



# THE VOICE

Vol 29 Issue 29 2021-07-23

**Digital Minimalism**  
Stepping Back from Tech

**How I Managed my COVID Shot**  
Making a Choice

**Bullet Train Sushi**  
A Find in Calgary

*Plus:*  
*The Art of De-escalation*  
*Music Review of Mark Ribler*  
*and much more!*



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# LETTERS TO THE EDITOR



**We love to hear from you!**  
**Send your questions and comments to [voicemagazine.org](http://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

### The Closing Ceremonies

Karl Low



The 2020 Olympics have finally started in Japan. These Olympics enjoy widespread condemnation from the citizens of Japan, with some 83% not wanting them to be held, and 10,000 volunteers of the 80,000 total having quit before the games even started.

Tokyo has declared that there will be no live audiences for the events as only 22% of the population is currently vaccinated and international travel to Japan is banned from most countries.

Yet the games continue. They continue because the contract signed between the International Olympic Committee (IOC) and the host city of Tokyo gives final rights to decide if the games go on or not solely to the IOC. And, at least in my opinion, the IOC has long lost any sense of their original mandate as a spectacle to unite the world, and instead have become focussed on the finances of owning such a spectacle. After all, how can you say you're uniting the nations of the world when the very nation you're performing in doesn't want you there?

But for the IOC, it doesn't matter if half the athletes refuse to go for fear of COVID, or if the events are lackluster because there are no crowds. For them, what matters are the broadcast rights. Broadcast rights that make up 80% of their revenues. Broadcast rights purchased by companies like our own CBC. And I don't say this lightly, but maybe this Olympics, being held in opposition to the very people hosting it, is a sign that it's time for the IOC to come to an end as well, ideally by media agencies simply refusing to pay for the rights in future.

I don't say this lightly. I enjoy the spectacle, I enjoy watching the Olympics, and no doubt the athletes enjoy being able to participate on a well-viewed world stage, but there are other global sporting events, and all it takes is for the various media agencies to make a conscious decision to devote, together, their considerable resources to one of those other events. Or even, amongst themselves, to come up with a new one.

And maybe if they do, they'll go back to what made the games special—their rarity. I used to be rabid Olympics watcher. I'd track the events, wake up at odd hours in hopes that I'd catch a broadcast of amateur wrestling or even just something other than swimming. But I don't feel that same fervor anymore. I haven't since the IOC decided they needed a more stable revenue stream and moved to the separate years for the winter and summer games. An Olympics year used to be special. If you missed it, it would be a while before you got to see them again. That gave it something. Now, I find I'm not too concerned if I miss one of the opening or closing ceremonies. I don't find myself drawn to trying to see when or if an event I like will be broadcast, because I know that there'll be another Olympics not too far away. It's like that old country song, "How Can I Miss You When You Won't Go Away?"

So maybe if we simply ended the Olympics for a while, I might find myself hoping they come back. Because right now, it's rather the opposite. Enjoy the read!



## Digital Minimalism

### The Choice to Step Back from Technology

Jessica Young



We all know that technology is addicting and can wreak havoc on our mental health—which is why I try to practice digital minimalism. Digital minimalism doesn't mean going completely off the grid (something that seems impossible in today's world—especially if you're an AU student). For me, digital minimalism meant taking a hard look at how I spend my time connected to a device and eliminating the things that didn't add value to my life. It also meant being honest about how much technology my kids were exposed to, and the negative impact that excessive TV, tablets, or video games had on their behaviour.

The first thing to go was social media. All of it. I deleted my Facebook, Instagram, TikTok, and Snapchat accounts. I'll be honest, I already didn't post often on social media, but I could waste hours scrolling TikTok or Instagram when I should have been studying. Not to mention that constantly looking at the highlight-reel of other people's lives often left me feeling inadequate—my body, my family, my life didn't look anything like my For You page on TikTok. At first I was worried about staying in contact with my friends and family, but I have realized that the people I really want to stay in

contact with will put in the effort to text, call, or meet up in person. I also decided to cut out other “digital noise” such as time-wasting apps like Reddit, committing to checking my email only twice a day, and only reading the news in the morning while I have my coffee.

That being said, I still like to listen to podcasts while driving or getting ready, and I keep my Youtube app as my guilty pleasure. I don't watch much TV, but sometimes it's nice to burn-out watching make-up tutorials after a long day. My kids get an about an hour (give or take) of TV per day, and tablets and handheld game consoles were given away. Of course, I still use the internet frequently for school related purposes, as does my daughter. I online shop for most of my clothes and pay all my bills online. I believe digital minimalism is about finding the balance that works for you: what parts of technology help you be your most productive, happy self?

It's been about two years since I began practicing digital minimalism, and I have never been happier. I don't feel the need to compare my life to others (at least, not as much as before—I'm still human!). I am certainly more productive than I used to be, and, most importantly, I'm significantly more present. I much prefer experiencing my life and watching my children experience theirs in the moment rather than through a camera lens. I've learned what it means to be mindful; how to sit outside in the sunlight without a screen in my face, simply appreciating the sights and sounds around me. I've even rediscovered my love of reading.

Taking a step back from technology has brought so much joy into my life. Why not give it a try and see for yourself?

