

University of Alaska Southeast

WHALESONG

February 24 - March 9, 2014

The Official Student Newspaper of UAS

SATURDAY NIGHT LAUGHS PAGE 7



Philosophy
According
to Bootlaces
Page 4

BANFF: Mountain
Film Fest
Page 5

Dan's Spam
Casserole
Page 8

ON THE COVER...

The comedian Mike E. Winfield had a crowd of UAS students laughing at the REC Center on Friday night, February 15th. To learn more about this fun event brought to you by the UAS Student Activities Board and the many benefits of laughter, turn to page 7!

(Photo by Jasmine Mattson-Wolff)

TABLE OF CONTENTS

- 4 Philosophy According to Bootlaces
- 5 Suddenly, College
- 8 UAS Eats
- 9 Why 'Mario' is Probably a Creepy Stalker
- 10-11 Calendar & Comics!

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— UAS Answers — Everybody's got one ... *Would you rather be friends with Batman or Superman?*



"Superman. Because he doesn't die."
—John Lumpa

"Batman. He's got his gadgets."
—Paul Lorentz



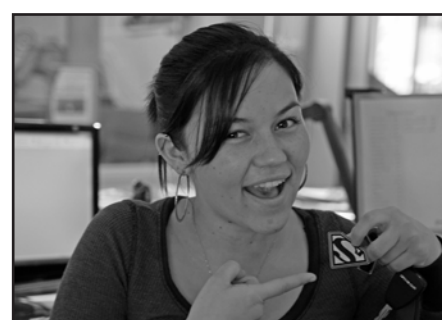
"Batman. Because he would be really good at HvZ"
—Elizabeth Bolling



"Batman. Better chance of being alive around Batman. In the recent Superman movie, Superman wrecked everything around him."
—Andrew Thomason



"Batman. He just seems cooler."
—Katie Austin



"Superman. Because he is Superman."
—Jessica Rohlfing

— UAS in Brief —

Featured Student Artwork



We have a lot of talented artists going to school here at the University of Alaska Southeast. UAS student Mostapha Beya is one of them! Pictured here is one of his sculptures, "Fool's Gold," constructed from cardboard. (Photo courtesy of Mostapha Beya)

- Chrystal Randolph

Send us Your Work, UAS!

Hey UAS Students! This is just a friendly reminder that over here in the office of the *Whalesong*, we love receiving your work and featuring it within our pages! Whether you feel like writing an article over a political issue that you're passionate about or you are interested in sharing some of your poetry or a photograph that you took. We welcome all submissions!

- Chrystal Randolph

That was a thing!

Everyone who's seen *Pirates of the Caribbean* knows what a corset is. What you might not know is that men used to wear them, too! Not all men, of course, but some used it to create a narrow-waisted look to accentuate their broad shoulders. It also provided back support and assisted with good posture!

-Alexa Cherry



— Meeting with the Chancellor —

BY TRACI L. TAYLOR

For the UAS Whalesong

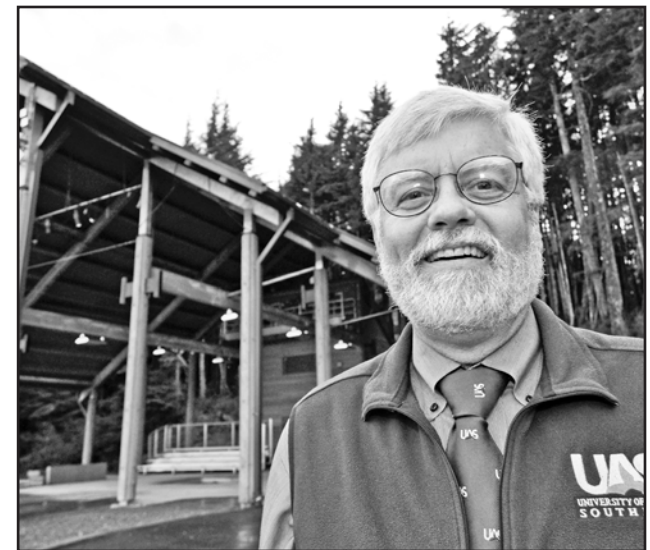
I'm not sure how many of you have been following what has inadvertently become a recycling series in the *Whalesong*, so I will fill you in on some details. The first two issues of the *Whalesong* this semester contain articles about the loss of funding in recycling and how students that show an interest make a difference. It has been my understanding that funding for recycling has been rather hard to come by. Student Government has been helping with the purchase of supplies for the past few years. Student interest in recycling has recently died down significantly. This was made apparent to me when students chose not to discuss this issue with classmates after reading the said articles. Without student interest and lack of funding, I have been concerned that we may very well lose recycling on campus. I have been personally pressing my two articles under the noses of student scrutiny and have continued to see a lack of enthusiasm or interest in this recycling issue. With the second article, I attempted to empower students to use their voice to make a worthwhile difference in our community. It is not too late for students to take this into their own hands. I encourage you to speak with Facilities, Student Government, or the Activities and Housing department to let UAS know how you feel about this issue.

Interestingly enough (to my knowledge), no students have taken an interest in this topic. However, I have

heard some discussion amongst faculty and staff. Even Chancellor Pugh asked to meet with me upon reading both of the articles. As chancellor, he has an astronomical job within the university. I'm not sure there is even a clear definition for what that role is. Chancellors act as the chief executive officer at their respective university. Chancellor Pugh is chancellor of University Alaska Southeast (Juneau, Ketchikan, and Sitka). It is my understanding that he is responsible for faculty, the student body, and for the financial condition of UAS. I believe he oversees university programs and that department heads report to him in some manner. As you can see, this powerful leadership position can be quite the task. I was thrilled to hear that Chancellor Pugh had read my articles and asked to meet with me despite his busy schedule. We discussed many different aspects of the recycling issue and need your help brainstorming solutions.

