

THE VOICE

Vol 29 Issue 33 2021-08-20

Music Review

Fences & the Wide Eyed Elk Ensemble

Intelligence Quotient

The Empty Numbers that Wow

Why an Election?

Beyond the Real Politik



*Plus:
Homemade is Better: Roast Beef
Course Exam: BIOL 325
and much more!*

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Views and articles
presented here are those
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The Voice is published
almost every Friday in
HTML and PDF format.

For weekly email reminders
as each issue is posted, fill
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Volume 29, Issue 33

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Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



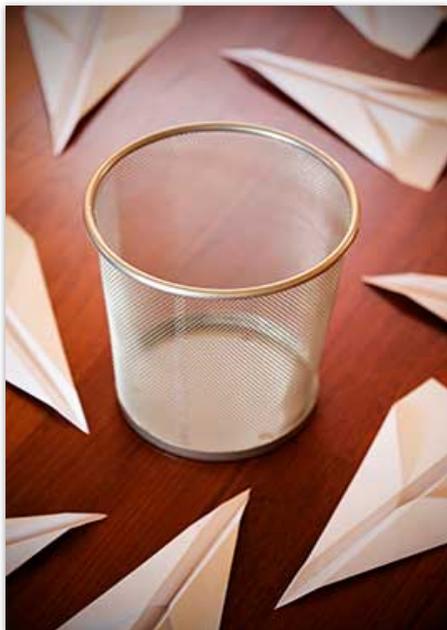
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Editorial

Why an Election?

Karl Low



I've started to see a number of folks online asking why hold an election now, as yet another wave of COVID-19 seems to start gripping our nation. I think there are a lot of answers to this question.

The first answer, of course, is because the governing political party saw the polls, has been looking ahead, and has determined that right now would be the most advantageous for them. Whether this works out to be true or not remains to be seen, but that's a reason we can't get away from.

Some would consider this as a fault in the party calling the election. How dare they put their own desires for continued and easier employment ahead of slightly inconveniencing millions of people they don't know and will never meet? Except, when you put it like that, it kind of answers itself. It's simply a rational reaction to the system we've set up, and anybody suggesting that their party of choice would not do the same thing is in essence

suggesting that their party of choice would not act in a rational fashion.

Does the pandemic make it different, somehow? Not in the least. You'll have less contact at the voting booth than you will with your supermarket cashier, and they in turn with all the other people in your voting district, which is probably a smaller area than is served by your favorite supermarket. And if that still isn't enough, there are mail in ballots and advance polling that can be taken advantage of. While I do wish that Elections Canada reconsider their decision to not require vaccination of all their employees, simply for an added level of safety, in truth, it's probably not needed.

But is there a reason for an election beyond the real politik? I think so. This will be our first election since the start of the pandemic and we're entering a new stage of it, where the concepts of mandatory vaccinations, vaccination passports, and, of course, the continued use of government support through various levels of isolation and quarantine that may come about are all issues that Canadians deserve a say in. None of this was anything that any of the parties campaigned on. I think it's about time, now that many of us are getting a handle on how this is working, to start evaluating some choices about how we move forward.

To me, this election is the current governing party pushing all those issues directly back to us. Which is mostly fair, these issues are highly charged and often subjective. We are talking about competing harms, where the cost-benefit ratio of any course is debatable. It makes sense to toss it all back to the hands of Canadians to see which group we think will be able to best walk whatever paths are to come.

Just remember that elections are about more than the pandemic, and I'm hoping we'll be getting some reporting very soon on the post-secondary positions of the various parties. Enjoy the read!

A handwritten signature in black ink that reads "Karl".

Music Review—Wide Eyed Elk Ensemble

Jessica Young



Artist: Fences

Album: *Wide Eyed Elk Ensemble*

American indie rock singer Christopher Mansfield, aka Fences, has released a new album—*Wide Eyed Elk Ensemble*. “While singer-songwriter Christopher Mansfield has made a name for himself via a steady string of critically acclaimed solo releases and collaborations with the likes of Tegan and Sara, Macklemore, Death Cab for Cutie’s Chris Walla, and others, it’s his recent track “Globe” with Grammy Winning artist Billy Strings that’s bringing renewed attention to Fences’ latest 5-song EP. Joining Mansfield are Benjamin Greenspan (guitar, keyboard), Lindsey Starr (bass, vocals), and Elliott Garm Chaffee (drums,” reads the press release.

Mansfield’s solo collab with Billy Strings on the track “Globe” is a beautiful acoustic love song,

something I could imagine swaying to around a campfire. Both Mansfield and Strings have warm, comforting voices, reminiscent of other indie bands like Death Cab for Cutie. The [music video](#) perfectly embodies the tracks sound—just Mansfield and Strings in the recording studio with their guitars. Simple, classic, lovely. The sweet lyrics are the cherry on top: “I want us to be happy, live better than our families. All we gotta do is lay beside the creek, until we grow a tree”.

