

University of Alaska Southeast

WHALESONG

April 20, 2015

The Official Student Newspaper of UAS



**ALASKA
FOLK FESTIVAL!
PAGE 6**

Literary Traditions:

Death

Page 5

Internal Screaming:

The Sound of Stress

Page 12

National

Pecan Month

Page 13

ON THE COVER...

If you were downtown at the Alaska Folk Festival, you may recognize this musician from the Wristockets' set! If you missed this year's performances and dances, keep in mind there's always next year! You can find more photos and a bit of information about Folk Fest on page 6!

(Photograph by Darin Donohue)

TABLE OF CONTENTS

- 4 Happy 420, Drive Safely / Summertime Radness
- 7 Featured Student Poetry
- 10 Remembering Sara Minton / Tidal Echoes 2k15
- 12 SAAM
- 14-15 Calendar & Comics!

WHALESONG STAFF

Alexa Cherry, Senior Staff Writer

Darin Donohue, Staff Photographer

Lori Klein, Faculty Advisor

Jasmine Mattson-Wolff, Senior Staff Writer

Daniel Piscoya, Staff Writer and Advertising Manager

Chrystal Randolph, Managing Editor

Contact us via email at whalesong@uas.alaska.edu



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

*What do you have planned for
this upcoming summer break?*



"I'll be working full time at the I.T desk, as well as full time summer classes."

-Ash Morris



"I'll be working at a cub-scout camp in Anchorage."

-Jessica Rohlfing



"I'll be busy working hard and having fun."

-Avery Stewart



"I'll be working downtown with the tourists, as well as taking summer classes!"

-Jaime Arnold



"Working at an internship, as well as on my writing."

-Mikaela Graves



"I'll be going back to prince of Whales and working, but hoping my family and I can take a vacation to Costa Rica"

-Hannah Gunkel

— Letters from the Editors —

BY DANIEL PISCOYA

for the UAS Whalesong



Operating under the assumption that you should probably know who writes, edits, and produces the *Whalesong* newspaper you now have in your hands, because the *Whalesong* is much less of a source of news and much more a voice of UAS students and the campus as a whole—greetings!

My name is Daniel Piscoya, and you may know me as one of the staff writers here. I have written about two articles for every issue of the *Whalesong* this year. Next year, starting Fall Semester 2015, I will be stepping up as Managing Editor of this paper. This is going to be a big challenge to me, so I'll ask you to bear with me as I acclimate to the position.

I would like to take this space just to tell you a little bit more about myself. I am currently in the second semester of my second year here at UAS, which means I will be a Junior when you see me next fall. I am an English major with an emphasis in Literature. I will also be striving for a minor in Philosophy, which is a challenge of its own. I highly enjoy reading books by G.K. Chesterton and J.R.R. Tolkien, and watching Christopher Nolan's *Dark Knight* Trilogy—all of which you already know, if you have been reading my articles.

I look forward to more correspondence via this small box in the future. For now, peace out!

Feel free to contact Daniel Piscoya at dlpiscoya@uas.alaska.edu.

BY CHRYSYAL RANDOLPH

for the UAS Whalesong

I have had the privilege of working with the *Whalesong* since my freshman year at UAS. I began working for the student newspaper as the Advertising Manager; the same semester I accepted this job, Richard Radford, the Managing Editor at the time, offered to train me to take his place on staff the following year. I am incredibly grateful to have had this opportunity.

I have been the Managing Editor for the last two years, and I have worked with some amazing teams of students and staff to produce 28 issues of the *Whalesong*. I have loved being a part of documenting campus life, keeping UAS students informed and involved, and providing interesting and entertaining articles for our readers. I have enjoyed every second of my time with this newspaper. But as I get closer to graduating, I think it's a good idea for me to step down and allow someone new to fill the role.

I am thrilled to announce that Daniel Piscoya accepted the responsibility of this job and I am happy to entrust the management of the *Whalesong* to him. I am excited to see how our school's newspaper will grow in the years to come, and I hope you are too!

Finally, I want to wish you good luck as we head into the chaos of finals week! Thank you for taking the time to read the *Whalesong*.

Feel free to contact Chrystal Randolph at carandolph@uas.alaska.edu.



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— Happy 420, Drive Safely —

BY ANDREW AINSWORTH

For the UAS Whalesong

Our great state of Alaska recently legalized the recreational use of marijuana. However, UAS students looking to take advantage of this new policy still have to leave campus to consume their cannabis. Provision 10 of the Student Code of Conduct prohibits the use of narcotics on university property. But before lighting up a celebratory joint on your favorite local beach, first consider whether or not you'll be able to make it home safely.

Lt. Kris Sell of the Juneau Police Department is worried that marijuana legalization will encourage more people to get behind the wheel while high. Citing the slowed reaction times typically associated with cannabis, she fears an influx of impaired drivers will result in more vehicular accidents.

Her suspicions may be accurate. In February, the National Highway Transportation Safety Administration released the latest edition of its Roadside Survey of Alcohol and Drug Use by Drivers and found that number of motorists with marijuana in their system increased nearly 50 percent between 2007 and 2014, from 8.6 percent to 12.6 percent. Another NHTSA study, also released in February, suggests that regular cannabis users are more likely to be involved in car accidents.

According to Sell, law enforcement agencies will have to "introduce a massive amount of training" to arrest motorists under the influence of marijuana because the method of determining marijuana intoxication is different and more complicated than that of alcohol.

If police believe a driver is drunk, they first conduct a standard field sobriety test that involves walking heel-to-toe in a straight line, standing on one foot, following a moving pen with

their eyes, or reciting a sequence of numbers backwards. Sell said if the driver passes the field sobriety test and has a blood alcohol content under the legal limit of .08 percent, only then will officers test for cannabis impairment.

However, it is still unclear how police in Alaska will determine whether a driver is under the influence of marijuana.

"Right now there is no good way to do roadside tests for marijuana impairment," said Ben Cort, a board member of the anti-legalization policy group Smart Approaches to Marijuana. This is because standard field sobriety tests are much less predictive of cannabis impairment.

