

University of Alaska Southeast

WHALE SONG

March 24 - April 6, 2014

The Official Student Newspaper of UAS

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ON THE COVER...

A tiny bud begins to emerge from the soil in UAS student Meghan Cook's window-box garden. Want to learn about the benefits of taking care of plants? Turn to page 4 and perhaps you'll discover your green thumb!

(Photo by Meghan Cook)

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— UAS Answers — Everybody's got one ... *What's the best part about Spring Break?*



"Sleep! And getting to see my family."
— Hannah Gunkel

"Alone time. I get my energy back from spending time alone."
— Hannus McNear



"I'd say staying at home."
— Daniel Piscoya



"Spending time with my awesome friends!"
— Carly Ehrisman



"The ability to take a week off and relax."
— Nicole Tucker



"Being able to stay home and be lazy. Not having any mental stress."
— Raymond Brandt

— UAS in Brief —

Fall 2014 Schedule Web Search Now Available

Spring midterms: Check!
Spring break: Check!
What's next?

As we gain light and better weather, and speed towards finals, put one more important thing on your to-do list. Register for fall classes! The Fall 2014 Fall Schedule is now available on the web at <http://www.uas.alaska.edu/schedule/>. Do not wait to meet with your advisor. Make an appointment now to plan your classes. Registration for program students opens April 7th

- Lori Klein

Send in 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!

You think dating nowadays is awkward, but at least you weren't around when bundling was all the rage. What's bundling? That's what I asked. Turns out that back in the day ("the day" being Victorian times), parents would wrap their daughter and her romantic interest in separate blankets, stick them in the same bed, and make them cuddle and talk to each other through the night. Can you say, "Awkward?" Yes, you can!

-Alexa Cherry

A Word of Gratitude from the Psychology Club

The University of Alaska Southeast Psychology Club would like to thank Student Government for funding our recent trip to attend the 15th Annual Meeting of the Society for Personality and Social Psychology in Austin, TX this year. We had the opportunity to be exposed to new research and make connections with researchers in the field that have been valuable to the club and our popular Brown Bag lecture series. We appreciate your help in this process.

- Izzy Rowland & Ashley Troupin
Co-Presidents of the UAS Psychology Club



Write to us:

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In June of 2012, a group of Juneau-Douglas grown Friends (including some UAS students) embarked on the experience of a lifetime.


They kayaked from Sandy Beach through the Inside Passage to Vancouver Island in British Columbia.

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— Will You Grow Out with Me? —

BY ALEXA CHERRY

For the UAS Whalesong

Around this time of year, some of you may be missing the color green. Not the dark green of deciduous pine trees, which are prevalent and ominous all year round; no, I mean the shade of green that is commonly associated with spring – the fresh new green of tiny plant life that heralds the approach of summer. Sometimes there are other colors involved, as in the case of flowers, but even they are mostly green.

That being said, how can we remedy this sense of encroaching despair at the lack of springtime life in our gray, chill campus world? The answer is with potted plants. Now, before you make a disgusted noise and move on to the next article, wait! Let me argue the benefits of my idea!

Not only does a potted plant give you the springtime plant-life variety you so crave, but caring for one would technically qualify as a hobby – and having a hobby is one of many ways in which you can defeat Seasonal Affective Disorder (aka SAD). This afflicts even the best of us in the dismal season of snow, and causes even the most upbeat people to experience symptoms of depression during the wintertime. These can include sleeping a lot (but still being tired), general moodiness, and a lack of desire to leave the apartment or dorm. Frankly, to me these sound more like the typical behavior patterns of your average college student, but scientists who are better educated and get paid more than I do have said otherwise, so you should probably listen to them.

Anyway, these same scientists have come to the conclusion that among things like exposure to fake sunlight (called SAD lamps, which are conveniently available for checkout at both the SRC and the Housing Lodge), a hobby (such as caring for houseplants) can help lessen these symptoms. Why? Because it encourages you to do something with your time apart

from what you are required to do (attend class, go to work, languish on the floor and re-evaluate your life choices). The plant part comes in because they are, in some ways, more maintenance than fish; yes, you only have to water it once a day (if that), but you also have to make sure it stays alive long enough to actually grow and mature into its final form. It's kind of like a Pokémon – except you're not going to have it battle to the death with another plant. But hey, man, I'm not judging. Do what you want. Live your dream.

That all being said in a lengthy and possibly roundabout manner, there are two ways to go about your plant hobby! Because now you're invested, right? You're going to go out and get a plant and nurture it into a state of full growth? Yes, you are. And the first way to do this is what I have just now dubbed the Alpha Approach. This is where you sally forth into the world, acquire some tiny baby seedling plants, bring them home, and nurture them from birth to adulthood. Also, to their eventual death, but that hopefully won't happen for a while yet if you're a decent plant alpha. (It's a werewolf analogy, okay? Just roll with it.) It's entirely up to you what kind of plants you get – my roommate, being someone who enjoys cooking, acquired a selection of herb seedlings (such as thyme, oregano, and dill) and is bringing them up in the warmth and safety of the one windowsill in our apartment that actually gets sunlight. If you're tired of spending money on overpriced air freshener refills, I would suggest mint or rosemary – both of which smell nice, and one of which you can use to make tea.

The second way to go about this – the Beta Approach – is to get a plant that is already partially or mostly grown, take it home, and throw all your efforts into keeping it alive. This way you don't have to worry about it being taken down in its youth by a sudden cold breeze or something of the sort. This is the approach that I've had personal experience with.



