

University of Alaska Southeast

WHALE SONG

October 27 – November 9, 2014

The Official Student Newspaper of UAS



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ON THE COVER...

There are so many lovely things about October! Pumpkins, piles of golden leaves, and that chill in the air. In celebration of this wonderful month we have compiled some fall photos for you on page 9!

(Photograph by Jasmine Mattson-Wolff)

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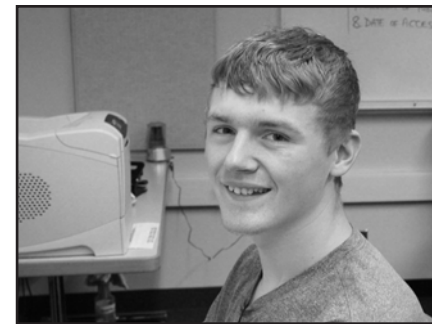
— UAS Answers —

Everybody's got one ... What's your dream Halloween costume?



"Probably a Kaiju from *Pacific Rim*."

-Kaylyn Haslund



"SpongeBob. Like, a really good SpongeBob costume."

-Robbie Marshall



"Green Arrow."

-Jean Bennett



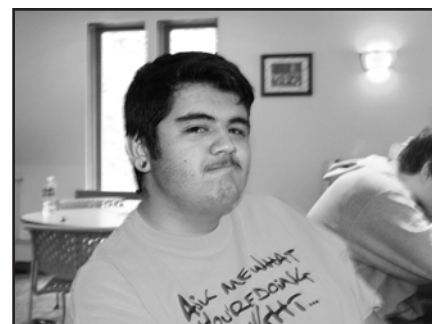
"One of the Na'vi from *Avatar*. They just have cool make-up."

-Jennifer Crossley



"I'd have to say I'd be something with robots. Like a full on robot costume."

-Donovan Grimes



"I'd have a full on astronaut costume."

-Joseph Alvarado

— UAS in Brief —

Campus Safety & Security (Clery Act) and Annual Fire Safety Reports

Dear Member of the University Community:

The Campus Crime Awareness and Campus Security Act of 1990, as amended, (known as the “Clery Act”) and the Campus Fire Safety Right-to-Know Act signed into law in 2008 require that colleges and universities publish an annual security report and an annual fire safety report, distribute the reports to all students and employees, and inform prospective students and employees about the reports. The reports contain descriptions of campus policies and programs relative to campus security and statistics concerning specific types of crimes and fire safety information.

The purpose of both acts is to inform students and employees of the incidents of crime and fire and the policies and procedures to prevent crime and fire or to report occurrences of crime or fire at institutions of higher education. The laws are also designed to encourage the development of security and fire prevention policies and procedures and to establish uniformity in reporting of crimes at all such institutions.

The information required by the law, as well as additional information relating to campus safety, security and fire, can be found on the UAS web sites. Persons who desire a paper copy of these reports will be provided one upon request by contacting:

UAS Student Resource Center
Mourant Bldg: 1st Floor
11120 Glacier Highway
Juneau, Alaska 99801
Phone (907) 796-6000

If you would like a direct link to our crime statistics, please visit the crime stats page. Specific information about sexual misconduct and Title IX can be found on the Title IX webpage. Information on sex offenders may be obtained through the State of Alaska Department of Public Safety

—UAS Soundings



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— The Cure for the Scholar with Wanderlust —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

Do you feel like you need to get out of Juneau? Go somewhere else in the world and see what else is going on out there? Have you found yourself with the dilemma of being a full time college student and not really having the money to do everything you want to? Well, keep reading my fellow readers: I have a possible cure for your wanderlust!

The University of Alaska has a fantastic Study Away Program that is available to all of us here at UAS. I am 99% certain there is some way, somehow, that if what you truly desire is to travel away for a semester or two the opportunity is very accessible. It's pretty easy to begin the process too. I would suggest starting off your research by going to this website: <http://www.uas.alaska.edu/exchanges/index.html>. Read about everything the UAS Study Away Program has to offer. Once you have lit the fire of becoming a "Global Thinker" in yourself, set up a meeting with our lovely Academic Exchange and Study Abroad Coordinator, Marsha Squires. You can easily set up an appointment with her through the Student Resource Center (located in the lower level of the Mourant building) or by calling 907-796-6455. I would highly recommend that anyone who is even remotely interested in the Study Away program set up a meeting time with Marsha and just talk about the possibilities. Also, take the time to chat with fellow students who have done the program, either traveled away from here or on exchange here in Juneau from somewhere else—it wouldn't hurt to learn more about the options that UAS holds for you.

I recently had the chance to catch up with my friend, Hannah Near, who went to the University of Hawaii: Hilo through the UAS Exchange and Study Abroad Program. She has been there since August 18th and will be back in Juneau for the Spring Semester. I asked her some questions about her exchange experience so far, and let me tell you I definitely got inspired to look into going on exchange. To hear about Hannah's travels, please keep reading, and always keep in mind: "The purpose of life, after all, is to live it, to taste experience to the utmost, to reach out eagerly and without fear for the newer and richer experience." - Eleanor Roosevelt.

Why did you decide to go on exchange?

HN: Well, the main reason was I wanted to go somewhere where Chinese was offered and the other reason was I wanted to enrich my college experience. They offer exchange in college so it's as good of a chance as any to travel and see a new place.

There are so many places to choose from! How did you decide where to go?

