

University of Alaska Southeast

WHALE SONG

January 27 - February 9, 2014

The Official Student Newspaper of UAS

THE MAYHEM POETS



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ON THE COVER...

The verses of slam poet trio, The Mayhem Poets, filled the REC center Friday evening, January 17th. The New Jersey based group gave a dynamic performance on topics ranging from racism and global warming, to comedic pieces about Dr. Seuss or staying warm in the winter. This performance was brought to UAS by the Student Activities Board.

(Photo by Madeline Rafferty)

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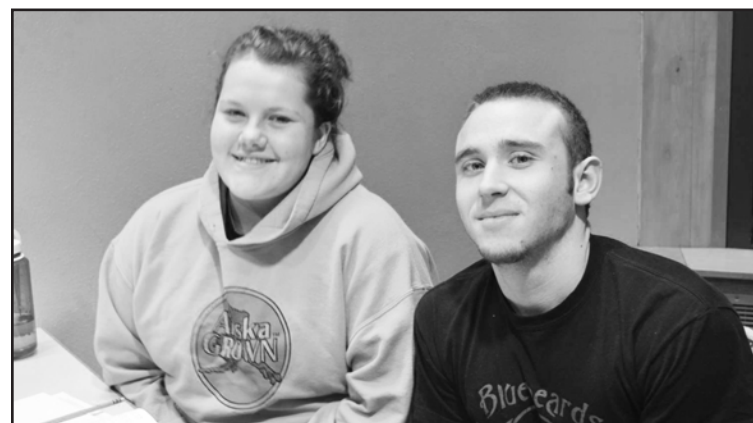
UASWHALESONG

— UAS Answers — Everybody's got one ... *Have you made any New Year's resolutions? What are they?*



"I didn't make any"
— Shelsea Smith

"I didn't make any"
— Tazia Wagoner



*"To be a more well rounded
student and citizen of the
world."*

— Jessica Merrill

*"I'm on a three year resolution
to live a healthier life. Three
years ago I was obese and
insecure, and now I'm more
confident with my self"*

— Tru Tripple



*"No, I'm not a fan of New
Years Resolutions"*

— Ryan Hicks



*"I didn't make any but I like
listening to other people's"*

— Paige Nelson

— UAS in Brief —

What's the Scoop UAS

Hello everyone! What's the Scoop UAS is a new article series I am trying out this semester. I am selecting topics that have been introduced to me by students. This means I want to know what you want to know so I can look into it! Topics will range on anything from the new proposed bus schedule routes to student services. There is too much to talk about for me to pick topics. I need to know what your burning questions are. Email me what you want to know at whalesong@uas.alaska.edu and in the subject line put "What's the Scoop." Want to know how much we've spent on a whale statue? Are you curious about the progress on vending machines for Anderson? Email me anything. The most frequently occurring questions will be addressed first.

I would also like to include a discussion section for these articles that will contain responses from previous articles. We may be getting into some pretty hot topics and if you have something to say about a particular issue's subject then be sure to send me an email. I could say something that you don't quite agree with. That's great! I want you to write me back. If you do agree with something I say or have any good ideas, I still want you to write me back. I'm kicking off the semester with a pretty hot topic that will hopefully evoke some pretty passionate responses.

-Traci L. Taylor

The Deadline for National and International Exchange Applications is Quickly Approaching

National and international exchange applications are due Jan. 31, 2014. Study abroad applications will be accepted through mid-March – early April for next academic year. And, a special bonus this year...Professor Kevin Maier will be teaching two travel writing courses in France through AHA International. Seize the year! So many good things can happen in one year when you walk through the door.

-Marsha Squires

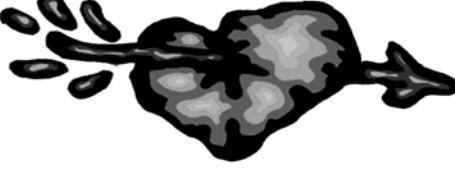

That was a thing!

Nowadays, boys and even other girls make fun of girls for wearing high heels. But heels used to be worn by men! In the 1600s, the men of the European aristocracy (see: Louis XIV) started wearing heels as a sign of their high status. Interestingly enough, the logic behind this was the same reason girls complain about them nowadays: they were so impractical to walk in that obviously only someone who didn't have to work, or really do anything at all, for a living would be able to wear them.

-Alexa Cherry



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What's the Scoop UAS: Why recycle?

BY TRACI L. TAYLOR

For the UAS Whalesong

All of us know why recycling is important. Some of the most common reasons are to preserve our trees and environment, save the animals, or be sustainable. A lot of us want to stop contributing to the plastic gyres (yes, there is more than one garbage patch in the ocean). What most of us don't know is how much of an effort goes into recycling at UAS. First of all, plastics, which are among some of our most commonly recycled items, must be cleaned out properly before we recycle them. According to the Waste Management website "One dirty product, or one with food waste still in it, can contaminate an entire bale, containing thousands of pounds of collected plastics." How many of us are guilty of leaving just a little bit of milk in the bottom of the container or not rinsing out our soda bottles before putting them in a recycling bin? That's how easy it is to ruin thousands of pounds of good intention. This task can be a bit daunting for any number of people.

