## University of Alaska Southeast

## WHAILESONG

**September 14, 2015** 

The Official Student Newspaper of UAS

A Slippery Slope p. 5

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#### ON THE COVER...

Fall 2015's new students and their orientation guides gather 'round for a photo in the REC Center. The technique used is called 180x360 panoramic photography and is comprised of 6 photos taken 12 feet from the gym floor. To view more photos taken with the technique visit the campus virtual tour at: http://www.uas.alaska.edu/tours/#tab3

(Photograph by Dave Klein)

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## UAS Answers – Everybody's got one ...

What was the most weird/unusual thing you did this past summer?



"While working at an animal rescue in Ketchikan, I gave a rescued baby deer a clean bill of health to be sent up to Anchorage." -Abbie Kraft



"I attended the Salmon Fest concerts, and danced to some fun Marimba Music."

-Griffin Plush



"I moved here to Alaska from the deserts of Arizona." -Laramie Maki



"I took a peice of ice from Mendenhall Lake while kayaking, and named it Glacier."

-Liz Bryson



"I was asked out by a cast member of the show 'Alaskan Bush People."

-Sara Heath



"I ate a \$17 McDonalds Penta-kill 5-patty sandwich." -Tate Pollard

#### — Letter from the Editor —

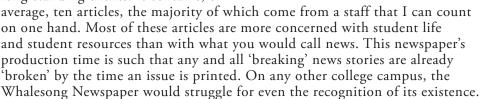
#### BY DANIEL PISCOYA

for the UAS Whalesong

One of the great things about the University of Alaska Southeast is paradoxically that it is not 'great' - not in the sense that 'great' means 'big.' UAS is small compared to most universities. I cannot even recall my high school student body being much smaller than ours. But this smallness is one of the 'great' things about this school because, on such a small campus, no person or action is insignificant.

Let me explain what I mean.

This newspaper you are reading right now is a sixteen-page paper. It runs a hand full of advertisements from a few long-standing clients. It contains, on



But here in Juneau, at UAS, even our small newspaper is not insignificant. If you turn a few pages, you will see articles from all kinds of departments from all around campus. You will see an article from Counselling Services, from the Study Abroad program, from an Arctic Youth Ambassador, from one of our Orientation leaders, or from the Student Conduct Administrator and Director of the Student Resource Center. When one of our reporters requested an interview with the Chancellor of the University, she got it. You can read the article on page seven. When this issue needed photos of new student orientation, I asked the staff of the Recreation Center for some and got them. The front cover is one of theirs.

There is a truly amazing spirit of cooperation here at UAS, and it's one that not only gives students the opportunities to gain useful experience or positions, but teaches us not to be afraid. The world may not be full of people willing to believe in good, but it certainly helps to act like it, especially when you have an idea, a career, a state of mind, or a place that you would like to pursue.

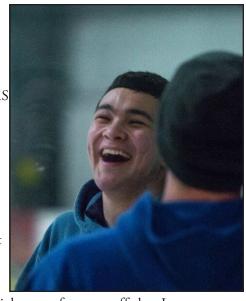
The UAS Whalesong will be here with a new issue every two weeks. We are always looking for guest articles as well as student art, poetry, or photos. Please do not be afraid to submit any of these to me. I will do everything I can to find you room for your work.

You can like us on Facebook for our Word of the Day, issue updates, and

We also have a website at https://uaswhalesong.wordpress.com/, where we will be posting all of our articles and pictures from our issues.

This is Daniel Piscoya, saying have a good start of the semester, work hard in your classes, make good friends, think deep thoughts, take advantage of all your available resources, and have a good day. I will see you again in the next

Feel free to contact Daniel Piscoya at dlpiscoya@uas.alaska.edu or at the Whalesong email at whalesong@uas.alaska.edu.







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#### Health Corner:

#### — Homesickness —

#### BY BECKY IVERSON

For the UAS Whalesong

Leaving home to attend college is both an exciting and challenging event. For many students, part of the challenge of college is dealing with feelings of homesickness.

What is the best way to deal with homesickness?

The fact is, there is no single approach that is best for everyone. However, there are several considerations that can be helpful in dealing with homesickness.

First, know that homesickness is a normal and common response experienced to some degree by the majority of students who leave home for the first time. Even those who have spent time away from home before, can have feelings of missing family and friends, loneliness, self-doubt, concentration problems, and preoccupation with returning home.

Second, understanding why these feelings of homesickness develop can be helpful in dealing with them. Home is usually a place where one feels accepted and secure. Support from parents, family and friends, familiarity with one's surroundings, and confidence in one's abilities to be successful and meet challenges all contribute to a sense of self-assurance and security. However, when one leaves this supportive environment, feelings of insecurity can develop. These feelings can become even more intense when adjusting to the new academic challenges and expectations of college life.

Third, there are some basic strategies for combating homesickness that have proven effective in moderating the effects of homesickness.

- 1. **Homesickness is generally temporary.** Give yourself some time to adjust to your new surroundings. Remember to be realistic with yourself and your goals for connecting on campus. You probably won't find your new best friend by the end of the first week, but you will feel more connected if you get yourself out there, get involved and remember that quality connections take some time to develop.
- 2. Get involved with other students, classes and student activities. The sooner you adapt to your new surroundings, the less intense will be your feelings of discomfort in missing home.
- 3. Call or write home but avoid getting into the habit of calling for hours upon end. You don't want to be spending so much time with friends and family from home that you miss out on the fun stuff on your own campus. This is especially important during the beginning of the school year when social groups are forming and on-campus friendships are developing.
- 4. **Indulge Yourself when those feelings of homesickness crop up.** Do something that provides comfort and makes you feel better. Maybe watching your favorite movie, buying a small treat or finding a way to decorate your room with something nice will make you feel more at home.
- 5. **Plan a visit.** Having a scheduled time to visit your family can help with homesickness as it can give you something to look forward to and reassure you. This will also help you avoid going home too much and taking you away from the very campus you are trying to connect with.
- 6. Talk out your feelings with a friend or resident hall counselor. Getting feelings off your chest can provide a new perspective and sense of relief.
- 7. If these feelings persist or become so intense that they affect your daily activities or class attendance, you may benefit from talking to one of the counselors in the Student Resource Center (796-6000).

Most importantly, however, be patient with yourself if you are dealing with homesickness. It does tend to get better with time as you adjust to your new surroundings. Before you know it, you will probably feel less anxious as you develop your own new routines and your own new space.

#### Study Abroad:

#### — The Island of Enchantment —

#### BY MITCHELL CABRIGAS

For the UAS Whalesong

Hello! My name is Mitchell and I had the pleasure of traveling to San German, Puerto Rico for my National Student Exchange (NSE) experience. I studied there spring semester 2015 to escape the chilly winters we tend to have here in Juneau.

I knew I wanted two things from my exchange: a warm climate and a Spanish speaking location. Puerto Rico just happens to have both as well as a high placement rate for students through the NSE program. So bam, it looks like I was bound for the Island of Enchantment. I was accepted and enrolled in the Interamericana Universidad de San German.

Touchdown! After a four flights to San Juan, the capitol, and a small, six-passenger plane to Mayaguez, the other exchange students and I were greeted by our exchange coordinator. She gave us short details of our living situations and then dropped us off at our dorms. The dorms were separated into different buildings by male and female. There were five exchange students in total. Four of us were from the U.S. and the other was from Brazil.

