

THE VOICE

Vol 29 Issue 38 2021-09-24

The Pandemic & The Disabled

The Harm We Don't Think About

Homemade is Better

Leftovers

Exploring Cancer

Risks and Breakthroughs

Plus:
The Study Cookbook: Dealing with Texts
Music Review: Shout it Out Loud
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

How the Pandemic is Harming People with Disabilities 4

Articles

Editorial: *Election Reflection* 3

Exploring Cancer and Promising Medical Breakthroughs..... 6

Seven Steps for Self-Reflection..... 10

Music Review: *Shout it Out Loud* 14

AUSU's Virtual Food Assistance Program 16

Columns

Homemade is Better: *Leftovers* 8

Fly on the Wall: *Feelings and Actions* 12

The Study Dude: *The Cookbook Continues*..... 15

Dear Barb: *The Usual Meaning of Distance Learning*..... 17

News and Events

AU-Thentic Events 5

Scholarship of the Week..... 7

Student Sizzle 11

Vintage Voice..... 13

AUSU Updates 19

Comics

Poet Maeve: *Bigotry Denier*..... 18

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

Email
voice@voicemagazine.org

Publisher
AU Students' Union

Editor-In-Chief
Jodi Campbell

Managing Editor
Karl Low

Regular Contributors
Barb Godin, Barbara
Lehtiniemi, Angela Pappas,
Jason Sullivan, Wanda
Waterman, Corey Wren,
Jessica Young, and others

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

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

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

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

Volume 29, Issue 38

© 2021 by The Voice
Magazine

ISSN 2561-3634

LETTERS TO THE EDITOR



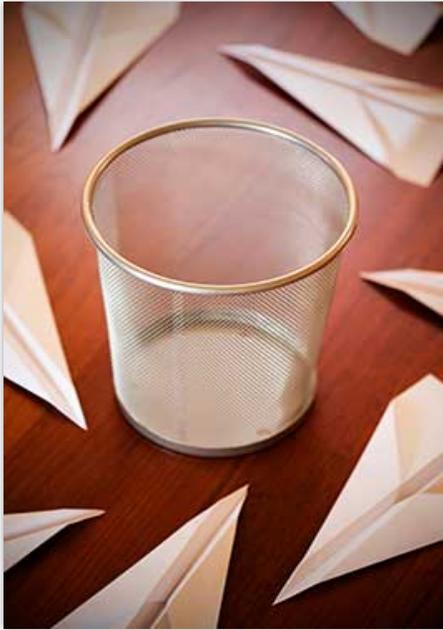
We love to hear from you!
Send your questions and comments to voicemagazine.org,
and please indicate if we may publish your letter!

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

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

Editorial Election Reflection

Karl Low



So. That was the election.

In some ways, it's nice that we have elections that are so uneventful, and at the same time have meaning. Many people around the world only wish they could have the same.

I've seen some talk about how it was a waste of money, but I tend to disagree. The situation since 2019 has changed so much, it's about time that Canadians had a chance to voice their opinion on the plans of the various parties as to how to lead us through this pandemic.

That the makeup of the government didn't change much tells us either that Canadians are generally satisfied with how the pandemic response has been, or that, worryingly, everybody is now so set in their partisan leanings that elections really won't change things very much. I'm hoping it's the former.

The other thing this election has done has been to prompt a raft of promises for the future of post-secondary education. Now it's up to us as citizens to make sure that the government follows through with its promises.

Going back to the [post-secondary platform roundup](#), we see that the Liberal party pledged to permanently eliminate federal interest on Canada Student Loans, and increase both the debt relief that medical practitioners can apply for against their Canada Student Loans, as well as increase the amount that graduates can earn before they need to start repaying their student loans. Also, and this might be a valuable one for AU students, is allowing parents to pause repayment of their federal student loans until their youngest child reaches the age of five, and that program is supposed to apply to parents who have already graduated but are still paying off their loans.

A society where new graduates aren't burdened by massive debt as they get started will make it easier for them to jump start the rest of our economy. After all, small businesses are twice as likely to be started by post-secondary graduates, but can be held back by a lack of resources, and, let's be honest, by the ties and encumbrances that we pick up as we age. How many of us have heard people say, "If only I was younger," as they lament what they could have done.

I'm hopeful these changes will mean that you don't have to have that same "If only" that so many other people do.

In the meantime, this week, we're featuring a look at the downsides of masking. Often reports about masking contain clinical language about the problems that it brings, but student Jessica Young makes that clinical language very real as she points out how not only mask requirements, but the attitudes of those of us who are obeying the requirements, can put a burden on people with disabilities.

I think it's a point worthy of debate, and personally, I blame those who fight masking simply because of feelings of entitlement or personal discomfort that make it harder for everyone, especially those who really do have no choice in the matter. Once again, it seems we're why we can't have nice things.

Also, Alek Golijanin brings us a brief look at something beyond the pandemic, because things like cancer haven't gone away while the rest of us try to deal with contagion.

And if you've ever made a meal at home, you've probably had to deal with leftovers. This week, Chef Corey brings us some ideas on how to freshen up those leftovers and make them into brand new meals. Plus, of course, scholarships, reviews, events, advice, and more!

Enjoy the read!

