



THE VOICE

Vol 29 Issue 43 2021-10-29

Minds We Meet

Interviewing Students Like You

Don't Let this Deadline Pass

You Dare Not Miss It!

The Disreputable Rhetorician

Rhetorical Victory

Plus:

Homemade is Better: Carving Pumpkins

Vintage Voice: Halloweens Past

and much more!



CONTENTS

The Voice's interactive Table of Contents allows you to click a story title to jump to an article. Clicking the bottom right corner of any page returns you here. Some ads and graphics are also links.

Features

| | |
|-----------------------------------------|---|
| Minds We Meet: <i>Hanna Habke</i> | 4 |
|-----------------------------------------|---|

Articles

| | |
|------------------------------------------------------------------|----|
| Editorial: <i>Delays and Downtime</i> | 3 |
| Don't Let this Deadline Pass You By | 6 |
| The Disreputable Rhetorician | 8 |
| APA vs MLA: <i>Which Should You Use?</i> | 10 |
| Understanding Your Fellow Man: <i>Lenses of Psychology</i> | 13 |
| Top Five Early Winter Warm-Up Picks..... | 14 |
| Avoiding an Aversion to Someone | 21 |

Columns

| | |
|---------------------------------------------------------------------|----|
| The Struggling Student Rants: <i>Setting Up Shop, Part II</i> | 11 |
| Homemade is Better: <i>How to Carve a Pumpkin</i> | 16 |
| Fly on the Wall: <i>A Pleasure to Have in Class</i> | 18 |
| Music Review: <i>Skalloween</i> | 19 |
| Dear Barb: <i>The GrandParent Trap</i> | 22 |

News and Events

| | |
|------------------------------|----|
| Vintage Voice..... | 7 |
| AU-Thentic Events | 9 |
| Scholarship of the Week..... | 15 |
| Student Sizzle | 20 |
| AUSU Updates | 24 |

Comics

| | |
|-------------------------------------------------------------|----|
| Chazz Bravado: <i>Sisterhood of the Male Feminist</i> | 23 |
|-------------------------------------------------------------|----|

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 42

© 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

Delays and Downtime

Karl Low



Sorry for how long this took, Friday had me dealing with a migraine that made concentrating on the computer for any length of time basically impossible.

And while I managed to get most of the articles up on the website anyway, I did miss a couple, so if you've already looked at the site, don't forget to also look at this week's Study Dude and Fly on the Wall, which were the last two I wasn't able to get out in time.

In other news, I have been slowly moved up to what is generally considered the "adult" dose of ADHD medication. It's interesting because this medicine is supposedly a strong stimulant, with warnings of significant feelings of anxiety, heart palpitations, and can even cause temporary psychosis, hallucinations and other effects in those without ADHD.

In me? It doesn't seem to do anything. I can't even blame it for the migraine (although headache is one of the side effects noted), as I haven't stopped taking it yet today I've got no migraine at all. Nor have I noted any predilection to change what I consider my "normal." Which, I suppose if nothing else, does confirm that there's something "different" in me from normal.

But the bottom line is, no significant news yet. Finding out what normal is will have to wait.

Meanwhile, I hope you enjoyed most of the Voice yesterday, and will take a quick look at the new articles today. And in case you haven't already, then I'm happy to note that we've got another interview with a student like you. And as we hit the end of October, make sure that you're not missing any opportunities with the AUSU award season in our article "Don't Let this Deadline Whoosh By."

This week also introduces "The Disreputable Rhetorician", which hopefully will bring a bit of a smile to your face while at the same time give you a few strategies to help you the next time you're having a disagreement.

And if you're like me and find that deadlines creep up on you suddenly, you may not be prepared for halloween. Fortunately for you, we've got an article to help you at least with the pumpkin part of the evening. We also have a look at Halloween articles from Voice's past in the "Vintage Voice."

Plus, music reviews, advice, scholarships, events, thoughtful articles and more. And while we won't be doing much for this Halloween (we rarely get many visitors at our house even in good years, and with COVID suppressing things, we don't expect we'll be seeing anybody at all) I certainly hope you'll have a good one!

Enjoy the read!

A handwritten signature in black ink, appearing to read "Karl".

MINDS WE MEET



Who are your fellow students? At times, in an online learning environment, it can feel like you are all alone, but across the nation and around the globe, students just like you are also pursuing their Athabasca University (AU) studies! Each week, *The Voice Magazine* will be bringing you some of these stories. If you would like to be featured next, do not hesitate to get in touch!

The Voice Magazine recently had a chance to chat with Hanna Habke (she/her), currently residing in Calgary, Alberta, the traditional Treaty 7 territory of the Blackfoot Confederacy (the Siksika, Piikani, and Kainai First Nations), the Tsuut'ina First Nation, the Îyâxe Nakoda First Nation (the Chiniki, Bearspaw, and Wesley First Nations), as well as the Métis Nation of Alberta (Region 3).

Twenty-year old Hanna Habke is currently in her second year of the Bachelor of Commerce degree here at AU. She stated, "I decided to take this program because the skills that I have learned from it apply to what I want to do when I finish school. My ultimate dream is to run a wellness retreat in the mountains where any one from any background can get away and get the help they need.

I have struggled a lot with mental illness and would like to create a safe space for people to come and heal. The retreat would have accommodations such as yoga, personal training, therapy, meditation, and more. This is a big dream, but I am taking things one step at a time, I ultimately just want to make a difference and help people."

Hanna told *The Voice* that she has been living in Calgary for her whole life. A Girl Guide for twelve years earlier in her life, she travelled worldwide with her troop, including a twenty-day trip to Switzerland and London, England, as well as completing several service projects. One of these projects involved city buses that collected food bank donations from grocery stores. She explained, "Our group unloads the buses at the bus barn and organizes the donations into boxes that are then taken to the food bank. I believe our record is twenty-seven busses!"

Hanna also stated that she has a chronic illness called POTS (Postural Orthostatic Tachycardia Syndrome), and has been a yoga instructor for the past three years. Hanna said, "I got my certification before I even finished high school!" She currently teaches two classes weekly and works customer service for a local gym. After work, you can find Hanna lighting weights at the gym and spending time with her sister Emmy.

