

University of Alaska Southeast

WHALE SONG

January 25, 2016

The Official Student Newspaper of UAS

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6 | **BREAKFAST, ALL DAY**



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page 9

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in Media
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Caverns and
Caveats
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ON THE COVER...

This absolutely gorgeous photograph of the Mendenhall Glacier was taken by Campus Life Director Eric Scott, who evidently continues to remind us that *his* New Years resolution is 1080p.

(Photograph by Eric Scott)

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WWW.FACEBOOK.COM/UASWHALESONG

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

*Did you start a New Year's resolution?
If so, have you kept it?*



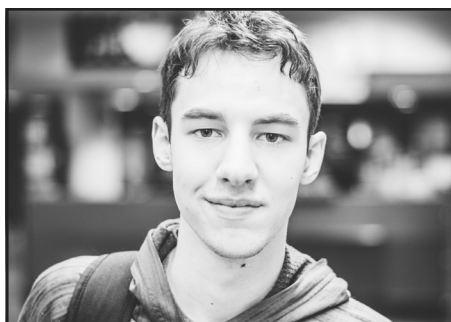
"I'm continuing to try and stay within my peak 'study zone' state of mind this semester."

-Karey Allen



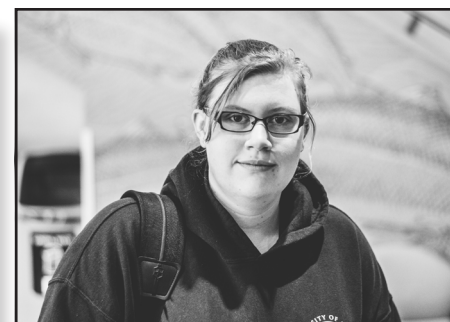
"I'd rather set goals throughout the year than wait for a new year's resolution."

-Bryce Davies-Brown



"Resolutions are not my thing. Why wait you know?"

-Brayden File



"I feel resolutions don't matter. You can start anytime of the year."

-Hannah Wolfe-MacPike



"Mine is to learn something new everyday, and it's a work-in-progress!"

-Mark Rosales



"My resolution is to workout every Wednesday, no matter what. It's off to a rocky start but I'm still going strong!"

-Riley Somerville

Letter from — the Editor —

BY DANIEL PISCOYA

for the UAS Whalesong

Hello, and welcome back to the Whalesong! I hope that winter has been kind to you, and that your semester thus far has been a good one. Personally, I spent my break in the Frozen North, called Fairbanks by some. I had many adventures, including downhill skiing on cross-country skis, contemplating the nature of frictionless surfaces while walking my dog, and discovering that sledding hills make bad chiropractors. Nowadays, I split my time between wondering whether words *can* actually hurt you while carving through my growing stack of textbooks, and getting overexcited at video games.

Now, if your semester is anything like mine, you're pretty busy. There's homework to do almost every night, and it seems like you leave home earlier and get home later every day. There is very little time to get involved in anything other than grades, homework, and class. It becomes hard to keep anything else in perspective when it seems like your to-do list is always held in front of your face.

We here at the Whalesong, however, have made it our mission to try to counteract this. Well, we're not here to convince you to do less homework - as an extension of the mission of the University, student learning is our main goal. Rather, we're here to help you keep your surroundings in perspective. In the next few pages, you will find articles ranging from University policies, to self-help advice, to movie reviews. This is because 'student learning' means so much more than just hitting the books, although hitting the books is definitely an element. Student learning means becoming more fully a person, more fully yourself. This means knowing where you come from, where you are, and where you are going.

So, by all means, if you have questions or comments on the university, on current events, on a film, or even if you have a poem you want to share, or a photo you want to feature, drop us a line at the email below. Madness is like gravity, but friends don't let you fall.

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

WANT TO WRITE TO THE WHALESONG?

Send your articles, comments,
letters, photos, or poems to

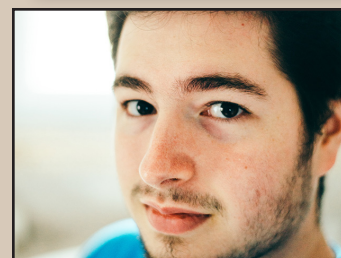
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and you could be published in an
issue of the school's newspaper!

WHALESONG STAFF



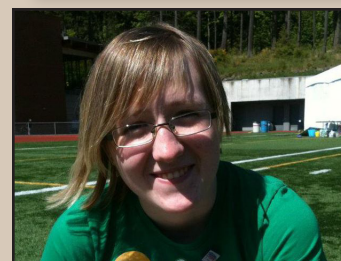
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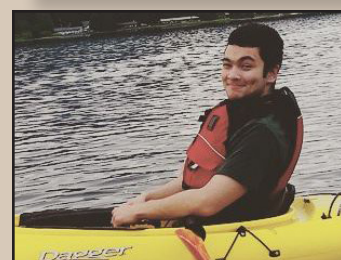
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Study Away: — Vermont —

BY MO MICHELS

For the UAS Whalesong

“Not good, not bad, just different.” I said these words to myself as I sat on the plastic like mattress in the white painted brick walled room. What had I got myself into?

I applied to the International Student Exchange Program (ISEP) in the Fall of 2014 with my heart set on traveling back to a country where I had lived in for 11 months a few years previous. My heart was set on it, really. Yet, a back-up plan is always important. So when my original exchange plan fell through I obtained the help of Marsha Squires, the incredible Study Away/Exchange coordinator at UAS. Instead of an international experience, I studied and traveled to a place within the boundaries of my own country, Johnson, Vermont through with National Student Exchange (NSE) program in the Fall of 2015.

I hoped Vermont would bring me out of the realm of comfort into a part of the United States that had previously not been on my radar - “the east”, and yet still this area might have some similar characteristics to home like mountains and a small town. What I knew of Vermont could be summed up into three bullet points: maple syrup, home to a few friends, and snow in winter.

I learned from my high school exchange the importance of having as few expectations as possible of the place you are visiting. And so it was, that when I flew across the country, I intentionally had very little knowledge of my exchange destination.

As I sat on that mattress surrounded by my belongings (bicycle box, duffel, backpack, suitcase) in the dorm room that was to be my home for the semester, I thought to myself... having no expectations was great but maybe I should have evaluated the expectations I had of myself too. Traveling somewhere new, leaving the comfortable routine of what you know, and setting yourself within a landscape where no face is familiar is challenging. Even when you have previous experience it is still important to remember to be patient with yourself. Transitioning into a new environment is an adjustment. When a situation, place, or experience is different than what you expect, it is important not to quickly judge whether the outcome will be good or bad, but again it is just different.

At home, when you are exposed to new, strange, and even challenging experiences you have established relationships with your community and environment. These relationships provide a support system or foundation from which to grow and learn. When I arrived in Vermont, I did not have a single friend among the 1,400 students attending Johnson State College. At home, there had been the

benefit of time to develop connections and become comfortable. However, on exchange, the fact that time is finite demanded I push my boundaries.

Every day whether I was in class, on the quad, or eating in the cafeteria, I forced myself to stick my hand out and meet new people. My mantra became, “Hi, my name is Morgan. What’s your name?” I would not have labeled myself an extrovert prior to studying in Vermont but there I learned to let myself be vulnerable and with determination began to build connections within the school around me.

Eventually, friendships were formed and although not all of them were deep and meaningful each was equally important to my new experience. My dorm room that had at first seemed uninviting was actually in a building full of caring and interesting people. An art student named Mina lived in a single; Ben and Maia lived together and studied wellness and alternative medicine; Allison was a basketball player and biology student, Matt and Tyler were brimming with energy and excitement every day, they studied outdoor education. It just so happened that not only was I living in the only co-ed floor on campus but we were also in possession of the only dorm kitchen. While I was still exposed to new experiences and situations daily I began to gain a sense of familiarity within my new school and surroundings.

Campus was small (similar to Juneau) and located on a hill above the just slightly larger town of Johnson with a view of Vermont’s Green Mountains (aptly named for there were trees as far as the eye could see). There were many firsts throughout the semester. I experienced more species of deciduous tree than I could count on two hands, crickets chirping all day, the extensive hiking trail system of New England, river kayaking, all kinds of farming, lightning bugs, colonial architecture, and heat and humidity at the same time.

Not everything went smoothly. I felt isolated at times, and school was challenging at others. However, these struggles were no different than those I would have faced at home. What my exchange offered was the ability to take on these challenges with new perspective. For instance, I often plan more obligations and responsibilities than I can manage which results in me feeling worthless and irresponsible. In this new place I was forced to recognize that there was simply too many new experiences for me to do, especially everything at once, and that using my time and energy efficiently by taking on only a few obligations at a time let me be more present, and led to my overall happiness.