With over 80 000 views on Youtube, it’s easy to see how this collab is bringing so much attention to *Wide Eyed Elk Ensemble*.

The album is made up of five tracks: [Boot Height](#), [Shape Shifter](#), [My Pale King](#), [The Folk and the Lore](#), and [Fake Snow](#). [Boot Height](#), [My Pale King](#), and [Fake Snow](#) all have music videos which feature someone who I assume is Mansfield’s girlfriend. I have to say they are so cute together and very aesthetic—even if it is a little shocking to see the heavily-tattooed face behind these heartfelt love songs. But other than the cute-factor, I don’t find the music videos to be anything special. They look like every typical indie/hipster music video, with all of the required cigarette smoking, old movie-reel filters, walking on empty sidewalks, and holding random objects. It’s not that the videos are bad, they just don’t add anything to an otherwise amazing album.

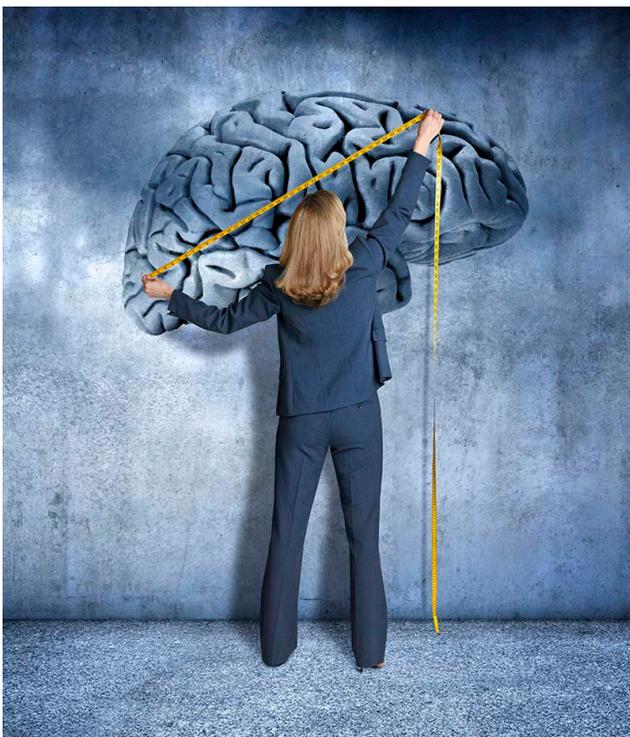
Overall, *Wide Eyed Elk Ensemble* is an indie-masterpiece. “Boot Height” is more upbeat, with lyrics like “Would you grow old with me? Grow grey slowly, tell our children how their dad was found wandering”. So cute. Meanwhile, the acoustic guitars really shine in “Shape Shifter”, which could pass as a Mumford and Sons song. “My Pale King” and “The Folk and the Lore” both have more of a sad tone, with “The Folk and the Lore” focusing on heartbreak. Finally, “Fake Snow” features bassist Lyndsey Starr’s vocals as well, which brings some variation to the album. All of the songs come prepared with sweet, creative lyrics that really show Mansfield is baring his soul out here.

Stream *Wide Eyed Elk Ensemble* and “Globe” anywhere you get your music. You can follow Fences on [Instagram](#), [Twitter](#), and [Facebook](#).

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

Intelligence Quotients Empty Numbers that Wow

Alek Golijanin



Intelligence quotients (IQ) are thought to be one of the best methods for identifying gifted children and it is a number that some mainstream adults have paraded when trying to quantify their smarts. An IQ is defined a number that is used to indicate an apparent level of intelligence of a person. Prior to their introduction to the world of psychometrics, intelligence was primarily identified through observations of children and how they interacted in different circumstances. The emphasis on IQs and their significance has never been higher but, given what lays behind these scores, maybe it might be time to pivot from these empty numbers that wow.

Parallels With IQ Scores

The interesting thing about IQ scores is that they are not a natural outcome but rather a sum of the variable factors that impact everyday life. These scores have been associated with factors that include perinatal environments, child development, nutrition, parental socioeconomic statuses and genetics. The decisions a mother makes from the

moment she becomes pregnant, including lifestyle decisions and the ability get sufficient nutrition value, it all impacts the overall development of the fetus. An example of a negative outcome could include a mother's consumption of alcohol, which can lead to an assortment of fetal alcohol spectrum disorders that can result in children having difficulty with attention, poor memory, or difficulty with numbers, among other harmful effects. Furthermore, the importance of being able to stimulate a child during development and them having the means for them to pursue their talents is essential to developing high IQ potential.

A Metric For Discriminating

Before the first IQ test was designed in 1916, psychologists were fascinated with the sciences of anthropometry, craniometry, and typology and their ability to explain intelligence. These sciences used primitive understandings of humans to establish intelligence based on a variety of factors including head size, facial features, and generalized traits of various ethnic groups. The findings of these outdated sciences often found that intelligence was directly connected to skin color and physical traits.

