



THE VOICE

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Minds We Meet

Interviewing Students Like You

Cryptocurrency

The Commercial Downfall

S.O.S! It's Physical

Not just Personal



Plus:

Six Ways to Warm Up

*How to Not Care What People Think
and much more!*

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LETTERS TO THE EDITOR

Hey! Did you know the Voice Magazine has a Facebook page?

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

Editorial

Getting to Know You

Karl Low



AUSU is in the last week of its annual student survey. They do this every year to see what services students like and don't like, and try to get a better idea of what common priorities are held by as many AU students as possible. If you haven't filled it out and you are a current AUSU member, you should take the few minutes to do so. Not just because you have a decent chance of winning some gift cards to Amazon, a local grocery store, or to get your ProctorU fee covered when it's time for your exam (and with 20 prizes available and the number of surveys they typically get, your odds of getting something are way better than pretty much any other free contest you might find), but also because they really do need the input. Developing new programs is always a risk, as Council found when they recently decided to cancel their Vmock service that was supposed to provide you with resume and career assistance. There just weren't enough people who were interested in the service to justify the costs. With your input, perhaps the next program they establish won't meet the same fate.

Also, by filling out the survey, you, who are obviously a Voice Reader get a chance to tell them that you're one of the students who uses this, whether for procrastination, entertainment, or maybe you've taken advantage of some of our specific content, and applied for a scholarship you didn't know about before, used a Voice recipe to decide what to make for supper, or just dug back through the archives to see what students were thinking about over 20 years ago. (Honestly, it hasn't changed much, which is interesting in and of itself.)

So go, spend a few minutes of your time to help them figure out what would best help you, and maybe put in a plug for the magazine while you're there. Worst case scenario, it was something else to procrastinate on. Best case scenario, you can now afford that hardcopy text you've been hoping to get and find out a few months later that AUSU has set up something that is exactly what you need.

Meanwhile, this issue brings us a Minds We Meet with our own music reviewer and writer Jessica Young. Find out what she's doing when she's not listening to new music, and get some study tips from someone who made it all the way through to her degree.

We've also got a new article from Elisa Neven-Pugh, who is reacting to her government's recent cut of support for people with disabilities. She makes some heart-wrenching calculations and is looking for you to add your voice in a call to dignity.

Plus, if you've been watching the news, you may have seen some stories about the fall of cryptocurrency values and companies, and Alek Golijanin has some theories about just why that might have happened.

Plus, of course we've got recipes, advice, scholarships, easy ideas to keep the chill of winter outside where it belongs, and some thoughtful stuff to keep you thinking.

Enjoy the read!

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

MINDS

WE

MEET



The Voice Magazine recently had a chance to chat with Jessica Young (she/her), a recent Human Resources and Labour Relations graduate currently residing in Calgary. Jessica stated, “In the spirit of reconciliation, I acknowledge that I live, work, and play on the traditional territories of the Blackfoot Confederacy (Siksika, Kainai, Piikani), the Tsuut’ina, the Îyâxe Nakoda Nations, the Métis Nation (Region 3), and all people who make their homes in the Treaty 7 region of Southern Alberta.”

Although Jessica graduated from AU in 2021, she is currently enrolled in “a few psychology classes to meet the requirements for AU’s Master of Counselling program.”

Jessica let *The Voice Magazine* know, “I’m 28 years old. Mom of two amazing kids. I grew up in small town Ontario, but when I was 17, I hopped on a Greyhound bus to Calgary, Alberta and never looked back. I love this city and I love that my kids get to grow up here. I’ve also been writing for *The Voice* for a little over a year now.” (Check out [Jessica’s work!](#))

The Voice Magazine also asked Jessica about her study tips, and she had some great ones for fellow students. “For me, consistency is the key to effective studying. Every night, right after I put my kids to bed, I set myself up at the kitchen table and study for 1 hour. Sometimes I get ‘in the zone’ and keep working past that hour. Every now and then I walk away from that hour feeling like I got nothing done—but I show up every night. On the flip side, I also take a night off once a week to recharge. I think that’s super important too.”

As for advice for new students? “Hold yourself accountable and don’t let things pile up. It’s so easy to brush off studying when you’re in charge of your own schedule, but I promise it’s not worth it! Don’t be fooled into thinking that because AU is online, the courses will be easy. Expect to work hard.”

When she is not studying, Jessica enjoys spending time with her children, stating, “They are such awesome little people, and they bring me so much joy. Other than that, I love to read, write, kayak, and explore my beautiful city.” She also credits her children for being the greatest influence on her desire to learn. “Everything I do is for them.”

When asked which book has had the greatest impact on her life, Jessica had “way too many to name them all!” However, she mentioned, “The first two that come to mind are *A Man Called Ove* by Fredrik Backman and *All the Quiet Places* by Brian Thomas Isaac. Both are the kind of books that you need to take a few days to recover from after finishing. *A Man Called Ove* is beautiful and heartbreaking—I laughed out loud and ugly-cried multiple times throughout the book. *All The Quiet Places* is raw and painful, and the ending left me absolutely shattered. I highly recommend both!”