Studying away challenges what you know about yourself by placing you within an unfamiliar context. Reflecting back on my exchange experiences at Johnson State College in Vermont, I realize that the most valuable part of my exchange is the self-awareness that I now carry. Taking myself outside of the realm of what I thought I knew allowed me to grow and gain perspectives that I now benefit from back home in Alaska.

Health Corner:

— What to do if you have the Flu —

BY AMANDA ARRA

For the UAS Whalesong

What to Do if you have the Flu

Do you have a fever, cough, body aches, sore throat, headache and nausea? If so, you may have the flu. “Flu” is short for influenza, which is an illness caused by viruses of the same name. The viruses that cause the flu are constantly changing, which is why the flu shot must be given every year. The immunity that you develop to the flu virus one year will not help you the next year because that virus has changed its identity or an entirely new flu virus has arrived in your community.

What should you do if you have the flu? Stay home! The more you move about, the sicker you will feel and the higher likelihood that you will make others sick. If you must go out, wear a mask to prevent transmission (available at the UAS Clinic). The flu virus can be transmitted by sneezing or coughing, or by hand to mouth/eye/nose transmission. Washing your hands is one of the best ways to prevent giving what you have got to others. Alcohol based hand sanitizers are an effective way to kill germs on your hands when soap and water are not available.

Because the flu is caused by viruses, antibiotics are not effective. So the treatment of the flu comes down to easing the symptoms. Ibuprofen and Tylenol can ease body aches, sore throat, headaches and reduce fever. If nausea is present, Tylenol is the least likely to upset your stomach. If you are nauseous, avoid high protein, high fat, high fiber or raw foods and instead stick with liquids and soft foods such as clear broth soups, oatmeal, mashed potatoes and cream of wheat.

Coughing, diarrhea and vomiting can severely dehydrate you. To avoid this, drink plenty of fluids but avoid cold drinks which can upset the stomach. Room temperature or warm drinks are best such as herbal teas, Gatorade, seltzer water, cup of soup, juices and Kool-aid. Avoid caffeinated drinks including Coca-cola and coffee. Honey can alleviate a sore throat and saline nasal irrigation (netti pot or nasal spray) can reduce congestion.

Sometimes more serious illnesses can be confused with the flu. If you have any of the following symptoms, see a doctor right away: A fever over 102 degrees, difficulty breathing, persistent vomiting, confusion or delirium, severe abdominal pain, or severe headache that persists despite pain relievers.

You may have heard of Tamiflu and think that it is a “cure” for the flu. Unfortunately, this is not the case. Tamiflu must be taken within 48 hours of the first flu symptoms to be effective and may shorten the duration of your illness by about one day. Most people will suffer from flu symptoms anywhere between 1 – 2 weeks, so it is unlikely that Tamiflu will make a noticeable difference to your illness.

Many people think that the flu shot is just for old people and do not realize that most health insurance plans will cover this immunization for all ages. A doctor’s visit is not necessary - your local pharmacist (Fred Meyer, Safeway, Walmart) can give you this immunization and bill your insurance. If you do not have insurance, you can get the flu shot at the Juneau Public Health Center free of charge.

How can you prevent getting the flu? Keep your immune system healthy! Get enough sleep (for most people that means 6 – 8 hours a day), drink plenty of water, eat at least five servings of fruits and vegetables a day, and take vitamin D which is essential for your immune system to function properly. There is a handout in the UAS clinic and counseling waiting room that can help you determine how much vitamin D you should be taking.

To prevent disease transmission, wash your hands frequently, cover your mouth when sneezing or coughing, and carry alcohol based hand sanitizer with you when you leave home.

Remember that the self-help table in the UAS clinic waiting room has Tylenol, ibuprofen, saline nasal spray, cough drops and that there are hand sanitizing stations located around campus. Take advantage of these offerings!

— Suddenly, College:— There's an App for That

BY ALEXA CHERRY

For the UAS Whalesong

When the end of summer and winter break roll around, the patterns in my internet history undergo an abrupt change. While I may have spent most of the break swapping back and forth between the same six or seven websites, the last two weeks find me zeroing in on multiple different websites that all have one thing in common: they're related to studying. Whether it be study habits, cool stationary, or master lists of relaxing music and helpful web resources, I am on the hunt for anything and everything that can help me improve the upcoming semester over the previous one. As of this past winter break, I did some research, and found several apps that I plan to use over the course of this semester in order to try and keep myself more organized and better-scheduled. So, I thought I'd write an article detailing what I found and how I'm using them, and maybe do a check-in article later in the semester letting you guys know how and if they are working for me!

Google – Google everything is a crucial part of my life, especially as someone who uses an Android-based smartphone. In fact, a large part of why I upgraded from my old Samsung Galaxy S3 (a long time ago, don't worry, I'm not that far behind the times) was so that I could have the software update that would allow me to use Google Keep. This is essentially a notepad app; however, it's really easy to use, which is a bonus in any app for me. You can make notes of any length, checklists, add photos and pictures, and quickly and easily discard and retrieve any notes whenever you need to. It's also full of bright colors and makes use of a very readable font. In addition, it connects to your main Google account like any other Google app, which

means that if you're glued to Google like I am, you can access it easily on any device. This is great, because in my experience, a productivity app is only as effective as its accessibility. It's only too easy to accidentally forget your tablet, computer, or even your phone, and decide not to work on or complete a project because your notes and information regarding it were on the device that you don't have with you.

Inbox is another Google app that I've found really useful, and have in fact used to replace the Gmail app on my phone. It's basically the same thing as Gmail, except more organized; while you have a free reign with customization, upon download it sorts your E-mail inbox into neatly labeled categories like Promos, Purchases, and Social. You still have one main inbox for everything that remains unsorted, but the category inboxes make it a lot easier to see your actual important E-mails, while things like your online shopping receipts and updates from Pinterest and Tumblr are neatly tucked away for you to deal with later. It also allows you to "pin" important E-mails to the top of your inbox, and check E-mails as being done – which is really nice, because it tidies your inbox without you having to delete everything and then worry later about whether or not particular E-mails that are now gone forever were important.

Music Apps – It's fine to listen to your own music when you're studying, but sometimes you want something different or without lyrics. For this, it's really useful to have some kind of music app on your phone with preloaded playlists that you can pull up in a jiffy. Spotify and Pandora are two of the most commonly known music apps; the latter is a pretty basic internet radio system, while with the former you can put together

and select playlists on your computer and play them on your phone/tablet/device of choice later. However, it's worth noting that unless you're willing to dish out some cash for Spotify Premium, there will be occasional commercial breaks and you will only be able to shuffle-play the songs if you aren't using Spotify on your computer. Other apps that I would recommend are 8tracks, where you can both find and make your own playlists for anything under the sun as long as it contains at least 8 songs; Songza, which is another playlist app that offers lists of playlists for specific situations (sleeping, waking up, studying late at night); and iHeartRadio, which is good for if you have a particular radio station that you like to listen to back home.

To-Do List Apps – Some people like to keep a paper to-do list going, which is totally fine! However, I find that I tend to lose paper like it's something I'm deliberately trying to get rid of, so I like to make a virtual to-do list and then write it down on actual paper if I feel like it. I've been trying out a couple different to-do list applications, and I think the secret for me is finding one that I like the look of, is easy to use, and which I can get downloaded on multiple different devices.

Todoist is one that I've used for a while. It's pretty straightforward; you have a list of "projects" that you create your lists under (academic, personal, work), and then you can create to-do tasks either under those projects or just within the generic inbox whenever you feel like it. It also has a nifty feature where it will E-mail you at the beginning of the year to let you know how productive you were in the previous year, and give you stats on things like what your most productive days were. Unfortunately, it's a little lacking in areas like setting up due date reminders, which is a feature that it only allows you to use if you're willing to get the version that costs money. So I also downloaded Wunderlist, which someone from BuzzFeed said they use as their primary to-do list app. It seems to be a little more streamlined than Todoist so far; instead of having to navigate to a list of "projects," like in Todoist, in Wunderlist your projects

list is the first thing you see. That way, you can choose where you're going to put your to-do option, rather than have it automatically go into a generic inbox that you then have to go into and sort.