Once IQ tests were rolled out, the outdated sciences were retired, but groups living in impoverished communities and less developed countries were still overrepresented on the lower spectrum of the scores. One of the key challenges with the IQ tests was that some parts of the world had different cultures and traditions in place where the idea of identifying a repeating pattern was as foreign as the people that came to conduct the IQ tests.

The early application of IQ tests, because of the overall lack of understanding for situational circumstances, the inability to identify limitations of these tests and not disclosing them upon sharing the results, undoubtedly contributed to greater stigmatization of various ethnic groups and an overall negative public perception of them.

Meaningless Numbers

The ways in which people may try to project limitations on children should be taken with a grain of salt. The idea that the decisions and circumstances of a child's parent would have direct connection between IQ indicates that the measurement might be more indicative of privilege rather than intelligence. Basic factors like access to nutrition and healthcare along with the ability to stimulate the child during development, are all aspects of first-world life that are often overlooked. At the end of the day, IQ scores are not indicative of a child's ability to reach their potential and experience success in their lives. Two of the world's greatest minds in Thomas Edison and Albert Einstein had their childhood teachers refer to them as "dumb" and "mentally slow, unsociable and adrift forever in foolish dreams.", but it was what they accomplished in their lives that wows us today.

A combat sports fanatic, Alek is a fourth year business student who like to read research papers for fun.



Fly on the Wall And Now for a Word From Our Exceptionalism

Jason Sullivan

Blorp!



To translate our learning into a more personalized form of life, one where we forage and consume in the most of authentic ways, it helps to have space to breathe. Witness, then, the noble mudskipper, a fish living on land. The mudskipper is known best for the way it spits great gobs of mud out of its seaside flat. "While they live on both land and in water, they hunt almost exclusively on land—feasting on insects, small crustaceans, and worms."

Yet, this slimy shoreline denizen isn't just embarking on an endless round of renos and honey-do lists. Ambivalence abounds for this fish out of water, because, even as it must survive on land (as we students must sink or swim in the labour market or commodity culture, not to

mention the battleground of social expectations), this amphibious fish, in the end, needs air to breathe like every animal or plant.

And With a Splat We Breathe!

Hopping, skipping, and jumping merrily from libraries to the real world, we might feel like a bit like a fish out of place when surveilled by the more so-called-normal specimens of our culture. As Talcott Parsons commented decades ago, alienated sociology seems part and parcel with university attendance in those often antisocial of social sciences. Ambivalence abounds when we consider what feels wrong or askew in our society and it's precisely that curiosity and revulsion, a detail stew if ever there was, that drives us into the clasp of AU. To learn, perchance to grow, and maybe to find ourselves. That could be the motto of distance students the world over.

Living in a Yap? Yup!

So, like hippos going where they please and leaving fertilizer along the way, the regal mudskipper lives a similar spreadable existence. "Mudskippers in Yap build Y-shaped burrows in the

marine inter tidal soil in the mangroves. But because water doesn't get in these burrows, they can become oxygen deficient. The mudskippers then gulp oxygen and exhale them in the burrows to create a pocket of air. They create these burrows with their mouths, taking a mouthful of mud and spitting it out at the edge of its territory, creating a wall barrier for their home" (Asloan, online)

Like a far-sighted social theorist, the mudskipper too espies a unique worldview.

"Another interesting characteristic of the mudskipper is its eyes, sitting on top of the mudskipper's head, not on each side like a fish. Each eye works independent of each other, similar to a chameleon, allowing them to see above and below the water at the same time. The upper part of the eyes can only see black and white utilizing the rods, surveying for predators. While the bottom part of the eye is equipped with cones which allow them to see color." (Asloan, online).

However we choose to elaborate on our studies with peers and co-workers, the key to remember is that we're perpetually imparting, and importing in a sense, ideas and methods that may seem foreign to others at first. Only upon further consideration will such thoughts stimulate further thought. It's like, at first the mudskipper is comical and later it turns out to be a brilliant creator of a Mars-colony-esque atmosphere control system. One can only hope that our enthusiastic orations on social theory will elicit future squeals of appreciation.

The task remains for us in our studies to learn to acquire that rarified air of thoughtful critique that will allow us to nest more comfortably in this culture we call home. And an occasional *blorp* sound effect can only help; laughter is a panacea not only for physical ills but surely for the mind itself!

References

Asloan. (2013). 'Mudskippers in the Mangroves'. Queen's University of Charlotte. Retrieved from: <https://waabmicronesia.wordpress.com/2013/03/14/mudskippers-in-the-mangroves/>

Jason Hazel-rah Sullivan is a Masters of Integrated Studies student who loves engaging in discourse while working in the sunny orchards and forests of the Okanagan.



Unearthing classic articles from previous issues of The Voice Magazine

As annoying as a federal election during a pandemic might be, even more annoying is that August 20 is World Mosquito Day! Who gave those little pricks their own day?