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

How The Pandemic is Harming People with Disabilities

Jessica Young



Shannon Heroux, a deaf woman from California, recently went viral on [TikTok](#) after trying to bring attention to the struggles of the deaf and hard of hearing community during the pandemic. In her videos, Shannon can be seen crying in her car after being denied service at Dunkin Donuts because she was unable to communicate with staff.

Shannon is deaf, has a cochlear implant, and relies mostly on lipreading for communication. The Dunkin Donuts manager refused to pull down his mask to allow Shannon to read his lips, despite the plexiglass window between them and the fact that Shannon was still wearing her mask over her mouth and nose. The manager did not allow Shannon to write down her order and eventually asked her to leave the establishment. Shannon believes that the manager did not believe that she was actually deaf because her disability is

invisible—her cochlear implant is not on the outside of her ear and, in her words, she speaks very well for a deaf person.

Shannon recorded these videos at her breaking point. She was embarrassed and frustrated—and apparently this is not the first time that she has struggled throughout the pandemic because of masks leaving her unable to lipread. Thankfully, in later videos Shannon informs us that she had a meeting with the owner of the Dunkin Donuts, and they discussed accommodations for the deaf community, such as sensitivity training for employees, clear face masks, and providing deaf customers with a laminated menu where they could circle their order.

But while this particular story has a happy ending, Shannon’s experience highlights a bigger issue—that people with disabilities have been largely left behind and forgotten during the pandemic.

I came across a [blog](#) written by two deaf UK doctors, Helen Grote and Fizz Izagaren, addressing the substantial negative impacts of mask-wearing on the deaf community from both a patient and healthcare worker perspective. The inability to lipread and use facial expressions as cues is leading to difficulty in patient-doctor communication, obtaining informed consent, increased isolation (and the ensuing mental health issues), as well as inhibiting Dr. Grote and Dr. Izagaren from effectively communicating with other healthcare providers during an emergency. “We, as a society and as a body of healthcare professionals, need to ensure that in our response to covid-19, the rights of those with hearing loss are not forgotten”, the doctors urge.

If two doctors—literally the heroes of the pandemic—are unable to receive acceptable accommodation for their disability, what hope is there for the rest of us?

Although the [Government of Canada’s website](#) mentions that “the loss of important services and supports provided through community programming, employment, access to therapies and school can also be detrimental to a persons' overall health and well-being and lead to regression in positive development for some persons with disabilities”, as the mother of a five year old with

a disability, I have yet to see any substantial action from the government to mitigate these negative impacts.

My son has been diagnosed with severe autism, a severe speech and language delay (he is effectively non-verbal), and a severe fine motor delay. The socialization and therapy he receives at school is integral to his development, and yet he was at home for a significant portion of his last school year, whether due to government mandated school closures or required quarantining because of a COVID case in his class.

The school did absolutely everything they could to continue his education and therapy adequately, but as one [Harvard Health Publishing contributor](#) highlighted, children with disabilities “may have more difficulty using technology, or learning and working in a virtual world. For many, their social life is solely through schools, employment, or community programming. So, the effect of limited social networks during the pandemic and extreme isolation is especially difficult. [...] Some people with disabilities, such as those on the autism spectrum or with intellectual disability, find it very difficult to adjust and adapt to changes required by the pandemic. Many struggle with the need to find new routines in their daily lives. Some children with disabilities regressed in their skills and behavior due to interruptions in programming and services. Symptoms of depression, anxiety, aggression, and self-injury have also increased among some children and adolescents with disabilities.”

Like Shannon Heroux, my family has also struggled with mandated mask wearing. My son cannot wear a mask or face shield, no matter how hard we have tried. Despite having a medical exemption form from his doctor, I still regularly feel the judgment from others—including being harassed by security guards, retail employees, and even being refused service at a grocery store. “Can’t you see that we are trying?” I often think to myself. The rest of our family is always masked when we are in public (including my seven-year-old daughter), we stay home if we’re not feeling well, and all of the eligible people in our family are vaccinated. If we can have compassion and understanding for those who are unable to be vaccinated due to medical conditions, where is the compassion for people with disabilities who are unable to wear a mask?

The negative experiences of people with disabilities throughout the pandemic is an extrapolation of the discrimination and exclusion that they have always faced. What kind of society are we if the rights and dignity of our most vulnerable are forgotten or deliberately ignored during a crisis? Accommodations can always be made. Solutions can be found. People can seek to have empathy and understand before condemning. Government’s can show us through their *actions* that people with disabilities deserve to be apart of society as much as anyone else.

While there are no easy answers during these uncertain times, I am positive that we can do better.

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

AU-thentic Events Upcoming AU Related Events

Learning to Learn Online MOOC

Sept 26 to Oct 30

Online

Hosted by AU

news.athabasca.ca/events/learning-to-learn-online-athabasca-universitys-massive-open-online-course-mooc-sept-2021/

Register through above link

MBA Application Webinar

Tue, Sept 28, 10:00 to 11:00 am MDT

Online

Hosted by AU Faculty of Business

news.athabasca.ca/events/online-mba-application-webinar-20210929/
RSVP through above link

Faculty of Business Undergrad New Student Webinar

Wed, Sept 29, 12:00 to 1:00 pm MDT

Online

Hosted by AU Faculty of Business

news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20210929/

RSVP through above link

All events are free unless otherwise noted.