At UAS, recycling was originally a student run organization. A group of students advocated for the university to recycle and received funding to make it happen. Those students were able to purchase recycling bins, place them in various locations around campus, and make regular trips to the dump. At some point students stopped keeping up with recycling and Student Government took up the responsibility. For a few years, Student Government provided funding and even paid some students to pick up the recycling on campus. Student Government has since stopped providing personal funding although they continue to pay for the supplies.

Somehow this responsibility has shifted to the Activities and Housing Department with limited funding. Just last semester Activities and Housing asked several different departments at UAS to help fund recycling so we can continue having the program. They received very few responses. This academic year, money is being pulled from the Vice Chancellor budget and Facilities has been covering half of the expense. Is this a program that Facilities should take over and manage? With minimal departmental response and lack of student interest, it is evident that recycling is no longer important to the University of Alaska Southeast.

It does not matter if you live on or off campus, recycling is free for members of the community that take their recyclable materials to the dump. As an incentive to recycle the dump rewards you with a free dump run after making a certain number of recycling trips. This is great for anyone interested in some spring-cleaning! Organizations, such as UAS, have to pay to recycle. UAS pays for an annual permit. If UAS needs to pay people to pick up recycling, then pay the dump to drop off recycling and all without funding or support from anyone, then why do we recycle?

That's a good question. This is where I want my readers to step in and reply by writing to the Whalesong. If no one cares about recycling, then we will not have it for very much longer. Do you want to lose recycling on campus? This is your chance to keep it going. Talk to your classmates and friends about how important recycling is to you. Start a recycling club so it is funded again. Let the university know that recycling is important to you and ask how you can be supportive and volunteer some of your time. Should we have a recycling dumpster on campus? If so, then where? These are just suggestions, feel free to email me with more ideas. Should things remain how they are right now then we will lose recycling at UAS. When we lost the computer lab, all I kept hearing was, "Why did they get rid of the computer lab?" I don't want to hear, "Why did they get rid of recycling?"

FEBRUARY 13 & 14, 2014



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— Just One Year —

BY MARSHA SQUIRES

For the UAS Whalesong

So much can happen in a year. If you are around very young children, you see growth and developmental changes almost instantaneously. Even as teenagers, physical appearances can transform before your eyes. In our 20s the physical changes aren't usually as drastic yet our minds continually soak in information that assist us in forming our own individual perceptions and ideas.

I have chuckled and admittedly rolled my eyes (a few times) when my twelve year old has said "I know that mom" in that all-knowing tone of voice as if he has been on this planet forever and has had so many experiences and gained so much wisdom. Yet in reality, my son does know. He has had an experience that has changed his understanding. An opportunity presented itself or a consequence has occurred, and he learned, making the connection in his brain and perhaps on into his future actions.

During the college years new doors are opened constantly and a variety of experiences can be had. As you add to the mix - take risks, venture out of the nest, increase responsibilities, question ideas and beliefs, learn about other people, politics, religions, you question more, and begin to determine what is impor-

tant to you. You learn about yourself, others, life and its possibilities.

At UAS there are a multitude of extracurricular opportunities for students to enhance their academic learning. Students can get involved and take advantage of services, clubs, employment, internships, and research opportunities. There are Resident Life positions and mentoring groups, student government seats and leadership programs. And let's not forget study abroad and exchange programs.

For the highly motivated, to miss any opportunity can be frustrating. For others, deciding how or which extra responsibility to take on in a semester can be daunting. My suggestion would be to look at just one year at a time or speak with your academic advisor and review your academic degree and plan accordingly. My point is- do not miss out! These college years are the best years to explore, learn, and have fun.

As the exchange and study abroad coordinator, I can and will continue to taut the exchange and study abroad programs. I participated in such a program when I was a college student and that one year influenced who I am today. I began to see the world beyond what was familiar. I obtained new confidence and more compassion. I learned about different communication styles and cultural traditions.

I saw politics from a different country's point of view, and I visited parts of the world I didn't know much about. Although my physical appearance was altered by the new clothing I returned with, the experience changed me as a person more drastically than I could have ever anticipated.

As the world becomes more interconnected every day, understanding the culture of Alaska, the US and the countries beyond is essential for student success. And although you may study language and culture in the classroom, there is no better way to learn than to engage and immerse yourself in another culture.

Each year thousands of students move around the globe to study outside of their home country. They have made a decision to engage in an experience that can be potentially nerve-racking and scary but also exciting and rewarding. Nothing can compare with the thrill of a new city sight or mountain chain, or meeting new and interesting people who end up being lifelong friends. Interacting with people from different locations even within the US allows us to learn about others and ourselves, gain empathy and understanding, and helps us to appreciate what we have as well as life in other areas.