The first thing I noticed was the *heat*! I had dreadlocks and I cut them off right before I left knowing it would be quite warm. And, oh boy, was it a good decision. However, I couldn't prepare for weather like this. I would see other students trotting around with jeans and a jacket and they would complain that it was too cold. *Too cold*?! Bro, you do not know cold until you have done the Polar Plunge in Alaska. But all that being said, I relished in the

temperature, and enjoyed a cold shower – sometimes more than once a day!

Now, the language. Ok, I should have practiced speaking Spanish a bit more before I left because honestly, I could only communicate some basic phrases. Puerto Ricans, in addition to talking a thousand miles an hour, commonly drop the 's' sound in certain words. It was difficult at times and many of my interactions transitioned to English after the patient Puerto Rican gave up after my one-minute response times. Did my Spanish improve? Oh yeah....a lot. However, I still wouldn't say that I am totally fluent, but I have a good start and a foundation to work with.

I had four classes and all of them were instructed in Spanish. *Yes, all of them!* It was tough to understand the lessons and teachings, but I held my own and did well academically. We had four days of classes, and every week had Fridays off. So that meant the beach had a reoccurring appearance at least once a week. Like I said, I landed in a student's paradise, although, homesickness was real and a #struggle at times

Overall, I would say my exchange was fun. I mean, I wasn't living to the max every day nor was I bored from dusk until dawn. What I found was a real appreciation for my hometown, and family and dear friends, and I learned about a new location and its culture (politics too). I believe everyone should take advantage of the exchange or study abroad option at least one semester. There is a lot of world out there, team. So hurry up and leave already! You won't regret in



Near the cliffs at Playa Sucia (Photo courtesy of Mitchell Cabrigas)

## — Online Classes: A Slippery Slope —

#### BY LEXI CHERRY

For the UAS Whalesong

Despite the fact that I don't enjoy being cold, wet, or outside, this semester I opted to take classes that almost all take place on campus. Last semester, I enjoyed the dubious privilege of being to take all of my classes online. I remember thinking that it was going to be great! I'd practically never have to set foot outside, except for the occasional pre-arranged meeting time I would set my own schedule, I could stay up late and sleep in every morning, and I could generally be the Master of My Own Destiny.

This was all true – unfortunately. While there are many people who enjoy having all-online classes and are capable of balancing their own schedule easily, I learned the important lesson that I am not necessarily one of those people. I also learned that there are many hazards associated with all-online classes that people don't necessarily warn you about. That being said, since we're fairly close to the beginning of the semester, I am here to do the warning for you. So sit down, buckle up, and pay attention. This could save your life (well, not your life. But maybe some of your mental well-being, later on).

One of the most important steps is to clock out study time. Some online classes work on extremely strict schedules of due-or-die, and others offer you an alarming amount of leniency in the vein of "if it's done and done well by the last day of the semester, you get an A." Obviously you need to keep a Very Close Eye on when your various assignments are due, but it's even more urgent that you make yourself sit down and work on these assignments well before their deadlines. I promise you, it is frighteningly easy to underestimate the amount of work an assignment will require, or to forget that you have more than one assignment. While I got everything turned in, I more than once experienced the truth of Newton's little-known fourth law of motion: "A student in bed will remain in bed unless acted upon by a great enough panic." Due to

bad time management and not paying close enough attention to due dates, I spent a great deal of last semester in a constant state of panic, and that's something I would not wish upon you. So please, love yourself and dedicate some time every day to working on those class assignments. (This advice is, of course, also applicable to on-campus classes; however, in those you have direct contact with the professor and constant reminders of impending assignments. Online class work is much easier to forget.)

Paying attention in class is also important. If you have an online lecture-style class, you are going to struggle with paying attention because you are present but essentially invisible. Without the direct lecture-hall line of sight, it's easy to make yourself think that you can still pay attention to the lectures while playing video games, listening to music, alphabetizing your DVD collection, or anything else along those lines – and you are wrong. Lots of on-campus students - myself included - take online classes with the expectation that they won't have to leave their dorm or apartment, but I would argue and almost insist that you not allow yourself to board this ominous train of thought. If you have online classes with assigned meeting times, please do yourself a favor and go down to campus or a café or somewhere public where you'll be held accountable for paying attention - or at least where you won't fall asleep. DO NOT fool yourself into thinking that you can listen to the lecture on your bed, and in some cases, at your desk. Even if you don't go to campus, at least go into a common room or your apartment living room, where your roommates and peers will be able to judge you if they come in and find you sleeping during class. Trust me, the professor does not spend an hour and a half talking for no good reason. He or she will say at least one thing that you will need to know for some assignment in the future. Plus, these classes are expensive, so you need to try and glean your money's worth from them!

Finally, leave your domicile. No matter how much of an

introvert you are, human contact is important and necessary to your health. During my all-online semester, I thought that I could happily survive with only going down to campus for meetings. When I interacted with my friends, I usually had them over to my place instead of going to see them. I imagined that I thrived on minimal human contact and a steady diet of coffee and whatever I was pretending passed as food. (No, I wasn't eating like, literal trash or anything, but I did consume pizza Lunchables with alarming frequency.) Look, what I'm saying is, go get food at the cafeteria – and then stay at the cafeteria and eat it. No matter how cold or wet it is outside, tromp the 30 seconds to the lodge on Sundays and sit by the fire for a while. Go study at the library, even if you don't have a pressing assignment coming up. Commit to at least one club meeting or event a week. Even if you're fine with limited human contact, I think that holing up in your apartment or dorm really takes away from your college experience, and I regret not being more interactive last semester. And hey, if you have Really Good Friends, they'll guilt trip you until you do start coming to their place to hang

I survived my online semester and came out with all As in the end, but that doesn't mean I came out particularly happy or healthy. If you're taking online classes, I want to keep you from digging yourself the same hole of constant stress and low-key panic that I dug. Love yourself! Get up early instead of staying up late (I'm not a morning person and I know that sounds awful, but I think it's healthier for you and also if you have nowhere to go you have all the time in the world to shower and drink coffee and slog sleepily around). Take up yoga. Definitely eat breakfast – morning technically lasts from midnight until noon, you have hours and hours to eat breakfast. And gosh, call your mother – or have her call you and ask, "how's that paper coming along?" Wow. Even just writing those words fills me with subtle, creeping guilt. Excuse me. I have to go check on some due dates.

## Interested in Advertising?

Learn more about opportunities for ad placement in the Whalesong online at:

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

## — Strange Things To Do: Bumbershoot —

#### BY JASMINE MATTSON-WOLFF. Koot Xeech

For the UAS Whalesong

Friends, my readers, you lovely people: Why are you here in Juneau studying at UAS? I'm here for the simple fact that it was going to be a stepping stone university, and then I started learning Tlingit. Shortly after I began learning Tlingit, I enrolled in the Alaska Native Studies program. So, now I'm here for a while because it's the most logical place to be in my field of study. Despite my story, I am aware some of you made a big decision to travel far and wide just to attend this university. Why? Well for one, this place is sort of amazing, but at the same time Alaska is also this happy balance of amazing stuff, strange stuff, and crazy weather all rolled into one snowball in the face for anybody who decides to reside here. I am here with this article to talk about an amazing yet strange (and crazy weather as well, I suppose) experience I had recently.

