

University of Alaska Southeast

WHALE SONG

February 9 - 22, 2015

The Official Student Newspaper of UAS



Date Night
in Juneau!

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ON THE COVER...

With Valentine's Day just around the corner, some of you might be looking to take your special someone out on the town. But Feb. 14 isn't just for couples - it's a day to celebrate and be with the people you love! So whether you're single or in a relationship, and you're wondering what to do this weekend, you can find some ideas on page 9!

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

Which team did UAS predict was going to win the Super Bowl?



"The Seahawks, because they won last year."

-Jared Cook



"Seahawks. They're my stepdad's team so I have to root for them!"

-Donna Cashion



"The Patriots, even though I know it's not too popular an opinion here in Juneau!"

-Ashley Shoemaker



"Patriots. See no reason why they won't win."

-Sylvester Olivares



"The Seahawks since they beat my team, the Packers."

-Elden Punongbayan



"Seahawks, they're my team!"

-Tinaya Harris

— UAS in Brief —

Campus Safety & Suicide

Recently, the University of Alaska Southeast partnered with the Center for Behavioral Health Research and Services at the University of Alaska Anchorage to provide Gatekeeper Training at UAS. Over 20 students and staff attended trainings throughout the day on Jan. 30.

A “gatekeeper” is a person who offers help and support to someone who might be experiencing hopelessness or may be contemplating suicide. You don’t need a degree or special knowledge to be a gatekeeper – you just need to listen and offer support. A gatekeeper is never expected to treat a suicidal person. The intervention and genuine concern expressed by a gatekeeper is often the thing that makes the most difference to someone considering suicide.

It’s a common myth that asking someone if they are thinking about committing suicide will make things worse. Not true. In fact, the more direct you can be with someone, the better. This takes the guess work out of how they are doing. It often facilitates faster support and connection to resources. Not to say that being direct is easy – “Are you thinking about suicide?” is an incredibly invasive question. Practicing with someone you trust, as silly as this may sound, is recommended.

In a community as small as UAS, we need to look out for each other’s safety. We are all gatekeepers. For more information about suicide prevention, please contact the Student Resource Center at 796-6000.

-Lori Klein, Campus Conduct Administrator



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— There and Back Again: Windfall Lake —

BY ALEXA CHERRY

For the UAS Whalesong

On Jan. 23, I arrived at the Lodge on main housing prepared for a relatively leisurely outdoor experience. The “Windfall Lake Cabin” event had been advertised as little more than an overnight camping trip, with a 3.3-mile hike either way that was not, from what I had heard, particularly physically taxing. Having not thought much about it apart from what to pack, I anticipated a pleasant walk that would leave me time for friendly conversation and my own thoughts before we arrived at the cabin.

Some of these expectations were abruptly dashed when I was handed a headlamp and told that we would be hiking to our destination in the dark. After a moment of reflection, I decided that I was okay with that; it would just mean that I had to pay closer attention to where I was going. All seemed well, until we got out of the van at the top of the road leading up to the trailhead and the experience truly started.

Now, don’t get me wrong. What followed was one of the best experiences of my college life, so far. But in a couple of ways, it was also the worst – though the factors contributing to what made it so were out of the event organizers’ control. I say that all seemed well until we got out of the van because until we were standing on solid ground, it was not apparent that the “solid ground” was in fact nonexistent. What we stood on, and proceeded to walk on for the next 3.3 miles on increasingly uneven and hilly terrain, was ice – standing water that hadn’t drained off the road or the trail, and had frozen in sheets easily 3 or 4 inches thick in places.

Naturally, none of us had brought ice crampons, picks, or anything else suitable for navigating the equivalent of what was probably a casual stroll in Antarctica. So in case you didn’t gather the full picture, let me reiterate: we were approximately 13 people (maybe a little more, maybe a little less), walking an unknown trail in complete darkness on solid ice in the rain, with only headlamps to guide us. My headlamp, for one, was fading fast.

People fell on ice or in mud, or both – some people up to 16 times or more, by their count. Anyone without entirely waterproof footwear or gear fell in large standing puddles at least once. At one point, I fell off a bridge, rolled under it, and had to claw myself back to solid land while a muddy morass similar to the bog in the *Lord of the Rings* trilogy sucked at my arm and tried to end my trip prematurely. When we thought the rain was letting up, it would promptly come back twice as hard. Things looked entirely grim, as far as we could see into the pitch-black forest surrounding us.

Despite these adversities, however, and almost because of them, this experience quickly became one of my favorite things I’ve ever done at college. Spirits remained high for the majority of the time. There was so much ice that we really couldn’t help each other maintain balance very well, but the people in front let people behind them know what was slippery and how to navigate it. Each fall was met with a chorus of “Are you okay?!” and comfort was taken in the knowledge that we were all equally as wet, dismal, and probably lost – after all, as it turned out, none of us knew exactly where the cabin was or how far down the trail we had to go to find it. Two and a half hours into the hike my fellow *Whalesong* reporter, Daniel Piscoya, began to proffer his thermos of hot Earl Grey tea to our cold, huddled masses, providing a significant spike in morale. Brittni Wisner, one of the CAs who had arranged the event, was perky and enthusiastic to the end, even though some of us accidentally forged ahead at a fork in the road and she thought we’d gotten lost in the woods or fallen into a bog. I developed previously non-existent skills in “ice surfing” and was told that I should take up real surfing, a statement I will cling to until I live somewhere warm enough to put it into effect. A mutiny was almost held 4 and a half hours into the hike when we reached a sign that initially read “2 miles to cabin”; however, before any of us could collapse in complete despair, someone looked closer and saw that there was a decimal point involved, dropping 2 miles to 0.2 miles and giving us enough hope to plow through the last leg of our journey.

“But Lexi,” you might say, “that sounds awful!” Well, I’m not going to lie – it was. But at the same time, that’s what made it so great. If the hike had been, as I thought, a leisurely stroll in a drizzle, I would probably not be writing an article about it right now. It would have been pretty unremarkable. Instead, however, it was one of the most intensive and team-building experiences I’ve had at UAS – better than any orientation or leadership seminar I’ve attended, probably. Everyone worked together to keep spirits high and look out for each other.