This little plant thrives in the chilly Alaskan spring weather, tended to with all the love and care necessary for its growth. (Photo courtesy Meghan Cook)

Despite already having 4 dogs and a cat, in my youth I also had a pet cactus. I named him Nosh, and everything was fine until he began repeatedly falling off the windowsill I'd placed him on and did not have enough dirt in his pot to continue living. While this is not a terribly encouraging story, I will point out that cacti are very low-maintenance – they come with the dirt they need and you rarely need to water them, which is a useful feature for someone as forgetful as myself. I can't speak to their survival rates in Alaska, but

maybe if you wrap a blanket around its pot and blow-dry it occasionally, it will pull through.

So don't let Seasonal Disorder Affect you! Get a pot, fill it with dirt, stick a plant in the dirt, and put the whole shebang in a windowsill somewhere. If nothing else, you can share your college woes with it, and that will actually help it grow – because plants that get talked to live a longer, healthier lifestyle. Kind of like college students. Call your mother.

INTERESTED IN WRITING FOR THE WHALESONG?

Send your articles to us at whalesong@uas.alaska.edu and you could be published in the next issue of the school's newspaper!

— A Fish that will Make People Talk —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

Do you know what a plecostomus is? Well, they are often called sucker fish and they have also been known as the dinosaur of the fish tank, with their interesting appearance. These are some of the most interesting domesticated fish that I have ever seen. My family has had a fish tank since I was pretty young. In the beginning it was always a big chore having to empty the tank every month (sometimes sooner) and clean it. It was a timely and, in a way, fragile process cleaning the tank. My parents finally got tired of dealing with the nasty cleaning process and started looking into fish that would help keep the tank clean. Plecostomus' actually eat algae and keep fish tanks super clean for you. Soon after finding out this information we had a new, inch-long addition to our fish tank: Skimmer, the sucker fish.

If you live on campus, you aren't really allowed to have pets unless they can live in an aquarium no larger than 25 gallons. You can have fish, frogs, and salamanders in this tank, but unfortunately other aquatic reptiles are not allowed because of their tendency to carry and transmit salmonella. That being said, a plecostomus is a breed of fish. I think they are a fantastic kind of fish that

can really bring an aquarium to life. When you first get a plecostomus they are rather small, one to two inches is the standard size that you will buy them at from the pet stores. These fish can grow to be up to two feet long though! A plecostomus will grow to maintain the cleanliness of the tank size that it is in. The fish is pretty easy to take care of. They are omnivores, so as long as the tank has algae build up, vegetables, fruit, or algae wafers, the plecostomus' diet will be satisfied. We have fed my fish, Skimmer, freeze dried brine shrimp his whole life and he's done pretty well on that and the algae from the tank. Funny, maybe that's why he's lived so long... we messed with his diet and maybe that cause him to be a super pleco!

Generally plecostomus' are a really chill fish to have in your tank so long as the tank they are in fits the right ratio to the size of your fish. If they are in tanks too small for their size they will often get health problems and die young. It is actually recommended that they are kept in tanks 40 gallons or larger, but I have to say that for the first four or so years we kept Skimmer, the little plecostomus he was back then, in tanks that didn't exceed 25 gallons. Basically, for the time that you are in college with your lil' fishies, so if you are potentially interested in getting a plecostomus, I wouldn't worry about that



(Photo by Jasmine Mattson-Wolff)

tiddit. These fish are also great because they get along well with other fish for the most part. The one fish that shouldn't be paired up in the same tank as a plecostomus though are gold fish, because they are known to attach onto the gold fish and suck the protective slime off the gold fish's body. All in all though, these fish are pleasant and helpful fellas to have around. They help keep your tank lookin' spiffy, are easy to care for, and I

have found them to be a great conversation topic with guests because most people don't realize these chill creatures are actually alive let alone fish! I would recommend getting a plecostomus if you have a fish tank and just want to add a little affordable, helpful, awesome fish to it—my family did and he is still alive, after 11 years, and over a foot long!

Information for this article from:
<http://fishbreeds.net>

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Photo of the French countryside, courtesy of Kevin Maier.

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STALL STREET JOURNAL

March 2014

[A WEEKLY DOSE OF KNOWLEDGE]

Volume 9, Issue 7, Week 2

5 Healthy Drinking Habits

According to the American College Health Association's *Spring 2013 National College Health Assessment*, more than 20 percent of students didn't drink in the last 30 days. But if you do, here are tips for staying safe:

1. **Plan ahead.** Stay with people you trust and know how to get home safely. Always keep phone numbers for a cab company, your hotel, etc. with you.
2. **Know your limits.** One drink per hour and no more than three or four total reduces the risk of unwanted consequences.
3. **Keep track.** Count your drinks by moving coins from one pocket to another or noting them in your phone.
4. **Never leave your drink alone.** Don't accept drinks with unknown contents, and always take your drink with you.
5. **Eat and drink...water.** Alternate alcoholic with non-alcoholic beverages. Dehydration can intensify the effects of alcohol.



IN THIS MONTH'S ISSUE OF STUDENT HEALTH 101:

Stand Out

5 Questions to Answer in Your Cover Letter



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— Suddenly, College: Spring Fever —

BY ALEXA CHERRY

For the UAS Whalesong

The diagnosis is grim. You've got it. Your professors have got it. Anyone even remotely involved in academia's got it. But what is "it?" new's stations cry in despair.

It's spring fever. And it's awful.