My son's birthday is in January. I suspect a

year from now I will have heard "I know that mom" in that same tone of voice more times than I will want to remember, but there is no doubt in my mind that a year will have changed his perception of his world. I suspect another year as a mom will change my perspective as well. I will continue to encourage him through the years, as I will continue to encourage you to look into the opportunities presented to you. You don't have to say yes to all of them but consider saying yes to a few. Even plan out when and how much time, if you can. So many people say to me "I wish I had done that in college." I usually just smile, and then wonder what it would be like if they had.

You need to have the gumption to look into the possibilities, to do some more homework, and ask questions. You need to plan and save. You never know what lies ahead of you in this year or the next if you don't open the door.

National and international exchange applications are due Jan. 31, 2014. Study abroad applications will be accepted through mid-March - early April for next academic year. And, a special bonus this year.....Professor Kevin Maier will be teaching two travel writing courses in France through AHA International. Seize the year! So many good things can happen in one year when you walk through the door.

— The Apocalypse is Nigh —

BY ALEXA CHERRY

For the UAS Whalesong

No, really. It is. According to sources (Wikipedia, but pretend you didn't read that), experts on Viking mythology have pinned down the Viking apocalypse of Ragnarok to be coming up on February 22nd. Plan accordingly.

That being said, I was talking about a different apocalypse. Now, the definition of the word is "an event involving destruction or damage on an awesome or catastrophic scale." I personally feel that this can, to a smaller scale, be applied to the change between winter break (or any break, for that matter) and returning to school. There are some people out there who welcome the new semester, who come charging back to campus with baited breath and sparkling eyes. I am not one of those people, and I hope that there are others out there who share my sentiments.

I quite enjoyed my winter break, you know. I worked some, but I also stayed up until 3

in the morning watching Buffy the Vampire Slayer with my mother because I'm late to that party, but better late than never. This is relevant because now that I'm back in the swing of school-related things, 3 AM marathon nights are few and far between. I have to be in bed by 10 PM most nights now, in order to be up by 7:30 the following morning and not pass out during my class. Perhaps you, too, are disgusted (or just disgruntled) by this necessary change of schedule.

Don't worry. I'm here for you. We're going to get through this together. I'll start with some helpful advice.

Probably the most important thing you can do is take advantage of these first few weeks of school. Nothing much is going on yet; you may have received some homework assignments, but most of them likely aren't due for a while yet. Your class sessions thus far have primarily consisted of syllabus overviews and some introductory topics. Use all the resultant spare time to get yourself organized! Before you can use the excuse of

"but I have homework" to avoid cleaning, doing laundry, working out, or going to social events, do all of those things and get them out of the way. This means that when you finally do have a big project to work on, your room will be clean and you'll actually have desk space to do it on. You will also have an empty hamper to pile your clothes in, rather than allow them to accumulate on the floor. You'll have started a workout schedule, which you can stick to through the rest of the semester (you hope); and no one can criticize you for never being seen at social events, because hey, you showed up at that one near the beginning of the semester, right? Right. That totally counts.

So yes, tragically, it may be true that after a month of freedom and family time, we have all been suddenly launched back into the realm of social interaction, time management, and academic responsibility. But it's also true that we're all in this together! (Guess what movie I watched for the first time over winter break.) We all have friends to hug and complain to who will sympathize and then return the favor. And hey - it

could always be worse. I'm taking two 3-hour classes per week, but at least I don't have a lab on Saturday morning. Are you struggling in math? At least you're not in pre-calc. Or maybe you are, in which case, I'm sorry for your pain and there's probably something worse than that. Like actual calculus.

I'll leave you with a horror story of how it could be: during the break, I watched a show called *Surviving the Cut*, which was about the training regimens of the most intense branches of our armed special forces. Having done so, I can now wake up at 7:30 in the morning and feel better about it knowing that it's not 3 AM and I wasn't roused from my bed by large, angry men shouting at me through a megaphone and spraying me down with a cold hose before being forced to run an indeterminate distance while lugging a 60-lb rucksack after me.

Now quit whining and help me prepare for the Viking apocalypse before we have to start worrying about midterms. Priorities, people, priorities.

[JANUARY 2014]



Conquer Your Stress

Exploring Ways to Relieve the Pressure

Make Your Time Count

Keeping Friends and Family Part of the Equation



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Strategies for Landing Your Ideal Position



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6 Tips for Successful Conversations



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1st Floor Mourant Building

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12300 Mendenhall Loop Rd

Looking for Members: Can you handle the heat?

The Latino Club plans to be one of the most active clubs on campus. You will be able to enjoy multicultural dinners, travel, learn about the culture and its traditions, dance, learn another language and have ample opportunities for community service. The Latino Club welcomes and encourages diversity and is open to all UAS students.

The fundamental goal of the Latino Club is to foster cultural awareness around the Latino culture and topical issues. Through effective programming we seek to expose the entire UAS community to the many assets of Latino life so that they too can feel a part of the Latino community. All students of UAS, whether of Latino descent or not, are welcome and encouraged to join our organization.

For more information and meeting times, contact Shari Biscotti at slbiscotti@gmail.com or call (907) 500-2387

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UA is an AA/EQ employer and educational institution.