The thirteenth zodiac? Columnist Hazel Anaka contends 2011 should be named for Alberta's plague of skeeters. "According to Alberta Health Services, there are 43 (yikes!) varieties of mosquitoes in Alberta (only 3 carry the West Nile virus)." From Where I Sit – The Year of the Mosquito, July 29, 2011.

You lost me at "snow." Debbie Jabbour laments the scourges of Canada's two seasons. "The experts tell us this represents several life cycles of mosquitoes, and we are treated to different varieties, some of which supposedly do not bite. I've never met that kind." From My Perspective – Snow Removal and Mosquitoes, May 18, 2005.

Course Exam BIOL 325 (Introductory Microbiology)

Karen Lam

If you have a course that you would like to see a Course Exam article written for or you recently took a course that you would like to recommend to other AU students, please feel free to reach out with the course name and number, and any questions or feedback you may have. We'll be happy to write about it in our next Course Exam article.

BIOL 325 is a three-credit introductory microbiology course “that covers fundamental elements of the study of microorganisms and their environment. This course emphasizes the impact microorganisms have in nature. The course provides an overview of microbial environments, with special emphasis on structural and functional differences among bacteria, fungi, algae, protozoa, and viruses.” The course requires BIOL 204 and 205 or 207 as pre-requisites and is also available for challenge.

Who Should Take This Course and Why

For this course we had the opportunity to interview Jeanne, who is currently an AU student studying biology. She hopes to become a researcher and will complete a master’s degree upon completion of her undergraduate degree. When we asked Jeanne why she took this course she stated, “this course was a degree requirement for me. I also wish to specialize in microbiology, so I would have taken it regardless of if it was a requirement or not. I find it fascinating to learn about microorganisms in their environments.”

When we asked Jeanne who she would recommend this course to she stated, “this course is designed for science majors or simply anyone who wants to learn more about microbiology. I think everyone should take it because having an understanding of microbiology is incredibly helpful, especially during a global pandemic. Although it doesn’t directly help us understand how viruses and vaccines work, I think it helps us understand the importance of good hygiene, masks, and vaccines and why we need them.”

Course, Assignments, Midterm and Final Exam Exercises Details

The course covers fifteen units including an introduction, anatomy, biochemistry, growth, genetics, classifications, viruses, immunology, and much more. Students will have the opportunity to learn in-depth the introductory aspects of microbiology.

The course consists of four assignments each worth 10% each. The course also consists of laboratory assignments that are worth 20% along with a midterm and final exam each worth 20% each. The midterm and final exam are both required to be done online.

How to Be Successful in the Course

Student’s Advice for the Course

For this course we asked Jeanne for her advice for the course, and she stated, “I highly recommend making notes and using cue cards to study. It may feel like there is a lot of content from time to time, but make sure you are studying productively and over an equally distributed period.” Jeanne also elaborated, “don’t worry about the midterm and final exams too much, just

make sure to study and know your content. Many science courses have midterm and final exams to help spread the content across the two exams. Studying early and making sure you fully understand the content is important to ensure you do well in the class.”

When we asked Jeanne about her experience with the course tutor she stated, “I didn’t contact them very often, but when I did, they were very responsive with my emails and assignment markings.”

Questions?

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

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

The Study Dude The Cookbook Continues

Marie Well

Closing Clinchers for Essays

Over the last four weeks, I’ve written about the essay research phase, the essay writing phase, the essay editing phase, and opening hooks. This week, it’s time to focus on closing clinchers for essays.

If you are striving for an A+, a closing clincher can get you the grade.

I once wrote an essay so good that the professor asked to read it aloud to all of his related classes. But he didn’t give me an A+ and not even an A. Why? My final closing paragraph didn’t work well. It rambled on and didn’t close with a clincher.

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

The only ingredients needed for this recipe are an imagination, computer, an opening hook, a thesis

statement, and an essay in progress, preferably on the first or later full draft.

But first, we need to define a clincher. The clincher is the final sentence in your paper. It needs to be gripping, engaging, and provocative. It also needs to relate directly to your thesis statement.

Here is a smorgasbord of clincher types with which to close your paper:

Predict the Future Outcome.

To create a final clincher that predicts the future, use words such as “as a result of [event], [such-and-such] has a higher probability of occurring,” “as a consequence of [action], [such-and-such] may be more likely to occur,” “with this in mind, the future may result in ...”.



You can, if supported in your research, make a bolder statement, such as “Because of the [problem], [such-and-such] will inevitably lead to [greater problem].”

Challenge or Recommend an Action Based on Your Research Findings.

To end with a recommendation or challenge, use words such as “[so-and-so] could benefit by As a result, the net gain would ...,” “If [so-and-so] took the following action, they'd contribute to ...,” or “[This benefit] would arise should [so-and-so] pursue the initiative of ...,” “[So-and-so] should [action] to help ...”.