Cort's home state of Colorado, which legalized marijuana in 2012, employs drug recognition experts during traffic stops. According to Cort, these officers are specially trained to detect physical and behavioral traits that suggest marijuana use.

Whether or not JPD decides to provide officers with this additional training, Sell said that "it won't be enough to show the driver was using, there will have to be indications of impairment."

According to Marijuana Policy Project, a pro-legalization policy group, the best way to demonstrate marijuana impairment is to directly test for THC, the psychoactive substance in cannabis.

Urine analysis, the most common form of drug testing, can only determine the presence of THC metabolites, not THC itself, and these metabolites can be stored in the body's fat cells for weeks after consumption.

Cort said that testing the driver's blood directly is the only reliable means of gauging impairment. Unlike urine analysis, blood tests accurately identify THC molecules in the bloodstream. Although analysis must be performed in a laboratory, often hours after an offense has been committed, blood testing can provide definitive



(Photograph courtesy of Creative Commons)

evidence that a driver recently consumed cannabis.

Some states have established per se legal limits for THC, much like those used to enforce drunk driving. Colorado, for instance, has a legal THC limit of five nanograms per milliliter of blood.

There is evidence that setting legal limits may help curb rates of impaired driving. According to the latest Roadside Survey, the number of drivers with any detectable amount of alcohol in their bloodstream was four times lower in 2014 than it was in 1972, when the survey was first conducted.

Unfortunately, Cort said legal limits do not accurately measure impairment for habitual cannabis users, who can develop a tolerance to the drug's effects. While the occasional user might experience serious debilitation at the five nanogram legal limit, it is unlikely that someone who uses cannabis on a daily basis will experience any impairment at this level.

"Some are going to be sober, some are going to be wasted," Cort said.

In other words, regular users could be legally impaired without experiencing any actual impairment.

— Summertime Radness —

BY ALEXA CHERRY

For the UAS Whalesong

I did think about titling this article "Summertime Sadness," after the popular Lana Del Rey hit, but then I decided that such a title was off-putting and a trifle misleading. It's true that there is a degree of sadness to be found every summer. Yeah, there's no more coursework, but there's actual work, which is preferable to some people and not so much so to others. Exchange students return to the land of their origin, seniors graduate, and some people just don't stay in Juneau for the summer. And returning home for the summer is always weird, at least initially. Your parents are used to you not being home and you're used to living on your own. There's that strange adjustment phase of asking yourself, "How late am I allowed to stay up now?" or "Should I help myself to the food?" And the still stranger part where your mom's been grocery shopping for just herself and your dad so there's literally nothing you want to eat in the house and she's not going to go shopping until next Saturday so you just lie around acting like you're starving, but really you just don't want to eat healthy.

The flip side of this is that your parents, despite a rigid shopping schedule (which may or may not exist in actuality), will feed you. My favorite part of being home for the summer

is the knowledge that I will get a full meal every evening for the low price of occasionally doing the dishes—and there's even a dishwasher at home! And while actual work does not involve 3+ hour breaks between shifts, as there often are between classes during the school year, at least after work there's nothing to worry about. You don't have to snap awake at 1 a.m. with the pressing fear that you've forgotten to make a post to the discussion board for your online class, or scramble in the early morning light to check and recheck syllabi to ensure that you are not, in fact, presenting to your class that day.

Maybe your friends aren't right there with you, but in the modern era of Twitter, Facebook, Snapchat, and even YouTube, it's kind of fun to get constant updates from a window into their life in a place where you're not. You get to see them playing with their dogs, making 6-second videos about the retail struggle, or throwing a blanket on their cat in order to pet its stomach safely.

And even if you're working hard most of the day, generally there's still the whole summer aesthetic. Assuming you're not taking summer classes, after your shift ends and before it begins you are a free individual. Marathon that Netflix show without guilt! Go climb that mountain with your buddies! Bike to and from work! Who's going to stop you? No one. What's going to stop you? Not homework. Enjoy time with

family and friends you don't get to see during the school year. Work on that project you never had time for because you should have been doing school but decided to take a nap instead. Make a Dream Plan of things you want to do next semester. Enjoy the summer weather—such as it is in Alaska. Take up a new hobby. Summer is a time of barbecues, fun, and doing whatever you want when you're not making money! Or maybe you're extra fortunate and get to do whatever you want and make money, in which case, teach me your secrets.

I just know that some people are kind of intimidated by the approach of summer break. Yeah, it means packing up your stuff and moving living spaces. Yeah, it means figuring out who you're going to live with next year and how you're going to make money so that you can live with someone next year. If you're a student living on campus housing, the approach of summer break can really stress you out. But instead of trying to dwell on the immediate difficulties ahead, think about how great your summer is going to be once all that chaos is sorted out and put behind you. And be sure to record it so that you can share it with everyone else when they inevitably ask you how your summer break was. After all, few things say "It was awesome" like being able to whip out your phone and say "Let me show you!"

— Literary Traditions: Death —

BY DANIEL PISCOYA

For the UAS Whalesong

J.R.R. Tolkien, author of the famous *Lord of the Rings* trilogy, once said in an interview for BBC that “human stories are practically always about one thing, aren’t they? Death. The inevitability of death.” As an event, nothing is paid closer attention to in all human societies. Nothing is perhaps celebrated so differently across cultures, and yet so universally celebrated in one way or another. It is one thing that all human beings have in common—and we know it. We are conscious of it. As such it is found potentially in literature throughout the centuries. It would be impossible for death not to exist within literature as a tradition. Death, insofar as it is a central part of culture—the human condition, if you will—is also the literary tradition. At the end of every book is a deathly silence.

Now, I am not here to speak to different cultures’ reactions to the fact of death, but rather to examine death as a specifically literary tradition—a literary tradition which not only marks our literature, but also marks our conception of death.