Over the long Labor Day weekend I traveled to Seattle with my Aunt to go to the super rad creativity festival: Bumbershoot! This was the first time I'd been out of Alaska since 2010, let alone in Seattle—I hadn't been there since I was 8 and all I remember about that was walking the rolling hills of West Seattle's neighborhoods. Alaska is pretty small in population and traffic compared to essentially anywhere else in the United States, being so used to living here as soon as we got off the jet at SEATAC it was like an over stimulus of new-everything for me. There were so many cars, people, and holy smokes—it took forever to get to our hotel and cost a small fortune with how the traffic was on the weekend! That was just mind blowing in itself, the rest of the trip was even more eye opening though.

Bumbershoot is an annual festival that happens in Seattle and features a bazillion things to do, vendors to check out, concerts to see, films to watch, and art to see. It is an amazing experience for a good price for the complete weekend price and the amount of things you can jam into a 3 day weekend. To say the least a total culture shock for myself; the "Will Call" line to get our wrist bands was over 3 city blocks long and still growing at one point! It was pouring buckets of rain while we were waiting in line too! Thunder was rumbling, lightning was striking, and some of the outdoor shows had to be put on hold due to weather. People were going up and down the Will Call line selling garbage bags for \$1 it was pouring so constantly. With about six people standing shoulder to shoulder in the line there were a lot of umbrellas, garbage bag rain jackets, and people who looked like they'd just taken a shower standing in line. And, to say the least, if we lined those people up one by one, or even two by two, we could lap my hometown's mile long boardwalk at the very least four times. It was strange and a complete "no way, that only happens in the movies" moment for me. The festival itself helped me with my insecurities with big crowds too I think. I grew up in a rural community with a population of 100, there was at no point in my trip to Seattle where I was in an area where there were anywhere less than 100 people. Total culture/life shock, folks.

There were so many options too: what to drink, eat, smoke, do, who to talk to, and the decision to make that if you ever want to see anybody again- you need to exchange information or you're very likely to never see them again (I noticed that can be a good and bad thing depending on the person). All of these options that came with this amazing place were very foreign to me; because in Juneau it's quite the opposite of that and I didn't even realize it until I went and experienced Bumbershoot in Seattle. I mean, I'd been out of state and on vacation before to places like Hawaii and California, but the busy/strange/amazing you experience in Seattle, especially at a huge festival like Bumbershoot, puts everything you've ever experienced up to that point into new perspective. For example, Juneau now seems incredibly quiet, small, and slow paced for me coming back from Seattle.

StrangeTickets.com is a pretty interesting site that featured a newspaper like "Strangers Guide to: Bumbershoot" that I picked up while I was there. It really showcases every aspect of the festival. There was a lot of good information in the paper, but also a lot of interesting things. Having a minor in Psychology and an interest in Social Psychology and Sociology, the ads in the paper, the writers who did the reviews on bands, artists, performers, etc., was all very captivating to me. Despite

sometimes feeling like a fish out of water or an eagle with clipped wings, the festival and all of its strangeness was an experience that gave me so much more insight to what a larger society is like and a new perspective on Juneau and everything I thought about "big" up until this weekend. My advice to you all goes along with this quote that I am quite fond of, "If it's both terrifying and amazing then you should definitely pursue it." Take that with you as you go forth with your time here at UAS, in Southeast, Alaska, and generally in life: if it's a little strange or out of your comfort zone don't be quick to decline, it could be a surprisingly exciting learning experience, just like my time at Bumbershoot in Seattle!







Top to Bottom: Pike's Place was amazing to see - It was awesome to witness all of the activity and energy there first hand; The Space Needle is in the heart of the Seattle Center and it was located at one of the entrances to the Bumbershoot Festival; Lots of people at the gum mural at Pike's Place Market (I tried not to think about how incredibly unsanitary that wall was)!

### — An Interview with a Chancellor —

#### BY LEXI CHERRY

For the UAS Whalesong

#### Tell us your story. Who are you? Where did you come from?

I came to Juneau in 1975 on the ferry Columbia, and I ended up moving up to Anchorage and then to Fairbanks. I spent a good part of 2 years in the interior, and then I came back down to Southeast Alaska and I worked here during the summers in the late '70s. My wife and I met here and were married in Gustavus in 1979, and then we ended up moving back up into the interior so she could finish her college degree. I got my master's degree in education at UAF, and then took a job out in western Alaska in Bristol Bay. We lived out in Dillingham for 5 years, and then I decided to go back and work on a doctorate in the UK. ... I ended up doing field work in Greenland, focusing on aboriginal subsistence whaling. I finished my PhD in 1993, and then came back to Alaska and worked as a professor and later on as a campus director at UAF. Five years ago, I was offered the position of provost here at UAS, so in 2010, my family and I moved back down to Southeast Alaska. ... when the position of chancellor opened up this past year, I applied for and was lucky enough to

### How are the positions of provost and chancellor different from each other? What are your duties?

The chancellor has responsibility for all of the university, including its academics, administrative services, and facilities at all 3 of our campuses – Juneau, Sitka, and Ketchikan – and all of the student services as well. The provost is the chief academic officer for the university. As provost, ...I was responsible for working with our deans and directors to ensure the quality of our academic programs and that UAS meets accreditation standards.

## Do you have anything that you're particularly excited to work on as Chancellor?

A couple of things we're working on ... include expanding opportunities for students to study fisheries here at UAS. ... There's a growing demand for undergraduate fisheries programs ... because of the prominence of fisheries in our economy. We're looking at ways ... [to] expand undergraduate fisheries options, along with marine biology and biology.

Another is in the area of Northwest Coast Arts – arts are really important to an undergraduate education, and we're going to continue to offer painting and drawing and ceramics classes here at UAS... We have a special opportunity to highlight Northwest Coast Arts... We have a proposal right now for a 2.5 million dollar grant to be able to enhance what we're able to offer... That would include hiring artists to work on the campus and offer classes... and also to provide more degree offerings in Northwest Coast Arts. We're waiting to hear about whether we're successful in getting that grant proposal.

#### What are the UA system's strengths and weaknesses?

One of the things I think is a particular strength for UAS is the fact that we offer high-quality, affordable education, and students get personalized service here. At the same time, I think that in the UA system as a whole, each of our 3 universities has areas of specialization that are available. ... at UAF, their focus is more on serving as a research institution for the state ... A student might ...complete their GERs or a baccalaureate degree here and then go on to UAF and one of the graduate programs there. ... [UAA] take[s] the lead in the state system in health education. We have a nursing program here at UAS that is actually a UAA program. ... Students ... can start here and get their initial GERs or an AAS in health sciences out of the way, then transfer to UAA into radiology or the nursing program. ... Our goal is to make sure that students who want to transfer from one place to the other are able to do so without difficulty and be successful when earning their degree.

#### It sounds like location is both a big strength and weakness for each school. For example, if you want to study marine biology, that's a big strength for UAS but not so much for UAA.

That's one of the things we're really trying to do, is think about limited budget resources. ... Each of our campuses have particular strengths; we talked about freshman housing here, opportunities to live on campus and be involved with the honors programs and undergraduate research opportunities... that's a special opportunity that you have in Juneau. In Sitka, we have fisheries technology programs available online ... anywhere in the state. In Ketchikan, we have a partnership with the ship and drydock company, Vigor, and also with the Alaska Marine Highway System. ... That's associated with our Maritime

and Multiskilled Worker Program, that is designed to help students prepare for employment in maritime industries in Southeast Alaska.