First, I would like to say that Chancellor Pugh and I both agree that recycling is important. He very much would like to see that recycling remain on campus and is quite sure that it is not at risk of going anywhere. This is reassuring to hear, but now the question is, how can we improve our recycling on campus?

With \$18,000 budgeted for staff, \$100 annual recycling permit, vehicle maintenance, driver's insurance, fuel expenses, and the cost of supplies, I estimate that recycling costs UAS roughly \$19,000 every fiscal year maximum. Not all staff hours are filled every pay



Chancellor Pugh would like to see that recycling remain on campus and is quite sure that it is not at risk of going anywhere.

(Photo courtesy of Chancellor Pugh)

period, so it is reasonable to assume that expenses are closer to \$15,000 a year. Can we be more cost efficient or do we need to spend fifteen grand every year to maintain recycling? I think we can come up with something better. I have estimated that with a couple of recycling dumpsters on campus, recycling would cost no more than \$8,000 annually.

(Article continues on page 9)

— Philosophy According to Boot Laces —

BY DANIEL PISCOYA

For the UAS Whalesong

On a normal day, I have gotten into the truly odd habit of wearing a pair of tough work boots that I brought back from Christmas break with me. These suede ruffians that I attach to my feet, while being resistant to the rain, ice, or snow that we here in Juneau intermittently experience, have an uncommon and ignominious curse bestowed on them by the footwear gods: the curse of boot laces.

Every morning, in order to function correctly during the day, I have set before me a grim and time-consuming task: lacing up my boots good and tight. It is my burden to make sure that each lace that threads through the 7 pairs of lace-holes on each boot is tightened to a sufficient strength. This task is made all the more complex due to the fact that my laces stretch and drag in and out of the holes in a rough and thoroughly dissatisfying way. This means that I must tug voraciously at the laces for each hole to get them satisfactorily snug. It is only after this that I can tie the knot well, which is another set of complaints completely. Let us just say that my knot-tying skills have diminished since I learned back in

kindergarten.

As a consequence of this drudgery in the morning, it falls to me every evening the task of then undoing all of my morning's work in order to take the boots off. The morning's tightening logically makes it impossible for my foot to even contemplate freedom from the boot without substantially loosening the laces. This I particularly despise, as my former habit of tying my shoes only once, and then slipping them on and off had become muscle memory, now only to be frustrated by a constrictor of a boot. This tightening up and loosening out of my boot laces would drive me up the wall and force me to give up my boots forever if it were not for one virtue that the process entails.

In this morning and evening ritual of precise tugging, I have learned that boot laces require intentionality. I have to be completely sure that I am going out the door before I actually do it. These boot laces make me think about what it is that I am doing, and answer to why I am doing it. As I step out of my dorm room, I have to know where I am going and why I am going there. If I did not know these things, I would never have laced up my boots. Likewise, I must also know when I am home to stay, and unlac-

ing my boots solidifies this. If I did not go through the process of taking off my boots at the end of the day, would I feel at home at all? No, I would not, and I would not value being at home, either. The patience required by such antiquated means of foot-security makes me have to know and value where I am and where I am going.

My friends, we live in a generation cursed by the craving for accessibility. We don't just want to go somewhere, we want to be somewhere, and be there quick. I mean, how many of us would jump at the chance to have a portal gun, or a flying cap, or even a plain old car? To have things like this would mean that we could go anywhere, anytime, in a matter of minutes. But would we ever appreciate it being there?

I'm not saying we should all wear suede work boots (well...maybe I am), I'm just saying that a little inconvenience makes for a lot of appreciation. I'm saying that when you tie your shoes, when you walk from housing down to campus, when you cook homemade food, when you lock and unlock your door, you have a greater ability to appreciate what you are doing with your life.

Happy lacing.

— Suddenly, College: Nifty Tips for Tests —

BY ALEXA CHERRY

For the UAS Whalesong

Tests, my friends, come in a variety of forms. Let us discuss some of these. First, there is the multiple-choice. Some people prefer this infinitely to any other form of test, for the same reason that other people hate it: the answer is literally right there on the page, staring you in the face. You just have to find it and circle the letter next to it. For students able to memorize entire textbooks in a single night, this is awesome. For the rest of us, this is remarkably inconvenient. But never fear, I am here with some Nifty Tips and Tricks for Tests™!

I find that the key to the multiple-choice horror is to cover all the answers with your hand and read the question first. That way, if the answer comes to you immediately, you'll know which one it is and you can move on. Even if it doesn't, at least you can think about it and come up with what you imagine might be the most likely answer. Then you can look at the choices. This is good because sometimes looking at the choices confuses people – too many options to pick from, right? So if you think it through before looking at A through D, you might be more likely to choose the correct answer rather than blindly guessing at the one that “looks right.” **Another pro tip:** don't go through the options looking for the one that is right! Instead, cross out the ones that are wrong, and be able to explain to yourself why they are wrong. This will narrow down your list, and perhaps in the process the correct answer will spring to mind.