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



## The Art of De-Escalation

Alek Golijanin



Imagine a world where people were as capable and eager of de-escalating situations as they are taking out their phones to film conflict—hoping their video will go viral. Throughout the COVID-19 pandemic, social media has been flooded with these viral videos where people are acting out upon each other, much to the amusement of the crowd. Most situations can be defused before they reach the point of no return, but since bystanders are less likely to intervene, it is important to familiarize oneself with what de-escalation is about.

### What Never Works

Before getting into de-escalation techniques, it is important to go over what never works. The most common mistakes seen, despite most people knowing that they make situations worse, are yelling, threats of violence, and antagonistic exchanges.

When it comes to yelling, everyone is guilty of raising their voice for the sole purpose of trying to ‘win’ an argument. The reason people tend to yell in arguments is because they are angry and frustrated, but it may also be the result of them not feeling heard.

It is not uncommon to see individuals yelling at each other prior to making threats or even fighting. The way someone responds to a person that is frustrated or angry and yelling at people will determine whether the situation escalates or if it can be deescalated altogether. When people are yelled at—even threatened—that act itself is aggressive, and aggression tends to evoke a flight-or-flight response. The reason why situations typically escalate is because people tend to meet aggression with aggression. The difficulty with all of this is that it can be difficult to keep a clear mind when the human is biologically designed to respond in one of only two ways: flight, or fight—not by taking the time to analyze the entirety of the situation.

### Understanding and Responding to Emotion

To respond appropriately during confrontational situations, it is important to understand what emotions do to people and how to react to them. The leading emotion at play in a confrontational situation is anger, and it can be an extremely difficult reaction because of how anger affects us. Anger impairs the ability to think rationally or listen clearly, but it increases response speeds. This is because anger tends to trigger a chemical reaction that causes the body to release the stress hormones known as adrenaline, noradrenaline, and cortisol. These hormones are what cause heart rate, blood pressure, body temperature, and breathing rates to increase. These responses contribute to the inability to think rationally and listen clearly, and lead people to act out in ways that would be considered out of character.

The best way to respond to a person that is in a state of “flight or fight” is to focus on how anger impairs the ability to react. It is important to use simple short responses while maintaining a calm tone. Anger inhibits the ability to hear and process responses, but the human body is designed to still have some level of understanding. The importance of a controlled response to offset an angry response is that it focuses on “triggers” that may be heightened. The lack of a

perceived threat tends to reduce the likelihood of a fight response. The challenge with all of this is that it is important to stay conscious of the situation and not let emotions get the best of us, which can be difficult depending on the situation.

### The Real World

The art of de-escalation is the art of handling emotions. When it comes to dealing with situations in the real world, the ability to read the room is important. Once emotions get the best of a person, they can completely alter their state of being. That is why it is important to be conscious and use judgement when responding to other people. Some situations are not worth trying to de-escalate nor can a calm approach help, just get out of there. Hall of Fame UFC fighter George St. Pierre once said that when people would try to start fights with him that he would simply apologize and walk away. St. Pierre is a multi-division world champion, there is no chance that anyone at a bar is 'stronger' than him, but he stays in control of his emotions because he knows who he is and what he is capable of. It is not about winning or losing.

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



### The Not-So Starving Student Bullet Train Sushi Experience

**Xine Xu**



While some of the most exciting dining experiences I've had have been outside of North America, there are a few experiences I've had in Canada that are worth mentioning. One of these is a bullet train sushi experience. Even though these are fairly common in Japan and parts of Asia, it was a rare find in Calgary, Alberta. Similar to the conveyor belt sushi experience, the bullet train sushi restaurant offers your sushi orders on a moving platform. However, unlike the conveyor belt sushi experience, your desired sushi dish is typically not pre-made and rotating on the conveyor belt. All items are made to order. The original concept of the conveyor belt and bullet train sushi restaurants stemmed from a shortage of staffing in Japan in the 1950s. Now it has grown to be an international dining sensation. The toy-like bullet train certainly added a lot of entertainment to my own meals.

So how does it work?

You order on an electronic tablet menu. I particularly like this method of ordering as it gives immediate instruction to the sushi chef without manually having your order taken down by a server. If you're looking for a full-service restaurant, this may not be the one. Another pro of ordering via an iPad is being able to visualize your orders. Because the bullet train platform is quite small, the largest item you order must still fit on the train. Thus most orders from this location are quite small.



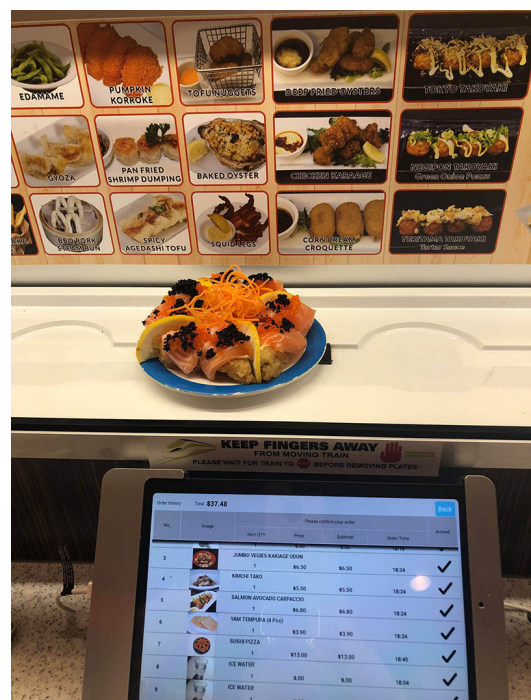


Depending on where you're seated you may use other tables as a reference for what to order. For example, having sat near the front of the table (closest to the sushi chef), I could see others' orders pass by me on the bullet train. This helped give me an idea of the portion sizes as well as inspiration for what to order.