HN: They offered Chinese, and I just wanted to go somewhere totally different from Alaska, so Hawaii it was!

What classes are you taking?

HN: English, Math, Chinese, and Hawaiian Studies. The coolest one I'd have to say is the Hawaiian Studies. It's specifically for exchange students and people who are interested in the Hawaiian culture. There are a whole list of different focuses of the class you can take, like plants, shellfish, and many others. The focus I chose is the Hawaiian Ohana (study of the traditions and society)

What is the best thing about exchange so far?

HN: Probably just being in a new environment, and being in a place where you can experience things that you can't at UAS.

What is the weirdest thing about exchange so far?

HN: The Farmer's Market. It's creepy, but so cool! So many fruits, vegetables, foods, and things that are just so different and I always find myself wondering how or what I would even use them for

What is the most inconvenient thing about exchange so far?

HN: Definitely how hot it is all the time. On this exchange trip to Hawaii it's just too hot for me; 80 something degrees every day and like 70 percent humidity most of the time. It's crazy.

What is the most different aspect of the University of Hilo compared to UAS?

HN: Everyone is so chill and just like "hang-loose" and "shaka!" It was intimidating at first and I didn't know how I would get work done with people being so chill. We all just work slowly, at our own pace, and know that it'll get done. It is super different from the busy, always running to do something, lifestyle at UAS.

Any strange or interesting food, drinks, entertainment, adventures, etc. that stand out to you?

HN: I've gotten to try some traditional Hawaiian dishes... like Shrimp Coconut Peanut Pizza, it might sound super weird, but it's actually quite nice to a certain extent. If you eat a few pieces you're good, but don't overdose or you'll be over the flavor very quickly. Oh! And yes, of course: Lilikoi

smoothies, jam, butter, syrup, etc. it's like tasting heaven! It's super wonderful, better than strawberry jam.

What are your words of wisdom for students who are interested in exchange?

HN: In general, I'd say don't have expectations. Just go with the mindset that you are going to have an experience and whatever will happen will happen. Don't have expectations, because when you get to your destination if things aren't the way you expected them it could result in disappointment, when there shouldn't be any when you are on an adventure like exchange.

Has there been one outstanding take home message that you would want to share with others about your exchange experience?

HN: I would say that because of my exchange experience, I've learned you have to be open to learning about other cultures from people in those cultures. It will benefit you and broaden your experience in any new place you go; if you are open to learning about different people and different cultures it will enhance and enrich not just the adventure but your perspective on life. It has definitely enhanced and enriched my experience and life here learning about different cultures.

Are you interested in going to see what it's like in Hilo, but just can't make up your mind? Are you looking for that one thing to turn the tables and get you to go? Well, Hannah also mentioned that a huge perk to the food situation on their campus is that it's fantastic. There is fresh locally caught fish 2-3 times a week on the menu and they also have bins and bins of ice-cream! So, there you go, better catch that flight—Hilo is calling your name.



UAS student, Hannah Near, is currently on exchange at the University of Hawaii: Hilo.

(Photo provided by Hannah Near)

October 27 - November 9, 2014

— Holding onto Hope: A Review of The Oh Hellos —

BY DANIEL PISCOYA

For the UAS Whalesong

I started really appreciating a band called The Oh Hellos because Symbolic Logic homework is basically Math homework, and because G.K. Chesterton once said that “Angels can fly because they take themselves lightly.”

Ok, maybe I should elaborate.

When I last took a math class, I was in the habit of listening to music while I did the homework. However, the last time I had anything resembling math homework—being an English major—was an entire year ago. Taking this Symbolic Logic class, though, has given that math-homework aesthetic back to me. It is no discredit to math or to logic that their homework takes very little real effort, just time. So, while doing my Logic homework, I decided to pick up The Oh Hellos’ album, *Through the Deep, Dark Valley*. This is where my appreciation of the band and the Chesterton quote come in.

Through the Deep, Dark Valley is the band’s second album. The band itself is made up of a brother/sister duo: Tyler and Maggie Heath. When they play live, the band typically includes a larger ensemble, but the aforementioned duo are the key artists. The genre that they play could best be classified as folk-rock, or indie-rock, but I’m not sure that the description really suffices. As their website says, they have a “unique mixture of eclectic folk rock...a sound that is one moment intimate, the next explosive and joyful.”

The first song, “The Valley”, sets off the tone of the album quite well, blending an upbeat, drum and guitar driven high-sung tone with nigh-morbid lyrics. It’s the tune and tones of it that sinks in first, getting stuck in your head before the meaning of the lyrics ever crosses your mind. However, the more I listened to it, the more I started hearing the lyrics behind the tone of the song, lyrics such as “we were born in the valley of the dead and the wicked”, and “we were born in the shadow of the crimes of our fathers”. The poignancy of the album—that is, the poignancy of hope, which is a strong theme in the album from this start—begins to be clear from the last two lines of this song (if it were an essay, it would be the thesis): “we were fleeing for our lives / will you lead me?” Echoed in the juxtaposition of tone and lyric in “The Valley”, the album hews out its notion of hope with its juxtaposition of plight and levity.