Hanna is a self-described “full-time book worm and plant mom!” She explained that she “love[s] to hang out at home, and dive into a new book.” Although her favourite book changes all the time, she admitted that her “favourite series of all time is the *Percy Jackson* series. My hot take is that Percy Jackson is better than Harry Potter. That usually gets me into a lot of fights hahaha!” Currently, she is “about to start the *Nevernight* trilogy by Jay Kristoff,” stating that she has “loved his writing in the past and [is] excited to start his most popular series.” She “also collect[s] tropical plants and [has] a growing interest in botany.” In addition to all these activities keeping her busy, she also has “a dog named Anny and two cats, Tagg and Peanut.”

When asked who had the greatest impact on her desire to learn, Hanna stated that she “could probably list about twenty different people.” However, in terms of her current degree, she credits her uncle Peter as the one person who has made the greatest impact overall. “He happens to be a successful businessman, and when I told him about what my dream was, he said that it could totally be double but that I would have to get my education first. Whenever I see him, we always have long and interesting conversations about finance and I really value that. He has always been one of my biggest cheerleaders when it comes to getting my degree.”

Hanna loves online schooling, although she admits that “it is hard sometimes to not have someone teaching you the material.” However, she enjoys that fact that she “can do schoolwork whenever and at [her] own pace.” She explained, “Right now, I take two courses at a time, and I find it a lot easier to complete the courses quicker and turn more of my attention to a single course, so I do not spread myself too thin. It also allows me to pick up extra shift at work anytime I want to, so I can still get some career experience while completing my studies.”

Although she has “not had much correspondence” with her tutors, she feels that it has been a “positive experience” so far. As for AU courses, Hanna recommends [CMIS 245: Microcomputer Applications in Business \(Windows\)](#), since it “teaches you how to use Microsoft applications, and I am not exaggerating when I say I use what I have learned from this course everyday multiple times a day. “

When asked if she ever wavered on continuing her studies, Hanna admitted that although she has “wanted to avoid this conversation,” the pandemic has made things difficult. She explained, “Because I work in the fitness industry, I have been laid off six times during the pandemic. That, on top of all the changing restrictions, it has made it very difficult to plan out what courses I will be taking and when. I started school in the middle of the pandemic.” She continued, “I was supposed to travel to Bali, Indonesia for a yoga retreat in March of 2020, but I never ended up going because of the pandemic. I was lucky enough to get most of my money back, and by the time summer of 2020 the pandemic was still occurring, so I decided to invest that money into school. I went back and forth for a while on whether to start school because my original plan was to take a gap year or two to travel. But like everyone else, COVID threw a wrench through my plans, but I would not have it any other way because I am happy with where my life is at right now. “

If Hanna were the new President of AU, her first “plan of action would be to make AU as affordable for people as possible.” She explained, “Every year tuition and course fees go up, in part due to recent provincial government policies and lack of funding for post-secondary schools. More and more students are leaving Alberta to go to school out-of-province. Education is very important as it decreases crime and increases the standard of living for communities and individuals and everyone should have access to it.”

When asked which celebrity —past, present, or future —she would like to have lunch with and why, Hanna chose engineer and television presenter Bill Nye [The Science Guy!] or entrepreneur and social media vlogger Hank Green. She stated, “I just feel like we would have a great conversation and I would learn so many new things!” And the lunch would definitely be “a veggie burger or spicy chicken stir fry.” She explained, “I’m almost a vegetarian. I still eat chicken but no other meat than that so those are my go to meals.”

Something that people do not know about Hanna is that she still has her baby blanket from childhood, which she considered “a comfort item.”

As for her proudest moment? Hanna states that it was when she “reached out for help.” She explained, “As I have mentioned I struggle a lot with my mental and physical health. I was diagnosed with anxiety and depression when I was in my tween years. It has taken therapy, meds, and a lot of self-work to get to where I am today. I am proud of myself everyday for not giving up on myself.” And her most valuable lesson? “Your wellbeing and happiness come first, always.” Best of luck Hanna!

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

Don't Let This Deadline Pass You By You still have time to apply for AUSU awards

Barbara Lehtiniemi



"I love deadlines. I like the whooshing sound they make as they fly by." – Douglas Adams

Never mind spooky Hallowe'en! What's scary is that the deadline to apply for this autumn's AUSU award and bursary cycle is coming at you like a masked madman.

I know, I know—you're already trying to get that last assignment done for your course—or course extension—that ends on October 31. Enough with the deadlines, already!

The good news is, you can do it all. AUSU's award application deadline is October 31 but, lucky for you, a couple of AUSU's awards have simple applications that you can do in minutes. Here are two you can prepare easily:

Academic Achievement Scholarship.

You can complete and submit your application in under five minutes. All you need is a copy of your current AU transcript preview—instructions to obtain this are

embedded in the application form. Fill in your name and contact info on the online application form, upload your transcript file, and click to submit. To qualify for this award, students need to have completed at least 30 AU undergrad credits, and have a minimum GPA of 3.85. There are six Academic Achievement awards available this cycle, worth \$1000 each.

#Igo2AU Award. If you have experience taking and posting online videos, this application will be a snap. For those with little video experience, the application includes a link to instructions

for uploading your video to YouTube. For this award, you need to create and post a maximum two-minute video in which you articulate your AU experience—possible prompts are provided in the application. (Bonus: since you've procrastinated, you can check out other applicants' videos by searching for #Igo2AU on YouTube.) After you've posted your video to YouTube (make sure you've made it publicly viewable), complete AUSU's online application form and provide a link to your video. Students applying for the #Igo2AU award don't need to have completed a minimum number of credits, nor have achieved a minimum GPA. There are four #Igo2AU Awards available this cycle, worth \$1000 each.

If you have the time and energy to throw together a more complex application, check out the **Returning Student Award**, **Balanced Student Award**, or the **Student Volunteer Award**, all of which require a minimum 300-word essay. The latter two also require letters of reference, so you'll need to make sure you know someone who would be willing to drop everything and dash off a compelling letter for you.

AUSU also has bursaries available for this award cycle; these applications require you to assemble some financial information along with other requirements. Better get cracking if you want to meet the October 31 deadline on these ones.

Awards are open to current AU students who are enrolled in at least one AU undergrad course as of the application deadline. Information on AUSU's Awards and Bursaries is available at www.ausu.org/services/scholarships-awards. Click on each award to see the full details and to access an online application form.