One of the earliest specifically English pieces of literature, the epic poem *Beowulf*, examines death through the lens of Christianized Anglo-Saxon culture. For the Anglo-Saxons, death was something meted out by Fate—something raw and meaningless that was to be met with courage nonetheless. Beowulf, before facing the dragon that would eventually spell his doom, recounts an accidental death of a father’s young son: “He begins to keen / and weep for his boy...The wisdom of age is worthless to him” (Beowulf 2446-7; 2449). The pure, sharp edge of nihilism in the face of meaningless death clearly cuts deep into the narrative. However, the sheer universality and inevitability of death seems to stir up comfort and courage in the Anglo-Saxon ethos. Beowulf’s last words: “Fate swept us away, / sent my whole brave high-born clan / to their final doom. Now I must follow them” (Beowulf 2814-6).

To the Anglo-Saxon, death is a fate embraced well or ill by everyone. The unfairness of death, such as the death of the young son, is eclipsed by the fact that death is an eventuality—it happens to everyone. However, as the English literary tradition became Christianized and more influenced by the French in the Middle Ages, death became not so much a meaningless fate to be endured, but a clear wage from the work of sin. Sir Thomas Mallory’s *Le Morte D’Arthur* (which means “The Death of Arthur”) takes the Arthurian legends native to England and translates them to French. In Mallory’s account, Arthur’s death overshadows his entire life—hence the title—and is emphasized as the immediate result of Arthur’s many missteps. Arthur’s death is inevitable, just as Anglo-Saxon’s thought of it, but it was not meaningless. Rather, it was too meaningful: it meant Arthur had not only met his match, like Beowulf, but that Arthur actually deserved to die.

However, unlike the two types of tragedy we see here, in which Beowulf’s fate meets him arbitrarily, and Arthur’s meets him pointedly, the type of tragedy that forms the first foundation of our current conception of death takes its cue from the tragedy of Mary Shelley’s *Frankenstein*. Victor Frankenstein’s death is a cold logic—embodied in the monster that we so closely associate with the book—born of Victor’s own illogical ambition. He says “in a fit of enthusiastic madness I created a rational creature” (Shelley 191). This irrationality with which Frankenstein created his own death seems to reflect our culture’s conception of death inasmuch as our deaths these days are often so easily foreseeable and preventable that we reel into lower valleys of despair than Anglo-Saxons.

Regardless of how the characters or time periods accepted their deaths, I firmly believe that the structure of the stories themselves imply the correct response to death. At the end of a book, when one has just finished the last sentence, there is a silence. It seems, that, whether or not we can be decent people in an indecent time, or whether we cannot, and the world is cruel, there is always a moment of silence that will follow us after our last lines are spoken, and we say no more.

Our MISSION is to register you for fall classes. See your advisor before you go on summer break!!

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- April 6th– Fall 2015 registration begins (program students)
- April 10th– Last day to withdraw
- April 20th – Fall 2015 open registration (all students)



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— That's All Folk! —

BY ALEXA CHERRY

For the UAS Whalesong

Sometimes, the best way to experience new things is to do them on an impulse. That's how I ended up attending the Alaska Folk Festival. My friend invited me to come with her to watch a performance of her high school teacher and his daughter, and since it was the middle of the week and not homework, I said yes. So at 9 p.m., we piled into her car—my friend, her brother, and her brother's girlfriend, all of whom were usually in bed by 10 p.m., and me (an individual of erratic schedule where bedtime can range from 11 p.m. to 4 a.m.)—and drove all the way downtown to Centennial Hall.

The first notable part of this experience was being inside Centennial Hall. I've waited for the bus outside of this building several times, but I've never actually set foot past its doors. From the photograph and interior decorations, I gathered that it's a pretty old building, with a lot of venues for meetings and performances. But Centennial Hall was just the venue for what turned out to be an entirely new experience for me.

The Alaska Folk Festival has been around since 1975. It's an event where Alaskan residents can showcase their musical talents. One of the performers on the night that I attended with my friend was the band Dixieland, which provided the live music for the Mardi Gras Masquerade that the UAS Dance Club hosted earlier this semester. While waiting for Dixieland to set up, the MC informed the patient crowd that the time limit for performances has changed over the years. There used to not be a time limit, but after a 45-minute accordion performance, ones began to be set—first 40 minutes, then 20, and now 15. With 15 minutes of air time for all the musicians, every performance can be heard live on the radio—which isn't bad for an event that is entirely free for both performers and audience members!

This year's Folk Festival ran from April 6-12, with evening performances starting

at 7 p.m. every night and running for about 4 hours. There were also workshops and performances featuring a guest artist—I didn't attend any of these, but I can tell you that this year's guest artist was the Byron Berline Band, hailing from Oklahoma. I have never heard of this band, but that doesn't mean they're not good, so if you are a fan of them, I hope you got to see them perform!

Overall, the Folk Festival seemed like a fun event to work toward and participate in. Maybe next year I can get one of my musically-inclined friends to be in it with me and write an article about that! Or, if you do, be sure to write your own article and send it in so we can get a different person's perspective on what the Folk Festival is like behind the scenes.

For more information on the Alaska Folk Festival, be sure to visit their website at www.akfolkfest.org! They have performer and volunteer applications, links to YouTube videos, dates for planning meetings, and even Folk Fest poster art.

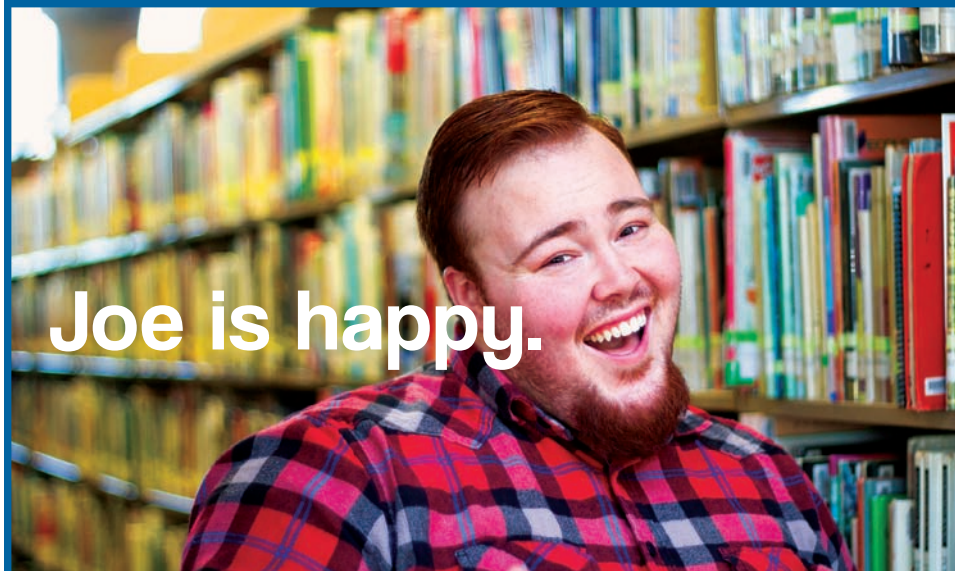


Fire on McGinnis, a Celtic Rock group formed in Juneau, takes the stage at this year's Alaska Folk Festival.