The rest of the album’s songs range from the choral “Eat You Alive” to the simple melodies of “I Have Made Mistakes” and “Second Child, Restless Child”, to the straightforward march of “I Was Wrong”, and much musicality in between. Among their laments are the lyrics, “when I saw my demons / I knew them well and welcomed them”, from “The Lament of Eustace Scrubb”, “you will surely be the death of me / but how could I have known?”, from “Like the Dawn”, and “I was young, and stubborn to the bone / as I took from the tree that was rotting”, from “I Was Wrong”. Still, their most potent lyrics seem to be the ones that seem most out of place, most unnecessary, such as the line in “The Lament of Eustace Scrubb” that goes: “but I’ll come

around / someday”. This out-of-place-ness to their most hopeful lyrics reinforces their idea of hope as something entirely out of place itself. Hope, to the Oh Hellos, is something that sings death to a catchy tune.

The album sends us off in two parts that segue into each other: “The Truth is a Cave”, and their last, “The Valley (Reprise)”, which do not disappoint the indie fans nor the philosophers among us. Reminiscing on childhood, Tyler Heath sings, “I was bound and determined / to be the child that you wanted / but I was blind to every sign you left for me to find / and the truth became a tool that I held in my hand”. Touching the fringes of despair, it would seem, he continues in near lament, “I got tired of giving more than you gave to me / and I desired a truth I wouldn’t have to seek / but in the silence I heard you calling out to me”, which is the subject of a kind of reply in the last song, the reprise: “we were young when we heard you call / our names in the silence / still you lead me, never leave me / never leave me”. As a final, wordless send off, the band strikes up an acoustic version of “Come Thou Fount”—which, in my opinion, is a bit unnecessary, as the silence begotten at the last lyric was profound enough for me.

The album over all was very poetically written, and the poetry of the lyrics juxtaposed well with the instrumentals, creating an odd levity to the thing, which I think was an effective way to present the notion of hope. Even if “Death, she is cunning, and clever as hell” (“Eat You Alive”), why not laugh a little? Hope is “far too beautiful to leave me” (“In Memoriam”).

— Thanks for all the MSG —

BY ALEXA CHERRY

For the UAS Whalesong

Thanksgiving is not here yet, but it will be sooner than you think, and not all of us are going home for the break. This might be on purpose for some, while others might be kind of miffed and wondering what on Earth Thanksgiving at college has to offer them. Fear not, my friends – you are not alone, and there is more to do at school during a break than you might think.

The first and most obvious thing to do during a break is, unfortunately, homework. If you’ve been struggling frantically to catch up with your assignments, now is your time to shine. Even if you have nothing to catch up on, there are some professors who will assign you projects directly before the break that are due directly after the break, forcing you to work on them during said break. Such is the grim reality of academic life, my friends. I feel for you.

Homework aside, you now have plenty of free time that you would otherwise be spending in class to use to pursue other activities! Catch up on those video games you’ve been putting off playing. Marathon that TV show. On the flip side, you can also finally do important adult things like your laundry and cleaning your room. I know, it’s gross, but it’s got to be done. Plus you can take your sweet time about it, since it’s a break period.

If you haven’t been seeing much of your friends and they are also sticking around for the break, that’s a great time to catch up with them and re-establish your relationship. Make them watch a movie or play a board game with you! Lots of students don’t have a lot of time during the regular school week because they are busy with class, work, and homework, and when they do have free time they like to use it for things such as eating and sleeping. However, having a social life and interaction is important as well, so tell them they can sleep when they’re dead and take them out to lunch.

Putting together Thanksgiving dinner is also a fun thing to do with your friends, since it’s Thanksgiving break and all. Go to the store together, acquire the ingredients for meals, and then congregate in a willing participant’s kitchen on Thanksgiving and cook food with your college family. I can testify that this is a great experience, having been part of it before! Even if you don’t help make food from scratch, you can always bring a store-bought pie, or help clean up (which is the least you can do if your friends feed you). Then you can all go your separate ways, call your families, and work on catching up on some of that sleep you lost during school.

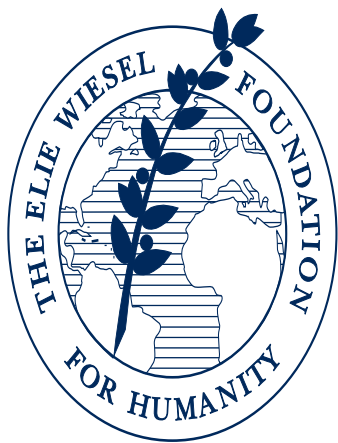
One thing I try to do during Thanksgiving break is activities that I would be doing with my family if I was at home. At my house we always make a point of watching

the Macy’s Thanksgiving Day Parade in the morning, and the Purina Dog Show in the afternoon, so I like to go and watch them at the Housing Lodge when I can’t go home for the break. If your family has any Thanksgiving traditions, you should see if you can pull them off while you’re at college! Then you can call your family and tell them about it.

Finally, there are the things that you can do if you’re the only person left in your apartment over the break. Having a history of my roommates leaving me alone with an empty apartment during breaks, one thing I like to do is rearrange the living room to create a truly impressive blanket fort and then have movie marathons! If you share a room, you can play video games (assuming you have a TV in your room) and keep the lights on well into the night without having to worry about your roomie’s sleep schedule. The dorm is your playground, at least until your roommates return, so have fun until then! Ultimately, though, I just wanted to suggest that you make a blanket fort. I think that’s an important college experience that a lot of people overlook.

There you have it! If you were worried about finding things to do during Thanksgiving break, worry no longer. You get to hang out with your friends, eat good food, and work on school assignments without immediately impending due dates. That’s a pretty good deal, I’d say. Until then, my friends – bon appetite!

