



THE VOICE

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Minds We Meet

Interviewing Students Like You

Save the Baby!

The Importance of Being an Inspiration

Be Yourself!

But not like That!

Plus:

*Optimizing for Night Students
Music: Colour in the Grey
and much more!*



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LETTERS TO THE EDITOR

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 Spoiled Alert

Karl Low



I was hoping for a more Halloween themed issue this year, but it seems the spooks and monsters of the other side aren't on most writer's minds at the moment. I suppose you can't really blame them, though. It's not like we don't already have a whole range of reasons to be terrified, from the grocery bill to a global nuclear war, it seems there are plenty of reasons to want to hide under the covers these days, no matter how micro or macro your viewpoint.

But we don't. That's kind of the amazing thing. The more I've learned about how ultimately uncaring the universe is (and I don't mean that in a sense of it being bad or against anyone, it just doesn't care) the more I've found myself inspired by those people who seem quite happy to ignore that.

This week, for instance, Elisa Neven-Pugh takes a look at "inspiration porn", specifically as how it's applied when some folks like to declare how her or other people with disabilities are inspirations to them. That we find time to care about whether finding someone to be an inspiration isn't really respecting them as a person is amazing. Some might think it's crazy or

misguided—a case of looking for a reason to be offended. And yes, there are some problems with it, as Elisa herself notes, but on the other hand, part of me revels in how it's possible, giving everything else going on, that we're actually having these conversations about how putting people on a pedestal still isn't actually respecting them as people. Given everything that's going on, that some people are still trying to take steps to acknowledge and look at themselves and their own ignorance and failings even to this level strikes me as stunning.

The course of social progress has bumps and turns in the road, but overall, we continue to slowly improve, I think. To work beyond our animal responses and really put critical thought into a lot of issues about how life could be better, not just for us, but for people who we might never meet or know. It gives a spark of hope in the idea that, no matter how crappy we are to each other otherwise—no matter how many systems, whether our own or those of nature, seem to be designed to entrench power, some people keep digging away at it.

One example of that is our latest student interview. Angela Berg is studying at Sociology at AU with the goal of eventually being able to work helping kids who've had a tough upbringing. Her goal? "I aim to be the person I didn't have when I was a child." We keep trying to pull ourselves up.

Jason Sullivan talks about this in a way in the latest Fly on the Wall, where he looks at Halloween and the need to wear costumes and cut loose as emblematic of something larger, but even within that notes that there are limits we are to shy away from. When we've recognized real harm, the costumes that reflect that harm are no longer seen as just play. And that we can point to costumes of the past that most of us today would agree are no longer acceptable just serves to show that our growth is continuing, and rapidly at that.

Of course, beyond this, it's still a Voice Magazine, with the events, scholarships, news, advice recipes and more that you've come to expect each week. So enjoy the read, and even though it's a scary world, take heart in that it's getting better, so maybe there's room to give your friends a friendly fright.

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

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Angela Berg (she/her), a Sociology major originally from Ponoka, she is now raising her family and attending school in Stettler, Alberta. “I am a mother to two beautiful children and that is my favorite part of my life. I am also happily married to an amazing man. I am employed in a school right now, working as an educational assistant to a student with autism,” she stated.

Angela hopes to use her “degree to enhance the lives of children who are in need.” She continued, “Ideally, I would like to work in a setting with children and youth who have experienced hardship as I did growing up. I aim to be the person I didn’t have when I was a child.”

She had some great study tips for fellow AU students. “I study every day and find that sticking to a routine with schooling really helps when you’re online. Writing a ton of notes and recalling on them when studying for exams has been the most helpful tool for me. I have relied on a digital

notebook to make my notes accessible through different platforms. I also use assistive technology like read and write to proof my papers and do my studying vocally.”

She also had some advice for new students. “I wish, when I was a new student, that I knew how much technology there is out there to help improve students’ experience online. I didn’t realize that smart pens, smart notebooks, tablets, screen readers, and more were available. Since discovering all the technological resources, I have excelled with my education.”

The Voice Magazine also asked Angela how she occupies her time when she is not studying. “When I am not studying, I can usually be found with children. Whether my own or someone else’s, there is always a child with me. I also enjoy reading, home improvement projects, and artsy things,” she stated.

Her grandmother has had the greatest influence on her desire to learn. “My grandmother has been my inspiration and has kept me going through school from a very young age. She has encouraged me through every step of the way and been one of the biggest supports for me anytime I have needed her. Grandma taught me that there is always more to learn and we should never stop the pursuit of knowledge,” she explained.

As for her experience with online learning so far? “Things I like: the freedom of my own scheduling, remote access almost anywhere I go, tons of support through online platforms, other students taking the courses engage in discussions and have helped guide me through assignments, overall easy access to course material. Things I dislike: keeping myself on track instead of being accountable to someone else for assignment completion, writing university papers ... lol”

Her most memorable course so far has been SOCI 288: Introduction to Sociology II—Social Movements, which, although an introductory course, she found “appealing in so many ways.”

She continued, “Everything was relatable, and I was able to use my personal experiences throughout and Tobias did an amazing job with his tutoring responsibilities which really helped with the course material. This course is all about social movements and it really taught me a lot about advocacy. I thoroughly enjoyed the course layout because it was a mix of books, online reading, videos, and music.”

