



THE VOICE

Vol 30 Issue 45 2022-11-25

Minds We Meet

Interviewing Students Like You

Can I Come Home Now?

A Review of the Latest by Barb Godin

It's Dark Again In the Basement

Yes, Again

Plus:

*Some Movement, Fewer Moves
Ease Up with Christmas Shopping
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: *Interviewing Miss Patel*.....4

Articles

Editorial: *Some Movement, Fewer Moves*3

Book Review: *Can I Come Home Now?*6

Yes, Again!: *It's Dark in the Basement*7

Pure Positive Energy for All Relationships.....8

Wanted: Robert Baldwin and Louis-Hippolyte Lafontaine.....10

How to make Christmas Shopping Less of a Headache.....17

Bodybuilding? Torn20

Columns

Fly on the Wall: *Yeah, No, When You Know You'll Know*.13

Homemade is Better: *Turkey Noodle Soup*11

Music Review: *Monsters + Angels*.....16

Beyond Literary Landscapes: *History*.....18

Dear Barb: *Dollars for College*.....21

News and Events

Vintage Voice.....5

Student Sizzle9

AU-thentic Events14

Scholarship of the Week.....15

AUSU Update23

Comics

Poet Maeve: *The Next Lottery*.....22

The Voice Magazine

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

Email

voice@voicemagazine.org

Publisher

AU Students' Union

Editor-In-Chief

Jodi Campbell

Managing Editor

Karl Low

Regular Contributors

Barb Godin, Barbara
Lehtiniemi, Alek Golijanin,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

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

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

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

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

Volume 30, Issue 45

© 2022 by The Voice
Magazine

ISSN 2561-3634



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

Some Movement, Fewer Moves

Karl Low



Advanced Education Minister Demetrious Nicolaides has put forward the latest Investment Management Agreement for Athabasca University. This is the document that tells AU how much funding is going to get, and what conditions the provincial government is putting on that. In it, instead of requiring a completely unrealistic 50% of AU's staff be made to live and work in a small rural community, the new version now demands increases of 10%, year over year, for 3 years. As CBC reports, the area of Athabasca currently houses about 25% of its 1,200 total staffing, or 300 employees.

This means that over three years, AU will be expected to increase the number of people employed in the town by about 100, with a penalty of about 9% of AU's operational funding on the line if they don't do this. From what I can work out, that amount is around 3.7 million dollars, or about \$41,000/person that AU will be penalized if they don't manage to move them to Athabasca.

Minister Nicolaides says, "I think any reasonable and rational person that would take a look at those metrics would say that yeah, this is very achievable." Maybe.

What wasn't asked of him was, "Why should this be achieved at all?" What purpose does it serve to the actual stakeholders of Athabasca University, the staff and the students, to require more people live in a rural town? No other public institution or private post-secondary institution in Alberta has such a requirement, and for good reason, it's senseless. It has nothing to do with providing an education.

So, just to make this known now, if AU wants, feel free to hire me for the cost of the post office box I'll use as a mailing address, and the cost of renting a room at the President's house, which I understand is vacant at the moment. You can list my position as 'institutional management agreement assistant.' After all, I expect there's nothing in the IMA noting that I have to actually spend money in the area.

And this, ultimately, is why this entire thing is a farce. Unless there's some kind of fishy deal going on with landowners around the Athabasca area, there's absolutely no reason to make AU move employees. I can see the government wanting them to hire more people in the area, but making them move employees does almost nothing to increase the economy of the region, and does so at similar expense to whatever region they're moving employees from.

When you consider that the people who are most likely to want to move to a small rural area are the people who already live in a small rural area, this is nothing more than cannibalism that makes little sense economically, and no sense academically. People will move from struggling Rocky Mountain House to struggling Athabasca. At least, I assume they're struggling, because why else would they have to lobby the government to force people to move to the place if they were actually a destination people wanted to live.

And that's the other part of the equation. Why would Athabasca want to be seen as so desperate as to require the government hold students' education hostage so they could have a few more people in their town? At any rate, enjoy the read!

A handwritten signature in black ink, appearing to read 'Karl', is located in the bottom right corner of the page.

MINDS WE MEET



The Voice Magazine recently had a chance to chat with Miss Patel (she/her), a 21-year old Bachelor of Management student currently residing in Edmonton, Alberta. Born in India, she “lived in Toronto for couple of years,” before moving to Edmonton four-years ago. She continued, “Honestly, I am not happy with Edmonton because it’s too dead. No one socializes. Everybody likes to stay as it is. Personally, I haven’t found one person who likes to grow in their life. People in Edmonton seem to settle for whatever they get, and I am more of a person who is an extrovert and thrives for more and hustles for it.”

Prior to her transfer to AU to juggle both work and studies, Miss Patel was enrolled at the University of Concordia. She “loves management” believing that “everything needs management otherwise eventually it’s going to fall out.” She has observed that both small and large companies “lack the basic organizational cultures and values, which disappoint me a lot.” She continued, “I hope one day I am known for my management skills.”

When asked how she best studies, Miss Patel stated, “I was a kid who always took studies for granted. Till one day I realized it’s the most important thing. Not the grades but how deep you study and understand it. What keeps me motivated is my goal and the promises I have made to myself. At the age of 21 I am completely focused on my career and not on the weekend parties and day to day hanging out with friends. Because believe it or not, it is a distraction. My personal study tips are paraphrase everything and remember the key points. Have a friend or family sit in front of you and talk your course out. That way you’ll know how thorough you are in your subject. And most important, write it down! It works always.”

And her advice for new students? “Online universities and studies can be overwhelming. You may miss out on 90 percent of stuff. But register yourself, join Facebook groups, call the student centre and ask tons of questions. Be curious. Play around on MY AU and go through every detail provided in the course. Book your exams prior. Make a schedule by what time you will finish the course. Book appointments with your course coordinator.”

When not studying, Miss Patel is interested in “spirituality – gaining knowledge of nature, karma, how to be the best version of yourself.” She continued, “I practice meditation. Since last few months I am very conscious about my body, health, eating habits. So, I hit the gym quite often as well. And since I was kid, I *love* fashion. So, I try to keep myself up with the latest news of fashion as well. To walk a ramp at New York Fashion Week is my near dream.”

Her experience with online learning has been both “positive and negative.” She explained, “I like how you self study in your own way, but with 300-400 level courses it’s a little disappointing how you don’t get a bit of simplified notes for the textbook. That scared me a lot. But, overall, it has been fine. The best and overall advantage is you can complete your course at your own pace.”

She also thinks that communication with her tutors is “okay,” continuing, “Some are nice and some I feel cannot complete the void of in-person tutoring.”

When asked, which famous person she would like to have lunch with and why, Miss Patel did not “have any famous person in mind.” She explained, “The respective famous leads today were once a common man or woman. I would in fact love to just go on a special elite lunch with myself. Sit with myself. Feel every emotion. Be free and be present for the moment. On my lunch with myself I’d take a pen and paper with me. And make a promise to be true to myself. Make a list of my flaws with a reason that why I do I feel those are my flaws. And my positive characteristics with their reasons as well. That why I am just getting a step forward of being a better human being. And who knows my betterment can lead me into being famous just like others!”