Her experience with online learning has been positive so far. She stated, "My experience with online learning has been great, and I am so grateful that I live in a time where this exists. Getting my degree as a single mom with two kids simply would not have been possible without AU. Some people might have a hard time with the lack of social interaction involved in online learning, but not me. I'm an introvert!"

Jessica's most memorable course has been LBST415: Sex Work and Sex Workers. "It was so different than any other course I had taken, and all sides of this highly controversial topic were presented equally. The course really allowed me to develop an informed opinion on a subject I had never given much thought to before. You get to hear perspectives of real sex workers and learn about how legislation in Canada impacts women, 'Johns,' and the community in general."

As for communication with her course tutors? "All of the course tutors I've dealt with have been wonderful with communication. Of course, some are better than others, but I've never had a negative experience with a tutor. I've always felt supported and confident that I've been given the tools I need for success," she stated.

When *The Voice Magazine* asked Jessica which famous person, past or present, she would like to have lunch with and why, she chose "Jennette McCurdy (you know, the actress who played Sam Puckett on *iCarly/Sam and Cat*)." She continued, "I never watched her shows, but I just finished her memoir, *I'm Glad My Mom Died* and it was so powerful. I think we would have a lot to talk about."

As for her most valuable lesson learned in life? "Assume that other people are doing the best they can. I read that in Brene Brown's book, *Rising Strong* a few years ago and it's stuck with me ever since. I find this perspective helps me to give others grace, refrain from judging, and feel less frustrated by things I can't change." Best of luck Jessica!

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

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



Unearthing classic articles from previous issues of The Voice Magazine

Last weekend's bomb blast in Istanbul prompted us to delve into the archives to see what our Voices past have written about Turkey.

East goes west. Jason Sullivan describes the massive overhaul to Turkey's education system in the 1920s. "Women in particular benefited from Atatürk's education reforms. Under the Islamist caliphate, girls had received little or no instruction in reading and writing, instead being prepared for domestic labour. Atatürk famously declared that 'everything we see on Earth is the product of women' and stated that 'there was no logical explanation for the political disenfranchisement of women.'" Eras in Education – Instant Modernization: Atatürk's Grand Vision for Turkey, September 25, 2009.

Art in death. Wanda Waterman reviews the 2011 movie *Once Upon a Time in Anatolia*, a crime drama filmed in the Turkish steppes. "As they drive into the night of a bleak Turkish countryside, they become increasingly frustrated with the murderer's failure to identify the spot where he buried the unfortunate victim." Gregor's Bed – Once Upon a Time in Anatolia, October 19, 2012.

The Commercial Downfall of Cryptocurrency

Alek Golijanin



On January 3rd, 2009, something known as Bitcoin came to be. Back then, nobody outside of the gaming or pc community knew what this weird digital coin was, nor could they wrap their head around how it worked. If you wanted to get your hands on some Bitcoin you could buy it through this service called Coinpal, not to be confused with today's crypto exchange, which processed its payments for Bitcoin through PayPal. However, something between the two businesses went south because PayPal ended up terminating their partnership agreement, but it only temporarily impacted the internet community's ability to get their hands on Bitcoin because other exchanges popped up. These exchanges made sure to mask their transactions so that they could avoid any appearance of questionable financial activity since it appeared that Bitcoin was being used for nefarious purposes.

A Trip Down Memory Lane

My first introduction to Bitcoin was in December of 2008, one month before it launched. I remember that day very vividly. I was in grade 12, it was the last class of the day, global economics, and our teacher was Mr. D. It was Seb who introduced me to Bitcoin, my global economics classmate, who I had also attended summer camps with at Canterbury Community Centre while we were both in elementary school. I got the gist of what Seb was saying and after looking over some discussion boards, I knew that there was something to it. The way people gamed online was changing. Both Microsoft and Sony gaming consoles had their own "digital currencies" that you could buy to top up your gaming account, and it seemed like Bitcoin could serve as the universal digital currency for all things gaming.

The funniest part of this story is that I remember Mr. D telling us his story about how when he was entering university, he had realized that some commodities were significantly undervalued like silver and cooper. So, Mr. D went to his teachers and told them about this "discovery", but they disregarded what he was saying. Now that type of student-teacher interaction might discourage most students, but Mr. D was different. Instead, Mr. D took whatever money he had saved and most of his school grants and he invested in those commodities, and Mr. D ended up winning big. If I recall correctly, some years later, Mr. D's teachers would talk to him about his "discovery" and how they had disregarded his findings due to him being a student. This is also where irony strikes, because I clearly recall Seb trying to explain Bitcoin to Mr. D, but Mr. D was adamant that there was no place for non-tangible digital assets.

And, out of the 30-something class of students, only Seb and I went on to dabble with Bitcoin and other digital assets. If I were to see Mr. D and Seb, and if we took a trip down memory lane, it sure would be fun to hear what Mr. D would say now. I assume it would be something along the lines of how history repeats.