For all awards, make sure you read the Eligibility Criteria and Applications Procedures included on the online application. Before clicking to submit your application, read the Declaration of Applicant and click to check your agreement that all statements in the Declaration are true.

Barbara Lehtiniemi is a writer, photographer, and AU graduate (BGS 2018.) She lives on a windswept rural road in Eastern Ontario.



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

This weekend brings Hallowe'en. *The Voice's* writers have had varying perspectives on the annual observance—even varying spellings (most used "Halloween".)

Spirits, not sweets. Bill Pollett portrays the dream-like quality of an event blending seasonal traditions associated with October 31 and November 1. "This irrational place is a territory through which children, who are more open to the possibilities of life, tend to navigate with far more intuitional ease than most adults." *Parade of Lost Souls*, November 3, 2004.

There's always next Hallowe'en. Voice writer b.e. hydromako confronts every student's nightmare: the unprepared-for deadline. "The problem with merely throwing together a costume at the last moment is that we will often end up with a lame and forgettable outfit; it is not what we would have gone as if we had taken more time to prepare." *Doing It Right*, October 30, 2002.

The Disreputable Rhetorician

Five Rhetorical Explanations

Savannah Ugo



I now bring you the *Disreputable Rhetorician*! A curated selection of the finest explanations of rhetorical strategies and literary devices explained quickly, precisely, and (only sometimes) entirely incorrectly. I'll discuss concessions, refutations, alliterations, fallacies, and even conflagrations (despite numerous well-wishers' attempts to convince me that a conflagration is not a rhetorical device at all).

Concessions

In theory, a concession could be used for the noble cause of proving to an opposing party that you understand their concerns and believe your argument to be plausible, nonetheless. For example, imagine that you are trying to prove to your friend Sarah that macarons are better than other cookies, even though Sarah thinks that macarons are just overpriced cookies. You start by agreeing with Sarah and admitting that macaron prices would be expensive for regular cookies. Doing so would prove to Sarah that you are openminded enough to be trusted. She would then be more receptive to your following explanation that macarons are nothing like regular cookies and are therefore worth

whatever exorbitant price bakers may charge for them.

But to accomplish all this you must first find something to agree with Sarah about. And finding that something is called a concession. Speaking of which, perhaps that is also why the cantankerous Sarah always agrees to eat the overpriced popcorn that you buy for her at Jays' games, despite her dislike of expensive snacks. It is simply because the popcorn has been purchased at a concession stand, so she has no choice but to agree to eat it. Sarah is always a paragon of rhetorical duty, so long as *you* are buying.

Refutations

Refutation is simply the successful disproof of your opponent's argument. It involves encountering an argument that you deem incorrect, finding evidence to back up your perspective, presenting said evidence to your opponent (preferably in front of a large and incredulous crowd), and finally cackling over your opponent's untimely defeat (this last part is not strictly necessary, but is highly recommended).

For example, imagine that your friend Jeremy believes that DC movies are better than MCU ones. You might do a bit of research and then proudly explain to Jeremy that *Batman Begins* only grossed \$14.5 million worldwide, while *Thor* successfully exceeded \$400 million. You could state that this obviously proves that most viewers preferred Thor to Batman, Jeremy would have no choice but to applaud your successful refutation of his DC movie superiority argument, and you would be left to perform your best celebratory cackle.

Alliterations

Alliteration involves using several words in a row that start with the same letter or contain a similar sound. This practice is particularly productive in proving oneself a paradigm of panache. Alliteration is by now quite well-known to the public. It is still popular nonetheless; as with magic

tricks and golden retrievers, humanity simply does not tire of anything that brings it entertainment.

Certain authors (Brandwein et. al., 2018, para. 22) point out that according to some studies humans, appear to be so fond of alliteration that our “organizational recruiters and managers participating in employee selection should be cautioned about not giving an advantage to an alliterative applicant” (meaning an applicant whose first and last name begin with the same letter). Alliteration will allow even the lowest layman to develop a lexicon of legends.

Fallacies

There are so many deliciously disgusting fallacies that I have been forced to focus on only two. The two that I have selected are the Ad Hominem fallacy and the slippery slope fallacy. The Ad Hominem (meaning “to the man”) fallacy occurs when you disagree with someone’s argument simply because you dislike the person presenting it. To illustrate, if your friend Leah argues that dogs are more loyal than cats you could simply state that Leah is probably wrong because Leah is terrible. As satisfying as it might be to make such a statement, in doing so, you would be committing an Ad Hominem fallacy.

The slippery slope fallacy occurs when you assume that one action or event will inevitably lead to another action or event. For example, you might inadvertently assume that Leah’s irrational dislike of cats will result in her not buying a cat. Though not impossible, this is obviously highly unlikely. It is far more probable that Leah will instead dedicate herself to a lifetime of anti-cat vendetta activism and eventually end up wanted for violent crimes against cats in upwards of twenty countries. You can avoid committing a slippery slope fallacy by doing your best not to jump to conclusions.

Conflagrations

Upon further research, I have no choice but to make a concession. A conflagration is in fact a type of fire. If your argument mounts to the level of a conflagration, I do not suggest that you do anything other than run.

References

- Alter, E. (2011, July). Movie Marvels: Kevin Feige guides resurgence of an iconic comic-book brand. *Film Journal International*, 114(7), 12+. <https://link.gale.com/apps/doc/A261640844/AONE?u=tplmain&sid=bookmark-AONE&xid=02b72ad6>
- Snyder, G. (2005, August 18). 'Batman' hits lmax record. *Daily Variety*, 288(33), 18. <https://link.gale.com/apps/doc/A135887718/AONE?u=tplmain&sid=bookmark-AONE&xid=dbdfe492>
- Brandwein, A. C., Kopelman, R. E., Shin, S., & Rovenpor, J. L. (2018). Alliteration in Mate Selection: Does Barbara Still Marry Barry? *Society*, 55(4), 341+. <https://link.gale.com/apps/doc/A545601296/AONE?u=tplmain&sid=bookmark-AONE&xid=c1e9030a>

AU-thentic Events Upcoming AU Related Events

October Pride Week Presentation – Dr Tobias Wiggins

Fri, Oct 29, 5:00 to 7:00 pm MDT
Online

Hosted by AUSU

www.ausu.org/event/october-pride-week-presentation-dr-tobias-wiggins/

Access through above link or AUSU Facebook page

New Library Website Orientation

Mon, Nov 1, 2:00 pm MDT
Online

Hosted by AU Library

www.facebook.com/events/894578081177289

No pre-registration necessary

New Library Website Orientation

Tue, Nov 2, 9:30 pm MDT
Online

Hosted by AU Library

www.facebook.com/events/894578081177289

No pre-registration necessary

All events are free unless otherwise noted.