#### There are concerns that the John Pugh Residence Hall's location has eliminated opportunities for upperclassmen and freshmen to interact with each other. Can you speak to this concern?

I would say that the new John Pugh Residence Hall is set up the way that it is in order to promote student success. ... Our experience has been that when you build that initial cohort of freshmen, ... the likelihood is that they will be more successful ... as they transition from the residence hall to Banfield or other housing. ... There are many opportunities for them to interact with their upperclassmen peers. ...it's not as if there's a strict line drawn.

#### In light of increasing tuition costs, do you feel that college (in general, not necessarily just at UAS) is still worth the price?

I absolutely believe that post-secondary education is worth the price. ... In the world we live in today... having the skills of post-secondary education is all the more important. ... Learning to think critically, being able to work effectively with other people in a team, being familiar with people of diverse languages and cultures and backgrounds, and being able to analyze and solve problems... these are all things that Alaska needs for the future. ... Post-secondary education, whether it's a 1-year certificate or a 2-year associate's degree or a 4-year baccalaureate degree, is designed to give you those skills and competencies.

## Do you think that the "Finish in Four" campaign is a realistic goal for UAS to push, considering increased tuition costs and the large number of non-traditional students attending UAS?

The average age of a student at UAS is 29. ...Students ... are taking classes online, single parents ... are taking care of children and working two jobs and going to school at the same time. ... For many students, it's unrealistic that they would "finish in four." Instead, I think what we try to focus on is that students should make steady progress and do really well in their classes. ... Those who maintain a steady pace toward their degree, as opposed to leaving college for periods of time, are more likely to finish in the end.

# When I visit other colleges, their communities are very connected to the school, which is not something I see happening with UAS and Juneau very much at all. Do you have any ideas on how students could maybe go around changing that?

I think we aspire to have stronger connections between our students and the broader Juneau community. ... Some of the examples of where it works well is with internship opportunities and practicum experiences, where ... students have a chance to work in a business or with an agency like the Department of Fish and Game or NOAA. ... We just had ... a very successful campus kickoff. ... I think the opportunities are there, but maybe we need to work harder at getting the word out about what those are, and helping students participate in those activities. ... We're here on Auke Lake, and so it's not as if we were right in downtown Juneau...We have the bus available... but maybe we need to work more to ensure that those kinds of connections are made. ... That might be something that student government could work on as well. ... It's one thing to ask for student discounts, but are there also other things that could help build relationships between local businesses and our student population?

## Do you think students should feel comfortable going to people in positions of authority on campus and saying that they disagree with rules that have been made?

Students are why we're here, and so we would encourage students to speak up about issues they're concerned about. ... That's why I look to student government as one important way for students to give voice to issues that are on their mind, ... often if good ideas come forward ... they'll get serious consideration. The short answer is I would encourage students to speak up, and I personally am interested to hear new and creative ideas about how we can do a better job of serving students and helping them to be successful.

#### Any closing comments?

We have a good community here, and people care about each other. Students are not a number; you can bring forward concerns and you'll be listened to, and we're ready to respond if it's a good idea. I look to students, and student government in particular, as a vehicle for bringing forward those kinds of ideas and concerns.

## — #orientation

#### BY LEXI CHERRY

For the UAS Whalesong

As you may know, I was a Student Orientation Leader for the Fall 2015 New Student Orientation. And as you may not know, several of the incoming students I interacted with asked me why I had volunteered to be a student leader. If you're one of those students and already know my answer to that question, feel free to move on to a different article. If, however, you are not, stick around! But don't worry. I'm not going to talk about just me. I have a blog for that. This is about you, and this past orientation, and why I think orientation is an overall great process.

To start with, let me say that I have several reasons for wanting to help out with orientation, as well as for why I think doing so is a great idea. One of the first and most prominent reasons is that it gets you back into the swing of social interaction really quick. I spent this past summer at home and, while I had a part-time job selling sporting equipment to youthful aspiring NFL linebackers, the majority of my time was spent in relative isolation 30 minutes away from all human contact. I went from 4 months with no real social interaction (apart from my pets and immediate family) to suddenly being immersed in people and introductions and events. If this sounds wild, you're right! However, going from zero to a hundred in this regard is definitely not for everyone.

That being said, another reason for helping out with New Student Orientation is the people you meet! Especially if most or all of your classes are on-campus, you'll probably want to know or at least recognize the people you'll be seeing and interacting with on a daily basis. And even if the students you meet aren't in your class, it doesn't hurt to know who they are and be able to say hi and ask how they're doing when you see them in the cafeteria or getting coffee. A lot of college is about networking and getting to know people, after all, and orientation helps you get started with that.

Specifically regarding the Fall 2015 New Student Orientation, I had a lot of fun helping out with it! This year, campus staff is implementing something new called the UAS "First Year Experience." I had never heard of this before, and at first I thought that it seemed a bit cheesy - but so far, it seems like a cool way to get freshmen involved and help to make their first year of college a great one. There are banners around campus with checklists on what makes a good first year experience, as well as an attempt to bring students closer together via the internet. There's an official UAS First Year Experience Twitter account: @uasfye - and any student (not just freshmen!) can use the hashtag #uasfye in order to bring attention to what the college life at UAS is like. Most of the initial hashtagged Tweets were in relation to orientation – for example, usage of the hashtag was mandatory in order to participate in the UAS Locations scavenger hunt. But students have since been using it to ask questions about the UAS campus and college life in general, as well as to share pictures of things like their "first day of college" gear setups and live-Tweet campus events like the Walk-In Movie Night.

I'm interested to see what else the First Year Experience program holds in store for the freshmen – as well as for upperclassmen, since we all share the same campus, and I'm curious to see what might be considered an essential part of the "first year experience" that I might have missed during my freshman year. In the meantime, good luck to you all – freshman or not! Every school year is your first year of some stage of college – freshman through senior – and you still have plenty of time to enjoy everything that college has to offer. Just remember that the college experience, first year or otherwise, is most importantly about your education. So keep it together, try to have some semblance of a homework schedule, and don't be ashamed to cry alone in your room over a pint of Ben & Jerry's sometimes. You gotta do what you gotta do. No judging.

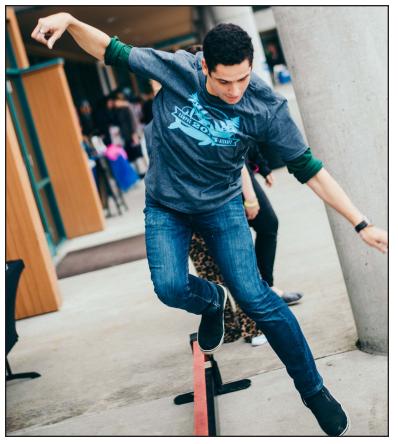


Top to Bottom: The winners of this year's 'Golden Boot' scavenger hunt celebrate their victory; Orientation leaders perform an invitational drum routine led by Community Woosh. Ji.Een Dance Group leader Lyle James; Newly-minted UAS Chancellor Rick Caulfield offers a warm welcome to incoming students.