No, it's not the traditional kind – the one where everyone goes charging outside to frolic in the trees, pick up hot girls and guys, and start deep-cleaning the entire house. For those of you not in the loop, I'm going to bring you into the loop. I was not in the loop the first time I experienced spring fever, so I entered it without warning or support and was left to flounder alone with the symptoms. I don't want that to happen to you. Let's start from the beginning.

Spring break is simultaneously a desperately needed reprieve from schoolwork and the worst idea ever. It has probably become shortened over the years from the original "Spring break-the-will-of-students-to-go-on." It is a badly timed week of deceptive pseudo-freedom, appointed to be a month and a half from the end of the spring semester for reasons unknown to basically everyone. Only a month and a half? When you are eagerly awaiting the arrival of spring break, this seems like a great idea. When you are on spring break, it seems like an even better idea. The Monday after spring break, it seems like the worst conceivable idea in the history of mankind.

This is because one week (give or take a few days) is exactly enough time to lull you into the "summer break" mindset. Even if you have homework assigned for the duration of the week, it's still very easy to lull yourself into a mindset where school doesn't really exist and the past 2 months were a bad, stressful dream. You spend your assigned break floating through a miasma of lies, only to rediscover the uncomfortable truth on March 24th – or more accurately, on the evening of Sunday the 23rd, when you remember everything due on Monday that you haven't been working on at all.

Cue Monday, when everyone slogs into class looking bleary-eyed due to having ruined their carefully cultivated school sleep schedules. Even your professors might look a little groggy. This is the part of spring break that no one tells you about – the aftermath. Known as "spring fever" to those of us undergoing the search for a higher education, the symptoms of temporary association with a

false sense of freedom are many and varied. Perhaps the most prevalent is an overwhelming sense of complete apathy regarding your grades, social life, what and when you eat, and the entirety of the rest of the semester as a whole.

You must fight this. There are steps that can be taken. The first is to know that you are not the only victim – most of your fellow students and even some of your professors are experiencing it as well. Acknowledging that you have a problem is the first step to fixing that problem – and acknowledging that everyone else has the same problem can only make you feel superior about being the first member of your peer group to do something about it.

One of the best and least mentally challenging things you can do is to clean and/or reorganize your living space. Move your bed to the other side of the room, put your desk at an angle, get some of those glow-in-the-dark stars and slap them all over the walls and ceiling. Returning to the "same old, same old" is dull and unnecessary. Swap out the posters on your walls! Hang up some Christmas lights! (Or, alternatively, take them down!) The world is your oyster, man.

If you were disorganized before spring break, take some time to get organized in the aftermath. It might seem pointless – after all, there's only a month and a half of school left – but you'll appreciate it when you're not scrambling to find important papers or books during finals, and especially when you have to pack up your dorm and move out. I've probably said this before, but allow me to reiterate – nothing is quite as stressful as trying to pack in a messy environment. It just throws off your entire groove. Don't let that happen to you, friend. I've experienced it for you, and it sucks.

Last, but not least, start a countdown. A makeshift "summer break advent calendar" is a nifty idea that can help you get rid of all those snacks you've hoarded during this semester and need to start consuming. I still have at least 2 boxes of residual Valentine's Day chocolate that I haven't been eating. If I eat one piece for every day left of the semester that I survive, I'll be encouraging myself and putting them to rest! And that's a good thing.

So be strong, fellow students. And as you set about recuperating from the long and late hours of spring break, I encourage you with the following quote:

"There's a reason they shoot prisoners at dawn. Nobody wants to be alive at this insane hour." – Chris O'Brien

— Sustainability at UAS —

BY LUCY SQUIBB

For the UAS Whalesong

Sustainability is an aspect of life that maintains the physical, cultural, and economic health of our environment and those that live within it. There are endless aspects to living in a way that meets the needs of the present generation without compromising the ability of future generations to meet their needs. As an educational institution, UAS has the ability to consider sustainable practices as a necessary means of achieving a positive future. UAS has the opportunity to educate inside and out of the classroom so that the student body can learn how they can live sustainably. UAS can be a place that strongly promotes and practices sustainability.

Sustainability is an interest to many students and faculty members. In recent years there has been movement towards making sustainability a priority. There is a dedicated Committee of Faculty and Administrators that meet monthly to work on projects that improve sustainability. It was their decision to have UAS undergo the internationally accredited sustainability rating called AASHE Stars. The rating would inform the Committee as to where UAS stands, and act as a benchmark on which improvements could be made. Lori Sowa and the Geography Seminar of Spring 2013 spearheaded the research and data collection necessary for the rating. A follow-up review by the Sustainability Committee was done this fall and the final results have been received.

