

University of Alaska Southeast
WHALE SONG

September 29 – October 12, 2014

The Official Student Newspaper of UAS



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ON THE COVER...

Whether you're looking for water activities, photography opportunities, or even just a scenic spot for taking a walk, Auke Lake is one of the best places to go! Read more about the lake here on campus and a girl who loves it on page 9!

(Photograph by Jasmine Mattson-Wolf)

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— UAS Answers — Everybody's got one ...

What's your favorite fall activity?



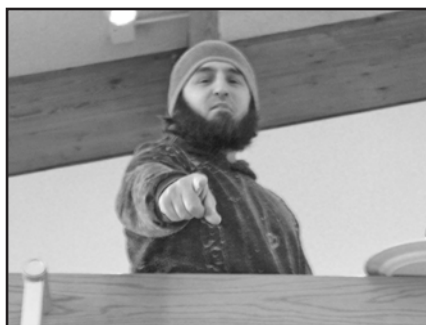
"Anticipating snowfall, searching for northern lights, and playing with bioluminescent creatures in the ocean."

-Andre Bunton



"Finding all of the crunchy leaves and stepping on them because...crunch."

-Mitchell Cabrigas



"HvZ for sure!"

-Nathan Block



"Raking up a big pile of leaves and jumping in them!"

-Maata Finau



"Oktoberfest!"

-Cedar Schick



"HvZ."

-Darian Gray

— UAS in Brief —

Campus Safety: Sexual Harassment and Assault at UAS

On October 10th, UAS will host a team of staff from the US Department of Education Office of Civil Rights who are here to conduct a compliance review, examining the university's handling of complaints and reports of sexual harassment, including sexual violence. Similar visits are taking place at UAF and UAA. The OCR team wants to hear from students.

In the last three years (2011-2014) there have been eight sexual harassment (including sexual assault) complaints at UAS. This includes reports from students, faculty, and staff. Reports and complaints are investigated through the UAS Title IX office.

What is Title IX? Title IX is a basic civil right that applies to everyone. Some people connect it to equal opportunity for women in sports, but its true intent is to prohibit sex discrimination in all forms. Each campus has a Title IX coordinator to respond to reports. At UAS, our Title IX Coordinator is Kirk McAllister (Phone: 796-6473; Email: kirk.mcallister@uas.alaska.edu). To learn more about Title IX, visit www.knowyourix.org.

UAS and the Office of Civil Rights are still finalizing the details of their scheduled visit to Juneau. Once complete, the schedule will be posted online and around campus. Mark your calendars now – focus groups for male and female students as well as open office hours will be available on Friday, October 10th. For more details, contact the Student Resource Center (Lower Level Mourant Building / 796-6000).

—Lori Klein, Campus Conduct Administrator



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— Just Take a Break! —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

Are you already behind in your homework? Does studying for that Week 6 exam seem like an unmanageable task? Can't stay focused for long periods of time? Don't worry it all makes sense. There are certain things when it comes to studying that we all need to keep in mind. I read an article, "13 Steps to Better Study Skills," from the California State University, Fullerton and their suggestions align with research by other schools, psychologists, and also some of the tips I figured might be worth mentioning in this article about giving your brain a break between studying.

Have you ever heard of studying in the same place every day can help with your memory? Well, think back to Pavlov's dogs and how they would salivate every time they hear a bell ring. It's kind of the same idea with studying; if you tend to study a specific subject at a certain time and place every day it can help with your memory and knowledge retrieving skills. I feel like this is pretty accurate for the opposite as well- if you spend a lot of time "studying" in a place that is distracting to you and you find yourself not getting much done but you still go back there every day to study, in my experience the same things will happen in your mind every time you go to that place and you won't be able to study or store new data in your brain successfully.

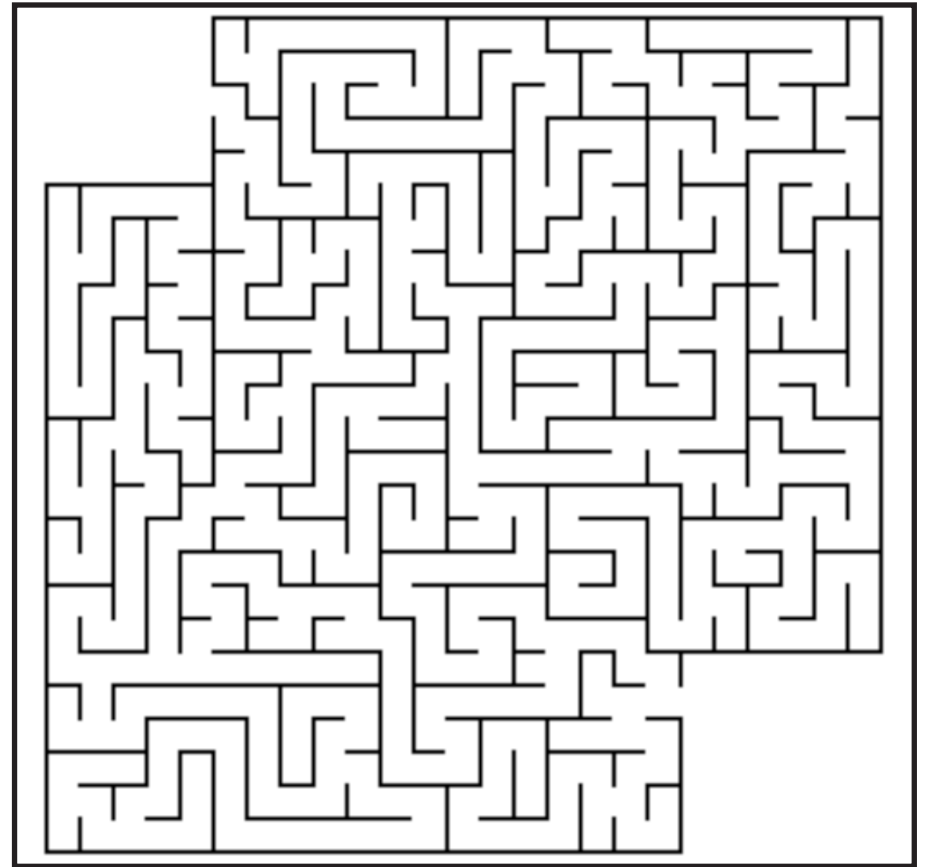
Another thing that you should consider while you're studying is not cramming Spanish or Chemistry for a huge 4 hour time period. You have to be paying attention to what you are studying in order to be successfully learning. Attention really isn't the problem- we always have attention, it just depends on what has our attention. So, take breaks. I would recommend not studying for more than an hour without taking a break. This allows you to un-focus and then refocus on the subject when you come back after your break and will help to maintain your attention on what you are studying instead of something else. Also, it is very important to take a break if you feel like you need one. Time is a precious thing and we need not waste it on wishing for things or the anticipation of something like a break when we can take one and then move on with our lives.