As for communication with her course tutors? “Hit and miss, I have taken some courses and had excellent response times and communication with tutors, and then I have taken other courses that don’t compare at all and had hardly any communication with the tutor. I really think it depends on me though, the courses I struggled with are the ones I relied on tutor communication most.”

On a personal note, Angela let *The Voice Magazine* know her most valuable lesson learned in life, namely “It’s ok to fail, life is a continuing process of getting back up again after the fall and really trying better for the next time.” She also shared her proudest moment in life, stating, “The proudest moment of my life was becoming a mother. I was very young to plan for a child, but I decided to have one at the ripe age of 18 and it was the best decision I have ever made. My husband and I have been together for 10 years now and have more children, but I always dreamt of becoming a mother and I am very proud of the children I am raising.” Best of luck Angela!

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!](#)

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 Be Yourself, But Not Like That!

Jason Sullivan



A ramble through Hallowe'en identity tricks

Candied apples, like Eve’s temptation in microcosm, represent the timeless sweet treat of adding a cloak of flavour to an otherwise predictable product. The desire to consume oneself anew may be the basis of fashion as well as the key to the unique tradition of Hallowe’en. Unless we dress up as a local Santa at Christmas, the sweet joy of being someone new for a day only comes once a year. October 31st reveals anthropological insights like any festive moment; curtains of normalcy are drawn back and, theoretically, we all get to let loose and dress the part of whomever we feel like embodying. Thing is, rhetoric of dress-up bases itself on the trickiest of tickle trunks: that we *have* a stable identity in the first place.

Who are you without what you do? Psychologically, the process of *individuation* is where we attain a pleasing status about ourselves to ourselves. Individuation occurs where “a person attains status as an individual human being and exerts himself or herself as such in the world” (APA dictionary of psychology, online). Our selves are more than

relations to others; vocations, hobbies, and education all stew in a cauldron of personal meaning. Athabasca opens figuratively new doors of identity. Where once we were just another lowly citizen, we now reach skyward to triumph over our own ignorance. University, very literally, allows us to don a new psychological identity that we can add to our lexicon of self-worth; the final costume is what we wear if we attend our in-person convocation as graduates.

Education in the social sciences describes the fluid nature of one's subjectivity; we each alternatively adopt roles such as child, parent, sibling, and worker. With deft prestidigitation worthy of a medieval sorceress, our roles seem as natural as donning a series of different hats for one or many occasions. Sometimes we enter the eerie realm of cognitive dissonance: as we engage with other cultures through our textbooks, and interpretations of identity around the world and within our society, we find that what seemed natural is not such a foregone conclusion after all. Of globalization Karl Marx wrote "all that is solid melts into air" and in the personal sphere, where we know ourselves as the one wearing the clothes that we see in the mirror, flexibility replaces constancy. Just as capitalist finance becomes a flowing global entity seeping into the symbolic underwear drawer of even the most honest Bay Street speculator, so too does our sense of self become amorphous and, well, ghost-like, as we drift through walls of certainty on a journey to find our destiny.

To play at being an outrageous character takes on a different veneer in times where gaming avatars and social media photo filters can give us anything from a different skin tone to whiskers to a whole new species. So wither Hallowe'en in this era of flexible online identities? Recalling that the Internet was a military invention and that the web catches not only our digital identities but also our sense of self and self-worth in a series of posts, ravings, private messages, and memes, perhaps Hallowe'en is just the thing to remind us that we *do* have concrete identities. We see the real compared to the extremes of becoming a fantasy facade. And we need only widen the lens of life enough to see that no, our magical thinking during a tabletop game session is not the same as being a real witch and that no manner of hirsute facial hair regimes will produce in us the bestial essence of being an authentic werewolf.

We are who we are. And we are basically the same Canadians that our Grandparents would understand, right down to that unofficial Tim Hortons turning lane as we enter a neighbouring town and find ourselves amidst countless other typical Canadians waiting to queue in a drive thru for sugar, stimulants, and sanctimony (there's always a pet issue or cause for concern to donate that extra toonie to). As we are normal, so we rebel as part of normalcy. For instance, to punk or prank something in jest or as protest, is as normal as to consider oneself a rebel by purchasing a new outfit. Rebellion occurs within strict limits. Few among us dress up as a ghost wearing a white pointy sheet complete with eye holes, lest we appear as a literal KKK, yet dressing up remains a means of temporarily ghosting our former selves. For a day, that is, and rarely if ever for a lifetime. Consider the rock band the Dead Kennedys who sang of Hallowe'en "You're dressed up like a clown/Putting on your act/It's the only time all year you'll ever admit that" (online).

We know what we know about ourselves by being other than our normal. The weirder the better but to be insensitive or off-putting, like Prince Harry twenty years ago dressing up as a Nazi, triggers a blowback worthy of a MAGA hat at a multicultural convention. The rules of Hallowe'en are as powerful and enforceable as at any high school prom dance. There's space for edginess, but only of a staid, comfortable, sort. Remember Justin Trudeau busted for wearing blackface at a high school production? To dress as something really scary requires a dollop of humor and an edge of ironic self reflexivity, a horse wink at the audience.