If you like multiple-choice exams, you probably hate essay questions. Tragically, most GER history tests (and in my

experience some science classes) have at least one or two essay questions. Many of my fellow students despise these because they involve a lot of writing by hand. No one seems to understand that there is a plus side to these! Let me break it down for you. There are two kinds of essay questions. The first is an actual essay question: for example, “Drawing on your knowledge of A, B, and C, explain why or why not X was responsible for Z.” These are where you draw upon your extensive high school experience and break out the 5-paragraph essay. Decide whether you agree or disagree with the topic. This will be your introduction paragraph, in which you will mention 3 points supporting your position. These 3 points will relate to the options you were asked to discuss (A, B, and C), and they will be the next 3 paragraphs of your essay. The final paragraph is important – sometimes you get extra credit for it, because it is literally just summing up what you just spent an hour scrawling until your hand cramped into a permanent claw shape. “X was (or was not) responsible for Z because of these aspects of A, B, and C.” BOOM. One hour, one neatly organized paper.

The second kind of essay question is the ultra-specific, one-topic essay question. “Explain the parts and processes of the Krebs cycle,” for example. My friend, here is your solution to these. Place your pencil to the paper and write literally everything you can remember or think of relating to the Krebs cycle. If you are only given a space the width of your hand, write as small as possible. But not too small and keep it neat! Professors can only grade what they can read. If you know the topic inside and out and you know exactly what you need to write in order to get full credit, that's awesome! But if you're a little iffy, or not sure what the question wants, it's

best to give them as much information as conceivably possible. Don't go overboard if you're on a time limit, but if you have all the time in the world, put all the information in the world. Especially if you aren't sure whether or not it's relevant – it's probably relevant. One time on a history exam, I was asked about Thomas Jefferson's presidency. Vague on the details but still having done quite a lot of studying, I wrote a 7-page paper by hand in an hour and 15 minutes. (He was looking for approximately 3 pages.) Using the old 5-paragraph essay format, I briefly covered two other events we'd learned about, but the bulk of my paper was a detailed re-telling of the entire Lewis & Clark expedition, which I knew inside and out. The moral of this story is that I got an A on that exam, and you should seize any opportunity to show that you know literally everything about anything even remotely related to the topic they're asking about because who knows, you could get credit for it! Obviously, don't go over the top – if they ask about the Krebs cycle you don't want to go off on liver function. But a detailed explanation of how electron transport chains work couldn't hurt.

I have a science test coming up. I bet you couldn't tell. But I know you all believe in me! (You do, right? Just nod.) I believe in you kids, too. Be strong, and take this knowledge to the grave. Pass it on to your friends. Ace your midterms. Wreck that grade curve (in the good way). You're a champion with vast quantities of knowledge to expunge upon your professors. If there was ever a time to brag about how much I know about photosynthesis, for example, this is it.

Be strong, my friends. And in the time-honored tradition of our people: Hakuna Matata.

— BANFF: Mountain Film Fest —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

“Don't ask yourself what the world needs; ask yourself what makes you come alive. And then go do that. Because what the world needs are more people who have come alive.”

- Harold Whitman

If someone came up to me today and asked me what I did on Valentine's Eve I would reply with, “I had an enlightening, life and adventure inspiring evening at Centennial Hall watching the BANFF Film Festival with my friends.” Now after that, I know you probably have some questions as to what the heck BANFF is and what sort of event this was, so let me fill you in on this fantastic experience. The BANFF Mountain Film Festival is put together by BANFF Centre, which is best described from a quote from www.banffcentre.ca: “The Banff Centre is the largest arts and creativity incubator on the planet. Over 8,000 artists, leaders, and researchers from across Canada and around the world participate in programs at The Banff Centre every year. New art and ideas are born at The Banff Centre every day.”

This means that a lot of amazingly talented people attend
February 24 - March 9, 2014

this Canadian school and people from all over the world enter the BANFF contests every year to spread their love and view of the arts. On Thursday, February 13th I went to the Centennial Hall where Juneau was part of the World Tour in showcasing the BANFF Mountain Film Festival. I really didn't know what sort of event I was going to, but boy am I sure glad I went to it. The films that were selected to be shown were filled with this energy that could provoke the inner adventurer in anybody watching.

The feature film of the evening was titled: *North of the Sun* (*Nordfor Sola*). It was filmed in Norway in 2012 by two young Norwegian adventurers that go out and find their own “private playground” on a remote arctic island. During their time on the island they built a cabin out of flotsam, cleaned trash off of the beach they lived on, and of course surfed in the cold Atlantic Ocean. The films shown on Thursday evening were able to arouse a hunger inside the audience's soul to go out into the world and see what you can do, to go find the adventure that speaks to you and makes you feel alive. Claire Andrews, now a five-year BANFF goer, says, “I absolutely loved the *North of the Sun* film. Those boys were adorable and I would love to do something like that someday.”

The eight films that were shown at BANFF held something

for everyone; from skiing to mountain biking, rock climbing to skiers that paraglide to their slopes, and then paddle boarding and the last two films left the audience laughing. The perspectives that the stories were filmed from are captivating. The different kinds of terrain were spectacular and the accomplishments achieved by the people in the films were inspiring. Claire Andrews commented after watching the films “My adventurous spirit feels revitalized and renewed, and I really, really want to go paddle boarding. There's something for the kindred adventurer in all of us in those films. BANFF is amazing and anyone would be dumb not to go.”

As a first time BANFF goer I thought that the event was amazing. The UAS Student Government did everyone a huge favor by sponsoring this great event and I would highly recommend that everyone attend the film fest next year! Olivia Lihou, another first time BANFF goer, says, “It was really inspiring and eye opening as to what we as humans are capable of and the differences we can make. Definitely going back next year. It's worth the money and time!”