Finally, my last tip has to do with memorizing things. I have heard this tip from so many of my teachers and peers and it makes complete sense. If you are looking to memorize something don't just read it a million times and expect yourself to remember. There are definitely four parts to memorization:

1. Read/understand the information as best you can.
2. Write about it in your own words without skewing the meaning.
3. Talk about/say the terms and definitions out loud. And of course, as anyone who has taken a class with Professor Amanda Sesko knows:
- 4) Repeat!

It's all about the repetition after you work the reading, writing, and talking about it into your life (and yes, your life not just your study time). If you are trying to be knowledgeable about a subject and retain lots of information on it, then you have to reel it into your life, what you talk about, think about, but you also have to walk the fine line and not make yourself worry about it. All that will do is psych yourself out and then all this studying will be for nothing.

After that collaboration of study tips from myself, professors' advice, and CSU, Fullerton (fullerton.edu), I have one more thing for you! Here are a couple of puzzles, created with help from the Puzzlemaker at DiscoveryEducation.com, to give your brain a chance to focus on something else for a little while! Happy studying to you!



WORD SEARCH

ALASKA BEAR BRILLIANT CHEESE
COLLEGE HAPPY JUNEAU SMILE

— The Amazeing Run —

BY ALEXA CHERRY

For the UAS Whalesong

[DISCLAIMER: *The following article is a film review that probably contains at least minor spoilers! Read at your own risk. And remember, abstinence is the only proven method of spoiler control.*]

I recently went to go see the Hollywood blockbuster *The Maze Runner* in theaters. This movie is based off of a trilogy of the same name by a man named James Dashner. Knowing nothing about this series, the movie, or anything to do with it - except that the lead actor, Dylan O'Brien, plays the only still-human teenager in MTV's hit show *Teen Wolf* - I went in blind, hoping to have a good time so that I could offer you, my beloved captive audience, a review that was equally good, and possibly even entertaining. And I'll be straight with you - I had an awesome time. I enjoyed *The Maze Runner*, despite (and possibly because of) the fact that I was constantly tense and on the edge of my seat until the credits rolled. I relaxed briefly near the end, thinking that it was safe to do so. I was wrong. But we're here to talk about the movie, not just my opinion: so sit back, relax, and let me show you the maze.

Something you learn about in your first creative writing class is called the "dramatic question." This is a question that you put into your piece, either explicitly or not, to which the audience will want an answer. For example, in murder mysteries, the question is, "Who dun it?" That's why you stick around until the end - unless you're my mother, and you just flip to the end out of concern that it's your favorite character who committed the crime. Love her though I do, I will never understand why this is a thing that she does. Tangential parent anecdotes aside, *The Maze Runner* has mastered the dramatic question. In the first five minutes, an attractive young adult male is shown vomiting in a cage that is rising far too rapidly towards an ominously red-glowing ceiling. A promising start! But that's not where the dramatic question comes in. Obviously you want to know what's going on, and so does he - but you and the main character both start asking a million questions when you find out that the picturesque glade the box spat him out in is surrounded by 50-foot high walls (if not higher) that nobody is willing to talk about. And to be fair, the protagonist asks all the questions you ask - except for the one I persisted in being curious about, despite there being more important things to discuss about the plot. Ominous shrieking from behind the walls? The walls conceal a maze that no one is allowed to enter? Alright, cool story bro, but why aren't you trying to get an answer to the real question: why is this glade populated by only boys? Thomas, as his name is revealed to be by the first night of his stay in the glade, apparently doesn't care about this.

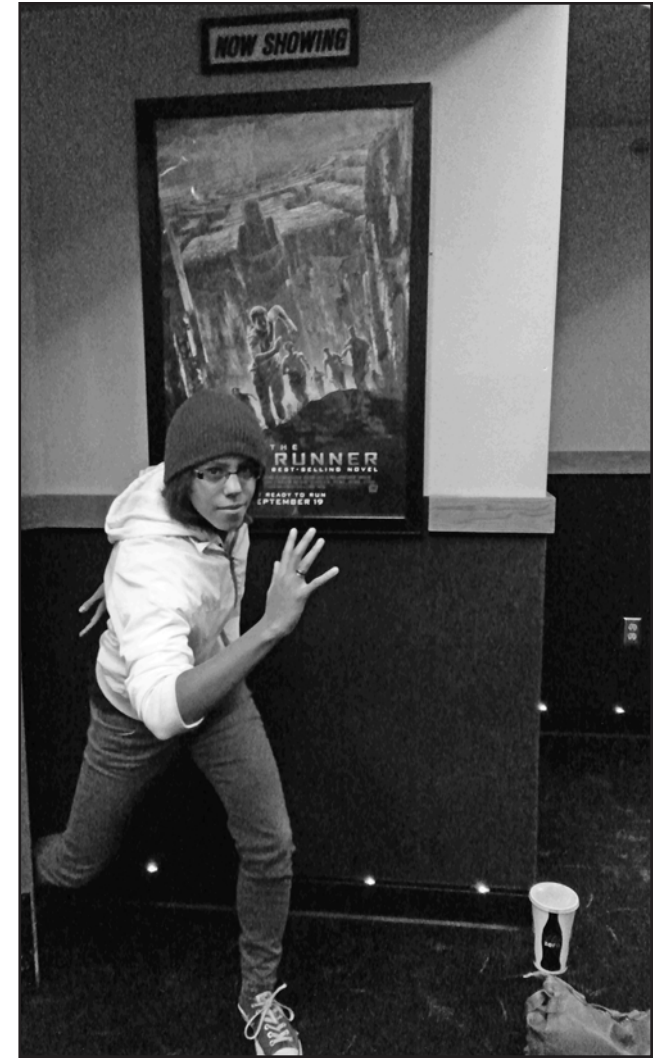
Here's the skinny: every month, the cage rises to the center of the glade. It contains supplies and a "greenie." These supplies apparently consist primarily of hair products and the "greenies" are always attractive boys, with the occasional exception. These new kids are also, without ex-

ception, amnesiacs - though selectively so, since they all remember their names within a day or two (see: Thomas). They are welcomed into a suspiciously pseudo-utopian, if medieval, society that seems to operate upon the rule "Everything will be fine - unless you ask questions about anything. Especially that huge wall. And the noises coming from behind the wall. Or our style of leadership that involves exiling troublemakers in the night. But everything is fine, so don't worry about that."

Thomas, after the style of main characters everywhere, is naturally not content to let matters lie. He finds out that beyond the walls lies a maze - and he only finds this out after a slip of the tongue, following some incredibly ineffective crowd control that involves veteran residents tackling him to the ground and telling him, "YOU CAN'T GO OUT THERE IT'S AGAINST THE RULES," in the style of *Beauty and the Beast*. Thomas finds his inner Belle and demands to know what it takes to get past the walls and into the maze, at which point he is even more vaguely informed that you have to be a "runner" in order to accomplish this. Thomas politely asks how one becomes a runner, which is followed by noncommittal murmuring and the camera zooming in on a strong-jawed Asian man sharpening a knife by the fire who looks like he's really uncomfortable with the sudden attention.