Nevertheless, the joy of AU is that, although we have to take our studies seriously, our tutors often themselves have a sense of humour; pithy commentary are what footnotes are for! In fact, whole essays tinged with academic glee can make great reading, so long as we do the proper research and argumentation. Years ago, during a Cultural Studies course my wonderful professor Patricia Hughes-Fuller encouraged me to expand my ethnographic descriptions of redneck firepits I'd hosted into a final project for the course. And boy did I go to town relating the hi-jinks and debaucheries I'd witnessed at Hallowe'ens past. There's nothing quite like being in the thick of a rowdy environment where identities are literally masked and mores and norms are a bit, er, looser than normal, to provide new fodder for our education as ethnologists. So why not treat this Hallowe'en as a sociological research setting and see what surprises await?

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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.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Less flex in exams. A discussion about an exam marked past-due reveals that, as of June, there is now only a five day window on either side of the requested write day with AU to reschedule an exam with ProctorU (or other invigilator.)

Discord

Windshield-repair capital of Canada. You never know where the threads will go in the #coffee-shop-lounge! A request from a new Calgarian for local-business tips results in detailed discussions about windshield repair, and out-of-province vehicle inspections.

reddit

Open-ended. A general question about students' experience with AU prompts answers that vary in length from three words to multiple paragraphs. AU students love to share their highs and lows.

Twitter

@AthabascaU tweets: "Has #AthabascaU allowed you to achieve things you never thought possible? Enabled you to reach your educational dreams? We'd love to celebrate your accomplishments in our Transforming Lives: Learners of AU series (and in return give you some sweet swag)! t.co/QJvDFmtSMY."



Save The Baby!

The Importance Of Inspiring And Removing Division In Advocacy Work

Elisa Neven-Pugh



When I was preparing for a rewrite on a recent proposal, one of the articles I found claimed that when able-bodied people feel inspired by someone like me it is discriminatory and is a form of "inspiration porn" (Dunn, 2019. pp. 672). To say that I was insulted is gross understatement. My dream job as a child: an inspiring hero.

I mean, I can't push away the fact that I've had friends who have made me feel like talking with me is the good deed of the day that they can get off on in the eyes of their own friends and family. That's just objectification! That's using my body for personal gratification. Not using my story so that you might be able to change your life for the better.

But, after thinking about it, and getting a hug from my dad, I realize that my true feelings really consist of a broken heart. You have no idea how many times I run in to this pessimism that creates this toxic us versus them mentality. Not only with my friends, as I've explained in that it's personal, but mainly academia. Yes, they give recommendations, but only after destroying any possibility that able-bodied people have common decency. Myself included!

Call me Bourgeois, call me subservient if you want, but demonizing the other side never works. Therefore, I must agree that I get tired of people making me feel like I'm suffering just by looking at me (670-671). People assuming that I can't do anything myself is frustrating (666). And I do feel like I let people down, especially myself, when I wake up and I wish I could just say that CP is a lot to handle without feeling guilty (672). However, those people who are over eager to assist, give advice, feel sympathy, or—God please allow for this—are inspired, and then subsequently cheer me on and give me strength to keep going, who try and, more often than not, succeed in trying to help? That's nothing that needs to be compared with me objectification of individuals in sexual acts.

In my view it's rather the first draft of a paper; maybe it needs constructive criticism and revision so that we see people as people, but that doesn't make it dirty and contaminated by discrimination. If we keep throwing out the baby with the bathwater, nothing will change or grow into a society that is truly without prejudice.

As you can see, I have no problem with constructive anger. But the bitterness must stop. For myself, that means being happy that I can be a source of hope and, yes, inspiration. If that means personal gratification and reaching the climax of life for someone else, I have one thing to say.

The pleasure's mine.

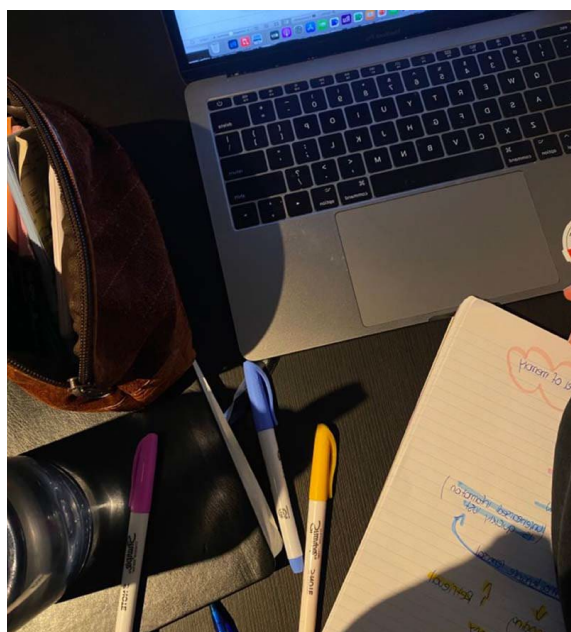
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I'm Elisa. I have cerebral palsy quadriplegia. More importantly, I have a great family, wonderful opportunities, and a deep faith. I'm inspired to write to help others learn and conquer invisibility syndrome.

How to Optimize the Semester as a Night Student

Xine Wang



Studying late into the night may not be ideal for some. However, for some night owls, studying at night actually may be more peaceful in the house with less distractions.