She also let *The Voice Magazine* know, “My memorable vacation was the trip to Maldives. She felt that this experience was “quite life changing,” and eventually led her “to spirituality.”

As for her most valuable lesson? “There are tons. I have always learned a lesson through my struggles. And since the last 8-9 years I would say I am in a dark phase of my life. But, the lessons learnt was—be honest to yourself, do no harm to others *emotionally* and physically. Invest in yourself, and not others. And never be emotionally dependent on anyone. Love everyone truly and never betray.”

As a final note, Miss Patel stated that students should always take a two-day break in their study schedules, counselling “Do self care. Do whatever they love and forget about all the worries and stress of deadline or whatsoever. And honestly if there’s anyone who needs to talk they can always text me on Facebook. Some times can be rough but I am there to help by anything I can do.” Best of luck Miss Patel!

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.



Unearthing classic articles from previous issues of *The Voice Magazine*

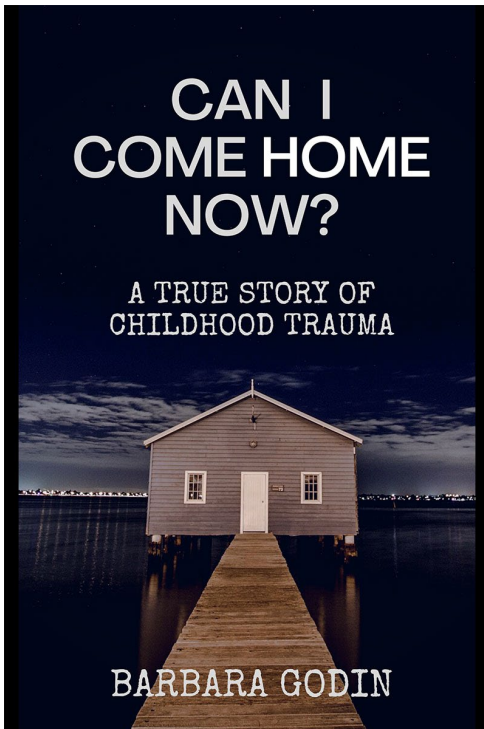
One of the features of American Thanksgiving is the Macy's Thanksgiving Day Parade in New York City. *Voice* writers have been there, done that.

Hazel in the Big Apple. Columnist Hazel Anaka recounts her trip to NYC, some of which seems strangely familiar. "Through a lifetime of watching movies and reading novels set in New York, certain locations and place names have taken on larger than life stature." From Where I Sit – New York City, Part II, November 29, 2013.

Confidential confetti. Reports abound that the 2012 Macy's parade included confetti made up of shredded police documents. "As PIX 11 News reports, parade-goers were showered with confetti that included 'social security numbers and banking information for police employees, some of whom are undercover officers.'" International News Desk – Around the World: Parade Paperwork, November 30, 2012.

Can I Come Home Now? A True Story of Childhood Trauma

A review of Barbara Godin's latest book.



Can I Come Home Now? A True Story of Childhood Trauma, is Barbara Godin's honest and heartbreaking tale of her early life. Godin's book, published this autumn, fills in the gaps left from her early memoir, *Glimpses in Time*, and provides a consolidated narrative of her life from birth to adulthood.

Godin is a long-time writer for *The Voice*, best known for her ongoing "Dear Barb" column. Godin has also written many articles about her life and family members for *The Voice*, and also compiled the ongoing feature "Women of Interest."

Courageous and compelling, *Can I Come Home Now?* recounts Godin's heart-wrenching tale of childhood neglect and abuse. Her mother, self-involved and fun-seeking, leaves young Godin to be reared by a series of relatives, some of whom take advantage of a vulnerable young girl. The shame and secrecy of sexual abuse prompts seemingly "inappropriate" anger in young Godin. Between her sullen outbursts and lack of interest in school, Godin is labelled incorrigible and is shipped off—twice—to Ontario's notorious "Training Schools for Girls."

Lacking the emotional tools to navigate life and relationships, Godin marries a man who later becomes abusive and manipulative. It takes years—plus plenty of self-help books and a few kind-hearted people—for Godin to recognize her self-worth and break out of the mould she had been flattened into earlier in life. The book culminates with Godin's relentless determination to find healing and a sense of belonging. Godin went on to resume her education, graduating with a BA in English from AU in 2008.

With this latest book, Godin has published her fourth book in less than three years. But *Can I Come Home Now?* was more than twenty years in the making.

"I began writing this book many years ago," Godin says, "but I was not ready to publish it until now. Because of the nature of the book, it was very difficult to open myself up to the readers, but I felt it was necessary."

Some episodes in *Can I Come Home Now?* expand upon those recounted in her 2021 book, *Glimpses in Time: A Collection of Memoirs and More*. Even before she published *Glimpses in Time*, Godin had decided to finally complete and publish her autobiography.

"All the positive reactions I am receiving from readers have definitely been helpful for me," says Godin. "Although I have received some negative comments, such as 'why bring that stuff up now' and 'just let it go.'"

For some readers, *Can I Come Home Now?* will be an eye-opening introduction into the forms abuse can take and its damaging effects on its victims. It will also alert some to the subtle signs they can be aware of indicating someone in their life may be suffering in silence, and who may need someone to listen, to intervene, or to advocate.

"My hope is that the people who need to read this book will find their way to it," Godin says.

Some readers may find Godin's story painful to read, particularly those who may have shared some of Godin's experiences with abuse. Others may find it difficult to acknowledge that there

can be such cruelty in some people. Godin says, of her early readers, that men in particular had a difficult time getting through the book.

"Most [men] cannot get past the third chapter," Godin says. "Also, I have had some readers in their early twenties who could not get through it. They said it was hard to realize that there are such evil people in the world."

Exposing the hidden horrors of neglect and abuse was part of Godin's desire to publish such a personal and painful book. Given recent news reports of abuse involving, for example, young people in sports, Godin believes the timing of her book "couldn't be better."

"Hearing and reading about all the young girls and boys who are being abused," Godin says, "I felt I could offer a voice of hope. I went through it and survived and went on to have a happy, productive life. I want to show that it is possible for each and every one of them to get over this."

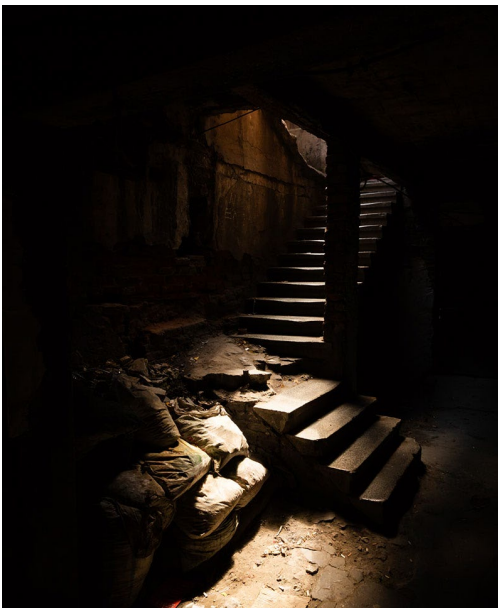
"Not that it's an easy task," Godin acknowledges, "but it is possible."