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— Suddenly, College: Stakeout in the Stacks —

BY ALEXA CHERRY

For the UAS Whalesong

I don't know about you guys, but midterms always sneak up on me. I know they're a thing of the past now (at least for this semester), but I still wish there was some kind of announcement for them. The way I mark their arrival is by pulling a lot of all-nighters, as I desperately attempt to finish the huge pile of assignments that are immediately due while simultaneously trying to figure out where they all came from in the first place. During this last bout of midterms, I found myself spending significantly more time in the library than usual. Now, if you are a person who can and regularly does spend all day in the library, I commend you. I find that life in the stacks is not for me; my limit is about five hours before I grow restless and yearn for freedom. But sometimes, an extended stay in the library just can't be avoided — so I have come to you today to share my tips and tricks for camping out in productivity central.

I find that generally, one does not end up spending all day in the library by accident. You know that you have a lot of work to get done, and you know that a quiet, well-lit location is the place to do it. Therefore, prior to leaving your dorm or apartment that morning, make sure that you have everything you will need on you so that you don't have to return. Laptop, headphones, water bottle, class notes, textbooks, basically all your personal worldly possessions. Whatever you need to work on your project, study your subject, or write your paper, make sure it's in your backpack when you leave the house.

Now, once you get to the library, pick a spot where you can definitely get work done. I'll be straight with you — this is probably not a couch. There are plenty of study kiosks scattered throughout the library that include the two things I personally find essential for productivity, which are chairs with straight backs and a flat, clear surface at chest level. This decreases the likelihood that you will take a nap instead of getting things done, a likelihood that was already lowered when you decided to work in the library instead of in the comfort of your own domicile. Regardless of whether you've chosen a couch or a desk, mark that spot well — it shall be your headquarters for the rest of your library stay.

Obviously, the next step is to sit down and get to work. But a key part of being in one place all day is to take breaks! If 3-hour classes have assigned break times, you should give yourself study breaks as well. But there is a key to this — don't take a break if you're stuck on something. If you absolutely cannot figure out where to go next with your paper, do not show weakness — march it down to the Writing



If you need a quiet place to study for tests or finish that research paper, head over to Egan Library! They have some of the best study spaces on campus.

(Photo by Chrystal Randolph)

Center if you have to and get them to help you come up with your next paragraph. Breaks are best scheduled when you're in the middle of something and on a roll with it — this means you have something to come back to. Stop and go get coffee in the middle of a sentence so you can finish it when you come back. But be sure to go get the coffee (or whatever else you want, if you're not a coffee person)! Trust me, I know from experience — spending all day in the library and never leaving is a number one way to go stir-crazy. And the last thing you want is to start hating the library, since you kind of need to spend a lot of time there as a student.

My final tip, especially for the upcoming winter months, is to bring an extra jacket or a hot beverage. There are those who would argue to the contrary, but I find that the library tends to get a little chilly, especially after sitting in it for a lengthy period of time. And really, if you're going to spend the entire day there anyway, you might as well be prepared.

And there you have it — my tips and tricks for library survival. Ideally you won't have to do this very often, but things don't always turn out as planned in the college life, and I find that it's better to be safe than sorry. You can trust me! I'm a junior. I know what's up.

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OCTOBER SNAPSHOTS

The leaves are changing color, the temperature is dropping, and everyone is beginning to bundle up for the winter weather. But before the snow hits, you should consider going outdoors and enjoying the short fall we get here in Juneau! Put that textbook down, pull on your warmest sweater, fix yourself a cup of apple cider or hot cocoa, and step outside. Take a walk on the various paths and trails available here on campus, or catch the bus downtown! If it's too rainy for your liking, you can spend the evening indoors carving pumpkins or baking autumn goodies with friends! The possibilities for fall time fun are endless. If you need more ideas for things to do this week, check out the events calendar on pages 14 & 15.



(Photo by Joseph Alvarado)



(Photo by Chrystal Randolph)



(Photo by Jasmine Mattson-Wolff)

Literary Traditions: The Four-Fold Exegesis

BY DANIEL PISCOYA

For the UAS Whalesong

I have often heard rumors around campus—shifty ones, and I’m not sure if there’s any merit to them—that not everyone is an English major. It’s an odd, thought, I know! Bear with me, though. As one of the goals of journalism seems to be to engage a broad spectrum of people as an audience, I will endeavor to do so by sharing some of the most fascinating literary traditions (lit-trads, as my mother calls them) that I have studied thus far. Now, this is not to say that you haven’t already learned it. Rather, I write this to impart good literary wisdom on these rumored non-English majors.

To begin, then: one of the coolest things about literature is that it survives. I’m not sure if “timeless” is the right word for it, as it is always shaped by the time period in which it was written, but there is something to it that definitely does not want to die. In the Western Traditions, the Roman Empire’s glory days were days of much writing and reading. Many philosophers and poets became widely read for the simple fact that the Roman Empire was wide. However, as the Roman Empire faded like the great gas-giant it seemed to be, so did widespread literacy. Most literature from before the dark ages survived through the careful conservation of books in Christian monasteries and private libraries. Some survived through oral traditions, meaning that they were originally memorized and sung or chanted before they were written down—the most famous example is *Beowulf*. As the chaos of the dark ages began to settle, though, literacy began another steady rise into what we call the Middle Ages. The Middle Ages was a time of very rich literary tradition, and it is from this era that we receive an equally rich form of exegesis: The Four-Fold Exegesis.