For more tips and advice, participate in the UAS FAFSA Frenzy activities below, or contact your local financial aid office.

Join us at UAS for these FAFSA Frenzy events!

Friday, Jan. 31
Scholarship Workshop
2:15 p.m. • Egan 224

Wednesday, Feb. 5
FAFSA Workshop
5:30 p.m. • Housing Lodge

Friday, Feb. 7
Scholarship Workshop
2:15 p.m. • Egan 224

Tuesday, Feb. 11
College Goal Alaska
5:30 p.m.-7:30 p.m. • Thunder Mountain High School

Thursday, Feb. 13
FAFSA Workshop
1 p.m. • Egan 108

Friday, Feb. 14
Scholarship Workshop
3 p.m. • Student Resource Center

Tuesday, Feb. 18
FAFSA Workshop
5:30 p.m. • Housing Lodge

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For more tips and advice visit
alaska.edu/fafsafrenzy

— What Happens in New Orleans —

BY JASMIN MONTGOMERY

For the UAS Whalesong

Although my time in New Orleans may have spanned 10 months, I have enough memories to fill a book. Actually I did fill an entire scrapbook! While on national exchange (NSE) at the University of New Orleans I met amazing people, ate a lot of delicious food, and witnessed many moments in which the people of the New Orleans connected with the city, their ancestors, and early American history. Eight years ago, New Orleans made international news after being devastated by Hurricane Katrina, and they are still recovering today. Just walking through the city you can see what a long journey it has been and how there is still work to be done. Overcoming hardship seems to be an inherent trait of New Orleanians as they continue to rebuild their city and its ever-evolving culture.

I must admit that my time spent in the south got off to a rather bumpy start. Less than a week into orientation the entire university was forced to evacuate in prepara-

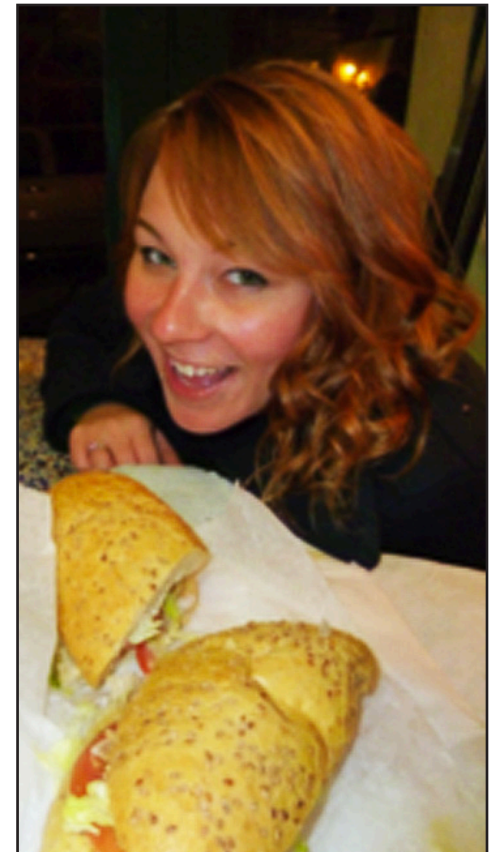
tion of Hurricane Isaac. I joined my roommate and three international exchange students on their way to Alabama where we would spend a week bonding, having fun, and waiting out the storm. Upon our return to New Orleans we saw first hand the damage a hurricane can cause, as well as how swiftly the city is able to pick up the pieces. Classes started on Monday and life returned to normal. The weather stayed a preferable balmy temperature throughout my exchange, allowing for late night walks to Lake Pontchartrain on which the campus borders. The university has a beautiful campus with southern features including a large outdoor porch spanning 3-stories on the Earl K. Long library that I had the pleasure to work at during my exchange.

One thing that is important to know for anyone considering exchange is that no matter the place, exchange is what you make of it. New Orleans is not your typical southern city known only for its history and charm. Although its most notable features are the nightlife and its main tourist attraction, Mardi Gras, New Orleans has so much more to offer. As an anthropol-

ogy major I did not go to New Orleans to party, I went to learn. Even though I can't deny that spending New Years Eve on Bourbon Street in the French Quarter and attending Mardi Gras were once in lifetime experiences, they cannot rival all the things I learned about the Creole culture. The city is filled with history, culture, architecture, and many unique features that make it the city it is today.

At the university I was able to take courses that took me deep into the city and its history, such as the 'Anthropology of New Orleans', 'Music and Tourism', and the 'History of New Orleans.' I was lucky enough to visit The House of Dance and Feathers in the lower ninth ward and witness first hand how the city united to bring its culture back from wreckage of Katrina, as well as sit in on, and even participate in, a Mardi Gras Indian's drum circle in Congo Square. I danced along city streets on one of the hottest days in September with locals and tourists alike in the city's weekly Second line parades, which is a tradition dating back to the time of slavery in the south that I learned about in my history course.