If you are interested in the BANFF Mountain Film Festival World Tour or want to learn more about the amazingness that is BANFF check out their website at: www.banffcentre.ca/mountainfestival/worldtour/

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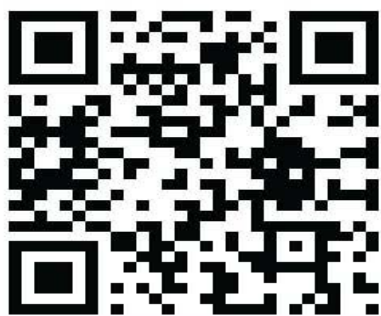
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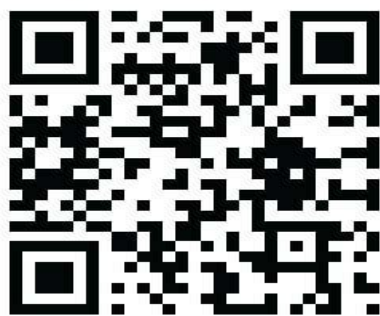
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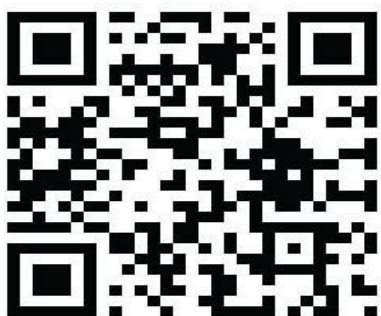
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— Saturday Night Laughs —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

“What soap is to the body, laughter is to the soul.”

—Yiddish Proverb

Hello fellow *Whalesong* readers! Where were you on Friday, February 15th? Well if your answer to that was at the REC center attending the Mike E. Winfield Comedy show, then you definitely got a good laugh and cleansing of the soul as the Yiddish Proverb above would suggest. This Sacramento, California livin’ guy came to UAS as part of his long 2014 comedy trek over the country where he is bringing laughter to universities and cities all over the United States. UAS Student Activities Board put together this event for everyone and it was a big success. A good group of people filled the REC center on Saturday night and shared 90 minutes of laughter thanks to Mike E. Winfield and his clever comedy scoops.

The people who attended this event at the REC center got more out of it than they expected, probably more than they even realize today. What am I talking about you ask? Well, laughter of course! Laughter is not only one of the most universal ways of communication, but also something that we can derive great benefits from. Laughter is often called life’s best medicine and on many levels this is true. I read an article from *discovery.com* and it pointed out some good reasons on why we

should laugh more.

1.)It decreases stress. Levels of stress hormones (cortisol and epinephrine) decrease when you laugh!

2.)It helps coping skills. Laughing is a good way to take on life and the unexpected when you know how to laugh and let go of the negative things that come about in life.

3.)It improves blood pressure and flow. Studies show that laughing can lower or balance blood pressure and increase vascular circulations and oxygenation of the blood. Side note: Laughing and Cardiovascular Health! Laughter causes the endothelium (tissues that create the lining of blood cells) to expand – this allows better blood flow through your body!

4.)A burst of exercise! Did you know that laughing 100 times is the equivalent to 10 minutes on a rowing machine or 15 minutes on a stationary bike?! The respiratory system gets a work out from laughing and the deep breathing that happens when you laugh, just like when exercising!

5.)It manages pain. Your tolerance for pain increases with laughter, that doesn’t mean just so long as you are laughing you aren’t going to feel any pain though! But this does mean that by the release of endorphins (peptides that give us a feeling of well-being) laughing helps us with our pain management.

6.)Everyone likes a good boost of social skills! Sharing a good laugh with someone allows you to connect, bond, and communicate with each other. Research shows that a person is 30 times more likely to laugh in a comfortable social situation than

if they were alone; social skills, laughing, everybody can reap the benefits!

7.)Laughing boosts the immune system. By decreasing the stress hormones, improving circulation and oxygen intake, and releasing negative emotions. A good laugh can do wonders for your well-being. Now this doesn’t mean that laughing can cure all of your ailments but it can do you some good. Laughter has been shown to increase the levels of salivary immunoglobulin A (an important antibody that fights bacteria & infection) especially in the respiratory system.

So there you have it: laughter! It could be the savior of us all, I think we all need to practice laughing more and boosting our well-being by sharing this universal communication skill. Thanks to the dedication of researchers in the field of Psychoneuroimmunology (understanding the relationship between human behavior, like laughing, and the effect it has on us and the immune system) we have a better understanding of just how darn right good laughing is for our lives. Mike E. Winfield definitely helped the audience out at the comedy show Saturday night by divvying out the jokes. I would highly suggest that everybody attends the next Student Activities Board event, they are usually wonderful functions and everyone should definitely attend the next comedy show that rolls through town- for your health’s sake!

If you missed out on Saturday Night’s SAB event with Mike E. Winfield go check out his website: www.mikewinfield.com or follow him on Twitter @MIKEeWINFIELD!



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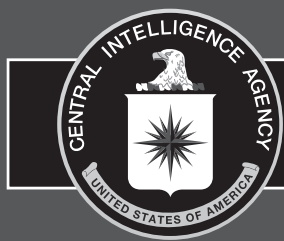
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Photo of the French countryside, courtesy of Kevin Maier.