Exploring Cancer and Promising Medical Breakthroughs

Alek Golijanin



It is expected that 1 in 2 Canadians will develop some form of cancer during their lifetime, and about 1 in 4 Canadians will die of cancer. The conversations around cancer have traditionally centered around genetics and lifestyle choices as the root of the risk, but there are equally important linkages with environments that should not be overlooked. While the fight against cancer is poised to become even greater, the advancements in technology have contributed to medical breakthroughs that are reducing the likelihood of dying from cancer.

The Impact of Environment

Environmental health is defined as the branch of public health that has to do with monitoring or mitigating those factors in the environment that affect human health and disease. The environmental health spectrum is wide, it is not limited to radioactive environments and operating radioactive equipment, it also includes

factors like workplace pollution and toxicity, the nature of a job, and whether it is predominantly shift-work, among others.

A recent study at the University of Windsor explored how women who work in an environment with an identified risk of breast cancer made sense of the risks and how they reacted to them. The environment investigated in this study was the Ambassador Bridge that connects Windsor and Detroit, the busiest border crossing in North America where more than 20,000 vehicles pass. In this environment, women are working in high vehicle exhaust, extreme air pollution, shift work and dirty working conditions that have seen women getting diagnosed with breast cancer at rates that are 16 times higher than the national average.

It is important to note that 1 in 8 women in Canada get breast cancer but only 5 to 10% of cases are genetic and that 70% of breast cancer are among women with known risk factors.

Promising Medical Breakthroughs

Most cancer treatments are very damaging to the body due to their toxic side effects and their impact on how the body functions. The challenge with chemotherapy is that it tends to damage other healthy cells while killing cancer cells. However, there are two recent studies originating out of Stanford University and Tel Aviv University that have the potential to lead towards greater remission rates and more tolerable side effects for treatment.

The Stanford University research group identified a potentially customizable approach called RASER which focuses on two cancer-related proteins. The first protein has to do with growth signal of cancer cells and the second has to do with triggering the genes involved with cell death. This approach to fighting cancer focuses on synthetic biology, rewriting DNA, and, in this situation, it is rewriting cancer cells for a desired outcome. The end result is killing cancer cells while sparing normal cells by hacking the cancer cells and changing their function.

The Tel Aviv University research group has gained recognition for potentially identifying cancer's Achilles heel, one which may lead to entirely new ways of fighting cancer. This study

focused on cancer's abnormal chromosomal counts in cells, which is known to occur in 90% of solid tumors and 75% of blood cancers. In the end, the research group determined that there was potential to kill cancerous cells by strictly focus on the chromosomal abnormalities which would spare healthy cells.

A Lawless Disease

Cancer is considered a lawless disease because how it impacts a person's overall health is different for everyone. While there have been major scientific breakthroughs with regards to our understanding of cancer and technology available in the fight against cancer, it is important to be informed on preventives that reduce the likelihood of developing cancer and the ways to support those battling against cancer. Although cancer diagnosis rates are going up, the overall risk of dying from cancer is declining.

References

Ben-David, U. Amon, A. (2020). *Context is everything: Aneuploidy in Cancer*. Tel Aviv University., Retrieved from [Context is everything: aneuploidy in cancer \(wustl.edu\)](#)

Hokyoung K. Chung, Xinzhi Zou, Bryce T. Bajar, Veronica R. Brand, Yunwen Huo, Javier F. Alcudia, James E. Ferrell Jr., Michael Z. Lin. (2019). *A Compact Synthetic Pathway Rewires Cancer Signaling to Therapeutic Effector Release*. Stanford University., Retrieved from [A compact synthetic pathway rewires cancer signaling to therapeutic effector release \(nih.gov\)](#)

Mcarthur, J. (2019). *Investigating Women's Knowledge of Breast Cancer Risks*. University of Windsor., Retrieved from https://www.researchgate.net/publication/332684401_UWill_Discover_JEM_Presentation

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

Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: AU Community Leadership Award

Sponsored by: Athabasca University

Deadline: October 15, 2021

Potential payout: \$1500

Eligibility restriction: Applicants must be AU students enrolled in any undergrad program, must have completed at least 15 AU credits, and have a cumulative GPA of at least 3.00.

What's required: A completed application form, a letter of recommendation, and detailed information regarding your community service and leadership activities.

Tips: Also check out the other AU scholarships with upcoming deadlines.

Where to get info: registrar.athabascau.ca/studentawards/undergraduate.php#64



Homemade is Better Leftovers

Chef Corey



If you have children, this may sound familiar:

“What’s for dinner?”

“Leftovers.”

“Gross! No WAY!”

And that’s when the fight starts. I can relate to that feeling of despair when you look in the fridge and realize you forgot to get groceries for the meal you had planned because either a) you were working all day, or b) you were studying all day, or c) you were just busy—the dog wanted in and out five times an hour, the phone kept ringing, another email from that important contact kept coming in. I know the frustration.

As much as we try to plan for the week’s meals in our house, eventually, the day comes where we just need supper. And neither of us has the energy to grab our masks, reusable grocery bags, hop in the car, and drive to get the groceries we need.

Enter the leftovers. That almost vulgar phrase that we cringe at. The thought of reheating that meal from four days ago, and then remembering the fight you had with the little one who decided they didn’t like potatoes anymore, even though it

was her idea to make them! Okay, things might have gotten a little personal there.