New Orleans is brimming with culture that seems to perfectly meld modern times with the rich history of the city in which it resides. This can also be said for the food. I will admit whole-heartedly that southern food would be a perfectly good reason to visit New Orleans on its own. Whether it's chowing down on smoked sausage at a Second line parade, eating crawfish bread at Jazz Fest, or sitting in the campus cafeteria on Mondays eating red beans and rice, New Orleans cuisine is not to be missed. Although many southern foods can be enjoyed throughout most southern states, as with its culture and history there are some things that are unique to New Orleans, one being the famous Po'boy sandwich, derived from the "poor-boy" sandwich that was handed out to strikers during the streetcar strike of 1929. You can get the Po'boy dressed or undressed with a variety of fillings ranging from chicken, roast beef, and grilled shrimp to alligator or french fries and gravy on a loaf of bread that must be the perfect mix of crunch and softness. This perfect consistency is claimed to only be possible in New Orleans thanks to its unique placement under sea level with high humidity.



Jasmin poses alongside a famous Po'boy sandwich from her favorite place, Verti Mart.

I am so thankful for the time I spent in New Orleans and I plan to go back to visit the wonderful friends I made, and to continue to learn from the city. I believe that the people of New Orleans can teach us all something about remembering our culture, maintaining identity, and persevering through hardships.

New Orleans is the perfect location for exchange, there is so much to learn, so much to see, so much to eat, and it is affordable. I understand how much feasibility factors in on a decision like this, as many students are on a tight budget. I found it extremely convenient to stay in the dorms that are located right on campus near the cafeteria, the gym, and the library. There are also multiple bus stops on campus with reliable public buses that take you to the French Quarter in 15 minutes. New Orleans is a great place to visit, a great place to study and I would highly recommend it, and if my recommendation isn't enough, the city has Anthony Bourdain's recommendation as well!



The beautiful Saint Louis Cathedral in New Orleans on New Years Eve, 2012.

(Photos by Jasmin Montgomery)

— Suddenly, College: Zero to Hero —

BY ALEXA CHERRY

For the UAS Whalesong

HAPPY 2014! No, I'm not late. It's not late until February. Anyway, the point is, we've entered a fabulous new year in the 21st century, and we still don't have mass-produced flying cars. What we do still have is friends, family, distant relatives, and the occasional semi-stranger on Facebook asking the age-old question: "What are your new year's resolutions?"

If you've answered this question 27 times already, it is entirely acceptable to respond with a smart-alecky "1080p." This should confuse and frighten them. Your geekier peers may snort behind your back and go off about something called "4K UHD," but don't listen to them – yes, it's hella cool, but it's also \$3000 and not mass-marketed as of yet, so it isn't worth it.

However, if you have yet to answer this question, or even be asked, you may find yourself in the position of asking yourself: what are my goals and resolutions for the new year? Maybe you think you don't

have or want any – and you're probably wrong. Sure, maybe you didn't physically state "I want to do X and Y this year," but there are things you want to do in the future, right? Why not make them this year? Our planet full of small, fragile creatures just completed another rotation around a giant, flaming ball of death. You can start making your bed every morning.

And that's just an example. Start small, I say, because I am a terrible procrastinator and probably would have put off being born if that was something I could've managed. There's also that annoying bit of science that informs us that when you say you're going to do something, you get the same emotional and chemical reaction of satisfaction as if you've already done the thing you said you were going to do. In my experience, this leaves you with a significantly reduced desire to actually get the thing done – and that doesn't help at all.

Fortunately, I have the answer. It's been right there all along, and startlingly obvious. What you've got to do, in order to accomplish your 2014 goals, is to trick

yourself into thinking you're not accomplishing them. Lie to yourselves, kids. Do it to the point that it's ridiculous. Tell yourself you're going to check your mail, but pick up your laundry hamper and take it with you. Then tell yourself that while you're in the vicinity and while you have your laundry, you might as well get it done. It's not at all that you were intending to do at least one load of laundry per week during the spring semester – you just keep happening to end up getting it done.

There is a more deliberate way of doing this, too. We all have our smartphones, tablets, laptops, what-have-you to keep us entertained 24/7 while we go about our daily lives, run errands, and avoid doing homework. But if you conveniently forget literally everything except your assigned reading for the day, then find yourself at the library without time to run back up to housing between classes – well, gosh, at least you've got your textbook. Might as well run through that chapter, it's better than being bored.

You may be squinting at this article

with increased skepticism, but I'm telling you, it works. The more obvious you are about it, the dumber it seems, to the point where you can almost convince yourself that you're not actually doing it – and then it's too late, you've formed the habits, you compulsively do a load of laundry every week and you feel naked without your textbook between classes. Congratulations, you've accomplished your (fictional) 2014 resolutions (that I made up for you) and can now feel good about yourself. Move on to apply this concept to bigger, even more obvious things, like going to the gym, and you've got it made!

Alright, now while you're figuring that out, I'm gonna go put on some hot water for coffee. And hey, while I'm up, I might as well make my bed.

If you enjoyed reading this and want more rad, college survival tips or if you have any specific issues you'd like to see addressed, email Alexa at silvercimitar@gmail.com with the subject "Suddenly, College" and she'll see what she can do for you.