Things happen, as they inevitably must in the event that Thomas do anything that isn't manual labor in the glade or asking questions of remarkably reticent young men, and plans for an escape are made! Naturally, the entire glade is against this, except for the Asian man from earlier - the leader of the runners and for all apparent purposes, the only person with influence on Thomas's side. Fortunately, people listen to him and thus begins the investigative part of the movie. This part of the film has two sides to it. I was on edge for the entire movie, but at the same time, attractive boys running to and from the deadly science-fiction unknown has been done so often that it had a distinct "Jinkies, Scoob" air about it.

I can't say much more than that about the plot without giving too much away, but there were some points that I'd like to discuss regarding how the movie could grow. The first thing is the girl, Teresa. You all saw her in the trailer, which purported her to be someone of great importance. The only girl in a camp full of boys? That must be relevant! But, as it turns out, that's the only thing that's special about her. The sole and exclusive thing she does to advance the plot is say the main character's name. She could be replaced with a cabbage that had "THOMAS" written on it in permanent marker, and it would have served the exact same purpose and had the same effect on the plot. I find it difficult to simply let this go, especially since it was never explained (at least in the movie, though I can't speak for the books) why this camp contains only boys. If you're going to toss a girl into the mix and have everyone be in abject awe, there needs to be a reason beyond her being the only girl - especially if there being no girls was never remarked upon to begin with.



Whalesong reporter, Alexa Cherry, is ready to run back to the movie theatre for a second viewing of *The Maze Runner*.

(Photo by Chrystal Randolph)

Finally, let's talk about the ending. Don't worry, no spoilers - I'm just going to say that it should have ended about 10 minutes before it did. You know how Marvel has extra scenes in their movies after the credits? The last 10 minutes of *The Maze Runner* should have been like that. Or preferably, not at all. They could even have moved it to the next movie (assuming there will be one) and it would have been better. The information conveyed was relevant, to be sure, but I felt like it caused the ending to be fairly busy and to have less of an impact than it might have otherwise.

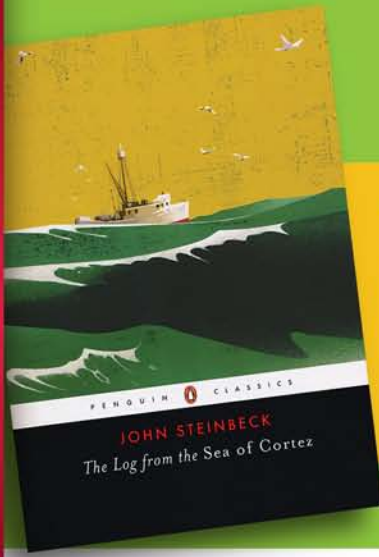
Anyway, that's my take on things! The general premise of the movie veered towards being an overdone sci-fi teen drama, but it was just enough different to keep me interested and seem new and refreshing. Plus, the audience applauded when the credits rolled, and I think that says something about a movie!

If you see me around, let me know what you thought. I'm almost inclined to say I'd be down for a second viewing.



UAS

ONE CAMPUS
ONE BOOK



THE LOG FROM THE
SEA OF CORTEZ

EVENTS
THIS FALL

MONDAY OCT 6, 7PM | UAS REC CENTER

Ketchikan: A Fish Story (Film) and Your Sea Stories

Ketchikan's vibrant fishing community is featured in this short documentary, *A Fish Story*, produced to engage visitors in the lifeblood of this small town. Following the film, audience members are invited to share their five minute story on a sea/water theme.

WED-FRI | UAS CAMPUS

Katie Rodger to Visit UAS Classes on the Juneau Campus

THURSDAY OCT 9, 3-5PM | UAS GLACIER VIEW ROOM

Reception for Katie Rodger

An informal opportunity for campus and community members to meet and visit with this year's featured guest author, Katie Rodger. Egan Classroom Wing, Room 221; hors d'oeuvres provided.

FRIDAY OCT 10, 7PM EGAN LIBRARY

Discovering Science and Finding the Story: Steinbeck and Ricketts Explore the Sea of Cortez and Alaska's Outer Shores

Katie Rodger discusses the interdisciplinary collaboration between scientist Ed Ricketts and writer John Steinbeck, who together created one of the seminal surveys and texts about the Gulf of California, *Sea of Cortez*. Ricketts and Jack Calvin of Sitka co-authored *Between Pacific Tides*, a seminal work on intertidal life on Pacific shores.

SATURDAY OCT 11, 2PM | DOUGLAS PUBLIC LIBRARY

Cannery Row (Film)

Set in a seedy California town that once harbored a thriving fishing industry, a marine biologist ("Doc", based on Steinbeck's close friend, Ed Ricketts) and a young runaway find themselves and romance amid an assortment of hapless characters.

MONDAY NOV 3, 7PM | UAS REC CENTER

Smokin' Fish (Film)

A documentary about Cory Mann, a young and quirky Tlingit businessman hustling to make a dollar in Juneau, Alaska. The film integrates storylines of a modern Alaska Native fish camp, a compelling personal journey, and dynamic vignettes of Tlingit history and culture—all told from a distinctly Native American perspective.

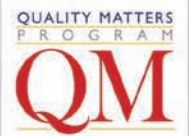
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— Suddenly, College: Tuna Salad Savior —

BY ALEXA CHERRY

For the UAS Whalesong

Thank goodness I was born in this century, because I would not have survived in the past. If making a meal involves more effort than opening a container and microwaving it or adding hot water, I decide that it is just not necessary to eat dinner that night. Like, at all. My aversion to cooking also has a base in my total lack of desire to do any dishes. When I was 10, I thought about going to culinary school, but my main concern was whether or not I would have to do dishes in order to become a professional chef. My mother told me that yes, dishes would probably be involved in the early stages of my training, and any future in which I was a contestant on *Master Chef* abruptly dissolved into smoke.

If you are like me, and know that you need to step up your dietary game but don't care to put in the effort to break your vicious cycle of subsisting solely on caffeinated beverages, Lunchables, and the charity of your friends – stop. I'm here for you. Today, we learn how to make tuna salad pita sandwiches. I know, that might sound intimidating, but I promise – it's easy, or I wouldn't know how to make it.

Here is what you will need to make your dish:

- **Canned tuna!** One can will do. Just make sure it's tuna chunks. If you get a whole tuna that someone somehow managed to fit into one can, you're on your own. I don't know what to do with that.

- **Mayonnaise!** Be it in a bottle or a jar, it doesn't matter. You probably don't want the packets, though; that would be more trouble than it's worth.

- **Relish!** I like sweet hot dog relish, personally, but all you really need is generic relish. Don't get fancy and go all mysterious foreign relish with strange ingredients on me. Just your basic American baseball-game relish will do fine.