I've been there and done that—where I've worked full time during the day and in the evening taken up a course. Some might be working towards a degree and carrying a full or part-time job. In either case I applaud you. The stuff isn't easy, and I want to break down how to optimize your time and schedule. I don't have it down pat either. There's a lot of challenges that will arise and, inevitably, the perfect schedule that you might have in mind will fall apart from burnout. After all, every one has the same number of hours in a day and balancing a full time job with evening classes might not be a good plan for you.

But if you were contemplating or already are juggling this type of work-school balance, what are some ways to optimize time?

Adjust your schedule

Even though it is not always possible. Sometimes, this might mean being honest to your boss about your schedules. For example, when I worked during the day and studied in the evenings, I often found myself too tired or brain dead to study. I found that I studied much better in the mornings and so waking up early and making the most of the morning few hours to complete assignments and study for exams in a methodical and time-efficient way was very important. For some of my friends, this meant picking up later shifts or part-time shifts. Another hack I learned as a student was to get a job that was close to school or, if you're doing online school, think about doing work that's also online. This might mean being an online TaskRabbit for someone or tutoring online.

Listen to your body

Don't neglect your health while juggling work with school. If you are overworked, you might get headaches from the sleep deprivation or have focus problems during your classes. If you're unable to handle a job with schoolwork, sometimes it means cutting down the hours on one.



Physical and mental burnout is real and paying attention to the body's aches and pains will tell if you're overly stressed.

Sometimes it might also mean getting help, such as getting a family member to finish the chores so you could focus on the tasks at hand.

Group your time together

If you only have 2-3 hours in a day to study or work, it might be worthwhile to group these to a single day. For example, when I was in school, I would work on Saturday and Sunday for 8 hours a day. During the weekdays I would study and power through my schoolwork. Grouping time together helps you stay focused and productive. In fact, the cost of switching from one task to another is high. Think about the transportation costs, time costs, and even the mental energy of changing from one task to another.

Get at least 8 hours of sleep a night

When you're being a student, your brain is constantly working to remember and learn new information. While you might think it is possible to live with less, lack of productivity and focus might cost you more in the long run.

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



Courtesy of my friend, TB



Online Shopping Addiction The Final Cure

Marie Well



As you may already know, I have a newly formed shopaholic addiction that is snowballing out of control. And I think I've finally found a solution to ban it for good. You might also find the strategy effective in eliminating any troubling trait, addiction, or habit you may wish to overcome. So, here it is:

"Do the extreme opposite."

This is a strategy I picked up from The Marriage Foundation. This article will explain how I aim to operationalize it. But first, as background, here's how my online shopping addiction formed.

For nearly a decade now, I desperately needed clothing. For example, I recently wore pink pants with tattered knees almost daily, and I wouldn't have survived an office dress code for more than three days, as I'd run out of things to wear. In short, I looked scruffy. However, I took three fashion courses on Udemy to significant effect. As a result,

I can now pick out an outfit online that will look surprisingly good on me.

But I started clocking out of work to look at online clothing retailers whose ads began appearing on my every web browser. I'd also clock out of work to look at emails from online retailers. Each

AU-thentic Events

Upcoming AU Related Events

look at the online retailers would take at least a quarter of an hour. Then, I'd order several items with my paycheck.

But the worst part was the fixation on when the clothing would arrive. I'd go to the mail multiple times in one hour. I'd check the online retailer many times daily to see if the item had been delivered. And if a batch of items was delivered but one was missing, I'd phone the retailer four times, wasting an hour, until I got through to someone (ahem, Melanie Lyne). And during those calls, my happy disposition would threaten to sour, and I'd fight off feelings of impatience. It was like playing the lotto but with lots at stake. And that was all in one day.

Worse still, I started to bridge into vanity. For example, I planned on buying expensive shampoos and conditioners. As well, I started searching YouTube for hairstyles. Instead of spending time learning software or developing skills, I was now online shopping.

In at least one of the courses I've been taking, it's advised to do the extreme opposite of a habit to break it. As a result, I've come up with a solution. Instead of lavishing myself with clothing items, I'll lavish the people in my life with gifts.

I want to leave this world selfless. After all, the essence of unconditional love is selflessness, and the opposite of ego is selflessness. I believe that should be the goal of all living beings—to unconditionally love through selflessness.

I will, however, spend time and resources on developing skills, as I believe learning is essential to a good life. Many accounts of near-death experiences confirm this view.

With that said, whatever troubling habit, addiction, or trait vexes us, try doing the extreme opposite. However, if it doesn't break the habit, go even more extreme. But ensure that the extreme opposite is founded on beautiful traits such as love, selflessness, or kindness. After all, I believe we are meant to become the perfect versions of ourselves.

Library Chat

Tues, Nov 1, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library
www.athabascau.ca/library/index.html
No pre-registration needed; access through chat box on home page

CIDER Sessions: The Encyclopedia of Female Pioneers in Online Learning

Wed, Nov 2, 11:00 am to 12:00 pm MDT
Online via MS Teams

Hosted by AU and IRRODL
www.cidersearch.ca/session/bainbridge-wark-2022

No pre-registration needed; access presentation through above link

Research Webinar Series—The Alliance and Securing Access to High Performance Computing Resources

Wed, Nov 2, 1:00 to 2:00 pm MDT
Online via MS Teams

Hosted by AU Faculty of Science and Technology

news.athabascau.ca/events/research-webinar-series-the-alliance-and-securing-access-to-high-performance-computing-resources/

No pre-registration needed; access through above link

Library Chat

Wed, Nov 2, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library
www.athabascau.ca/library/index.html
No pre-registration needed; access through chat box on home page

Library Chat

Thur, Nov 3, 10:30 am to 2:30 pm MDT
Online

Hosted by AU Library
www.athabascau.ca/library/index.html
No pre-registration needed; access through chat box on home page

All events are free unless otherwise noted.

