

# THE VOICE

Vol 30 Issue 29 2022-07-29

## Minds We Meet

Interviewing Students Like You

## Buckling In

Looking for a Third Option for the Disabled

## The Study Dude

Tasks for Starting Your Degree



*Plus:  
The Nobel Laureate Life  
FotW: History Electives  
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: *Vanesa Blanco Claramonte* ..... 4

## Articles

Editorial: *A Long Time Coming*..... 3

Buckling In ..... 8

Nobel Laureate Life ..... 10

How to Become a Star Employee..... 12

Four Easy Party Foods to Serve This Summer ..... 14

## Columns

The Study Dude: *Tasks Before You Begin Your Academic Degree*... 6

Homemade is Better: *Pork Cutlets and Salsa Capellini* ..... 11

Beyond Literary Landscapes: *Gabriel García Márquez* ..... 15

Fly on the Wall: *History Objectives*..... 17

Music Review: *Future Considerations* ..... 19

Dear Barb: *Studying Procrastination*..... 20

## News and Events

Student Sizzle ..... 9

Authentic Events..... 11

Scholarship of the Week..... 11

Vintage Voice..... 18

AUSU Update ..... 23

## Comics

Poet Maeve: *Universal Basic Ignorance Again*..... 22

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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://voicemagazine.org),**  
**and please indicate if we may publish your letter!**

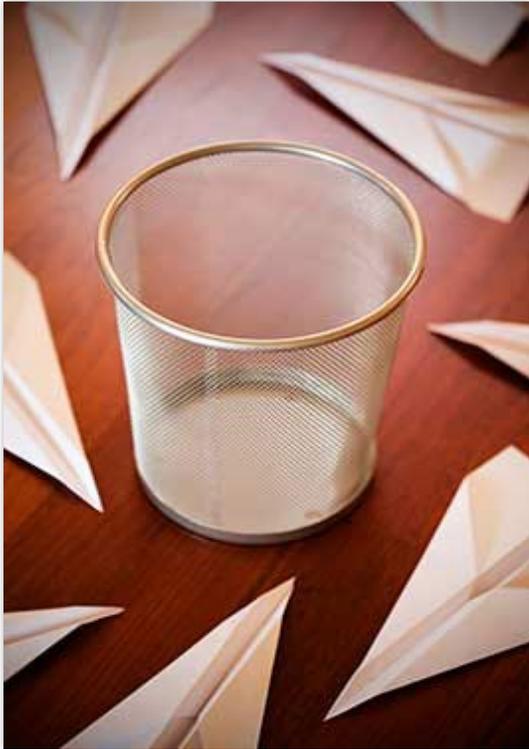
**Hey! Did you know the Voice Magazine has a [Facebook page](#)?**

No kidding! We also do the [twitter](#) thing once in a while if you're into that.

## Editorial

### A Long Time Coming

**Karl Low**



Danielle Smith currently seems to lead the UCP leadership race. This is a person who, at least from her deleted tweets, seems to be unable to critically evaluate the sources of information she chooses to accept. Putting naturopaths on approximately the same level as oncologists, and labelling vast swaths of medical science as irrelevant.

If elected by the UCP, she will become the leader of the province for around ten months.

Meanwhile, as of Monday, COVID-19 has put 90 more people in the hospital than the week before, three of those adding to the 23 already in the ICU. Smith is on record as saying if she is made premier there will never be another lockdown in Alberta, no matter how badly our medical system is overrun.

In fairness, she didn't say that last part, but never is rather all encompassing.

Now, my predictions on the severity of what COVID-19 might do to us have, so far, been overwrought, I'll admit that. But warnings continue to issue from our health care services, and the problem with these types of predictions

is I only have to be right once for it to be a serious, serious problem. Here's hoping I continue to be wrong.

Meanwhile, in this week's issue we've got a great new student interview, from a woman who's looking to become a teacher in Canada while raising her daughter and enjoying hikes and the great outdoors and other activities with her family. She has some good tips for new students and those with parents if you're having some trouble with your own studies, so it's worth checking out the new Minds We Meet.

In addition, the Study Dude returns, and this one is starting from the ground up. If you're reading this issue while deciding what you want to do in post-secondary, it's a good article to give you some hints and tips so that you can get off to your best start, and wind up with a degree that makes sense for you.

Plus, we look further into the idea of Invisibility Syndrome and the disabled, with Elisa looking at how advances in medical technology might end up distracting us from the whole person. It's a viewpoint I hadn't considered until reading her article, as I'm sure most of us have the notion of, "If you could do something to be better abled, why wouldn't you?" without ever considering how that is focusing on the disability rather than the person. You learn something new every day, it seems.

Plus, we've got scholarships, recipes, advice, book and music reviews, a look at how taking a history elective might change the way you view the world, some ideas for summer snacks, and more! What's more, I just received in my mailbox the return of a long lost column here in the Voice, so I'm excited that next week, we'll be starting to bring back our old favorite, the Course Exam!

Enjoy the read!

A handwritten signature in black ink that reads "Karl". The signature is fluid and cursive, with a long, sweeping tail on the letter 'l'.

# MINDS WE MEET



*The Voice Magazine* recently had the chance to chat with Vanesa Blanco Claramonte (she/her) residing in Edmonton, Alberta. Vanesa “acknowledge[d] that we are on the traditional land of Treaty 6 and home of the Métis Nation of Alberta Region 4. We also acknowledge the Inuit and other diverse Indigenous peoples whose ancestors have marked this territory for centuries, a place that has welcomed many peoples from around the world to make their home here.”

On a personal note, Vanesa came to Canada from Vila-real, Spain seven years ago. She continued, “I am 43 years old and happily married. My husband is an engineer, and the reason we came to Canada in the first place.”

Vanesa is currently enrolled in the Bachelor of Arts in General Studies, with six courses remaining. “My next step will be an after-degree in education to accomplish my dream: to be a teacher in Canada,” she stated.

When asked how she best studies and what keeps her motivated, Vanesa let *The Voice Magazine* know, “I am working full time; plus, as a mom, I use my daughter's extra school activities to study. Also, while my husband is preparing meals for the week, I study when I am at home.”

She also had some advice for new students. “My advice for a new student, especially international students who are not familiar with the Canadian system, is: Carefully read the instructions for each assignment, ask your professors (they are here to help you), and do not give up, sometimes you will feel exhausted or that it is too much, but do not give up. Anytime you feel this way ask for help. In the university, you can find students in the same situation as you.”