- **Pitas!** Located in the bread section of Fred Meyer's, at the end, near the baked goods. They are round pieces of bread that are hollow on the inside (you cut them in half). Basically, they are instant sandwiches. No more slapping two pieces of bread together for you!

That's it. That's all you need. Isn't that great? Okay. From here, your life is easy-peasy, lemon-squeezy. I've numbered the instructions so that you don't have to wrestle through a wall of text.

Are you ready for this? Because it's happening. Right now.

1. Get a bowl and a spoon. Put the spoon in the bowl and leave them on the counter – you will use them soon. These are the only dishes you will need. Therein lies the primary charm of this recipe.

2. Acquire a can opener and use it to open your tuna. Take the lid and use it to drain the tuna juice into the sink! Tuna juice is gross and no one wants that in their sandwich. Once it is thoroughly drained, dump the remaining tuna into your bowl. **VERY IMPORTANT:** rinse the sink **AND** the can and lid before you dispose of them! Otherwise, your entire kitchen will reek of tuna. Trust me, I know. This is not my first rodeo.

3. Take your spoon and use it to schlorp mayonnaise into your tuna. "But wait! Aren't we going to measure it?!" We don't have to! That's another glorious thing about this recipe. The purpose of the mayo is to moisten the tuna and make it stick together. It should only take two spoonfuls and a good stir; use more or less as you see fit, and depending on your preference for mayo.

4. Rinse your spoon off, unless you fail to care about the intermingling of ingredients, and then copy step 3 with the relish. The amount of relish you put in is entirely up to you; in my opinion, the relish is the primary flavoring ingredient, and I love relish. I like to put in just as much relish as mayo, frankly.

5. Stir this all together, then taste it. Does it taste delicious? Awesome! If you think it could taste more delicious, decide what it needs more of and then put another spoonful of that in.

6. Take your pita and fold it in half. This should break it apart; you can use scissors or a knife, if you'd prefer to be precise about the matter. Once you've got your pita half in hand, take your spoon and scoop gratuitous amounts of tuna salad into it.

And there you have it! Six easy steps and you've got an easy, healthy meal that took you approximately the same number of minutes to make. And you only used two dishes! Though if you want to make a proper meal out of it, I like to take a plate and put both pita halves (both stuffed with tuna salad, naturally) on it in a sort of Pac-Man style, then fill the middle of the plate with chips. Add a soda and you have a well-rounded lunch or dinner right there! And maybe even some salad left over for your roommate, if you're feeling gracious.

Now, if you'll excuse me, there's a Lunchable in the fridge that's calling my name.

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www.uas.alaska.edu/juneau/activities/whalesong/

A WALK AROUND CAMPUS

It's about that time in the semester. The days of going through the syllabus are over, the homework load is piling up, and you're finding yourself spending more and more time in the library with that Chemistry textbook. Even in the midst of a busy week, it's important to give your brain some time to relax! So why not treat yourself to a breath of fresh air while simultaneously giving yourself a mental break from the stress of schoolwork? You don't need to go far to enjoy the beautiful sights here on campus, and you might even find a few cool things you never noticed before in your rush over to Hendrickson Building.



— A Girl and the Lake —

BY JASMINE MATTSON-WOLFF

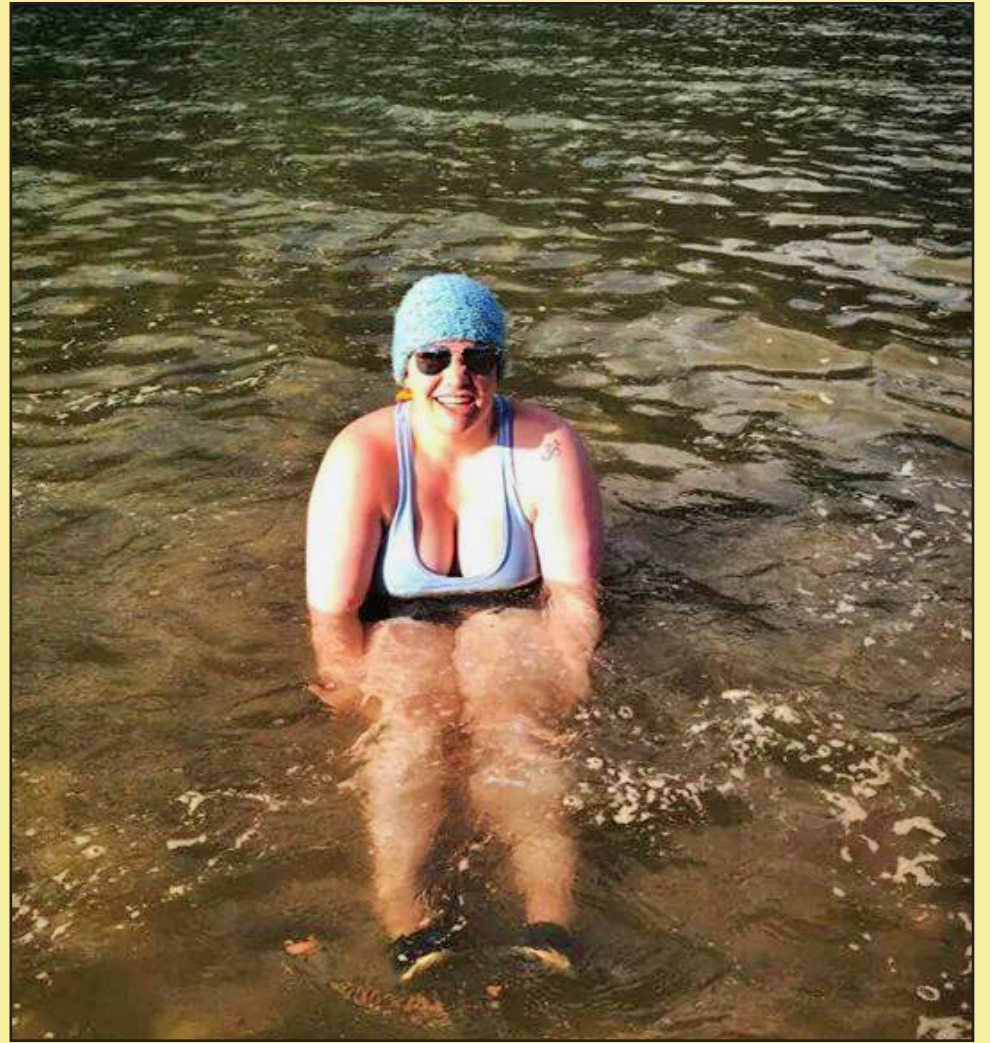
For the UAS Whalesong

Every now and then, we have the pleasure of randomly meeting amazing people. Sometimes this can be a person you've seen all over, maybe even on a daily basis, but think that you two would never be friends because you are too different. This scenario happened to me in the 2014 Spring semester here at UAS, when I unexpectedly became friends with Claire Andrews. Claire is from Anchorage and Scotland, and she lived here in Juneau for 5 years. She worked for the UAS Student Activities Board and was an BA of Social Sciences major. Another thing that happens to be very unique about this lady is that [I bet] she swam in Auke Lake more than anyone else in the last 5 years. Claire wouldn't just jump in and get back out because it was cold. Every chance she got, Claire would swim in the lake and even do laps around it. She was always telling me how the lake was so much warmer than other places that she'd swam before. She would swim in that lake for hours and hours on end without resistance. And when it came to getting into the lake, Claire would have these awesome dives she would just do without any effort—it was quite impressive! Claire would swim in the lake so often that people started to notice and talk about how it was so amazing that she would tirelessly come back to the lake - sometimes every day - and just swim for hours.