The Hills Have Eyes

One of the biggest “selling features” of Bitcoin was this idea that it was decentralized, free from governmental influences, and completely anonymous. That may have been somewhat true during the infancy stage of Bitcoin and cryptocurrency, but it is no longer the case. While Bitcoin and other cryptocurrencies may have originally been seen as decentralized, with their prices were largely determined by micro-level supply and demand, big money positions can now be made to short or long cryptocurrencies, thus putting an end to the rocket spike that could have seen Bitcoin reach over \$100,000 USD. Although it may not be possible to officially regulate Bitcoin, allowing big money to short cryptocurrencies essentially limits their rise. The idea that it was a strength that Bitcoin and other cryptocurrencies were free from governmental influences is now laughable. The threat of legislation around taking positions on cryptocurrencies combined with the fact that none of them are backed by any sort of reserve currency is why cryptocurrencies are more volatile than ever before. However, what really made Bitcoin “cool” among users was that there was a cloak of anonymity behind it, and the majority of the world probably still believes this ridiculous claim. Even though it’s one of the most trackable currencies that exists.

The reason that the cryptocurrency transactions can be tracked has to do with the fact that every crypto wallet has a publicly identifiable code and every transaction that occurs within a crypto wallet is available for the world to see, albeit without any immediately identifiable characteristics. This isn’t just a choice, this is fundamental to the design of it, and how those who use it can know they aren’t getting counterfeit coins. Regardless, by combining an algorithm that collects and tracks crypto wallet activity and links it to known access points, the places where people turn their digital currency into cash that buys them things, it makes it possible to track and filter through every single transaction that takes place. And, when you consider that the world’s banking system runs on SWIFT, which has its own anti-crime systems in place to combat financial crimes, it is easy to see how national and international police forces are able to pants cybercriminals when they try to offload money from their crypto wallet to their bank.

Decentralized Finance

Recently, a cryptocurrency trading exchange, FTX Trading, filed for bankruptcy. It blows my mind that all it took for a multi-billion-dollar cryptocurrency exchange to go insolvent for people to stop romanticizing this idea of decentralized finance (DeFi). The main difference between nationalized banks and these cryptocurrency exchanges that tend to be backed by shadier financiers is that your money is insured in a Canadian bank and there are protections in place if your money gets stolen. However, FTX’s crash is only slightly different from Quadriga’s crash back in 2018, and the fallout from Quadriga reads like a true crime story.

There is a fantastic CBC documentary that covers the Quadriga saga, how it was financed by shady figures and how the founder ended up dying overseas, at a fancy hotel. By the end of the documentary, viewers find out that policing agencies are still investigating the death of Quadriga’s founder, Gerald Cotten, who died from complications from Crohn’s disease while in India, but many of Quadriga’s investors who lost their money refused to believe that he was dead. Rumours were rife that he had faked his death and disappeared with over a hundred million dollars of their actual money. But the death of Quadriga’s founder is not that farfetched when you consider the sketchy backgrounds of some of the founders and large financiers, who would have been quite unhappy had they learned of what investigations now tell us, that Mr. Cotten was using their funds for his own personal gain illicitly, and who could have easily arranged for a hit on him after hosting him in a exclusive hotel in a country known for widespread corruption and bribery.

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



S.O.S! It's Physical, Not Just Personal

People are dying!

Elisa Neven -Pugh



On November 13th, it was confirmed that if I lived on my own, without the love and support my family, I would be well below poverty and potentially having to weigh the pros and cons of living in poverty or using government assistance in dying to end suffering (Human Concern International, 2022).

Unbeknownst to me there was a \$333 cut to my government support check. Currently I receive \$1255. If I was not living in a loving family situation, I would be in survival mode. There would be barely enough to pay rent in a supportive living residence, a quick search finding the lowest one would cost over \$800 a month. There's no money for social life. There's no money for intellectual pursuits or hobbies. Now, for me, this is just imaginary. Unfortunately, I cannot say the same for everyone living with a disability.

It's not right.

People with disabilities have a right to live. We deserve dignity and respect, not out of a sense of entitlement but because we are human too. While I understand that the programs that give a right to die can be beneficial for those who have terminal illness. Social invisibility should not be made into one.

I suppose my anger comes from years of pop culture and personal interactions telling me that my life isn't worth living. But enough is enough. People are dying! Not just emotionally, or spiritually, but physically.

At the risk of sounding dramatic. In one of my first articles, I mentioned how my one of my friends once told me that we were moving the basement and cheese and crackers and that's all we get being disabled. That conversation haunts me. It follows me everywhere. Whispering, begging, late into the night.

Help them! Help them.

Even if it puts me in darkness for the rest of my life emotionally, like Mother Teresa in her work with the most destitute individuals (Naglieri, 2022), that is what I must do.

This is bigger than me. I come to you on my knees please help us.

There is hope though, a group called Disability Without Poverty is fighting to get Bill C 22 into government policy. This legislation promises to give working age Canadians a living wage if they have a disability, on top of existing provincial programs. So that we might actually live to full potential—instead of just trying to survive.

We need your help to push this bill through. To find out how, please visit their website at disabilitywithoutpoverty.ca. Please help us give people with disabilities a living wage.