General Productivity/Habit-Forming - Two cool "habit apps" that I've found recently are 7 Weeks and HabitBull. In both, you input a habit that you would like to build, and then you basically just check off each day as it passes. I prefer 7 Weeks because I think it has an easier-to-use interface, but as far as I can tell it's intended for daily habits, like making your bed and brushing your teeth. HabitBull varies from this in that you can set a specific time period and goal for your habit. For example, you can put in that you want to do yoga at least 3 times a week. Then, once you've done yoga 3 times a week, the app congratulates you and encourages you to continue. As far as general productivity goes, Fabulous is a fairly new one that I've been trying out; it helps you create a daily routine to help structure your life, and issues "productivity challenges" that you can accept or reject as you see fit. It also includes motivating letters, advice for helping you focus, and morning/afternoon/evening rituals that you can customize. (For example, my morning ritual includes making a to-do list, and my evening ritual includes drinking tea.)

Finally, an app that I use for my computer is Momentum. This is a "new tab" extension for Chrome; every time you open a new tab, it displays a picture in the background (a new picture every day), the time, and an inspiring quote-of-the-day. I like this app because it's nice to look at, and it has a place for me to write my primary goal for the day so that I get reminded every time I open a new tab.

Hopefully you find some, or at least one, of these apps helpful! I'm going to continue using them, and also continue to do some research into ways to assist with productivity, so stay tuned for any update articles. Until then, you have no excuse for not being organized! So go, be free, and get things checked off.

BY CALLIE CONERTON

For the UAS Whalesong

Welcome back students.

Student Government has a busy semester ahead of us this spring and we are excited to take it on and give you all we got! We have a full senate this semester with Senators Hannah Wolfe-MacPike, Tim Wilson, Naomi Edenshaw, Karey Allen and Griffin Plush with Austin Tagaban as your Vice President and myself, Callie Conerton, as your President.

We want to welcome you to our office every Wednesday for a morning coffee and treats! Stop by for a cup o' Joe, tea, hot chocolate and a yummy treat. This is a great time to talk to a senate member about anything that you think that the school would benefit from, something you would like changed, or something you would like our support on. We would love to work with you on

— Student Government Update —

issues that you are passionate about!

The United Students of the University of Alaska Southeast have our Annual Legislative Affairs Conference that we host with the Coalition of Student Leaders coming up in February. This conference brings together student government leaders from all around the state to advocate on behalf of the University of Alaska at the Alaska legislature. The legislature always loves meeting with students and if you would like to meet with your legislator, we would be more than happy to help you set up an appointment at some point during the legislative session, which started last week and lasts at least until mid April.

There are a couple things to touch on about President Johnson's new guidelines in terms of

hiring and travel. This is mainly in regards to staff and faculty. Students that are traveling with travel grants from student government will not be affected. In most cases student employees will not be affected in terms of the hiring freeze, this freeze is only to main staff and faculty positions. There was a holding period set in place before this but the freeze has been set to follow Governor Walker's freeze. If you have any more questions about President Johnson's new guidelines for travel and hiring, please feel free to contact us and we can point you in the right direction if we do not know the answer ourselves.

I would like to urge you to like our Facebook page, stop by our office, and join us for any campus event. It is the best way to know what

is going on with Student Government and an easy way to be involved on campus! We do have a couple travel grants that are available for the spring semester. If you need help traveling to a conference or an opportunity that is relevant to your education, again for more info, stop by! If you want to see some more of the action, we have weekly meetings, normally in the Glacier View Room in Egan from 8:30-9:30 on Tuesday mornings. We are just getting into the swing of things here and we are excited for a hopefully sunny spring semester!

We are located in Lower Mourant, in room 214, across the hall from Student Activities Board, by the elevator. If we are not in the office, please feel free to go into the SAB office and talk to our admin, Kayla, or leave a message on the President's desk. You can reach us by email at: jypes@uas.alaska.edu or by phone at 907-796-6517.



BY ALEXA CHERRY

For the UAS Whalesong

By this point in your young adult life, you've probably made up your mind which way to feel about the common adage that "breakfast is the most important meal of the day." Some people live and die by this saying, and will not leave the house in the morning until they've consumed food. In fact, these people are often known to get up well before they actually need to leave the house in order to make themselves, and maybe their friend/significant other/roommate, a wholesome breakfast. My old roommate was one of these people; in fact, one year for Christmas, she got an electric griddle to more easily facilitate the breakfast-making process.

Other people, however, tend to find themselves falling squarely into the opposite camp of thinking when it comes to breakfast – which is that yeah, it's nice, but it's not a necessity. Breakfast is hard; if you're not already a morning person, even the extra 15-20 minutes earlier that you have to rise in order to make and consume a bowl of cereal can seem like a Mighty Sacrifice when you could hit snooze for that amount of time instead. I will confess to being one of these people; I will take any opportunity to maximize on my amount of sleep time, and at this point I'm used to rarely (if ever) eating in the morning.

But lately, I have gleaned information about breakfast that I didn't know before – and considering that I might not be the only person to whom this knowledge was new, I thought I would share it with the masses. For years, the importance of breakfast has been pressed upon me, and for years, I've assumed it was a mostly groundless rumor spread by health magazines and

misinformed scientists. One day, however, I heard something that justified this claim of importance and struck a chord with me. It made me realize that I had never actually understood, asked, or been told why breakfast was supposed to be the most important meal of the day.

Breakfast is important because it's (ideally) eaten in the morning – that's sometime before noon, for the average young adult, but not necessarily for the average college student – and is the first food you consume in the day. This means that as you go about the rest of your day, you're going to have more energy (because you'll have something more substantial than your morning cup of coffee* to turn into energy). You are also going to be more full, which is not something you might notice at first but will when you are no longer barging into the cafeteria between afternoon classes in search of anything that looks good and is filling. I personally have been trying to get better about actually eating breakfast, and I find that when I do, my entire lunch experience is improved. I go from "I'M HUNGRY FEED

The Most Important — Meal —



The Lakeside Grill now serves breakfast all day. Their hours are 8 a.m. to 6 p.m., Monday through Friday, and 11 a.m. to 4 p.m. on weekends. Photos by Daniel Piscocoy.

ME NOW" to "I'm kind of hungry, but not starving, so let me peruse my options and choose something that looks good." Also, when lunch is not your first meal of the day, it lessens the risk that you'll choke on something while inhaling your food. In addition, if you're well-fed before leaving the house, you will be better able to focus in class – I've met several professional adults who swear that it's honestly impossible to do your best at anything on an empty stomach.

It helps if you consider that breakfast is not necessarily a complicated affair. I always make a point of having bananas in my kitchen; you could substitute this with whatever kind of fruit you like, if for some inexplicable reason you have a distaste for bananas. But the point is that bananas are nature's original granola bar – you just peel and eat, no preparation required. And they're easy to pair with some peanut butter toast, or even jelly toast. I find that a bowl of cereal is immensely improved with the addition of banana slices, and makes me feel like a better and healthier person (even if the base cereal is 75% sugar – sorry,

Mom).

And of course, the cafeteria serves breakfast – which brings me to the most important part, and ultimate purpose of, this article. In case you didn't know yet, I have exciting news: the Lakeside Grill is now serving breakfast all day. Yeah, that's right, you heard me, ALL-DAY BREAKFAST. For those who can't or won't get to campus an hour before a morning class in order to eat some eggs and sausage, or for anyone who has ever gotten out of their morning class right when the cafeteria quit serving breakfast, it is your time to shine. So get up, get out there, and put some food in your face while the clock still says AM, because now you know why it's good for you.

(*the author of this article in no way discriminates against a morning cup of coffee, and in fact considers it an essential part of any routine. however, it is still recommended that you pair the coffee with something more substantial than a biscotti.)

WANT TO READ MORE?

Find previous issues of the whalesong at
www.uas.alaska.edu/juneau/activities/whalesong/

UAS Anti-Harrassment — Statement —

At the University of Alaska Southeast, it is illegal to discriminate against any individual because of race, color, religion, national origin, age, sex, sexual orientation, gender identity, veteran status, physical or mental disability, marital status, or pregnancy or parenthood.

UAS is committed to a safe and healthy educational and work environment in which educational programs and activities are free from discrimination on the basis of sex and gender identity. All members of the UAS community and visitors have the right to be free from all forms of gender and sex-based discrimination, including sexual violence, sexual harassment, domestic violence, dating violence and stalking. Because gender-based and sexual misconduct has a negative impact on members of our community, UAS has a zero-tolerance policy for it. Students and employees found responsible for engaging in acts of gender-based or sexual misconduct will be disciplined, which may include suspension, expulsion or termination.