Auke Lake is a great place to swim, paddle board, kayak, canoe, or pretty much anything on the water. Most people only utilize the lake on hot summer days, but not Claire. From the middle to end of April when the ice finally finished breaking, to October, Claire could be found swimming in that lake on any given day. It's truly baffling how many hours of swim-

ming in Auke Lake she has built up over the years. I had only jumped into the water a few scarce times before I finally jumped into the lake with Claire and some of our friends in July. It was definitely warmer in the lake the two days I jumped in than it was out of the water, or at least it felt that way! In this experience, I realized that I had to practice swimming more because I'd apparently lost my ability to do anything but stay afloat or go short distances, *very* slowly. It was tons of fun once I finally jumped in. Claire had wanted me to since May with her and I had been too chicken up until July! Claire was a good motivator to just go and jump in. She graduated this year and is off to new adventures in Scotland. It's definitely tougher gearing up the motivation to go jump in by myself, especially now that it's colder out! So if you are a fan of swimming like me and not a fan of the cold, definitely check out the two local swimming pools we have here in Juneau!

If you are living around Auke Bay, Auke Lake is one of the best lakes for whatever you are looking to do! From water activities and to fantastic views, there is something for everyone at Auke Lake! The lake is technically located 10 miles northwest of Juneau and has a creek (appropriately named Auke Creek) that runs out of the lake into Auke Bay. There are 177 acres of surface water for recreational activities, and the maximum depth of the lake for the fishies and you to potentially swim is 113 feet. There are all kinds of fish that come into the lake, from coho, sockeye, pink, and chum salmon, along with cutthroat and rainbow trout and of course, dolly varden char. So if you are an avid fisherman or fisherwoman, the lake is a prime place to be around when the fish are running! There are some other animals that are reportedly around the lake (and Juneau in general) like beavers, river otters, Sitka



Former UAS Student, Claire Andrews, spends a beautiful day swimming around Auke Lake.

(Photo provided by Claire Andrews)

black-tailed deer, black bears, and all kinds of water fowl and birds. If you're ever on a search for a walk away from campus but not too far away, I'd definitely suggest the Auke Lake Trail. The trail is very easily accessible from the UAS campus and is a nice walk to take; it's only a 1.1 mile long with an elevation of only 30 feet.

So, why do you live here? What are

you here for? Does it really matter though when we all just step back and look at what a beautiful place this is and consider how lucky we are to be here right now? When we live in a place like this where there is a little bit of something for everyone, it's like we have all won the lottery, only we have been surrounded with something lovelier than money could ever buy.

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Batman, Latin, and Getting Things Done

BY DANIEL PISCOYA

For the UAS Whalesong

Getting into the swing of things at the start of a semester can be a difficult prospect some years. Even if we absolutely love all of our classes from the start and are super excited for them, just the fact that we have to get up at a decent hour, make sure we take care of ourselves, and go to class with all of the reading/homework done is a daunting task (and Lord knows that we don't love *all* of our classes). Nice as it is, then, at the beginning of the semester, to have the enthusiasm to get things done, that enthusiasm fades fast. So, in order to get through this semester, we've got to enter it with the right mindset.

One of the things that I loved doing over the summer, and continue to appreciate as I get into my studies this semester, was honing my ability to watch movies. Yes, you just saw me associate movies with study, but don't panic! The reason why I mention it at all is because the difference between watching a movie for the heck of it, and watching a movie for the movie itself is that when you watch a movie for the sake of the movie itself, you are better able to appreciate what it has to offer. You learn the art of paying attention. This skill translates to better reading comprehension and longer attention spans over time. This is, of course, not to say the movie has a lot to offer, but that, when it does, you'll at least catch it.

I watched Christopher Nolan's *The Dark Knight* trilogy, and I must say that, while this was not my first time watching the movies, I've found that every time I watch them, I love them a little bit more. The reason why I bring them up, then, is that they remind me of what it takes to be a good student, as well as a good person. One of the gems from this fantastic trilogy is a line from *Batman Begins*, where Rachel Dawes discovers the identity of the Batman when he repeats a phrase that she had spoken to him as Bruce Wayne: "It's not who you are underneath, but what you do that defines you." And, while the philosophical implications of this line resonate against some of the more worrisome queries of skeptics like René Descartes, perhaps students such as you and I should be concerned with it on a more simple level: it is what we do that really defines us. We are students if we act like students. We are intelligent if we act intelligently. We are good people if we act like good people. We don't have to feel confined to one group of people or one typical letter-grade. The grades we receive for this semester are going to be the ones we choose for ourselves, the ones we shape by our habits of study. If we start out on the right foot, in the right mindset, cultivating the right habits, there is no stopping us from getting what we want from this semester!

This notion—that who we are is inseparably attached to what we choose to do—resonates in one of my most challenging classes this semester: I'm taking Latin online. Now, I know, at first this seems as unrelated to the topic of school as Batman was, but please, hang in there, I am getting to a point! In Latin, one of the strangest things I'm dealing with is the fact that the Latin language uses very few pronouns. Pronouns, for those of you that are rusty at this sort of thing, are the small words we put into sentences to avoid repeating proper names. They are words like "I", "you", "he", "she", and so on. The strange thing is that, in Latin, whether an action is done by an "I", "you", "he", "she", or so on is specified by the ending that is slapped onto the verb itself. In short, in Latin, the action takes center-stage, the "I" or the "you" is literally attached to the action, rather than the reverse, as typically happens in English. In Latin, actions are always tied to the people who perform them. This is not to say that English is any different from this, of course, but studying Latin has really brought that into focus for me.

And so, as the semester kicks into gear, remember this, that what grades we receive, what learning we garner, what wisdom we acquire, it is all up to us. And when, come Midterms, you find it hard to believe, I'll be there, *amicus meus* (my friend), to remind you that the night is darkest before the dawn, and I promise you, the dawn is coming.