Exegesis is a word that comes from Greek, and it means, “to explain, to interpret”. It is a way of explaining or interpreting meaning. This word is usually applied to literature and, more commonly, the Bible. The Four-Fold Exegesis in particular has its roots in an ancient Jewish way of interpreting the Bible, but was made the most popular in the form that it was given in the Middle Ages. It consists of attending to four levels of meaning (big surprise) within a text. They present themselves as follows:

- 1. The Literal Sense:** This is what is actually happening in the text. For instance: Beowulf killed Grendel by tearing Grendel’s arm off.
- 2. The Allegorical Sense:** An allegory is when the literal sense of a story is also mirroring or referring to another story or situation that the reader is familiar with. Beowulf killing Grendel may represent the ideal warrior destroying the ugly effects of the flawed society of the Danes.
- 3. The Moral Sense:** I think that the best way to describe the moral sense would be to say that it builds on the literal and allegorical senses and then translates them into something that the reader should do. Perhaps the reader (or hearer, as it were) is being told through the story of Beowulf that, to be a true hero, you have to be brave enough to stand up to evil as well as appreciate good.
- 4. The Anagogical (or Eschatological) Sense:** This is the most abstract and difficult of the senses. The word Anagogical is referring to a Greek word that means “to climb, to ascend”. Eschatological is also Greek, and it means “the last”, or “the end times”. Anagogy or Eschatology, then, is a level of interpretation which asks what the text is saying about God, heaven, or the afterlife (remember, this was made popular in the Middle Ages, where Christianity was the norm). Beowulf very well might be a Norse way of understanding Christ—maybe they liked to think of Him better as a tough guy who would kill sin and chase death into the underworld, returning victorious with its head on a stick! It’s a possibility—they were a very war-like culture.

That’s the Four-Fold Exegesis. Under normal circumstances, I would say “speculations aside, I’ll move on to my conclusion”. But that’s the thing! The Four-Fold Exegesis is all about speculation. What I have just gotten done doing is not something to just do and then throw away. It is useful! Speculation on the meaning of a text is not only fascinating, but it is incredibly rewarding, especially if it means that you can get an A+ on your next English paper! I know, I know... rumor has it that not all of us are English majors. But hey, why so serious? Even a non-English major has to get through some GERs.

Battling the Seasonal Blues

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

Feeling like it’s a little dark outside? Well, that’s because we have been significantly losing daylight minutes every single day. According to *timeanddate.com*, we are losing anywhere from 4:59- 4:55 (hours: minutes) between sunrise and sunset. Since October 1st when our day lengths were 11:28, we are now on October 27th, with day lengths of 9:18. It’s really something else how quickly we lose so much daylight. Our bodies react to it too! Vitamin D is a very important vitamin for us. Native and Rural Student Center (NRSC) passed out little flyers on vitamin D at their Liquid Sunshine event a couple weeks ago, listing some of the benefits of vitamin D. It’s a bolster for our immune system, it helps with weight loss and muscle strength, enhances calcium absorption (good for helping prevent osteoporosis), and it helps lower and maintain blood pressure to be in the normal range.

How does the length of our days and amount of sunlight affect our vitamin D intake? Well, we receive vitamin D through Ultraviolet B rays on our skin. Here in Alaska, Mr. Sunshine isn’t that common of a friend, so there are a couple alternatives to getting vitamin D into your system—food is one of those alternatives! I feel like food in some way shape or form is always a good thing to consider when trying to get more of a specific vitamin. Just look up what foods are rich in vitamin D and eat up! Another common and totally safe way to get a little extra vitamin D is to just take a dietary supplement, they range in different shapes/softness’ of pills, and different IU counts. It really is catered to the individual how much and how often you would take vitamin D pills, so check it out and see how much you’re recommended to be taking. If you are really interested in taking vitamin D supplements but don’t know where to start, fear not! Start in the lower level of Mourant! The NRSC, our counselors, and physician’s assistant, Amanda, could definitely help you get some vitamin D to see if it would make a difference.

Another thing worth looking into if you are feeling sad or sun-deprived: SAD lights! They are rather bright lights that can help with Seasonal Affective Disorder. SAD is very common in places like Juneau where we lose daylight and don’t have much sun during the fall and winter seasons. SAD lights are available for use in the lower level of the Mourant building, just go to the SRC (Student Resource Center) and they will point you in the right direction. Also, the Housing Lodge also has SAD lights available for check out. So, feeling a little gloomy? Go for it! Try out a SAD light and see if it makes a difference for you, doesn’t ever hurt to try, right?

If you think it will take more than a vitamin D pill to solve your problems, don’t worry, there are many more avenues of aid here at UAS. The best part about it is that we are already paying for these services by attending school here! Might as well use them. right? Feeling a little depressed or down? Some aspect of school bothering you lately? Feel overwhelmed and like you can’t talk to anyone about it? Are you a victim of Plural Ignorance (when you feel like you’re the only one going through something, but in reality the majority of people are feeling the same way as you)? Well, I know of some pretty awesome people here at UAS who keep things confidential and are here to help us in any way they can. You can make an appointment to see Margie Thomson or Becky Iverson, our two counselors here at UAS, very easily. Just stop by the SRC, set up an appointment through your academic advisor, or contact Margie and Becky directly with the information provided below: Margie, 796-6465, margie.thomson@uas.alaska.edu and Becky, 796-6514, baiverson@uas.alaska.edu. You may also want to keep in mind the fantastic physician’s assistant that we have on campus. You can make an appointment with her as well by going to the SRC or calling the desk at 796-6000.