APA vs MLA---Which Should You Use?

Marie Well



You've just been assigned a paper—and you've got a choice between MLA or APA standard, but you don't know the difference. And once you start using one standard, it's harder to break away and use the other. So, which style standard should you use?

The first thing to consider doing is investing in purchasing both standards in book-form. Flip through each book so that you're familiar with the inline citation style and bibliography style of either standard. There is nothing worse than getting assigned a style guide and not having the book at your fingertips. Then you need zero in on what makes each style guide unique.

Let's start with MLA. MLA caters to citing elements such as fine art, paintings, and fiction and nonfiction. MLA also gives a great deal of credit to authors by citing the

first and last name. To me, authors should be recognized as much as possible.

Now for APA. APA is great for technical citations. APA only cites the author's last name and first initial, however, which is a thumbs down for me.

Other than that, the only real differences between the two style guides is subtle formatting, such as how many words or lines count as a block quote.

As footnotes can be expensive for publishers and can be a distraction for readers, footnotes can be used in both APA and MLA but are to be used sparingly. It's the Chicago Style Guide that uses copious footnotes. I've always been curious about works with lots of footnotes, after one of my students submitted a polished paper with beautifully and thoughtfully written footnotes. My guess is she's a professor now.

So, in what discipline should you use the MLA versus the APA style guide? MLA is geared for the humanities and arts, while APA is directed at the social sciences.

I never knew what humanities consisted of, until today. The humanities include history, philosophy, religious studies, languages, and linguistics. The arts consist of dance, drama, music, and art. These disciplines tend to prioritize MLA, although linguistics can sometimes be considered a social science, rather than a humanity, depending on your university. So, the categories for the various disciplines are sometimes blurred.

The social sciences consist of political science, sociology, and economics. My two degrees were in Communications Studies, which is a hybrid between humanities and social sciences, so I always had a choice of either MLA or APA style guide. However, I chose APA, and every Communications class I took offered APA as a choice of style guide. Thankfully that was the case as I didn't have the full MLA style guide.

So, which one style guide should you use? It's the difference between getting dressed for the opera versus formal work. It depends on the scenario. And sometimes it's simply a preference. But as always, it's best to know both.

Long gone are the days where buyers were left at the mercy of the proprietor. We no longer take our horse and buggy to go into town, walk into the general store, and try to stay on the shopkeeper's good side in fear he would price-gouge us. Consumers now have most of the power. This didn't change very long ago; it only became reality when the Internet became mainstream. Even as recently as the 1990s, buyers had to deal with, "this is the price, take it or leave it." Thankfully (for us shoppers) we can now take their business elsewhere if we don't like the price or the terms. Remember, though, you're starting a business—you're on the other side of the fence now, which means you cannot afford to take that stance. While the customer isn't always

right, you need to be prepared to turn a blind eye once in a while and pick your battles. If not, then you need to be prepared for your customers to drop you like a hot potato.

The Threat of Substitutes

The bargaining power of your buyers, subsequently, plays into the threat of any substitute products. If buyers are able to easily switch your product or service for someone else's, with little cost involved, you could be in big trouble. Hence, the need to come up with something special and sparkly, that no one can copy easily.

While the Internet has seen product and service ideas taking off in the blink of an eye, especially with options like crowdfunding and start-up incubators, any idea can easily be replicated in the blink of an eye too. Take Poo-Pourri® for example! Yes, I went there, but, seriously—it's the million dollar product idea; it solves a universal problem! However, I'm not sure how full their cash register is. Their product is quite pricey, and, if you do a simple online search, you can see for yourself that many were quick to copy this concept too, new and old brands alike, such as Mask®, Squatty Potty's Unicorn Gold Toilet Spray®, Air Wick's V.I.Poo®, Aesop's Post-Poo®, and so on. So, what's to keep me from running to the bath, er, to the cheaper brand?

Barriers to Entry and the Threat of New Entrants

This will show you how easy it is to get into the game, but don't start celebrating just yet if it seems extremely doable. Chances are, others have thought of your idea too—and if they haven't, they will. You gave them the idea, which means they can get into the game just as easily as you were able to. Therefore, there's another side to this game that you must be willing to play as well. Those already in the boxing ring must continuously try to keep the newbies out. Tactics on how to do this are numerous; entire textbooks have been written about corporate sabotage. So make sure you do your homework.

Competition and Rivalry

This factor is the main and final influence, when deciding whether to move forward with your bright idea. Obviously, when rivalry is high, there will be many competitors in the ring fighting for the cash. You need to be especially vigilant for those which have an excessive cost associated with exiting the ring. They're not going anywhere because they have too much to lose should they decide to quit; it's better for them to stay in the game. Additionally, industries which have many competitors have little customer loyalty; buyers have many options to choose from. Therefore, you need to know that what you have to offer is unique to the market and unique compared to others.

Obviously, there are quite a lot of decisions to make before running to the local radio station to inquire about advertising costs. But fear not, there's more to come in Part III.

References

Porter, Michael E. (2008). "The Five Competitive Forces That Shape Strategy". *Competitive strategy*. Harvard Business Review. **86** (1): 78–93, 137. *PMID 18271320*.

Angela Pappas is a part-time AU Certificate student who enjoys learning and discussing anything personal finance and personal development related.

Understanding Your Fellow Man

The Seven Lenses of Modern Psychology

Alek Golijanin



A first impression is only made one time, it tends to be lasting, but allowing a first impression to dictate your opinion of others can be a big mistake, for better or worse. Instead of focusing on a first impression, maybe we should make way for people to make multiple impressions and use those experiences to identify any behavioral patterns.

There are a multitude of ways to better understand why a person might behave the way they do. In modern psychology there are seven main lenses that aim to provide an answer to that question.