Music Review

Colour in the Grey

Jessica Young



Artist: Dancing On Tables
Album: Colour In The Grey

Scottish power pop band, Dancing On Tables, has released their debut full-length album, *Colour In The Grey*. The album is available for streaming anywhere you get your music.

Of the album, the band says, *"It feels like the last 3 years of our life have all been building up to this album. You can hear the journey that we've been on as a group as you go through the tracks, with stories of love, happiness, loss and frustration sang on top of a sound that we have worked hard to define by combining our original rock influences with our favourite modern music alt-pop styles."*

The album is a collection of songs that were put together over a time where as musicians, we were suddenly stuck at home after being used to being on the road for most of the year. Like most people, it was tough for us to stay motivated during this, but working together (remotely) on music was the highlight of each day and left us with over 70 tracks to choose from for this album.

For us, writing and recording this album really was the 'colour in the grey' of every day life at this point."

Color In The Grey consists of ten tracks: How Do I Get Back to Her; Breathe; Better Off Friends; Sing Along; Letters; Bubblegum; High; So What; Shock to the System; and Rollercoaster Love. Two of the songs, "How Do I Get Back to Her" and "So What" have music videos available on the band's YouTube.

Dancing On Tables reminds me of a combination of The Beach Boys and Weezer. Upbeat, sweet pop with a plethora of vocal harmonies, tinged with notes of indie or rock vibes, depending on the song. The band has certainly stayed true to its name—*Colour In The Grey* is the kind of album you can't help but dance to. The lead singer's voice is easy, pleasant, and relaxing to listen to. You can also hear small pieces of his Scottish accent coming through in some of the words, which I love!

My favourite song from the album is "How Do I Get Back To Her?"—an adorable song about missing an ex-girlfriend and wanting her back in his life. The track "Sing Along" is another incredibly catchy, sweet love song. The band sings, "You're the part of the song/that's been stuck inside my head/Keeps me up all night long/when I try to go to bed/But it's fine, I'm not opposed/You're the one I want the most/So I'll sing along."

The final song, "Rollercoaster Love," stands out against the rest of the album. This song is a slow piano ballad describing the pain of loving someone in a long-distance relationship. The band sings, "The planes, the trains, that we run to/They have split my heart in two/But I'd still give both pieces to you."

Overall, I loved *Color In The Grey*.

Check out Dancing On Tables on [their website](#), [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.

Homemade is Better

Pumpkin and Butternut Squash Soup

Chef Corey



I was gifted two butternut squash from a good friend. We used one for Thanksgiving, and the other one was sitting on my counter, starting to look like it was sad. I came across a great article by our very own Xine Wang. To not copy her terrific recipe, I thought I should add some pumpkin and try to turn it up a notch.

There isn't much I can add to Xine's article, so instead, I will give you some pointers from what I did. We both used very different methods to make our dishes. I roasted the gourds in the oven at 425F until they were soft. After you remove them from the oven, let them sit for a few minutes, and the flesh comes off very quickly. Scoop the remaining pulp into the pot and add your broth and spices. Grab your trusty immersion blender, if you have one, and blend the soup until it is homogenous. Add the cream and continue to stir to bring out that light colour. Taste for seasoning, including your salt and pepper, and serve.

When I made the recipe, I made way too much! I removed more than half of the soup before I added the cream to freeze it. If you want to make this soup ahead of time and store it, do not add the cream until you are ready to eat it. It will stay in the freezer for up to three months if it is in an airtight container. Any longer than that, and you risk freezer-burn.

Happy Halloween, I hope you enjoy this dish and get to make it often.

Pumpkin and Butternut Squash Soup

Ingredients:

- 1 pie pumpkin - roasted
- 1 butternut squash - roasted
- 1 onion - diced
- 4 cloves of garlic – sliced
- 2 TBSP canola oil
- 2-3L chicken broth
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp clove
- 1 bay leaf
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 cup of heavy cream

Directions:

- 1) Set your oven to 425F.
- 2) Remove the stems from the gourds and line a baking sheet with parchment paper. Unless you want a huge mess, Parchment paper is your friend.
- 3) Cut the squash and pumpkin in half, length-wise.
- 4) Oil the outsides of the gourds with 1 tbsp of canola oil.





5) Roast the halves for 30 minutes or until you can pierce them with a fork without resistance.

6) Remove them from the oven and allow them to cool.

7) In the meantime, put a large pot on the stovetop and set the heat to medium-high.

8) Add your onions, garlic, and the remaining oil. Sauté until the onions start to turn translucent.

9) Add the pumpkin and squash pulp and cook for another minute.

10) Add the broth and stir to get everything mixed.

11) If the mixture is too thick, add water or broth to thin it out, so it is a soup consistency.

12) Once the mixture starts to boil,

turn the heat down and blend it until smooth.

13) Once blended, taste it for seasoning. Add salt and pepper until you feel like it tastes well.