Keep your chin up buttercup and remember: “You were never created to live depressed, defeated, guilty, condemned, ashamed or unworthy. You were created to be victorious.” So go forth with victory in your eyes, vitamin D in your veins, and all of us here at UAS by your side. The battle will be an easy victory, my friend.

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— Write, Write, Baby —

BY ALEXA CHERRY

For the UAS Whalesong

I find that for many people, creative pursuits are something often placed on the backburner in favor of school and the myriad of other things you could be doing with your spare time – like sleeping, for instance. Even the concept of “spare time” is selective – I will dust my hands, confident in the knowledge that I have nothing else to do, while projects due in two weeks cry “get a head start!” and my laundry attempts to grasp my attention by having a stray hoodie trip me up on my way across my room. I am not the only person who lives like this – we have all heard someone say “one day, I’d like to [x] but I am just too busy right now.” Well, I’m here to tell you that being busy is exactly the right time to do that thing you want to do.

Once upon a time, a man named Chris Baty decided that he wanted to write a novel. With real life being wild and crazy, as it rarely isn’t, he determined that he couldn’t work in that environment, so he took 6 months off his life and his job and rented a cabin to live and write in. Having nothing but time, you would assume he drafted the next great American novel and went on to great fame and fortune, correct?

Nope. As Chris details in his book *No Plot, No Problem*, vast amounts of spare time with one exclusive purpose are a breeding ground for procrastination. Knowing that he was supposed to be writing, he found himself avoiding writing in every way possible. He deep-cleaned the cabin. He did every dish he could find. He built an elaborate tree-to-tree pathway system for the squirrel living outside his cabin, and when the six months were up, he found that he really hadn’t written much of anything at all.

This experience informed him that what humans really need in order to get things done is not abundant amounts of spare time – what we need is a deadline. So he got some of his friends together and started something

that is now known as National Novel Writing Month (NaNoWriMo). Every November, a worldwide community devotes their time and effort to writing a 50,000-word novel in one month. When you have a deadline, you have motivation – plus, working on something that you chose to do in your spare time becomes a reward and a break from the hectic chaos of your daily life.

“But what do I get?” is a common question that I hear when I gush about my favorite event of the year. Here’s what you get: bragging rights. Never again will you have to scramble for something interesting to say when people ask you to introduce yourself and tell the group a fact about your life. For other people, you get a sense of completion: some writers I know have been planning their stories for so long that when they think about actually putting pen to paper, they shy away because they’re afraid they’ll “mess it up.” Here’s my favorite piece of writing advice: the worst thing you write is better than the best thing you never wrote at all. I have no idea who said that, but it’s true – once you’ve actually written something, you have something that you can go back and work on and mold into your ideal. That’s what NaNoWriMo is all about – first drafts. The length of 50,000 words was chosen because that’s about how long a novella is (I believe it’s the approximate length of *To Kill A Mockingbird*), and it’s also just enough words so that once you’ve written them you can chop out huge swathes and still have a reasonable amount for a book.

NaNoWriMo is as much about having fun as it is getting things done. The website has forums that are open to everyone, and have categories everywhere from “NaNo Soundtracks” (posting about the music you write to) to genre boards (meet other realistic fiction writers!) to dares (write a scene where your main protagonist and antagonist have a thumb war. Bonus points if it is the turning point of their critical final battle). It’s all about getting those 50,000 words down on paper. There are even region boards, where your



Whalesong reporter, Alexa Cherry, begins brainstorming ideas for the novel she will write this as part of this year’s National Novel Writing Month.

(Photo by Chrystal Randolph)

fellow Alaskans will let you know about write-ins (meetings in the real world where NaNoWriMo participants get together, eat snacks, and encourage each other’s progress) and where you can see how your region is doing against others – for example, every year Alaska and Hawaii battle it out to see which state gets the higher cumulative word count. So the more words you write, the more you contribute to the success of your state!

NaNoWriMo is one of my biggest passions, and I participate every year – by this point, I have at least 8 novels under my belt, if not more. However, having a group of local people to write with is even more fun than doing it by yourself, so if

creative writing is your thing I highly encourage you to join! All you have to do is sign up on their website at nanowrimo.org, and you can even add me as a friend – I’m Captain Lexicon on there. And if you have any questions, feel free to ask me if you see me around campus! I am more than happy to talk about NaNoWriMo anytime, especially in October when it’s the perfect time to be thinking about what you want to write.

I look forward to hearing from you! And also reading the novel you write when it comes out in bookstores. I’m holding you to it, so you’ve got to participate now. Copy? Captain Lexicon, over and out.

DO YOU WANT TO WRITE 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 Challenger Approaches —

BY ALEXA CHERRY

For the UAS Whalesong

Have you guys heard of polyphasic sleep? Neither had I – but now I have, and I’m here to enlighten you. In order to understand what it is, it’s first worth pointing out that the normal sleep humans engage in (~8 hours each night) is called monophasic sleep – once per day, for a set period of time. There’s also biphasic sleep, which you might be familiar with if you’ve ever stayed up super late – you sleep for approximately 5-6 hours during the night, with a nap during the day. Now if you know your Latin roots, with poly meaning “many,” you can probably figure out what polyphasic sleep is from there – sleeping multiple times in a 24-hour period. The most extreme form of this that I found, in my admittedly limited research, is the Uberman sleep pattern: sleeping for 20 minutes every 4 hours, for a total of six naps in a 24-hour period. This seems pretty intense, but might be worth a try if you’re super slammed with work and/or academics and need to maximize the time you spend awake! Which leads me to the

primary topic of this article: 30-day challenges.