The Ancient Art of FUN Shui

BY ALEXA CHERRY

For the UAS Whalesong

Assuming my cheesy title didn't run you off, let me take you back into the recent past for a moment. Upon her return to campus housing, my roommate sat in the living room of our apartment, looking at interior decorating posts on Pinterest. I have a small interest in interior decorating myself, so I joined her on the sofa, only to discover that all of the posts she was pulling up had something to do with "feng shui" (of which the proper pronunciation is nothing what it looks like. Say it with me, kids: fung shway). Until this point in my life, I had thought that feng shui was some obscure form of Eastern yoga; I have since been educated as to otherwise, and will now pass this knowledge on to you.

Feng shui is an ancient Chinese art related to balancing the energies (chi) of a room. Wait, before you roll your eyes and toss the paper away, bear with me! You've experienced feng shui yourself, though you might not be aware of it. You know how when you clean your room (and/or apartment) after it's been messy for a while, you just feel better? That's feng shui, right there. The actual art itself is a little more complicated and not particularly conducive to the college lifestyle – from what I can tell, ideally it involves a mansion somewhere in a soothing country environment with a majestic view of Mount Fuji – but I've got some tips and tricks that I picked up that I can share with you.

Feng shui is simultaneously hilarious and practical. For example, one of the first things I learned was that you should not, under any circumstances, place your bed across from a mirror. This cultivates "bad energy" and throws your entire room out of balance. Also, it will apparently drain your chi while you sleep. Alright, now that you've finished chuckling, think about this: you wake up in the middle of the night to go to the bathroom, look sleepily across the room, and see someone sitting on your bed. Common sense tells you it's your reflection, but you don't have much of that when you're half-awake at 3 AM, so instead you get startled and yell, waking up your roommate. How can you avoid this? Ta-da – don't put your bed in front of the mirror. Easy-peasy, lemon-squeezy!

Another thing I learned is that your bed should not be across from the door. Ideally, it should be as far away from the door as possible, while still providing a good view of said door. At the same time, you shouldn't have the head of your bed in front of a window, or place your desk so that your back is to the window. "Wow, this is getting complicated!" you might say – and I would have to agree with you. I think that much of this dates back to the origins of feng shui in ancient China, when having a vital organ like your head next to a window could get it chopped off and having your bed directly across from a door was a good way to get shot in your sleep. I can imagine that sleeping where neither of those things were an immediate danger would make for a significantly more restful night. Still, though, it's something to consider.

Speaking of beds, according to the principles of feng shui you ought to sleep with the head of your bed against a wall. I imagine this is more to clarify that it shouldn't be against a window, or out in the middle of your room where assassins might be sneaking around, or where your roommate might trip on their way to the bathroom and land on your face. I think most people sleep with their heads against the wall anyway, but just in case you weren't – food for thought.

Finally, consider a plant! Plants are an easy way to feng shui it up in your room, because they purify the air and give the area life and vibrancy. Plus, here in Alaska, houseplants are just nice to have so that you can smugly water your small tropical oasis while the world outside slowly freezes. Grow some herbs or flowers from scratch, or buy a palm tree – the housing rules say nothing about plant sizes, guys. Dream big.

That's about all I have to say on the subject of feng shui! I'd definitely recommend Googling it, or looking it up on Pinterest if you're more visual (lots of picture-heavy posts there). If nothing else, it's fun to read about – and hey, you never know, it could improve your academic performance! You'll never know if you don't give it a shot.



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— Midnight Oil is Super Slippery —

BY ALEXA CHERRY

For the UAS Whalesong

Even if you are strictly a bed-at-10, rise-at-6 type of person (I'm looking at you, roommates), during the course of your college career it is nearly inevitable that you will have to pull an all-nighter, or something close. (Though frankly, if you only get 2 hours of sleep, it still counts as "being up all night." 2 hours is a good length for a reasonable nap.) As for you night owls out there, let me tell you that your motivation to remain conscious until 3 AM will rapidly drop once you're faced with a mandatory task to complete. Deadlines are strange and mysterious creatures, in that they are simultaneously incredibly motivating but also very easy to ignore. It's like having a Balrog that doesn't do anything except follow you around and roar at you a lot, until at one specific point in time it decides to just crush you in one blow. Your only chance to avoid being crushed is to dodge-roll away from that final smash – and sometimes, the lead-up to that involves a nighttime marathon. Now, there are a variety of tips and tricks for lasting through a night of sleepless productivity. I'm sure you've heard some of them; others may be entirely new. Either way, don't worry – I am here to guide you.

First of all, I think it's both important and urgent that we clear up the misconception that you've got to chug caffeine in order to survive the night. This is **WRONG!** Certainly caffeine is an important part of staying up all night, but if you drop 3 extra-strength Rockstars back to back and assume that you are good to go, here's the thing – you're not. You'll remain awake for a little while longer; then you're going to get hit by a tidal wave of so much sheer energy that you simply won't have the capacity to focus on more than one thing for 5 seconds at a time. And let me tell you, my friend, when that wave crashes to the shore, so will you. "But Lexi," I hear you cry plaintively, "you're getting old! Caffeine affects you differently than us young, sprightly things. We can handle a night of nothing but straight-up, weirdly flavored sugar as our only source of sustenance." Well, maybe you can, but your performance and awareness the following day will suffer – and no one wants that. If caffeine is the only way you can remain conscious, feel free to drink it – but

attempt to limit yourself to only one can per hour, and pair it with a glass of water! I'm no doctor, but I know that caffeine and sugar are dehydrating, so maybe drinking the old H₂O will help temper the "rush and crash" effect. Who knows, it can't hurt! (Plus, you can't sleep with a full bladder – just saying.)

I also recommend light snacking over consuming large meals. You know how you tend to get sleepy after you eat a big dinner? That's exactly what you don't want. Crackers, pretzel sticks, or even cold snacks like grapes or yogurt will give you the energy to go on without causing your body to go into shutdown mode so that it can take the time to digest everything. Plus, I read on the internet once that the act of chewing helps keep you awake. Yes, that's kind of vague, but it's worth a shot!

Another tip is to drop the temperature! Now, this doesn't mean that you have to push the thermostat to zero and make the people you live with uncomfortable. I find that a tank top, shorts, and a cold beverage (ice water, cough) keeps me warm enough to focus, but too cold to doze off – at least, not without getting up and acquiring a blanket, and if you can keep yourself from doing that, you have already got more willpower than I do.

A lot of people like to listen to music while they study. Classical music is a good choice, since it doesn't have any lyrics and is scientifically shown to boost intelligence; however, it has the critical downside of making you want to fall asleep after 3 hours. Movie scores are a little more upbeat, but when it's 3 AM and I already don't want to focus, I find myself getting lost in them and thinking about the movie instead of what I'm meant to be thinking about. If you also suffer from these problems – never fear! Doctors tell you not to listen to pump-up jams before bed because they get you too hyped to sleep; ipso facto, that's exactly what you need to do. Choose the most exciting music you can find, preferably without words or in a foreign language, and put it on. Dubstep is especially good for this because unless you listen to it on a regular basis, it's just unpredictable enough that as soon as you're getting used to one rhythm, the bass drops and you're in a whole new world. (Dubstep Disney remixes, anyone?) Anyway, the point is, put on something that keeps you amped enough to stay awake, but not so amped that you

get distracted and can't focus. (That's what we are trying to avoid with the whole "don't chug 3 Rockstars at once" business.)