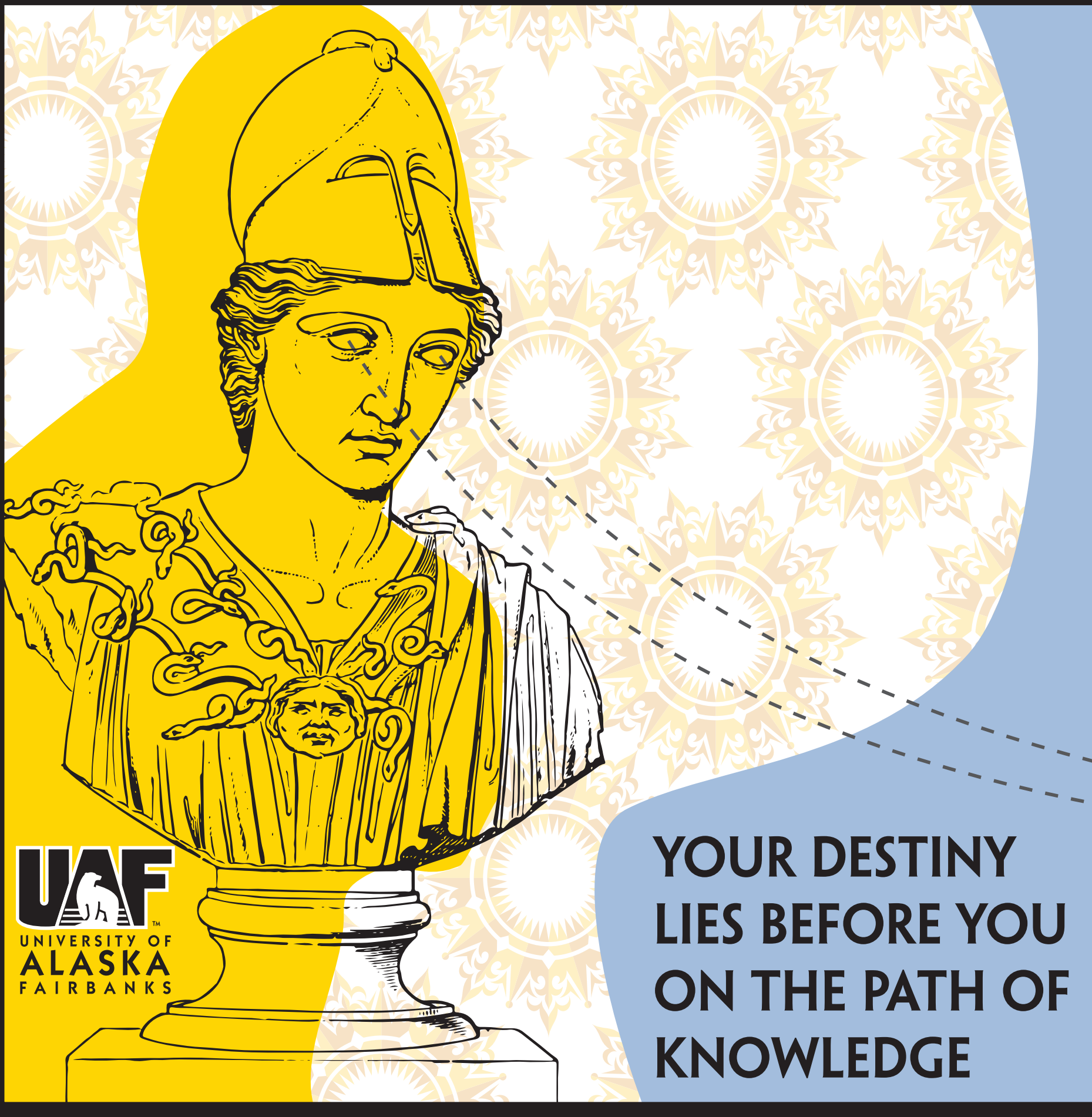
UAS received a Bronze rating for a total of 31 out of 100 points. The categories by which the university was ranked were Education and Research, Operations, Planning Administration and Engagement, Innovation, and Supplemental. The bulk of the points came from the Research Category because as it turns out many of UAS' professors are engaged in climate

change and sustainability related research. The University also scored relatively well in the Operations sub-categories of Waste Reduction and Water Consumption. The AASHE Stars rating is a valuable lens to critique UAS and the broad spectrum of aspects that contribute to its level of sustainability. The Bronze rating shows that UAS can strengthen its commitment to sustainability. We now know where the university stands, the challenge is how to prioritize future improvements. Sample recommendations from the Geography Seminar of Spring 2013 include:

- Encourage students and faculty to commute sustainably
- Bike rentals
- Improve recycling
- Develop a composting program
- Improve student engagement in sustainability
- *Whalesong* Sustainability column
- Local and sustainable foods available, i.e. Wild Alaskan Seafood
- Sustainability Graduation Pledge
- Sustainability info part of Freshmen Orientation and move-in

AASHE enables colleges and universities to meet their sustainability goals by providing specialized resources, professional development, and a network for sharing information about sustainability products and services. UAS membership covers the entire campus, so everyone can take advantage of resources and tools, just sign-on with your UAS webmail account.

To view the results of the AASHE Stars rating in detail, go to:
<https://stars.aashe.org/institutions/university-of-alaska-southeast-ak/report/2014-01-10/>



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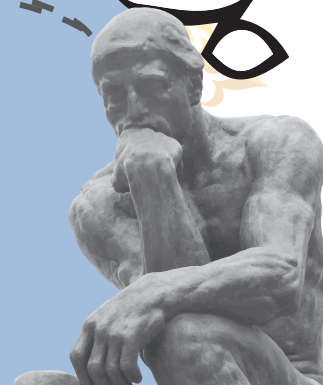


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— Exploring a Sweet Culinary Go-To: Mug Cakes! —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

Hello, *Whalesong* readers! With this article I bring you a revelation that could change your opinion on baking a cake. If you are one of those people that just can't seem to keep it together enough to bake a solid and scrumptious cake when you are looking in to sweetening up a rough week, then this is the article you should be reading! This is a new alternative for anyone, from my less skilled culinary colleagues to culinary master-minds who know their stuff, and everyone in between. Here are the only two words that really matter at this very second: mug cakes..... RIGHT!? Genius! I thought so too. But let's face it, if you read "mug cakes" and didn't get as excited as I did when I saw a cookbook on them at Hearthside Books, continue reading to find out more on these brilliant alternatives to baking a whole cake that could potentially change your life.