Whalesong reporter, Alexa Cherry, strikes a pose alongside her peers as they prepare to disembark from Windfall Lake. It took the students 4.5 hours to make it to their destination across icy trails in the dark and through the rain, but they stuck together and persevered through the night – all while having an amazing time!

(Photograph provided by Brittni Wisner)

We cheered when we reached the cabin, and it was unanimously agreed during the much-improved hike back on Saturday—during the daylight, where we could finally see the rivers and pseudo-canyons we’d crossed in the dark on the ice and when it only took us 3 hours to get to our destination instead of 4.5—that any similar events in the future should take place when it was not dark and when there was no ice.

Honestly, though, if they had the exact same event next week, I’d probably sign up. The destination was worth the journey, after all. Since getting there was so hard, arriving at the cabin felt like the biggest accomplishment of my life, and it was nice to wake up to a misty lake and a one-room cabin reeking of cedar (even if the bunkbed was so hard that it left a bruise the size of Argentina on my hip). This was the trip on which I learned my phone can take panoramic shots—something I’d previously thought exclusive to iPhones—and was finally suitably grateful to my mother for insisting that I bring a men’s XXL Helly Hansen raincoat to school with me. I did not look glamorous, but at least I was dry. Or as dry as you can be after walking in the rain for roughly 5 hours, anyway.

So thank you, Student Housing staff, for putting on this event! We sang hiking songs, we yelled through the woods when and if we got separated, we calculated our risk of being in a horror movie scenario and dying horribly, and even when we thought we’d missed a turn and would be wandering aimlessly through the forest for the remainder of the night, it was still better than doing homework. Props to everyone who accompanied me on this intrepid adventure. I hope to see your names on the sign-up list for next time!

— Easy Recipes Make for an Easy Life —

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

“One cannot think well, love well, sleep well, if one has not dined well.” - Virginia Woolf

Let me ask you something: what is better than the realization that a certain meal, that’s super easy to make, will have your taste buds experiencing an exceptional taste-orgasm? Well, probably like two other things could be better... but for now, as most of us reading this are college students or hard working members of the community of Juneau, we are going to keep this taste-orgasm realization at the top of the list.

Food is essential for our survival - well prepared and tasty food is essential for our morale. So with this issue of the *Whalesong*, I’d like to share with you a recipe that is particularly easy to prepare and will make your taste buds melt with pleasure. The one I’d like to share with you is an Alfredo sauce recipe that I found on Pinterest a couple weeks ago and got to try - it turned out great! I came to find out that it is 100% better if eaten the night that it is prepared vs. saving leftovers due to the butter content in the dish (when it gets chilled down and reheated the entire dish is transformed again into this funky, less-appealing meal). Anyway, that’s a little insight as to why we are talking about food in this article and without further ado, here’s the recipe! Enjoy!

Alfredo Sauce:

½ cup butter
1 clove garlic, minced
1 ½ cups cream (or milk)
1 cup fresh Parmesan, grated
4 oz. cream cheese, cut into small cubes
Salt and pepper to taste

1. Melt butter over medium heat. Once melted, add minced garlic and cook for 2 minutes.
2. Add cream cheese and whisk with butter mixture till fully incorporated (it’ll look kinda strange and gloppy, that’s okay though, don’t fret).
3. Add in the cream a little at a time while whisking. Heat until the mixture bubbles, but isn’t boiling.
4. Using a spoon (something other than a whisk really; I tried using one and wow, that was not a good idea) mix in the Parmesan cheese until it’s all melted and incorporated.
5. Salt and pepper to taste. Throw in your favorite [cooked] pasta, and enjoy!

Is your Alfredo too thick? Add some more cream or milk to thin it down. Is it too thin? Add some extra cream cheese to thicken it up. I would also suggest taking and cutting up pieces of your favorite cut of chicken, pan searing it with some cut up onion, then add to your Alfredo and pasta. Super easy vegetable tip: asparagus! Let’s say you fried up some chicken pieces for your sauce. Take



(Photograph by Jasmine Mattson-Wolff)

that same pan you used to cook the chicken, probably with some grease and flavor left in there, and throw your asparagus in over medium heat. Add some cracked pepper and sauté it for a few minutes on each side until they are cooked to the tenderness you prefer. Squeeze some fresh lemon juice over them to finish it off and ta-da! You’ve just created a wonderful Chicken Alfredo dish, with some lovely sautéed asparagus on the side.

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Poetry is the Art of Literature

BY MOSTAPHA BEYA

For the UAS Whalesong

According to Esther Lombardi in her article, “Literature”, literature is a term used to describe written or spoken material. “Literature” is used to describe anything from creative writing to more technical or scientific works, but the term is most commonly used to refer to works of creative imagination, including works of nonfiction, drama, fiction, and poetry. Personally, I think poetry is the best form of literature. Poetry is the only form of literature which needs no translation to be appreciated. With poetry, the emotions the author is expressing are translated without the need for interpretation.

However, Lombardi talks about literature as though every form is equal and without distinction:

Literature introduces us to new worlds of experience. We learn about books and literature; we enjoy the comedies and tragedies of poems, stories, and plays; and we may even grow and evolve through our literary journey with books. Ultimately, we may discover meaning in literature by looking at what the author says and how he/she says it (Lombardi).

I disagree with her approach. I think that poetry should be discussed as its own form, not in comparison with any other. With poetry, there is no need to understand the meaning, but only to feel the emotions; as Robert Frost said: “Poetry is when an emotion has found its thought and the thought has found words.”

According to the Webster Dictionary, poetry is “writing that formulates a concentrated imaginative awareness of experience in language chosen and arranged to create a specific emotional response through meaning, sound, and rhythm.” Personally, I think that poetry is how you feel, not what you think; it is what you imagine, not what is real; it is oxygen that helps your soul become alive every time you recite a line.