Reference

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Fly on the Wall

Jason Sullivan

Throwing a Wit Wrench Into the Machine of Orhtodoxy



Social chemistry is hard to quantify. Sure, ethnomethodologists with names like Harold Garfinkel have given social explication the old college try using conversation analysis. But for every *hmm* and *ih'f* and *umm* studiously recorded and analyzed for academic posterity there's rhythms, rhymes, seasons, and reasons that defy the gravity of scientific inquiry. Much of life remains a mystery no matter how we research it, but that doesn't mean our AU education can't aid us in everyday interactions.

There's mysterious forces at work when we come up with new thesis statements for our coursework, or when we interact socially with new people. Social interaction's a bit like alchemy, that medieval trade where elements magically mix to

become gold. Happy nuggets nowadays might be an apt term to describe positive friction when two new people meet and get along. Mapping such interaction is difficult, to say the least. Whereas Dimitri Mendeleev created a noble scientific table of natural elements and noble gases, the ingredients for that noblest vocation, being in love, remain as incalculable and elusive as ever. Science and learning have their limits, as does the desire to really know some things once and for all. Even if, say, a love algorithm was invented, what fun would that be? Or what fun would education be if computers had picked our careers for us way back in elementary school? Maybe it's a flawed viewpoint to think of learning as an acquisition of answers instead of as a lifelong evolution in how we see the world and others.

The desire for predictability and repeatability and consistency isn't only part and parcel to science, it's also key to the industrial revolution that we, to this day, carry culturally with us in the form of our smartphones, jobs, and lifestyle. Karl Marx stated that, whereas the ruling class depends on certain assumptions not being shaken up, these same assumptions lead the working class to a life of robotic toil far beneath their capacities to live in joyous freedom: "Just as, to the bourgeois, the disappearance of class property is the disappearance of production itself, so the disappearance of class culture is to him identical with the disappearance of all culture. That culture, the loss of which he laments is, for the enormous majority, a mere training to act as a machine." (Marx, p. 238 & online). One senses that the idea of love fits closer to the political idea of a culture based on interaction, not on production, than one might normally suppose. And connection between our self and our studies that brings out new and exciting epiphanies too.

Life may have a musical soundtrack, but poetry in motion is generally secondary to more mundane day to day economic and interpersonal realities. Maybe a science of love and, for our purposes, enjoyable learning at AU would have to consciously bypass norms and conventions of rational knowledge. We are not machines or computer programs, after all.

Sometimes a wrench in the machine of mundane reality is a great idea. Just as the whimsical adoration for a newfound AU course can be transformative in our lives, so too can random human interactions often yield wondrous fruit. A study of the nature of wit, that ability to make others laugh and to share in unique and jovial insights, found that "uncensored access to associations, conscious and unconscious, is essential to wit" (Livni, online). To wit, to woo, indeed! Creative

and critical thinking is, in many ways, about thinking new thoughts about old ideas. Our tutors certainly appreciate new takes on the same old syllabii; in this sense the nature of wit rhymes with the nature of being better students. Education is about so much more than just repeating what we've learned, like an automaton wearing graduation garb. So next time you feel like you're in harness as a student, remember to inject some whimsical wit into your essays!

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



How to Truly “Not Care” What Other People Think

Marie Well



When I went through a trying time in the math department, my brother said, "Don't care what other people think." He said it because he cared about me. But I needed to learn how to operationalize it. I didn't want to grow colder, which seemed to be a byproduct of not caring.

But after some reflection, I think I know what "not caring" truly means.

"Not caring" means not noticing anyone's flaws or negativities. Moreover, it means embracing others' inner beauty, no matter what they may do. Finally, it means loving others unconditionally, letting go of our ego, and embracing humility. In other words, it means selflessly growing from experience.

It also means growing closer to infinite love, embracing only positive, loving, and joyful emotions. That all involves constantly refuting any thought that doesn't generate love for every living soul, including the spiders and mosquitos, who also possess souls of infinite love.

I saw one near-death experience story that said every act of unkindness filters down to at least two hundred other

people. But the opposite is true, too: the kindness we give others filters up to at least two hundred people, but in a beautiful, miraculous way.

"Hear no evil, see no evil, speak no evil." That's excellent advice. It means "not to care what others think," but with a sincere and caring agenda. This Japanese saying goes to the heart of loving unconditionally. It encourages us to overlook flaws or insults from others and speak only positive, uplifting words. It's missing one component: think no evil, but I think that's implied. After all, everything that occurs is a learning ground for us to arrive at a place of higher love.

And here's another reason why it's crucial not to react to offenses with anything but love:

In Sikhism, they believe there exist infinite dimensions to the afterlife. So, in other words, there are increasingly better levels of heaven and worse levels of hell. I like to consider this Earth realm as somewhere in the middle. So, if a loved one demonstrates flaws, it is crucial to overlook them. That's because if that loved one was in the hell realm, the flaws revealed might be magnified a million-fold. But does that mean I stop loving them? No, it's critical to overlook the flaws in this realm so that it's easier to ignore any ghastly flaws should we meet in lower realms.

And then, I consider it critical to overlook everyone's flaws (except my own). That way, it's easier to love everyone. If we encountered flawed souls (and everyone is flawed!) in the highest heaven, they'd be so easy to love. I yearn to give everyone in every realm that natural flow of love. (So, here's a joyous shout-out to Sikhism for its beautiful perspective on infinite dimensions.)