When she is not studying, she “love[s] spending time with [her] family.” She continued, “We love to go hiking with the dog, go to museums, or on weekend trips. I also enjoy reading and sharing my comments with my friends in our book club. Cooking with my family on Sunday is becoming a classic. We love cooking together, listening to music, singing, and dancing.”

Speaking of books, *The Voice Magazine* asked Vanesa which book or author has made an impact on her life. She stated that when she was nine years old, she “did a school project about [her] hometown's history.” She continued, “My group and I won the first prize and received a package containing fancy school supplies and a book. The book was *The Little Prince*.” She has read the book so many times that she has lost count!



Her family, especially her husband, have had the greatest influence on her desire to learn, since they always cheer her “up when [she] feel[s] down, or [she] feel[s] too old or tired.”

Her experience with online learning has been good overall. “I must admit that it took me time to get used to it, but here I am. I like the idea you can do it using your own time. I like to follow the schedule that professors design for their courses, but sometimes I wish I could have a class recorded from some areas that are more difficult to understand.”

Vanesa’s most memorable course has been INST: 301: Indigenous Education, explaining, “I have learnt about the Indigenous people and the country I am part of.”

As for which famous person, past or present, she like to have lunch with, and why, Vanesa chose Josephine Baker, who she has admired ever since she “read her story for the first time when [she] was fifteen or sixteen.” She continued, “She was so resilient, so brave, and so generous. Josephine Baker was a woman full of love who fought in a time where being a woman and black had zero value. Sometimes I sit on my couch, and I like to look [at] drawing[s] about her from a book that I bought in a second-hand bookstore, and that moment fills me with motivation.”

Vanesa also described her most memorable vacation to *The Voice Magazine*, in which her niece came to visit. “We did a road trip all the way to Portland for three weeks. I remember my daughter, who was eight years old, pranking my niece when she didn’t understand a word or a sentence in English. It was an incredible trip.”

Her most valuable lessons learned in life have been many, in particular from her grandmother. She said about the lessons, “So many, my grandmother was full of valuable lessons, she was a wonderful woman who did not have an easy life, but she always looked forward with optimism.”

And her proudest moment in life? “The proudest moment in my life was when after the first course in AU, I decided to pursue the dream of being a teacher in Canada.”

As a final note, Vanessa stated, “Overall, I am proud of my accomplishments as a student and how this experience has positively influenced my daughter. There are times when she complains about all the time I spend on my assignments or my studies, but other times she tells me how proud she is and how much I inspire her and that fills me with emotion and helps me to move forward with my goal.” Best of luck Vanesa!



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

## The Study Dude

### Tasks to Do Before You Start an Academic Degree

Marie Well



So, you want to start an academic program? You may also want to perform your best, even becoming the top student. This is quite possible, but you'll need to prepare.

Here are ten tasks to do before you start a university or college program:

#### **Choose a university.**

Research universities that specialize in your chosen degree path. In the US, Yale has an excellent drama school, while MIT has a great economics program. McGill University in Canada is known for its outstanding medical school. The University of Calgary has a well-established business school. But ensure you have funds for accommodations or a roommate. Or to save money, live at your parents' home. Living in dorms may often be counterproductive as they can serve as party houses.

Apply to the most elite universities, if grades permit, and especially to the American ones if you have a talent for sports. Some universities give free education. Others will provide you more significant opportunities in life. For example, Westpoint University in the USA, a military university, has produced America's top leaders, such as Mike Pompeo, former head of the CIA and Trump's Secretary of State. Just make sure you get an extensive scholarship or can otherwise afford tuition and accommodations. For instance, Duke University in the USA offers merit scholarships that cover tuition, mandatory fees, and room and board--for four years--for select incoming undergraduate students.

Apply to online universities if you are not opting to be physically present. For instance, you may have an anxiety disorder, autism, or other types of disability that make in-class studies less ideal. Or you may have extensive work and family obligations. If so, rest assured that Athabasca University is considered the best online university in Canada.

#### **Access financing.**

Set up a student bank account. You'll need someplace to deposit your student loans, scholarships, and bursaries.

Once you do this, apply for scholarships and bursaries.

Apply for a student loan. Apply as early as you possibly can. You'll want to apply at least four months in advance, although this might be pushing it. Ideally, you can submit your application eight months in advance or whenever the application first becomes available.

#### **Stock up on supplies and equipment.**

Stock up on supplies, ideally in bulk. Just before the September school start date, supplies will go on sale. Ensure you access the school supply sales, especially for lined paper. Stock up on as many stacks of paper and supplies as you can. Also, buy lots of cue cards and a cue card holder. Cue cards are ideal aids for exam studies and paper writing.

Research phone apps to help you schedule classes, manage cue cards, timing breaks, etc. You'll need a wall calendar and an electronic calendar to keep track of due dates and examination dates.

Make sure you have all the required technology. You'll need a computer and a printer, at minimum.

Get a desk, chair, and desk light. The bigger the desk, the better, as you can have all your books and supplies within arm's reach. But small desks work, too. A desk light is essential, especially when it comes to late-night studies.

Buy and learn how to use the easiest-to-use calculators. The simplest to use calculators are ones that enable you to enter the equations in the exact order they are presented, which includes straightforward use of brackets. Usually, the cheapest calculators have this ability. Still, they have a short life span, so buy two calculators, using one as a backup. Finally, read the calculator manual cover to cover until you are fully confident in using all its features.

### **Do reading prep.**

Read an easy-to-understand grammar book. Read the most straightforward grammar book you can find. Often, books written most simply are the most well-thought-out books—and the easiest to learn from. But practice each grammar tip until you are fully confident in your grammar skills.

Read a book on how to write academically. Particularly read books on how to write academically, scientifically, and generally.

Read at least one book on study tips. Great students learn systems for studying, and the better the techniques you know, the more straight A's become a game you've come to master.

### **Do library and bookstore prep.**

Visit the library and learn how to use the library systems.

Go to the university bookstores and flip through books in various disciplines until you find ones that would interest you. Then, pick classes with the best textbooks—ideally ones with fully worked-out solutions to problem sets.