— Cleaning out the pantry: Tortilla Soup —

BY TRACI L. TAYLOR

For the UAS Whalesong

I'm not sure about you, but December and January leave me pretty low on cash. It's probably a combination of the traveling, gifting, and lack of work. This leaves my kitchen pretty empty. Coming up with something to eat may be a challenge, but it also opens the door to new and delicious foods. It turns out I keep a lot of grains, beans, and noodles on stock. I don't know how I accumulated so many but I've been making a lot of pasta's and a lot of soups because of this (aka: experimenting). A new favorite on a cold and windy day is tortilla soup. I've had it a few times in the store, but never attempted to make it until now. Like most soups, it's really simple to make and can be frozen in individual containers for later meals.

To get you started, all you need is some sort of meat (chicken or beef) and an onion. I used ground something from my freezer. I think it was poorly labeled beef. It was stored in a zip-lock sandwich bag and I think it was a gift from my roommate's mom, but he doesn't cook, so it became mine. I also didn't have an onion in the house, but I really wish I did. You will also need a can of tomato sauce, a can of stewed tomato chunks (optional), frozen

or canned corn, any additional veggies, black beans, lentils, taco seasoning, corn tortillas, and delicious noodles (optional). A lot of tortilla soups that I find in the stores do not contain noodles, but I really like them and they compliment the dish.

Cook the noodles, beans, and lentils according to package directions. I used 1 cup of lentils and about 3 cups of beans. Cook the lentils in the soup pot with about ¼ cup of taco seasoning, the tomatoes, and tomato sauce. Cook your meat and onion in a frying pan. Add taco seasoning to the meat according to package directions.

Exact measurements are not necessary for this recipe because so much of cooking (especially soups) is estimated based on personal preference. Flavor to taste and have fun putting it all together! Let the soup simmer on medium as you add the other ingredients. Add the meat in as soon as it is done. Strain and add the black beans when they are almost done cooking so that they finish up in the soup. Cut about 8 small corn tortillas into strips and add to soup with the noodles, vegetables, and any personal touches. Since I was cleaning out the fridge, I included a ¼ cup of sour cream and some handfuls of spinach. Simmer until you have thick creamy soup. While you are cooking or adding ingredients, remember

to add water accordingly.

This is a quick and simple way to start clearing out the kitchen. I wound up making a family sized meal and we all had leftovers for a week. It is fun and creative. Get your roommates involved and experiment with some exotic flavors. You may even make something brand new!

Enjoy and have fun.



A delicious bowl of tortilla soup can warm up any chilly, winter day.

(Photo by Traci L. Taylor)

January 27 - February 9, 2014



Study Abroad in

ANGERS, FRANCE

Travel Writing - Le Tour de France



**AHA International - Fall Term, 2014
Late September to Mid December, 2014**

COURSES

Explore the history and celebrated figures of the Tour de France through Professor Kevin Maier's course: *Le Tour de France and Beyond: A Critical and Cultural History of Cycling in France*. Chronicle your experiences and explore the experiences of past expats in Prof. Maier's second course: *Travel Writing: Americans in France*. Additional courses available in both French and English. Check AHA website for listings.

PROGRAM STRUCTURE & FEES

Live with a French host family and take courses at the Université Catholique de l'Ouest in Angers. Fully explore the French culture and countryside through regional excursions to destinations such as Normandy, the Loire Valley, and Brittany. Program fees include: tuition, excursions, most meals, local transit pass, insurance, international student ID card, books and course materials.

VISITING FACULTY BIO

Kevin Maier teaches a broad range of courses in English and Humanities at the University of Alaska: Southeast, including writing, American literature, and several environmentally focused classes. Drawn to many outdoor pursuits, Kevin is an especially avid recreational cyclist, having been a category 3 road racer before moving to Juneau.

ELIGIBILITY

Minimum sophomore status and good academic standing, no previous French language experience required.

TO LEARN MORE & APPLY, VISIT:

ahastudyabroad.org | AHA Application Deadline 6/15/2014

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, JAN. 27

Music: The California & Montreal Guitar Trios in Concert, 7:30 p.m., Thunder Mountain High School Auditorium. The Juneau Arts & Humanities Council presents an evening of unforgettable instrumental music. Six virtuoso guitarists with over 40 years combined performing experience meld into one unique six-by-6-string “phenomensemble.” Representing four countries, the two trios sizzle through jazz, classical and even surf-rock. Tickets (\$25/\$22/\$12/\$5, reserved seating) are available online, at Hearthsides and Rainy Retreat bookstore locations, and at the JACC.

THURSDAY, JAN. 30

JUMP Society Film Festival, 7:00 p.m., Gold Town Nickelodeon Theatre. The Juneau Underground Motion Picture (JUMP) Society is hosting its Winter Film Fest. No cost tickets, to ensure you have a seat, are available at Alaska Robotics Gallery at 200 Front Street. For more information call 907-523-0303.