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— UAS Eats: Dan's Spam Casserole —

BY TRACI L. TAYLOR

For the UAS Whalesong

This article is for those of you who need something quick, easy, and semi-affordable to eat. This recipe comes straight from my roommate's mother and appears to be a childhood favorite. It requires hardly any work at all for those of you busy cramming for that next exam! Here's what you'll need:

- **2 boxes of Kraft Macaroni and Cheese (or any brand)**
- **1 can of Whole Kernel Corn**
- **1 can of Condensed Cream of Celery Soup (can be substituted for a cream of whatever-else-you-like)**
- **1 can of Spam**

First, preheat oven to 350 °F. Now here's the tricky part! Cook the mac and cheese according to the directions on the box, but don't cook the noodles all the way! When you check your noodles, make sure it still has a thin white ring on the inside of the noodle. Your noodles will finish cooking in the oven. If you do cook the noodles all the way don't worry, the dish is not ruined! Just know that the noodles will be a little over cooked af-

ter they come out of the oven. While noodles are cooking, cut spam into cubes. Add all ingredients to cooked macaroni and stir well. At this point you should have a cheesy mixture of all ingredients. Move to an oven safe dish and bake for 30 minutes. Didn't I tell you it would be easy?

Now if this isn't healthy enough for you, keep in mind this recipe can be changed up however you like. Here are a few ideas:

- **Mix in some sort of protein powder.**
- **Add fresh broccoli, spinach, onion, garlic, or any other veggie.**
- **Replace the spam with your favorite tofu.**
- **Use organic mac and cheese or make your own from scratch!**

Making your own mac and cheese is easy, just not as easy as having all ingredients prepackaged for you. Get a box of macaroni noodles. Some brands of noodles even have fruit and veggies infused in the noodle if you are looking for a little more nutrients. Melt about 2 tablespoons of butter in a saucepan while your noodles are boiling. Sprinkle in some flour. You should have a goopy pasty clump that is hard to work with so it is best if your burner is somewhere between medium and low heat. Pour just enough milk in to make mixing easy. This is nor-

mally no more than a ¼ cup. Cook flour mixture until almost burned or until milk begins to evaporate. This is similar to scalding milk making breakfast gravy. Add more milk (2-3 cups). Mix about ¼ cup of grated cheese into the milk mixture. You can even use different cheeses. The more cheese you use, the more milk you will most likely go through. Cook cheese sauce until it has reached desired consistency. Remember, a little sauce will go a long way. Once sauce is done, mix in cooked noodles and remove from heat. Voila! Homemade mac and cheese for your Spam Casserole!

Is that first Spam Casserole recipe too healthy for you? Add some crumbled bacon at the same time you add the spam. You can also sprinkle the top with bread crumbs or those crispy French onions that are normally on green bean casseroles. Or what if you don't like spam? Pick your favorite pre-cooked hotdog and make a Hotdog Casserole.

There sure are a lot of different ways to make this an interesting, fun, and delicious dish! If the original recipe isn't going to satiate your palate, which I'm sure it will, then feel free to try out some of those tidbits above or experiment and make your own unique recipe. Enjoy!

Do you have a recipe you want to share with UAS? Send your recipe to the Whalesong at whalesong@uas.alaska.edu; subject UAS Eats! We'd love hearing from you.

— Why ‘Mario’ is Probably a Creepy Stalker —

BY ALEXA CHERRY

For the UAS Whalesong

How many of you have played the video game *Mario*? I’ll be straight up with you, I’ve only ever played NEW! *Super Mario Bros.* for the Nintendo DS. (That’s a handheld gaming system, for you laymen.) But during a recent discussion with a friend, I found myself wondering about my role in this game. More specifically: is the cheerful red plumber we play as actually the hero? My conclusion, surprisingly, was no. But stay with me, I’m going to explain why.

Now, the general premise of this game (and most other *Mario* games, but I’ve only played one so I’m going to stick with personal experience) is as follows: you (Mario) are minding your own business when a large, angry green being who seems to be some kind of strange cross between a turtle and a dog (this is Bowser) breaks into the castle on the horizon and makes off with a beautiful blonde girl in a pink dress (Princess Peach). Being heroic and all, you decide to haul off after her and rescue her from the clutches of the monstrous Bowser.

Or do you? To be perfectly honest, Peach doesn’t seem THAT distraught about being kidnapped. Really, the level of distress in her cries could be more reasonably attributed to the discomfort

inherent in being flung over the shoulder of a turtle-dog and carried away. And it seems a little weird that you’re just hanging around outside her castle in the first place, when you clearly don’t belong there. For one thing, you don’t even match the color scheme, and for another, as far as I know the game doesn’t take place in a time period involving plumbing.

Thus, we come to my theory – which is that you (or rather, Mario) are an obsessive stalker from whom Peach is attempting to escape with the assistance of her BFF Bowser. Wait, wait, bear with me! I’ve thought this through. Let me share with you my mental process.

Strike one is how you pursue this woman with alarming dedication through no less than 8 worlds, shamelessly murdering all of its denizens on your way to her next location. Leaving a string of dead bodies and even plants behind you – not even the wildlife is safe! – you first make your way to a tower. (This is the mid-level checkpoint.) This tower is tall, it is reinforced, and it is filled with traps, ghosts, skeletons, and all manner of other security measures to prevent you from getting to the top. And when you wrestle your way past all of these, the enemy you face is not even Bowser! It’s his nephew, or something – at any rate, it’s a smaller and clearly related turtle-dog. But why do

you fight this guy? Why don’t you fight Bowser himself? The obvious answer is that he’s already hauled the Princess off to another, bigger, even more heavily reinforced safehouse, in order to get her away from you.

This is the castle at the end of each level. When you get to the top, you go through a door and you face Bowser. Peach cries out at the sight of you – but I’m going to go ahead and say this is a cry of alarm, not joy. Why? Because she doesn’t do a single thing to help you off Bowser. Anyone who wanted to be rescued might throw rocks at him, or something. And Peach is no wimpy lady – she’s a badass. She’s in *Super Smash Bros.* and everything. And honestly, how many tries did it take you to get to that castle in the first place? Seriously, she could have escaped on her own well before you got there. Therefore, the only logical conclusion for her not helping you out is that she wants Bowser to beat you down.