Octavio Paz said: “To read a poem is to hear it with our eyes; to hear it is to see it with our ears.” From my own experience I witnessed greatness among my audience when their eyes opened wide, looking deep into my soul when I decided to read my poem in its original language. Even though none of them understood Arabic, they understood the truth beneath my words and the spirituality within the sounds. As T.S. Eliot said, “Genuine poetry can communicate before it is understood.” I thought that was going to be my only experience. Then, in another reading, after I read my poem in English, my audience requested I read it in its original language. Once again I witnessed the difference between understanding the poem and feeling it. At first they applauded the meaning, but then they cherished the feeling more, and that is what poetry is about.

I was holding a translation of Pablo Neruda’s poem while listening to the author reciting it in his own language. Even though I do not speak Spanish, I put the translation away and I sat there listening, feeding my soul on his emotional reactions throughout his reading. At that moment I realized that poetry does not belong to any nationality. Poetry does not speak any one language. The only language that poetry carries is the language of love, hate, sadness, death, and life. It carries the most important things: emotions.

How is it a small poem can carry so much more weight than any other form of literature? Why is it that you can write a book about a poem, you can write an essay about a line in the poem, and you can sing a poem - but you cannot sing a book? “Poetry is ordinary language raised to the Nth power. Poetry is boned with ideas, nerved and blooded with emotions, all held together by the delicate, tough skin of words” (Paul Engle).

Poems enable us to express ourselves in a way which no other form of literature can. If it were not for poetry, Emily Dickinson would be just another woman. It is only because of her poetry that we are able to relate to her, to know her. When she says: “Because I could not stop for death / He kindly stopped for me / The carriage held but just ourselves and immortality” she is declaring revolution on her mortality. With just three short lines, using simple, affordable language, Dickinson faced death with strength and beauty. She became immortal by becoming part of each one of us. She will live within us forever. She becomes a goddess, she becomes air that, whether you like it or not, you breathe. That is the power a poet can hold. They can possess you; it cannot be seen, it can only be felt. It touches the soul and cleanses the mind.

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— Can Susan B. Anthony Save our School? —

BY ALEXA CHERRY

For the UAS Whalesong

Over winter break, I traveled for many long hours with my family across the continent and through 3 different airports in order to visit relatives in Harrisonburg, Virginia. There, I noticed a surprising amount of criticism and dissent regarding James Madison University – the college that takes up half of Harrisonburg. The college kids were “rabble-rousers”. My uncle was angry that the school had bought and remodeled part of the hospital he’d gotten his life saved at, and as my aunt drove my mother and I around to look at real estate, she remarked on what a shame it was that some of the older houses owned by the college were getting “wrecked” by the parties being held in them. Even I found myself criticizing JMU, if only because when we went to the local equivalent of Fred Meyer, there was a separate credit card machine that JMU students could use to get a student discount on their groceries.

Seeing this involved college-town lifestyle made me turn my thoughts to UAS. There are many things I like about our school; the minimal amount of traffic, the fact that if I have to run from one class to the other it will take me under 5 minutes, my ability to say “Hi” to any of my professors if I see them professoring around campus. However, my relatives’ attitude toward JMU made me realize just how isolated from the rest of Juneau we really are. Not that I want people to be complaining about us “darn college kids,” but seriously – they get discounts on groceries! That’s useful! And here at UAS, while I understand that being out in nature is a big selling point, I still can’t help but feel like those in charge picked the

furthest, most isolated location for our school to possibly be located in and plonked us on a hill where we would be out of the way and wouldn’t bother anyone. And that bothers me.

Why? Because while I certainly am living the college life, that’s all I’m living. I rarely leave the housing/campus/REC Center trifecta, at least when it comes to going downtown or to Douglas Island, which is where the majority of what makes Juneau the lively artistic community that it is seems to happen. This is partly because I rely on friends with cars or the bus system, and either way it’s 20-30 minutes to get down there.

In my experience, people in Juneau don’t really seem to acknowledge UAS as a college with students – they look at it more as a location where further artistic events happen (Evenings at Egan, various library seminars, etc.), and certainly no businesses see us as relevant or important. Even the Waffle Co. never offered student discounts, even though UAS students were its primary source of business since Day 1. The Student Housing shopping shuttle goes to Fred Meyer twice a week – UAS students make up a good deal of their business, and we’re not even being recognized for that.

I voiced this irritation to my father, a graduate of “Harvard on the Hill”—or as it is more professionally known, Fort Lewis College—and was surprised to learn that he had the same problem when he attended school there. Despite being a significant part of the town’s economy, college students were largely ignored and did not receive the discounts and benefits that other college towns offered their students.

I assumed our conversation on the topic would end with him commiserating with my disgruntlement, but to

my surprise, he continued on to say that at his school, they decided to solve the problem by showing the community that they were, in fact, contributing members who did not appreciate being ignored. He told me that he joined forces with a large group of other students who all proceeded to pay for everything everywhere with only Susan B. Anthony dollars. This, he continued, made the community sit up and take notice. Suddenly, businesses everywhere were getting piles of dollar coins at the end of transactions, and while a valid form of currency, few cash registers (if any) have an assigned slot for Susan B. Anthony dollars. While frustrating, it was also noticeable – since there were plenty of college students, businesses were getting plenty of dollar coins, and they began to realize that college students composed quite a lot of their business. Once they came to this realization, they started recognizing the fact by offering student discounts and paying more attention to this notable section of the economy, and in response Harvard-on-the-Hill students stopped paying for everything with Susan B. Anthony dollars.

Frankly, I think we should follow the example of my father and his friends before us and do as they did. I like UAS, but I dislike the sense of disconnect it has with the community and even the town of Juneau as a whole. As students, we not only pay a lot of money to come here and stay here (what with groceries, gas money, bus passes, entertainment like movies and plays, etc.), but we also contribute to the economy by working jobs during both the school year and the summer-time, when Juneau companies need bodies to keep the tourist industry alive. With that being said, I really don’t think it’s too much to ask that students receive discounts at local restaurants, bookstores, and especially the grocery store. Do you?