Another unique feature of this dining experience was that there were no servers to come ask you about how your food is. Being a moderate introvert, I always enjoyed my food in peace without the server coming around frequently. From a business perspective, it also helped reduce

the cost for hiring staff available at the restaurant. However, if you experience a problem with your order, bear it in mind it could take much longer for the concern to be resolved. For example, our touchscreen monitor froze a number of times and asking for help from a real server was quite difficult.

I truly enjoyed the bullet train experience and would definitely consider going again. The price of the sushi was slightly pricier than an average sushi restaurant which was to be expected as the experience was quite incomparable to any other. For myself, despite having ordered a number of different dishes, I still opted for carbs like udon to help keep me full.





## How I Managed My COVID Shots

Marie Well



I had a choice: get the COVID shot or not partake in company events or group work. In other words, I stood to lose my job. So, I got the COVID shot.

And I was terrified. I have chronic fatigue syndrome, so I worried about the fatigue becoming unrelenting. I worried about possible health implications later in life. I worried about the chronic fatigue syndrome overtaking my ability to work.

But I got the shots.

The first shot I hardly felt. But later that night, my arm ached. When I went to sleep, I felt what seemed less like a headache and more like cognitive decline. This terrified me. I had heard about vaccinations causing cognitive damage to children. Whether this is true or not, it stirred up fear.

The next day, I was forced to stop walking every couple of blocks due to a searing pain in my side. Before the shot, my side ached slightly, a recurring phenomenon every time, while cleaning the washroom, I placed my cell phone in my pocket to listen to a podcast. The COVID shot intensified this ache in my side. The day after that, my back muscles seethed, so much so that, again, I needed to stop walking every couple of blocks. But by the third day, the pain was gone. Everything was back to normal.

When the second shot came around, the memory of the cognitive malaise left me frightened. But, interestingly, my first day and night symptoms after the shot were quite mild.

During the day of the shot, I ate mostly fresh fruits and vegetables. I drank strictly unsweetened cinnamon water. And I felt next to no symptoms outside of an aching shoulder eight hours later. At night, I laid flat on my back and did positive self-talk, letting out frequent soft laughter, which I felt aided the healing process. I did feel mild discomfort that night, but nothing like I felt with the first shot.

The next day, the fatigue set in. I slept at my work desk in between work activity. I also took naps on the bed that left me feeling more sedated. After work, I walked to the store, covering my head as it ached. And all the restaurant scents, car exhaust, and smokers led to nausea.

So I ate mostly fruits and vegetables, again, as well as canned beans. These foods were about all I could withstand. And I believe they brought me to a better state of health.

But the very next day, surprisingly, I felt better. My energy is now back to normal, my appetite has returned, and my work is back on track. In sum, by enduring the temporary side effects of the COVID shot, I managed to keep my job.

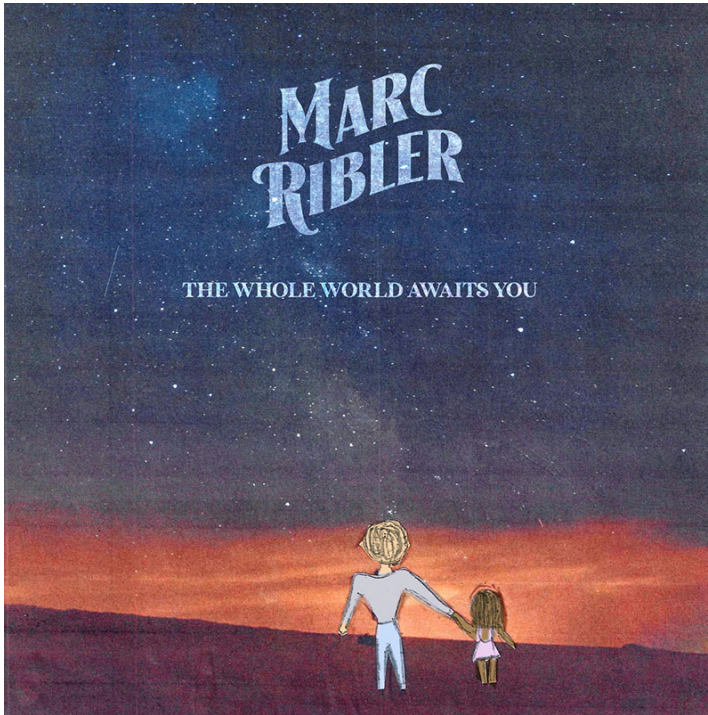
And as a result, I won't be treated as a corporate and social outcast. I won't have to worry about my rights and freedoms being restricted. And, most of all, I won't have to worry about being a carrier of the disease.