Members of the UAS community and visitors are encouraged to report any incidences of gender-based or sexual misconduct, including harassment, assault, dating and/or domestic violence and stalking. To submit a report, contact Lori Klein, Regional Title IX Coordinator at 907-796-6036 or email title9@uas.alaska.edu or access the UA Confidential Hotline at 855-251-5719 / www.alaska.edu/ethicspoint.com to make a confidential or anonymous report. UAS does not retaliate against those who raise concerns nor will it tolerate others' retaliation against them.

UAS is committed to conducting prompt and equitable investigations. The purposes of any investigation are to determine: 1) whether prohibited conduct has occurred, 2) whether there is an ongoing risk of harm and if there is a need for any interim measures such as room changes, protective orders, or scheduling adjustments to mitigate additional harm, 3) what resources need to be put into place for any of the involved parties, and 4) whether system-wide or local changes to policies, practices or training should be considered or implemented.

UAS offers a myriad of resources for victims of gender-based and sexual misconduct. Free counseling services exist for all UAS students, regardless of where they live. UAS counselors serve as confidential resources as do community resources in Ketchikan, Sitka and Juneau. For students who live and study outside of those communities, UAS can assist with connecting students to resources as appropriate.

Working together, UAS students and employees can create an environment free from gender-based and sexual misconduct. UAS is committed to promptly stopping and preventing the recurrence of gender-based and sexual misconduct, eliminating hostile environments, and remedying misconduct's ill effects. For more information about how to engage in positive, supportive behavior and report misconduct, please visit the UAS webpage at <http://www.uas.alaska.edu/policies/titleix.html>.



Take Care — of — Yourself!

BY KAYLYN HASLUND

For the UAS Whalesong

People often tell you that you should wait to enjoy something or that you should work hard before you let yourself just boondoggle - that you have to gain the right to something or earn it. But what they most often forget is that one's mental health should come before anything else. If you're not doing okay, then everything else in your life might suffer because of it. Instead, you should be enjoying life, (while being safe, admittedly) but not forgetting that you have wants and needs beyond education. You have to love yourself in equal turn.

The first thing you need to think of is dressing a certain way because you want to, without insulting or hurting anyone. If you want to wear that dress or that shirt, but don't have a real reason to, do it because you want to wear it. No one or anything should stop you from dressing how you'd like to. You may think that one day you'll wear that special outfit you bought, for a special day, but instead why not make an ordinary day better because you decided to wear that outfit? A confidence boost because you feel good in those new jeans never hurts. This goes hand in hand with seeing something in the store and thinking you'd like to buy it, but never see yourself wearing it. If it won't break your bank or budget, why not treat yourself to a nice shirt that makes you feel extra great?

The second thing is eating food you want to eat, but no overdoing it by gorging yourself or spending too much at once. Do you want that fancy coffee, but don't really see any reason to buy it? Well, why not? Get an extra pump of strawberry and some whip cream. If it's not an allergy or against a strict diet, have some food that you don't get that often. Go out to McDonalds because you want to have some. Have some dish because it's important to you and reminds you of good times. Once again, if it won't break your budget, have a special meal. Is there a food or treat you've been saving? Maybe

have it sooner rather than later, it can make a world of difference for how you may feel. The longer you wait the more the item will seem special and you'll never have a reason to eat it. You'll have built it up in your head to an unrealistic event. And eventually it'll just be sitting in your cabinets because the right time never came.

The third thing is personal health care. If you want to take a nap, take one, but set an alarm so that way, you get up and finish anything you need to. Sometimes you need to stop and recharge. Take a nice relaxing bath with a Lush bath bomb or even just take an extra-long shower to melt away your stress. If you're not pushing off other important events in favor of these, then it's okay to take some time for yourself, even with other things happening in your life, you have to remember that your wellbeing should always come first. Taking the time to take care of yourself won't hurt, because you matter and deserve to feel good. Get a nice lotion to keep your skin moisturized. Cut your nails. Anything that helps relieve some outside stressors, whether it is just getting some extra sleep or a washing your hair.

The fourth thing is making time to socialize. It's good to spend time with other people, who also need to remember to care for themselves. You can get together and watch a movie and unwind, order a pizza, talk about anything. The longer you spend putting off interactions with others, the less you'll be invited. It's okay to take time and see your friends, because they probably also need to be told these things from time to time. They probably even would love to take time and spend some with others as well, because being around other people is another way of taking care of yourself in a more conventional way. Go out with them, catch a meal you can split to save some cash, and remember that they care about you. Sometimes the best way to deal with things is to be around others who are also learning how to deal.

Sometimes we forget that we are just people and that it's okay to take a break or treat ourselves. Yes, you should get work done and focus on important things in your life, but you can't spend your entire life doing that or you'll run ragged. So take some time or do something for yourself that only you can do.

First Litter of Puppies — Born by IVF —

BY ANNELIESE MOLL

for the UAS Whalesong

On December 9, 2015 Cornell University published a study in which they were able to successfully sire a litter of puppies by in vitro fertilization. In vitro fertilization (IVF) is a pretty complex process that is utilized when treating individuals with genetic or fertility trouble. During the procedure mature eggs are taken from a female and sperm from a male and then the egg is fertilized within a laboratory. To add another level to this experiment, researchers decided to cryopreserve (preserve though freezing) the eggs and sperm of the dogs since the majority of eggs and sperm collected from humans is stored this way (Nagashima et al. 2015).

Surprisingly, prior to this study there has been very little work done in regards to canine species. Which is interesting because there are currently over 300 known heritable disorders or traits present in dogs that are very similar to conditions observed within humans. Since their domestication humans have selected for specific traits both aesthetically and behaviorally.

Earlier this month researchers at the University of California Los Angeles published a study where the complete genome of 19 wolves, 25 wild dogs, and 46 domesticated dogs from 34 various breeds (Marsden et al. 2016). The results indicated that domestication may have gradually led to an increase of harmful genetic changes. Researchers speculate that this is a result of reductions in population sizes which led to a bottleneck situation. Kirk Lohmueller, senior author of the research and assistant professor of ecology and evolutionary biology in the UCLA, mentioned that “[within] selective breeding programs, particularly those aimed at conserving rare and endangered species, may need to include and maintain large populations to minimize the inadvertent enrichment of harmful genetic changes.”

The research from Cornell University regarding in vitro fertilization of dogs combined with gene editing tools, such as CRIPSER, could lead to beneficial changes regarding heritable genetic disorders within not only dogs, but other domesticated animals. Stepping even further this could easily have a large impact on how we approach the conservation of endangered species.

References:

Marsden, C. D., Ortega-Del Vecchyo, D., O’Brien, D. P., Taylor, J. F., Ramirez, O., Vilà, C., ... & Lohmueller, K. E. (2016). Bottlenecks and selective sweeps during domestication have increased deleterious genetic variation in dogs. *Proceedings of the National Academy of Sciences*, 113(1), 152-157.

Nagashima JB, Sylvester SR, Nelson JL, Cheong SH, Mukai C, Lambo C, et al. (2015) Live Births from Domestic Dog (*Canis familiaris*) Embryos Produced by In Vitro Fertilization. *PLoS ONE* 10(12): e0143930. doi:10.1371/journal.pone.0143930

University of California - Los Angeles. (2016, January 11). Dog domestication may have increased harmful genetic changes, biologists report. *ScienceDaily*. Retrieved January 19, 2016 from www.sciencedaily.com/releases/2016/01/160111162701.htm

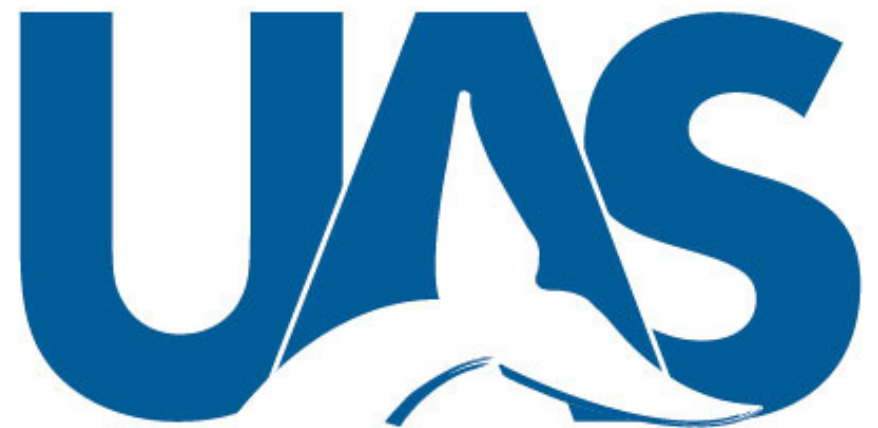
— New Title IX— Coordinator at UAS

Lori Klein has been hired to serve in the role of Title IX Coordinator for UAS. Ms. Klein has worked for UAS on and off since 1996, most recently as the Director of the Student Resource Center. She has over a dozen years of experience in higher education and eight years of non-profit experience serving youth and families.