— Opportunities for Cash Dollar Bills —

BY ALEXA CHERRY

For the UAS Whalesong

What are you doing on Feb. 18 from 11 a.m.-2 p.m.? Here is a related, slightly less vague question: where will you be working this summer? If your answer is “I don’t know” or worse yet, “I wasn’t going to work,” let me gently steer you in the direction of the annual Job Fair hosted by Career Services here on campus. It’s going to be in the Maurant Cafeteria during the previously stated time slot—don’t worry, you can still go in to get food and caffeine—and it’s a prime opportunity to scope out potential money-making options for the upcoming summer break.



The Job Fair hosted by UAS’ Career Services is a great place to talk to prospective employers from businesses all over Juneau.

(Photographs provided by Deborah Rydman)

February 9 - 22, 2015

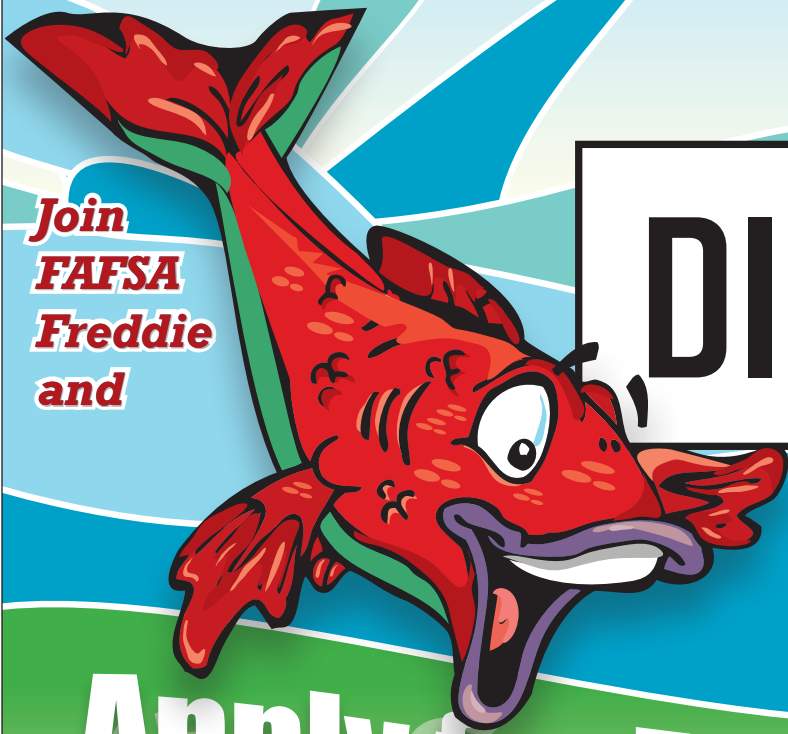
If you’re not sure yet about whether or not you’ll be staying on campus for summer break, know that you don’t have to be! Going just to scope out the companies that will be there is an option, and there’s no commitment involved – you can take as many applications and business cards as you want. And who knows, maybe you’ll see a company you really want to work for! Another thing you shouldn’t worry about too much is showing up prepared. If you really want a job, obviously you should try to look pretty sharp, but as long as you take a shower and don’t show up in grimy sweatpants I think you’ll be okay. If you’re still worried, though, I recommend checking out <http://www.uas.alaska.edu/> and typing “Career Services” into the search bar – the Career Services page should be the first link, and then in the sidebar to the left they have a page called “Job Fair 2015” which lays out some guidelines and gives helpful tips and tricks for navigating a college job fair.

As for what kind of companies will be there looking to hire, here are a few that showed up last year:

- Alaska Canopy Adventures
- Coastal Helicopters
- Dolphin Tours
- Alaska Brewery

The list will probably be slightly different this year, but I’m sure a lot of similar companies will show up. So if you’re just curious, bring a reasonable outfit and your best attitude! If you’re seriously interested, bring those things and a résumé (not required, but certainly recommended). And have fun! You don’t want to spend your summer being bored, after all.

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- Tuesday, Feb. 3 • 1–3 pm, Cafeteria
- Friday, Feb. 6 • 2–4 pm, Egan 223
- Monday, Feb. 9 • 5–7 pm, Freshman Residence Halls
- Wednesday, Feb. 11 • 1–3 pm, Cafeteria
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~ Date Night in Juneau ~

BY JASMINE MATTSON-WOLFF

For the UAS Whalesong

We are in Juneau, Alaska. Where should we go? What should we do? Is there a secret underground social nook we aren't totally aware of? Hopefully this article can maybe give you some ideas on where and what to do on date nights! Here in Juneau there is actually a wide variety of things going on. You can go bowling, ice skating, or out to see a movie. There are even some unique and interesting options that you could try out. There are plenty of fun things that happen here in town on a weekly basis that people might not be aware of; some of them are maybe less "date" appropriate but still fun and I figured worth mentioning. Some of these frequent happenings might not be as well-known, but they could be potentially cool to check out! Mudrooms at the Northern Light United Church, Tlingit Language Learners Group on Monday nights at the Downtown Library, Halau Hula 'o 'Olill'ula at the Filipino Community Hall on Wednesdays, A Window Between Worlds - women's art support group at AWARE on Wednesdays, Community Gaming Night at Udder Culture on Thursdays, the organ concert at the State Office Building every Friday, or maybe even catching Dan Hopson's Classical Guitar, live at the Baranof on Saturdays! Basically, if you go to KTOO.org/calendar/ you will find oodles of awesome events that occur.

Let's get down to the basics though, like going to the movies! In general there are three different options here: Glacier Cinemas, 20th Century Theatre, and the Gold Town Nickelodeon. If you are looking for a main stream movie that everyone is talking about and your generic movie theater popcorn, then definitely check out grossalaska.com for more information. But if you are in the mood for an off the radar, low-key, pretty chill

independent film or something different that you don't see every day, go check out what is playing at the Gold Town Nickelodeon! They serve homemade popcorn and have a quaint little set up that is definitely a cool experience. Check out what films they have to offer on their website: goldtownnick.com.