The vulgarity of the word leftovers reminds me of Monty Python and the Holy Grail, the scene with the Knights who say “Ni”. Any time someone says “it” they cringe and cover their ears. Like hearing your mom use the f-word for the first time, and you always thought she just didn’t know of its existence.

But what if I told you it is possible to still use your leftovers but transform them into something new! If you question my sanity, you’re probably right to do so, however, this crazy idea works, and restaurants do it all the time. The trick is to figure out what you can make with them.

So let’s talk about a few dishes that you can make from leftovers. Let’s say you have chicken with peas, carrots, and mashed potatoes from the night before. Have you tried chicken pot pie, or, for a twist, shepherd’s pie but with the leftover chicken? You could also turn those mashed potatoes into Gnocchi or potato dumplings for chicken vegetable soup. Turkey or chicken, both can be substituted almost equally.

How about that pulled pork you made a few nights ago. You’re getting down to the last third, and everyone is tired of eating pulled pork on a bun with coleslaw. Instead, try homemade pulled pork mac ‘n’ cheese, pulled pork tacos, or pulled pork poutine!

Let’s say you already made tacos with ground beef (or turkey, or pork, or whatever you might have used). You could make taco soup, taco salad, a tex-mex sloppy joe, or save it for Friday pizza

night and make a taco pizza! One cup of ground meat is perfect, then you can add tomatoes, cheddar, salsa, and sour cream once it's done.

Last, when in doubt, make soup or nachos! Leftover pulled pork or ground beef both make for great nachos, but so does chicken or turkey. And soup is a great alternative; you can freeze it for the winter months when you need a quick warm-up or for the late summer camping trip.

When you change the leftovers into something else, it's more exciting, and the word doesn't have the same connotation that we've all come to think of. Leftovers aren't bad, just misunderstood. So next time, do a quick google search for leftover ideas, and you'll be whipping up a culinary delight faster than your 3-year-old can tell you they don't want it.

That leftover pulled pork mac 'n' cheese sounds good right now. Here's how you can make it.

Leftover Pulled Pork Mac 'n' Cheese

Ingredients:

1 box of elbow macaroni
3 cups milk
¼ cup butter
¼ cup flour
1 tsp yellow mustard powder
3 cups cheddar - shredded
2 cups leftover pulled pork and sauce
Salt and pepper to taste

Directions:

1. Cook the macaroni to al dente, then strain it and put it back into the pot off the heat.
2. Meanwhile, place a saucepan over medium-high heat and add the butter.
3. Once the butter is melted, add the flour and stir for 2-3 minutes. This is called a blond roux; it has the most thickening power of all the roux.
4. After the roux has just started to brown slightly, or after 2-3 minutes, add the milk and stir with a whisk to break up all the clumps. The sauce should start to thicken.
5. Add the mustard powder and continue to stir.
6. Add the cheese one cup at a time and allow it to melt.
7. Once the cheese is melted, add the pulled pork.
8. Cook until the pork is warmed. Taste it and add more salt and/or pepper as needed.
9. Combine the sauce into the macaroni and mix together.
10. Enjoy!

If you want to cheat a little because you just don't have time to make your own mac 'n' cheese, I have used the store-bought product and combined these, and it's still delicious! Watch your salt though, you may not need to add more at the end. Just make sure you salt your pasta—that's a rule. I've heard stories of Italian Nona's crying themselves to sleep because someone didn't salt the pasta before it boiled.

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

Seven Steps for Self-Reflection on Creating Your Happiest Life

Marie Well



A To truly form habits that pave highways to our happiest life, we need self-reflection. At least fifteen minutes a day should be spent on self-reflection. But what do we reflect on specifically?

Here is a formula for self-reflection guaranteed to develop ourselves professionally and personally.

Step 1: Consider where our thoughts weren't happy, focused, and optimistic. Change our thoughts instantly to happy ones.

If we had moments of troubling thoughts, instantly let them go. Replace them with a happy smile and a vow to selflessly serve others with no expectations. It's freedom to the soul.

There are infinite positives to think about each and every day.

Step 2: Consider where our actions led to discomfort and unease. We gain when we consider ideal actions we could have done instead.

I love to put myself to high standards but to not judge anyone for how they behave. I may have an idea of how someone should behave, but I stop myself from being critical if they don't behave as I feel they should. Everyone has different ideas of what counts as just or right behavior. I like to show people respect or at least empathy, even if I completely disagree with their actions. I try to adjust my behaviors to bring the people greater comfort.

But I do hold my own behavior to high standards. If my own behavior leads to discomfort in myself or others, I imagine the best possible outcome and revise my future actions accordingly.

Step 3: Consider what emotions we let predominate. And change them to positive ones.

A colleague criticized a task I was doing. I grew defensive and instantly regretted my anger. So, I apologized immediately and vowed I would never express anger—to her or to anyone again.

I know Western psychology says to avoid absolutes like "never" or "always," but I strongly disagree. But I do agree it's wise to never put absolutes on other people's behaviors. In fact, I believe we should expect nothing from others.

But I do believe it's critical for self-development to put absolutes on ourselves. For instance, I literally never want to feel anger. So, I vowed to instantly change any angry thought into its opposite, which is love, regardless of the circumstances.