14) Add the cream and stir until it is mixed well. Bring the soup back to heat for another few minutes.

15) Taste one last time and serve.



Unearthing classic articles from previous issues of The Voice Magazine

The tradition of trick-or-treating on Hallowe'en has slowly dwindled in popularity. Even years ago, *Voice* writers were expressing concerns about treats at the door.

It's supposed to be scary, right? Maxie van Roye thinks the door-to-door beggars are getting off too easy and plans to put the spook and scare back into trick-or-treating. "Instead of little boxes of oversugared pellets, I'll use empty candy boxes

for eerie notes advising the recipient, in spidery written-by-a-mummy script, that 'We are watching you,' or to 'Take care—she will enter your bedroom at the midnight hour.'" [Bag of Tricks](#), October 29, 2010.

Way too scary! John Buhler describes the seriousness of peanut allergies and offers suggestions for those handing out treats. "Unfortunately for people with peanut allergies, repeated contact with peanut products leads to increasingly rapid and more violent anaphylactic reactions." [Trick-or-Treats and Peanut Allergies](#), October 13, 2006.

Beyond Literary Landscapes Afrofuturism

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 serves as an introduction to Afrofuturism in literature, as well as a reminder of some of the genre’s classics, and as an inspiration for further reading.

Afrofuturism can be defined as “as an intersection of speculation and liberation that’s inspired by the concerns of people of African descent.” In addition, “Afrofuturists seek to recover knowledge lost as the result of slavery and colonialism, and they’re highly critical of contemporary practices that continue to marginalize people.”

Some characteristics of Afrofuturism include themes of “alien or “otherness”, utopian ideologies, the digital divide, feminism, the grotesque, and reclamation of culture.” Often, writers “[reimagine] a future flush with art, science and technology through a [B]lack lens.”

Notable authors who have written in the genre of Afrofuturism include Octavia E. Butler, Tomi Adeyemi, and Nnedi Okorafor.

What

Examples of Afrofuturism in literature include *Dawn* by Octavia E. Butler, *Children of Blood and Bone* by Tomi Adeyemi, and *Binti* by Nnedi Okorafor.

Where

These novels take place in space, the Namib desert, as well as fictional landscapes, such as the kingdom of Orisha, which is “[s]et in a mythical Nigeria.”

When

These novels are set during the future.

Why

Afrofuturism may be of interest to AU readers who enjoy Speculative Fiction, as well as those who would like to learn more about Afrofuturism as a literary genre, and perhaps, Afrofuturism in art and cinema.

How

AU’s wide range of diverse courses make it easy to study this topic in depth. Courses related to Afrofuturism are available in a variety of disciplines, including one’s that may fit into your Degree

Works. (Always check with an AU counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this topic may enroll in ENGL 491: Directed Studies in Literature, a senior-level, three-credit course, in which “[s]tudents may wish to focus on a specific question within cultural studies or a particular set of texts or practices,” or “may also choose to study more traditional areas of literature, to engage with new literary texts or theoretical approaches, to undertake a study in comparative literature, or to take on interdisciplinary topics.” (Note that ENGL 211: Prose Forms, ENGL 212: Poetry and Plays are required as prerequisites, in addition to two senior-level ENGL courses and course coordinator permission.) Happy reading!

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



Building a Spiritual Metaverse

Marie Well



How do you build a Metaverse? I'm an amateur. I'm still struggling to figure out how to use my Metamask Wallet to buy NFTs and cryptocurrencies, and it's all quite confusing. And the best way I can explain a Metaverse is that it's like having your avatar in a 3d video game with other real people but with digital money. And you bet businesses will inhabit it, too. And you might end up with a business in the Metaverse. Or you might be an employee in a virtual Metaverse office like that proposed by Facebook.

I'd like to build a spiritual Metaverse. It will be an escape into a heavenly universe. I don't know exactly how to create this or how to fund

it just yet, but the following are the clues and thoughts I have to that end:

First, Decentraland, a Metaverse where you have avatars and can buy and sell land, is currently more of a barren land. I saw a shocking statistic that reported hardly any visitors for 24 hours.

As well, I'm learning an engine for creating a Metaverse that involves programming and design. It's called Unity. I've brought in a free industrial world plug-in and will buy a cheap character that does things like walk, shoot, die, and jump. However, my unity coach, who lives in Pakistan, does not know how to use Unity to create a Metaverse. We may make a virtual reality world with Unity, although he seems reluctant.

Next, I found a coach on Fiverr, I believe from India, who offered to teach me how to use Unity to design and program a metaverse. Unfortunately, he wants to charge me \$100 US an hour. I'm currently trying to barter him down to a lower rate. But for him to create the entire Metaverse would cost \$15,000 to \$30,000. I don't know how I'd fund this Metaverse other than to try to raise funds on Kickstarter or perhaps a "blockchain" fund-raising site if one exists. I think a blockchain relies on multiple servers worldwide (rather than one central server) to maintain a database. I can't say much about the blockchain with 100% certainty as I lack the knowledge.

Additionally, I downloaded an App from the Playstore called Metamask. I haven't purchased anything with the Metamask wallet. I've been frightened by all the messages asking me to confirm that I agree to the risk of having my wallet hacked.