The Folk Fest crowd is all smiles as they rock out to Fire on McGinnis.

(Photographs by Darin Donohue)



Joe is happy.

School's almost out for the spring semester! But Joe has one more thing to do:

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The Beginning

A POEM BY MOSTOPHA BEYA

For the UAS Whalesong

We finish, and start after...
After every ending there is... another
How many beginnings must we have, for us to learn,
How many endings took from us...people we knew,
Hated...loved.
We stop...we...wait
We bear witness
We rise from within.

Even sorrow cries within,
Inside us...rivers' sadness springs...
Grey possesses place,
This flourishing color contains all color
The ash alive between us,
Each human...each moment...
Each god...each love
In coffee cups...
In our mother's breast...our dreams.
I love this marauder who defies fading away.

Why hate your ashes?
Because burning made them,
Because they are the end of all?

We...didn't we end back then?

Inside me...left from the ask,
From burning artifacts,
And the burning mourning dresses,
The smell of ancestry burning
Inside of me...the red child cries fire.
He cries for the past we lost
For the future we'll never see
For the present we've raped and lynched.

For those who let hope bleed,
Tomorrow is coming covered with blood and ash.

I pick up my pieces,
My papers, I let fly
And keep walking.
Life will live beyond me,
After our history.
I know you, what you know, what you don't,
what you hide,
I am become knowledge.
When the days pass by, every moment takes all
with it, all but...
The gift...to forget.

Forget,
Security...what security?

April 20, 2015

Life...death
Death springs from life
As life from death.
Death...life...fire...water,
Water kills fire, fire dies for water.
Such is the marauder's love.

I love you as fire loves water
As life kisses death,
Good and evil...past and present
Ugliness and beauty,
My love suffocates desire.

I sleep lonely...
Ahead...each morning more bitter than nights
before,
Voices...young women crying.
Affection's curse is the touch of flame.
I have twenty-seven concubines...

I thousand virgins come every night,
And only one is stubborn.
Flowers, henna, and basil,
One more night without companion,
Without gasping, without torture.

The still sky and stars falling,
The earth gently descends on the breast of time...
And you...ask who I am?
And all in me says...
I'm not of time or place,
Not of my fathers or grandfathers,
Not my children or grandchildren,
My genes cannot decide,
Out of time and out of place,
My genes bring forth...truth,
Will defeat you, the tribal thoughts,
I will write you...as a poem...novel...anthology...theory...

You change my perspective...my thinking...my history
Geography, the earth surrounding me...in this place...
This place of Lucifer, ghosts, demons, taboo,
My ancestors...prophesied...
My falling into impossible forbidden love...
With Peace, world, people, and red wine.

You suffocate me,
Cut the arteries of feeling with ignorance,
But cannot sever my history...my identity
Issues of race...issues of religion...my language.
My grievance with you is before time,
Before history...before the beginning...before the ending...
Before humanity.

Audrey Elizabeth

A POEM BY HOLLY EYRE

For the UAS Whalesong

My cheeks hurt from smiling so much as I
read the message on my phone again.

**She's going into labor!
We are on the way to the midwife. :)**

*Finally! I'm so excited, she's my first niece
and I'm so going to spoil her rotten. I can't
wait to go home this summer so I can see
her!*

They lost the heartbeat. Please pray!

*What do you mean they lost the heartbeat?!
My breathing constricts. I can hear my
heart pounding. It's as though someone
has ahold of it and squeezes, trying to
crush it, and it's fighting back with all
that it has.
BUM-BUM. BUM-BUM.
How do you lose—No!
BUM-BUM.*

I can't hear anything over the pounding
within me.
BUM-BUM.
*Oh God! Please?!
No! God?! No! Please put your hand on her
and make her okay. Give the doctors the
tools. Please God.
BUM-BUM.
I climb into the pile of pillows on my bed,
burrowing into the corner, grasping my
knees.
BUM-BUM.
She was fine yesterday!
Lord please! Please don't let them lose her!
BUM-BUM.*

*I'm not there! Why did I have to move so far
away?!*

Clutching my phone and with shaking
hands, I send a text to a few close friends.

**Please pray! Kayla went into labor
and they lost the heartbeat!**

BUM-BUM
*They can't bear that, I can't bear it!
GOD PLEASE!?*
BUM...

...BUM.

She didn't make it.

*NO... NO!
I can't let go, I can't let her go, I can't give
up!
No...no...please...no...*

Then it hits me.
*I would never hold you.
Never see your face.
Never hear you laugh.
Never watch you grow up and make mistakes.
Not once.*

I sit there alone, nearly a thousand miles
away from a young mother who seems to
age years, a father who has no words to
comfort his grieving love, and their beautiful
baby girl who lays silently between them.

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— Remembering Sara Minton —

BY DANIEL PISCOYA

For the UAS Whalesong

On Thursday, April 9, at around 11 a.m., I sat in the Glacier View Room among a vast amount of people I didn't know, who were all talking about a third person I had never formally met—and yet who I knew I was going to miss, anyway. The vast amount of people, all gathered in a pseudo-circle, were a mixture of UAS students and faculty, some of whom I recognized vaguely, and others who I knew by association. The third person whom they were all talking about was professor-emeritus Sara Minton.