Instead of feeling anger, my model is to warmly laugh, send love to the source of anger, view the source in a positive light, and explain away the source's behavior as something innocent or understandable.

Try it out. It's pure bliss.

Step 4: Name what the triggers for all of these scenarios were. Rename them into something uplifting.

For instance, my trigger was “criticism about my work,” which I’ll rename as “a welcome opportunity for professional growth.”

Step 5: Consider when we were happiest throughout the day. Vow to possess more of those happy thoughts, actions, and emotions.

I’m happiest when I’m working, learning skills, or writing. Bhakti yoga, I believe it’s called, is the yoga of work, where we enter an almost meditative state while working. I personally love this state.

But I also focus on loving others, laughing, smiling, and prioritizing others over myself. Doing this brings me great highs every day.

Step 6: Send thoughts of love to every single person who comes to mind, especially when the thoughts about a particular person are initially negative.

Step 7: Assess ways to develop our spirituality / desire to help others. Nothing brings greater joy than helping other beings.

So, these are seven steps of self-reflection to create your happiest life. These steps have brought me to my happiest state. A happy life comes down to the same mantra: love everyone today and love them even more tomorrow.

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Seasonal surge. September brings several posts from new students, trying to navigate their way through course selection, time management, and textbooks. Plenty of responses with great tips.

Discord

Isn't anyone studying? Several non-academic conversation threads, including housing prices and mortgages, exercise bikes, video doorbells, and iOS 15. Now, back to the books!

Twitter

@AthabascaU tweets: "Where do I begin when it comes to an online course? How can I excel with #AthabascaU? <http://bit.ly/2ZddH6V> #OnlineEducation #OnlineEd #DistanceEducation #EdTech."

Youtube

Writers talking. AU posts Why write: AU professors and authors discuss Angie Abdou's This One Wild Life.



Fly on the Wall

Feelings and Actions

Jason Sullivan

AU is Where It's At



As you read these words in this moment how do you feel real?

Words can bore us or they can carry us away; words can push and pull our minds and it's up to us to decide how we feel about them. Our university education teaches us to think beyond the boundaries of our predilections. There's no prevarication when it comes to learning. We either feel it or we don't. Behind our reactions to course material fundamental truths would seem to lurk, like the Moon inexorably pulling tides to and fro. We may be caught in the wash of life and culture daily but, out there, reality waits to be seen, felt, and acquired. It follows, then, that some sort of

inoculation against ignorance might be possible.

Enter AU: hallowed dorm of learning, invisible to the naked eye, yet ennobling pulsating synapses of thought round thousands of brain pathways around our interior world that we experience. Academic learning, be it brick and mortar in a cult-like re-education camp or digitally through a vast net casting us headlong through aspersions and potentials, enables us to really think. We arrive with beliefs, hard and fast truths that tether us to certainty and moor us in safe harbours of epistemological quietude.

It's Not an Implant

Back in the fifth grade I read a disturbing science fiction library book by Monica Hughes. It was titled *Devil on My Back* and centred on a boy's escape from a techno-dystopic civilization characterized by brain implants that would provide, ever so helpfully in theory, data and analysis and answers to any independent thought the user might think or imagine. Fed up with basically Googling for truth, the boy escapes down the sewage chute and discovers a lush outside world full of fellow humans living simply while the rest of nature simply lives. The protagonist's education proceeds from there and we might all recall that, when we are older and pondering our studies, the things we've learned will be less technocratic or trivial and more about life's themes and of new ways of seeing the world. Max Weber called this *verstehen*, the acquisition of meaning and the apparatuses to understand the world. And, unlike brain implants (or Siri or Alexa), there's no app for putting on the good ol' thinking cap provided through an academic discipline like sociology or psychology.

Becoming a Newt

Hermeneutics, the art of interpretation and critical evaluation, is about realizing that there are many views on a single concept. No brain implant could provide new ways of thinking outside of the paradigmatic enclosure of the dominant ideology of its programmer. There's no algorithm for your mind. Witness, then, a core conception of science and, indeed, philosophy: there are many possible truths if we open our minds.

Consider how easy it seems to think that the world seems simple. Education gives us a shot, at least, at thinking beyond simple answers.

“Quietists say there is no such thing as the nature of the world. Science doesn't tell it to us. Nothing tells it to us. The whole question is a bad question. You can ask about a real Rolex and a fake Rolex, or real cream and a non-dairy creamer, but you can't ask about reality in general. 'Real' only has a sense when it's applied to something specific” (Rorty, online).

Getting to the Acts, Lest We Forget

Truth is, life is more about thinking than folks might realize. Beliefs guide our actions.

Life is full of acts that carry gravitational importance; aren't we at AU because of a snail trail embodying our life journeys? Take Paul Gauguin, for instance. Before his famous artistic journey in Tahiti he was relegated to Denmark by his chosen life circumstances. Alone in icy Copenhagen, following his wife who had left him, he was relegated to the lowly status of tarpaulin salesman. Need not we recall that our lives could go south in any moment or in any direction.

Waldemer Januszczak describes the scene:

“Her family threw him out because he could no longer keep them in the manner to which they had grown accustomed. His Danish wife, Mette, was actually the one who did the deserting when she jumped aboard a passing boat in Normandy and returned to her family in Copenhagen without telling him. A distraught Gauguin followed her to Denmark in 1884 and took a ridiculous job as a tarpaulin salesman. He was good at most things in life, but not at selling unwanted French tarpaulins to the Danes. Mette's posh family was embarrassed by him.” (Januszczak, online).