You could even say, “It would be recommended for [such-and-such action] to take place. The benefits of this action would include ...”.

When giving recommendations or challenges, should statements are invaluable.

Make a Moral Judgment About your Opening Hook.

If you open with a quote or startling fact—a hook—you could end with a moral judgment about that opener. For instance, if your opening starts with a child cancer survivor's quote on her recent diagnosis of a new cancer, and if your thesis explores cancer treatments globally, you might end with a clincher: “If simultaneous, multiple therapies were permitted in Western medicine, including the more obscure alternative therapy approaches globally, perhaps this child may not have suffered a second diagnosis.”

Suggest Additional Research that May Build on Your Findings or Explore an Area Missing in Your Research.

A sophisticated way to end a paper is to recommend additional research. For this clincher, use words such as “To build on this research ...,” “A future investigation of this topic could involve ...,” or “To fill in a gap of this research, it is recommended to investigate....”

As an alternative, you could say, “A related topic that has not yet been studied using this model is ...,” but you might want to wait for grad studies for this one, as you'll learn more models and methods at that level of your studies.

You could also say, “A relevant and related topic that this theory could apply to is ...” if you are writing a paper using, say, feminist theory or critical race theory, but the related topic should build on your thesis statement.

And those are your clinchers. Bear in mind that your clincher needs to tie into your thesis statements. If a clincher has nothing to do with your thesis statement, scrap the clincher and start anew. A great opening hook, catchy clincher, and error-free essay can bolster a grade to mind-boggling status.

But how do you craft a solid thesis statement? That's another page in the Cookbook.

AU-thentic Events Upcoming AU Related Events

Bannock and a Movie August Edition: First Nation Stories

Aug 1 to Aug 31

Online

Hosted by AU Nukskahtowin

www.athabascau.ca/indigenous/bannock-and-a-movie/index.html

Access through above link

Faculty of Business Undergrad Program Orientation for New Students

Wed, Aug 25, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabascau.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210825/

RSVP through above link

ATTACH webinar series: Gender and Sex- Based Analysis

Fri Aug 27, 12:00 to 1:00 pm MDT

Online

Hosted by AU and CIHR

news.athabascau.ca/events/

Register through above link

All events are free unless otherwise noted.



Homemade is Better Roast Beef

Chef Corey



I was looking to see what articles I've done over the last year and realized I have yet to write about cooking roast beef. How I could forget such a quintessential meal option is beyond me. Nevertheless, we picked up an inside round at our local grocery store today while considering what to have for dinner. It was hot outside today as well, so cooking inside was out of the question. This leads to a few other options; I could smoke it, rotisserie, or use indirect heat on my grill. Each option has its benefits and setbacks.

Smoking, while delicious, is best for a prolonged, low heat cook. The smoke penetrates the meat and gives it a great taste, but not every meat is fit for smoking. Don't get me wrong, you can smoke just about anything edible, but that doesn't mean you should. Pork, poultry, turkey, fish, some cheeses, and some cuts of beef smoke great. A rib roast, for example, is a great meat to smoke, so are brisket and beef ribs. That multi-hour cooking at a low heat like 225F lets the smoke penetrate the meat and gives you that great smoke ring. Fish, like salmon, is also great smoked. Now I

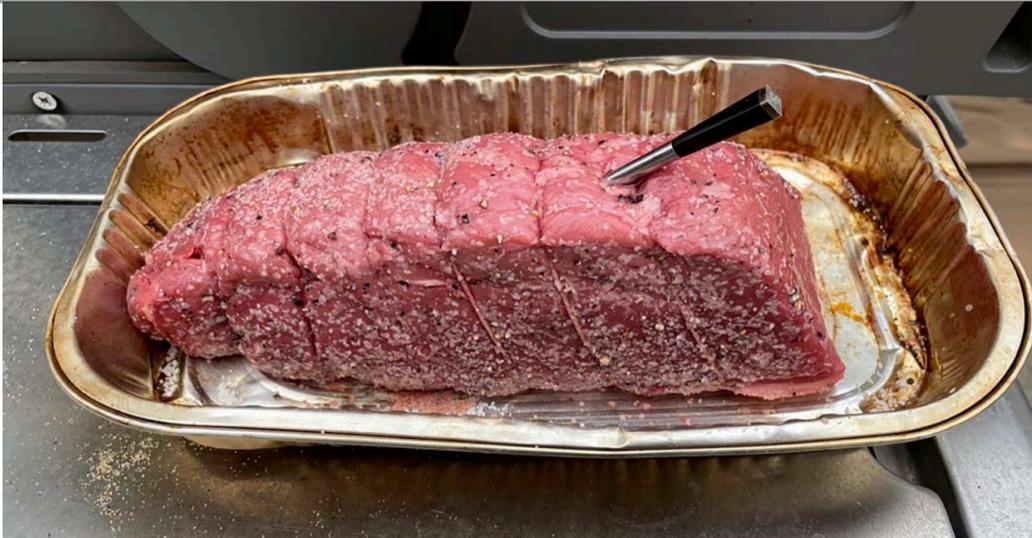
know what version you might be thinking of, and that's not the version I'm talking about. "Smoked Salmon," as you might be thinking, is cured and then cold smoked. This version is a smoked salmon at 225-250F for an hour, covered in dill and lemon. Perhaps a future recipe. I've written a couple of pork recipes utilizing the smoker already pulled pork and side ribs; look up those recipes if you want to make them.