Treadwell Ice Arena is hosting a disco skate on Friday - so why not turn date night into a skate night?

(Photograph by Darin Donohue)

Then there's ice skating, rock climbing, and bowling! For being a small city, I think Juneau is doing pretty good as far as keeping things lively with options like these available to us. If you are into ice skating, the Treadwell Ice Arena in Douglas, over by Sandy Beach, has some pretty great deals and good times to go skate your hearts out! There are open skates with alternating times every day, and coming up on Feb. 13 from 7:45-9:15 p.m. they have an open disco skate! You can find more info at: juneau.org/parkreclicerink/.

(Article continues on page 13)

February 18th, 11am-2pm
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— Off on a Hero's Journey —

BY ALEXA CHERRY

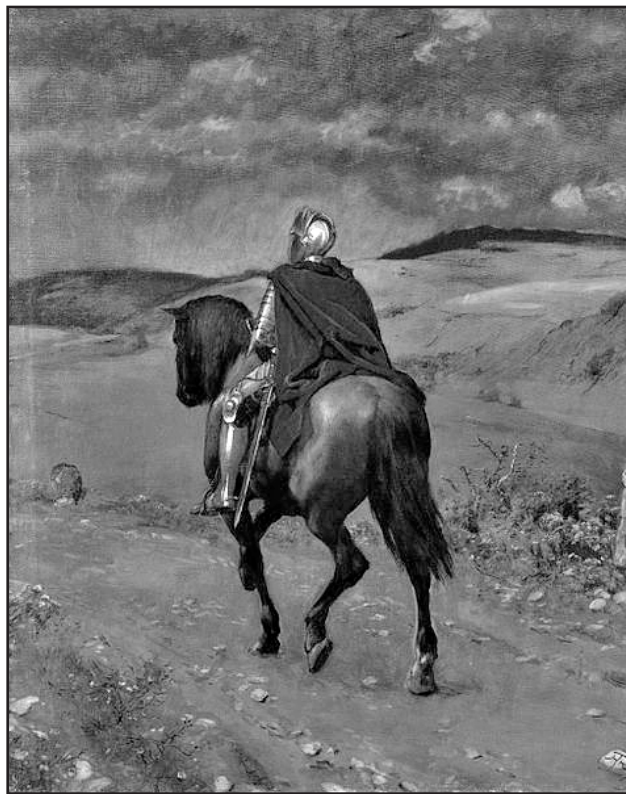
For the UAS Whalesong

Do you like Monty Python? Maybe you don't know who he is. In that case, do you like self-aware parodies? Famous actor cameos? Medieval fantasy? The creative inversion of tired, cliché character tropes? Singing? If you said "yes" to a single one of these, allow me to highly recommend to you *Galavant*.

Galavant is a TV show recently aired by the ABC Family network. You can find it on Hulu or on the ABC website, and I highly recommend that you watch it in either one of those locations (if you haven't seen it already) rather than illegally. This is because it just finished its first season on Jan. 25, and its renewal for a second season is apparently up in the air, so viewing numbers and ratings are key. But before I plead for your assistance in its renewal, you probably want to know what it's about.

Galavant opens with a musical number that does the dual task of explaining the story and setting the tone for the rest of the show: "Way back in days of old / There was a legend told / About a hero known as Galavant! Square jaw and perfect hair / Cajones out to there / There was no hero quite like Galavant! / Tough, with every sort of manly value / Mess with him, he'll disembowel you / Yay! He ruled in every way! / A fairy-tale cliché!"

It goes on to explain that Galavant was deeply in love with a maiden named Madalena, who had "cleavage you could hold a whole parade in" and was blissfully happy with him until she was kidnapped by and forced to marry King Richard — whom some of you might recognize as the same gentleman who plays Detective Lassiter on the popular USA show, *Psych*.



(Photograph of Hans Thoma's, *Lonely ride*, provided through Wikimedia Commons)

Galavant then proceeds to tear off to the castle and rescue Madalena — which is where this tired old plot that we've all heard and seen before falls to pieces on the floor. Confident that Madalena will leap into his arms and be happily rescued, this is not entirely the case.

I can't say more without giving away the entire premise of the show, but here's what you need to know: *Galavant* is a show that takes the "scruffy but charming white male protagonist swans in and saves the day" trope and turns it entirely on its head. Oblivious and fairly incapable, Galavant travels to rescue Madalena with his squire, Sid (perhaps recognizable as Lee Jordan from the *Harry Potter* films), and Princess Isabella Lucia Maria Elizabetta of Valencia, who has come to seek his help in reclaiming her kingdom from—who else—King Richard.

And yes, there's a lot of singing — but don't let that turn you off. The show is entirely self-aware of its musical nature, with everything from King Richard proclaiming a ditty about killing Galavant to be "refreshing" to Princess Isabella making an ominous aside during their travels, and Galavant actually noticing it. Perhaps the best example of this is when two characters slam open supposedly locked prison cell doors during a song in true musical theater style, only to comment afterward "Have those been unlocked the entire time? No one bothered to check?"

Not only is *Galavant* full of guest stars, featuring names like Ricky Gervais and even Weird Al Yankovic — it's also full of star moments. Call me cheesy, but by the end of the show, it has written itself out of the plot at the beginning and started an entirely new story, effectively ending "Book 1", and leaving everyone startled, alarmed, and thirsty for the second one. So even if you want nothing more than a smile and a good time, please treat yourself to this fantastic TV show. There are only 8 episodes, roughly 30 minutes each, and I feel pretty confident in saying you won't regret it.

— Philosophical Traditions: The Golden Mean —

BY DANIEL PISCOYA

For the UAS Whalesong

There is a fine line between too much coffee and too little. I'm pretty sure most college students know this.

On one hand, too little coffee can mean lethargy, sleepiness, or inattention. When you're as addicted to coffee as most college students, it can even mean a headache. All of these would contribute to an overall difficult time paying attention to class and homework—it could even mean falling asleep again, which we do not want.