Sara Minton had been a professor of English here at UAS Juneau campus for about 30 years, or, at least, as long as anyone could remember.

Professor Kevin Krein told me that Sara had “kind of always been part of UAS. She had always been welcoming in a friendly, non-threatening way...it was huge encouragement as a first-time professor.”

Professor Nina Chordas introduced me to Sara's husband Bruce, who told me how he and Sara met, and how they had come to live in Juneau.

“I was a ski-bum in Aspen, Colorado. Sara was doing more respectable things,” Bruce said with a grin, “I was waiting tables at a place called The Village Pantry, and I served her blueberry pancakes. We eventually got together and came up to Alaska as VISTA volunteers in 1972. We probably moved down here in '83.”

According to her obituary in UAS' Soundings Newsletter, “Sara taught a number of composition courses for the English program, but her concentration was in ENGL 092 and ENGL 110, both on the developmental level.” However, the descriptions that her students gave me of her helpfulness and intensity lend a good deal more glamour to the titles.

Mostopha Beya, a good friend of mine, told me, “She was my first English teacher. She mentored me. When I had issues at work, she told me, ‘take the day off, don't worry about these things.’ She was the example of a good professor.”

Mason Shearer, one of the last people to leave after the celebration, said, “I had nothing but good times with her. She really cared.”

Vice Chancellor Michael Ciri said, “I can't imagine how many graduates we have had who never would have made it without Sara's help.”

One student said, “She never made me feel like I was inadequate when it came to writing...every time I had a rough time, she would go above and beyond. She said, ‘your words are important.’ That's what stuck with me.”

As we went around the room a few times with anecdotes or simple memories, I noticed exactly how iconic Sara had been. Everybody remembered her roller-luggage that she carried her books in, and everybody and their dog remembered her laugh!

Professor Sol Neely said, “I laughed with her like with nobody else!” “She was such an open person,” said Elise Tomlinson, “she would always tell you what was on her mind!”

Nina joked that, “Wherever she went—we would always lose her because she would always be talking to someone. We think she knew half the town!”

Katie Bausler observed, “You felt like she had a special connection with all of us.”

“Sara always wanted to be a part of everything,” said Professor Robin Walz.

Mostopha told me, “She deserved better than she got here. She deserved recognition. She worked harder than most of the other professors.”

Thinking about what everyone was saying, I couldn't help but think he was right—that she was so emblematic of UAS, and no



A pen and ink drawing that Sara created for her friend's 28th birthday.

(Photo provided by Katie K Bausler)

one really realized it until she was gone. At least, I didn't.

“We were all unfairly surprised by her death,” said her husband, Bruce.

Another one of Sara's students said, “She had a huge impact on me. It's been hard to accept that she's gone.”

The suddenness of her death has clearly been a terrible shock to our university. Even though I did not formally meet her or take any of her classes, I feel as if the university has lost a key element.

Although she is no longer with us, I think she probably would have appreciated the celebration of her life that we had on Thursday. The room resounded with laughter at all the hilarious stories people had to share, and there were few dry eyes by the end. I think her attitude toward laughter, although I did not know her, is something that I will have to try to keep up, myself. It seemed to be her most potent philosophy.

As Nina Chordas put it, “You know you're gonna die, so what are you gonna do? You can cry or you can laugh. She chose laughter.”

— Tidal Echoes 2k15 —

BY ALEXA CHERRY

For the UAS Whalesong

You may have seen several aesthetically pleasing posters adorned with ravens printed on tea bags—the art of local Juneau artist Fumi Matsumoto. They advertise that the *Tidal Echoes* launch party will be held in the Egan Lecture Hall on Friday, April 24 at 7 p.m. While I'm sure plenty of you know what *Tidal Echoes* is, some of you may not. Allow me to enlighten you.

Tidal Echoes is the University of Alaska Southeast's literary and art journal, containing contributions from artists and writers throughout Southeast Alaska. More relevant to you, a portion of the journal is set aside specifically for student work, so if you ever wanted to submit one of your pieces to a journal for publication, *Tidal Echoes* is a great place to start! Here is the dish: the submission deadline for each year is Dec. 1, and you can submit up to 5 pieces in each of 3 categories—prose, poetry, and art (there's a 15-page limit for prose pieces). You can mail your pieces in to the following address:

Tidal Echoes c/o Emily Wall
UAS Humanities Department
Soboleff Building
11120 Glacier Highway
Juneau, AK 99801

Electronic submissions are preferred, however. You may email submissions to the following address: tidalechoes@uas.alaska.edu.

As a part of the submission process, you will also need to submit your address, your student ID number (if you attend any classes at UAS), a cover letter with your contact information and the title of each piece you're submitting, a 3-5 sentence biography written in the third person (“James Bond has a license to kill”), information about the previous publication of any of your works, and a signed release form. Please note—without a release form containing your signature, your work will not even be considered for *Tidal Echoes* 2016, so if you do submit please make sure that this is included! However, the release form is simply for UAS legal purposes—you retain all rights to your work. Don't worry that you'll be signing away your magnum opus or anything.

It's also worth mentioning that even though it's the

literary journal for Southeast Alaska, your work doesn't have to be Alaskan to be considered. If you have three poems about soaring eagles and two about the time you spent repairing cars in a garage on Route 66, think about submitting the latter. Alaskans want to read about Route 66, because frankly, we know the truth about eagles. Eagles, while majestic, also hang around at dumpsters and dive-bomb you for no good reason when you walk back from class. It's an unfortunate reality. Sorry, exchange students.

Ultimately, the above process for 2015 has culminated in the event I mentioned—the *Tidal Echoes* launch party! The featured artist and writer will speak, some of the people whose work got into the journal will read their pieces aloud, and there will be food and merriment and copies of the journal available for purchase. The launch party is also a great way to get the artistic community of Juneau, usually isolated in the downtown area, up to UAS. So if you're interested in meeting some big Juneau names, want to see who got into this year's journal, or even if you just want free food, I would recommend stopping by! It's a great experience, and an excuse to dress up.

I hope I'll see you there!