Rotisserie is another great option. You can baste your meat better, and it will cook evenly over a shorter amount of time than with smoking. If you don't have a rotisserie for your grill, though, this is ruled out. Although I suppose you could DIY one, just look it up on YouTube, and you might see loads of people who improvise their rotisserie using creeks or other means of rotation. I used to work with someone whose partner did just that. I was amazed when I saw the creation! I aspire to try it one day; we'll see what happens.

Some other foods that are great on the rotisserie include poultry. Turkey, chicken, duck, just about any fowl will work on a rotisserie. Duck is incredibly fatty on the outside, so you'd want a tray under it to collect the fat. I've even seen a tv celebrity chef create their own donair meat and used the rotisserie to cook it. I didn't feel like pulling out the equipment this time, which left me with one last option: indirect heat in the grill.

Why choose, and what is indirect heat? Indirect heat is using your grill to make a convection oven. It is just a fancy way of saying oven. I turned on the right two burners of my grill, and the left burners were not lit. This heats up the cooking box, just like your oven, but gets a bit of convection heat going. I can allow the burners to remain at high heat, and the "cold" side of the grill will bring the temperature down enough that I'm cooking at 350F. If you do not have a great oven thermometer, get one! They are inexpensive, and you can order them from Amazon or buy them at kitchen supply companies. Costco even has such a location in Edmonton, as does Loblaws. You want the cooler part of the grill to only get to 350F. Of course, if it is not a billion degrees outside, just use your oven.





I seasoned my roast with kosher salt and pepper, placed it in an aluminum tray and put it in the cooler part of the grill. I wrote about my fancy pants thermometer before, but I use it with almost every cook. It is incredibly accurate; I cannot even believe how accurate it can be. But enough of my bragging. A good covering of salt and pepper over the meat, and rub it in. If you have a great covering all over the roast, let it sit for about 15-20 minutes. The salt will help the moisture, and the prolonged wait time will bring the meat closer to room temperature. I'm sure I've discussed this before, but the Coles notes version is that if your meat starts at a warmer temperature, it doesn't have to work as hard to cook. I will sometimes allow my meat to rest before cooking for up to an hour. It makes a difference, the meat cooks quicker, and I have found it more tender because it didn't have to convert as much moisture into steam. At the end of the cooking, you want to rest the meat again, this time to allow the moisture to calm down. When we are hot, we sweat, and when we start to cool down, the sweat stops. Similar to meat, let it rest, and it will keep some tenderness. About a twenty-minute rest is perfect for this roast. Then slice it into thinner slices and enjoy!

Roast Beef

Ingredients:

1 inside, outside, or eye of round roast about 3-7 lbs
 2 tablespoons of kosher salt
 2 tablespoons of ground black pepper

Directions:

- 1) Remove your roast from the fridge and allow it to come up to room temperature. If your roast is frozen, place it in the refrigerator for three days on a plate, then bring it out.
- 2) Turn your oven or grill on to 350F, and let it heat up.
- 3) Season the roast with salt and pepper. You want to see a lot of specks of both.
- 4) Cook to an internal temperature of 130-135F for medium-rare, 140-150 for anything more than that... I don't recommend it, but you do you.



- 5) Allow the roast to rest for 20-25 minutes.
- 6) Slice against the grain into thin slices and serve with your favourite sides, which could include horseradish! Yum!

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

Opportunity Knocks Every Second

Marie Well



I heard a quote today that went something like, “Everything that happens to us, good or bad, is an opportunity for us to change.” And if we see everything that happens as an opportunity for growth, there is never a need to feel sad—not even for a second.

But how do you do it? Here’s some examples demonstrating how to see the opportunity in bad events.

The woman who realizes her one-night stand has left her pregnant may seem in a dire state, but she has many opportunities. One, she can learn to be more responsible, both with her baby and her relationships. For another, she has a great opportunity to shower her baby with unconditional love. She might also raise her child while taking classes, serving as a role model while gaining the education to support her family. There are more opportunities than she or anyone could ever imagine. The key is to become a better human being, in any

shape or form, no matter the obstacle.