So, if people make you feel bad, don't simply "not care" or "ignore" it. Instead, go extremely positive with it. Find deep empathy. Pour on incredible love. And see how you can become a better person from it. You'll instantly grow more beautiful by finding ways to love despite slights or negativity.

That's the way to "not care what others think." It's to overlook slights and flaws while embracing the sheer beauty of every soul. By doing that, at least two hundred people might feel your joy. And bringing others joy makes you more beautiful, for you are made of genuine love.



Student Sizzle — AU's Hot Social Media Topics

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

AthaU Facebook Group

Calgary study group. A call-out for students in or near NW Calgary to begin meeting for socializing, support, and accountability attracts some enthusiastic responses.

Discord

You've got mail! (Maybe.) Discussion in the #general channel mostly revolves around how to access student email after the upgrade. Some students are forgetting about the "u" tacked on to the end of "athabasca" in the email address; others are experiencing different barriers to logging in.

reddit

MAIS tracks. A student about to enrol in MAIS asks for insight into Cultural Studies vs the Independent Track; lots of great feedback follows.

Twitter

@austudentsunion tweets: "AUSU will be doubling the number of \$100 gift cards awarded through the Virtual Food Assistance Program for the month of November from five to ten. Students are eligible to be awarded this voucher once per calendar year. For more info, visit our website <https://ausu.org/services/food>."



Six Ways to Warm Up Quickly This Winter

Xine Wang



A warm bowl of veggie soup helps increase core temperature when you come from the outdoors

Winter is upon us, and many parts of Canada are now fully cloaked in snow. As someone who has a higher metabolism but a low body temperature, I'm always cold! Even in the fall, I would have my thickest sweaters and turn the heat to above 20 degrees. Now that the temperature outside has been dipping to subzero, I have been looking for ways to stay warm indoors. If your energy bills have hit all time high, it might be worthwhile to find other ways to stay warm this winter. Here are some tips that help me warm up when coming indoors from the cold.

Hot Showers and Baths

This are my favorite things to do when I come home from the cold. Generally speaking, my hands are clammy and my feet are frozen when I come in. But when I take a hot bath or shower, I instantly warm up and the circulation in my body returns to normal. If you're looking for a fast way to stay warm, take a hot bath immediately when you get home and you will be feeling warm before you could turn your thermostat up.

Drink Warm Soup

I love making my favorite butternut squash soup or any kind of soupy noodles or stew in the winter. Drinking warm tea even can help warm up your hands and whole body. Some of the easy and quick soups I make include chicken noodle soup, laksa noodle soup and Italian wedding soup. Drinking warm fluids and food also increase metabolism which causes your body to burn calories creating heat.

Get a Heated Blanket

This is something that I was eying for years. It initially was a popular buy for many work-from-home employees and even gaming hobbyists. When you're sedentary for a long period of time, a heated blanket will warm you up quick and easy. It's a great investment and can be purchased online or at a Walmart.

Layer Up

If you're working from home or just relaxing at home, it may be worthwhile to layer up on the shirts. There's no shame in wearing a few layers at home or having thick fluffy socks to keep your toes warm. I love wearing teddy jackets and fleece leggings at home in the winter.

Exercise Indoors

After sedentary activities, such as watching Netflix or browsing the web, I often like to do a quick 10-20 minute workout to speed up my heart rate and increase my core temperature. While there is some





resistance initially to change to my workout clothes, the aftermath of the workout is truly rewarding both from a mental and a physical perspective.

Cook or Bake

If you're cold, cooking or even baking can help you warm up quickly. This works in two ways. Firstly you are near a heat source such as the stovetop or oven, and secondly when you're eating the sizzling food you made, it warms you up as well.

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

Baking to stay warm is one of my favorite winter pastimes



Beyond Literary Landscapes Political Science

Natalia Iwanek



From my early beginnings as a young introvert, the public library has always been a bit of a refuge. Years later, not much has changed, albeit with an additional affinity for endless hours spent scouring second-hand bookstores to add to my ever-growing "to-read" pile.

From one bookworm to another, this column underscores and outlines various literary genres, authors, and recent reads and serves as an introduction for those unfamiliar with these works, as a refresher for long-time aficionados, and maybe as an inspiration for readers to share their own suggested topics. Do you have a topic that you would like covered in this column? Feel free to [contact me](#) for an interview and a feature in an upcoming column.

Who

This week's column focuses on an introduction to major authors in the genre of Political Science.

A wide and diverse academic field, Political Science often overlaps with other faculties, such as Economics, Political

Economy, International Relations, and History.

For those new to this discipline, Political Philosophy, or Political Theory, can be a foundation upon which to build additional knowledge. In particular, Political Philosophy is a "branch of philosophy that is concerned, at the most abstract level, with the concepts and arguments involved in political opinion."

Some examples of well-known authors who have written in the Political Science and Political Philosophy genre include Plato, Niccolò Machiavelli, Thomas Hobbes, and Karl Marx.