### **Engage in study prep.**

Spend the summer before university studying. Read at least two chapters from each assigned textbook before starting your academic program. Read and study ten hours a day, taking a five- to fifteen-minute break every half hour to forty-five minutes. Use a timer. This will get you in the headspace for the high demands of the university.

### **Know when to work.**

Avoid taking on a job in your first semester but do consider a co-op where you work and study at the same time once you've begun achieving high grades. In a co-op, you may study for a year in school and then work for a semester. Computer science students and engineering students are some of many who can significantly benefit from a co-op education.

### **Choose your classes.**

Start with a lighter load. Do not choose five science or math courses in your first semester unless you are a straight-A student with a serious 24-7 work ethic. Instead, mix hard sciences with soft sciences. Even consider taking only three classes during your first semester, which often qualifies as full-time studies.

Get the university calendar that lists all the classes as soon as it becomes available. Then, study it intensively for classes you'd like to explore in your first semester.

Research the professors' ratings online before you enroll in their classes. The university may have ratings, or you can look at Rate My Professor online. Only enroll in professors' classes that

have the highest ratings. And be sure to register on the first hour the enrollment becomes available for that semester.

### **Locate your classrooms.**

If you are about to attend an online university, know how to use the online system and where to find all your classes well before your start date. If not, go to the physical university and locate your classrooms two weeks before your start date.

### **Wisely choose a degree program.**

Choose the ideal academic discipline. At some point, you will have to choose an academic discipline. But do your research first. After all, you'll want an academic discipline and subsequent career that you're passionate about. The more passionate you are about your degree and employment, the more likely you'll flourish academically and in the workplace. So, go online and take a Myers-Briggs personality test. Once you have your personality type, Google which careers would suit your personality. Enter the professions on a spreadsheet. Then, go to a job portal site like Indeed.com and search for each occupation. On the job portal, you'll see things like pay, educational requirements, skills needed, and demand for the position. And if you want to earn six figures, take note of the more senior roles and the maximum pay they offer.



## **Buckling In**

**Elisa Neven-Pugh**



I have come to the realization that I am at a place where I can be honest about my disability. However, this is easier said than done. Not only because being honest about social and perceptive barriers is emotionally and psychologically painful; it is also extremely difficult to openly state that I am happy with my life.

For some individuals who might read this, especially my family, this may be extremely confusing. Let me explain.

Invisibility syndrome can be defined as the internalized emphasis of negative perceptions and or stereotypes at the exclusion of positive attributes (Carr and West, 2013. pp. 121). In the case of living with a disability, this means I have internalized the concept of being a burden on my family, broken and unloveable (Ingham, 2018). On the

other hand, I have excluded my perseverance, kindness, and friendly personality from the realm of my perceptions since I became a teenager. Fortunately, this is changing every day as I am choosing to be more visible and to push past the internalized shaming from society that, in many instances, was never meant in the first place.

To give a real-life example, instead of thinking I need to find a way to make myself participate in a treatment to make me physically able to find love or reduce family stress, I have decided to love myself first and take on more of the responsibilities that come with extra appointments and payments (although it has been difficult to convince the ones I love of this second aspect so far.)

Even with this sense of empowerment, I can honestly, say this decision to embrace my physical differences and become more socially visible has given me even more compassion for those with alternative orientations. For, despite being privileged as a white cisgender Christian female in a

feminist era, being honest about my contentment with my body terrifies me. My question is why?

Why do I feel so selfish and a spoiled brat for making this decision even though my parents love me? Maybe because it's a lot of work to make sure I get what I need. As I said, because of the extra appointments and assistance required.

Still, why? Why do I feel stupid for being optimistic and believing in possibility?

It's probably because people and policy say no—a lot.

Again though, why?

To be clear, I'm not going against treatments if that feels right for a person. My problem is why can't we live in a world where the medical option and disability acceptance by using adaptive equipment can coexist if it feels right, as it does for me.

I'm asking for a third option. So that people with disabilities, "are not judged by their [level of ability] but by the content of their character" (RARE FACTS, 2017) . If I can exemplify this *acceptance in my own life, I choose to buckle in.*

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*I'm Elisa. I have cerebral palsy quadriplegia. More importantly, I have a great family, wonderful opportunities, and a deep faith. I'm inspired to write to help others learn and conquer invisibility syndrome.*

## Student Sizzle — AU's Hot Social Media Topics

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



#### **AthaU Facebook Group**

**Real books for virtual learning.** A conversation thread discusses how to borrow real books from AU's library—shipped right to your door.

#### **Discord**

**Supplemental time.** A student wonders if supplemental exams can be written after the course end date; responders confirm they can, and point to info on AU's website.

#### **reddit**

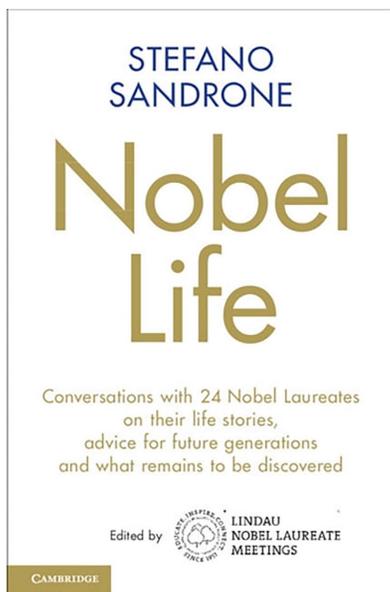
**Saved by auto-save.** An exam-taker wonders if the short-answer they were working on when the exam's time was up would be saved automatically; an email to the exam unit later confirms it was.

#### **Twitter**

**@AthabascaU** tweets: "The [#AthabascaU #podcast](#) series, **Go the Distance**, has been nominated for Outstanding Branded Series in the 5th [@CanPodAwards](#)! We are incredibly proud that it features so many talented students and alum. Give it a listen! <https://athau.ca/3Q0SiDn>."

## The Nobel Laureate Life

Alek Golijanin



Educating. Inspiring. Connecting. That is what *Nobel Life* is about, a book that shares the stories of 24 Nobel Laureates through sit-down conversations. The book was written by Stefano Sandrone, a neuroscientist recognized at the 64th Lindau Nobel Laureate meeting in physiology and medicine. Although most people have heard of the Nobel Prize, they tend to be unfamiliar with the winners and the person after whom the prestigious award is named after.