FRIDAY, JAN. 31

Mendenhall Glacier Fireside Lecture Series, 6:30 p.m. & 8:00 p.m., Mendenhall Glacier Visitor Center. “Annex Creek: Juneau’s First Lake-tap Hydro Project” is the topic for this evening’s lecture. AEL&P’s Scott Willis taps historical resources to reveal how Juneau’s first lake-tap hydro power plant, adjacent to Taku River, made electricity out of water in 1915 for the Alaska Gastineau Mining Co. Programs at the Mendenhall Glacier Visitor Center are free and open to the public. For more information call 907-789-0097.

JUMP Society Film Festival, 7:00 p.m. & 9:00 p.m., Gold Town Nickelodeon Theatre. The Juneau Underground Motion Picture (JUMP) Society is hosting its Winter Film Fest. No cost tickets, to ensure you have a seat, are available at Alaska Robotics Gallery at 200 Front Street. For more information call 907-523-0303.

Stage: “Rush at Everlasting,” 7:30 p.m., Perseverance Theatre. Join Perseverance Theatre for a world premiere of “Rush at Everlasting” by Alaskan playwright Arlitia

Jones. Against the backdrop of the 1930s, two women fallen on hard times make plans to rob a bank. While newsreels of the time tell of economic disaster and larger than life outlaws, the women dream about what the money will buy and what stories they will tell. Real names and real lives are left behind as each character makes a run at immortality and becoming a legend. Tickets (\$20-\$32) are available at the Perseverance Theatre Box Office at 907-463-TIXS, at Hearthsides Books locations, at the Juneau Arts & Culture Center and online through Vendini Tickets.

SATURDAY, FEB. 1

Tinaa Northwest Coast Art Auction, 5:30 p.m., Centennial Hall. Sealaska Heritage Institute is hosting its inaugural Northwest Coast Art Auction. Funds raised will be dedicated to construction of the new Walter Soboleff Center. Event features both silent and live auctions, a reception, dinner, and indigenous fashion show. The auctions will include original art ranging in price from \$100-\$55,000 by acclaimed artists including Nathan Jackson, Delores Churchill, Nicholas Galanin, Steve Brown, Robert Davidson, Preston Singletary, David

Boxley, and many others. General tickets are \$150/person. For sponsorships or tables for 10, please contact SHI at 907-463-4844 or www.sealaskaheritage.org.

JUMP Society Film Festival, 7:00 p.m. & 9:00 p.m., Gold Town Nickelodeon Theatre. The Juneau Underground Motion Picture (JUMP) Society is hosting its Winter Film Fest. No cost tickets, to ensure you have a seat, are available at Alaska Robotics Gallery at 200 Front Street. For more information call 907-523-0303.

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& Culture Center and online through Vendini Tickets.

Music: “The Wild West - Symphonic Pops,” 8:00 p.m., Thunder Mountain High School Auditorium. Join the Juneau Symphony for their rowdy, rugged, and ram-bunctious pops concert of music celebrating the Old West. From nostalgic tributes to romantic landscapes to shoot outs at the corral, you’ll hear America’s wild west past captured in music for film, stage, and the concert hall. The symphony’s 2013 Youth Solo Competition winner, Ethan Seid, will delight you with a performance of Mozart’s “Violin Concerto No. 4” with the orchestra. Tickets (\$15-\$25, open seating) are available online through Vendini, at the Juneau Arts & Culture Center and at Hearthsides Books locations.

SUNDAY, FEB. 2

Stage: “Rush at Everlasting,” 2:00 p.m., Perseverance Theatre. Join Perseverance Theatre for a world premiere of “Rush at Everlasting” by Alaskan playwright Arlitia Jones. Against the backdrop of the 1930s, two women fallen on hard times make plans to rob a bank. While newsreels of the time tell of economic disaster and larger than life outlaws, the women dream about what the money will buy and what stories they will tell. Real names and real lives are left behind as each character makes a run at immortality and becoming a legend. Tickets (\$20-\$32) are available at the Perseverance Theatre Box Office at 907-463-TIXS, at Hearthsides Books locations, at the Juneau Arts & Culture Center and online through Vendini Tickets.

Music: “The Wild West - Symphonic Pops,” 3:00 p.m., Thunder Mountain High School Auditorium. Join the Juneau Symphony for their rowdy, rugged, and ram-bunctious pops concert of music celebrating the Old West. From nostalgic tributes to romantic landscapes to shoot outs at the corral, you’ll hear America’s wild west past captured in music for film, stage, and the concert hall. The symphony’s 2013 Youth Solo Competition winner, Ethan Seid, will delight you with a performance of Mozart’s “Violin Concerto No. 4” with the orchestra. Tickets (\$15-\$25, open seating) are available online through Vendini, at the Juneau Arts & Culture Center and at Hearthsides Books locations.



CAMPUS CALENDAR

ON CAMPUS

MONDAY, JAN. 27

Cardio Core & Conditioning, 12 p.m., Recreation Center. Join Fran/Alex for a GREAT energy workout on Mondays, Wednesdays and Fridays. The class is open to anyone and everyone. All abilities welcome! Drop by the Rec and try it out! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

Zumba, 5:30 p.m., Recreation Center. What is Zumba? If you don't know, you should come find out! Part salsa, part workout and all fun! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

Climbing Wall Open House, 7 p.m., Recreation Center. Get approved to climb whenever the REC is open. Meet new climbers - Check out the climbing movies. For more information call 796-6544 or simply email the Rec Center's staff at rec_center@uas.alaska.edu.