Ms. Klein takes over Title IX responsibilities from former Human Resources Director Kirk McAllister. In addition to overseeing Title IX compliance, Ms. Klein will be responsible for responding to all reports of sexual misconduct and working with the campus community to develop strategies for prevention and awareness.

Title IX is a federal civil right that prohibits sex discrimination in education. It was established in 1972 as an amendment to the 1964 Civil Rights Act. Initially and among other things, Title IX was designed to bring gender equity to college sports. But it’s not just about sports. It addresses sexual harassment, gender-based discrimination and sexual violence in all aspects of the college environment. Title IX applies to all members of the university community regardless of real or perceived sex, gender identity, and/or gender expression.

Lori invites you to contact her directly to share your thoughts on Title IX issues or to report any incident of sexual harassment or sexual misconduct. She can be reached at 907-796-6036 or email her at laklein@uas.alaska.edu. Her office is located in the Admin Services Building.



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— Star Wars Review: — The Force Needs Five More Minutes, Mom

SPOILER ALERT

I tried to keep this article to my opinions and facts already known from the trailers, but as the movie has been in theaters for 2 months now I warn you: read at your own risk!

BY ALEXA CHERRY

For the UAS Whalesong

When I was growing up, my friends referred to me as a “walking, talking Star Wars dictionary.” I’m sure I was not alone in this – though in my isolated cul-de-sac in my small corner of the American Southwest, I was the dominant Star Wars authority. I know because I defeated all who challenged my title, though admittedly, not with knowledge. Why try to outsmart someone when you can just hit him or her with your plastic lightsaber until they go away? This is a philosophy that I have maintained late into life. Star Wars was a huge part of my life from basically birth until I was roughly 13 years old. So, fast-forward roughly a decade, give or take a few years. I was upset when they announced Disney’s acquisition of Star Wars, and still more upset when I found out that another actual movie was being made. You are talking to someone who, in her teen years, came close to fisticuffs over being recommended the animated Clone Wars show by a friend. “Watch it,” they said, in response to which I would go off into a harangue about the original sextuplet of films being the One and Only Canon and any other televised attempt at telling the saga was Wrong and Bad and so were they for partaking in this malarkey.

Long story short, I wasn’t planning on going to go see Star Wars: The Force Awakens at all. I ignored all trailers, avoided all hype, refused to discuss it in public or private – and then, upon coming home for Christmas break 2k15, I realized that if I didn’t watch it I was going to get it spoiled for me by social media and that was the worst possible thing. Undergoing a drastic 180 in attitude overnight, I convinced my



dad to go see it with me, and so off to The Valley Cinema we went.

I am delighted to announce that The Force Awakens was an absolute romp of a film. “Romp” seems like a weird word to use, but I think it’s a great description. TFA (as I will henceforth refer to the movie) was nostalgic, but in the fun and exciting way rather than the sad, bittersweet one. It takes viewers on a wild space ride down both memory and adventure lane, while still being accessible to anyone who hasn’t seen the original 6 films (and yes, they exist, I’ve met some of them). And as far as the characters went, they were amazing and enthralling, but also amusing. The main villain, Kylo Ren, is a spooky man in a spooky mask with a ridiculous laser-hilted lightsaber that looks poorly constructed because it is –

it’s a vintage lightsaber from the era of A New Hope, because while Kylo is wildly antagonistic, he’s also a total hipster. The new Adventure Trio is composed of the absolutely charming Poe Dameron, a dashing Rebel pilot with persistently perfect hair; Finn, a Stormtrooper who has too many feelings for his own good and a penchant for holding his friends’ hands; and Rey, a Strong Female Character who can laugh and be relatable just as easily as she can kick ass. And there are the trailer-hyped cameos, of course, with Han Solo, Princess-General Leia, and Chewbacca fighting alongside the new squad.

My other main concern regarding TFA was related to the new droid, BB-8. As a kid, I would have followed R2-D2 anywhere, even when I couldn’t understand what it was



Images courtesy of Richard Eriksson. Retrieved from the Flickr commons.

saying. When the hype about TFA started growing, and especially after it finally premiered, I began to hear ominous murmurs that the new droid was better and cuter than R2-D2. Highly offended by these slurs against my favorite droid in the universe, I made up my mind that there was nothing BB-8 could be or do that would make it likable. However, I was immediately proven wrong. BB-8 is not better than R2-D2, but then again, nor is it any less lovable. In a modern-day alternate universe version of TFA, BB-8 would be Poe Dameron’s spoiled corgi. While being completely loyal to Poe, it’s also friendly and loved by the rest of the new squad, and has every bit as much personality as R2-D2 and even C-3PO. Heck, I might get myself one of the \$150 Sphero BB-8 toys as a graduation

present – I’m that into it.

Plot-wise, the movie was very well paced and seemed pretty clearly explained. It kept the hype momentum going from the opening scenes, maintained the PowerPoint-style transitions from the original movies, and as I mentioned earlier, it did not rely so much on previous film knowledge that it was unappealing to audiences new to Star Wars. I’ve only seen it once, and the one problem I did have was with the aforementioned “hype momentum.” When the movie started and throughout most of it, I was thrilled and almost falling out of my seat; however, at the end, the movie takes a sharp drop in energy levels, becomes kind of bland, and leaves off on a very open-ended, frankly unsatisfying conclusion. I know that the sequel is already in the works, but I don’t think it’s very good movie-making form for your film not to be able to stand on its own. TFA essentially left off on a giant “TO BE CONTINUED,” which did not leave me as a viewer feeling very enthusiastic.

Regardless, I would still recommend going to see it if you haven’t already! If you love Star Wars, you’ll like it; if you’re new to Star Wars, I’m pretty sure you’ll like it. There’s been a trend of “grim-dark sci-fi” in modern media lately, where the future is a horrible time and space is a horrible place and no one is allowed to have any fun. TFA turns this trend on its head, having flagrant amounts of fun and offering exactly zero apologies for it. And if you’re a college student like I am, I think we can all agree that “flagrant amounts of fun” are more often than not a necessity to get us through the semester.

— On Representation in Media —

BY KAYLYN HASLUND

For the UAS Whalesong

Television, movies, and all other forms of mass media hold a tremendous amount of inspiration for people, as well as a template for some to see themselves in. This template is typically only for a specific type of person. It's not often that all people of all backgrounds are given equal opportunity within these realms. While complaints are loud and clear, often they are shouted down by media producers. To see people of color and those of LGBTQ+ backgrounds is a scarcity that we should be making strides to fill out.

Sometimes, when minorities are cast, it is as stereotypical role, or never fully addressed until long after the show or book has stopped being produced. This is a sad reality that is slowly being amended by people taking media into their own hands. Slowly but surely, with certain projects, people are taking stories and making accurate representations for those who struggle.

For instance, there is *Hamilton*, the Broadway show where all of the founding fathers are played by men of color. Giving a different look into the story of our nation as well as the men who helped build it, many people are seeing themselves finally being represented. Lin Manuel-Miranda, who wrote the musical, has said that he hopes



**The Cast of Mad Max: Fury Road at the Cannes Film Festival.
Image courtesy of Georges Biard. Retrieved from the Wikimedia commons.**

young people will see the show, and will further constitute a more realistic amount of representation within mass media as they grow up. This is important, because when you grow up with musicals like *Hamilton*, where a majority of the cast is people of color, what are you, in turn, going to produce? Hopefully, more shows like this. *Hamilton* has been extremely successful, being consistently sold out, and being seen by many celebrities, and shows no sign of slowing.

There is also a growing representation of strong female characters, who are changing what strong female characters mean, and how we can view those who identify as such. *Mad Max: Fury Road*, has a main cast that is predominantly female, and shows variations of what strength means. They include women of color, pregnant women,

elderly women, and women who have survived sexual assault. Many of these women are not often shown as strong in a lot of media, usually only there to play second fiddle to a male character. This takes away from their own actual personality and character arc. Sometimes, they are even background characters merely to accelerate the male lead's character arc. *Mad Max: Fury Road*, instead shows an equality between the male and female leads, never seeming to fall into cliché. And the film did well in the box office, gaining a cult following for its surprising feminist aspect. The director felt that feminism was not only an important aspect, but easy to portray. While it isn't the only film to do so, this particular film may help start what could be a new wave of females in media because of its scale and popularity.