Can I Come Home Now? is available in paperback and ebook formats. Godin previously published *Dear Barb: Answers to Your Everyday Questions* and *Dear Barb 2: Advice for Daily Life*, both with selections of Dear Barb columns from *The Voice* magazine; as well as *Glimpses in Time: A Collection of Memoirs and More*, a compilation of vignettes from Godin's childhood, family, and relationships. More information on Barbara Godin and her latest book is available on Godin's website at www.barbgodin.com.



Yes, Again! It's Dark In The Basement

Elisa Neven-Pugh



Last week, I spoke about the devastating effects of poverty on my people. I apologize if this seems like I'm cheating, somewhat using my first draft of what became my latest piece, but this cannot be overstated: people are dying. It is my hope is that reflecting on Saint Mother Teresa of Calcutta will hopefully get the point across.

I think I feel incredibly close to this tiny Catholic woman because, lately, I've been experiencing what is known as the dark night of the soul. Where one experiences incapacity and limits of understanding in a way that is painful, and that hopefully strengthens character (Optivox, 2019). Mother Teresa experienced this for over 50 years as she was confronted with the suffering of the destitute (Naglieri, 2022). 50 years! I think she understands being invisible.

I think she understands my shock and pain realizing that some of my contemporaries with disabilities choose to be

assisted in dying because the discrimination and the poverty get to be too much (Human Concern International, 2022).

For the record, the document I was given only implied that people with disabilities could use this as an option because they thought they had no choice. In my book one is one too many.

Like her, I must do this work. No matter what I feel. My life is not my own.

Before I continue, I want to reassure those who read this that I am mentally safe. After all, my biggest civil disobedience is living in a world where, as I've heard too many times, people would

rather die than be disabled. From TV interviews and movies to personal interactions, this world told me from the time I was very young that my life isn't worth living. That I am just unfortunately stuck.

To that, I say ... I won't say.

Out of respect for the saint of Calcutta I will not use the expletive that I want to. I will be civil. But I will not sugar-coat things anymore. People are dying! No, not just emotionally and spiritually, people are choosing to die because this world barely notices us. I understand the majority of people who make mistakes with us don't mean to, and please know I love you and hold nothing against you, but it's time to make it stop.

Please join the campaign to help make financial assistance for people with disabilities something enacted nationwide to help us out of poverty. We are almost there but we need every support possible.

Please help my people find purpose.

It's dark in my soul but if that means I turn the light on for someone so be it whether it be for months years or the rest of my life. Mother Teresa pray for me. This is what I wanted give me this strength not to turn back. Amen.

Please visit disabilitywithoutpoverty.ca for more information.

References

Human Concern International, (2022). Disability without poverty. Retrieved from:

<https://www.youtube.com/watch?v=U0Fd6yd83nl>

Naglieri, D. [Director] (2022). Mother Teresa: no greater love: Fathom Events

Optivox, (16th March, 2019). St. John of the cross - dark night of the soul. Retrieved from:

<https://www.youtube.com/watch?v=zDstbeeyLo>



Pure Positive Energy for All Relationships

Marie Well



What do work relationships, personal relationships, and diplomacy have in common? First, they best function when based on purely positive energy.

I developed a more remarkable ability to relate to the people in my life after taking multiple courses from The Marriage Foundation. The organization isn't accredited by the psychological community but offers advice far exceeding anything I've ever experienced. That's because their recommendations are premised on the spiritual. And that's what I think is sorely missing in conventional psychology: spirituality.

As an example of the benefits of their teachings, my decade feud with my mom has turned into loving sentiment. This turnaround was critical to achieving since she is in her late 70s. This renewed love was worth my investment in their training.

Had I continued down my prior path, I believe my life today would be one of suffering.

As background, they teach never to criticize, condemn, or complain. I have applied these principles to great success in all my relationships. And the rewards have been astounding. But

in my managerial role at work, I need to learn how to combine authority with positivity. Precisely, I needed to see eye to eye with one staff member I managed, despite him vying for my job role. Unfortunately, however, and to my deep regret, he recently passed away. In hindsight, I wish I had treated him with pure sincerity and compassion.

Recently, however, I found a solution. In other words, I discovered the secret to maintaining authority in the workplace while maintaining pure positivity. For the most part, I found it in Napoleon Hill's *How to Win Friends and Influence People*.

When I discovered Napoleon Hill's book, I found many of the same principles taught by The Marriage Foundation. Hill instructs "not to complain, criticize, or condemn," which is what The Marriage Foundation also teaches, but the guidelines were less optimistic in Hill's book. For instance, Napoleon Hill's advice on criticizing without offending suggests we start by mentioning the positives about the person and then follow up with criticism. Although couched in positives, some criticisms in Hill's book would've felt hard to endure. But, of course, the Marriage Foundation advises against all complaints, and they teach how to apply these principles to spousal relationships. Their advice seems so wise that it led to a sort of enlightenment process for me, so in that spirit, I've concluded that work relationships, too, shouldn't have any criticisms.

Instead, work relationships should focus on another of Napoleon Hill's strategies: focusing exclusively on the positives while using suggestions instead of criticism. In other words, say, "That looks great. Do you think this addition might make it even better?" instead of "Here's what that is lacking."

With that said, I must be purely positive in every single relationship, whether work or personal. That means no complaining, confronting, criticizing, blaming, or condemning. That means no teasing or sarcasm (even my criticisms of Napoleon Hill's advice on criticizing need to change). And according to The Marriage Foundation, I must carefully analyze not just my communication and behaviors but also my thoughts. Would a strictly positive approach to communication benefit you? Or do you like to operate with a bit of fire? Whatever you choose, in my eyes, you are perfection.

Student Sizzle — AU's Hot Social Media Topics

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



AthaU Facebook Group

Seeking paper text. A student looking for a paper version of an etext receives tips on both the AUSU app, and the [Athabasca University Textbook Buy/Sell](#) Facebook group.

Discord

Hit the showers. A discussion in the #general channel discusses the merits of cold showers vs hot. Hey, anything to avoid studying!

reddit

Six-credit summer. Looking to fill a requirement for six non-business credits, a student wonders which 6-credit ENGL course would fill next summer with pleasant reading.

Twitter

[@aulibarchives](#) tweets: "See our step by step instructions on how to access pdfs when they are not directly linked: [#https://libguides.athabascau.ca/researchprocess/access](https://libguides.athabascau.ca/researchprocess/access) [#AULibrary](#)."