Finally, it's important to give yourself some semblance of a schedule. Even if you know, deep down in your heart, that you're not really going to follow it, having small deadlines is significantly more motivating than looking at the whole of the night as it stretches before you and wondering if the sun will ever rise again. This is a less applicable emotion at this point in the semester, but around 5 AM during the winter you actually start to panic. This is partly due to a lack of sleep, and partly due to the fact that you won't see the sun until 11 anyway. It gets pretty grim. If it's midnight, tell yourself you'll work until 2:30 AM. If you feel comfortable in your progress by then, good for you! If you don't, tell yourself you'll work until 4:30 AM. I find it useful to set one major deadline (I'll work until exactly this time) and then, if Project X is still not complete, to set one- or two-hour deadlines beyond that. Breaking the never-

ending night into manageable time increments is an effective way to keep yourself going.

The ultimate trick for pulling an all-nighter is something you must find deep within yourself: willpower. To be up all night working on something is, more often than not, incredibly avoidable. But some of us just haven't got the hang of time management yet, and others of us just really wanted to go bowling and "forgot" that we had a 5-page paper due the next morning. So in the end, it's up to you to make sure that you get that assignment done and in on time. I know, that's exactly what you don't want to hear. But, to quote perhaps my all-time favorite book, *The Great and Terrible Quest* by Margaret Lovett: "What must be done, can be done." So grab a bottle of water and a pot of coffee, settle yourself at your desk, and prepare to do some push-ups at the first sign of sleepiness. You can do it – and hey, if you start now, you might even be able to catch that 2-hour nap!



Remember kids, sleep is like coffee for those with too much time on their hands.
(Photo by Chrystal Randolph)

— Take the Fall: Gratitude and Roommates —

BY DANIEL PISCOYA

For the UAS Whalesong

When I moved from Banfield Hall to an apartment in E-building, I immediately began my hard-and-fast love affair with the novelty of a full kitchen. There is something incredibly fulfilling in throwing random ingredients on the stove because a recipe said to do so, and then watching it slowly become not only something edible, but something incredibly tasty! Whether I am a good cook is beside the point—the kitchen called to me with its unyielding potential. If I had ingredients, it had the means to make them into food. No more was I to eat peanut butter and jelly every day, no more was I to feebly avoid the baking section at the store! I could make hamburger stroganoff, creamy chicken soup with rice, and my mom's famous soda bread! The possibilities are endless, and the nostalgia of my mother's old recipes still makes me smile. Suddenly, just by moving from one building to another, I was no longer going hungry, and I was one step closer to home.

Of course, as always happens, something strange to me reared its ugly head. As dishes piled up in the sink, and old leftovers sat

in the back of the refrigerator, I realized how tiring cooking was. It was demanding; if you did not use some perishable ingredients, they went bad. Milk, cheese, and green onions demanded to be used before they started stinking up my refrigerator. There were some days that had me reverting to my old residence hall eating habits because I did not want to undergo the great effort of making something actually nourishing. Dishes stayed in the sink for days, and I told myself I'd wash them tomorrow... and tomorrow...and tomorrow. Their tired existence nagged at me, and I realized that I was now that guy—the roommate that wouldn't wash his dishes.

Now, when I moved into Banfield at the start of the fall semester of 2013, I got pretty lucky with my roommates, so lucky, in fact, that not only did we get along fine, but we actually decided to room with each other for this year as well. They were all really clean guys, somehow managing to, after a hard day of classes, do homework and get to bed at a decent hour, something that I've always had trouble doing. Moreover, they never cooked as much as I did, so it always was mostly my dishes in the sink. One particularly tiring night, as I was sitting half-

asleep on the couch, my roommate did my dishes.

That old saying, that you've got to appreciate the small things, while being true, doesn't limit itself to appreciation. The power behind that old saying is that the small things in life have the largest impacts. That small gesture by my roommate, washing my dishes, had larger implications. Not only had he solved our collective conundrum for which I was at fault—dirty dishes in the sink—but in doing so had made me incredibly grateful and caught me off guard. See, normally we think of roommate relations as a structure of specific duties that are either carried out or not. Normally, we think of roommate relations as disinterested, and where failings happen, like my failure to do the dishes in a timely manner, fault is assigned and addressed in the form of somehow persuading the deficient roommate to make up for his/her failure. This is not wrong, but what this system doesn't account for is the weary-worn roommate—it accounts for an obstinate human being, but not one that already knows what he/she must do, and actually wants to do it, but cannot find the energy. In short, it does not account for the power of gratitude.

My favorite author, a man by the name of G.K. Chesterton, once said, "I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder". This idea, that gratitude is happiness doubled by wonder, is exactly what I would like to urge roommates to utilize—to take the fall, so to speak, for your roommate's failings once in a while, and in so doing, make him or her grateful that they are living with you. Caught off guard as I was by my roommate's kindness, that small act simultaneously informed me that I had failed in my duties as a roommate, forgave me of my failure, and kindly reminded me never to let it happen again. It was wordless, but the message was across with the potency of gratitude.

Sometimes, it is important to understand that when your roommates have failed in their duties, it is not that they need a slap to the knuckles, but rather, a hand up. You have that power. You, as roommate to your roommates and friend to your friends, have the power to be the roommate that your roommates *need*, but not necessarily the one that they *deserve*... because you are the silent guardian...the watchful protector... the dark knight—right?

Want to read more?

Find previous issues of the

Whalesong online at:

www.uas.alaska.edu/juneau/activities/whalesong/

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, SEPT. 29

Taku Toastmasters Club, 12:05 p.m., Federal Building. Improve your public speaking skills in a supportive environment. Newcomers welcome! Meetings are held in Room 541 of the Federal Building. For more information, contact Velja at 907-321-4988.

TUESDAY, SEPT. 30

Quilt Show, 9 a.m., KTOO. KTOO will host a display of 30 quilts during October by the Gold Street Quilters and the Monday Night Sewing Circle. Members of the two groups make quilts every year for two charities—for children being adopted through the State Office of Children's Service and the AWARE shelter. The quilts will be displayed September 30 through October 27. They are on view during KTOO business hours, Monday through Friday, 9 a.m. to 5 p.m.

For more information, contact Odette Edgar at 907-586-1787.

Historytime, 11 a.m., Juneau-Douglas City Museum. Historytime means kids and their caregivers getting together to enjoy books and reading, learning history and exploring their town. It is open to all children who are capable of sitting for half an hour listening to stories in the company of their peers. There is no charge and no need for advanced sign-up, however parents and caregivers are expected to remain with their children during Historytime and afterwards if they choose to explore Museum exhibits. At the end of each Historytime, a hands-on or exploratory activity to extend the theme of the day will be available.