TUESDAY, JAN. 28

Zumba, 4:00 p.m., Recreation Center. What is Zumba? If you don't know, you should come find out! Part salsa, part workout and all fun! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

WEDNESDAY, JAN. 29

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Open Ultimate Frisbee, 9 p.m., Recreation Center. Join sponsors UAS and The Juneau Empire for a game of ultimate! Transportation for 8 will leave the UAS Housing Lodge at 8:30 p.m. and return after the game. Contact Ruth Olsen, 796-6546 for more information.

FRIDAY, JAN. 31

Cardio Core & Conditioning, 12 p.m.,
January 27 - February 9, 2014

Recreation Center. Join Fran/Alex for a GREAT energy workout on Mondays, Wednesdays and Fridays. The class is open to anyone and everyone. All abilities welcome! Drop by the Rec and try it out! For more information call 796-6544 or email rec_center@uas.alaska.edu.

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Climbing Wall Open House, 7 p.m., Recreation Center. Get approved to climb whenever the REC is open. Meet new climbers - Check out the climbing movies. For more information call 796-6544 or simply email the Rec Center's staff at rec_center@uas.alaska.edu.

Chris Jones-Comedian Hypnotist, 7:30 p.m., Recreation Center. Comedian hypnotist Chris Jones is coming to UAS for an exclusive performance! Don't miss out on the hilarity! For more information about this event email sab@uas.alaska.edu

TUESDAY, FEB. 4

Zumba, 4:00 p.m., Recreation Center. What is Zumba? If you don't know, you should come find out! Part salsa, part workout and all fun! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

WEDNESDAY, FEB. 5

Cardio Core & Conditioning, 12 p.m., Recreation Center. Join Fran/Alex for a GREAT energy workout on Mondays, Wednesdays and Fridays. The class is open to anyone and everyone. All abilities welcome! Drop by the Rec and try it out! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

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Open Ultimate Frisbee, 9 p.m., Recreation Center. Join sponsors UAS and The Juneau Empire for a game of ultimate! Transportation for 8 will leave the UAS Housing Lodge at 8:30 p.m. and return after the game. Contact Ruth Olsen, 796-6546 for more information.

FRIDAY, FEB. 7

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Sound+Motion, 7 p.m., Egan Lecture Hall. Transcendentalists, Puritans and Pilgrims in Alaska. Tom Kizzia, Author, Pilgrim's Wilderness. Homer author Tom Kizzia will talk about his new bestselling book, Pilgrim's Wilderness, with a focus on the historic white pioneer communities of the Wrangell Mountains, where modern back-to-the-landers found themselves in philosophical and physical conflict with the fear-encircled Calvinist cult world of the Pilgrim Family. A question period about the book will follow. For more information, email Katie Bausler at katie.bausler@uas.alaska.edu

First Friday, 8:30 p.m., Recreation Center. Live musical performance! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

SATURDAY, FEB. 8

12th Annual Oratory Competition, 10 a.m., Juneau Campus. Open to all high school students and University of Alaska undergraduate students currently registered for 3 credits in the Spring 2014 semester. Students are eligible to compete in 2 categories. For more information email nrsc@uas.alaska.edu

MONDAY, FEB. 10

Cardio Core & Conditioning, 12 p.m., Recreation Center. Join Fran/Alex for a GREAT energy workout on Mondays, Wednesdays and Fridays. The class is open to anyone and everyone. All abilities welcome! Drop by the Rec and try it out! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

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Shoot Your Heart Out, 7 p.m., Recreation Center. Shoot an air rifle at 10 heart shaped targets. All ammo and fire arms are provided For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

TUESDAY, FEB. 11

Zumba, 4:00 p.m., Recreation Center. What is Zumba? If you don't know, you should come find out! Part salsa, part workout and all fun! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

WEDNESDAY, FEB. 12

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Zumba, 5:30 p.m., Recreation Center. What is Zumba? If you don't know, you should come find out! Part salsa, part workout and all fun! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

Open Ultimate Frisbee, 9 p.m., Recreation Center. Join sponsors UAS and The Juneau Empire for a game of ultimate! Transportation for 8 will leave the UAS Housing Lodge at 8:30 p.m. and return after the game. Contact Ruth Olsen, 796-6546 for more information.

FRIDAY, FEB. 14

The Country Club, 7:30 p.m., Hendrickson Building, Room 113. UAS's drama club S.C.R.I.P.T. will be performing Douglas Carter Beane's "The Country Club" this February. This fast-paced play goes through a year of holidays, including a naked New Year's Eve romp, a tacky Italian wedding, and an explosive Thanksgiving dinner. "The Country Club" provides a witty commentary on club relationships, from the surface-level to the sordid, and explores what it means to be 20-something without purpose.



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