Other notable authors include Jean-Jacques Rousseau, John Locke, and Vladimir Illych Lenin.

What

Some examples of Political Science and Political Philosophy texts include *The Republic* by Plato, *The Prince* by Niccolò Machiavelli, *The Communist Manifesto* by Karl Marx and Friedrich Engels, and *Leviathan* by Thomas Hobbes.

Other notable works include *The Social Contract* by Jean-Jacques Rousseau, *Two Treatises of Government* by John Locke, and *What is to Be Done?* by Vladimir Illych Lenin.

Where

These works take place in Ancient Greece, the United Kingdom, the United States, Italy, Germany, and the former Soviet Union.

When

These works are set from ancient times to the 17, 18, 19, and 20-centuries.

Why

These Political Science texts may be of interest to AU students who would like to gain a background in the different Political Philosophies that have greatly influenced Western development and history, as well as gain a deeper understanding of current political systems.

How

AU's wide range of diverse courses make it easy to study this topic in depth. Courses related to Political Science are available in a variety of disciplines, including one's that may fit into your Degree Works. (Always check with an AU counsellor to see if these particular courses fulfill your personal graduation requirements!)

AU students interested in learning more about this topic may enroll in [POLI 355](#): Political Philosophy: Plato to Machiavelli, a senior-level, three-credit course, which "provides an overview of classical political thinking about the best life for humankind and the best ways to live together as a community in which members share similar aspirations." (No prerequisites are required for this course.)

Students may also be interested in [POLI 357](#): Political Philosophy: Hobbes to Human Rights, a senior-level, three-credit course, which "introduces early modern and modern political philosophy." (This course also does not require prerequisites.) Happy reading!

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

AU-thentic Events Upcoming AU Related Events

Library Chat

Tues, Nov 22, 10:30 am to 2:30 pm MST
Online

Hosted by AU Library

www.athabasca.ca/library/index.html

No pre-registration needed; access through the chat box on the [home page](#).

Library Chat

Wed, Nov 23, 10:30 am to 2:30 pm MST
Online

Hosted by AU Library

www.athabasca.ca/library/index.html

No pre-registration needed; access through the chat box on the [home page](#).

Faculty of Business Undergrad Program

Orientation for New Students

Wed, Nov 23, 12:00 to 1:00 pm MST

Online

Hosted by AU Faculty of Business

news.athabasca.ca/events/faculty-of-business-undergraduate-program-orientation-for-new-students-20221123/

RSVP through above link.

Library Chat

Thur, Nov 24, 10:30 am to 2:30 pm MST
Online

Hosted by AU Library

www.athabasca.ca/library/index.html

No pre-registration needed; access through the chat box on the [home page](#).

Doctorate in Business Administration (DBA) Info Session

Thur, Nov 24, 3:00 to 4:00 pm MST

Online

Hosted by AU Faculty of Business

news.athabasca.ca/events/doctorate-in-business-administration-dba-information-session-20221124/

RSVP through above link.

Writing about Ukraine: An evening with Writer in Residence Myrna Kostash

Thur, Nov 24, 7:00 to 8:30 pm MST

St Albert Public Library, Forsyth Hall, 5 St Anne St, St Albert AB

In-person and online

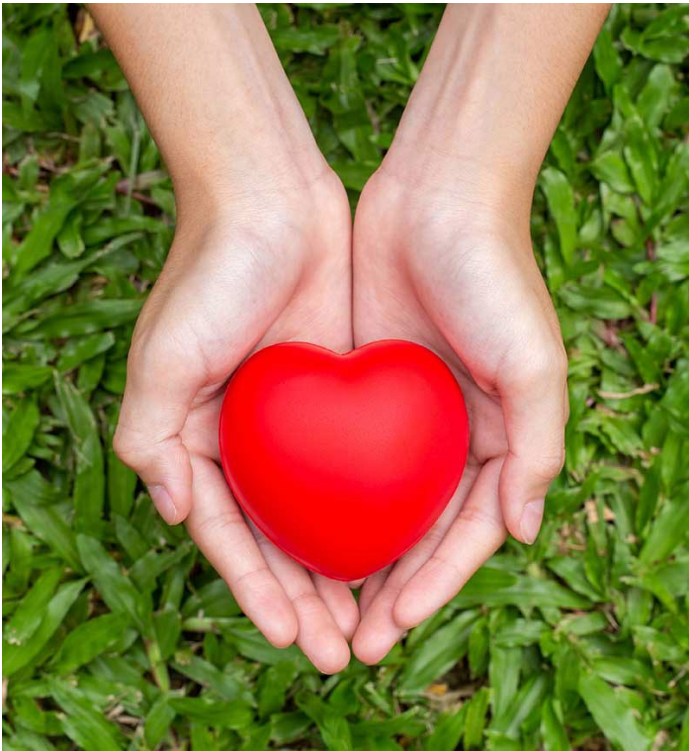
Hosted by AU Faculty of Humanities and Social Sciences, and St Albert Public Library

news.athabasca.ca/events/writing-about-ukraine-an-evening-with-writer-in-residence-myrna-kostash/

Register through above link; limited seating for the in-person event.

