play yet, but eventually they will. Enjoy your children, they will be grown and gone before you know it. You do not get a do over with parenting, so be the best parents you can be. Thanks for your email and I hope this information is helpful.

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 Mave Target Practice

Wanda Waterman

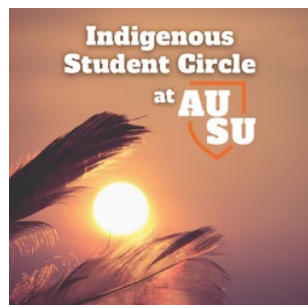


This update is provided to The Voice by AUSU.
Contact services@ausu.org with questions.

Emergency bursaries available to AU learners

Important news for students! Athabasca University is offering another round of emergency bursaries following the successful distribution of \$444,000 during the summer 2020 and spring 2021 cycles. By getting bursaries into the hands of learners who need them most, AU hopes to relieve some of the economic pressure still felt due to the COVID-19 pandemic.

Bursaries valued at \$1,000 each will be available to undergraduate and non-program learners via the [AU Undergraduate Student Emergency Bursary](#) and the [AU Open Studies Emergency Bursary](#). Applications are open from Dec 6-13, 2021, and recipients will be selected by a lottery. [Read AU's announcement](#) for details on eligibility and how to apply.



Tansi, edlanet'e?

[Meet the Indigenous Student Circle at Athabasca University Students' Union!](#) The Circle is committed to carrying the spirit of Indigenous people's strength, resilience, and customs into colonial spaces as they work with the Students' Union.

Indigenous undergraduate students at AU are invited to reach out and help guide The Circle in understanding your needs better by emailing indigenous@ausu.org or joining the growing [AU Indigenous Community](#) Facebook page. Meegwich and marci-cho, may Creator bless you all.

AUSU presents the Pride Student Lounge hosted by [VP Community & Wellness Natalia Iwanek \(she/they\)](#). The Pride Student Lounge is a casual space for 2SLGBTQIA+ undergrads to meet, kick back, and chat about anything and everything [@AthabascaU](#)! Drop by and get to know your fellow 2SLGBTQIA+ students with Natalia, a champion for student engagement! Grab the Zoom link today by emailing ausu@ausu.org. See you there!



AUSunights are virtual student socials held over Zoom on the second Thursday of every month. They are a great opportunity to connect with fellow AU students, have fun, play games, and win some prizes from your Students' Union! RSVP to ausu@ausu.org and get the Zoom link today!



AUSU will be doubling the number of \$100 gift cards awarded through the Virtual Food Assistance Program this December from 5 to 10. Students often endure hardship while furthering themselves. This is especially true around the holidays.

The gift cards will be for a major grocery chain in Canada convenient to those selected through the draw. In the case of rural or international students who do not have access to one of these chains, AUSU will offer alternate options. [Apply today!](#)



[Check out the 2021 Year in Review](#) with your AUSU Executive Team including on external advocacy, efforts to lower tuition costs, undergraduate research, and more!



AU Students' Union will be **closed for the winter holiday from December 20 - 31, 2021**, with regular office hours resuming on January 4, 2022. If you require assistance from before then, please contact ausu@ausu.org.

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, Barbara Lehtiniemi, Corey Wren
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