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— Internal Screaming: The Sound of Stress —

BY ALEXA CHERRY

For the UAS Whalesong

In the final weeks of the academic year, it's easy to find yourself getting pretty strung out. Even if you don't think you're stressed, there's a pretty high possibility that you could be anyway, and you should probably take a break. I have compiled a list of chill-out methods that seem to be fairly effective, so peruse the below and take your pick.

A hot shower! Or a cold shower, if heat is not your thing. But I find that regardless, a nice long shower is a nice, relaxing way to avoid your responsibilities for a little while. Social standards demand that you take them anyway in order to be decent around other human beings, so no one can guilt-trip you for it and you can pamper yourself. Sometimes pampering yourself is using so many different shower products that you feel like the companies should pay you for representing them to your roommates. Sometimes it's just scrubbing down with stress relief body wash and desperately inhaling the soothing scent in the hope that it will have a calming effect on your nerve-wracked psyche. There's nothing wrong with either of these methods—the ultimate goal is to emerge clean and capable of once more focusing on your projects.

A video game! Obviously during finals week, it's not a very good idea to sit down and invest your time and energy in a big-name console game that will eat 6 hours of your life and leave you scrambling to study for that test tomorrow. But there are

some short, fairly mindless games that serve as a good break and a distraction from mental chaos just long enough to focus when you return to your projects; *Journey* for the PS3 is one of these. This game takes a little over 2 hours to play to completion, has a lot of replay value, and involves almost zero effort. You're just making your way through an artistically impressive environment. There's great music, minimal plot, zero dialogue, and it's still one of the best games I've ever played.

Make a drink! Part of studying is getting everything you might need for the next 3+ hours of your life in one location so that you won't actually have to get up, thereby avoiding distraction. "Everything you need" includes snacks and drinks—and while I'll be the first person to recommend a glass of water, sometimes it's nice to take your sweet time and spice up whatever drink you've chosen to accompany your productivity time. Add sweetener and sugar to your coffee—you can even add vanilla ice cream, if you feel like being extra fancy! I've spent some time looking at coffee recipes on Pinterest. Or how about that smoothie mix that the Bear Pantry's been selling? I learned that adding an entire banana adds just the right amount of extra flavor to take those smoothies from "I made this at home because I'm out of cafeteria bucks and this is all I have left to eat until the next shopping shuttle" to "I might as well have ordered this from a smoothie shop. This is protein. I am the healthiest person in this apartment! Look at me go." Adding a splash of Red Bull doesn't hurt either. It's practically flavorless, and gives it that extra kick of energy you probably want and

might very well need.

My point is that taking the time to make a slightly fancier drink instead of just cracking open another energy drink or drinking black coffee straight from the pot that you brought to your room will (A) taste better and (B) the time it takes to make the drink is time you are not spending hunched over your desk trying to memorize formulas or craft another elaborately worded sentence or research sunken ship archaeology with an emphasis in the Titanic discovery. Plus, getting up and moving around will keep you away from your bed, which will look increasingly tempting the more you have on your plate.

Taking a nap is also a valid strategy. But it's a dangerous one. Sleeping to avoid thinking about your responsibilities generally results in waking up in a panic and having to navigate a self-inflicted time crunch, and that's never fun. I recommend naps in the event that you're so tired that you're literally having trouble focusing. If you have the time to take a nap and still get up and do what you need to do, go ahead and get the extra sleep! Even if it's just an hour, it's better than trying to keep running on no sleep at all, when all you can think about is how much you'd like to lay down anywhere and catch some shuteye.

Hopefully one or all of these ideas helps you out in these final days of the academic year! Hang in there, gang—we're almost done, and then it's on to summer break and working our butts off to earn back all the money we spent on groceries and necessities during the last 8 months. Being a young adult is fun, isn't it? (It's not. Get out while you still can. Run. Run, before they —)

— SAAM —

BY JASMINE MATTSON-WOLFF, Kóot Xheech

For the UAS Whalesong

What is SAAM? SAAM is Sexual Assault Awareness Month in the U.S. SAAM falls upon the month of April. Why April? Well, I was surprised to find out that in the 1980s the National Coalition Against Sexual Assault took a state by state vote to decide when the Sexual Assault Awareness Week would be. It turned out to be a week in April, as years went by organizations and people started hosting events and awareness gatherings throughout the month of April. After the coalition saw how the awareness was spreading throughout the month of April, they called for it to be a national month instead of just a week. That's how April became Sexual Assault Awareness Month. Although all this picked up in the 1980s and 90s, the first observed SAAM was in April of 2001.

Sexual assault is not something that just one person, group, or organization can change. We all need to work together to bring awareness to the problem, intervene when we see something that's wrong, and give respect and support to each other. Sexual assault on college campuses is something that often goes unreported and isn't talked about. It is a huge problem that is our reality right now, especially with campus statistics like these:

- 1 in 5 women will be a victim of completed or attempted sexual assault while in college (Krebs, Lindquist, Warner, Fisher, & Martin, 2007).

- 1 in 16 men will be a victim of sexual assault during

college (Krebs et al., 2007)

- More than 90% of sexual assault victims on college campuses do not report the assault (Fisher et al., 2000).

- 40% of colleges and universities reported not investigating a single sexual assault in the previous five years (U.S. Senate Subcommittee, 2014).

In my opinion, these statistics are heart wrenching, immoral, and unjust. Students like my peers and myself are expected to go into these higher education institutions to work on building foundations for the future. How in the world is it okay that we have all kinds of information and statistics on what happens and goes unsaid, and there is no change happening? This is wrong. Every single one of us knows someone who has been sexually assaulted and in that case, every one of us probably knows a perpetrator too. You might not realize you do, but it's inevitable with the world we live in today that you don't. So, what can we do to change this? The bottom line is, it's on us. Check out <http://itsonus.org/> to watch videos of people, groups, and universities around the world who have taken the pledge to stop sexual assault. If every single one of us can become aware and more educated of the situation that we are in, we can come together in big and small ways to change what is left unsaid and unaddressed on our campuses, in our communities, and around the world. All that's needed is your support.