Before we begin talking about mug cakes let's get a couple things straight. First, when I say mug cakes could be the alternative to baking a whole cake, I am referring to baking an entire regular sized cake from scratch with all the extra challenges that can come along for the ride. Second, from scratch does not mean from a box. Absolutely not! Baking a cake from box mix is "cheating" which, if you are in a pinch for time it is okay to "cheat" every now and then, but I think many people just don't understand the amazing difference there is between a box cake and a cake from scratch. So, as we move along with this article keep in mind that this culinary alternative for baking a cake is pretty much sticking to this "from scratch" mindset, just on a smaller level.

I bought the cookbook *Mug Cakes: 100 Speedy Microwave Treats to Satisfy Your Sweet Tooth* by Leslie Bilderback a while ago because I am a cook, a baker, and a culinary arts lover. When I saw this book, I saw potential! I saw the potential for it to enrich my limited cooking opportunities, as a college student. The only thing I have in my dorm room to work with as far as cooking goes is a microwave, so I got super excited when I saw this book. I ended up buying it and now, I would like to share my experiences thus far with my mug cake making.

The first thing I tried to make was the first recipe in the book, a basic yellow mug cake. I'm just going to tell you now, it was a flop. It turned out rubbery and weird! I was pretty disappointed in that first experience. But as I kept reading through the other recipes, I decided to try the "Better-Than-Sex Mug Cake" because of the notes in the recipe that read: "The sweetened condensed milk adds the extreme decadence that gives this cake its name. If you don't have any on hand, plain milk is fine. If such substitutions are made, one might, again, consider renaming the cake—perhaps 'Better-Than-Holding-Hands Cake.'" I found that to be rather hilarious and decided that this was the recipe I would try and share with you all. This time the cake turned out well! It was not tough and chewy as the first yellow cake, and I think I realize why. With the yellow cake I did exactly as the recipe directed (that was difficult for me



The Better-Than-Sex mug cake topped with whipped cream and sprinkles certainly looks like it lives up to its name! Try this recipe out for yourself by following the recipe below and enjoy a mug full of decadence!

(Photo courtesy Jasmine Mattson-Wolff)

to do, I'm not the best at keeping exact to recipes). In doing so, I divided the batter from the larger 16oz. mug to two smaller 8oz. mugs and microwaved them each for about 1 ½ minutes. On the second go around I thought maybe I would see what happened if I left it all in the larger mug. With such nice results the second go around, I think dividing the batter that first time was what made them gross.

Anyway, here is the recipe if you are interested in trying to make the "Better-Than-Sex Mug Cake" and if you are interested in more recipes be sure to look up Leslie Bilderback's cookbook. Or, if you are super excited about mug cakes, flag me down and ask me more about the cookbook. I could most likely let you check out this cookbook that is not only filled with regular cake recipes but also, gluten free, sugar free, dairy free, and vegan options!

Better-Than-Sex Mug Cake

Ingredients:

- 1 large egg
- 3 ½ TBSP vegetable oil
- 3 ½ TBSP sweetened condensed milk
- 2 TBSP unsweetened cocoa powder
- 1 TBS brown sugar
- ¼ Cup self-rising flour
- Pinch of salt (kosher is preferable, but table salt will

work too)

1 ½ TBSP caramel sauce (store bought or homemade, either works)

1 crushed Heath bar (or your favorite candy bar)

Directions: In a large mug (16oz.), whisk together the egg and oil with a fork. Stir in the sweetened condensed milk, cocoa, & brown sugar. Add the flour and salt. Beat the batter until smooth. Swirl in the caramel sauce and crushed candy. Microwave (I would suggest keeping it in the one large mug and not dividing & microwaving individually into two smaller mugs) for 1 ½ to 2 ½ minutes until risen and firm. Whipped cream, candied nuts, caramel sauce, chocolate fudge icing, chocolate shavings, or more candy bar bits could make for excellent toppings!

Don't forget the sweetened condensed milk bit- if you don't have any milk will do, just rename the cake to Better-Than-Holding-Hands Mug Cake. If you don't have self-rising flour, don't worry just whisk together 1 cup all-purpose flour, ¾ teaspoon of baking powder, and a pinch of salt—then use that! Also, on the microwaving bit, definitely watch your cake closely because depending on your microwave the cooking time will vary. And don't worry if you take your cake out to check it and it deflates a bit—that is totally normal and fine!