Psychodynamic Lens

The psychodynamic lens attempts to explain the origins of human behavior. This lens explores the role of the unconscious mind, childhood experiences, and interpersonal relationship to explain human behavior. The mind is separated into three parts: the id, the ego, and the superego.

The id is the part that includes all primal and unconscious desires. The ego is the part that deals with the demands of the real world. The superego is the part that is the last part of the psyche to develop, and it is responsible for managing all of our internalized morals, ideals, and standards.

Behavioral Lens

The behavioral lens attempts to explain how person's environment and how external stimuli eventually lead to observable behaviors. This lens is valuable in identifying how behaviors are learned and reinforced. It can be argued that through this lens it becomes evident that all behaviors are learned over time and through experience, based on positive and negative outcomes.

Cognitive Lens

The cognitive lens attempts to explain the mental processing of information like memory, language, problem-solving, and decision-making. It can be argued that this lens explores how a person's existing knowledge from past experiences leads to further acquiring, processing, storing, and using that information to make subsequent choices.

Biological Lens

The biological lens attempts to explain how biological factors affect the mind, thoughts, and emotions. This lens pays particular attention to a person's genetics, nervous system, and hormones since the idea is that these components are the main contributor to a person's mentality and psychological state, which affects every decision they make.

Cross-Cultural Lens

The cross-cultural lens attempts to understand behavior across various cultures. This lens explores ideas such as how social behaviors differ in individualistic and collectivist cultures. The difference between the two cultures can include how some individualistic cultures experience less effort when in a group compared to collectivist cultures tend to see people working harder while in a group.

Evolutionary Lens

The evolutionary lens attempts to reference the theory of evolution to explain mental processes including ideas like natural selection when explaining human survival and reproduction.

Humanistic Lens

The humanistic lens attempts to explain the idea of free will and how people are motivated by a desire to improve both themselves and the world around them. This lens emphasizes the importance of individuality, an approach that focuses on qualitative information obtained during one-on-one conversations with an individual including their mindset, perspective of themselves and the world around them.

The ability to stop and think is becoming very rare because we are biologically programmed to react first. Changing that approach requires a conscious effort, as the quote goes “Seek first to understand, then to be understood.” By using these lenses to better understand ourselves we begin the process of better understanding others, leading to more fulfilling and meaningful interactions.

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



Top Five Favourite Canadian Early Winter Warm-up Picks

Xine Xu



Living in Canada has never been easy in the winter. Despite my love for skiing, ice fishing and building snowmen, I've always struggled with rhinitis (inflammation of my upper sinuses when the temperature drops). Staying warm is a must in Canadian winters and I've accumulated a wardrobe of essentials for when the temperature dips below 0. I find what's especially challenging about Canadian winters compared to ones I've experienced abroad (Shanghai) is that the outdoors are brutal however indoors the temperature is cozy making it difficult to dress appropriately. Whereas thick, wool sweaters are fantastic in the outdoors you may be disappointed to find that indoors

To help you prepare for the winters, I've compiled a list of my favorite must-haves for winter 2021. Whether you've been living in the frozen tundra for all of your life or you've migrated from warmer climates, this will be a helpful guide to staying warm.

Thermal Tops and Bottoms

Having worn thick wool sweaters for the earlier part of my childhood, I've discovered how pleasant thermal tops and bottoms can be. It keeps you warm without being overwhelmingly warm indoors. You can layer how you like and custom it to your own styles. Some thermal tops have mock necks and turtlenecks as well to help keep you extra warm.

Snow Boots or Shoes

Having a good pair of snow boots or weather-resistant shoes are a must for Canadian winters. If you're living in a milder climate like that of British Columbia, rain boots or insulated rain boots may be more functional. Either way, weather-resistant shoes help you stay dry and comfortable when you're out in the deep negative degrees climate.





Thick Warm Socks

Another way to keep your toes toasty and dry during the cooler months is to sport some thicker ankle length socks. Keeping your feet warm also helps to improve circulation in your lower extremities. If you're spending an extended period of time outdoors from waiting for the bus to walking between different buildings, thicker socks are a great investment that will last you a long time.

Fleece Sweaters

Similar to the thermal tops, these are extremely easy to layer. Opt for one with zip-up to help you get in and out of them easily when in-door temperatures are high. Fleece sweaters are also non-bulky to wear and pack which means travelling in these versatile pieces is simple.

Thermal leggings or long johns

Despite this being one of the most controversial winter clothing pieces in the winter, I still swear by them as they have helped my joints stay warm. A single layer of jeans left my joints and lower extremities aching when going from -30 temperatures in Alberta! Thermal leggings are a thin, skin-tight layer that can be worn under your pants to protect your lower body from the extreme temperatures.



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



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: ServiceScape Scholarship 2021

Sponsored by: ServiceScape

Deadline: November 30, 2021

Potential payout: \$1000 USD

Eligibility restriction: Applicants must be students attending or who will attend an accredited college, university, or trade school in 2021, and must be at least 18 years old.

What's required: An online application form with contact info, along with a 300-word essay on how writing impacts today's world.

Tips: Read the [winning entries from previous years](#) for inspiration.

Where to get info: www.servicescape.com/scholarship



Homemade is Better How to Carve a Pumpkin

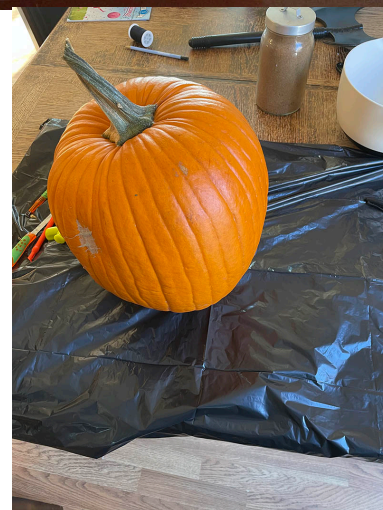
Chef Corey



Now I realize that this article is going up a few days before Halloween and you've probably carved your pumpkin. But next year you can improve. BUT if you've waited to the last minute and you've never done one, its actually very easy. With a few simple instructions you'll be able to carve your pumpkin AND enjoy the seeds inside!