Unfortunately, for those of the LGBTQ+ community, there is a greater struggle to have accurate representation. This is because often times, the choice is made to have someone who is heterosexual playing a gay character, or having someone who is cisgender playing a transgender character. This is a major problem for those who would have wanted to see a person like themselves in TV shows or movies, instead of watching a cis man play a trans woman because it was easier to cast. Complaints are often met with excuses of why the choice was made, citing that the production is set before the character transitioned or that there weren't enough people of the community auditioning. Filmmakers often exacerbate the issue by saying the LGBTQ+ Community should be happy that it is getting any representation at all. While steps are being taken for some groups, there are still struggles for others. Hopefully, with the growing movements to include all people, we can begin to see a better representation in media of our overall culture.

Representation is important, especially in media that is consumed by so many people at once. We see ourselves in characters and when there is an alarming lack of diversity, people feel a sense of being invisible. We forget that there are people beyond ourselves, and with the above examples, hopefully we can begin thinking beyond what we are used to, or even begin really remembering the world around us.

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- **Calculators and money management:** view our private student loan products and budget for repayment at wellsfargo.com/student

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— CONSENT: — It's Clear and Verbal

BY ALEXA CHERRY

For the UAS Whalesong

We all know what consent means, right? Just in case, I got the Google definition: consent is “permission for something to happen or agreement to do something.” And, as I’m sure we’ve all seen on the various stickers and flyers that have been making their way around campus, consent is two other things: clear and verbal. Both at the same time, not one or the other. If someone is intoxicated or incapacitated in any way, their consent is not clear, even if it’s verbal. If someone gives verbal consent but it’s not very clear if they really meant it, they haven’t actually given consent. And, perhaps most importantly, consent is something that anyone can revoke at any point in time – and neither you or anyone else can tell them they don’t get to do that.

The concept of consent is most commonly discussed in a sexual context. Usually, during new student orientation, there is a presentation given on sexual harassment, consent, and the ins and outs of such. (I only saw it once, but a particular favorite of mine was a video that compared consent to a cup of tea. If someone says that they like tea but they don’t want it at the moment, you wouldn’t force them to drink tea anyway.) That being said, it was recently brought to my attention that there is a video game in existence whose entire purpose is to drive home the importance of consent – specifically, sexual consent.

The game is called Cute Demon Crashers, and it’s an American take on the Japanese genre of otome games – aka dating simulators. The premise is that your character is home alone when 3 incubi (male sex demons) and a succubus (a female sex demon) warp through a portal into your house. You ask them to leave, and they say they will, but the portal won’t re-open for 3 days, meaning they’ll have to live with you for a while. After 3 days of interacting with each character and getting to know them, they give you a chance to choose one of them to sleep with. Now, since the whole point of the game is about consent, you can say no not only right off the bat, but at any point later on, even if it seems like it’s too late to do so. Since otome games are getting pretty popular in America these days, the creators of Cute Demon Crashers wanted to use that popularity to promote consent and the importance thereof in the bedroom (and all other facets of life).

Consent is also important in other, non-sexual areas. For example, if your friends invite you to a party and you don’t really want to go, you don’t have to let them pressure you into going. You can stay at home and take that nap, do that homework, play that video game – and you don’t have to justify why, if you don’t want to. You can just say no, because sometimes that’s okay. And you don’t want to be a nonconsensual partier – that’s no fun at all.

So, that’s the message: don’t let people do anything to you without your consent, and don’t do anything to other people without their consent. Consent is more important than you might think, and if you need to play a video game in order to understand the concept better, Cute Demon Crashers is free for download online. (However, it is an M-rated game, for 18 and older, so beware!) If you are having any issues with consent or feel that you need to talk to anyone about anything, you can get a free counseling appointment at the UAS Health Center. Just call (907)-796-6000 to make an appointment. You can also go to <http://www.uas.alaska.edu/juneau/counseling/index.html> for more information.

UAS Notice of — Non-Discrimination —

The University of Alaska Southeast does not discriminate on the basis of race, color, religion, national origin, religion, age, sex, sexual orientation, gender identity, veteran status, physical or mental disability, marital status, changes in marital status, pregnancy or parenthood

Pursuant to Title VI and VII of the Civil Rights Act of 1964 and Civil Rights Act of 1991; Title IX of the Education Amendments of 1972; Executive Order 11246, and Executive Order 11375, as amended; Equal Pay Act of 1963; Age Discrimination Acts of 1974 and 1975; Vietnam Era Veterans Readjustment Assistance Act of 1974; Americans with Disabilities Act (ADA) of 1992; the Americans with Disabilities Act Amendments Act of 2008; Genetic Information Nondiscrimination Act of 2008; Pregnancy Discrimination Act; Immigration Reform & Control Act; Vocational Rehabilitation Act of 1973 and Alaska Statutes which guarantees equal opportunity to individuals and protected classes within our society.

This policy affects employment policies and actions, as well as the delivery of educational services at all levels and facilities of the University. Further, the University’s objective of ensuring equal opportunity will be met by taking affirmative action: i.e., making intensified, goal-oriented efforts to substantially increase the participation of groups where their representation is less than proportionate to their availability; providing reasonable accommodations to employees and students with disabilities; and ensuring that employment opportunities are widely disseminated to agencies and organizations that service underrepresented protected classes.

The following person has been designated to handle inquiries regarding the non-discrimination policies:

Director of HR
11120 Glacier Highway
Juneau, Alaska 99801
University of Alaska Southeast
99775
Phone: 907-796-6473
Web: <http://www.uas.alaska.edu/hr/>
E-mail: gcheney@uas.alaska.edu

For employment or educational discrimination, students, parents, employees and applicants for employment may file a complaint with the U.S. Department of Education within 180 calendar days of the alleged discriminatory act. In addition, the Office of Civil Rights, Seattle Office also enforces complaints for discrimination related to Department of Labor funded grants.

Office for Civil Rights, Seattle Office
U.S. Department of Education
915 Second Ave., Room 3310
Seattle, WA 98174-1099
Telephone: 206-607-1600
TDD: 206-607-1647
Fax: 206-607-1601
E-mail: OCR.Seattle@ed.gov
<http://www2.ed.gov/about/offices/list/ocr/docs/howto.html>

Visiting Two National Parks in — Southern New Mexico —

BY ANNEIESE MOLL

For the UAS Whalesong

Over winter break I had an amazing opportunity to visit several National Parks in Southern New Mexico: White Sands National Monument and Carlsbad Caverns National Park. This was my first trip to anywhere like this. The desert is a fascinating place especially after spending most of your time in a rainforest.

White Sands was first on our list of places to go. The park consists of a 275 square mile gypsum dunefield. The gypsum is what makes this park what it is because gypsum is not typically found in this form and in the quantity that you can see at White Sands. For hundreds of years people have been going to White Sands, some in search of salt, gypsum, as well as a few other resources. More recently, the area around the Park is used for Military research and technological

development.

When you enter the park the visitor center is small, but packed with great information. If you didn't bring a plastic sled (disks work the best) then this is also your chance to get one before going into the main part of the park. Be prepared to get sand everywhere. Also be sure to bring enough water because once you get into the park there are just sand dunes.