Traits of Highly Empathic People

Marie Well



I have a childhood friend who is a beautiful empath. Everyone, especially you, has many delightful gifts, some of them yet to be discovered. My childhood friend's gift of empathy translated into her brilliant leadership style. Her style involves knowing what matters to her staff so that she can provide support, love, and encouragement.

If we walked in everyone else's shoes, we'd only feel love and compassion for those souls, as we are all trying to do our best with what we know. But, in my view, our end destination is eventually pure love (God). From that sense, every person is a gift to this world. We all experience love, pain, heartache, triumphs, struggles, and joy. We all are deeply flawed yet incredibly gifted. And we all have infinite potential, no matter our present circumstances. Empathy helps us not just identify with others but also allows us to enjoy them more fully.

If you, like me, would love to adopt greater empathy, this article is our opportunity. With that said, here are various traits and behaviors of deeply empathic people. The introductory quotation with bold font are from The Positive Trait Thesaurus.

"Experiencing another's emotion as if it was one's own." Never judging another's emotions is a strength. Moreover, any heightened sensory ability is a gift. I cannot read emotions, partly because my vision is poor. But if I took on others' emotions, I would want to convert those emotions, good or bad, into feelings of love. Doing so would make me feel less overwhelmed by emotions if I were an empath.

"Being genuine; showing an interest in others." A loved one of mine is genuinely and affectionately curious about other people. If heaven hosts books of every soul's journey, updated in real-time, I'd bet my loved one would end up the custodian of those books. I'd love to read the book that hosts your life story, read with nothing but feelings of love, compassion, and joy. Everybody's story is profoundly beautiful, even during their darker moments. And empathy means we see every soul as a being on an infinitely beautiful journey.

"Finding it difficult to put one's needs first." In other words, empaths tend to be selfless. Selflessness is the cornerstone of happy relationships. For example, I recently gave up an online shopping addiction and instead spent gifts on loved ones. If I had continued down the online shopping addiction path, I would have missed out on giving a two-year-old relative a mini drum and piano gift for his birthday. My niece took a video of the little guy squealing in delight as he banged on his drums. I almost missed out on that opportunity! So, I applaud the empath's tendency toward selflessness. Selflessness, to me, is an ideal. It benefits so many others. We all can tap into our most selfless state. And the rewards of doing so are profoundly eternal.

"Wanting to help others or fix their problems." I learned a valuable lesson from The Marriage Foundation (which is unaccredited by the psychological community but leads to better results, from my experience). Namely, we should support and "be there" for people but not give

unsolicited advice. That's because others may need to learn how to operationalize that advice. Or they may not be willing to change, and we can only truly change ourselves, not others. Or their optimal life path may have detours that we may not recognize as beneficial but genuinely are. Nevertheless, wanting to help others and fix their problems is a beautiful intention.

Those are a few of the beautiful traits of highly empathic people. If you could meet my extroverted, empathic childhood friend, you'd see she bears a lovely smile for everyone. And if she and I could flip the pages of your life story, it would be a delight. With that said, are you empathic, or would you like to cultivate more empathy? Whatever you choose, everyone's story, especially yours, is worthy of celebrating!



Homemade is Better Lobster Roll

Chef Corey



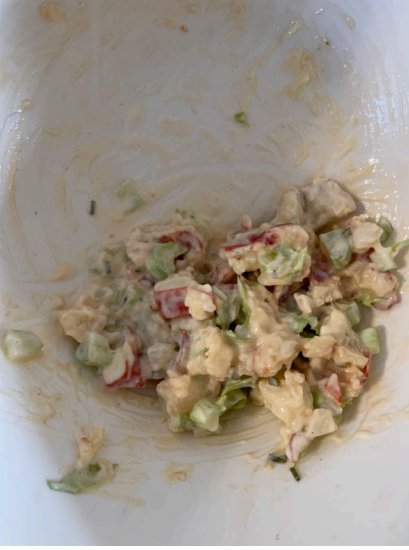
My wife and I celebrated our 18th anniversary and ordered lobster for surf and turf. Don't worry; your invitation probably got lost in the mail. Sorry about that. When you have a meal like lobster and steak, there aren't usually going to be leftovers, but I was lucky enough to have children that don't wholly appreciate lobster yet. They ate a good share, but there were leftovers. So, what do you do with leftover lobster? I decided I'd make a dish from my youth, Lobster rolls.

I grew up in different provinces across the amazing country of Canada. I was born in Ontario, and we lived in New Brunswick and Alberta growing up. I spent a short time living in a small town near Abbotsford, B.C., but outside of that, Edmonton has been my home for much of my life. While we lived in New Brunswick, I recall a summer trip to PEI. We stayed in a cabin and toured the island. I remember one meal where my dad and the other friends we were staying with picked up some lobster from a local retailer and we had ourselves a lobster boil. When we moved to Edmonton in 1989, I was so proficient at

eating lobster that I could crack the body open and suck every piece of meat out of it. When we had lobster at home, we might have leftovers, and that's when the delicious creature would transform into a magical dish known as the lobster roll.