The first step is picking the best pumpkin. You have a few choices. You can make your own by gardening, you can go to a pumpkin patch and pick one or go to your local grocery store. I chose my local grocery store because I know the owners and they are great people, but you can still get great carving pumpkins from most grocery stores, and they are not that expensive! I think we paid \$2.50. A great pumpkin shouldn't have mushy spots, you need it firm to hold the carve. The stem should also be held tight and not move. But warts, discolorations, odd shapes, can all be just fine if you think you can make it fit into your intended carving (bumps and warts can be tough to cut through however, so think about that too.)

We I got hit by the nostalgia bug when looking for pictures of past pumpkins I've carved. I was trying to look for some of the neat carvings I'd done but ended up looking at videos and pictures of my kids when they were just little—as opposed to the eight and twelve year olds they are now. The memories seem so distant. I've been carving unique, or at least what I think is unique, pumpkins for a few years. I've done a pumpkin Death Star, a KCCO pumpkin, and more that I can not remember. For this year's Halloween, I thought I should make my recipe about how to carve a good pumpkin.



Once you have a great pumpkin, you'll need to clean it out. I always make sure that I use a diagonal cut for the top. That way you can still fit the top on it, and it will not fall in. Next, if I am just going to carve it, I use a marker or pencil to plan my design. This is where most carvers need to practice. If you are not artistic its ok, just do your best. This year, my daughters decided that this design should a more traditional one. Once you have your plan done, you dig in and clean out your pumpkin.

If you want to keep the seeds you can. They taste great once you have roasted and seasoned them. This year I smoked mine and added Big Daddy's seasoning to them. You could add different flavorings if you like, such as popcorn flavorings or just fine salt. But once your pumpkin is cleaned out you can start cutting out your design. If you want to get into more intricate work, you will need more special tools. But for most things I have found that you could get away with a decent flat head screwdriver, a drill bit, a paring knife, and a metal spoon.



If you are trying to get just a basic design but your artistic skills need work, then print out the design you want and use a toothpick or pin to outline it on the pumpkin. The trick for carving a simple pumpkin is that when you cut the lid, you angle the knife so the outside cut is bigger than the inside (so that the lid doesn't fall in) but when you're cutting the face, you do the opposite. Angle the knife so that the piece is slightly larger on the inside than the outside. Then you push the pieces inside the pumpkin and scoop them out. That way you don't dim the light by having it go through pumpkin flesh. So, cut out your design and add a candle or LED light; glow sticks also work, but the tradition is candles. If you're having trouble keeping it lit, cut a small notch in the lid toward the back of the pumpkin. The added airflow is often all that's needed.



Happy Halloween, and for a unique recipe I've added a great one for roasting the seeds.

Roasted Pumpkin Seeds

Ingredients

1 tablespoon Big Daddy's seasoning
1 tablespoon oil
1 carving pumpkin's worth of seeds

Directions:

- 1) Clean the pumpkin out but reserve the seeds.
- 2) Pick out the pumpkin gut and separate the seeds.
- 3) Soak the seeds for 15 minutes to 3 hours in cold water.
- 4) Skim them out and strain them.
- 5) Set your oven to 350F.
- 6) Add the oil to the seeds and season them.
- 7) Put the seeds on a parchment lined baking sheet and put them in the oven for 20 minutes.
- 8) Stir them halfway. You are going to roast them until they start to brown.
- 9) Once they are brown and dry you can let them cool, and add any more seasoning you think they need.
- 10) Enjoy!



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

Fly on the Wall

A Pleasure to Have in Class

Jason Sullivan



Around the autumn report card season teachers and students are presented with the mutually doleful task of assessing one another. The former sometimes find themselves faced with parents, overbearing or irate, and the latter with a raw sheet of paper printed with assorted means of demarcating progress and personality. Whenever grades and scales are used we learn to beware of their simplicity. One phrase, a pleasure to have in class, occurs on report cards as a way to check off institutional compliance to remain within the confines of a desk and an ability to maintain impulse control within socialized class discussions.

Even kids who barely said a word would receive this verbiage on their report card. It

was almost as though silence was the most pleasurable thing a kid could do for their adults. Like goldfish, who this *Fly on the Wall* adored during his elementary school years, and who he would often, then unproblematically—although who knows what busy-body would find a place for it on the spectrum now—eat his lunch with. We didn't share the fish tank, however, much youthful existence can *feel* like being in a fishbowl. And then, lunch complete, I'd go outside and play football with my classmates. Go figure.

Consistency between divergent social realms and between academia and discourse is a constant bugaboo for we at AU. Or it can be. After all, hasn't education since the days of Alexandria and Athens been about gathering in togas or suits, Harry Potter wands or cloth knapsacks, and engaging in focused social interactions? And shouldn't that be a pleasurable experience for those eager to learn, to lap up all that the authority figures in their brick-and-mortar cages, er ivory towers (Hold the scissors, Rapunzel!), has to offer? If nowhere else in life, at AU we can focus on learning rather than getting along with others.

As adult students we are past normal college student ages (in many cases) and the winding paths of our individual lives and life choices have deposited us in a very different ontological place than others of our cohort. Our being, the nature of who and what and how we are, is summarized by this term: ontology. And it can divide us from peers simply by the perceived pretentiousness of its usage.

Deploying other terms, with vulgar if not derogatory connotations, we can easily seem unpleasurable to others. Arrogant even. Contrary to what snide co-workers, leering teachers, or society as a whole may wish to say about us, we at AU inhabit a school system that is individual as well as collective. The AU Auroras, my choice for sports team name, will likely never field a literal team in any sport. But Athabasca does have a real logo and great gear to purchase and wear proudly if you check out the website. We're part of something bigger than ourselves even if its literal manifestation is ephemeral. And, recalling the classically gleeful Beach Boys tune, it behooves us to be true to our school to maintain self-respect. Ironically, the song lyrics remind

us that whether a student or a philistine or both, there will always be others who are no pleasure to be around.

“When some loud braggart tries to put me down
And says his school is great
I tell him right away
“Now what's the matter buddy
Ain't you heard of my school
It's number one in the state” (Beach Boys, online).

To be proud of our education is to know that we control how classy we are in class; after all, during distance education we *ARE* the class!

Reference

Beach Boys. (1963). ‘Be True to Your School’. Retrieved from
<https://www.azlyrics.com/lyrics/beachboys/betrue toyourschool.html>

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.



Music Review—Skalloween

Jessica Young



Album: *Skalloween*

Artist: Mento Buru

Latin ska reggae group Mento Buru has released *Skalloween*, a six-song EP of reimagined Halloween music classics, on October 12th, 2021.