## — Snapshots from Campus Kickoff —





Clockwise from top left: Felix Thillet falls (with style) off of the UAS REC Center's challenging ballance beam; Jasmine Mattson-Wolff, a prominent member of Wooch-een and the Campus Inclusivity Alliance, hands out fry-bread at the groups' booth; Josheph Alvarado and Brooke Schlipf rock the house at the Student Activities Board check-in booth.





Noon- 5:30pm September 17th, 2015

# OPENHOUSE

Give us 30 mins, Get a smart start!



## — Studying at UAS: A Sense of Place —

#### BY JASMINE MATTSON-WOLFF, Kóot Xeech

For the UAS Whalesong

Welcome, my fellow Whalesong readers, to the start of yet another semester here at UAS! Hopefully the semester has started off well for all of you! I know that the classes I'm enrolled in this semester really have my interest, but at the same time they are some pretty intense classes. I'm going into my third year here at UAS and am taking upper division classes that are rather demanding with reading, writing, and just being able to comprehend everything that you are learning at one time. It can get overwhelming fast, but I have learned with my time here to be a little more at ease because of all the awesomeness our Juneau campus encompasses. There are so many opportunities for getting help with any and all the classes you are enrolled in, and the following information is to help lay out a map of where to go if you find yourself needing advice, homework help, or places to find/meet with study groups.

Let's start off with heart of our tutoring and study place at UAS: the Learning Center. Located in the lower level of the Egan Library, The Learning Center, formally known as "The Think Tank," is one of the places I became very accustomed with in the last three years of my education here. I am all done with my math credits for now, but when I was

enrolled in challenging math classes, the Learning Center was basically where I lived on campus. We have 10 math tutors, 3 math specialists/experts (Gabe, Patty, & Auguste) and many math professors cycling through who are just waiting to help with any questions you have about math. But wait! There is more! The Learning Center doesn't cater only mathematic inquiries. Although it may seem like that place is just overflowing with extra math books, computers, calculators, pencils, erasers, staplers, and any other 'must have's' for math classes, there is more.

In the Learning Center there is tutoring for other fields of study, including, but not limited to, Chemistry, Psychology, Spanish, and Writing. Currently there are multiple tutors in each subject listed who have hours in the Learning Center. I really can't express how much the Learning Center can help if you are looking for help in any of these subjects. The people who work there take great care to ensure that the students who come through are given the help and support they are looking for to aid in their success here at UAS. All of these services are provided to us as students to help in not only our educational growth, but personal assurance and sense of place on campus. Our university is small in comparison to many, but with the heart of our mission surrounding Student Learning we all work hard in creating a campus fostering unity

and providing healthy avenues of education. So now that you know what the Learning Center is all about and the vast amount of wonderful guidance, help, and sense of community the place holds, here are some things you should know:

- There will be hours coming soon for Spanish tutoring time.
- There are usually writing tutors in the Learning Center, but generally you should go make an appointment with them ahead of time vs. dropping in and just expecting to be helped. The actual Writing Center (also located in the lower level of the library) hopes to open soon with more space and tutors for those looking specifically for writing help.
- The Learning Center is also where many math, science, and distance tests are proctored throughout the semester. Don't be intimidated by the quiet little testing room—you'll get used to it and it will ensure you're complete focus and diversion from distractions while you are taking tests.
- Here on campus there is an Alaska Native Languages and Studies program under the Bachelor of Liberal Arts. We currently offer Tlingit and Haida language classes. There are tutors and faculty on campus (and via distance learning) for anyone looking for guidance or information on any indigenous language classes. There will soon be tutoring/open lab hours for our campus Language Lab. The lab is located

#### **Tutoring Hours:**

Learning Center:

Monday- Thurs: 9am – 8pm Friday: 9am – 4pm Sunday: 3pm – 7pm

Chemistry:

Monday: 11:30am – Noon Tuesday: Noon – 4pm Wed.& Friday: 11:30am-12:30pm

Psychology:

Wednesday: 3:30pm – 5pm Thursday: Noon – 1:30pm

by Spike's Cafe in the Egan building. If you have any questions before we get Language Lab hours solidified don't hesitate to contact myself or stop by and ask Kolene in the Native & Rural Student Center (lower level of Mourant) for any inquiries!

I hope that this article has educated you on some of the avenues of help that you can utilize during your studies here at UAS. Also, on a side note—if there is a subject that you need help with that wasn't covered in this article, don't hesitate to ask your professor, peers, or some of the current assistance places for help. They could even help you organize a study group for that subject! If you are looking for more information and help, there is no doubt that others are too! Here's to fantastic semester at UAS. Happy studying!

## WANT TO BRAID MORIS?

Find previous issues of the Whalesong at:

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

### — Attack on Thumbtacks

#### BY LEXI CHERRY

For the UAS Whalesong

Many of you may be aware that there has been a recent change in housing rules and regulations, about which housing residents were summoned to a mandatory meeting a few weeks ago. The changes discussed were mostly little things - a reference to the new smokefree status of campus and housing, a brief reminder not to drink in under-21 apartments, a plea for students to refrain from doing drugs and partaking of other illegal substances, and intimations that shouting profanities from the windows of your domicile would be frowned upon. But one of the new changes was met with immediate murmurs of dissent - the use of thumbtacks, for reasons at the time unknown (but which I will explain later in this article), is now forbidden.

While I personally was upset by this announcement and immediately wanted to write an article about it, I also wanted to use my position as a reporter to sound out local opinion and, well, report on it. So I did an informal poll of numerous students, asking what they thought about the new "no tacks" policy. Every single student disapproved, and was supportive of me writing an article to bring the matter to light.

Having made it clear that a not-insignificant portion of the student housing population is upset about this new rule, I understand that it is assumed students will turn to other methods of hanging up their wall decorations apart from the usage of tacks. Alternatives do exist: Scotch and painter's tape, 3M adhesive strips, poster putty, and command hooks have all been suggested. That being said, when I first moved into housing, I thought that tacks were not allowed to begin with, and tried most of these alternatives my freshman year. I can therefore issue the following arguments against their respective effectiveness. Tape only works on very thin, light paper - printer paper, essentially, which is not what most posters are made out of. Double-sided tape just won't keep a poster on your wall, and if you tape over the corners, you will never get the tape off your poster without ripping it

up - and there's no guarantee that it will work. Putty is also not very effective; in my experience, it keeps posters up for about a day before losing its cling and causing them to tumble down in the middle of the night and give you that special kind of heart attack that only the sound of wobbling laminate in pitch darkness can give you. And neither tape nor putty will do anything to keep up string lights - an essential part of the college experience. Which brings me to the matter of command hooks. These are those plastic bathroom-type hooks, the backs of which you can peel off and stick to walls. I have seen these removed before, and though they claim to leave walls untouched, guess what comes with them when you peel them off? That's right - the paint.

Now, I understand that housing is attempting to minimize damage to their buildings by limiting the amount of holes in the walls. I received a statement from the housing department to that exact effect – if residents don't use tacks, there will be no holes to repair, allowing housing to focus on "cleaning units and conducting preventative maintenance," according to the statement. This is a perfectly reasonable and acceptable argument; however, I think that it's important to recognize two points.