“But this can all be explained by simple game mechanics and continuity!” you cry. “I have to save the princess, duh! That’s the plot of pretty much every game ever!” Alright, fine. I won’t argue with you there. But in that case, let’s look at this from a real-world point of view. A man you don’t know, from a social (not to mention hierarchical) circle you’re not a part of, spends his spare time hanging

around outside your house. Then, when you try to get out without him noticing, he pursues you and your friend across eight different worlds, breaks into your friend’s security-intensive homes multiple times, leaves a trail of dead bodies behind him (not to mention the fact that he kills pretty much all of your friend’s employees and takes every piece of money he can get his hands on), and continues to do so even though you entirely fail to encourage him in any way, shape, or form. You keep running away from him, and he keeps coming after you. Also, he keeps throwing your big, buff friend (who has literally done nothing to you at all, except perhaps transport you in an uncomfortable manner) into pits of lava, at which point a relation of his swings in to rescue you so this weird, short red guy doesn’t get his grubby mitts on you again. Or ever, preferably.

Yeah, that’s right. All this time we’ve been celebrating Mario as a good guy, when really everything he does in the game is really creepy if you just look at it in a slightly different way. The more you know, friend. The more you know.

On a final note: “It’s-a me, Mario!” Why is he introducing himself if he and Peach are such good friends. Clearly, she’s never even met him. Why would he be trying to rescue a girl who he knows, but who doesn’t know him?

Think about it, friend. Think about it.

— Meeting with the Chancellor —

BY TRACI L. TAYLOR

Continued from page 4

As you may have guessed already, all my numbers are rounded to the next one thousandth. If these estimations are correct, then where is the best place for dumpsters to be located on campus? Should Anderson and the tech center also have recycling dumpsters? Reader feed back is always welcome, especially when we are discussing such important issues.

How do we ensure that our recycling does not ruin an entire batch of recycled products? Did you know that if you do not wash out your plastics before you recycle, when your recycles make it to the dump, thousands of pounds of recycling are ruined? Washing out your recyclables is just as important as recycling. If our recycling bins contain dirty plastic bottles (which they do) or used pizza boxes, then is recycling not futile? Since

the University Alaska Southeast appears to be interested in keeping recycling, how can we help ensure that recycling is properly cleaned? There is a water fountain in Maurant Cafeteria where bottles can be rinsed out. Chancellor Pugh and I discussed many possibilities to solve the dirty recycles issue including, but not limited to having a recycling cleaning station, putting up signs, having education programs, or any combination of these things.

If students have lost interest in recycling (a former student run organization), then why is it something the university still considers important? I believe Chancellor Pugh gave the best answer I have heard for this. I will not quote him directly, but I feel he raised a very important point that I had not even considered. According to Chancellor Pugh speaking for UAS, as an institutional user it is our civic responsibility to contribute to the dump issue. Some of you may be

asking, what dump issue? The Juneau dump is filling up fast and even faster when plastics and cardboard are thrown in it. What will happen when it is full? Will we dig another hole or start shipping everything away again? Who knows? Did you know that some animal behavior has drastically changed since the dump was opened? Recycling can help reduce the rate at which the dump fills. We are just as responsible for filling the dump as any other institution and it is important to help conserve and preserve as much as possible.

There is much more to discuss and I look forward to seeing student involvement in the coming months. Does anyone want to make a recycling club that wants to help educate their peers about recycling? Do you have a great idea about any of the items discussed? How do you feel about our recycling? If you want more information, feel free to contact me at whalesong@uas.alaska.edu or read my previous articles at the Whalesong website.

CAMPUS CALENDAR

OFF CAMPUS

TUESDAY, FEB. 25

Alaska Design Forum Lecture Series, 6 p.m., Gold Town Nickelodeon Theater. This season's lecture series "BLING" focuses on the role of ornamentation in contemporary design and includes presentations by designers, architects and artists from around the world. This lecture features Andreas Fuhri-mann and Gabrielle Hachler, principals of an award winning Zurich-based firm known for their residential work of beautifully formed concrete. General admission is \$10, students \$5. Lectures are open to the public. For more information visit www.alaskadesignforum.org

FRIDAY, FEB. 28

Mendenhall Glacier Fireside Lecture Series, 6:30 p.m. & 8:00 p.m., Mendenhall Glacier Visitor Center. "Mary Joyce: An Extraordinary Alaska Woman" is the topic for this evening's lecture. Mary Joyce arrived at Taku Lodge in the 1930s to nurse an ailing veteran. She eventually mushed 1,000 miles by dog team to Fairbanks. Writer Mary Lou Gerbi celebrates the history of Juneau's remarkable woman. Friday evening programs at the Mendenhall Glacier Visitor Center are free and open to the public. For more information call 907-789-0097.

TUESDAY, MAR. 4

Alaska Design Forum Lecture Series, 6 p.m., Gold Town Nickelodeon Theater. This season's lecture series "BLING" focuses on the role of ornamentation in contemporary design and includes presentations by designers, architects and artists from around the world. Guest lecturer Benjamin Ball studied at the Southern California Institute of Architecture and has worked at Gehry Partners and Shirdel Zago Kipnis and as a set and production designer for films and music videos prior to founding his award winning Ball-Nogues Studio. General admission is \$10, students \$5. Lectures are open to the public. For more information visit www.alaskadesignforum.org

FRIDAY, MAR. 7

Mendenhall Glacier Fireside Lecture Series, 6:30 p.m. & 8:00 p.m., Menden-

hall Glacier Visitor Center. "Secret Lives of Crabs and Spot Prawns" is the topic of this evening's lecture. UAS professor Sherry Tamone reveals the fascinating details of how crustaceans shed their shells, grow larger, reproduce, survive and thrive. The most dangerous catch also succumbs to raging hormones. Friday evening programs at the Mendenhall Glacier Visitor Center are free and open to the public. For more information call 907-789-0097.