Trying something new for 30 days is a great way to expand your horizons – or improve your skill, if you already have something you want to work on – and with a new month just around the corner, it’s a great time to choose one to do! Attempting polyphasic sleep is just one of the suggested challenges I found, but there are plenty of others of varying difficulty. One that was popular last year was media fasting – restrict your Internet access to what’s absolutely necessary for work and school, but otherwise it’s pens, paper, and the old phone line. If you’ve been feeling like social media, television viewing, or recreational blogging have been taking over your life, this is a good way to step back and get into other interests like reading, writing, or drawing – you know, Renaissance stuff. This goes hand-in-hand with another challenge I saw, which was to pick one of your bad habits and ditch it (or at least try very hard) for a month. Spending too much time on the Internet (whether it be Tumblr or Netflix, or both) is definitely a bad habit for some of us, and taking a step

back from that wouldn’t be a bad thing at all.

Are you not a morning person? Live on the wild side and try waking up early every day for a month. I know, that sounds awful, but once you get adjusted, it becomes at least vaguely tolerable. Trust me, I would know. I’m a night owl who had to get up at 6:30 AM every weekday morning all summer for work. It was rough, but I managed. And it’s worth noting that “early” is fairly subjective; if you find yourself waking up around 11 AM or 12 PM most mornings, try going to bed a little earlier and setting your alarm for 9 AM or 10 PM. You will be amazed at how much more time you have in the day – plus, having that extra time in the morning to relax and eat breakfast ends up being worth it. Eventually you might even reach the point where you wake up at 10:30 AM and feel disgusted because practically half your day is gone. No? Just me? Alrighty then.

Do a 30-day challenge in a skill you either want to improve in, or are already good at and need motivation to do more often. There are plenty of drawing, writing, fitness, and photography challenges that

are just a Google search away – plus, if you can get a friend interested as well, you can both encourage and hold each other accountable. Partners in crime are surprisingly motivating. And as far as a 30-day writing challenge goes, I already wrote an article on National Novel Writing Month, but I’m not ashamed to plug it again. This is a month-long challenge that includes an entire community of people who are all doing the same thing and supporting each other in the process, so don’t miss out on that if you’re interested – there’s no time like the present, after all!

Finally, you can always make up your own 30-day challenge. There are no rules, after all – it’s just doing the same thing, sometimes along different themes, every day for an entire month. If you want to challenge yourself to stop drinking caffeine, eat a healthy meal, or give a friend a hug, go right for it. You’re in college – no one can tell you what to do but you. Well, alright, that’s not entirely true, but – look, I was trying to be inspiring. Put the technical aspect aside and go Google “30 day challenges.” You never know; you might be glad you did!

Want to read more?

Find previous issues of the Whalesong online at:

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

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, OCT. 27

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, OCT. 28

Toastmaster's Club at St. Paul's, 6:15 a.m., St. Paul's Catholic Church. Improve your public speaking skills in a supportive environment. For more information, contact Rich Pratt at 957-3353 or Jim at 789-3074

FREE Community Emergency Response Training, 6 p.m., Hagevig Regional Fire Training Center. Join us for this important training opportunity. This

community emergency response training is offered free of charge to any individual 18 or older in Juneau who would like to become part of the CERT Team or just learn valuable emergency response tools and practices. You may register for ALL or any one of the 8 sessions. Must pre-register by emailing or calling Mike Lopez at mlopez@bartlettshospital.org or 907-796-8989.

Cronus and Saturn, 6:30 p.m., Marie Drake Planetarium. The Marie Drake Planetarium presents "Cronus and Saturn". Ken Fix will be making his next to last planetarium presentation on the ancient Greek god of time and the planetary science of Saturn. See and hear why a little moon orbiting Saturn is our best candidate for extraterrestrial life in the solar system.

WEDNESDAY, OCT. 29

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 journal entries, memoir, letters, or poetry. For more information, contact Dixie at 907-789-2068.

Sale-a-palooza, 5 p.m., Juneau-Douglas High School Commons. Various JDHS Activities will be hosting a booth in the commons in a joint fund raising event for school activities. JDHS Theater will be hosting a costume sale, clearing out their costume area -just in time for Halloween. All proceeds from this event go help fund JDHS Activities.

THURSDAY, OCT. 30

Spooky Family Movie Night, 5 p.m., Douglas Public Library. Come enjoy some holiday favorites with Peanuts and the gang and Shrek and his friends. For more information, call 586-5249.

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. 31

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.

Creepy Cave and Library Labyrinth, 4:00 p.m., Mendenhall Valley Public Library. Celebrate Halloween with us and venture through the Creepy Cave and get lost in the Library Labyrinth.

Alaska Robotics



Work

CAMPUS CALENDAR

ON CAMPUS

MONDAY, OCT. 27

Zumba, 7 p.m., Recreation Center. Part Salsa, part dance, all fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

Dodgeball, 8 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast and it's fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

TUESDAY, OCT. 28

Circuit Training, 5:30 p.m., REC Center. Building strength and endurance one circuit at a time! For more information, send an email to the REC Center staff at rec_center@uas.alaska.edu or call 796-6544.