Mento Buru is a 7-piece band from Bakersfield, CA that combines an energetic blend of Latin alternative, Jamaican SKA, and reggae sounds. The band consists of Matt Munoz, lead vocals, saxophone; Cesareo Garasa, drums; Caleb Moore, bass; Salvador Galindo, guitar; Jay Smith, keyboards; Paul Perez, saxophone; and Justin Kirk, trombone. Interestingly, the name Mento Buru refers to two forms of early Jamaican folk music styles, which make up the rhythmic foundation of what would become ska and reggae music in the 1960s.

Skalloween consists of six tracks: Goo Goo Muck,

(It's a) Monster's Holiday, Chu Chu Moco, Goo Goo Dub (Dubrobot Mix), (It's a) Monster's Holidub (Dubrobot Mix), and Chu Chu Moco Dub (Dubrobot Mix).

Of “Goo Goo Muck”, lead vocalist Matt Munoz says, “For as long as I can remember, The Cramps “Goo Goo Muck” has been on every Halloween party playlist, and I always just assumed it was their song. One day I was having a conversation with (Bakersfield) saxophonist Richard Gonzales who told me about the origins of the song and that he had also performed as a member of Ronnie Cook's backing band - The Gaylads - during that time. That local connection blew my mind.”

Munoz goes on to talk about “(It’s a) Monster’s Holiday”, written by a fellow Bakersfield sensation.

“People have been breathing down our necks for years to play Buck Owens tunes as we have become as associated with Bakersfield as Buck has, but as much as we love and revere his music, we’re not a country band. I had no idea Buck had written a crazy Halloween tune, and after a first listen, I knew we’d finally found our tribute to Buck and somehow make it work.”

Skalloween is a fun, upbeat album, obviously not meant to be taken too seriously. The instrumentals are clean and professional, and the beat makes you want to get up and dance (who doesn’t love a good saxophone solo?). The first three songs open with the typical Halloween-inspired cackles and spooky noises. “(It’s a) Monster’s Holiday” has a very interesting addition of a slight country twang, that the band was able to merge with their sound surprisingly well. “Chu Chu Moco” is the Spanish translation of “Goo Goo Muck”, but you don’t need to understand Spanish when you’re dancing around the room to this monster groove.

The last three songs are all Dubrobot versions of the first three songs. Unfortunately, I don’t find that these mixes bring very much to the album. They aren’t different enough for me to really consider them remixes, and the heavy autotune and use of echoing borders on cheesy.

Although the last three tracks aren’t my favourite, overall *Skalloween* would be a fun edition to any Halloween party.

Skalloween will be available for streaming anywhere you get your music on October 12th, 2021. Check out Mento Buru on [Linktree](#), [Instagram](#), [Facebook](#), and [Twitter](#).

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

Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Virtually yours. Some students report receiving emails from AU advising that AU's administration will be moving to a "near-virtual model." Hey, if we can do it, you can do it, AU.

Discord

Aurora alert. Breaking news in the #coffee-shop-lounge sends students outside to catch the northern lights on October 11. Photos posted for those who missed it.

reddit

Making it work. A new student wonders if/how it's possible to work full time with a full-time course load. Responses are as diverse as AU's student population—it is possible, but it's not for everyone.

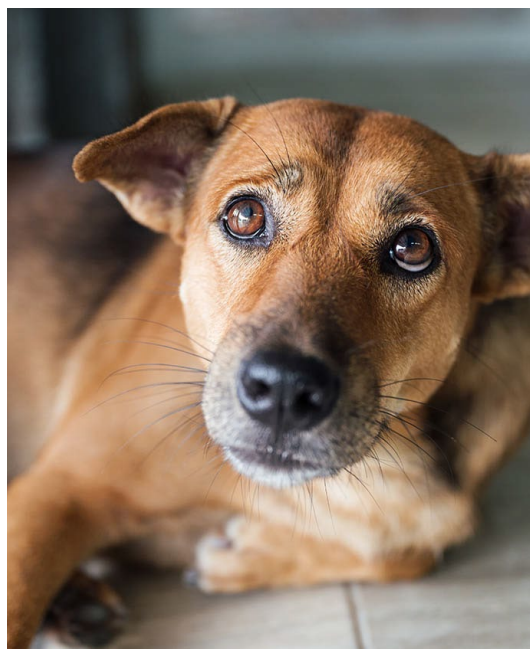
Twitter

[@austudentsunion](#) tweets: "UPDATE! [@AthabascaU](#) students facing food insecurity can apply to AUSU's Virtual Food Assistance Program by entering in a monthly draw for 1 of 5 major grocery chain gift cards. We are also increasing the value of the 5 GCs to \$100 each. <https://bit.ly/2Zsp7R5> #AthabascaU."



Avoding an Aversion Toward a Person

Marie Well



I know a woman who hated both her mother and her own daughter. In fact, anyone can come to develop an aversion toward another human being. It's like going down a dark hole. The further we descend, the harder it is to return to the light.

Similarly, the more we allow even the slightest negative thought about someone to enter our mind, the more that negativity snowballs, dragging us further and further into the pits of darkness. That's why it's important to never allow a moment of resentment to enter our mind. Not even toward those who may have most violated us.

More than that, anyone can learn to love that object of resentment, even when that object shows nothing but hatred in return. Here's how:

The first thing to do is to think of the object-of-aversion's strengths and positive attributes. Make a mental list of his or her positive attributes you've come across, and joyfully reflect on them.

The next thing to do is think of ways you can bring happiness to that person, yet not worry if your efforts are not well received.

Think of what you may have done to cause discontent to the object-of-aversion. Try to correct those behaviors in yourself. This reflection helps us grow.

Recognize that our aversions usually stem from jealousy, insecurity, or feelings of inadequacy. Also recognize that people who treat us adversely experience those same emotions. Either way, view the person with the aversion with compassion and empathy.

Never retaliate, not even in thought. The tit-for-tat strategy is always an unhealthy route. Instead, seek out your inner beauty and give kindness in exchange for wrongs.

Smile sincerely at the object of aversion and use manners. No matter your gender, a high level of manners goes a long way.