Stage: "Cat on a Hot Tin Roof," 7:30 p.m., Perseverance Theatre. Enjoy classic drama by one of America's greatest playwrights. "Cat on a Hot Tin Roof" comes to Perseverance Theatre in a sizzling new production. The play tells the story of a southern family in crisis, especially the husband and wife, Brick and Maggie "The Cat" as the lies, deceit, and years of burying the truth all come to a head. Tickets (\$20-\$32) are available from the Perseverance Theatre Box Office at 907-463-TIXS, at Hearthside Books locations, at the Juneau Arts & Culture Center and online through Vendini Tickets.

Music: "Ruth Moody in Concert" 8 p.m., Thunder Mountain High School Auditorium. The Juneau Arts & Humanities Council presents Canadian singer-songwriter Ruth Moody. A founding

member of the "Wailin' Jennies," Moody is recognized for her ethereal vocals, impressive multi-instrumentalism, and beautiful song writing. Her music is timeless, well-crafted and performed with a grace and honesty that earned her five Juno awards. She appears regularly on NPR's "Prairie Home Companion" and tours world-wide. The single performance begins at 8:00pm in the Thunder Mountain High School Auditorium. Tickets (\$24/\$20/\$12/\$5, reserved seating) are available online, at Hearthside and Rainy Retreat bookstore locations, and at the JACC. For more information call 907-586-2787.

SATURDAY, MAR. 8

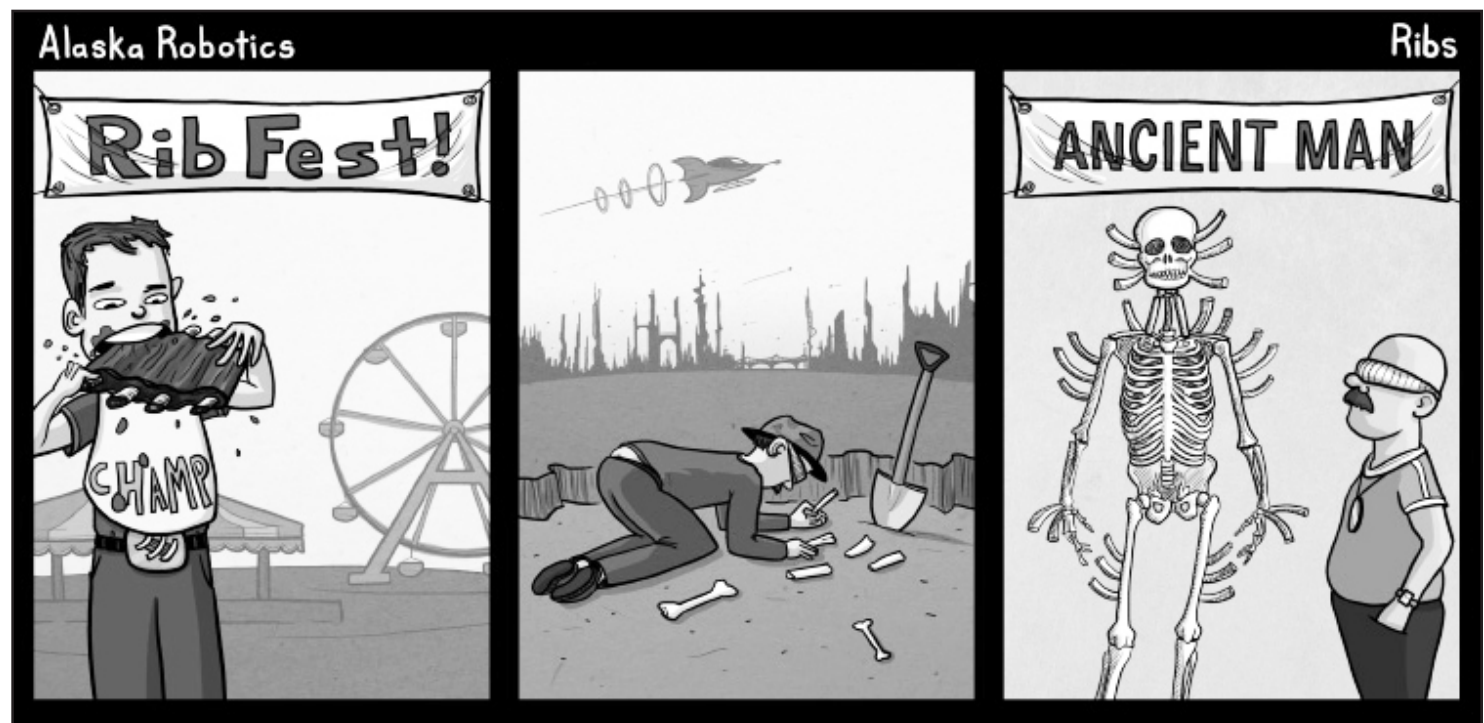
Stage: "Cat on a Hot Tin Roof," 7:30 p.m., Perseverance Theatre. Enjoy classic drama by one of America's greatest playwrights. "Cat on a Hot Tin Roof" comes to Perseverance Theatre in a sizzling new production. The play tells the story of a southern family in crisis, especially the husband and wife, Brick and Maggie "The Cat" as the lies, deceit, and years of burying the truth all come to a head. Tickets (\$20-\$32) are available from the Perseverance Theatre Box Office at 907-463-TIXS, at Hearthside Books locations, at the Juneau Arts & Culture Center and online through Vendini Tickets.