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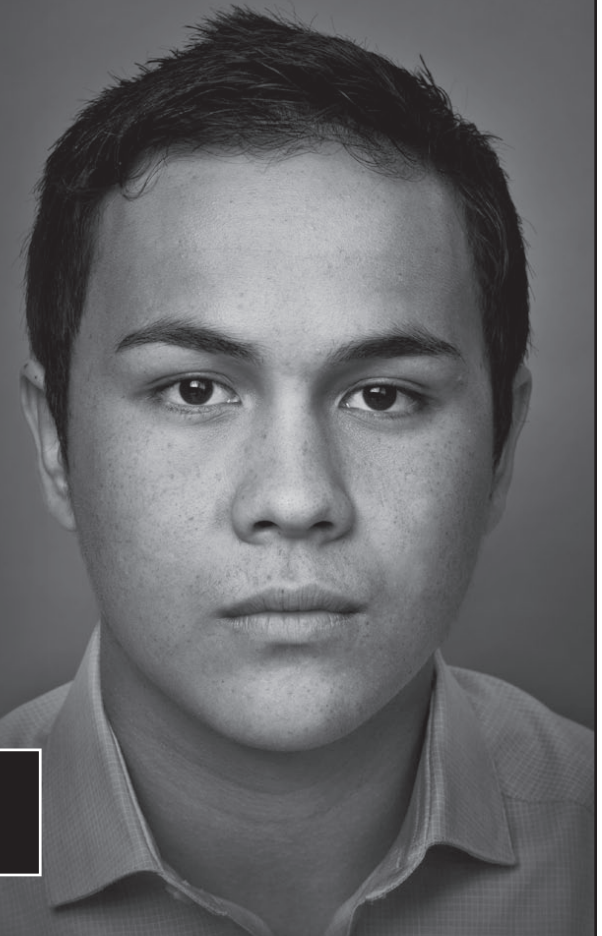
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— Slowly, Calmly, Quietly —

BY ALEXA CHERRY

For the UAS Whalesong

I was recently lent a copy of the video game *The Last of Us* (henceforth abbreviated as TLoU) created by the company Naughty Dog, which is also notorious for the popular *Uncharted* series. TLoU has been hugely popular and won a number of awards since its release in June 2013. This might seem a little strange to some of you – it certainly did to me – because TLoU is a horror survival game based in the zombie apocalypse. “How original,” you say – as did I. But as things turn out, I should not have doubted, and I will not doubt again.

I'm not completely done with the game, so you don't need to worry about spoilers. All I'm going to tell you about the plot is that you follow an older man named Joel as he tries to get a 14-year-old girl named Ellie out of Hellacious Undead Land to another city. While this might not sound incredible, or even particularly innovative, I promise that it really is. The game is essentially an interactive movie – though not in the way that some games are, where they throw 30 minutes of cutscene at you for every 10 minutes of gameplay. No, TLoU gives you just enough of a video clip to

get you supremely interested, then zooms out in an often flawless cutscene-to-gameplay transition and says, “We've given you a problem, now deal with it.” You will be given 30 seconds in which Joel realizes that a horde of zombies is about to break through the door, and then suddenly you're in control and you have to make judicious use of your shotgun and Molotov cocktails to stay alive.

“Judicious use? In a 3rd-person shoot-to-survive game?” Yes, friend, you heard me. Perhaps the primary factor that makes TLoU stand out from other zombie apocalypse games is its added realism in that you must sneak to survive, rather than shoot. Ammo drops are few and far between, and it is absolutely essential that you search every room in every building you ever enter in order to find not only bullets, but supplies. That's right, this game makes you find the supplies for literally everything. If you don't have the ingredients for a Molotov cocktail/nail bomb/medical kit, you can't make one. If you haven't been industriously raiding cabinets and collecting parts for your weapons, you can't upgrade them. And for the cherry on top, there's no “instant interaction” button that you can press and use to heal, equip something, or swap weapons. No, it all happens in real time (in the game, anyway).

There are also the different types of zombies. The game starts you off with your average zombie – aside from the encouraging fact that you can punch them in the face, they're pretty standard. Speedy, but standard. Once you've gotten reasonably used to these, the game ramps up a level and brings in clickers. These things are horrible, and substantially more threatening. They are blind, but they can find you by echolocation, so you must throw bricks and bottles around to distract them and be the sneakiest you've ever snuck in order to survive.

“But Lexi, why should I care?” you may ask.* Perhaps you don't play video games. Perhaps you've already played TLoU. But guess what on-campus event you can register for starting on March 24th? Humans vs. Zombies! The only game of tag where everyone gets cool bandanas and Nerf blasters! Some people like to play hard and fast and on the edge, tearing around housing and campus like orange-clad banshees as they swoop and whoop their way to imminent victory or undeath. But others fall into that esteemed category of players classified as “sneaky bastards.” Like Joel, they slink everywhere, leaving campus housing at unholy hours of the morning on the dawn of the first day and failing to be seen again

until the final mission. Mysteriously, they are still on time for all of their classes. These people are not to be trusted and probably own invisibility cloaks. You've been warned.

So if you enjoyed TLoU, this article, or even a good game of tag in the carefree days of your high school years, I strongly encourage you to head down to the office of the Student Activities Board and sign up for the time of your life. Even if you're going to be super busy and think you don't have time to play, so what? Fine, you don't have time. Sign up anyway. If you get taken out walking to and from class, you can still say that you played. Plus, it's a great excuse to procrastinate on homework by watching zombie movies and playing zombie apocalypse survival games to hone your survival instincts. When your roommates walk in on you and ask “How's that paper coming?”, you can respond with “Shh, I'm doing research” and attempt for the fifth time to make your way through a dilapidated virtual building without attracting the attention of the 15 blind but unnaturally hearing-sensitive zombies in the next room. Alright, fine, it's not much of an excuse. Come up with a better one. I dare you.

***Answer for the ladies:** Joel is supremely attractive. I am just throwing that out there.

Reach me a rose

Reach me a rose

with the formless grace

of olfactory sunlight.

Reach me a rose

heaped with blooms

spread like wings

in this valley of ashes.

Reach me a rose

Filled with faces dead and

gone. Filled with friends

gone now and forever.