Let's act like we are fortunate to possess the opportunity to study at AU; who wants to sell tarps for a living! When we feel our learning with our hearts *and* our minds that's when we get somewhere.

References

Januszczak, W. (2021). 'Within This Thicket There Lurks A Name – Ian Hamilton Finlay'. Retrieved from <https://waldemar.tv/2010/09/naked-prejudice/>

Rorty, R. (2017). 'Richard Rorty on the Future of Philosophy'. *Entitled Opinions With Robert Harrison*. <https://entitledopinions.stanford.edu/richard-rorty-future-philosophy-0>

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*

Punctuation matters when crafting academic assignments, and September 24's National Punctuation Day offers you an opportunity to brush up on your skills.

Avoiding apostrophe catastrophes. Tamra Ross Low demystifies the apostrophe with four simple rules. "Unlike pluralization and spelling, the rules for using the apostrophe are simple, concrete and consistent." The Vexing Apostrophe, October 2, 2002.

When you need a grammar refresher. Barbara Lehtiniemi lauds *The Voice's* Writer's Toolbox column, and offers links to other grammar resources for those returning to academic studies. "Decades of informal conversation and hasty writing definitely has had an eroding effect." Getting Laid, June 13, 2014.

Music Review—Shout it Out Loud

Jessica Young



Artist: The Cocktail Slippers

Album: *Shout it Out Loud*

The Cocktail Slippers, the raucous five-piece all-woman rock band from Oslo, Norway, released their fifth full length album *Shout It Out Loud* on September 17th, 2021. The band is comprised of Hope on lead vocals, Vega on guitar, Rocket Queen on guitar, Sugar on bass, and Miss A-OK on drums.

While staying true to the fast-paced Garage Rock sound that has cemented their reputation, the band is confident this new album marks a step forward in their song writing. “We write all the time, and we can write about anything!” explains Rocket Queen. “But we’ve learned that writing is often about re-writing.” When all is said and done, The Cocktail Slippers are a tight-knit gang of friends. “When we’re not hanging out

as a band, we’re hanging out as friends, with and without our families,” Sugar shares. “Hope loves both cross-country and downhill skiing and is a mean captain on her own boat.”

“Rocket finds great joy in renovating houses,” Vega adds. Miss A-OK continues; “Sugar is a great photographer. Vega makes and edits movies. A few of us are more than a little geeky about cooking. Miss A-OK even grows her own vegetables on her balcony.”

The Cocktail Slippers are channelling The Go Go’s (but with a little more bite), while their look is a homage to 80’s glam rock. As soon as you listen to them play, you can tell that these ladies are straight up having a good time—you can feel the passion for music and the comradery between them coming through your speakers.

Shout It Out Loud has ten tracks: She Devil (Shout It Out Loud; Be The One; City on Fire; Say My Name; You and I; Like a Song Stuck in My Head; I’ll Be Here For You; Excuse Me; and Hush. “You and I” and “I’ll Be Here For You” are both rock ballads about love, strength, and devotion—both of which really showcase Hope’s lovely voice. The rest of the album consists of upbeat girl-power anthems straight out of Joan Jett’s playbook. My favourite song has to be “Say My Name”. It’s powerful, grungy, and a little bit sexy.

The final song on the album, “Hush”, is a cover of the song originally made famous by Deep Purple. “We’ve been doing it live for awhile and this was supposed to be a B-side,” says Hope. “Stevie [the band’s producer] heard it and said, “This is too good for a B-side, it needs to be on the album.”” The Cocktail Slippers put a fresh spin on the classic tune, originally released in 1968. The Cocktail Slipper’s version is louder, faster, and nixes the groovy 60’s vibes of the original song. Although this version is well done, and I’m sure would be great to experience live, I will say I like Deep Purple’s version better. But hey, you just can’t beat the classics.

Check out The Cocktail Slippers on their [website](#), [Facebook](#), and [Instagram](#).

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

The Study Dude The Cookbook Continues

Marie Well

Reading Textbooks



You've got a 1000-page textbook staring you down. You are on page one. And you've got six months to finish it. Where do you begin?

Last week, I covered taking notes using a variety of systems. This week, let's focus on how to read an enormous textbook in a short period of time. If you are striving for an A+, systems for reading textbooks matter.

The only ingredients needed for this recipe are eyeballs, a voice recorder, a music player, a timer, and, of course, a textbook.