Tonight, I meet with another Fiverr coach for two hours to learn about blockchains, smart contracts, and NFTs. He's a blockchain programmer. He's also a student in India, and we had to extend our deadline due to his exams. I'm not sure what to ask him or what I'll learn. I'm going to see if he can help me enter the Metaverse called Decentraland, which requires I create an avatar. At least, that way, I'll know what a Metaverse looks like.

Most importantly, I have a friend who is famous on YouTube. She has had four or five near-death experiences and reports entering heaven each time. I offered to reimburse her cash to describe in detail what heaven was like. I hope to reproduce her description in my Metaverse.

But I have so many questions. How do I prevent destructive events in my heavenly Metaverse? And do I restrict free speech? Do all the free downloads of characters in Unity come with guns and death poses? Or do any come with spiritual qualities? How do I fund this Metaverse, and if I build it myself, how long might that take? What role do cryptocurrencies play in the Metaverse? That's a tiny sample of the questions confounding me.

Whether I build the Metaverse or not, it's a learning experience. So that in itself is worth the effort.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: The Brandon Langhjelm Memorial Essay Contest 2022

Sponsored by: Justice Centre for Constitutional Freedoms

Deadline: October 31, 2022, 11:59 pm MST

Potential payout: \$2000

Eligibility restriction: Applicants must be age 15 to 24 as of contest deadline, permanent residents or citizens of Canada, and enrolled as a student (public school, private school, homeschool, post-secondary institution, or other recognized educational institution).

What's required: An online application form or email, along with a 1500-2500 word essay on the following topic: "Canadian governments are making Digital ID technologies a precondition of access to essential services and goods. What can Canadians do to protect their Charter rights and freedoms against the dangers of these technologies?"

Tips: Read the sections on essay length, formatting, and sources carefully.

Where to get info: www.jccf.ca/projects-media/essay-contest/





Dear
Barb

Barbara Godin

Anxious for an Answer

Dear Barb:

Hi, I have been reading your column since my mom started taking courses at AU. I am only 16 years old, but I think I have a problem. I have tried to talk to my mom about it and she says I am worrying too much and that I am just shy, but I think I might have some sort of anxiety problem. I hate social situations. Well, I don't hate them, but I hate how I feel when I am out in a group. I would rather stay home. I know at my age I should be out socializing but I just can't do it. I feel so uncomfortable and all I want to do is leave. Even days before an event I begin to feel this way and try to think of a way to get out of it. If I go out to an event, when I get home I replay everything in my mind that happened, and I feel that people didn't like me or something I said. I also have a hard time looking people in the eye, I am always looking away or looking down. Is this just shyness, or something else, and is there anything I can do to overcome this? Looking forward to your help, thank you, Amber.

Hi Amber:

Thanks for sending an email. Some of what you are describing is normal shyness, however, some of what you are feeling goes beyond and may be "social anxiety."

Medical Definition of *social anxiety disorder*

: an anxiety disorder that is characterized by persistent and exaggerated fear of social situations (such as meeting strangers, dating, or public speaking) in which

embarrassment or a negative judgment by others may occur and that causes significant distress, often resulting in an avoidance of such situations and impairment of normal social or occupational activities. The essential feature of *social anxiety disorder* is marked, or intense, fear or anxiety of social situations in which the individual may be scrutinized by others.— *Diagnostic and Statistical Manual of Mental Disorders*, 5th edition.