As another example, let's consider a state of full paralysis. Paralysis may seem solely traumatic, but it's rich with possibilities for growth. One can learn to communicate with his or her eyes, possibly authoring books by accessing an instrument that enables typing by eye movement. I've seen this technology in action in a documentary presented in my brick-and-mortar university class. But there are so many other opportunities from within a state of paralysis: this soul could send out positive thoughts to everyone and everything in his life. He could develop mastery in mindfulness and meditation, like monks who choose to live reclusively on mountainsides for the sole purpose of finding a higher consciousness. This person can create an artistic palate in his imagination, drawing figures in his mind and painting them in with his inner desires. Perhaps he may eventually access technology that allows him to paint by eye movements. And he could possibly get a university degree, even a PhD, if given the right supports.

Consider this example: the person who lives in a drop-in shelter with no educational background. This may seem a harsh reality, especially given the stigma, but he too has many opportunities for growth. He could take advantage of public libraries for acquiring basic skills, such as reading and writing. He could exercise in a field for an hour a day, performing calisthenics to strengthen his body. He could become an advocate for other people without shelter by approaching news stations to tell his story. He could run for politics, join a Church, and volunteer. Or he could start a business. And he could get a university degree, even a PhD. The only limits we truly have are the ones we place on ourselves.

As a last example, let's look at the person in the middle of a war. I knew a senior citizen who was in World War II. And he loved it. “It was the best experience of my life,” he’d often say. But he

didn't do much of anything involving violence. Instead, he trained the soldiers to ski down steep slopes and led other athletic military trainings. He also studied to become a doctor, which led him to develop an ultra wealthy lifestyle where he was able to donate millions to charity. To him, war was a bundle of opportunities. He loved the sailing, learned many skills, earned leadership roles, and, best of all, got a free first-class education.

No matter what hardships may unfold, everything that occurs to us is an opportunity to better ourselves. So, nothing should ever stop us from being happy because opportunity knocks every second.

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: Syncrude/Athabasca University Aboriginal Scholarship

Sponsored by: AU and Syncrude

Deadline: September 30, 2021

Potential payout: \$2000

Eligibility restriction: Applicants must be residents of Alberta, be of Aboriginal ancestry (Status/Non-Status Indian, Inuit, or Métis,) and entering or continuing full-time AU studies in the Bachelor of Commerce, Bachelor of Management, or Bachelor of Science undergrad degree programs. See the full conditions of eligibility on the [application form](#).

What's required: A completed [application form](#), including contact and academic info, proof of Indigenous ancestry, and a narrative describing your career objectives and Aboriginal community activities.

Tips: Preference is given to students entering their first year of studies, but students in all years of study are eligible to apply.

Where to get info: registrar.athabascau.ca/studentawards/undergraduate.php#128



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Academic erasure. A student wonders if a course can be removed from an AU transcript; responses say no, along with interesting conversation about why they should/should not.

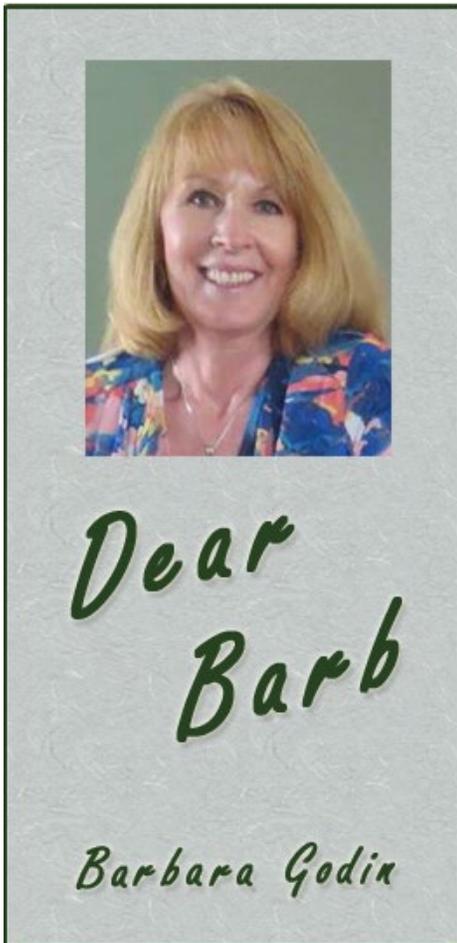
Discord

Conversational ping-pong. One conversation on the [#coffee-shop-lounge](#) channel bounces around vaccination efficacy rates, politics, abortion, statistics, and flu season. Oh, also MATH 216.

Twitter

[@austudentsunion](#) tweets: "AUSU is giving away an Amazon Gift card worth \$250 to an AU student who fills out an AUSU Peer Course Reviews by between July 1st - September 30th, 2021. The winner will be chosen by random draw. <https://ausu.org/services/peer-course-reviews/> [#AthaU](#) [#AUstudentsunion](#) [#AthabascaU](#) [#AUSU](#)."





Life-Long Decisions

Dear Barb:

My boyfriend and I have been dating for four months. We get along great and have lots of common interests. I was even thinking he may be the one for me. All that changed last week when we learned his ex-girlfriend is two months pregnant and he is the father. I was devastated that he cheated on me. He said it was a one time thing, that it is over, and I am the one he wants to be with. I really want to believe that, but that he could do something like that makes me doubt everything that we had together. Should I give him another chance or am I just fooling myself. Looking forward to your advice. Thanks - Paige.