### Who is Alfred Nobel and What is a Nobel Prize?

Alfred Nobel was a Swedish chemist, engineer, innovator, and philanthropist. His family was impoverished, and he was one of eight children of which only three survived. Although he is most famously recognized for the Nobel prizes that carry his name, he created a unique explosive mix that would become the standard technology for mining. This discovery, along with other investments, helped him amass a great fortune which he left behind to create the Nobel prizes.

A Nobel prize is a recognition that is bestowed upon a person(s) whose contribution has conferred the greatest benefit to mankind in an area of physics, chemistry, literature, peace, or physiology or medicine. Simply put, the prize tends to be awarded those that make new discoveries or new innovations that change life for everyone. The award can be jointly awarded to up to three people and it includes a monetary award. The selection process is quite secretive, and nominees are not disclosed until fifty years have passed.

### Who were some of the Nobel Laureates that stood out in *Nobel Life*?

Roald Hoffman, winner of a Nobel Prize in Chemistry, has an origin story that is nothing short of being remarkable. As a child, Hoffman lived in a ghetto and a labour camp since his family were Polish Jews that were being persecuted during WW2. Hoffman spent fifteen months in the attic of a school during WW2, or, as he describes it, from the age of five until he was just about to turn seven. During that period, a sack of peas served as his pillow. Although Hoffman recalls looking through the slats in a wooden window of the attic they were in and watching the kids playing outside for recess, he was not allowed to play outside and so his mother played verbal games like geography facts. Hoffman later reflected on seeing how five-year-old children behaved and it really gave him a sense of appreciation for how his mother was able to keep him quiet and happy for that period of their lives, and how he owed everything to her and the other family that hid them while knowing that the punishment for harboring Jews meant death.

Randy W. Schekman was just like any other kid when he decided to take up mowing lawns and delivering newspapers so that he could save up enough money to buy a professional microscope. Whenever Schekman got close to the one hundred dollar mark, his mother would borrow some money from him but she would never replace it. Eventually Schekman threw a temper tantrum, hopped on his bicycle and rode it to the police station, and he told the police officer that his parents were stealing his money and that he could not buy a microscope. Schekman's father was called down to the police station and spoke with the officers in a closed room, coming out with a rather severe look on his face before taking his son to buy the microscope. He went on to win a Nobel Prize in Physiology or Medicine.

Kary Mullis grew up with an affinity for playing 'science' and making rocket-propelled projectiles. On one occasion, Mullis recruited a frog from his yard and conscripted him to be a

## AU-thentic Events Upcoming AU Related Events

passenger on one of his homemade rockets. The frog was blasted into the air and it somehow managed to survive the landing. There was another incident where Mullis burned a tree while playing with chemicals. Similar to how most parents would react, Mullis' mother watched in shock and became concerned that one of these projects might cause her son to blow his eyes out. It did not, and in 1993 he won the Nobel Prize in Chemistry.

Brian P. Schmidt described his transition into adulthood as him being a little lost but that he very mischievous. Schmidt admitted to doing some "mildly crazy or absurd things" and taking many classes because he was bored. Schmidt was hesitant to give any examples of those "crazy or absurd things," but he did admit to shooting rockets off the roof of his university while faculty looked on and, and also using a large catapult to shoot oranges across the university campus. Now the Vice-Chancellor of the Australian National University, he shared the win for the Nobel Prize for Physics in 2011.

### How good is *Nobel Life*?

*Nobel Life* is one of the most significant books I have ever read. This book provides readers with a rare glimpse into the life stories of Nobel Laureates and their road to the prize. After finishing, it is impossible not to have the feeling that winning a Nobel prize is something that anyone can achieve if they are prepared to commit themselves to their field of work. It often takes a few decades, and there is of course some luck that is involved, but every winner was a regular person that strived to be exceptional.

*Alek Golijanin is an AU alum who considers himself a gentleman first, a scholar second, and a combat sports fanatic third. In that order.*



## Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Athabasca University Undergraduate Student Bursaries

**Sponsored by:** Athabasca University

**Deadline:** August 31, 2022

**Potential payout:** Tuition fee credit for one 3-credit AU undergrad course

**Eligibility restriction:** Applicants must be current AU undergrad program students, have completed a minimum of 3 AU credits at the undergrad level, have not received this award twice previously, and have room in their program of student to use the bursary for a future course registration.

**What's required:** A completed application, including academic and detailed financial info (which may require supporting documents.)

**Tips:** Application deadlines for this bursary are three times per year: April 30, August 31, and December 31.

**Where to get info:** [www.athabascau.ca/support-services/financial-aid-and-awards/award-details.html?award=82](http://www.athabascau.ca/support-services/financial-aid-and-awards/award-details.html?award=82)





## How to Become a Star Employee Marie Well

There is such a thing as a "star student" or a "star employee." Becoming a star student, simply stated, means the following: you put in extensive hours toward your studies, participate heavily in all forums and lectures, get high grades, and be ultra-positive toward your professors and teaching assistants. It also means you learn strategies to optimize your studies. Then, with hard work, you can earn a graduate degree.

But once you move on from a university setting, the question becomes, "How do I become a star employee?" In my mind, that question may be harder to unravel.

Here is my attempt at figuring out what actions will help you become a star employee:

Develop your workplace skills. Develop your skills according to your strengths, not your weaknesses. But

once you master your powers, then work on your weaknesses. Watch webinars, enroll in classes, attend conferences, seek out mentors—act to improve your work-related skillset. But also take courses on critical thinking, relationship-building, and leadership. The more skills, both hard and soft, you develop, the more likely you'll evolve into a star employee.

**Have the right attitude.** That means being highly responsible. Be the person the company can depend on. Be reliable and meet deadlines. But also strive to be exceptionally positive, helping others at any opportunity.

And learn how to take criticism. See criticism as a gift you love receiving but avoid giving. In this light, ask clarifying questions about the criticism to see how you can improve. And then take action to correct the behaviors.

As an example, one time, a professor tried to make a mockery of me by over-editing my script and reading the revisions to the class. At first, I felt ashamed and deflated. But I reverted to a growth mindset and studied the edits. As a result, I rewrote my entire script with a keener eye for what was required. In the end, I benefited greatly.

So, even spiteful criticism directed at you can be a treasure if you earnestly view it as a growth opportunity. With that said, the right attitude will help you flourish as a star employee.