Creating safe places where we can talk about sexual assault is such a huge part of the puzzle. I'd like to challenge all of you to be the peer, the co-worker, the friend, the relative, that people feel

comfortable going to if they are in situation where sexual assault is happening. Don't be afraid to reach out for help and know your local chain of resources that are here to provide you with the advocacy needed. Use the sources at the end of this article to educate yourself and others, become an advocate. Become part of the change. It will take all of us working together to bring a stop to sexual assault, don't be the bystander who just lets something go—bring awareness to the situation. Support the victims and foster change for the perpetrators. We need to remind ourselves that no one deserves to be abused. We all should expect and strive for nothing but respect, equality, and safety on our campuses, in our communities, and for our future generations. "You have a right to be safe. No one deserves to be abused."

Article Resources:

Title IX investigators on the UAS Juneau Campus: Director of Human Resources and Title IX Coordinator, Kirk McAllister (796-6473); SRC Director, Conduct Admin., Lori Klein (796-6529); Director of Campus Life, Eric Scott (796-6389); Assistant to the Provost, Maria Moya (796-6148).

Community of Juneau: <http://awareak.org>; Juneau's crisis hotline: 907-586-1090. AWARE provides free, local 24/7 service to Women and Children in abuse and rape emergencies—no matter how big or small.

Online Sources: itsonus.org, clerycenter.org, www.andvsa.org, www.nsvrc.org/saam/preventing-sexual-violence-campus.

— National Pecan Month —

BY JASMINE MATTSON-WOLFF, Kóot Xheech

For the UAS Whalesong

Did you know that April is National Pecan Month? Upon being told this, I realized that I didn't know much about pecans at all. However, I did some research since then and learned quite a bit. For instance, pecan trees are the only tree nut that grows naturally in North America. Pecans have been a food source for North American people well before pre-colonization. They hold many nutrients (a serving of pecans can lend you about 10 percent of the recommended daily value of zinc!) and they are easier to open than other nuts that can be found on the continent. Who would have thought such a small nut could be so nutritious?

So are you thinking about buying some pecans? Brace yourself for this, but there are over 500 different types of pecan to choose from. Many of these different pecans are named after Native American Indian tribes, like the Cheyenne, Mohawk, Sioux, Choctaw, and Shawnee. I think this is pretty awesome, especially because 80 percent of the world's pecan crop comes from the U.S. These nuts are native to North America, so it only makes sense that we name them after our nation's people and celebrate the fact that it's National Pecan Month!

In the spirit of the month, I decided I'd share a recipe with you all! I thought it was going to be a promising pecan-filled recipe, but it ended up being a little less on the pecan-filled side. That being said, this is still an awesome recipe I found by Sylvie Roy at www.mommayoungathome.com.

Paleo Coconut Pecan Breakfast Bars

Ingredients:

- Coconut oil
- 2 eggs
- 1 banana
- ¼ cup honey
- ½ tsp. vanilla
- ⅓ cup coconut flour
- 1 cup unsweetened shredded coconut
- 4 Tbsp. coconut milk
- ½ cup chopped pecans

Directions:

- 1.) Preheat oven to 350 degrees. Use the coconut oil to grease an 8x8 pan.
- 2.) Crack your eggs into a medium sized bowl and quickly whisk them up.
- 3.) Mash your banana and add to the bowl with the eggs, along with the honey and vanilla.
- 4.) Measure and add your coconut flour, making sure to combine everything well and ensuring there are no clumps.
- 5.) Measure and add the unsweetened shredded coconut and coconut milk. Mix to ensure the batter is well combined.
- 6.) Spoon the batter into your pan and smooth it out. Sprinkle the chopped pecans over top.
- 7.) Bake your bars in the pre-heated oven for 20-25 minutes. When the edges are golden brown and the center is firm, they're done!



Celebrate National Pecan Month with these tasty breakfast bars!

(Photograph by Jasmine Mattson-Wolff)

8.) Freezing these is a cinch too! Simply wait for them to cool, cut them to the desired size and store them in a freezer container or freezer bag. I try to do this as soon as I can—if they stay on the kitchen counter, they tend to disappear quickly!

9.) You can defrost them quickly by popping them in the microwave for about 30 seconds. Or if you aren't a fan of the microwave, you can pull out a few the night before and just leave them in the fridge and they'll be defrosted by breakfast the next morning.

Some information provided in this article was retrieved from: www.ilovepecans.org and www.holidayinsights.com/

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Welcome to our Tobacco-Free Campus.

UAS is committed to providing a safe and healthy environment for its students, employees and visitors.

On July 1, 2015, UAS will become a Smoke-Free/Tobacco-Free Campus. Smoking and the use of all tobacco and tobacco related product will be prohibited.

Thank you for supporting the successful transition to a Tobacco-Free Campus.

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, APR. 20

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 tingitlearners@gmail.com.

WEDNESDAY, APR. 22

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.

Growing Cities: Food Fowl Movie, 5:30 p.m., Gold Town Nickelodeon. In their search for answers, filmmakers Dan Susman and Andrew Monbouquette take a road trip and meet the men and women who are challenging the way this country grows and distributes its food, one vacant city lot, rooftop garden, and backyard chicken coop at a time. Join them as they discover that good food isn't the only crop these urban visionaries are harvesting. They're producing stronger and more vibrant communities,

too. For more information on Gold Town Nickelodeon showtimes, call 907-586-2875.

The Real Dirt on Farmer John: Food Fowl Movie, 7 p.m., Gold Town Nickelodeon. For more than 70 years, the Peterson family farm has been a mainstay in a rural Illinois community. But will John Peterson be the last to work the land? Explore the epic tale of an unconventional farmer who transforms his farm into a revolutionary new form of agriculture. For more information on Gold Town Nickelodeon showtimes, call 907-586-2875.

THURSDAY, APR. 23

Rie Muñoz Celebration of Life, 3 p.m., Centennial Hall. Come celebrate the life of renowned Alaskan artist Rie Muñoz with the rest of the Juneau community. For more information, contact Bonnie Gruening at 907-465-3744.