First, tack holes are barely noticeable. Second, while I can't speak to Banfield since I never lived there, every apartment I've lived in or visited on housing has had tacks in it because of this. This means that the holes are already there, and since the extremely minimal damage (such that it is) has already been done, I fail to see the point of enforcing a rule that is highly inconvenient and inefficient for so many students who live on housing. This rule would make more sense if housing had already put in considerable time and effort to fix the existing tack holes; however, as far as I can tell, this is not the case. Admittedly, I could be wrong but again, I have visited several housing apartments this semester alone, and all of them - including the one I live in have pre-existing tack holes in the walls.

Now, as stringently as I and many of my fellow housing residents are opposed to this new rule, I am willing to offer a solution! If housing is truly so



Photo courtesy of Emilian Robert Vicol

vehemently against the use of tacks, I think that at the least, a fair compromise would be for them to change the rules to this: students can use thumbtacks in their places of residence, as long as they fix the holes with putty or something before they move out. Personally, I am willing to put in that effort, as long as it means I am left to hang up my posters in peace. In addition, this modification to the rule would be a matter as simple as including it in the list of cleaning tasks that are to be completed before resident move-out.

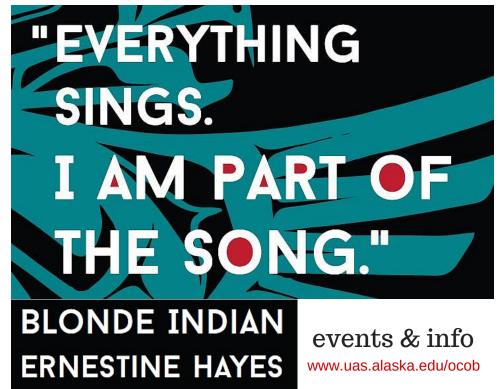
I believe that UAS students who live on housing do take great pride in their places of residence, as well as great pains to keep from causing damage to those residences. I can honestly say that a lot of students, including myself, are upset about this change in policy, and we would really like to see something be done about it. This is not a personal opinion piece intended to raise hackles; it's an attempt to get the feelings of myself and my fellow students displayed in a public forum where those feelings can be taken notice of. Again, while my interviews were informal and response ranged from "dislike" to "irate jokes about Hunger Games-style rebellion," the response was entirely negative: none of the housing residents I spoke to were okay with the new rule. In fact, I spoke to some visiting parents as well who were also frustrated with it. And I'm sure there are more students who I didn't speak with who also disagree.

If you have a different opinion on this matter, if you totally agree and would like to tell me so, or if you just want to get in contact with me and discuss this matter further, I can be reached at agcherry@uas.alaska.edu! I look forward to hearing from you.

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2015-16

### One Campus, One Book



### — The Arctic Matters —

#### **BY GRIFFIN PLUSH**

For the UAS Whalesong

Recently, I attended the Global Leadership in the Arctic: Cooperation, Innovation, Engagement, and Resilience (GLACIER) Conference in Anchorage as an Arctic Youth Ambassador. Hundreds of scientists, activists, and international dignitaries gathered at the Dena'ina Center to discuss and learn about the many issues that face us in a changing Alaska and a changing Arctic.

I serve as one of five inaugural U.S. Arctic Youth Ambassadors that have brought the stories of our changing homes to world leaders. With the help of the U.S. Fish and Wildlife Service and Alaska Geographic we met with Secretary Kerry, Secretary Jewell, Senator Murkowski, and many other leaders to bring our diverse perspectives. This program is continuing for the next two years over the course of the U.S Chairmanship of the Arctic Council. Ten to fifteen more ambassadors from around the state will join us to engage with the Arctic Council.

My fellow ambassadors are leaders among their peers with powerful reasons for caring about the Arctic. James Chilcote, a Gwich'in Athabaskan from Arctic Village is a freshman at UAF. James grew up in Arctic Village, where his family and him rely on the perpetually returning Porcupine Caribou herd. As climate changes, the migration patterns of these caribou change and the lichen that the caribou eat disappear. In an interview James said, "The way my home is, my way of life - it's very indigenous. I

don't like to say it, but I believe it is the very last place like it in North America. I would do anything to keep that place safe."

Another youth ambassador was Byron Nicholai from Toksook Bay in the YK Delta. He performs traditional Yup'ik music as "I Sing. You Dance." He was given the opportunity to perform a song titled "I Am Yup'ik" in front of a crowd of important politicians and dignitaries at GLACIER's reception in the Anchorage Museum.

The various speakers and panelists throughout the conference brought the problems that we face in the Arctic into focus. In one of the morning sessions the mayor of the Northwest Arctic Borough, Reggie Joule, showed us that 86% of the borough's communities faced erosion. At least four communities in Alaska like Newtok and Kivalina are currently planning to relocate because their villages are literally falling into the water. After the rest of the presentations the panelists discussed where the resources to combat this widespread threat will come from and how they will be deployed.

We sat down to lunch and had some nice discussions with members of foreign delegations who were very interested in what Alaska is like. An excited diplomat who had just flown in the night before wanted to know if it was Denali they saw from their window and we fielded questions about the different communities in the state.

Evon Peter, an Elder from Arctic Village and vice-chancellor at UAF spoke at lunch. He addressed the need to reverse the effects



Griffin Plush, UAS Freshman. Photo courtesy of Darin Donohue. of colonization of the Arctic's indigenous peoples as we move forward in the far North.

When President Obama made a historic visit to the state where he visited Anchorage, Seward, Dillingham, and Kotzebue, his first stop was GLACIER. In the concluding remarks of the conference, he called for us to work together and act on climate change. The issues we face in the north are very real. And they are going to continue to be relevant to all of us, even here in Juneau. If we work together, we can address these critical issues and face our changing future. But we have to act now.

## — Campus Safety: Bystander Intervention —

#### **BY LORI KLEIN**

For the UAS Whalesong

September is National Campus Safety Awareness Month (NCSAM). Together, we work to build a safe and healthy campus community all year long, but we begin raising awareness as we open up the academic year. Many of us are new to this environment and new to each other. This provides us with opportunity to establish routines and set expectations for safe interactions and responsible behaviors.

How safe is our campus community? You can always check out our crime statistics online or review our Annual Security Report (ASR). Our numbers for crimes reported in any given year is pretty low. But those numbers are only as accurate as the reports we receive. Nationally, and we should assume locally as well, certain crimes go unreported.

High risk drinking, illegal drug use, prescription drug abuse, sexual assault, stalking, relationship violence, hate crimes, harassment, bullying – these behaviors impact the safety of campus. We all have the power to intervene and put an end to destructive behaviors. It simply takes a commitment to being an active part of a safe and healthy campus community.

Think for a moment about a time when you witnessed something that made you uncomfortable. A family member told a racist or homophobic joke. A friend was in a dating relationship with a controlling partner. You saw a stranger blatantly litter or damage a piece of property. You read an

online post where someone is clearly being bullied. You were a bystander. We are all bystanders, all the time. And we all have the power to intervene when something makes us uncomfortable.

Research (and practice) tells us that being a bystander is a vulnerable thing. Should I act? How should I act? What if I don't know anyone in the situation? What if the person I'm thinking of confronting is someone very close to me? No matter what, intervening is hard. But it can be done safely, and here's how:

#### 1. Know your resources.

You don't have to be the person to intervene. In fact, your own personal safety should always be your number one consideration. Alert a campus authority to what's going on and have them help. Share your concerns with a residence life staff member, tell your faculty member, contact a counselor or an advisor. You are not alone when it comes to making campus safety a priority.