**Focus on the process, not the outcome.** That means doing the day-by-day grind with great care and effort. But do prioritize the most critical work and become highly efficient at it. Focusing on the process is smarter than focusing on the outcome. That's because it's easier to accomplish an overwhelming task when you break it down into small steps.

For instance, your goal could be, "I want to earn six figures." That's a worthy goal, but it becomes more actionable when you break it down into tinier steps. The steps could start as "I will figure out which career is most suitable for me yet high paying. I will then pursue the academic path most required for that career. I will then get a master's degree. I will then apply for a position with an ideal firm." And so forth. Break down those steps with even more granularity and then chip away to start the process.

By focusing on the process, you won't feel as deflated or stressed when troubling times hit as they often do. Plus, your head space will be more "in the moment," more focused, and more neutral. Focusing on the process, not the outcome, is a trait of star employees.

**Have a higher purpose.** Let your success help others. It doesn't matter if that person is a loved one at home or a stranger on the other side of the world. If our successes mean we benefit others, we will likely be more motivated and inspired by our work.

Whatever stage you're at in life, you can go as far as your heart desires. You are meant to be a star in your career. Moreover, I'd guess that with some planning and preparation, you won't just be a star; you'll be living the dream.



## Four Easy Party Foods to Serve this Summer

**Xine Wang**



Now that COVID-19 restrictions have lifted (mostly) and most provinces are able to enjoy a summer fairly similar to pre-covid times, there's a lot of gatherings and summer festivities that make this year's summer special. I've been lucky enough to have a few bake-offs and barbecues at my residence the last few months. With the better weather, August is a great time to get together with family and friends.

But one thing I'm not fantastic at is planning for family and friends gatherings. What should I prepare? How much should I prepare? What are some ideas for easy appetizers and finger food?

I've compiled a list of my menu favorites for this summer that are easy for the AU student to prepare and host at any gathering.

### Meatball skewers

If you're looking for a minimalist appetizer—these are it! Meatballs are high in protein and can even come prepared in frozen bags. If you want to be extra fancy, skewer the meatballs and serve with a drizzle of gravy (also simple to make over the stove with pre-made gravy powder). They are filling and delicious and sure to please any crowd.

### Potato skins

For appetizers, potato skins are incredibly easy to make. If you're busy on the same day you're hosting a dinner, throw some potatoes into the oven and bake until tender, then prepare a few toppings like bacon bits, sour cream and scallions for a delicious and easy carbohydrate that keeps your folks entertained while they wait for the main course.

### Jalapeno poppers

This is another easy snack to prepare for busy hosts. I personally love making my own jalapeno poppers with fresh peppers (sometimes I will use serrano peppers instead, depending on what's on sale at the supermarket). Purchase a block of cream cheese and stuff each half pepper with cheese. I like to use my air fryer as it speeds up the baking process, and voila! Serve with some chopped garlic, chives, or bacon bits on top for some extra flavor. It's so easy and so delicious.



### Mac and Cheese Nacho Dip

If you're looking for a slightly fancier version of just nacho chips and salsa then this is an excellent option. I find that I want to appear like I made an effort to cater to my guests rather than pulling out a store-bought bag of chips and salsa. Mac and cheese dip is so simple and delicious. Every college student has a box of kraft dinner lying around but turning it into a gourmet dip for your nachos is a trick that I learned while in school. If you have any frozen corn or onion at home, mince those and add it to your dip for extra flavor. If not, simply adding some extra cheese and baking your mac and cheese in the oven will look gourmet. I like to top mine with some cilantro as well for extra flavor and garnish.

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



### Homemade is Better

### Breaded Pork Cutlets with Salsa Cream Cheese Capellini

**Chef Corey**



I cannot think of a summer function that would be complete without it; even some weddings will serve potato salad. I once catered a wedding where the bride and groom wanted a summer cookout theme, and they included potato salad as one of the dishes. As I mentioned in my Hot German Potato Salad recipe, these dishes are a take it or leave it. This one is a very basic recipe, without eggs. You can add chopped boiled eggs if you like, but I like a pure potato salad.

I chose to use russet potatoes for this recipe, but in many cases, you wouldn't use russets for this type of salad because they fall apart too easily. You could also mix russets with yellows OR add purple or red with skin on for some colour. "Purple?" you ask. Yes, purple, or as they are known in some areas, Russian blue. I know, Russian

stuff is off-limits right now, as it should be. But these potatoes are grown locally, and I prefer to call them purple potatoes. I once used these little beauties to make a mashed potato for a competition I was in; they turned out terribly. I should have let them shine as is, but hindsight is 20/20.

I've previously looked at some of the histories of potatoes and realized how versatile they are.

When you think about it, we use potatoes a lot in North America. So much so that McDonald's can even demand perfect Burbank russets, and get them. When companies like McDonald's have that much power over an ingredient, you know we must consume much of their product. Potatoes even have a song written about them. The Late 'Stompin' Tom Connors wrote a song about PEI potatoes called "Bud the Spud." Not to



mention that there is a toy and movie character that are potatoes. Someone has done a great job marketing potatoes as any meal option for everyone.

I just can't stop thinking about potatoes, so let's make this recipe.

### Potato salad



#### Ingredients:

8-9 russet potatoes - peeled, cubed, boiled  
 Salted water  
 1 tsp salt  
 1 tsp garlic powder  
 1 tsp onion powder  
 1 tsp paprika  
 1/2 tsp black pepper  
 1 cup mayonnaise  
 1/2 sour cream  
 2 tbsp pickle juice  
 2 tbsp mustard



#### Directions:

- 1) Boil the potatoes until they are tender. You should be able to grab one with a fork and have it come out without resistance.
- 2) Drain the potatoes and place them on a cookie sheet lined with parchment.
- 3) Cool the potatoes for at least 1 hour, if not longer; they should be cool to the touch.
- 4) Once cooled, transfer them to a mixing bowl and add everything and mix.
- 5) Cover in the fridge for 2 hours and allow the flavours to blend.
- 6) Serve it up and enjoy.

*Corey Wren is a student at AU's school of business management and a stay-at-home-parent of three who graduated from NAIT's culinary arts program in 2007.*



## Beyond Literary Landscapes

### Gabriel García Márquez

**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 column serves as an introduction to works of Gabriel García Márquez, a reminder of some of the author's classics, and as an inspiration for further reading.