Reach me a rose

explained by the ferocious

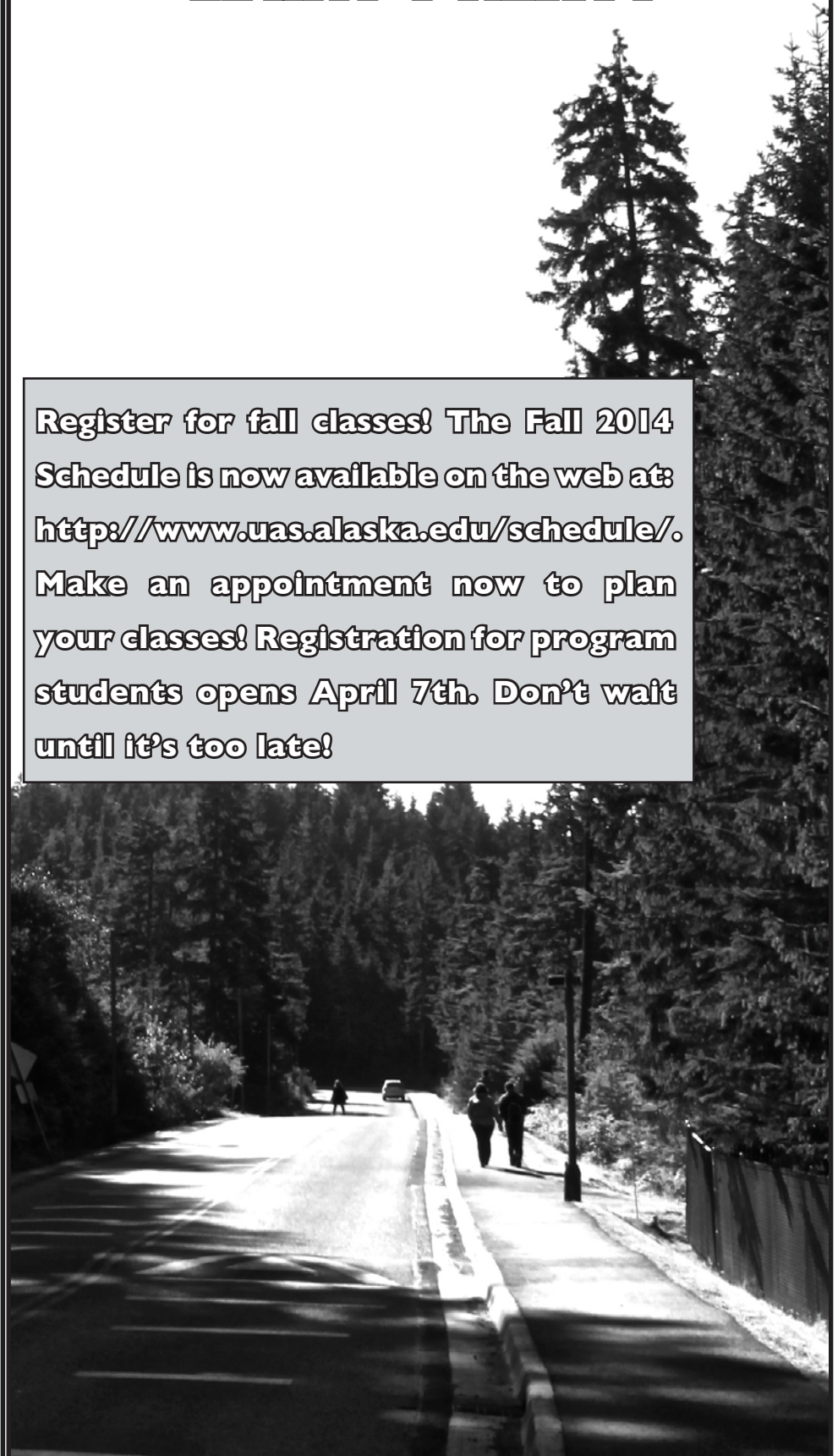
delicacy and single-mindedness

of the man I want to be.

- *Daniel Piscoya*

**SPRING MIDTERMS? CHECK!
SPRING BREAK? CHECK!
WHAT'S NEXT?**

Register for fall classes! The Fall 2014 Schedule is now available on the web at: <http://www.uas.alaska.edu/schedule/>. Make an appointment now to plan your classes! Registration for program students opens April 7th. Don't wait until it's too late!



CAMPUS CALENDAR

OFF CAMPUS

TUESDAY, MAR. 25

The Flying Karamazov Brothers, 7:00 p.m., Juneau-Douglas High School Auditorium. A tumbling, juggling, comedy spectacle. This astonishing, madcap group dances, prances, sings, and tells jokes in a zany, for-the-whole-family evening of good-natured fun. Tickets are available online, at Hearthside and Rainy Retreat bookstore locations, and at the JACC. For more information call 907-586-2787.

THURSDAY, MAR. 27

Stage: "Rivals," 7:30 p.m., McPhetres Hall. Theatre in the Rough opens the season with "Rivals," written by Richard Brinsley Sheridan, directed by Aaron Elmore, and starring Katie Jensen. Performances are at McPhetres Hall, downtown at 4th and Gold. Tickets are available at Rainy Retreat and Hearthside Books locations, at the JACC and at the door.

FRIDAY, MAR. 28

The Art of Place Series-Song, 10 a.m., Glacier View Room in Egan Building. Now in its fourth year, The Art of Place series focuses on different aspects of Tlingit culture. This year's focus is on the audible arts. In this presentation, Tlingit scholar Liana Wallace (Raven) and Tlingit leader Lyle James (Eagle) will discuss and demonstrate song, their meaning and purpose, and the method by which old and new songs are kept alive. The talks are free and open to the public.