Think of all the positive moments with someone. Remember the object-of-aversion for his or her beautiful moments, not the troubling ones. For instance, I wish to remember Elvis Presley at his peak in health, fame, and spirituality, not after he was mired in toxins. I also wish to remember my family members for all their loving moments only.

Never, never allow a moment of hatred to enter our minds. I read that hatred gives a false sense of power. It's a power that self-implodes, taking the bearer of hatred down with all those around him or her. And if starting out in a relationship, beware marrying a partner who harbors hatred toward any other human being. Do not be a person capable of hatred.

Today I saw a quote that said something like "Forgiveness sets us free. Letting go helps us grow." Letting go doesn't mean dropping people from our lives. It means letting go of resentment so we can experience the joy intended for our lives—and so we can better give joy to all the lives we encounter.

And the final step toward loving an object-of-aversion is the most intuitive of all: when someone—anyone—friend or foe—enters our mind, think of them with nothing but love. We can truly drum up love for anyone at anytime, for love is our true essence.





Dear
Barb

Barbara Godin

Cat Times

Dear Barb:

I need help my cat is so needy! My boyfriend and I just adopted a four-month-old kitten and neither of us have had a kitten before, so we did not know what to expect. Basically, I just thought the kitten would lay around the house all day calm and relaxed on his climber, and occasionally snuggle on my lap, but that's definitely not the case. Robbie is constantly on my lap or my boyfriend's lap. When we sit together, Robbie has to be right between us. If I try to work on my computer, he's on my keyboard. He follows both of us around the apartment constantly and meows when he doesn't know where we are. We love him so much, but this is not what we expected. Everyone says he will outgrow it, but what do I do in the meantime. Our life revolves around Robbie. We really don't want to bring him back and reject him again. Do you have any ideas or suggestions that we could try? Thanks, Needy Cat Owner.

Hello Needy:

You have a dilemma that most vintage cat owners are familiar with, but since you have never owned a cat this is all new to you. Maybe you have never heard the saying by Kristen Cast:

"Cats choose us, we don't own them."

The first thing you need to do is find out if its acting like this because it's in need or just demanding, there is a difference. Also, if this behaviour is something new and began suddenly,

it could be a medical issue and require an appointment with your vet. Since you have just adopted this kitten, it may be this behaviour is more "needy" than "demanding." Demanding cats demand to be fed at certain times, they want you to get up when they are up and they meow incessantly until they are picked up. Robbie has just gone through a major trauma of being taken from probably the only home he has ever known, one where he was bonded with other kittens. It will take a few weeks for your kitten to adjust and feel secure in his new home. Another option could be that the kitten is bored and the way to remedy that is to adopt another cat for companionship.

While Robbie is adjusting to his new home, don't coddle him or give in to his constant demands for attention. However, do give him a reasonable amount of attention. Be firm and only reinforce the behaviour you want. When Robbie is doing something you don't want him to, like sitting on your keyboard, or your kitchen table, pick him up and put him down while saying a firm "no." You may have to do this numerous times before kitty realizes he is not getting the response he is craving. When he finally stops jumping up and walks away, give him a treat. It could take several weeks to change unwanted behaviour so be patient. This will be a learning experience for you and your boyfriend. Good luck you will find the rewards are worth it.

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.



Chazz Bravado
Sisterhood of the Male Feminists

Wanda Waterman



SO TODAY AT
 WORK
 THE CHICKY-POOS
 PROCLAIM THE
 BOSS
 AN "HONORARY
 SISTER".



WHY, YOU ASK?
 BECAUSE
 HE DRAFTED
 A ZERO
 TOLERANCE
 FOR SEXUAL
 HARASSMENT
 POLICY.



SO I SAYS, "HEY,
 WHY HAVEN'T
 YOU CHICKY-POOS
 MADE
 THE CHAZZ MAN
 AN HONORARY
 SISTER?"
 AND ONE OF 'EM
 SAYS—



"OH, I DON'T
 KNOW--
 MAYBE BECAUSE
 YOU CALL US
 CHICKY-POOS
 AND SEXUALLY
 HARASS US?"



"HARASS IS
 SUCH A HARSH
 WORD,"
 I TELL HER.
 "THINK OF IT
 AS
 'APPRECIATIVE
 ATTENTION!'"



I'M STILL NOT
 AN HONORARY
 SISTER.



Our fall annual [Awards and Bursaries](#) have doubled!! This means **twice the awards** available in the following categories:

| | |
|------------------------------------------|------------------|
| Academic Achievement | \$1,000 ea. (6) |
| AUSU Bursaries | \$1,000 ea. (10) |
| Balanced Student Awards | \$1,000 ea. (8) |
| #lgo2AU Award | \$1,000 ea. (4) |
| New Student Bursaries | \$500 ea. (8) |
| Returning Student Awards | \$1,000 ea. (8) |
| Student Volunteer Awards | \$1,000 ea. (6) |

Accessible to all AUSU members currently taking AU undergraduate courses, qualified students - [apply now!](#)



Based on the early success of our piloted [Virtual Food Assistance Program](#), AUSU is proud to announce that we are increasing support for our AU student members. The value of the 5 gift cards awarded by monthly draw will be **increased to \$100 CAD each**. We are also **doubling the number of cards** from 5 to 10 during one month per quarter when students may need greater assistance around holidays.

[Learn more here](#) about AUSU's Virtual Food Assistance Program or click below to apply.

[Apply Now](#)



From October 25-29, AUSU celebrates October Pride Week! Don't miss the Facebook Live [keynote address on October 25](#) by award winning Two-Spirit, Oji-nêhiyaw author [Joshua Whitehead](#) (he/him).

Also, RSVP for our Pride Edition of [AUSUnights](#) and listen to AUSU Open Mic Podcast [Episode 50: Let's go! It's Pride in October!](#)



AUSU values your opinions! Between Nov 1-22, tell us how we can best serve our student members to support your positive experience while studying at AU. Our 2021 AUSU Annual Survey should take no more than 4 - 5 minutes to do and all your answers will be completely confidential. The best part? We are giving away over \$2000 in prizes to members who take our survey.

We look forward to your feedback! If you have any questions about the upcoming survey, please contact services@ausu.org.

CLASSIFIEDS

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

THE VOICE

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

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

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

www.voicemagazine.org

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

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

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

© 2021 by *The Voice Magazine*

ISSN 2561-3634