Born in 1927 in Aracataca, Colombia, García Márquez is a celebrated Colombian author, screenwriter, and journalist who won the Nobel Prize in Literature in 1982. Over the years, he lived abroad in Paris, New York, Barcelona, and Mexico.

García Márquez is well-known for his magic realism style, in which he “integrates elements of fantasy into otherwise realistic settings.”

Along with Peruvian Mario Vargas Llosa, Mexican Carlos Fuentes, and Argentine Jorge Luis Borges and Julio Cortázar, García Márquez is considered one of the main writers of the Latin American Boom years of the 1960s and 1970s. To this day, the author “is the best-known Latin American writer in history.” His Spanish-language works can be found in a variety of translations, including English.

Authors similar to García Márquez include Cuban Alejo Carpentier, author of *The Kingdom of this World* (*El Reino de este Mundo*) and Chilean Isabel Allende, author of works, such as *The House of the Spirits* (*La Casa de Los Espiritus*) and *Of Love and Shadows* (*De Amor y De Sombra*.)

## What

Some best-known literary works include *100 Years of Solitude* (*Cien Años de Soledad*) and *Love in the Time of Cholera* (*Amor en Los Tiempos del Colera*).

Others include *Chronicle of a Death Foretold* (*Cronica de una Muerte Anunciada*) and *No One Writes to the Colonel* (*El Colonel No Tiene Quein Le Escriba*).

For students interested in García Márquez's journalism, consider *News of a Kidnapping* (*Noticia de un Secuestro*), which details the kidnappings of several Colombians during the 1990s.

## Where

Many of these works take place throughout Colombia.

## When

Many of these works take place during the 20th-century.

## Why

The works of García Márquez may be of interest to students who would like to learn more about the history, traditions, and culture of Colombia, magic realism as a genre in literature, and the Latin American Boom years.

## How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to the works of Gabriel García Márquez 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 topic may consider SPAN 300: Intermediate Spanish I, a senior-level, three-credit course, which “reviews and further develops basic language skills acquired in first year Spanish.” (Note that this course requires SPAN 201: Spanish for Beginners II or equivalent.) At the time of writing, this course was currently under revision. Happy reading!

*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

### History Electives

Jason Sullivan



### Causes and Consequences and Positive Outcomes

Protean possibilities, boundless as one's imagination, begin with raw facts. Think of how you feel in any given moment of whimsy, dipping salted French fries into a milkshake for instance, and it's clear that the stuff of reality is also the mean of reality's transcendence. The present tense, seemingly immutable and certain and stolid, is the product of countless past decisions. Choosing our majors and our electives is one such example of creative synthesis. History courses can teach us about far more than distant times and places. They can help us to understand ourselves and our personal present tense.

Although most of world history is far beyond our control, either because it happened before our time or because we aren't one of those movers and shakers that make the big decisions, we nevertheless can become engrossed in trying to understand history's unfolding. To study history is to enter a participatory realm where new reasons and interpretations for events comes within our grasp.

As an undergrad, many history electives aided my academic development. Besides the usual distance courses through AU, I also partook in some joint venture classes run in Nelson, BC, with material provided by Athabasca. My professor, an elderly German-Canadian with a PhD in history from the university of Chicago, could literally remember his older sister giving the fascist salute back in the old country when a motorcade past. Few of us have seen such a sight from our windows but, of course, today the internet provides windows to history's soul, or so it would seem. Yet all is not equal in the land of historical interpretation and 2022's Ukraine war is no exception.

Recently, I had a perusal through one of the books that my professor gave me upon my completion of two AU history studies courses with his academic supervision. It was ominously titled *Hitler: A Study in Tyranny* and was written by Alan Bullock, an Englishman, shortly after the end of the war. Raw historical facts here met the interpretations of someone who lived in those painful and brutal times.

One quote, from the mouth of evil if such a word has an earthly meaning, nevertheless shone some light on what may be the motivations of Russia *vis a vis* their historical experiences of being invaded by Nazis during WWII for the expressly-stated intent of being enslaved and having their land stolen. "When we speak of new territory in Europe today, we must principally think of Russia and the border states subject to her. Destiny itself seems to wish to point the way for us here...This colossal empire in the east is ripe for dissolution." (318) These words remind us that, colonially and imperially speaking, there may, to this day be eyes seeking to claim untold natural resource riches from the largest nation-state on earth, if only it could be brought to its knees, vivisected, and kept in a supine state.

Russia clearly won't have forgotten being invaded by the Third Reich and being part of the Cold War where only mutually assured nuclear death kept them from again having to defend their homeland. Those who feel threatened (in this instance by perceived NATO encroachment) tend to lash out to protect their interests. In today's Johnny v. Amber era this means to *lawyer up*, but in history this usually means to start a war (the US invasion of Iraq was an example, in 2003).

Here let us to recall George Santayana's famous line: "Those who cannot remember the past are condemned to repeat it" (Online). Having a few history grades under our belt is one area that can propel us to discursive success; whereas psychology and even business are susceptible to subjectivity and debate, the facts of history are written, often in stone and at least in paper, so to provide a baseline for thinking and pondering. The human horror of the Ukraine crisis reminds us not only of our empathy skills, but also hopefully of the need to take history studies seriously that we may better provide to our peers the raw material of a thoughtful analysis for current events.

The best part of history might be that it can apply to our selves and our studies. As with epiphanies in life and learning, raw data is the stuff of creativity. Be it a potato clock or a rudimentary sundial chain-sawn into a forest stump, we work with what life gives us. At AU, the key is to stay keen on our studies in the absence of charismatic prestidigitation on the part of a brick-and-mortar professor. Gesticulations and anecdotes absent, we distance students learn to make the facts of our learning something of interest. After all, as the 60's counter-culture professor Alan Watts once stated, "A world in which there are no mysteries is a familiarity breeding contempt" (107).

Being too pat with common sense assertions in the present is a danger to our future as a society; happily, a few history electives can help to wrong these rights as we see the great lawns and forests of eons spread before our reading and writing gaze. Perhaps an excess of familiarity is the enemy of real progress in our minds and lives. In this sense, to challenge ourselves and illustrate a broader contest for our lives can also mean to study some history. After all, education is best when it can be applied to daily life and we all live through history near and far for as long as we are alive.