On the other hand, too much coffee can mean an excess of energy and restlessness in both mind and body. When I, for example, drink more than two cups of coffee on an empty stomach, my hands start to shake. This can contribute to a kind of restless energy and problems concentrating. This wouldn't be conducive to paying attention in class, either!

This is where our old (old, old) friend Aristotle has our backs.

Aristotle, in his *Nicomachean Ethics* says that, "virtue is more exact and better than any art...for it is this that is concerned with passions and actions, and in these there is

excess, defect, and the intermediate." Like a college student's passion for coffee, Aristotle says, the passions (wants or urges) can be obeyed too much or too little. This is what he means by excess or defect. However, neither of these are virtuous, he says. It is neither virtuous to drink too much coffee, nor to drink too little when you need it. The passions stand on the edge of a knife, and "to feel them at the right times, with reference to the right objects, towards the right people, with the right motive, and in the right way, is what is both intermediate and best, and this is characteristic of virtue." This is what we refer to today as The Golden Mean; 'mean' as in the term in mathematics, the middle or average... the intermediate.

In a way, then, "it is possible to fail in many ways...while to succeed is possible only in one way." To define virtue as a balancing point between excess and defect is to say that there is only one way to be virtuous and infinite ways to be caught up in vice. Aristotle admits, "men are good in but one way, but bad in many." But where can we allow for difference between people? If everyone is different and acts differently, then it would seem that the greater part of the population of the world is not being virtuous. This is where Aristotle and

the coffee example can best clarify.

This Golden Mean is not necessarily an objective thing. Just like the college student with coffee, two cups is just enough for some, but too little for others, and yet still too much for people who aren't used to coffee. We can have end points of excess and defect—being able to drink coffee before bed is definitely an excess, but refusing it when you need it is defect—but the true Golden Mean, the balancing point, is relative to individual people. For me, two cups of coffee is just enough and perhaps a bit much. But for you, it might not be enough, or it could be far too much. I have heard that some people don't even need coffee in the morning! "Thus a master of any art avoids excess and defect, but seeks the intermediate and chooses this- the intermediate not in the object but relatively to us."

What the Golden Mean means for us, then, is simply this: that virtue is accessible to all of us, and that it only takes a bit of discernment. Anyone can, with a bit of thought, be virtuous in everyday life. A hero can be anyone. Even a man doing something as simple and reassuring as putting coat around a young boy's shoulders to let him know the world hasn't ended.



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— The Man who was Valentine —

BY DANIEL PISCOYA

For the UAS Whalesong

There is a strange notion out there. It haunts cinema and frequents literature. It is the notion that sometimes a man is not just a man. If a man makes himself more than just a man—if he devotes himself to an ideal—then he becomes something else entirely: a legend.

One such legend survives today in the form of an opportunity to give and receive copious amounts of chocolate. We are familiar with St. Valentine's Day as a day for couples to show gratuitous signs of affection for each other; perhaps we are familiar with it as a day for single people to drown their sorrows in chocolate ice cream. We may even be familiar with the day as a day of meticulous planning that goes just right (I may even envy you). Whatever the day is, however, it's a pretty far cry from the man whom it was named after.

There are many differing accounts of St. Valentine, and there were almost certainly multiple men of the name, but the most popular story about St. Valentine is told this way:

In the last decades of the third century A.D., the Roman Emperor Claudius II authorized a widespread persecution of the Christian religion, which was not yet the official religion of the Empire, and by no means highly favored, as this persecution was not the first to be imposed. The Christians, being for the most part sturdy (if not simply stubborn) folk, kept on practicing their religion, and many were arrested, tortured, and put to death.

One particular Christian priest, a man by the name of Valentine, was arrested by a high-ranking Roman official for marrying Christian couples and otherwise aiding Christians. Valentine was kept in jail for a long time, and he was tortured as the Romans tried to get him to renounce his faith. Valentine kept the faith, however, and his stoicism in the face of torture earned him the respect of his jailor—legend has it that he even healed the jailor's daughter of her blindness. Valentine even gained the attention (and interest) of the Emperor Claudius himself. However, that was where Valentine made a tactical error: he tried to convert



St. Valentine may have existed and done every single thing in this story, or he may have never existed at all. (Photograph of David Teniers III, *Saint Valentine kneeling*, provided through Wikimedia Commons).

Claudius to Christianity and was immediately sentenced to death. The legend goes that, the night before he was to be beheaded, he wrote a small note of encouragement to the jailor's daughter—the one he healed—signing it, “from your Valentine.” This, of course, is where we get the whole notion of being someone's Valentine!

Valentine was martyred (killed for his faith) on Feb. 14, and was later declared a Saint. Like most Saints, his death-day was also declared his feast-day, which where we get our modern date for St. Valentine's Day.

The strangest part of this admittedly strange story, however,

is the fact that St. Valentine, as a Christian priest, was, according to the priestly traditions of that era, completely celibate. St. Valentine's letter was not a love-letter at all, but rather a death note, encouraging a friend of his not to grieve too much for his martyrdom. It is truly odd to observe that, the day in which our hearts seem liberated from our chests, a man's head was liberated from his shoulders. This is, of course, not incongruous, because a martyr is always happy to die. It can, however, be a bit sobering when we realize that the thing probably most ‘liberated’ is the legend from the man.

I have no idea whether the story I have told you is in any way accurate. St. Valentine may have existed and done every single thing in this story, or he may have never existed at all; the records of his existence are unreliable—folktales, really. There may have been many Valentines who are all summed up in a kind of foreshortening to tell this story. There may even be a Valentine who never did any of the things I have told of above, and the stories were only attributed to him after his death.

The real traditions that we have surrounding St. Valentine's Day have been accomplished mostly due to a warping or blurring of the story I have just told you. St. Valentine's signature is preserved on the letter, but the rest is smudged beyond repair. In truth, the greater reason it is a day for couples is that Feb. 14 is traditionally the day in which birds started coupling—it is the exact middle of the second month of the year. In a way, it was only a coincidence that this day also happened to be St. Valentine's day. In a way, you could say, our love-letters are written over Valentine's death-note, with only the signature retained in a scrawl at the bottom—a word whose meaning we forgot. This is the sad part of any legend: that the man behind it fades.