Wanted: Robert Baldwin and Louis-Hippolyte Lafontaine

Alek Golijanin



If you or someone you know has seen or knows the whereabouts of Robert Baldwin and Louis-Hippolyte Lafontaine it is important that you come forward with that information. Not.

Now, I have a feeling that most people are as unfamiliar with “not jokes” as they are with Robert Baldwin and Louis-Hippolyte Lafontaine, and while “not jokes” can be pretty bad, it does not get better than the two historical giants.

Who was Robert Baldwin?

Robert Baldwin was born in 1804, in what was then known as Upper Canada. By trade, Baldwin was a lawyer who transitioned into the world of politics. Baldwin was a third generation Canadian who was named after his grandfather, Robert Baldwin, otherwise known as “Robert the Emigrant”, from Ireland. Stories about Baldwin tell the tale of

someone who was melancholy and awkward in public, and someone who gave speeches in very low tones and with pauses, which was the complete opposite of his father. However, what Baldwin did have going for him was that, in the pre-industrial society, society revered the code of gentlemen, and he was seen as embodying the virtues of honour, duty, and principle. Together with Louis-Hippolyte Lafontaine, Baldwin would go on to lay the foundation for what would later become Canada.

Who was Louis-Hippolyte Lafontaine?

Louis-Hippolyte Lafontaine was born in 1807, in what was then known as Lower Canada. As a child, Lafontaine stuck out amongst his peers. He liked studying and he had an amazing memory, and that is why his classmates called him “the big brain.” The funny thing about Lafontaine was that, even though he was considered to be the most gifted amongst the children, he always seemed to finish runner-up. He was also seen as someone with a strong personality and as a competitive and energetic person, which affected his ability to get along with his teachers. Lafontaine was even considered to be Napoleonic in his appearance, and he was once mistaken for the reincarnation for the dead emperor by Napoleon’s own guardsmen. However, Lafontaine had no problem getting along with Robert Baldwin, and together they forever changed the trajectory of Canada.

The Basis of Responsible Government in Canada

The partnership between Robert Baldwin and Louis-Hippolyte Lafontaine is something that we can label as being unexpected, but it was partnership that brought Upper and Lower Canada together, and they laid the groundwork for responsible government in Canada, together enacting hundreds of laws. Although this may seem like the “norm” it was anything but, as it saw Canada moving government away from traditional models seen in Europe, Middle East and Asia, towards the concepts of complexity and diversity.

Canada became a democracy on March 11th, 1848, after the coalition of Upper and Lower Canadians determined who would form government, a first for any colony that was considered to be a part of the British Empire. Up until the unification of Upper and Lower Canada, the Anglophones and Francophones were constantly after each other, but the shift to a singular

Canada resulted in a pluralist society that was open to newcomers. With the creation of a single Canada, one of the first laws passed created a Canadian immigration policy that helped protect immigrants, and it is the foundation of today's refugee, immigration, and citizenship policies. Additionally, other significant laws that were introduced including municipal government, a modernizing of the legal system and jury system, and the abolishing of imprisonment for debt.

Although our problems are less severe than those that plagued Upper and Lower Canadians, some Provinces seem to believe that separating from Canada is in their best interests. It is unfortunate that these groups are unable to look past their differences to realize that there is economic strength in numbers, a higher standard of living, and more. Especially in Canada, we should be smart enough to know that devolving the country benefits nobody aside from some egomaniacs with savior complexes.

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

Homemade is Better Turkey Noodle Soup

Chef Corey



We in Canada celebrate Thanksgiving in October, but our friends in the south celebrate a little later. In our house, Thanksgiving and Christmas are typically turkey days. While you can make turkey any time of year, those are the popular days among the masses. That usually also means that there are turkey leftovers.

There are so many uses for turkey leftovers; just see my article from October 2020. In it, I give recipes for making turkey broth, turkey sandwiches, and turkey vegetable soup. This year I cooked two turkeys so I would have leftovers. I always brine my turkey, but I alternate methods each time when I cook it. Over the years, I have smoked, roasted, deep-fried, grilled, and rotisserie turkeys. The trick to keeping it moist in all those methods is a) not overcooking it and b) letting it rest.

If you have cooked your turkey in the past and it was dry, I'm willing to bet you either overcooked it or didn't let it rest. You need a good thermometer; I always recommend digital ones because they are always more accurate. Probe style is a personal preference because you can keep the thermometer in the bird and still know how hot it is. I reviewed my favourite thermometer from Meater a few years ago, and it's still going strong. I understand why you would be hesitant to buy an expensive thermometer, so look for one with a probe that you can leave in the bird. The other option is expecting a 15-pound bird to cook for around 3 ½ to 4 hours. I can't say it will take that long because your oven's reliability will differ from mine. Several factors go into that reliability, such as convection versus non, age, heater probe wear and tear, cleanliness, size, etc. I could go on, but I think you get the point. So to combat all those factors between the appliances I use, I like a removable probe thermometer. My Meater is Bluetooth enabled, and I can set it up on my iPad or iPhone; it will tell me how long I need and how long to rest.

Also, resting is so important when cooking meats. I have written about resting meat so many times I'm beginning to feel like a broken record. I will always lightly cover my turkey in foil and let it rest for 15 – 20 minutes at a very minimum. When you heat molecules, they begin to vibrate

and move faster and faster. If you do not let them calm down before cutting into the meat, all the moisture will leak. If you allow molecules to settle down and relax, the muscle tissue will retain that moisture, and when you cut into the bird, it will still be moist. You will lose some moisture, there is no way around that, but resting minimizes that loss. The longer you rest it, the better your chance of retaining moisture.

How hot you cook your turkey will also determine how moist it is. If you cook the turkey for too long, the moisture will evaporate, leaving a dried-out carcass. If you don't cook it long enough, you risk food poisoning. Now, the temperatures I pull the turkey out of the oven at and when it is ready to carve are different. You can thank chemistry for this knowledge. Proteins, in this case, will continue to cook even after you have removed them from the heat source. This is again related to the molecules vibrating and moving rapidly. My junior and senior high chemistry is a bit rusty, but I recollect that as protein molecules vibrate, they create heat. The faster the vibration, the more heat is produced.



Removing them from the heat allows them to slow down when they are at peak vibration. I will cook my turkey to an internal temperature of 165-170F. When I pull out the turkey, I rely on carryover cooking to get me to the 175-180F mark. The turkey will start to cool from there, but the moisture is still present. If you think of your turkey like a human who exerts themselves, we sweat. That is the loss of moisture, and we drink water to replace that moisture. The more we exercise, the sweeter we get. Proteins are not much different. If you cook it for too long, it will dry out. Brining will help to retain some of that moisture. Brining is similar to drinking sports drinks, like Gatorade or Powerade. We drink sports drinks to replace the electrolytes we lose during exercise. At least, in theory, that is their purpose. When we brine, we get the turkey to soak up salt, sugar, and water to retain moisture.