Mendenhall Glacier Fireside Lecture Series, 6:30 p.m. & 8:00 p.m., Mendenhall Glacier Visitor Center. "A Salmon Forest: New Exhibit" is the topic of this evening's lecture. Photographer/author Amy Gulick takes us behind the scenes of the visitor center's new exhibit illustrating the connections in the Tongass among salmon, bears, forest and sea. Friday evening programs at the Mendenhall Glacier Visitor Center are free and open to the public. For more information call 907-789-0097.

Stage: "Rivals," 7:30 p.m., McPhetres Hall. Theatre in the Rough opens the season with "Rivals," written by Richard Brinsley Sheridan, directed by Aaron Elmore, and starring Katie Jensen. Performances are at McPhetres Hall, downtown at 4th and Gold. Tickets are available at Rainy Retreat and Hearthside Books locations, at the JACC and at the door.

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.

SATURDAY, MAR. 29

Glacier 10k and One Mile Run, 10 a.m., Mendenhall Glacier Parking Lot. A fund-raiser for the TMHS track team. This race is included in the Empire Cup series. For more information contact Scott

May at 907-790-4544 or smay21@mac.com.

Stage: "Rivals," 7:30 p.m., McPhetres Hall. Theatre in the Rough opens the season with "Rivals," written by Richard Brinsley Sheridan, directed by Aaron Elmore, and starring Katie Jensen. Performances are at McPhetres Hall, downtown at 4th and Gold. Tickets are available at Rainy Retreat and Hearthside Books locations, at the JACC and at the door.

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SUNDAY, MAR. 30

Stage: "Rivals," 2:00 p.m., McPhetres Hall. Theatre in the Rough opens the season

with "Rivals," written by Richard Brinsley Sheridan, directed by Aaron Elmore, and starring Katie Jensen. Performances are at McPhetres Hall, downtown at 4th and Gold. Tickets are available at Rainy Retreat and Hearthside Books locations, at the JACC and at the door.

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.

MONDAY, MAR. 31

The Mythology of Aphrodite and Astronomy of Venus, 6:30 p.m., Marie Drake Planetarium. The Stars Tonight -showing what Juneau's sky would look like if it were clear - is followed by the Mythology of Aphrodite and Astronomy of Venus, a presentation by Ken Fix. This is a free program.

Alaska Robotics

When I'm standing on a plank hurtling through the sky,
I like to pretend I'm standing on a plank hurtling through the sky.



Sky Surfing

CAMPUS CALENDAR

ON CAMPUS

MONDAY, MAR. 24

HvZ Registration Spring 2014, All Day, Mourant Building. Don't forget to stop by the Student Activities Office to get registered for Humans versus Zombies! Bring \$1.00 for a bandana if you don't already have one. For more information email the Student Activities Board at sab@uas.alaska.edu.

Fall Schedule Web Search Available, 8 a.m., UAS. The Fall 2014 online web search is available. For more information email registrar@uas.alaska.edu.

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.

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Zumba, 4 p.m., Recreation Center.
March 24 – April 6, 2014

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. 26

HvZ Registration Spring 2014, All Day, Mourant Building. Don't forget to stop by the Student Activities Office to get registered for Humans versus Zombies! Bring \$1.00 for a bandana if you don't already have one. For more information email the Student Activities Board at sab@uas.alaska.edu.

Travelogue Series 2014, 11 a.m., Egan Classroom 220. Hear from UAS travelers and study abroad participants about their experiences and lessons learned along the way.

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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Small Business Workshops, 9 a.m., Egan Classroom 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 email Susie Wilkie at susie.wilkie@alaska.edu.

DOT&PF Open House, 5 p.m., Egan Classroom. Project #67564 Glacier Hwy Reconstruct Lena Pt to Tee Harbor. This is a second open house where DOT&PF will provide updated information to residents and interested public about Project #67564. For more information contact Hilary Lindh at hilary.lindh@alaska.gov

Salsa, 7:30 p.m., Recreation Center. No experience required - come and learn to dance the Salsa and other Latin dances. For more information call 796-6544 or email the Rec Center's staff at rec_center@uas.alaska.edu.

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Sound+Motion, 7 p.m., Egan Lecture Hall. Treasures from the State Film Library. Damon Stuebner, Alaska State Library Historical Collections. The fifth annual festival of vintage and historical films and videos from the Alaska State Library Historical Collections. Selections include, "Though the Earth Be Moved", a documentary detailing the relief efforts after the March 27, 1964 Alaskan earthquake in honor of the 50th anniversary of the event. For more information contact Katie Bausler at katie.bausler@uas.alaska.edu.

SATURDAY, MAR. 29

UAS Gaming Club, 5 p.m., Egan Library. UAS Gaming Club will meet every Saturday from 5pm to midnight in the UAS Egan Library Wing. For more information email jypres@uas.alaska.edu.

SUNDAY, MAR. 30

Humas vs. Zombies Spring 2014, All Day, UAS Juneau Campus. A week long moderated game of tag. Challenges and games played throughout the week. The game starts with every player still human except one mystery player who is looking to feed... watch out... you could be the next to turn!! Who will win this year? The humans or the zombies? For more information email the Student Activities Board at sab@uas.alaska.edu.

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Want us to list your event in our calendar? Send us the information via email to whalesong@uas.alaska.edu. Please include "calendar submission" in the subject.

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