Carlsbad Caverns begins with a 750 ft. descent. Once you begin the natural light disappears relatively quickly and you walk along a very dim trail. There are some interesting structures in the beginning, but the deeper you go the more amazing the structures. Carlsbad became a National Monument in 1923 and became a National Park in 1930. The Cavern consists of one of over 119 limestone caves which were once a reef around 250 million years ago. The

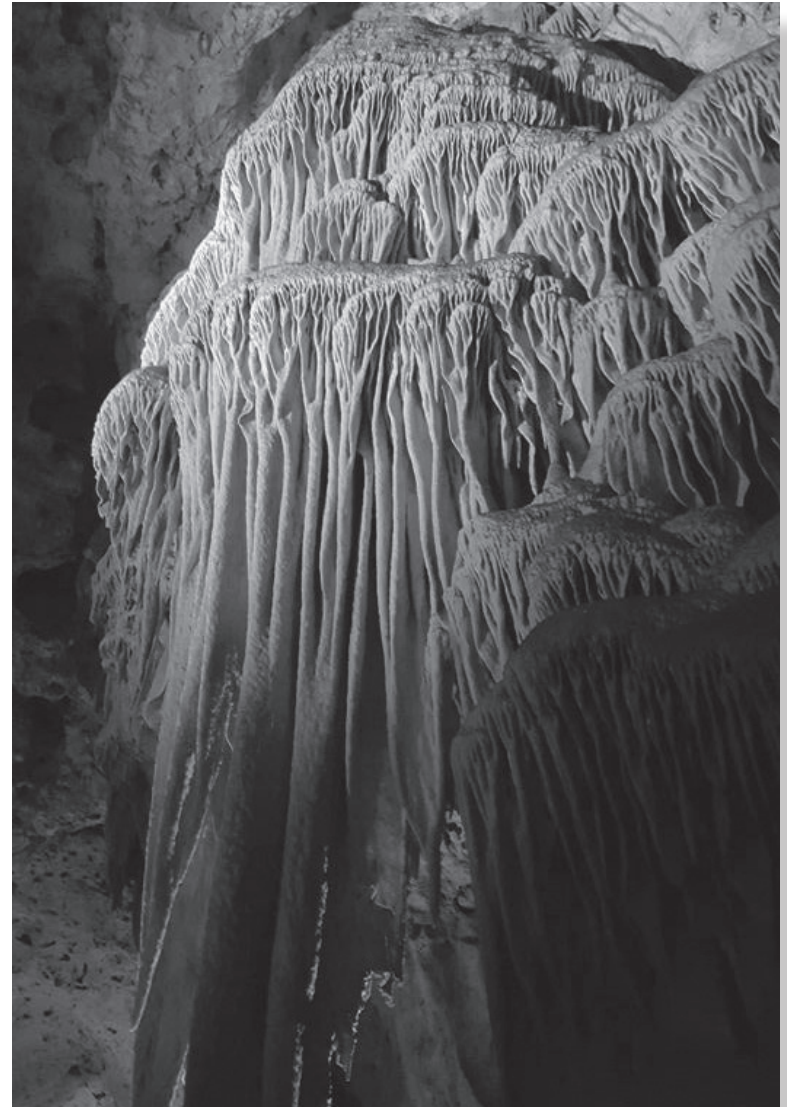
largest chamber in the cave is called the Big Room, which is around 4,000 ft. long and 625 ft. wide. During the summer the event that Carlsbad Caverns is probably most known for are bats exiting the cave at dusk. Within the cave there are 17 species of bats who all emerge in a dense group, it takes about three hours for all of them to exit the cave. However, the majority are out within 30 minutes.

If you ever have the chance to visit either of these places, I would definitely recommend them. There are some interesting hiking trails in White Sands as well as dune sledding, which is as cool as it sounds!

Stalactites form from years and years of hard water dripping from a cavern ceiling and leaving behind tiny deposits.

These deposits gradually achieve the impressive, tooth-like appearance of these, photographed in Carlsbad Caverns by

Anneliese Moll.



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CAMPUS CALENDAR

ON CAMPUS

MONDAY, JAN. 25

Cardio and Core Conditioning, noon, Recreation Center. Join Keegan @ the REC for an hour of cardio and core conditioning on Monday, Wednesday, and Fridays starting Aug. 24th and running till Apr. 27. Sign-up at the REC help desk. \$150 instruction fee. \$5 drop-in fee. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

CIZE with Keegan, 7 p.m., Recreation Center. Join Keegan @ the REC every Monday for a fun, hip, calorie-burning workout inspired by urban street jazz and hip-hop. Keegan will break down the moves of the professionally choreographed dance routines, step-by-step. You will burn serious calories, while having fun. Sign-up and pay at the REC help desk. REC Members: \$5 drop-in fee, Guest of REC Member: \$10 drop-in fee. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

TUESDAY, JAN. 26

Deadline for 100% Tuition & Fees Refund for Full-Term Classes, All day, Campus-wide. Last day to drop classes via web. Call 907-796-6100 or email registrar@uas.alaska.edu with questions.

Student Government Weekly Meeting, 8:30 a.m., Glacier View Room. Please join the United Students of the University of Alaska Southeast - Juenaar Campus for our weekly meeting. Meetings are open to all students, staff, and faculty. Please contact us if you have any questions or would like a copy of the agenda. Minutes from past meetings can be found on our website. Call 796-6517 or email jypres@uas.alaska.edu for more information.

"Liquid Sunshine" Blueberry Smoothies & Vit."D", 11 a.m., NRSC. The NRSC, PITAAS, and Counseling Services sponsor the "Liquid Sunshine" event for our Students, Staff, and Faculty. "Liquid Sunshine" is a FREE non-dairy

berry smoothie made with green tea and honey. In addition to the smoothies, we promote vitamin D. Call 796-6454 or email nrsc@uas.alaska.edu with questions.

Intramural: Basketball, 7 p.m., Recreation Center. Basketball this spring semester will be on Tuesday nights (7:00pm-9:45pm). Team sign-ups will happen two weeks into intramurals with sign-up at the REC service desk. Must be a REC Center Member or a guest (18 years of age and older) of a REC Center Member. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

WEDNESDAY, JAN. 27

Club Fair, 2 p.m., Mourant Cafeteria. Come check out some of our awesome clubs on campus, or start one of your own! Current and prospective clubs will be there to talk about their club and why YOU should join! Call 796-6313 or email krhood@uas.alaska.edu for more information.

Climbing Wall Orientations, 6 p.m., Recreation Center. Attend the REC's climbing orientation to learn the basics and our gym rules. Once certified, climb when the REC is open! The orientation takes approx. 45 minutes with options to "test out". The REC has climbing shoes, harnesses and gear to loan for our indoor wall users once certified. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

THURSDAY, JAN. 28

Media Club Meeting, 4 p.m., Egan Classroom 113. The UAS Media Club will meet weekly to discuss and plan events for the Spring semester. Call 796-6517 or email jypres@uas.alaska.edu for more information.

Intramural: Soccer, 7 p.m., Recreation Center. Soccer this spring semester will be on Thursday nights (7:00pm-9:45pm). Team sign-ups will happen two weeks into intramurals with sign-up at the REC service desk. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

BCM Club Weekly Meetings, 9 p.m., Chapel by the Lake. Through UAS Baptist Campus Ministries, we encourage Christian students to embrace and live for Christ and to educate and inform interested students about the Bible. Call (907) 305-0624 or email uasbcm@gmail.com for more information.

SATURDAY, JAN. 30

Saturday Sweat, 11:15 a.m., Recreation Center. All levels of fitness are welcomed to attend this full body workout! \$70 instruction fee includes access to excellent instruction that will have you motivated and energized for the rest of your weekend. Sign-up and pay at the REC help desk. REC Members: \$5 drop-in fee, Non-REC Members: \$10 drop-in fee. Add on Noon-time Cardio & Core Conditioning on Monday and Wednesday for \$200 both sessions. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

MONDAY, FEB. 1

Deadline for Spring Graduation Application, All day, Campus-wide. For more graduation information, including the graduation application, visit the commencement website.

Intramural: Dodgeball, 7 p.m., Recreation Center. Dodgeball this spring semester will be on