After you finish enjoying your feast, you might have a lot of leftovers. If it's a cold day, make some soup. Your leftover turkey will get to transform into something else, and you can keep eating turkey. When I made this recipe, my oldest was sick. We both like chicken noodle soup, so I thought I'd make turkey noodle soup. It still feels comforting, like eating chicken noodle, and you're using up leftovers.



Turkey noodle soup

Ingredients:

- 1 tbsp butter or oil
- 1 onion diced
- 1 carrot diced
- 2 stalks of celery diced
- 1 tsp thyme
- 1 tbsp parsley
- 1-2 bay leaves
- 1 lb leftover turkey
- 1 lb egg noodles
- 3 l chicken or turkey broth
- 1 tbsp kosher salt
- 1 tbsp black pepper

Directions:

1. Get a large pot and set your burner to medium-high.
2. Add the butter and onion at the same time.
3. Stir for about one minute.
4. Add the celery and carrots and 1 tsp of salt.
5. Continue to stir and sweat the vegetables. You want them to brighten up a little bit, and the onions should turn translucent.
6. Add the dried spices and turkey and cook for another 2-3 minutes.
7. Add in the broth and let the soup come to a boil.
8. Reduce the heat to simmer, and grab a smaller pot on another burner.
9. Fill the pot with water, and follow the directions on the noodle package.
10. Cook the noodles until they are just al dente.
11. Strain, then add them to the soup.
12. Cook for another two minutes, remove the bay leaf, and taste.
13. Add more salt and pepper until you think it is salty enough. One tablespoon is usually enough for me.
14. Serve and enjoy.

**Fly on the Wall****Yeah, No, When You Know You'll Know, You Know?****Jason Sullivan**

Ever know something and you don't know how or why? No textbook can replace that secure feeling of knowledge without method, certainty without reason. Such forms of intuition aren't teachable, yet they feel as true as any series of facts. Intuitive reasoning basically is present or absent in any given moment. Whether we listen to it is another matter, as many AU students (myself included) have found when enrolling in a course where our mind said "let's go," but our heart said "no."

Yet, there's some magic in that old silk hat of scholarly desires. Becoming a successful student invokes a certain almost mystical connection between our aptitudes and our coursework; if we don't feel the vocational call toward a certain academic discipline, we'd not enrol at all.

The truth of our visionary mindset as we embark on higher learning is perpetually called into question by the methods that social sciences and business management utilize. Modernity demands facts liminal and conclusions tangible. Hans-Georg Gadamer stated that modernism "condemns as heresy all knowledge that does not allow of this kind of certainty and that therefore cannot serve the growing domination of being" (471). Domination? Well, if you've ever been confronted (perhaps affronted) with the phrase pictures or it didn't happen, or been forced to find facts to fit your discursive figuring, you know that to feel something in your gut is rarely enough. Except, ironically, in the moments of life that matter most: affairs of the heart.

Academically, we have to put our scientific thinking caps on and quote sources that say things for us that we may feel we'd known all along. Like Dorothy along her yellow brick road, many truths are with us all along, either through enculturation (indoctrination) or wizened life experience. We can be wrong, however, and this is why university learning matters. Whether intuition is generally true is somewhat of an open question; we are a species that clings tight to pat beliefs often in the face of mounting contrary evidence. Take academic morals, for instance. We all know that it's wrong to cheat but math textbooks usually have the answers conveniently placed in the back of the book so we can, so to speak, learn backwards. Intuitively this may at first feel wrong but as we comprehend subject matter better it may come to feel oh so right.

Athabasca is ripe for abuse as an academic process; searching the internet for information on an essay topic will yield websites that seem to imply that we could just pay to have someone (a computer?) literally do our homework for us. This could feel okay to some whose eyes cast glances restlessly to their life narrative horizon. A brutal utilitarian view on education might see the end goal of a diploma as more important than the means by which it was achieved. To this person, cheating might seem intuitively reasonable; a diploma is just a piece of paper leading to better career outcomes, right? And in business, as in life, nice gals/guys/theys finish last. However enticing this intuition may be that cheaters do in fact prosper because it's part of business (networking and corruption can be blurry archipelagos of connection-making) and interpersonal skills (the art of charm sometimes at the expense of honesty), we might want to consider early chemist and scientific polymath Pierre Bayle who "compared reason to a corrosive powder that first eats up errors, but then goes on to eat up truths" (260).

While some of us may feel like we can't reason our way out of a paper bag where certain concepts (algebra, electronics) are concerned, Reason (capital R for a reason) itself is problematic in that there will always be arguments, good ones at that, for and against many a serious epistemic pickle. Cheating is one such example; for instance, what if you are in a hurry to save someone from themselves and speed down the freeway to their psychological rescue? A person I met not long ago received the maximum possible ticket while doing just that to prevent negative self-harm of another person. Clearly cheating and rule-following are not mutually exclusive; what matters most are what rules we prioritize.

AU-thentic Events

Upcoming AU Related Events

Library Chat

Tues, Nov 29, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Library Chat

Wed, Nov 30, 10:30 am to 2:30 pm MST

Online

Hosted by AU Library

www.athabascau.ca/library/index.html

No pre-registration needed; access through chat box on home page

Reference Management 101

Wed, Nov 30, 2:00 to 3:30 pm MST

Online

Hosted by AU Library and the Write Site

www.facebook.com/events/2200701273434895

No pre-registration needed; access presentation through above link

Sweater Weather get-together (Toronto)

Wed, Nov 30, 5:00 to 7:00 pm EST

CRAFT Beer Market, 1 Adelaide St East, Toronto ON

In person

Hosted by AU Alumni Engagement Office

news.athabascau.ca/events/sweater-weather-get-together-toronto/

Register through above link

Library Chat

Thur, Dec 1, 10:30 am to 2:30 pm MST

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.

Francis Bacon, considered the father of modern scientific method, claimed that “whatever one’s mind ‘seizes and dwells upon with peculiar satisfaction is to be held in suspicion” (238). Even when we think and feel that something is true our intuition ought to be interrogated to keep ourselves honest. Unless, that is, we believe that dishonesty with oneself is part of our natural inborn character. And would anybody naturally intuit that about themselves? Intuition is an assessment of self that tends to find more roses than thorns.

In the sense that cheaters *may* prosper we might feel right in bending certain rules; yet, like taking windfall apples from a roadside orchard or throwing a bone to the neighbour’s poodle the rules are there because, without mutual respect to our fellow humans and their properties and priorities, we might come to live in a culture of mutual combat and distrust. In many times and places throughout world history there has been little time for higher learning because existential threats, like bandits stealing our food for winter, took precedence. Even today at AU, it’s an intuitive truth that what our studies need most are peace and space that our minds may better thrive. So whatever we feel about our studies we must allow our minds to roam within the bounds of a reasonable assessment of our feelings; many a good intention has fallen to the wayside because day after day a student just didn’t feel much like putting pen to paper and eyes to texts. To really know is to know that there are multiple versions of the feelings we feel in a given moment.