## Music Review

### Marc Ribler

Jessica Young



**Artist:** Marc Ribler

**Album:** *The Whole World Awaits You*

Marc Ribler, self-proclaimed singer-songwriter-musician-producer-director, has just dropped his new solo LP, *The Whole World Awaits You*, via Wicked Cool Records. Ribler is a seasoned musician, performing in dive bars since he was fourteen. Prior to his role as musical director and guitarist for Little Steven & The Disciples Of Soul over the past five years, Marc served in the same capacity for Darlene Love and long-time Rolling Stones backing vocalist, Bernard Fowler. He has performed with rock and soul royalty such as Paul McCartney, Bruce Springsteen, Carole King, Elvis Costello, and Bettye Lavette.

As society prepares to re-emerge from the suspended animation of the past year, thoughts

of the simple pleasures we've missed help motivate many of us. While mostly written and recorded before the pandemic, it's that type of hopefulness for brighter days ahead which informs *The Whole World Awaits You*. "I started to feel that the world was not coming to an end, more that it was just a major healing crisis," says Ribler of the early quarantine era in spring 2020.

*The Whole World Awaits You* consists of twelve tracks: "The Whole World Awaits You", "I'm Comin' Around", "The Only Truth", "War on Peace", "Shattered", "Fly Away", "Manzanillo", "Torn Apart", "Without You", "Who Could Ask for Anything More", "History", and "This is How the Song Goes". The whole album has a very 70's, heartbreak rock 'n' roll vibe, but some songs have slight variations that display Ribler's wide range as an artist. "Manzanillo" is a Latin-inspired song, which gives the middle of *The Whole World Awaits You* a color and texture very different from the rest of the album; while "I'm Comin' Around" feels a little bit country. "This is How the Song Goes", Ribler's favourite song from the album, was written in the wee hours after a day of work spent scoring an independent film. Some subtle but haunting psychedelic touches give the final recording a late '90s alt-songwriter feel, not unlike peak period Elliott Smith or Brendan Benson.

Overall, I loved the album. Marc Ribler reminds me of the artists I would listen to with my dad as a kid—and I mean that in the best way possible. Ribler is clearly an incredibly talented, versatile, and seasoned musician. If you've read any of my music reviews thus far, you know I love an album that is varied just enough to give my ears a break from the noisiness of traditional rock, and *The World Awaits You* does just that, while providing hopeful, heartfelt, spill-your-guts lyrics to belt out along with it. "Shattered" is my personal favourite; "tell me that you mean it, with all those sugar-coated lies, and tempt me baby, tempt me baby, tempt me with your eyes". *Chills*.

Check out Marc Ribler on [Facebook](#), [Instagram](#), and [Twitter](#). *The Whole World Awaits You* is available to stream anywhere you get your music.

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



## Fly on the Wall The Typical Male

Jason Sullivan



### Nicolas Malebranche and Our Will To Succeed in AU Reality

While writing this I, as a male, note that the gleeful songstress commanding a mop in our kitchen is achieving fantastic things in part because I am not getting in the way of progress. She implores me to appreciate the consequences of her labours, and, while knowing that she values the earnestness of my efforts to participate, my powers are best deployed elsewhere; that reality is beyond my will to understand.

Clearly, my mind encounters more external controls than I am aware of. Honestly, if I scrubbed for an hour, I'd not match my wife's cleanliness. And so, I am inclined by an inner impetus of origin unknown to

complete this article that I've been working on during fits and snatches of loose time. Failing to achieve usefulness in one realm I seek to apply myself to another.

Many AU students end up at our school for the same reason; back to school means flight from something else, like baby eaglets pushed, shoved, or in fleeting fearless flight. So many ideas founder on the rocks of reality; anyone can desire AU success but when you get down to what-have-you-done-for-me-lately reality the rubber sometimes slips off the road, and many would-be distance scholars find themselves wholly not up to the task. We work with our talents and circumstances and, unlike brick and mortar campuses, we do so in relative isolation.

### Think It Through, Think That It's True

To know our capabilities, then, we surely must first know ourselves. This is all the more true at AU where we operate untethered from the halls of whine waiting to be received by student service counsellors wandering halls looking for something to do.

Nicolas Malebranche (1638-1715) concluded, using the theological lingo almost universal in his time, that we each live as a certain "vision in God" (Doney, 140). His theory of "occasionalism" meant that each thing we see in life was willed by God to begin with; sort of like being in a novel and the dream not being lucid. It's pleasant when someone has a plan for you, right? It only each of us had a quiet Jiminy Cricket academic advisor to help mind our days as we wile away excess tick-tockage when we could be studying our little brains asunder like a miracle appearing from sheer rock.

Malebranche foundered on the separation of ideas from sensations. How can a mind translate physical reality into ideas? He concluded, as we might conclude when the ideas in a text book seem too unwieldy to get into our brain by way of our mind, that "created things are in themselves causally in-efficacious and that God is the sole true cause of change in the universe...It is God who creates us and conserves us from moment to moment and who alone acts on us and for us. Owing our existence and actions as well as our knowledge to God, we are truly united with him." (Doney, 141)

Fair enough, you might say, but as with many students, secularism holds sway. So it seems that we are the masters of our destiny. Yet daily life proves otherwise. Procrastination and the eternal pull of indolence lead us astray from what our better selves would accomplish on a sunny



summer day. As many a male (myself included) notes, there are countless tasks that, if we are blessed (or micro-lucked, if you will) that are done around us and that make life so much more comfortable. Toilet paper out? Whereas a more bachelory self might just, you know, use the roll, who can't adore fresh plushy tush removal satin available at a moment's consent. Whoever does the work that makes out study labour possible is the thoughtful mind behind the curtain that allows the trains (and brains) to keep running on time. Malebranche, was more about what we can see than about what we can't. His was a world where ideas about things didn't just label or categorize them; "he was concerned not only about ideas of bodies present in sense perception but also about ideas needed, he believed-, to imagine or think about bodies." (Doney, 141).