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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

International travel is again possible for Canadians this summer. But, if you don't want to navigate jammed airports, be separated from your checked luggage, or deal with the glitchy ArriveCAN app on return, armchair travelling may be the less-stressful option for now.

**City of freedoms.** Mandy Gardner uses an extended stay in Great Britain as a base for travels further afield. "Amsterdam's lanes are narrow, the houses are all stick thin and at least four storeys high, and every dwelling comes complete with a giant hook jutting out of the uppermost tile so that new occupants can hoist their belongings straight up the side of the house without messing around on insanely narrow stairs." [Travel Special – Amsterdam at Long Last](#), November 24, 2006.

**Giving to receive.** Tanja Ahlin visits Portugal for a two-week voluntourism adventure. "I couldn't imagine a better way of being so close to the local people, of getting to know their culture and way of living. We were not merely some tourists passing through. We were made a part of their community, although only for a short time..." [Travel Photo Feature – Portugal Up Close](#), November 17, 2004.

## Music Review

### Future Considerations

Jessica Young



**Artist:** Trashed Ambulance

**Album:** *Future Considerations*

Alberta punks, Trashed Ambulance, have released their most recent album, *Future Considerations*. The album is available anywhere you get your music.

Trashed Ambulance calls this album “33 minutes of angry yet hopeful punk anthems” and is inspired by artists such as Pulley, Face To Face, and The Flatliners. I really wish the band would put more effort into their online persona—there’s not much information available about the band itself or about the album.

*Future Considerations* contains twelve tracks: 56; Menace; Ecnalubma; Stalk in the Park (featuring Robbie Morön and Émilie Plamondon); Bottleneck (featuring Alex Goldfarb); Blip on the Radar; Gumshoes; Filtered;

Melting Pot; Hopeless; Tyrants; and Next Door to Nothing (featuring Chris Kreuger). The song “Stalk in the Park” also has an animated [music video](#).

Overall, I wasn’t a fan of *Future Considerations* for several reasons.

First, most of the songs are extremely short. Eight out of the total twelve tracks are under 3 minutes, and three of those songs are around the 1:30 mark. Meanwhile, the last song on the album, “Next Door to Nothing,” goes on for 5 minutes and 34 seconds. The major jump between song lengths makes the album feel disjointed, while the myriad of short tracks feels underdeveloped and thrown-together.

Second, all of the songs are extremely similar in sound and content—it’s nearly impossible to tell which song is which. I also found that most of the tracks were lacking any kind of chorus or hook—instrumentally or vocally—making the most of the songs feel like one big run-on sentence. I didn’t feel any emotion or any musicality. There was nothing to vibe to, nothing to feel in your soul.

Lastly, the song “Stalk in the Park” is simply immature and offensive. The music video and the content of the song reminds me of an episode of *South Park*—the kind of content that young teenage boys would praise as the epitome of comedy. “Stalk in the Park” tells the story of a man getting drunk on a merry-go-round at a park and harassing a woman who is there with her children. The song ends with the man being taken to jail, the woman asking for a restraining order, and the man proclaiming, “I guess I’ll find another mom” (to stalk, I assume). This last line also makes me wonder if the band is implying that this man is actually on the prowl for *children*, which makes the song much, much worse.

This whole concept is so out of touch and frankly—creepy—that I can’t begin to imagine what Trashed Ambulance was thinking when they wrote this song. As a mom, a domestic violence survivor, and a woman living on this plant, “Stalk in the Park” makes me incredibly uncomfortable and grossed out.

Check out Trashed Ambulance for yourself on [Instagram](#), [Facebook](#), and [Twitter](#).

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



## Studying Procrastination

*Dear Barb:*

*Hi, I recently completed first year university and I did alright, but I must learn to manage my time better. I felt very scattered and barely completed my assignments in time. I ended up feeling stressed all the time.*

*It is not that I was partying a lot, I just couldn't seem to organize my time. Do you have some hints that would help me with that aspect of university life? I will watch your column for your response.*

*Thanks Jeremy.*

Hi Jeremy:

Time management is a vital aspect of everyday life. If we want to accomplish anything we need to be able to **prioritize**. Simply stated, to prioritize means to organize tasks in order of importance. Decide which items you need to complete first. Do not leave things to the last minute. Too many people tell themselves they have lot of time to do something and the next thing you know the due date has arrived.

**Learn to say no.** It is great to get involved in extracurricular activities, but you need to spend time on your studies before anything else. So, **set a time for doing each activity**. For example, study psychology Monday nights, or work on essays Tuesdays. Look at your schedule and see when you can fit in the things you have to do. Also allow free time for reading or hobbies. It is important to have this time to

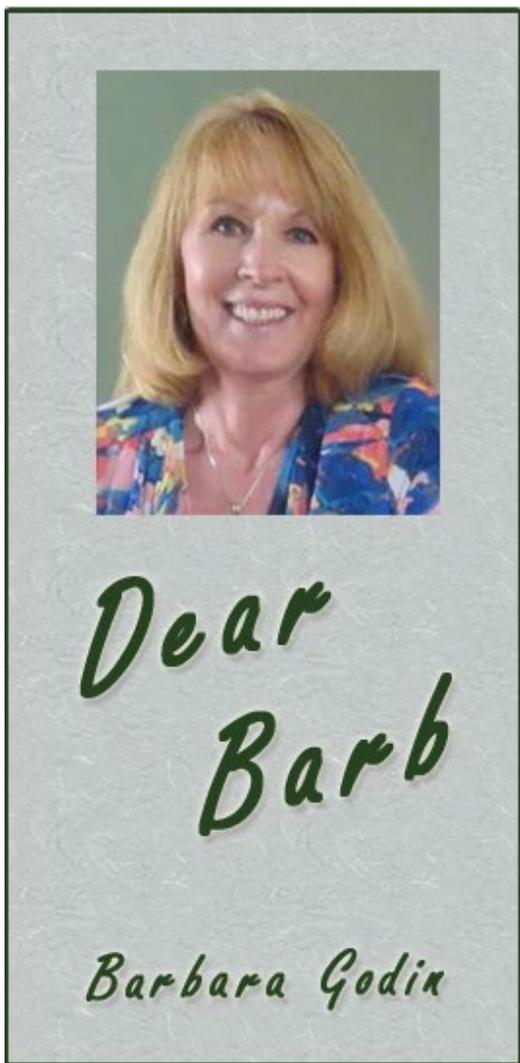
unwind.