References

Bacon, F. In Cranston, M. (1967). ‘Francis Bacon’. *The Encyclopedia of Philosophy Vol. I*. New York: Macmillan Publishing & The Free Press.

Gadamer, H.G. (2004). *Truth and Method*. London: Continuum.

Popkin, Richard H. (1967). ‘Pierre Bayle’. *The Encyclopedia of Philosophy Vol. I*. New York: Macmillan Publishing & The Free Press.

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.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Instant Record Check \$500 Scholarship

Sponsored by: Instant Record Check

Deadline: December 31, 2022, 11:59 pm EST

Potential payout: \$500

Eligibility restriction: Applicants must be legal residents of Canada or hold a valid student visa, be 18 years of age or over, and be currently enrolled in, or accepted to, a full-time undergrad or grad program at an accredited Canadian university or college.

What's required: An email with contact and school info, along with a 300-word essay on one of four given topics.

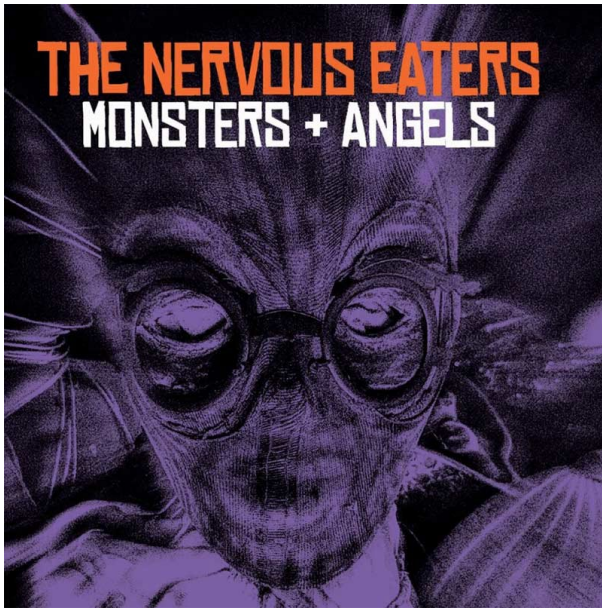
Tips: Note the deadline is based on Eastern Standard Time.

Where to get info: www.instantrecordcheck.ca/instant-record-check-500-scholarship/



Music Review—Monsters + Angels

Jessica Young



Album: Monsters + Angels

Artist: Nervous Eaters

Boston rockers, Nervous Eaters, have released their new album, titled *Monsters + Angels*. The album is available for streaming anywhere you get your music.

Nervous Eaters were originally formed in the mid-1970's, eventually becoming the house band for the legendary Boston punk club, The Rathskellar (better known as The Rat). The band dissolved after releasing a disappointing debut album, but they returned in the mid-80's and have been consistently revived with new lineups ever since. The current version of Nervous Eaters was formed in 2018.

The band consists of four members: Steve Cataldo on lead vocals, lead guitar, keyboards, and percussion (also the only remaining member from the original lineup); Brad Hallen on bass, vocals, and percussion; Adam Sherman on guitars and vocals; and David McLean on drums and percussion.

Of his long career in music, Cataldo says, “‘It’s what I know. I’ve been doing it since I was 12. I started out on the drums, but didn’t have enough control so I moved to guitar and started singing and writing. You get out there and do it. It doesn’t matter what vein of rock ‘n’ roll you’re in. If you’re creating art, it’s just in your system and that’s what you do.”

“I’m not a physicist or doctor - you know, the things your parents would like you to grow up to be,” Cataldo adds. “I’m like a little grasshopper that fiddled his summer away in the Nervous Eaters.”

Monsters + Angels consists of ten tracks: Wild Eyes; Superman's Hands; Hop Sing Said; Chad; Want You Like Before; Tear Me Up; Last Chance; One Thousand Ships; Evilynn (Zombies and Sapphires), and End of the World Girl. Several of the songs have music videos, including “End of the World Girl”, “Superman’s Hands”, and “Chad”.

Nervous Eaters sound like ZZ Top combined with The Rolling Stones, with a mix of every other 70’s rock band. I did enjoy the song “End of the World Girl,” but overall, the content of the album is pretty unoriginal. If you’re really into 70’s rock (or remember seeing the band perform at The Rat) I’m sure you would enjoy *Monsters + Angels*.

After listening to the album, I made the mistake of checking out the band’s music videos on YouTube. Every single video is at least 50% comprised of footage of random young women in swimsuits, dancing, doing gymnastics, or just generally looking sensual. Considering the band members look to be in their 60’s-80’s, it’s a pretty creepy vibe when all of these young women could be their granddaughters. When you pair that with lyrics like, “I’ll give you 200 bucks if you do me all right” (from “End of the World Girl”), it really starts giving the ick.

Personally, I don’t think I’ll be listening to the band again.

Check out Nervous Eaters on [their website](#), [Facebook](#), and [Instagram](#).

How to make Christmas Shopping Less of a Headache

Xine Wang



Gift giving doesn't have to be difficult. A small, meaningful gift without a large price tag can be enough

Christmas shopping has traditionally been a disaster as people head to the malls, browse for hours, and aimlessly stock up on items they don't need. Materialism is at an all-time high around Christmas. Many resort to online shopping, but recently, with inflation at an all-time high, on-line shopping isn't friendly for the wallet any more. What are some other ways you can spread the spirit of Christmas without having to break the bank while also making it meaningful for your friends and family?

You don't need to give a gift for everyone

I find that partly my stress as a people pleaser is to find the "perfect" gift that is both meaningful and valuable for people.

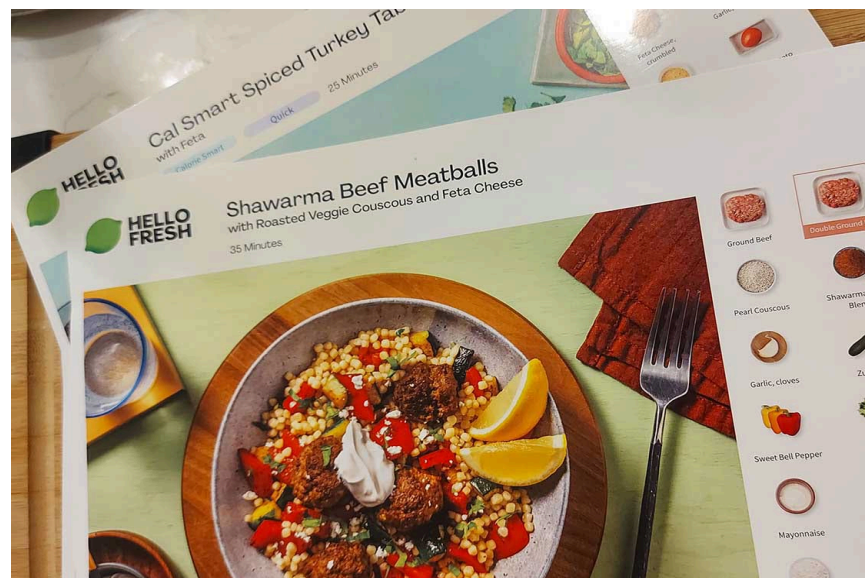
I don't want to throw unnecessary or thoughtless gifts at colleagues and friends. This sometimes places undue stress on myself and I become obsessive about one or two single items I need to purchase for someone. But sometimes it is okay to not buy gifts for everyone. Invite your friends to a secret Santa gift exchange such that everyone only needs to buy a gift for one person. Better yet, bake some cookies or make a heartfelt card for them. Remember, materialism isn't the key to making yourself and others happy.