But the important thing, I think, is that the legend exists. Is it necessary to ever find the man who was Valentine? I don't think it is any more necessary to find Valentine than it is necessary to find Beowulf, or King Arthur. The paradoxical thing about these characters is that the quality of their life was never affected by their actual existence. They never needed to be kept alive. Their legends exist to inspire—to prove to us that the world is full of people willing to believe in good. So hold your sweethearts tighter, and raise a toast—to your Valentine.

DO YOU WANT TO WRITE FOR THE WHALESONG?

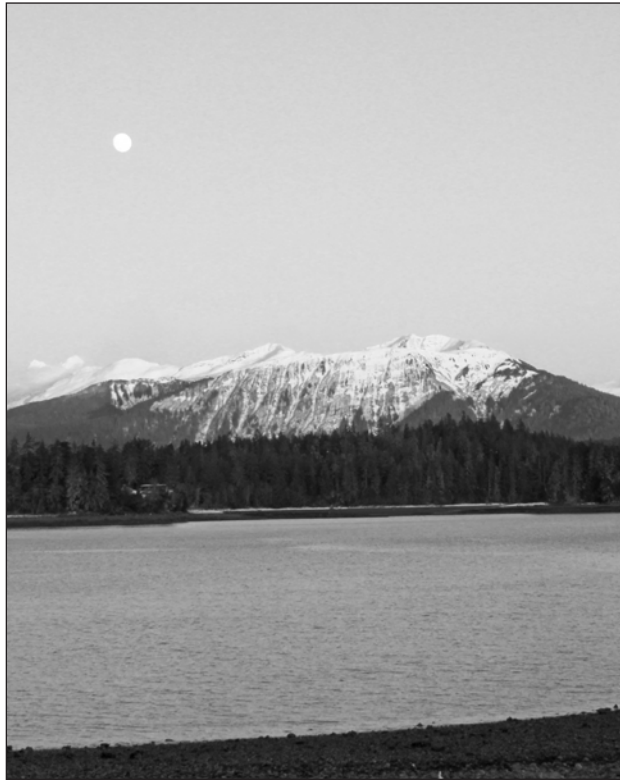
Send your articles to us at whalesong@uas.alaska.edu and you could be published in the next issue of the school's newspaper!

DATE NIGHT IN JUNEAU

(cont. from page 9)

As far as bowling goes, it's pretty fun and "cosmic" bowling which happens on Saturday nights is a neat experience. If you go to their website, takulanes.com, you can see their rates and times that they are open. This joint is located downtown right off the bus line, around several places for ice cream and only a short walk from some great restaurants. It puts you in a good place to get everything in at once and, if you are depending on the bus for transportation, an easy place to get to and from. The Rock Dump is another cool idea if you want to go out and just do something different. This place is located at the end of downtown, when you are going out Thane Road. It's a little tricky locating the building if you've never been there, but if you are into rock climbing it's a pretty rad place to check out! You can find more information about their facility at: rockdump.com.

As I was hunting around for events to share with you all, I found a couple interesting ones. On Friday, there is a Masquerade Dinner Ball at Suite 907 from 6 p.m.-midnight. It sounds like it will be an awesome event with Cajun food, and it is also an AK Elite Fundraiser. Tickets can be purchased at Suite 907 or through their website: suite907.com. Following up this event, Paradise Café is hosting a Moustache Mimosa Brunch on Saturday at 10 a.m.! There will be great food and music to fill your mid-morning with; it sounds like a fun way to start off Valentine's Day with your loved ones! All ages are



If dinner and a movie isn't your thing, why not take your sweetheart out for a scenic walk along the rocky beach at Auke Rec? If you go out on a clear night, you could even go stargazing!

(Photograph by Chrystal Randolph)

welcome, but bring an ID if you'd like to purchase alcohol. Other than that, I'd suggest just kicking back and doing something simple to make your sweetheart swoon. It doesn't take much to make a night special. Sometimes just a walk on the docks, a fire at Auke Rec, a hike to spend a night out in a cabin, cooking a meal together, or taking time to go have some of your favorite "brew" while enjoying a few hours of genuine company is all it takes. So don't think that you have to go out of Auke Bay to make any date night special. As Nicholas Sparks says, "Sometimes the most ordinary things could be made extraordinary, simply by doing them with the right people."

I hope that this article has given you some new ideas of things that you can go out and do for a change of pace in your schedule. One thing I didn't really hit on is places to go and eat. There is no shame in not knowing places to go for good eats here in Juneau. As a self-proclaimed foodie, I'd be happy to give anyone reviews on restaurants! If you are looking for places to take your special someone for brunch, lunch, or dinner, don't feel weird just pulling me over in the hall-way and asking for advice. Or you can shoot the *Whalesong* an e-mail at whalesong@uas.alaska.edu!

Anyway, happy dating! And think about this quote from Jeremy Taylor: "Love is friendship caught on fire."

Need more fun ideas for this Valentine's weekend? Turn to the next page to check out our calendar!

Want to read more?

Find previous issues of the

Whalesong online at:

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

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, FEB. 9

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.

Tlingit Language Learner's Group, 6 p.m., Downtown Juneau Public Library. Interested in learning the Tlingit language? This group, run by Tlingit language learners, is free and open to everyone in the community, regardless of language experience. We meet Mondays at the downtown Juneau Public Library from 6-7 p.m. For more information, email tlingitlearners@gmail.com.

TUESDAY, FEB. 10

Roundtable, 5 p.m., Juneau Arts & Humanities Council. Join us at the

monthly Roundtable meeting to talk about how we can foster the arts community in Juneau! We invite artists, art organizations, and any interested community members to contribute your ideas and comments. Contact Meghan Garrison at 586-2787 or meghanl@jahc.org for more information.

WEDNESDAY, FEB. 11

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.

THURSDAY, FEB. 12

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") Email Greg Frank for more information at greg.r.frank@gmail.com.