FRIDAY, APR. 24

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.

Don Giovanni, 7:30 p.m., Juneau Arts & Culture Center. Don Giovanni is often lauded as one of the greatest operas ever composed. Mozart's exquisite music masterfully shadows the conniving but captivating Don, aided by his loyal servant, Leporello, in his quest to conquer all of the beautiful women he encounters, no matter what tragic consequences loom on the horizon. In this contemporary staging of Mozart's tragi-comic masterpiece, JLO showcases the talents of Director Paul Shipper, Conductor William Todd Hunt, and an extraordinary cast

of singers from New York City, Los Angeles, Baltimore, Juneau, Sitka, and the Pacific Northwest, for what is sure to be an unforgettable operatic experience. Performances are in Italian, with supertitles. Tickets will be available at Hearthside, the JAHC website, and at the door. For more information contact producer Kristen Miller at david.kristen@gmail.com.

What We Do in the Shadows, 9 p.m., Gold Town Nickelodeon. Housemates Viago, Deacon, and Vladislav are three vampires who are trying to get by in modern society; from paying rent and doing housework to trying to get invited into nightclubs, they're just like anyone else—except they're immortal and must feast on human blood. When their 8000 year-old roommate Petyr, turns 20-something human hipster Nick, into a vampire, the guys must guide him through his newfound eternal life. In return, they are forced to learn a thing or two about modern society, fashion, technology, and the internet. But it's the introduction of Nick's human friend, Stu, that really changes the vampires' lives and attitudes towards the world around them. When Stu's life is threatened, the vampires discover that humans are worth fighting for, and that even though a heart may be cold and dead, it can still have feelings. For more information on Gold Town Nickelodeon showtimes, call 907-586-2875.

SATURDAY, APR. 25

Don Giovanni, 7:30 p.m., Juneau Arts & Culture Center. Don Giovanni is often lauded as one of the greatest operas ever composed. Mozart's exquisite music masterfully shadows the conniving but captivating Don, aided by his loyal servant, Leporello, in his quest to conquer all of the beautiful women he encounters, no matter what tragic consequences loom on the horizon. In this contemporary staging of Mozart's tragi-comic masterpiece, JLO showcases the talents of Director Paul Shipper, Conductor William Todd Hunt, and an extraordinary cast of singers from New York City, Los Angeles, Baltimore, Juneau, Sitka, and the Pacific Northwest, for what is sure to be an unforgettable operatic experience. Performances are in Italian, with supertitles. Tickets will be available at Hearthside, the JAHC website, and at the door. For more info contact producer Kristen Miller at david.kristen@gmail.com.

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CAMPUS CALENDAR

ON CAMPUS

MONDAY, APR. 20

Fall 2015 Registration Begins, All Day, UAS. Fall 2015 registration for all students starts today. For more information contact registrar@uas.alaska.edu.

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 796-6100.

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, APR. 21

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.

WEDNESDAY, APR. 22

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.

April 20, 2015

Ultimate Frisbee, 9 p.m., Dimond Park Fieldhouse. Join us at the Dimond Park Fieldhouse for a pick-up game of Ultimate. No experience necessary! Just be prepared to have fun! For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

THURSDAY, APR. 23

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, APR. 24

2015 Tidal Echoes Launch, 7 p.m., Egan Lecture Hall. The launch of the 13th issue of UAS' literary journal *Tidal Echoes*. This event is free for everyone to attend. Ishmael Hope will read and Fumi Matsumoto will talk about her art. There will be cookies! For more information about this event, contact the *Tidal Echoes*' team via email at tidalechoes@uas.alaska.edu.

SATURDAY, APR. 25

REC Closures, All Day, Recreation Center. The REC Center will be closed, during the following dates for the joint use by the Alaska Army National Guard. For more information send an email to rec_center@uas.alaska.edu or call the REC Center staff at 796-6544.

MONDAY, APR. 27

Final Exam Week, All Week, UAS. Spring semester final exams run Apr. 27-May 2. For more information on the finals' schedule, contact the Registrar's Office at registrar@uas.alaska.edu.

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 796-6100.

TUESDAY, APR. 28

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.

WEDNESDAY, APR. 29

Ultimate Frisbee, 9 p.m., Dimond Park Fieldhouse. Join us at the Dimond Park Fieldhouse for a pick-up game of Ultimate. No experience necessary! Just be prepared to have fun! For more information send an email to rec_center@uas.alaska.edu.

FRIDAY, MAY 1

Deadline for Summer Admissions Application, All Day, UAS. This is the last day to apply for summer 2015 admission at UAS. For more information, send an email to admissions@uas.alaska.edu.

Sitka Commencement, 7 p.m., Sitka Fine Arts Camp - Odess Theater. For Sitka's commencement ceremony information and schedule visit the commencement website: <http://uas.alaska.edu/commencement>.

SATURDAY, MAY 2

Ketchikan Commencement, 3 p.m., Ted Ferry Civic Center. For Ketchikan's commencement ceremony information and schedule visit the commencement website: <http://uas.alaska.edu/commencement>.

UAS Annual Native Graduation Celebration, 3 p.m., Mourant Lakeside Grill. The Native & Rural Student Center (NRSC) is proud to host the UAS Annual Native Graduation Celebration! This event is open to UA graduating students, their friends and families, faculty & staff. For more information, contact the NRSC at 796-6454.

SUNDAY, MAY 3

Juneau Commencement, 2 p.m., UAS Recreation Center. For Juneau's commencement ceremony information and schedule visit the commencement website: <http://uas.alaska.edu/commencement>.

WEDNESDAY, MAY 6

Spring Semester 2015 Grades Due, 12 p.m., UAS. All grades for spring semester classes are due to UAOnline by noon today.

Finalize your schedule with top-quality online courses available via UAF.



elearning.uaf.edu

907.479.3444

uaf-elearning@alaska.edu

- 1 Go to UAOnline**
select "UAF - eLearning & Distance Ed" as the campus
- 2 Choose from 65+ disciplines and 350+ classes**
summer and fall currently available
- 3 Enjoy your flexible schedule from anywhere with internet**