Open Climb, 6:30 p.m., Recreation Center. If you are looking for something different to do, try open rock climbing at the REC. Free climb or on belay it's a great time. Jam to our house audio system as you traverse the wall. All climbing equipment is available for use. For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

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Zumba, 7 p.m., Recreation Center. Part Salsa, part dance, all fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

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Open Climb, 6:30 p.m., Recreation Center. If you are looking for something different to do, try open rock climbing at the REC. Free climb or on belay it's a great time. Jam to our house audio system as you traverse the wall. All climbing equipment is available for use. For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

FRIDAY, OCT. 31

National Student Exchange & Study Abroad Information Sessions, 11 a.m., October 27 – November 9, 2014

Spike's Cafe. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! Check it out! For more information send an email to exchanges@uas.alaska.edu or call the Exchanges and Study Abroad Office at 796-6455.

Evening at Egan, 7 p.m., Egan Lecture Hall. Who's Afraid of the Big Bad Borg? The Ecological Imperative in the Age of Cybernetic Organisms. Presented by Dr. Robin Walz, Professor of History, UAS. It's hardly news that we live in an age of global warming, toxic chemical spills, nuclear meltdowns, polluted water and noxious emissions in the air. Yet rather than accept that we are part of "Planet Borg," a plea to "Save the Planet" persists. But who or what are we really saving?

Halloween Dance, 9 p.m., Recreation Center. The UAS Rec Center is THE place to be Halloween night! Get your friends together, put on your best costumes and join us for dancing, great food, mocktails, and a costume contest! Compete for fabulous prizes in three costume categories: most unique, scariest, and best group/duo. Three DJs will be spinning all the music you want to hear! Come early to hear Alaskapella perform Halloween favorites from 9pm-9:15pm! This dance is 18+ and ID will be required. The event is free for UAS students, and \$5 for guests of students. For more information call the Student Activities Board office at 907-796-6325.

SATURDAY, NOV. 1

Chocolate 101, 6:30 p.m., Glacier View Room 221. Nibble, sample, and critique your way to becoming a chocolate connoisseur. Chocolate 101 event combines the best of education, entertainment, food, and fun! Mix and mingle with alumni & friends. Featuring live music and hors d'oeuvres. Tickets available soon. For more information, send an email to alumni@uas.alaska.edu or call 796-6569.

Dodgeball, 3 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast and it's

fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

MONDAY, NOV. 3

Zumba, 7 p.m., Recreation Center. Part Salsa, part dance, all fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

Smokin' Fish, 7 p.m., Recreation Center. A documentary about a young and quirky Tlingit businessman-Cory Mann-hustling to make a dollar in Juneau, Alaska. Hungry for smoked salmon and nostalgic for his childhood, Cory decides to spend a summer smoking fish at his family's traditional fish camp. The documentary shadows one man's attempts to navigate the collision between the modern world and an ancient culture. The film integrates story-lines of a modern Native Alaskan fish camp, a compelling personal journey, and dynamic vignettes of Tlingit history and culture - all told from a distinctly Native American perspective. Part of the One Campus, One Book film series connecting the Gulf of California to the Gulf of Alaska, our common Pacific ocean heritage, we are nurtured by the sea.

Dodgeball, 8 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast and it's fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

TUESDAY, NOV. 4

Open Climb, 6:30 p.m., Recreation Center. If you are looking for something different to do, try open rock climbing at the REC. Free climb or on belay it's a great time. Jam to our house audio system as you traverse the wall. All climbing equipment is available for use. For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

WEDNESDAY, NOV. 5

Zumba, 7 p.m., Recreation Center. Part Salsa, part dance, all fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

THURSDAY, NOV. 6

Coffee with a Cop, 2 p.m., Spike's Cafe. Join your neighbors and police officers for coffee and conversation! No agenda or speeches, just a chance to ask questions.

UAS 4th Annual Native Film Series, UAS invites you to the 4th Annual Native film series! The agenda for the evening: 5:30-6 language with Lance, 6-7:30 Native film, and 7:30-8:30 film discussion. Gunalcheesh! Qu yana! Haw'aa! Doyk'shn! Mahalo! Thank you to our sponsors: PITAAS, UAS Recreation Center, AK Native Studies Faculty, and Woonch.Een. For more information, call 796-6454 or send an email to nrsc@uas.alaska.edu.

Open Climb, 6:30 p.m., Recreation Center. If you are looking for something different to do, try open rock climbing at the REC. Free climb or on belay it's a great time. Jam to our house audio system as you traverse the wall. All climbing equipment is available for use. For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

FRIDAY, NOV. 7

Evening at Egan, 7 p.m., Egan Lecture Hall. Juneau's Changing Snow Climate. Presented by Dr. Eran Hood, Professor of Environmental Science, UAS. Snowfall in Juneau has a wide range of impacts on our lives, from recreational opportunities at Eaglecrest to the health of animal populations and the stability of the Juneau Icefield. This presentation will examine how Juneau's snow climate has changed in recent decades and how it may be altered by climate warming in the future.

SATURDAY, NOV. 8

Dodgeball, 8 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast and it's fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

MONDAY, NOV. 10

Zumba, 7 p.m., Recreation Center. Part Salsa, part dance, all fun! For more information, send an email to rec_center@uas.alaska.edu or call 796-6544.

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