FRIDAY, FEB. 13

One Billion Rising: Revolution, 12 p.m., Marine Park. An event including music, dancing and inspirational speakers coming together to commit to ending violence against women & girls. This year's theme is "revolution." Please wear red and/or pink and join us to end violence! This event is free for all to attend. Please contact Freda Westman at 465-4356 for more information.

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 Annual Masquerade Dinner Ball, 6 p.m., Suite 907. Suite 907 is partnering up with AK Elite Cheer and Abby's Kitchen to bring a spectacular dinner and dessert! Join us! Wear your most mysterious mask and be sure to stay for the big "reveal!" Tickets available at Suite 907, www.suite907.com. For more information, call 321-3094 or email suite907@gmail.com.

SATURDAY, FEB. 14

Wearable Art Extravaganza 2015 "Juxtaposition", 8 p.m., Centennial Hall Convention Center. Juneau's favorite runway show – fantastical creations hand-crafted by local artists using just about everything from old airplane parts to Swarovski beads, retired X-tra Tuffs to silk flowers, paint chips to fur, modeled with flair and panache by models strutting their stuff down the runway. The event includes a top-notch, high-profile Silent Auction with unusual, one of a kind items donated to help support the JAHC programs. For more information on this year's Extravaganza, call the JAHC at 586-2787.

Alaska Robotics



The Code Unraveled



CAMPUS CALENDAR

ON CAMPUS

MONDAY, FEB. 9

FAFSA/Scholarship Session, 5 p.m., Freshman Residence Hall. Complete your FAFSA and work on scholarship applications! For more information send an email to fnmaid@uas.alaska.edu or call 796-6255.

Open Gym: Dodgeball, 7 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast, it's fun, and it's at the REC. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

Zumba, 7 p.m., Recreation Center. Party yourself into shape at the REC! Feel the music, let loose, and dance the pounds and inches off! No experience is necessary. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

TUESDAY, FEB. 10

Student Government Spring 2015 Meetings, 8:30 a.m., Glacier View Room. Get Involved! Got questions regarding UAS? Come check out a Student Government Meeting. UAS Student Government, the official student government of the University of Alaska Southeast, is responsible for representing student interests to the college administration and for facilitating the organization of a broad range of student committees that work to address issues and concerns and promote services that enhance students' experience at UAS. A significant responsibility of the UAS Student Government is to initiate and act upon legislation including proposals to appropriate USUAS-JC Funds as well as serving on at least two USUAS-JC standing committees. For more information send an email to jypres@uas.alaska.edu.

Open Gym: Basketball, 7 p.m., Recreation Center. Join your friends or make friends playing basketball at the REC. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

February 9 - 22, 2015

WEDNESDAY, FEB. 11

Spring Travelogue Series, 12 p.m., Egan Classroom Wing. Learn more about the Exchange & Study Abroad opportunities at UAS, both national and international! For more information send an email to exchanges@uas.alaska.edu.

Open Gym: Volleyball, 7 p.m., Recreation Center. Join your friends or make friends playing volleyball at the REC. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

Zumba, 7 p.m., Recreation Center. Party yourself into shape at the REC! Feel the music, let loose, and dance the pounds and inches off! No experience is necessary. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

THURSDAY, FEB. 12

National Student Exchange & Study Abroad Information Sessions, 1:30 p.m., Mourant Lakeside Grill. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! We will be in the cafeteria to answer any and all questions you may have. Check it out! For more information send an email to exchanges@uas.alaska.edu.

Open Gym: Soccer, 7 p.m., Recreation Center. Join your friends or make friends playing soccer at the REC. A fast paced, fun sport. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

Circuit Training, 7 p.m., Recreation Center. Join us for full body conditioning or resistance training using high-intensity aerobics. We'll target strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

FRIDAY, FEB. 13

Sex on the Beach, 11 a.m., Lakeside Grill. Learn about safe sex while having fun playing games and winning prizes. For more information send an email to sab@uas.alaska.edu or call 796-6325.

Sound+Motion, 7 p.m., Recreation Center. Student Singer Songwriter Showcase. Local music performers. UAS student musical artists will share a selection of their best work. For more information send an email to katie.bausler@uas.alaska.edu or call 796-6530.

MONDAY, FEB. 16

Open Gym: Dodgeball, 7 p.m., Recreation Center. Ready to flash-back to grade school? Head over to drop-in dodgeball. It's fast, it's fun, and it's at the REC. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

Zumba, 7 p.m., Recreation Center. Party yourself into shape at the REC! Feel the music, let loose, and dance the pounds and inches off! No experience is necessary. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

TUESDAY, FEB. 17

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Open Gym: Basketball, 7 p.m., Recreation Center. Join your friends or make friends

playing basketball at the REC. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

WEDNESDAY, FEB. 18

UAS Safe Zone Training, 10 a.m., Mourant Building. UAS Safe Zone seeks to form a network of students, faculty, and staff committed and trained to provide safe, non-judgmental, and supportive contacts for all UAS community members who may be dealing with lesbian, gay, bisexual, transgender, or questioning issues. For more information contact Margje Thomson at mwthomson@uas.alaska.edu.

Job Fair, 11 a.m., Lakeside Grill. Meet prospective employers for both seasonal and full-time work. For more information send an email to careerhelp@uas.alaska.edu or call 796-6368.

Open Gym: Volleyball, 7 p.m., Recreation Center. Join your friends or make friends playing volleyball at the REC. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

Zumba, 7 p.m., Recreation Center. Party yourself into shape at the REC! Feel the music, let loose, and dance the pounds and inches off! No experience is necessary. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

THURSDAY, FEB. 19

National Student Exchange & Study Abroad Information Sessions, 1:30 p.m., Mourant Lakeside Grill. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! We will be in the cafeteria to answer any and all questions you may have. Check it out! For more information send an email to exchanges@uas.alaska.edu or call 796-6455.

Open Gym: Soccer, 7 p.m., Recreation Center. Join your friends or make friends playing soccer at the REC. A fast paced, fun sport. All skill levels welcome! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

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