TUESDAY, MAR. 11

"Poetry Out Loud" State Finals, 5 p.m., Juneau Arts & Culture Center. The National Endowment for the Arts and the Poetry Foundation in partnership with the Alaska State Council on the Arts and the Juneau Arts & Humanities Council present Poetry Out Loud: National Recitation Contest, Alaska State Finals. Poetry Out Loud encourages high school students to learn great poetry through memorization, performance and competition. State champions go to the National Finals in Washington, DC to compete for a scholarship. Alaska competitors come from all regions of the state. Free and open to the public. For more information call 907-586-2787.

FRIDAY, MAR. 14

Mendenhall Glacier Fireside Lecture Series, 6:30 p.m. & 8:00 p.m., Mendenhall Glacier Visitor Center. "Old Wood: What the Ancient Trees Tell Us" is the topic of this evening's lecture. Explore an ancient forest of upright tree stumps with UAS professor and geologist Cathy Connor. Discovered in 2011 in a Mendenhall Glacier ice cave, the 1,000-2,000 year old trees were buried under the advancing glacier, then emerged as the glacier receded. Friday evening programs at the Mendenhall Glacier Visitor Center are free and open to the public. For more information call 907-789-0097.



CAMPUS CALENDAR

ON CAMPUS

MONDAY, FEB. 24

Summer 2014 Registration Open.

Information for registration and course offerings are available at uas.alaska.edu, or contact the Registrar's Office in the Novatney One Stop, at 796-6100.

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.

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, FEB. 25

Zumba, 4 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.

Internship Application Assistance, 4:30 p.m., the Writing Center in Egan Library. It's internship application time! Are you ready to spend your summer at a cool new place or gain amazing experience? Come get help putting your internship or scholarship application together or reviewed by friendly graduate students. For more information, call Career Services at 796-6368.

WEDNESDAY, FEB. 26

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.

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. 28

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.

SATURDAY, MAR. 1

Southeast Alaska Regional Science Fair Awards Ceremony, 6 p.m., Egan Library. The Mission of the Southeast Alaska Regional Science Fair (SEAKRSF) is to provide high school students with the opportunity to integrate their science education with real-world science and engineering, to support interaction between students and the scientific community, and to inspire young people to careers in science and engineering in Southeast Alaska and beyond. We are committed to fairness and equal opportunity for all students in support of their education in science and technology. Come see the amazing science projects our youth have done! For more information send an email to Lawrence.Schaufler@noaa.gov

MONDAY, MAR. 3

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.

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, MAR. 4

Zumba, 4 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, MAR. 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.

Library Workshop: Advanced Researcher Tools, 2 p.m., Egan Building (Room 113). Become a power-user of secondary research tools. Find out how Google Scholar, ScienceDirect and other databases can show you who is citing your work, keep tabs on others' work, do auto-searches, and receive table of contents of the journals you need to stay up to date. Short demo and hands-on exploration for you to set up your own research tools for better awareness and productivity in the future. Bring your own laptop.

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.

Honors Symposium: Asian Americans on Stage: Are We There Yet?, 7 p.m., Recreation Center. PACIFIC PEOPLES: TRANSLOCAL IDENTITIES & CULTURAL CONNECTIONS. "Asian Americans On Stage: Are We There Yet?" Presentation by Ralph Peña, Artistic Director of the Ma-Yi Theater Company, New York. Dramatic reading of selected passages from the play *Flipzoids* (2011) by Ralph B. Peña. For more information about the Honors Symposium email Sol Neely at sjneely@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.

THURSDAY, MAR. 6

Small Business Workshop, 5 p.m., Egan Building (Rooms 115 & 116). Various workshops for starting and operating a small business.

How to get a business loan, starting a small business, writing a business plan, social media and mobile marketing for small business, understanding and accessing credit as a small business. For more information about this workshop email Susie Wilkie at susie.wilkie@alaska.edu

FRIDAY, MAR. 7

Food Sovereignty Friday, 12 p.m., NRSC. The Native and Rural Student Center ~NRSC invites UAS Students, Staff, and Faculty to stop by and sample some of the most amazing food harvested from around our wonderful State! Wooch.Een Club members and guests will share the significance and process of harvesting! See you at the NRSC! For more information email nrsc@uas.alaska.edu.

Extension Garden Symposium Discussion, 5 p.m., Egan Lecture Hall. Extension garden symposium discussion on Alaskan commercial horticultural enterprises. For more information about this discussion email Susie Wilkie at susie.wilkie@alaska.edu.

Honors Symposium: Illusion and Reality in Tahiti's Tourist Cocoons, 7 p.m., Egan Lecture Hall. PACIFIC PEOPLES: TRANSLOCAL IDENTITIES & CULTURAL CONNECTIONS. "Illusion and Reality in Tahiti's Tourist Cocoons." Presentation by Miriam Khan, Professor of Anthropology, University of Washington. Author of *Tahiti Beyond the Postcard: Power, Place, and Everyday Life* (University of Washington Press, 2011) For more information about the Honors Symposium email Sol Neely at sjneely@uas.alaska.edu.

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

SATURDAY, MAR. 8

Extension Garden Symposium, 7:30 a.m., Egan Lecture Hall. Garden symposium on Alaskan commercial horticultural enterprises. For more information about the symposium email Susie Wilkie at susie.wilkie@alaska.edu.

Minute to Win It, 7 p.m., Recreation Center. You have 1 minute to complete a designated task! Come join in the fast-paced games! For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

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