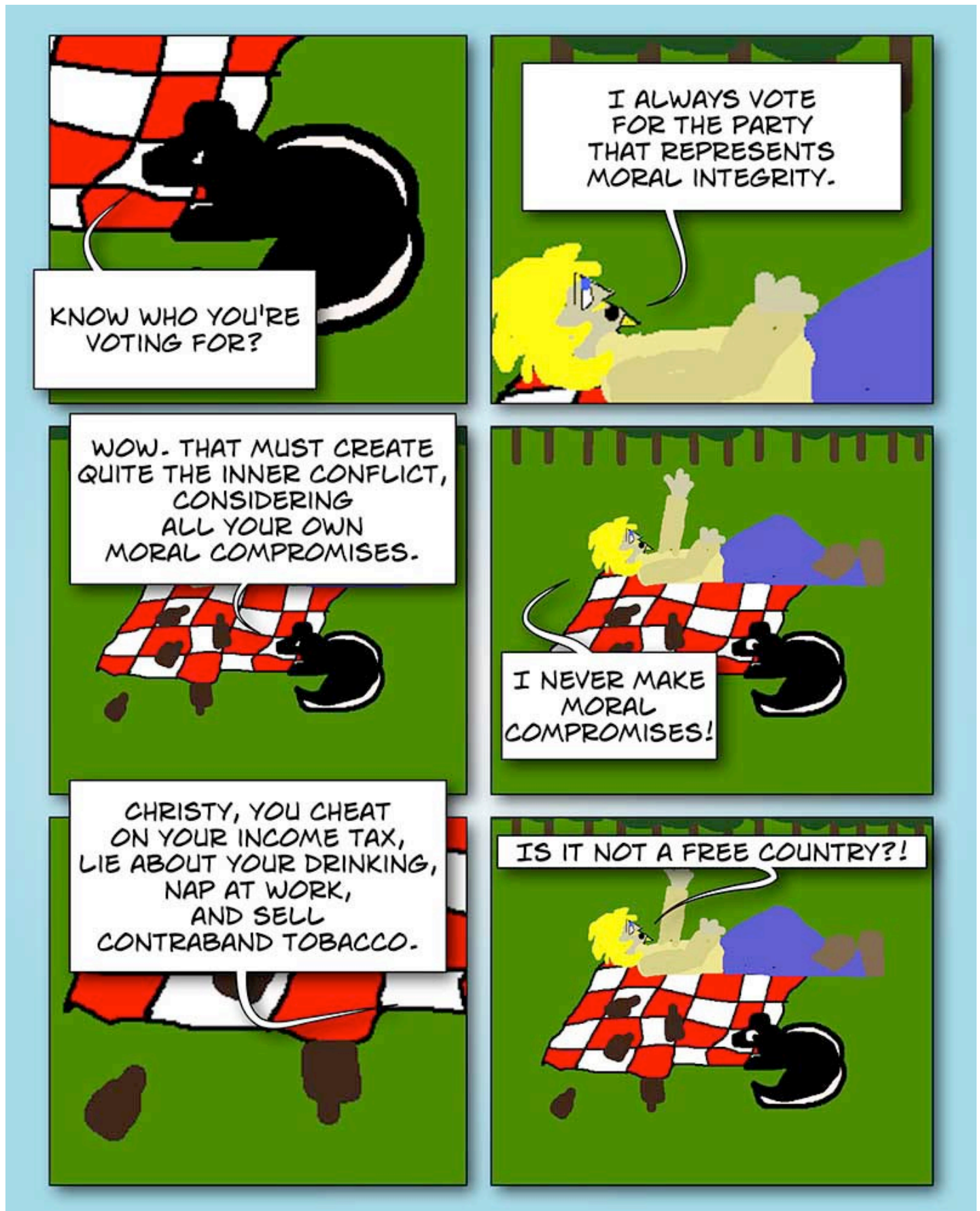
Do you feel this definition describes what you are experiencing? If so, there are things you can do to learn to cope and improve your social interactions. Treatments include counseling and or medication. In counseling you learn how to change your negative thoughts into positive thoughts, therefore you become more confident in social situations. Another alternative to one-on-one counseling is to join a support group, both are equally effective in treating social anxiety. You will have to discover which is more effective for you. Also, medications, often in combination with counseling can be helpful. Your first line of defense is to visit your healthcare provider to determine if anything physical is causing your symptoms, if not then you will be able to receive a referral to the most appropriate treatment options available in your area. Hope this information is helpful. Best of luck Amber.

Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place of professional advice.



Poet Maeve
Moral Indemnity

Wanda Waterman





Changes to AU Course Materials

In the fall of 2013 AU began the process of replacing hard-copy textbooks for all undergraduate courses with e-text versions. Implementation has been staged in

The results will be shared with members in an upcoming newsletter.

A New Era at AU - A New AU president

After two terms in the Office of President, Dr. Frits Pannekoek is retiring. Last week, in recognition of his contributions to distance education, the University of South Africa (Unisa) granted him an honorary Doctor of Literature and Philosophy award. AUSU congratulates Dr. Pannekoek on this great honour, and the recognition it brings to AU as a world leader in distance and open learning. We wish him all the best over his final weeks in the role of president, and in all his future endeavours!



We had hoped by now to be able to announce the selection of the presidential search committee for a new, full-term president; however, as a suitable candidate has not yet been found, AU has instead appointed an interim president: Dr. Peter MacKinnon, formerly of the University of Saskatchewan. Dr. MacKinnon has also served as chair of the Association of Universities and Colleges of Canada (AUCC) and on the Science, Technology and Innovation Council of Canada. We look forward to working with him over the coming year! [Convocation travel information](#)

AUSU wants to make sure this year's graduating class has a fantastic convocation. To make this happen, we're providing free transportation via bus or limo service to take people from Edmonton to the Athabasca Multiplex each day of convocation 2014. This applies to those graduating from AU undergraduate programs, and their guests (some limits may apply).

We've also arranged hotel discounts in Edmonton.

AU SU

UPDATE

COMMUNITY. RESOURCES . SERVICES



Last chance to apply for [Fall Cycle Awards & Bursaries](#) before Oct. 31!

AUSU's Awards and Bursaries Program celebrates the success and spirit of AU undergraduates and supports students facing financial hardship. Students currently taking any AU undergraduate course are AUSU members and eligible to apply, so [get started today!](#)

There are eight diverse categories to apply to so [check out the complete list](#) on our website. Please email ausu@ausu.org with any questions or feedback about the AUSU Awards & Bursaries Program. Note that applications will be reviewed in November and the selection process is done by the [AUSU Awards Committee](#).



We Want Your Feedback!

We hosted 1 of 2 Tuition & Fees Town Hall meetings on Sept. 12, getting feedback from AU undergraduates on how 3 years of tuition and fee increases have impacted their studies. Thank you to everyone who attended!

If you missed the first session and would like to provide your valuable feedback, please [RSVP on Eventbrite](#) to our second **Tuition & Fees Town Hall on Nov. 7 @ 5:00 p.m.** over Zoom.

Contact ausu@ausu.org with questions.

Provided by

ausu@ausu.org

AU SU Athabasca University Students' Union

Please send us your valuable opinions, feedback, and suggestions. We are committed providing quality content and look forward to hearing from you!

CLASSIFIEDS

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

THE VOICE

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