If you can't think of an item to give, give an experience

I love this tip the most for myself when I run out of ideas for gifts. For my significant other or family members, sometimes I would purchase a pair of movie tickets or a swim membership for my family. These experience gifts are valuable and memorable to the individual.

Make a list of things to purchase

Aimlessly walking down aisles of the department store is never a good idea. It's a waste of your time and you might even walk out with nothing. Instead, make a list of gifts to purchase for different people and a general budget. This will help you stay focused and waste as little time browsing as possible.



One of my favorite memories is making Hello Fresh mealkits with my significant other. This was an excellent and thoughtful experience that was different from traditional gift giving.

Plan ahead for next year

Did you know that if you're purchasing Christmas decor, Boxing day is a better bet than Black Friday? Boxing day is intended to rid items and clear the shelves for the new year. Moreover, some locations are also trying to hit their sales targets for the year. This is a good time to stock up on Christmas cards, and themed items for the following year without breaking the bank.



Before the holidays, many themed items are marked up but after the holidays they become extra space that retailers have to store.

Avoid the buy now and pay later

If you're not in a good financial position to give, it might be smart to re-evaluate holiday shopping. Our materialism might mean stacking up debt to attend a social function and purchase an expensive gift. However, this also means starting off the New Year on the wrong foot and potentially putting ourselves in a difficult financial position. With rising interest rates and inflation, it might be a good idea to be realistic this holiday season.

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

Beyond Literary Landscapes History

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 underscores and outlines various literary genres, authors, and recent reads and serves 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, the Beyond Literary Landscapes column focuses on an introduction to several authors in the genre of [History](#).

As a popular academic field, History can be defined as “the study of the human past as it is constructed and interpreted with human artifacts, written evidence, and oral traditions.” In particular, “history requires a deliberative stance towards the past; the sophisticated use of information, evidence, and argumentation; and the ability to identify and explain continuity and change over time.”

This academic field can be subdivided into many different areas of specialization, including Ancient History, Latin American History, African History, East Asian History, Middle Eastern History, European History, Canadian History, US History, among others.

Some examples of well-known authors who have written in the History genre include Isabel Wilkerson, Paul Ortiz, Kim E. Nielsen, and Susan Stryker.

What

Some examples of recent History texts include *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson, *An African American and Latin History of the United States* by Paul Ortiz, *A Disability History of the United States* by Kim E. Nielsen, and *Transgender History* by Susan Stryker.

Where

These texts take place in the United Kingdom and the United States.

When

These works are set in the 19th, 20th, and 21st centuries.

Why

These particular history texts may be of interest to students who would like to learn more about certain topics often omitted in mainstream historical works, or learn more about their particular communities. However, as the genre is limitless, students are sure to find historical texts that appeal to their particular interests, such as time period, geographical area, or niche.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to History 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 HIST 209: A History of the World in the Twentieth Century: I, a junior-level, three-credit course, which “introduces students to twentieth-century world history.” (Although no prerequisites are required, AU students are encouraged to have already taken one previous university-level History course.)

In addition, students may be interested in HIST 210: A History of the World in the Twentieth Century: II, another junior-level, three-credit course, which “introduces you to the major economic, political, social, scientific, and technological developments in post-Second World War history.” (As above, while no prerequisites are required, a previous History course at the university level is recommended.) Happy reading!

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



Bodybuilding? Torn!

Marie Well



Bodybuilding is the epitome of bodily vanity. It involves bulking up with muscle and then dieting to lose body fat to compete in bodybuilding competitions for the "best physique." At least, that's how I understand it presently. I recently wrote an article that concluded that exercise was valuable, but bodily vanity was anti-spiritual. But last night, I almost bought a twelve-month certification course to become a bodybuilder fitness trainer.

Incidentally, when I was in my mid-30s, I lifted heavy weights and even started attending the university wrestling team practices while getting private training from the Olympian-wrestler assistant coach. That is until she sprained my sternum and concluded I was too old to wrestle competitively.

But I kept up the bodybuilding, lifting as heavy as possible, squeezing in four to eight reps before hitting failure. That means I lifted the weight four to eight times in a row before I didn't have the strength to lift even once more. Then I rested

and repeated. In short, I bulked up with muscle. I also bought Arnold Schwarzenegger's encyclopedia of bodybuilding and did his routines. I eventually did his "two-day split," which meant lifting weights twice a day, once in the afternoon and once at night. I also searched endlessly online for competitive bodybuilder diets and fitness routines, but back then, the Internet was less promising than today, so I didn't find the answers.

At one point, I'd moved into a new apartment and used up all my money on rent and a damage deposit. So, all I had to eat was brown rice and water. Fortunately, Papa was willing to buy me an endless supply of protein bars but not whole foods. And protein builds muscles. I also continued lifting heavy while cycling for up to three hours daily. My bicycle was my car. So, I lost all of my body fat but gained muscle mass. After over a month of this diet, I looked the best I'll ever look. Jennifer Lopez's abs looked fat in comparison to mine.

I've now been back weightlifting, but with bands, a few kettlebells, and some dumbbells. Is it possible to competitively body build with just resistance bands instead of dumbbells? I'm still determining. Of course, I'm excited about the padding of muscle appearing all over my frail body. Strength is an empowering feeling. And just yesterday, I learned that the proteins I eat—yogurt, salmon, and milk—are more like fats in the bodybuilding world. So, I might return to eating low-fat chicken, eggs, and beans.

I'm curious about the art of bodybuilding. I had wanted to learn it in my youth but missed the boat. But now I can acquire that knowledge, thanks to the Internet. I'm still determining what I'll learn, although I have a general idea. But I hope I don't develop an addiction to bodybuilding and bodily vanity, although bodybuilding is essentially bodily vanity mired with a desire for physical strength. I can't deny it. Some things naturally stimulate our curiosity. Bodybuilding is that for me.

Sometimes I wonder why we get certain hobbies and obsessions. Do they play a role in the afterlife? Or in the next life (assuming your religion believes in reincarnation)? Or will they have profound implications in our present lives or the life of someone we love?

Whatever it is, hopefully, we have that guiding light that lets us know when we're on the right track versus the edge of addiction. And I need to work within constraints: Fitness bands instead of weights. A chronic disease. And love for fruit. Finally, every hobby or interest has considerable value, especially long-term, hidden benefits. That is, just as long as the pursuit is not toxic.