Hi Paige:

I am so sorry that you are going through this. It is devastating when someone isn't the person we thought they were. It makes us doubt everything about them and our relationship with them. But people do make mistakes. This occurred early in your relationship, so maybe at that point your boyfriend wasn't as seriously involved as you were. Whether you can move on from this is up to you.

Do you feel you can forgive him? If you can't then it's time to move on as this will constantly come up and erode your relationship. If you can put this out of your mind and move forward, then the relationship will have a chance. Also, if you continue with him, you must consider that this child will be a part of your life, thus impacting your relationship. Ultimately it's up to you. Best of luck

and thanks for writing Paige.

Dear Barb:

My fourteen-year-old daughter wants to get a tattoo. I do not want her to get one. Her best friend recently got one, so I think that's what has prompted this. I don't want her to get something done that she will regret later. She told me she is going to get one anyway. Are there age restrictions on how old you have to be to get a tattoo without a parent's permission? Thanks, Nicole.

Hi Nicole:

There are definite age restrictions in Canada on the age you can legally get a tattoo, however this varies from province to province. Eighteen is pretty well the acceptable age across the board without parent's consent. Since I have a niece who is a tattoo artist, I went directly to her for information on tattooing a 14-year-old. Her response was "... absolutely not at that age, not even with a parent's consent for so many reasons. The youngest I do is 16 with consent, 18 without, that's the law."

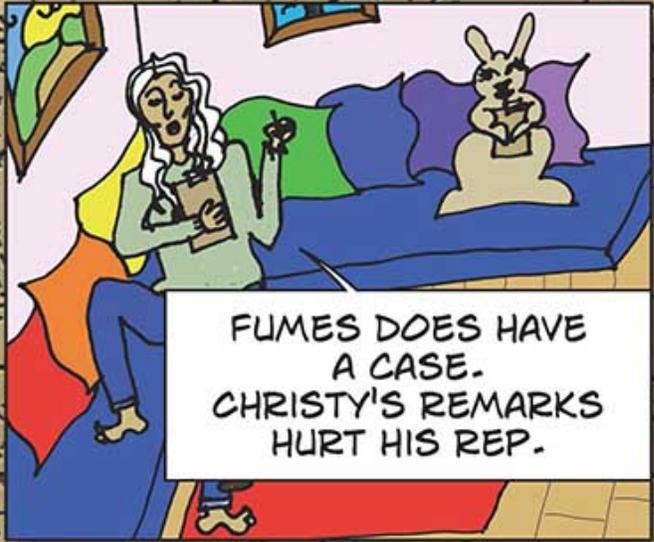
If your daughter were to find someone to give her a tattoo at her age, I would tend to question whether this shop is following other guidelines for sanitation and safety. Hope this information was helpful Nicole.

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
Strange Times

Wanda Waterman





Undergraduate Abstract Submissions
Welcome at GSRC

The [Athabasca University Graduate Students' Association](#) and the [Faculty of Graduate Studies](#) are excited to announce the call for abstracts for the [2021 Graduate Student Research Conference](#) (GSRC), which will take place virtually on October 1st and 2nd.

Current AU graduate students and recently graduated alumni are invited to submit an abstract for the conference. **Undergraduate abstract submissions will also be accepted this year, with the top three being invited to present at the conference.** Cash prizes will be awarded to the top three graduate and undergraduate submissions.

True to tradition, submissions are encouraged from all disciplines, whether the research is completed or underway. **Read the full call for abstracts [here](#). The submission deadline is July 27th, 2021.**

[Submit an Abstract](#)



Read the latest [Executive Blog: Summer Updates & Good Things to Come](#) and learn what your executive team has on the go this summer. Get updates on advocacy efforts, newly formed committees, community initiatives, and more!

Check Out This Research Assistant Opportunity With AU



The IDEA Academy program is recruiting up to fifteen [Research Assistants](#) to be trained on cloud tech and tools so they can support, advance, and contribute to

projects developed and supervised by AU faculty researchers.

AU program students will be prioritized this intake. The opportunity is open to undergraduate or graduate learners with varying digital literacy levels. This call for applications will create a pool of candidates that may be considered for future opportunities.

[Click here](#) to view the full posting including requirements and application instructions. **The application review will begin on July 23, 2021.**



AUSU has teamed up with VMock Inc. to provide our members with free access to the VMock [resume review](#) platform where you can build a new standout resume or improve your current one!

Sign-up for [VMock](#) using your @athabasca.edu email or whichever email address you have on record with AU.

CLASSIFIEDS

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

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

Regular Columnists Barb Godin, Natalia Iwanek, Barbara Lehtiniemi,
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.

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ISSN 2561-3634