The body politic of AU, if we will, is nothing if not derived from the wills of students expressing temerity in the face of outward reality. After all, without school uniforms, distance students don't have many social sanctions or benefits physically associated with the donning of their invisible academic thinking caps.

It's up to us, as always, to be the ground and the decider of our own success. For Malebranche, typical for his time, this stuff was up to God. And in our times, regardless of belief, we have to transcend even the most normal of moral inclinations, such as what relaxation time really means on a summer day (spoiler alert: it means study potential, even with dinner in the air!). If we are to fulfill our destiny we have to seize it as inspiration. Inspiration is the missing link to our success in the face of adversity.

Malebranche noted that our bodies are notably weak and easily stymied by circumstances and nature; for good things to happen divine intervention was needed. We're wired to seek good things in our lives and, if we've got the best of intention our AU studies will pull us through to future glory. "Malebranche held, that we cannot will to be unhappy or desire something that does not appear to us to be a good. Determinations of the will, occasioned by sensations and thoughts, are not absolutely invincible. Although we do not initiate particular inclinations, we are immediately aware, by sentiment interieur, of our power to refuse consent" (Doney, 143)

So, when the summer draws us away from our studies, or even to useful distractions, don't be a typical Malebranche and absolve yourself of responsibility to be the best you possible in pursuit of a good future. Malebranche believe that a higher power would provide a ladder to enlightenment and so, too, do our AU minds give us the fortitude to continue our study slog this summer.

#### References

Doney. W. (1967). 'Malebranche, Nicolas'. *The Encyclopedia of Philosophy: Vols 7 and 8*. London: Collier Macmillan Publishers.

*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.*

#### **Bannock and a Movie July Edition: Inuit and Inuk Stories**

Jul 1 to Jul 31

Online

Hosted by AU Nukskahtowin

[www.athabascau.ca/indigenous/bannock-and-a-movie/index.html](http://www.athabascau.ca/indigenous/bannock-and-a-movie/index.html)

Access through above link

#### **ATTACH webinar series: Principles of Ownership, Control, Access and Possession (OCAP), for Work with Indigenous Peoples**

Fri Jul 30, 12:00 to 1:00 pm MDT

Online

Hosted by AU and CIHR

[news.athabascau.ca/events/](http://news.athabascau.ca/events/)

Register through above link

#### **The Grad Lounge**

Fri, Jul 30, 5:00 to 6:00 pm MDT

Online via Microsoft Teams

Hosted by AU Faculty of Graduate Studies

[fgs.athabascau.ca/news/events/index.php](http://fgs.athabascau.ca/news/events/index.php)

No pre-registration necessary; access through above link

*All events are free unless otherwise noted.*



## The Study Dude

### A Cookbook on How to Write an Essay

Marie Well



#### The Research Phase

We all love recipes for success, so how about one for essay writing mastery—for the research phase?

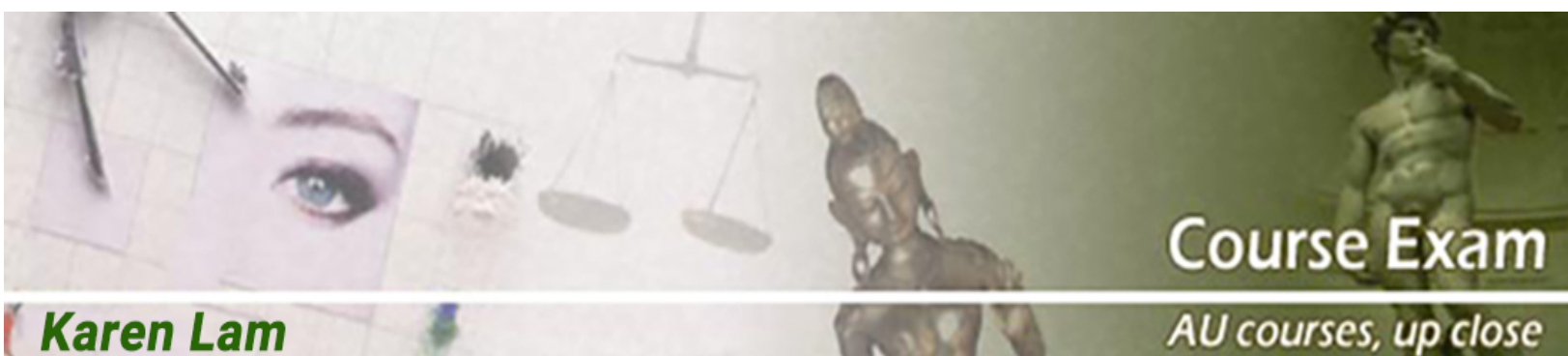
The only ingredients needed for this recipe are a highlighter, pen, paper, printer, a university library, and a library article database.