Dollars for College

Dear Barb:

I began my first year of college in September. I am about halfway through my first semester, and I'm finding it very difficult. Not just the studies, but financially I am having a hard time budgeting my money. I applied for and got student loans and grants, plus my parents gave me a few thousand to help. I pretty well went through everything. I have a little bit left, but not enough to get through until my OSAP comes in for next semester. I haven't told my parents because they would be so angry with me. Also, I don't think I will get all my credits for this semester. I don't know what happened I thought I was so prepared and ready for college. I always did well in school and was on the honor role in grade 12. I feel like such a failure. I don't know what I am going to tell my parents. I am not sure where to turn for help. I am lost! Hope you have some advice for me, Alex.

Hi Jason:

The transition from high school to college or university is not as easy as expected. I would assume you have spoken to some of your college friends, and many are in a comparable situation. It is much easier living at home where your parents are doing all the budgeting and taking care of everything and all you have to do is study and have fun with your friends. However, as you are finding out, this is the time to begin the transition to adulthood.

The most widespread problem among college students is financial stress. Tuition costs have skyrocketed. Books and other materials are through the roof. Also, food costs have increased everywhere, leaving many students having to rely on food banks, or exist on macaroni and cheese, and even Kraft dinner has doubled in price in the last few years. Obtaining a part-time job would help, but only if you can manage your time effectively. If you are spending a lot of time partying, that will easily eat up a substantial chunk of your budget and your time. It is a delicate balancing act that takes time to learn.

My advice is to go to a student advisor and share your story. Many colleges and universities have support groups for students who are in a similar situation. It is good that you are realizing your situation early on, therefore you can correct it before it gets too out of hand. Talk to your parents. They were young once and may be more understanding than you realize. Parents can offer years of wisdom, but many young people choose not to listen. Recognize that currently you need their guidance and assistance. Writing this email was the first step on the road to a more successful college experience.

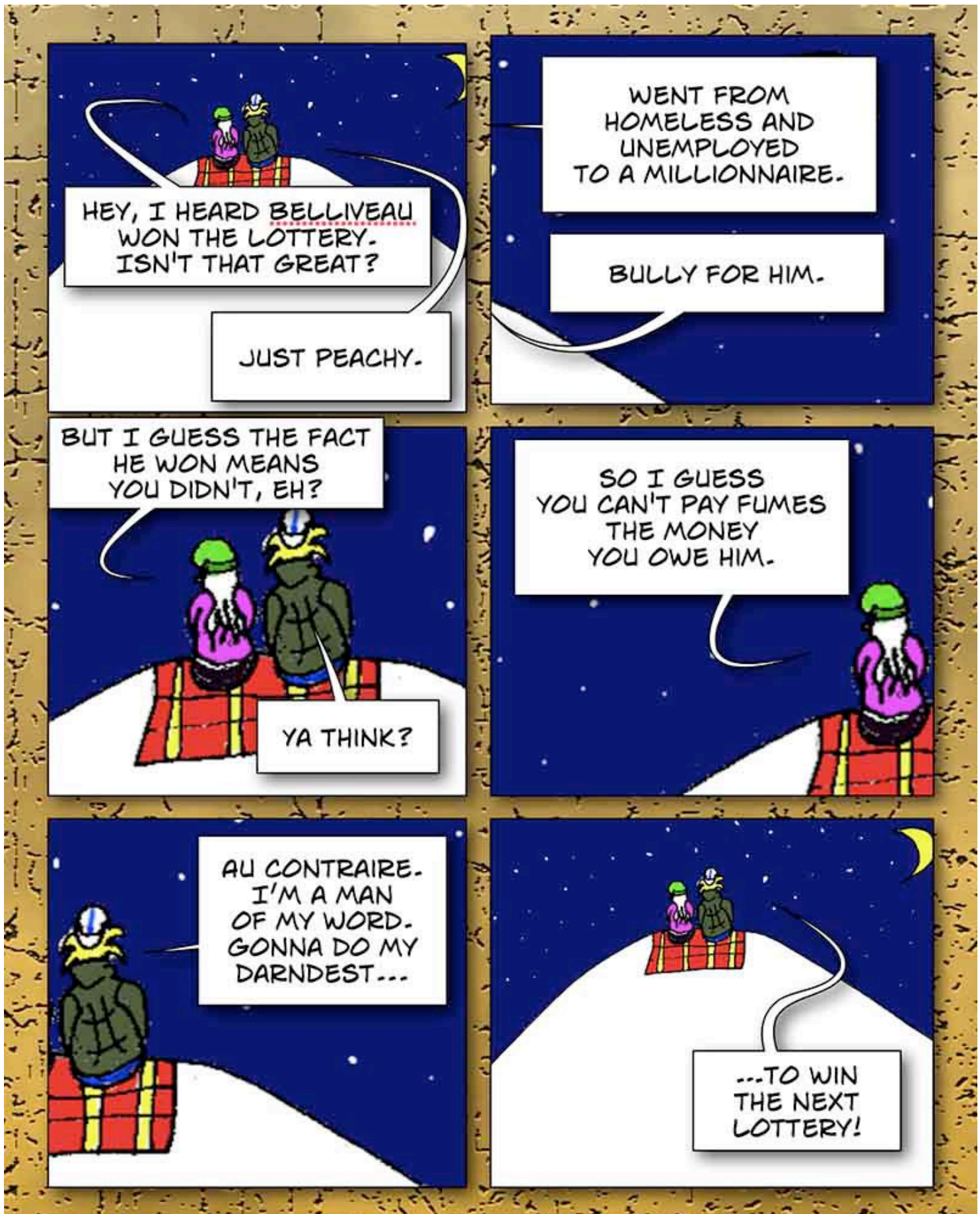
Best of luck Alex.

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
The Next Lottery

Wanda Waterman





UPDATE

COMMUNITY. RESOURCES . SERVICES

Tanisi! The [Indigenous Circle at AUSU](#) is looking for up to ten Indigenous undergraduate students at AU to join the organization by representing Indigenous learners at AU, AUSU, and the wider student community.

Want a student leadership role?

The Circle is formed by Indigenous AU undergraduate students. It meets at least four times a year to share and discuss what is going on in AU's Indigenous community. Sitting members also choose a Circle representative to attend AUSU student council meetings and bring the perspective of the Indigenous Circle to the decisions made by the council.



Did we mention you will be compensated for your time and expertise?

Indigenous Circle members receive a \$60 honorarium for each meeting attended. You meet every 3 months via Zoom and meetings are traditionally 1-hour long.

We want you to apply!

Email indigenous@ausu.org with a *personal statement of interest* describing (1) your connection to the Indigenous community, and (2) why you want to be on the Indigenous Circle at AUSU. A member of the Circle will connect with you to discuss the next steps.



Let us know how
ProctorU works for you!



Provided by

ausu@ausu.org



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

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

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

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

www.voicemagazine.org

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

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

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

© 2022 by *The Voice Magazine*

ISSN 2561-3634