For those unfamiliar with this dish, a lobster roll is leftover lobster meat mixed with mayonnaise, lemon juice, salt, pepper, celery, and onions. I used chives in this recipe, but a yellow or red onion would be ok too. Mix the ingredients and toast your bun with butter like a grilled cheese sandwich. One difference I noticed when we moved here was how the hotdog buns in Alberta are side-cut versus the top-cut buns in the Maritimes that I had become accustomed to. I took a little adjusting to get used to side-cut buns. Part of me wants to go





back just for the top-cut buns. I could have also just made some buns and top-cut them, but it was lunchtime, and I was getting hungry.

So, if you have some leftover lobster and aren't sure what to do with it, follow my recipe below and enjoy!

Lobster Rolls

Ingredients

2 hotdog buns
3/4 lbs of lobster meat (tail and claw)
2 tbsp mayo

1 tsp lemon juice
1 tsp chives
2 tsp chopped celery
Salt
Pepper

Directions:

- 1) Chop the leftover lobster.
- 2) Mix and taste the lobster, mayo, lemon juice, chives, and celery in a mixing bowl.
- 3) Add salt and pepper until you are happy with how it tastes.
- 4) Let the lobster mixture sit for a few minutes.
- 5) Preheat a non-stick pan over medium-high heat.
- 6) Butter the insides of the hotdog buns and toast them in the frying pan until they are golden brown.
- 7) Allow the rolls to cool slightly, scoop half the mixture into each bun and enjoy.



Scholarship of the Week

Digging up scholarship treasure for AU students.

Scholarship name: North American Van Lines Logistics Scholarship

Sponsored by: North American Van Lines

Deadline: December 15, 2022

Potential payout: \$1000

Eligibility restriction: Applicants must be Canadian Citizens or permanent residents, and enrolled (or enrolling) as a full-time student at an accredited Canadian university or college in an undergrad degree program in Logistics or equivalent field.

What's required: A completed online application form, along with a copy of your most recent academic transcripts, proof of enrolment, and an essay of 400-800 words detailing why logistics/supply chain management is important within your academic program major.

Tips: Read the Entry Requirements for info on essay tone and style.

Where to get info: www.northamericanvanlines.ca/scholarship





Dear
Barb

Barbara Godin

Cover Story

Dear Barb:

I have been in a serious relationship for two years. The problem is, I am beginning to wonder if this is an unhealthy relationship. Most of the time I feel anxious because it seems my boyfriend doesn't trust me. My mom has noticed a difference in me since Jay and I moved in together. I love Jay and I don't want my family and friends to dislike him, so I try to build him up and hide some of his behaviours.

Jay is a very moody person, if someone says something he does not like, he will have an angry outburst. I know what not to say to trigger his moods, but other people do not. My sister has expressed to me that she is hesitant to talk to Jay because he is so volatile. He has never hit me, but he has punched holes in walls and doors. I am not sure what I can do, or if I can do anything to help him. Maybe I should just move on. Looking for some answers. Thanks, Emma.

Hi Emma:

Thanks for your email. According to my research, most of the characteristics you are describing indicate you are in an "unhealthy relationship." I believe you already know this, but perhaps you do not want to admit it. It's easier to stay in your comfort zone hoping he will get better. You need to face the fact that you are not happy, and things are not going to change if you continue to cover for him. Realize that you deserve better. You are worthy of being in a healthy, loving

relationship where you can be yourself, this relationship is not providing that for you. There are many benefits to ending this relationship. To begin with, your relationship with your family and friends will improve, and you will feel better about yourself. No one wants to live their life in fear.

Take the time to think this through, and plan what you will say when you are ready to end this relationship. Make sure you do it in a safe place. Obviously, he tends to be violent, as indicated in your email. Share your plans with family and friends. Your family physician may be able to direct you to some resources, such as a counselor to help you work through this and move on. There is a good chance he will come back begging for forgiveness and trying to convince you he has changed. Stand your ground. Realize that ending this relationship is best for both of you. Hope this information is helpful.

Best of luck Emma.

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
Overly Positive Thinking

Wanda Waterman



AUSU UPDATE

COMMUNITY. RESOURCES . SERVICES



AUSU values your opinions! We want to know how we can best serve our student members and help you have a positive experience while studying at AU. Please take 7- 8 minutes to [fill out our 2022 AUSU Annual Survey](#). All of your answers are completely confidential and help to build and enhance the services your students' union offers.

**Submit and Win
\$1,000+
in prizes!**

Including... **x5**



AUSU is giving away **more than \$1,000 in prizes** to members who complete our survey. The winners will be chosen at random and prizes include:

- \$100 Amazon Gift Card (5 available)
- \$50 Amazon Gift Cards (5 available)
- \$50 Gift Cards to Grocery Chains (5 available)
- Free ProctorU Online Exams (5 available)

An AU student ID number is required to enter the prize draw but is not required to fill out the survey. Prize winners will be selected through a random draw and contacted shortly after the survey deadline on **Nov. 25, 2022**.

Questions about the survey? Email services@ausu.org.

Provided by

ausu@ausu.org

CLASSIFIEDS

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

THE VOICE

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www.voicemagazine.org

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