Consider **writing a to-do list** for each day, either before you go to bed at night, or first thing in the morning. This way you will know what must be done in order of importance. In the planning process take into consideration that things may go wrong or the unexpected may arise. For example, make sure you plan for your essay to be completed a few days early, so you can accommodate these unexpected events. You know those difficult tasks that you like to avoid, plan to do them first. That will prevent the anxiety caused by procrastinating.

**Study when you are most productive.** Most people have a certain time of day whether it is the morning or later in the afternoon when they are more alert. Schedule your study time during these periods of the day. Frantic studying the night before an exam is not productive or efficient. **Allow so many hours a week for each course for review**, and make sure you have a good understanding of what you need to know. If you do not have a thorough understanding, seek further help from your professor. These are easy and necessary skills to implement and follow. It is all a matter of discipline. Remember "you got this."

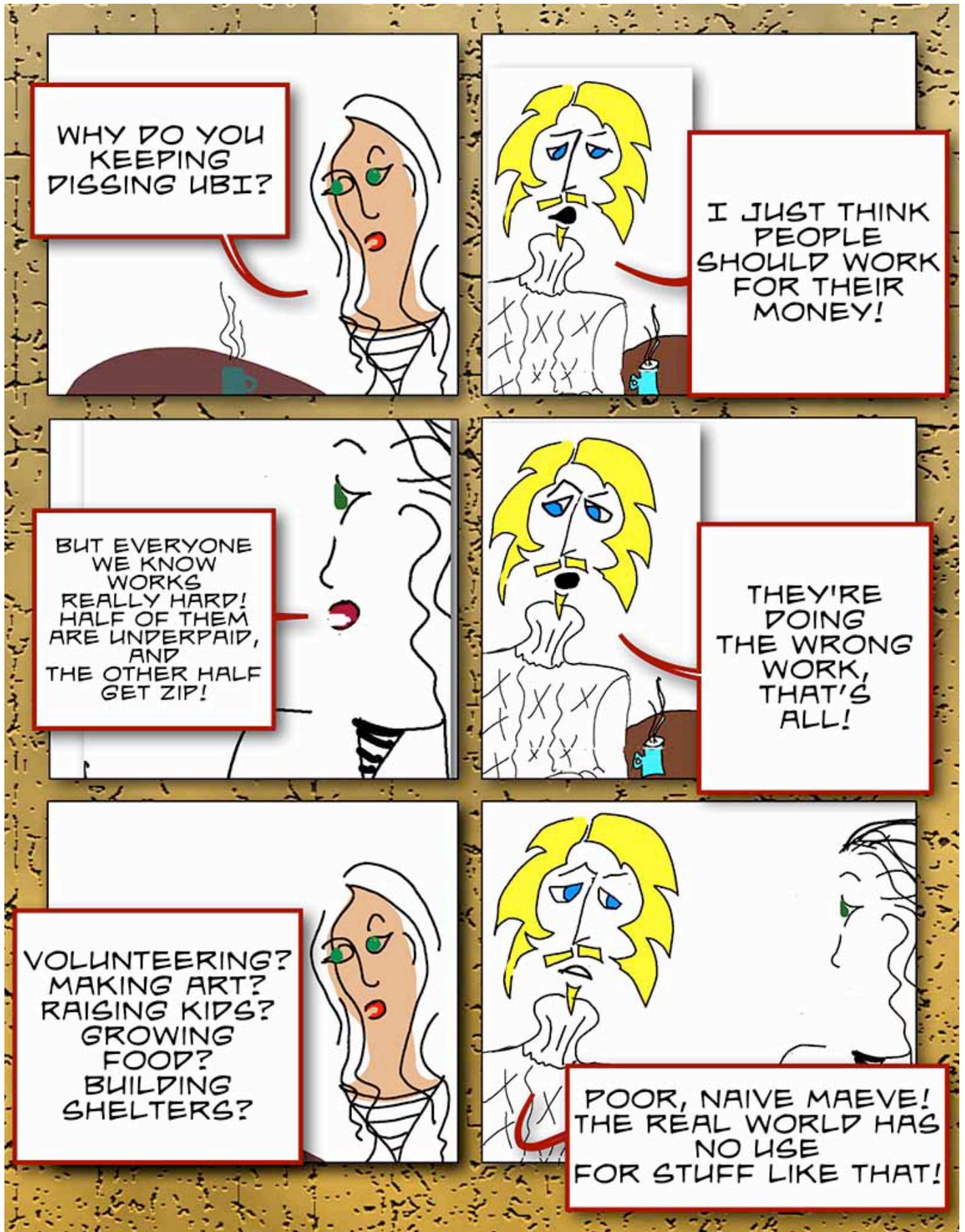
Thanks for writing in Jeremy.

*Email your questions to [voice@voicemagazine.org](mailto: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  
Universal Basic Ignorance Again

Wanda Waterman



# AUSU

# UPDATE

COMMUNITY. RESOURCES . SERVICES



## CHEERS TO 30 YEARS!

Celebrate with us July 11-16th

**Celebrate with us July 11-15th as we turn 30!**

We have a fun-filled week planned, including contest giveaways, a special AUSUnights Virtual Student Social: 90s Retro Edition, and an in-person AUSU Birthday Bash with Student Council at Hudsons on Bourbon St. in West Edmonton Mall!

[RSVP to the AUSU Birthday Bash!](#)

**Date:** July 16th, 2022  
**Time:** 7:00 p.m. MST  
**Venue:** Hudsons  
Bourbon Street—WEM  
**Contact:** [ausu@ausu.org](mailto:ausu@ausu.org)



## LET'S PARTY!

Saturday, July 16th @ 7pm MST

### BRBNst.

at West Edmonton Mall

92 *30 Years Young!*

SIDE 1 STEREO

## Did AU Know?



### Athabasca University

## Compassionate Grading Policy Extended

AU recently announced they are extending their temporary compassionate grading policy until at least Dec. 31, 2022.

The policy, introduced last Aug, supports students whose studies have been disrupted by the pandemic by allowing them to select one course to go unweighted and not included in their GPA, recorded instead as a pass.

Find more on the flexible grading option and how to apply at [athabasca.ca](http://athabasca.ca).



## STAY TUNED!

## AUSUNIGHTS

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