#### 2. Set expectations and norms.

As you settle into your environments (housing, classrooms, small group activities, clubs, intramurals) you can be a part of setting clear, positive, safe behavioral expectations and norms.

#### 3. Practice intervening.

There will be low risk moments when you can confront safely. Raising your voice to say, "hey –that's not okay" when you do feel safe and supported is a good way to practice.

#### Be selective.

Does this new friend you've made share your values? Will there be anyone you know at that party tomorrow night? Who you spend time with and how you spend your time are choices. Be patient with this process, resist the pressure to make to put yourself in situations that makes you nervous with people you don't know or trust. Make sure you know that the people surrounding you have got your back.

If you see something or hear something that makes you worried for your safety or the safety of others, do something. Working together, we can all keep UAS a safe and vibrant campus community.

#### Campus and Community Resources

911Juneau Police Department
907-586-0600Juneau Police Department Non-
Emergency Line
907-796-6000UAS Counseling Services
907-796-6529Campus Conduct Office
907-796-6077Facilities Services Health &
Safety Office
907-796-8900Bartlett Regional Hospital
907-586-1090AWARE Shelter (Aiding Women in
Abuse & Rape Emergencies

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## — Happy Trails

#### BY LORI KLEIN

For the UAS Whalesong

Did you know that Juneau has over 200 miles of hiking trails? Some trails meander short distances through the forest or along the beach. Others lead you away from civilization, to the top of mountains or the face of glaciers. You don't have to be super fit or back country savvy to enjoy Juneau's trails. You just have to know your limits and choose wisely.

Since I moved to Juneau in 1996, I've always had a copy of 90 Short Walks Around Juneau, by Mary Lou King on my bookshelf. You can find this book locally at all bookstores. I crack it open almost every time I go out. It's rich with information — not just the length and elevation of the trail, but with historical information and notes about wildlife.

There are two great trails near UAS that I wanted to share with you. They are a little different from each other, and both will give you flavor for the area.

The Auke Lake Trail was developed in a partnership between the UAS and the City and Borough of Juneau. It can be accessed at two points – 11.3 mile Glacier Highway or at Goat Hill Road off from "Back Loop" Road. If you're on the main campus, simply follow the lower trails system past the Hendrickson Annex and across the bridge. You have to get back on Glacier Highway for a short stretch before you reach the trailhead.

The trail itself is just over a mile long, although you can extend the hike by walking on the highway to reach your start-

ing point. The trail meanders right along the lake, through an ancient forest rich with history. The elevation gain is only 30 feet, and the trail is built up quite well, although you'll want to watch the sloping edges. The trail is unique for its floating dock, and the lake itself is used for a lot of recreational activities throughout the year.

I love the deep silence of this trail. Someone once told me they thought it was "spooky," but I feel a sense of reverence every time I walk it. It's a great trail to walk in all weather, but I especially like to walk it on sunny or partially sunny evenings as the sun is setting. The light on the lake and through the trees is beautiful. Watch for eagles sitting on the downed trees in the lake. I once walked with a whole family of river otters swimming parallel to me along the shoreline. They even came up out of the lake to check me out. And, as always, in bear country, be aware.

Spaulding Meadows Trail is one of my favorites and a little more challenging than the Auke Lake Trail. It's only a short walk (or even shorter drive) from main campus. Head "out the road" and watch for the trailhead parking lot on the uphill side of the highway just past Sea View and Bay View streets.

The trail used to be an old mining road, but is now packed dirt with roots and rocks. Its total elevation is around 1400 feet, however my favorite walk is to the "First Meadow" which is about 500 feet and one mile up. I recommend hiking this trail on a nice day, since the view from First Meadow back down into Auke Bay is stunning. Another short walk option is to turn left

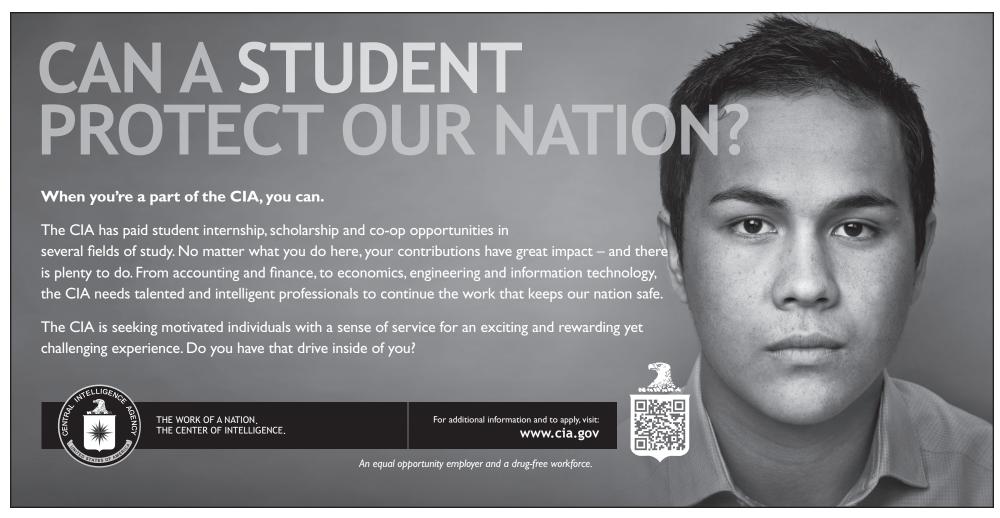


Spaulding Meadows, courtesy of Lori Klein

when you reach the Auke Nu (John Muir) trailhead sign, and follow the trail a short way to the bridge. My family enjoys sitting along the Waydelich Creek and watching the small waterfalls.

For the more adventuresome hikers, keep following the trail beyond First Meadow...up and up. At 1150 feet up the trail you'll get to "Second Meadow," and another half mile beyond that you reach Spaulding Meadows. This is "destination" for cross-country skiers in the winter.

Get yourself a copy of 90 Short Walks Around Juneau, grab a friend or two and get out and explore!



## CAMPUS CALENDAR

#### **OFF CAMPUS**

#### MONDAY, SEPT. 14

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. For more information, email tlingitlearners@gmail.com.

#### TUESDAY, SEPT. 15

**Toastmasters Club at St. Paul's**, 6:15 a.m.,St. Paul's Catholic Church, Parish Hall. Improve your public speaking skills in a supportive environment. For more information, go to *www.takutoastmasters.org*, or call 463-5885

Arts Roundtable, 5:00 p.m., Juneau Arts & Culture Center. Join us at the monthly roundtable meeting to talk about how we can foster the arts community in Juneau! We invite artists, organizations, and any interested community members to contribute your ideas and comments. For more information, contact Meghan Garrison, at meghanl@jahc.org or 907-586-2787

#### WEDNESDAY, SEPT. 16

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.

**Ultimate Frisbee**, 8 p.m., Thunder Mountain High School football field, Ultimate frisbee pick up games rain or shine! FREE. For more information, contact David Job at 586-3845 or go to *juneauultimate.org* 

#### THURSDAY SEPT. 17

The Tragedy of Othello, 7:30 p.m., Perseverance Theatre. The Tragedy of Othello written by William Shakespeare, directed by Tom Robenolt. Pay-as-you-can. Tickets sold at Hearthside Books, the JACC, and ptalaska. org. For more information, contact Tom Robenolt at tom@perseverancetheatre.org, or (907)463-8497.