With those elements at hand, here is page one of a cookbook on study skills expertise. Page one focuses on how to research an essay, gather materials, and generate a working thesis when assigned an essay topic:

1. Wait until the paper topic is assigned.
2. On the same day the paper is assigned, go to the library and sign out every book on the topic.
3. Also, on the same day the paper is assigned, download onto your hard drive at least thirty articles on the topic.
4. Look at the book indexes to see which subtopics have the most references.
5. Try linking some of those subtopics into a relationship, such as A, B, and C led to D. Or you could say, A and not B and not C are the reason for D, unlike what is commonly believed. But you don't have to stick with such structures. You could use instead, for instance, A led to B which prevented C which could have led to D. Note that the type of paper (argument, opinion, comparison) will dictate much of your structure. For instance, in a comparison paper, you will have A and B both have qualities C, D, and E in common.
6. Write a thesis statement for your A, B, C, etcetera in the previous step. Start by mentioning the subject. For instance, you could start with, "In the book titled..." or "The art piece called ..." or "The first amendment..." Or whatever the subject is. Follow with one of the A, B, C, D, structure you created. For instance, you could say, "In the art piece called *Horse Set Free*, the multiple renditions of sunlight reflecting on the horse through use of a pointillism style [A], the artistic detail on the horse's weary face [B], and the abuse weathered on its scarred body [C] showed a human element to the horse's newfound freedom [D], reminiscent of the abolition of the slave trade [E]"
7. Now that you have a sense of a general argument, print out all your articles.
8. Take out a highlighter and skim through your articles, highlighting anything to do with A, B, C, D, and/or E. Jot down a keyword or two to indicate to which alphabet letter the highlight refers. For instance, beside a highlighted point referring to "A", you could write in the margin, "Pointillism." Beside a highlighted point referring to B, you could write, "whipping abuse." Beside highlighted point referring to "C," you could write, "weary detail." And so forth. Just try to keep them as consistent as possible.

9. As for the books, go to the indexes and put a colored sticky note on the top of each referenced page. Write on the sticky note the page numbers and the words written on it similar to above. For instance, if the book pages refer to "A" (Pointillism), write on the sticky note, "Pointillism pp. 18-21." You just need to add one sticky note on p. 18 for this one. But if pointillism is again referenced on p. 59, put another sticky note on p. 59 with the words, "Pointillism p. 59 on it."

But, whoa! What if after reading your articles, you get a slightly or radically new direction? Well, you shift as you go. Just download additional articles and pick up additional books as needed. Remember, you need to fit your essay to the facts, not the other way around. Just try not to reinvent the entire wheel unless you get an idea for a paper so great that you stand a chance of getting published.



**Karen Lam**

**Course Exam**  
**ANTH 278 (Human Evolution and Diversity)**

**Karen Lam**

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

ANTH 278 is a three-credit course introducing Human Evolution and Diversity. The course is "designed to introduce students to the varied subjects and avenues of study that comprise the field of biological anthropology. In so doing, students will gain an appreciation of what biological anthropology is and how it contributes to our understanding of what biological anthropology is and how it contributes to our understanding of who humans are as a species, when we emerged onto the global landscape, and what our bones, bodies, and historical artifacts can tell us about how we came to be here." There are no pre-requisites for this course and is not available for challenge.

### **Who Should Take This Course and Why**

For this course, we had the opportunity to interview Susan, who is currently a first-year anthropology student at AU.

When we asked Susan the reason, she took this course she stated, "this course is a requirement for my program, however, it was also an area I'm interested in learning more about. I took this course because it not only fulfilled my program but also gave me the chance to learn more about human evolution." When we asked Susan who she would recommend this course to she stated, "those interested in anthropology and how human evolution and diversity works. This course explores the mechanism, primates, and various evolutions." Susan also elaborated, "this course helps students understand who humans are and how we emerge into the global landscape and what our bodies tell us about how we came here."



## Course, Assignments, Midterm and Final Exam Details

The course consists of fifteen units divided into four parts. As this course is an introductory course, the material is presented to help students understand the history and story along with inspiring students to further study the various topics and sub-fields in the field. Unit one is an introduction to physical anthropology. Part one of the course explores the mechanism of evolution including the science and development of the evolutionary theory, the biological basis of human variation, and variants to species. Part two explores the primates and what it means to be a primate, behavior ecology, and primate evolution. Part three is hominin evolution and the final part of the course explores contemporary human evolution.

This course consists of a quiz worth 5% and three assignments including lab and workbook that are worth 22%, 18%, and 20% respectively. There is an online midterm and final exam worth 15% and 20%.

## How to Be Successful in the Course

### Student's Advice for the Course

When we asked Susan for her advice for the course she stated, "I recommend staying on track by following the study schedule. If not possible, make sure to adjust according to your own schedule. As this course contains lots of information, connecting the information to the bigger picture helps understanding and memorizing content." Susan also added, "If you are interested in knowing more about human evolution or simply anthropology, this course is worth trying as it gives you the chance to learn more and see if you would like to take more courses in anthropology in the future."