WEDNESDAY, OCT. 1

Write For Your Life, 10 a.m., Mendenhall Valley Library. The "Write For Your Life" group meets from 10-11 a.m. every Wednesday to share a journal entries, memoir, letters, or poetry. For more information,

contact Dixie at 907-789-2068.

Wildlife Wednesday: Killer Whale Culture in Alaska, 6:30 p.m., Thunder Mountain High School Library. This year's Wildlife Wednesday season begins with Dan Olsen, UAF graduate student. He has studied killer whale dialects for 10 years. He will present various types of killer whales in the world, SE Alaska, and the cultural aspects of their society. Program is free and open to all. For more information contact 907-209-3374.

THURSDAY, OCT. 2

KTOO Board of Director's Meeting, 5 p.m., KTOO Conference Room. The KTOO board meets on the first Thursday of every month except for August and December. Meetings are open to the public.

Community Gaming Night, 5:30 p.m., Udder Culture. Shouldn't Juneau have a community gaming group? Of course! Now we do! This is an open video game

group that gets together every week at Udder Culture. We play a variety of video games and are open to playing on any platform (Wii, PS3, PS4, Xbox360, Xbox One, etc.). Be sure to stop by and enjoy great food and company at the Udder Culture as well! All ages are welcome! (If you are a minor you will need to get a parent's permission to play because we play a lot of games rated "M") Contact Greg Frank for more information at greg.r.frank@gmail.com.

FRIDAY, OCT. 3

Organ Concert, 12 p.m., State Office Building Atrium. Concerts on the Kimball Theatre Organ at the State Office Building take place most Fridays during the noon hour.

First Friday, 4:30 p.m., Downtown Juneau. On the first Friday of each month Juneau galleries, shops and museums feature local artwork and host receptions and special events for featured artists. For more information, contact 907-586-2787.

Alaska Robotics



CAMPUS CALENDAR

ON CAMPUS

MONDAY, SEPT. 29

Humans vs. Zombies, All Day, UAS. Zombies are coming and you're needed to help eliminate the growing horde. HvZ is a week long game of moderated tag and a UAS favorite event since 2011. Missions are played throughout the week. Go it alone or join a squad of like minded humans, but watch out... you could be the next to turn! For more information, call 796-6325 or send an email to sab@uas.alaska.edu.

Meet and Greet with Dan Sullivan, 10 a.m., Mourant Cafeteria. Come meet and greet with US Senator Candidate Dan Sullivan. For more information, call 796-6517 or send an email to jypres@uas.alaska.edu.

Zombies: Monstrous Allegory in a Time of Disaster, 7:30 p.m., Egan Lecture Hall. UAS professor, Sol Neely, will give a thrilling lecture on whether zombies mean anything. Open and free to all students, staff, and faculty!

TUESDAY, SEPT. 30

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"Liquid Sunshine," 1 p.m., Mourant Building. Have a Berry Smoothie on us! We'll have information related to the health benefits of drinking berry smoothies and making Vitamin D apart of your daily nutrition! Contact the Native & Rural Student Center for more information by phone at 796-6454 or send an email to nrsc@uas.alaska.edu.

September 29 – October 12, 2014

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Evening at Egan, 7 p.m., Egan Lecture Hall. The Tlingit Relationship with Salmon: Implications of Spirituality and Materiality for Sustainability and Productivity. Presented by Dr. Steve Langdon. A presentation about how Tlingit relationships with salmon are grounded in mythic traditions, and how traditional ecological knowledge and practices provide for sustainability and productivity. These themes reverberate throughout Tlingit existence.

MONDAY, OCT. 6

Ketchikan: A Fish Story (Film) and Your Sea Stories, 7 p.m., UAS Recreation Center. Ketchikan's vibrant fishing community is featured in this short documentary, *A Fish Story* produced to engage visitors in the lifeblood of this small town. Suspense, action and comedy are melded to form the compelling story of deep-rooted traditions and a dream for future generations. Candid interviews highlight locals from every facet of the industry and give voice to the satisfaction and pride that a hard day's work can bring. Following the film audience members are invited to share their 5 minute story on a sea/water theme. Join us for a variety of sea themed films from the Sea of Cortez to Ketchikan. Sea Stories is the One Campus One Book film series. For more information contact 796-6440 or send an email to ocob@uas.alaska.edu.

THURSDAY, OCT. 9

Reception for Katie Rodger, 3 p.m., Glacier View Room. An informal opportunity for campus and community members to meet and visit with this year's One Campus, One Book guest author Katie Rodger. Hors d'oeuvres provided. For more information contact 796-6440 or send an email to ocob@uas.alaska.edu.

FRIDAY, OCT. 10

Food Sovereignty Fridays, 1 p.m., Mourant Building. The Native and Rural Student Center invites UAS Students, Staff, and Faculty to stop by and sample some of the most amazing food harvested from around our wonderful State! NRSC Staff and Guests will share the significance and process of harvesting! See you at the NRSC! Contact the Native & Rural Student Center for more information by phone at 796-6454 or send an email to nrsc@uas.alaska.edu.

Evening at Egan, 7 p.m., Egan Library. Discovering Science and Finding the Story: Steinbeck and Ricketts explore the Sea of Cortez and Alaska's Outer Shores. UAS'

"One Campus, One Book" guest author Katie Rodger discusses the interdisciplinary collaboration between scientist Ed Ricketts and writer John Steinbeck, who together created one of the seminal surveys and texts about the Gulf of California, Sea of Cortez. *The Log from the Sea of Cortez* is the 2014 "One Campus One Book" selection. Ricketts and the late Jack Calvin of Sitka co-authored "Between Pacific Tides", a seminal work on intertidal life on Pacific shores. For more information contact 796-6440 or send an email to ocob@uas.alaska.edu.

FRIDAY, OCT. 17

Native Olympics Practice and Competition, 6 p.m., Recreation Center. Strength training since time immemorial! "They (Native Olympic events) originated from the northern part of Alaska probably more than 2,000 years ago. The [Native] people from the interior of Alaska created a series of games to teach their kids important survival skills." (*Ricardo Worl*) We'll practice jumping, strength, and endurance events such as but not limited to: one foot high kick, scissor broad jump, one arm reach, seal hop, leg wrestling, and stick pull. Contact the Native & Rural Student Center for more information by email at nrsc@uas.alaska.edu.

THURSDAY, OCT. 23

Juneau World Affairs Council Fall Forum, All Day, Egan Library. For more information, send an email to provost@uas.alaska.edu.

FRIDAY, OCT. 24

Evening at Egan, 7 p.m., Egan Lecture Hall. *Within the Silence*: The story of the Japanese/American internment during World War II. An Empty Chair contribution. Living Voices Juneau's Empty Chair Project continues its educational outreach as Seattle based arts group "Living Voices" presents the story of one teenager's internment experience. This dynamic and inspirational performance uniquely integrates archival film to turn history into a moving, personal journey.

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