Open mic w/ Teri Tibbet, 9 p.m., Alaskan Hotel & Bar, Come on down and play a couple. 21+, FREE. For more information, call 586-1000 x 405 or go to www.thealaskanhotel.com

#### FRIDAY, SEPT. 18

The Tragedy of Othello, 7:30 p.m., Perseverance Theatre. The Tragedy of Othello written by William Shakespeare, directed by Tom Robenolt. Tickets sold at Hearthside Books, the JACC, and ptalaska.org. For more information, contact Tom Robenolt at *tom@perseverancetheatre.org*, or (907)463-8497.

#### SATURDAY, SEPT. 19

Advocacy Training at AWARE, 8:30 a.m., Aware Inc. 40 hour training starting Sept 19 at 8:30am held at AWARE on evenings and weekends. For more information, call 586-6623

**DRAW Open Studio,** 10 a.m., The Canvas Community Art Studio and Gallery. Take advantage of a purpose built still life or a live model in a studio setting to develop and maintain your drawing skills. Visiting artists Tim Ortiz and/or Andreana Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

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#### SUNDAY, SEPT. 20

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Tlingit Language Learner's Group,

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**Open mic w/ Teri Tibbet,** 9 p.m., Alaskan Hotel & Bar, Come on down and play a couple. 21+, FREE. For more information, call 586-1000 x 405 or go to www.thealaskanhotel.com

#### FRIDAY, SEPT. 25

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#### SATURDAY, SEPT. 26

DRAW Open Studio, 10 a.m., The

Canvas Community Art Studio and Gallery. Take advantage of a purpose built still life or a live model in a studio setting to develop and maintain your drawing skills. Visiting artists Tim Ortiz and/or Andreana Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

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#### SUNDAY, SEPT. 27

The Tragedy of Othello, 7:30 p.m., Perseverance Theatre. The Tragedy of Othello written by William Shakespeare, directed by Tom Robenolt. Tickets sold at Hearthside Books, the JACC, and ptalaska.org. For more information, contact Tom Robenolt at *tom@perseverancetheatre.org*, or (907)463-8497.



Courtesy of www.alaskarobotics.com

## CAMPUS CALENDAR

#### ON CAMPUS

#### MONDAY, SEPT. 14

**Open Gym: Dodgeball**, 7 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6100.

**Open Gym: Volleyball**, 8:30 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym! For more information, send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6100.

#### TUESDAY, SEPT. 15

**Club Fair,** 12 p.m., Lakeside Grill. Check out the incredible student clubs UAS has to offer! For more information call 796-6306

**Open Gym: Basketball**, 7 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

**Open Gym: Soccer**, 8:30 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaaal! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

#### WEDNESDAY, SEPT. 16

**Liquid Sunshine**, 1 p.m., NRSC. Drink yummy blueberry smoothies and learn about the importance of vitamin D in SE-AK and what it can do for you! For more information call 796-6454.

**Open Gym: Volleyball**, 7 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

**Open Gym: Dodgeball**, 8:30 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game! For more information email *rec\_center@uas.alaska.edu* or call the REC Center staff at *796-6100*.

#### THURSDAY, SEPT. 17

**Egan Library Open House**, 12 p.m., Egan Library. Check out what the Library offers, and enter to win prizes! For more information, call 796-6300.

Film Series: Endangered Language, 7 p.m., Egan Lecture Hall. The film, "Language matters," by David Grubin, featuring poet Bob Holman will be shown. Bob Holman will be in attendance. For more information, contact 796-6509.

**Open Gym: Soccer**, 7 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaaal! For more information, send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

Open Gym: Basketball, 8:30 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court! For more information send an email to rec\_center@uas.alaska.edu or call the REC Center staff at 796-6544.

#### FRIDAY, SEPT. 18

#### Family Friday Night, 7 p.m.,

Recreation Center. Pick-up soccer, Basketball, and Dodgeball family games! For more information send an email to *rec\_center@us.alaska.edu* or call the REC Center staff at 796-6544.

#### SATURDAY, SEPT. 19

**SAA Dinner and a Movie**, 6 p.m., Recreation Center. Free, catered dinner and Pixar's "Inside Out!" For more information call

796-6569.

**Fred Meyer College Night,** 11:59 p.m., Fred Meyer. Discounts, prizes, and free food! Bring your Whalecard. For more information, call SAB at 796-6325.

#### MONDAY, SEPT. 21

**HvZ Registration Week Begins**, all day, Mourant 129. Register for the game and prepare for the apocalypse! For more information, call SAB at 796-6325.

Open Gym: Dodgeball, 7 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game! For more information send an email to rec\_center@uas.alaska.edu or call the REC Center staff at 796-6100.

**Open Gym: Volleyball**, 8:30 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym! For more information, send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6100.

#### TUESDAY, SEPT. 22

**Liquid Sunshine**, 11 a.m., NRSC. Drink yummy blueberry smoothies and learn about the importance of vitamin D in SE-AK and what it can do for you! For more information call 796-6454.

**Open Gym: Basketball**, 7 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

**Open Gym: Soccer**, 8:30 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaaal! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

#### WEDNESDAY, SEPT. 23

Sexual Orientation Training, 10 a.m.,

TBA. Training sessions to create a safer campus community for all! For more information, contact Margie at 796-6454, or *mwthomson@uas.alaska.edu* 

**Open Gym: Volleyball**, 7 p.m., Recreation Center. Serve, set, spike, and save twice a week in the gym! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

Open Gym: Dodgeball, 8:30 p.m., Recreation Center. Dodge, dip, duck, and dive in this fast-paced game! For more information send an email to rec\_center@uas.alaska.edu or call the REC Center staff at 796-6100.

#### THURSDAY, SEPT. 24

**Sexual Orientation Training**, 1 p.m., TBA. Training sessions to create a safer campus community for all! For more information, contact Margie at 796-6454, or *mwthomson@uas.alaska.edu* 

Film Series: Endangered Lan-

**guage,** 7 p.m., Egan Lecture Hall. The documentary, "Rising Voices: Revitalizing the Lakota Language," will be shown. For more information, contact 796-6509.

**Open Gym: Soccer**, 7 p.m., Recreation Center. Kick, pass, throw-in, kick, and goooooaaaal! For more information send an email to *rec\_center@uas.alaska.edu* or call the REC Center staff at 796-6544.

Open Gym: Basketball, 8:30 p.m., Recreation Center. Dribble, drop step, and dunk your way across the court! For more information send an email to *rec\_center@us.alaska.edu* or call the REC Center staff at 796-6544.

#### FRIDAY, SEPT. 25

**REC Center Closure**, all day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

Family Friday Night, 7 p.m., Recreation Center. Pick-up soccer, Basketball, and Dodgeball family games! For more information send an email to rec\_center@uas.alaska.edu or call the REC Center staff at 796-6544.

#### SATURDAY, SEPT. 26

**REC Center Closure**, all day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

#### SUNDAY, SEPT. 27

**REC Center Closure**, all day, Recreation Center. The REC Center will be closed for the joint use by the Alaska Army National Guard.

**HvZ Gameplay Week Begins**, 7 p.m., Recreation Center. A week-long game of moderated tag! Registration required. For more information, call SAB at 796-6325.



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