### Questions?

If you have any further questions regarding the course, please do not hesitate to contact the Course Coordinator at [hughn@athabascau.ca](mailto:hughn@athabascau.ca). Happy learning!

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



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

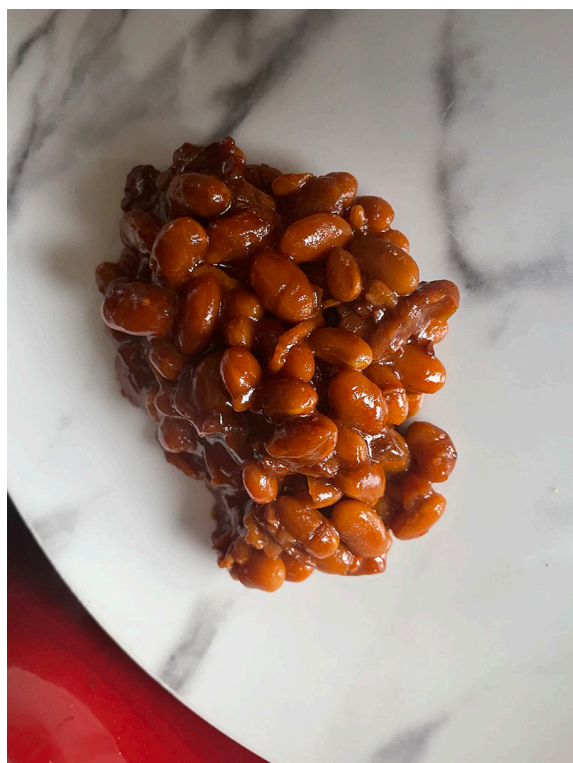
The 2021 Calgary Stampede wrapped up last weekend. Whether it's viewed as a cultural event or a diversionary circus, our Voices past had something to say about it.

**Look at all the pretty horses.** Voice writer b.e. hydromako takes a hard look at the parallels between the Stampede and the Roman Empire's practice of "bread and circuses." "These two things—food and violence—work together to create a powerful persuasive force which quells the opportunities to look at the atrocities of the rulers." [The Empire Never Ended: A Day at the Rodeo](#), July 24, 2002.

**And now, a word from our sponsor.** Former AUSU council President Debbie Jabbour celebrates Edmonton's many festivals, while deploring the new sponsor-saturation of Heritage Days. "The need to raise money also resulted in anomalies such as Second Cup being invited to participate as a sponsor and having the largest, most central tent – the most common comment I heard from people was that they didn't know Second Cup was a country!" [From My Perspective—Festivals and Commercialization in Edmonton](#), August 13, 2003.

## Homemade is Better Baked Beans

**Chef Corey**



“Beans, beans the magical fruit...”

If you finished that sentence in your head, then you’re my kind of person! I think I learned that song in scouting when I was a youth. Baked beans make a great addition to a meal on a cold wintery day, when you’re BBQing, or when you are camping! Baked beans have an interesting history, but they are also packed with great nutrition (well, the beans are, maybe not the sugary sauce).

Our First Nations peoples were the first to make baked beans. That’s right, North American First Nations people created this dish. According to my quick search of Wikipedia, our First Nations people used beans that were indigenous to the area, which, lucky for us, was the navy bean. Baked beans as we know them were made from maple syrup and elk or bear for a meat. When the English colonists started to settle in the area, they added this dish to their repertoire but made a few changes. Instead of maple syrup they started to use brown sugar and pork salt, this changed as England started to increase taxes on sugar imports. Wanting to avoid the taxes, New

Englander’s switched to using molasses that they had been manufacturing.

Probably the most famous baked bean dish is Boston baked beans, which this recipe would count as a variation of. For your dish to be considered Boston baked you need to have two major ingredients after the beans: bacon or salt pork and molasses. However, baked beans can be made with a variety of other ingredients. If you visit the baked bean isle at your local grocery store, you’ll notice a variety including beans in tomato sauce, pork and beans, beans with maple syrup, and I could go on. You can thank H.J. Heinz for this plethora of choice. Mr. Heinz is credited with the mass production of beans, and other items, around 1895. And 126 years later you can choose multiple flavors and brands.

Anyone in UK might be surprised to learn that a staple breakfast option there started here in North America. The truth is, North American baked beans as made by the settlers were likely adjusted to use a cassoulet recipe, which some have argued could be the origins of baked beans. However, most of my googling taught me that the beans in France, where cassoulet originated, are from south America and were imported in the 1500’s. North American baked beans generally use navy beans, but you could use Jacob’s cattle, yellow-eyed, or soldier beans if you can find them. Navy beans are plentiful enough and cheap, so there isn’t a large reason to use other beans other than for the sake of variety.

I hope you enjoy this dish and check out my Instagram feed, “Homemade\_is\_better\_yeg” and I’m on Facebook too, at Homemade is better yeg.