Here is a strategy for reading textbooks:

- Break down the length of time it'll take to read each chapter. For instance, if you've got 20 chapters and six months to read them, you'll need not only time to read each chapter, but also time to take notes, memorize the chapter, and prep for exam(s).
- So, if you have six months to read the textbook, plan to have it all read with notes taken and memorized by the five-month point. That way you can go over your notes with the aim of power memorization within the last month. That means you'll have read 20 chapters in five months. That means you should read one chapter, take notes, and memorize that chapter within one week's time. Give yourself two days to read, three days to take notes, and two days to memorize.
- When reading a textbook, set a timer for 30 minutes. When the timer goes off, set it for a ten-minute break. Use this break to engage in an activity you love. This break will keep you at mental peak performance so you can run the reading marathon without collapsing.
- If you can, read your textbook out loud. Reading out loud will increase your retention significantly. Even better, make recordings of yourself reading it aloud. Better still, although a bit creepy, play the recordings on loop while you sleep. Even though playing recordings while you sleep sounds strange, according to an audio book I am listening to, a surprising number of people do listen to music while they sleep. I used to play Buddhist CDs while I slept. After about a month of doing this, I could recite portions of the CD from memory.
- Start by reading the Table of Contents, the prolog, the forward, even the dedications. This will give you a feel for the author and book contents. It's like sneaking a peek at a blind date's social media profile. It lets you know what you are getting into, ahead of time, and reduces confusion.
- Look at the back material of the book. Does it have definitions, a prolog, an index. Peer through these elements, taking extra care with exploring the index.
- Then flip through the book, reading each chapter heading and getting a sense for how many pages are involved in each chapter. Also, while skimming, get a sense of the structure of each chapter. Does the chapter have clearly marked sections, pictures, and end-of-section questions? Take note as you quickly flip through.

- You are now ready to start with the first chapter. You'll follow this model for each chapter. First, run your finger down each page of the chapter as if drawing a long "S" shape down the page, noting any words that capture your attention along this "S" line. This surprisingly stores more information into your short-term memory than you may realize.
- Then read the titles, headings, and all subheadings, ignoring the rest. But do also spend time peering at the charts, pictures, tables, end-of-section summaries, and bolded definitions.
- After this, go back, read the headings and subheadings along with the first few sentences and concluding few sentences of text underneath each heading and subheading.
- Finally, go back and read the whole chapter. At this stage, you should be somewhat familiar with the content. It's like going on a date with a friend rather than with a blind date. It removes a lot of the fear.

Once you learn the tips for reading books, you've got an edge.

But how do you mark up, take notes, and memorize your textbook? That, my friend, is the subject of another Cookbook.

AUSU's Virtual Food Assistance Program Not a Food Bank

Karl Low

If you've been to a brick-and-mortar campus, one of the sad things you may note is that many universities now have food banks right on campus. The simple act of having enough food to eat is so difficult for many students that it makes sense for there to be a food bank present.

AU has a different demographic, but still has some of the same problems. But how can you do a food bank when your students are spread across the country? The answer is simply that you can't.

So what AUSU has done is something different. As AUSU President, Stacey Hutchings, wrote me, "The virtual food assistance program was developed as a pilot for us to gain insight into AU students' needs and how to provide for those needs given AUSU's resources. We have created a program that will help students, but most importantly, we want to connect students with local resources to ensure that they know where they can go to gain more support. After a student applies, they are sent information on local food banks – this resource list is ever-evolving. We are trying to tackle a very place-based issue in a virtual environment."

That said, it's more than just a resource list, if you apply, you can receive a \$50 gift card that you can use at a grocery store in your area. The process is extremely manual, as at the end of each month AUSU makes a drawing of all the applicants who applied that month. Five people are chosen, typically from a pool of between 12 and 18 applicants. They are contacted and asked what grocery type store they tend to shop at, and then the gift card is purchased and mailed (or e-mailed if possible). Of course, it's no good if you're in an emergency, as it takes time to do all this, but that's what the resource list is for.

Executive Director, Jodi Campbell, informed me that he is hoping to double the amount of winners each month, and perhaps even be able to increase the amount given in the next year. Personally, I hate that this program needs to exist. But I'm very glad it does.



Dear
Barb

Barbara Godin

The Usual Meaning of Distance Learning

Dear Barb:

My son has just moved away to university. He is a six-hour drive from home, so it's not that easy to hop in the car and visit. He's always been a good kid and did well in school and never caused his father and me any problems. However, I noticed a change in him within the weeks before moving away. He seemed anxious and somewhat withdrawn. When I asked him if there was anything wrong, he said no. He has always been a homebody and we are not a family that has travelled a lot, so I'm wondering if he is fearful of such a big change in his life. Are there things I should be watching for in my son that would indicate there is something more serious going on, or should I assume this is just normal behaviour for someone going away to school? Looking forward to your response, Dana.

Hi Dana:

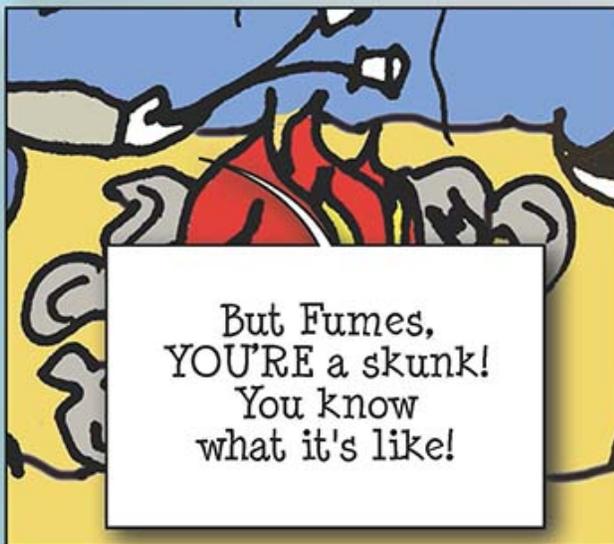
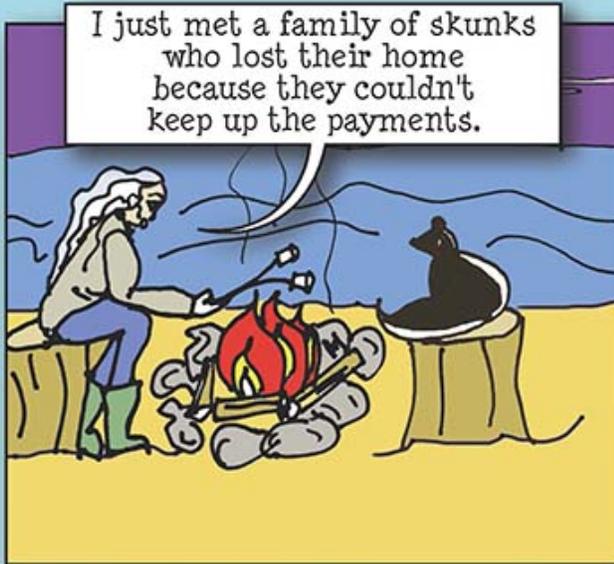
Congrats! As a parent you must feel proud that your son is continuing his education, as so many young people begin work and get used to having money and lose sight of long-term goals so never return to school. Your son is experiencing many changes, and most are new and unfamiliar. I wouldn't be too concerned about the change in him prior to moving away. It's a big step and the first year will be difficult, but as long as he has a good base he will be able to get through it just fine.

I have included some of the most common problems students face during their first year as posted on <https://owlcation.com/academia/common-problems-for-college-students>. First is time management - students need to know their own limitations. They may mess up initially and need to adjust their course load to accommodate. Learning to manage their own finances is another major hurdle for students. Often when they get their student loans or grants, they don't think ahead and realize this money has to last through the whole semester and they often ask mom or dad for help when the money runs out. As mentioned on the website, a visit with a financial advisor may be able to offer some initial guidance as far as budgeting or managing debt. A part time job will help, but students have to make sure their schooling is their priority, so it is necessary to limit their hours at work. Homesickness is one of the top ten problems first year students face. Many universities and colleges offer support groups to help students get through the rough spots. Another issue is making new friends. Many students move on to university along with their high school friends, but others are going alone and may find it difficult to make new friends. Making connections by joining social groups or clubs on campus can be beneficial. Some other problems that are addressed in this article are partying, relationships and health. My suggestion is to send the link to your son as I am sure he will find it helpful. Thank you for your email.

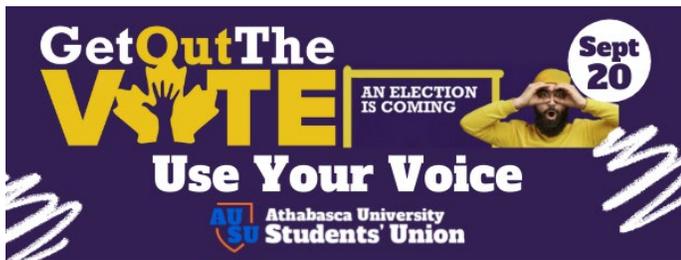
Email your questions to voice@voicemagazine.org. Some submissions may be edited for length or to protect confidentiality; your real name and location will never be printed. This column is for entertainment only. The author is not a professional counsellor and this column is not intended to take the place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

Poet Maeve
Bigotry Denier

Wanda Waterman



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



Federal Election Coming This Monday!

The Federal Election is September 20 and your vote matters! The AU student body vote brings weight to issues your President and Vice-President External discuss with Members of Parliament and government officials. By voting, you make it easier to advocate for lowering interest on loans, increasing bursaries, expanding job programs, and more!

Don't have ID? You can still vote! Simply declare your identity and address in writing and have someone vouch for you who knows you and is assigned to the same polling station. There are also other acceptable ID types aside from a driver's license including student cards, utility bills, and credit cards. For more info on acceptable ID and how to vote without ID, click [here](#).

So, find your voting location at [Elections Canada](#) and make your voice heard!

This is your last week to check out our election posts on social for more info and tips. Your engagement enters you into our **AMAZING CONTESTS!** We're giving away Apple AirPods, \$100 Amazon gift cards, and AUSU swag packs.



Discover why you should cast your vote in the federal election in the latest [AUSU Executive Blog](#). Your participation has a bigger impact than you may know!



AUSU teamed up with FYidoctors to bring some great preferred partner savings on eyewear to our membership! [You can get up to 40% off!](#)

FYidoctors has more than 280 locations across Canada and growing! They were founded by some of Canada's most reputable and respected optometrists who believe that patients should come before products, and that eye care should be their primary focus.



Jared Maltais and Christian Fotang from the Canadian Alliance of Student Associations (CASA) join AUSU to talk about the federal election on September 20, what it means for Athabasca University students, and how to make sure your vote counts. AUSU is running a Get Out The Vote campaign to encourage all students to cast their ballot this election and CASA is our key partner in making that campaign work.

[Listen Here](#)



[Homewood Health](#) offers a comprehensive wellness support program to meet your mental health and wellness needs. If you are struggling and need support, you can call Homewood Health's 24/7 support line.

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, 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.

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

© 2021 by *The Voice Magazine*

ISSN 2561-3634