## Baked Beans

### Ingredients:

2 cans navy beans – or 2 cups dry  
 ½ pound bacon raw  
 1 onion – medium diced  
 4 tbsp molasses  
 2 tsp Kosher salt  
 ¼ tsp ground black pepper  
 ¼ tsp dry mustard  
 ½ cup ketchup  
 1 tbsp Worcestershire sauce  
 ¼ cup brown sugar  
 3 drops of liquid smoke  
 1 oz of whiskey (optional)

### Directions:

- 1) If you are using dry beans soak them over night, then put them in a pot and bring them to a boil. Simmer the beans for one hour.
- 2) If you are using cans, open and drain the cans, make sure you keep the liquid. (If you don't it is not a loss, you can substitute water when we get to that part).
- 3) Preheat your oven or grill to 325°F, make sure you will have enough room for the pot.
- 4) Layer one can or half the beans in the bottom of an oven proof pot that has a lid.
- 5) Add half the bacon and onions, add the rest of the beans, bacon, and onions.
- 6) In a saucepan mix the remaining ingredients.
- 7) Turn a burner to medium high and bring the liquid to a simmer.
- 8) Remove the sauce from the heat and pour it over the beans.
- 9) Add the bean liquid or water until the beans are just covered.
- 10) Cook for 2 hours covered, stirring every 30 minutes.
- 11) After 2 hours, remove the lid and top up the liquid (about 1 cup of water) to make sure the beans won't dry out.
- 12) Cook for an additional 2 hours, stirring every 30 minutes, and keep an eye on the water level. If it looks like the liquid is almost gone add another cup of water.
- 13) Remove from the oven after 4 hours, let cool for 10 minutes and serve.



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





# Scholarship of the Week

Digging up scholarship treasure for AU students.

**Scholarship name:** Canada Post Awards for Indigenous Students

**Sponsored by:** Canada Post

**Deadline:** August 31, 2021

**Potential payout:** \$2000

**Eligibility restriction:** Applicants must be a member of a First Nation, Métis, or Inuit community, and have been out of school for one year or more and are returning, or have already returned to school and completed one full year of studies.

**What's required:** A completed application form, along with academic transcripts or a reference letter, a community membership card or official letter, and an essay detailing your efforts to get an education.

**Tips:** Applications can be submitted online, or by email, mail, or fax.

**Where to get info:** [www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page](http://www.canadapost-postescanada.ca/cpc/en/our-company/giving-back-to-our-communities/canada-post-awards-for-indigenous-students.page)

## Student Sizzle — AU's Hot Social Media Topics

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

### AthaU Facebook Group

Research and writing. One undergrad student seeks research opportunities, while another is exploring publication in an undergrad journal. Both seek advice and tips from the AU community.

### reddit

To each their own preference. A student seeks recommendations for courses that have exams and/or quizzes, but no assignments. Oh, also, those courses should be easy.

### Twitter

@austudentsunion tweets: "Undergrad abstracts now being accepted for the Graduate Student Research Conference taking place virtually Oct 1-2. The top 3 undergrad abstracts will win cash prizes & an invitation to present at the conference! Find the full call for abstracts here: <https://bit.ly/2VuljQB>."





Dear  
Barb

Barbara Godin

## The Less Things Change

*Dear Barb:*

*Hi, I have been working at the same place for over twenty years and I am so burnt out. I need a change, but I am so fearful of making such a big move. What if I don't like the new job, or I don't get along with my coworkers. My husband is supportive and so are my kids. I don't understand why I am so afraid of change. I guess I like consistency. My growing up years were stable with no big trauma and I am afraid to rock the boat and step out of my comfort zone. Do you have any suggestions on things I can do to widen my horizons?*

*Thanks - Stuck.*

Hey Stuck:

If it's any comfort, you are not alone and it is very common to resist change. We are all more comfortable with the familiar. Following is a study that was included on the website inc.com:

Case in point: one study had a group of people view a painting that they were told was done in 1905. The next group viewed the same painting but this group was told that the painting was done in 2005. The 1905 group rated the painting much more aesthetically pleasing than the other group.

We like that which has been around for a while. That's the obvious reason for why we don't like change.

Some of the reasons why change is so uncomfortable are the feeling that we are losing control, we don't know what is ahead and we are not familiar with our surroundings. We remain where we are, even though we are not happy and may even be in dire circumstances, simply because it's familiar. Example is the woman who is being beaten by her husband, but chooses to stay with him rather than face an uncertain future which she fears may be a worse situation than she is in now. As well according to scientific research the fear of change is one of the main reasons why individuals are not moved into top management positions.

Change is an inevitable part of our lives, so we must learn to adapt and not fear it. Following are some tips to help you overcome a fear of change, especially in the workplace. Take the time to adjust to your new situation; you are not going to feel comfortable overnight. Maintain a positive outlook and be open to new opportunities and challenges. If you view the move negatively, that will only confirm your fear that change is not a good thing. Keep your stress levels to a minimum by regular meditation. Accept support from your family and friends, remember your situation is changing, but your anchors will always be there for you.

***"Progress is impossible without change, and those who cannot change their minds cannot change anything." George Bernard Shaw***

*Email your questions to [voice@voicemagazine.org](mailto: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**  
**Election Fraud**

**Wanda Waterman**







## Undergraduate Abstract Submissions Welcome at GSRC

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

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

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

[Submit an Abstract](#)



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

## Check Out This Research Assistant Opportunity With AU



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

projects developed and supervised by AU faculty researchers.

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

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



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

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

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# CLASSIFIEDS

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Classifieds are free for AU students!  
Contact [voice@voicemagazine.org](mailto:voice@voicemagazine.org) for more information.

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## THE VOICE

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