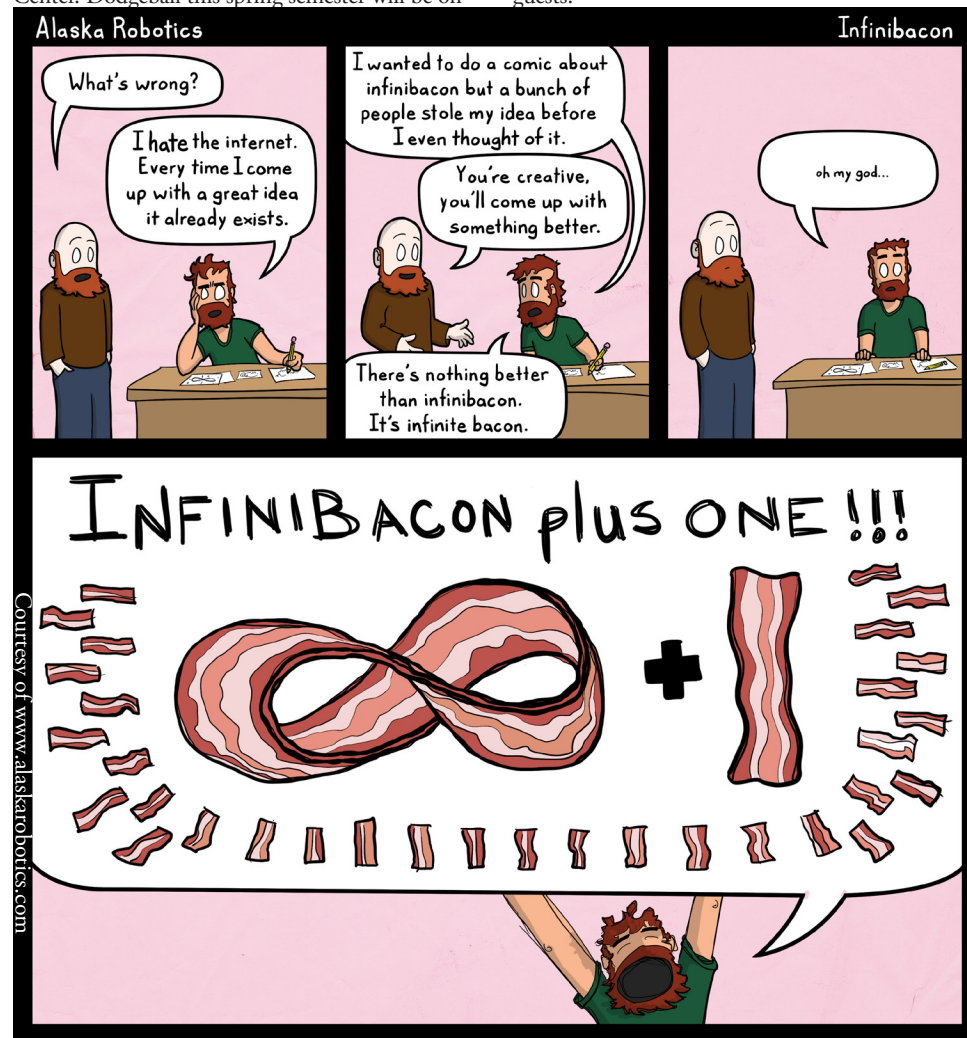
Monday nights (7:00pm-9:45pm). Team sign-ups will happen two weeks into intramurals with sign-up at the REC service desk. For more information, call 796-6544 or email rec_center@uas.alaska.edu.

TUESDAY, FEB. 2

National Student Exchange & Study Abroad Information Sessions, 1:30 p.m., Spike's Cafe. Learn about all your Exchange & Study Abroad opportunities at UAS, both national and international! We will be right by Spike's to answer any and all questions you may have.

FRIDAY, FEB. 5

UAS Skate Night, 9:30 p.m., Treadwell Ice Arena. Campus Life will be hosting our fourth annual UAS Skate Night as part of Winterfest Weekend! There will be music, disco lights, and FREE skates till they run out! Free transportation will be offered to students on campus. Please bring your student IDs to verify student status. \$5 for guests.



CAMPUS CALENDAR

OFF CAMPUS

MONDAY, JAN. 25

Tlingit Language Learner's Group, 6 p.m., Downtown Juneau Public Library. This group, run by Tlingit language learners, is free and open to the community every Monday, regardless of language experience. For more information, email tlngitlearners@gmail.com.

Skiers Friday, 6:30 p.m., Hangar On The Wharf. Specials at 4pm, Movies at 7pm! Skiers' Friday is Every Monday Night at The Hangar! Fantastic door prizes every night, plus a bike, some snowboards and other grand prizes throughout the season! Email info@hangaronthewharf.com for more information.

Swan Lake Film Screening, 7 p.m., Gold Town Nickelodeon. A never-before-seen high definition restoration of a historic Rudolf Nureyev and Margot Fonteyn 1966 performance of SWAN LAKE (Tchaikovsky) at the Vienna State Opera House. Choreographed by Rudolf Nureyev and conducted by John Lanchbery, with the Wiener Symphoniker orchestra. Tickets at the JACC, online, and the bookstores.

TUESDAY, JAN. 26

Toastmasters Club at St. Paul's, 6:15 a.m., St. Paul's Catholic Church, Parish Hall. Improve your public speaking skills every Tuesday morning in a supportive environment. Go to www.takutoastmasters.org, or call 463-5885.

Marie Drake Planetarium, 6:30 p.m., Marie Drake Planetarium. 100 years of General Relativity' - The whole Universe emerges from these equations: space expansion, gravity, neutron stars, black holes. The math is abstract, but the visuals are beautiful. Plus 'The Stars Tonight' on the Spitz projector. Free. Go to www.mariedrakeplanetarium.org for more information.

Westcoast Swing Dancing, 7 p.m., Suite 907. Westcoast Swing every Tuesday. Free. Go to www.suite907.com for more information, or email suite907@gmail.com.

Great Museums of the World, Documentary Film Series, Hermitage Revealed, 7:00 p.m., Gold Town Nickelodeon. The Friends of the Alaska State Libraries, Archives, and Museums presents the documentary film series, Great Museums of the World. Tickets - \$10 general admission, \$5 FoSLAM members and students. Join FoSLAM at the door and get a free ticket. Tickets will be available through the JAHC's website or at the door. Get yours early and buy one for a friend! Questions? Ask Bride, 957.7981 or hibride@gmail.com

WEDNESDAY, JAN. 27

Write For Your Life, 10 a.m., Mendenhall Valley Library. The "Write For Your Life" group meets every Wednesday to share journal entries, memoir, letters, or poetry. Contact Dixie at 907-789-2068.

Weekly Old Time Music Jam, 7 p.m., Alaskan Hotel Bar. Every Wednesday Old Time Music jam. All abilities welcome. Fiddle, guitar, banjo, bass, mando, uke, harmonica, etc. Free. Event Contact: Tom Paul, 463-3214.

THURSDAY, JAN. 28

Tango Dancing, 7 p.m., Suite 907. Tango every Thursday. Free. Go to www.suite907.com for more information, or email suite907@gmail.com.

Our Voices Will Be Heard: Perseverance Theatre, 7:30 p.m., Perseverance Theatre. Go to www.ourvoiceswillbeheard.org for more information. Tickets at: www.ptalaska.org, 463-TIXS, www.jahc.org, JACC, and Hearthside Books.

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

FRIDAY, JAN. 29

Platypus-Con 2016: Board and Card Game Extravaganza, JACC. Spend an entire weekend learning and playing board and card games. Platypus-Con has hundreds of games for people to check out and play. As well as tournaments, contests, Blood Bowl, War Machine, and games you can win simply by giving them a try! Come and play games with your friends and also make some new ones!

Seven Brides for Seven Brothers, 7 p.m., JDHS Auditorium. "Goin' courting" has never been as much fun as in this rip-roaring-stage version of the popular MGM movie. Seven Brides for Seven

Brothers tells the story of Millie, a young bride living in the 1850's Oregon wilderness, and her plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage.

Our Voices Will Be Heard: Perseverance Theatre, 7:30 p.m., Perseverance Theatre. Go to www.ourvoiceswillbeheard.org for more information. Tickets at: www.ptalaska.org, 463-TIXS, www.jahc.org, JACC, and Hearthside Books.

SATURDAY, JAN. 30

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 every Saturday. Visiting artists Tim Ortiz and Andrea Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

Seven Brides for Seven Brothers, 2 p.m., 7 p.m. second showing, JDHS Auditorium. "Goin' courting" has never been as much fun as in this rip-roaring-stage version of the popular MGM movie. Seven Brides for Seven Brothers tells the story of Millie, a young bride living in the 1850's Oregon wilderness, and her plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage.

Baconfest 2016, 6 p.m., Centennial Hall. Tasty Bacony Treats, live music by The Great Alaska Bluegrass Band.

Our Voices Will Be Heard: Perseverance Theatre, 7:30 p.m., Perseverance Theatre. Go to www.ourvoiceswillbeheard.org for more information. Tickets at: www.ptalaska.org, 463-TIXS, www.jahc.org, JACC, and Hearthside Books.

Juneau Symphony Winter Concert, 8 p.m., Thunder Mountain High School. The Juneau Symphony presents "Brahms and Company." Tickets go on sale August 1, at JAHC, Hearthside Books, www.juneausymphony.org, and at-the-door. Limited pay-as-you-can tickets available at the door. Concert Conversation with Troy starts in the auditorium one hour before the concert begins. For more information, go to www.juneausymphony.org.

SUNDAY, JAN. 31

Juneau Symphony Winter Concert, 3 p.m., Thunder Mountain High School. The Juneau

Symphony presents "Brahms and Company." Tickets go on sale August 1, at JAHC, Hearthside Books, www.juneausymphony.org, and at-the-door. Limited pay-as-you-can tickets available at the door. Concert Conversation with Troy starts in the auditorium one hour before the concert begins. For more information, go to www.juneausymphony.org.

Our Voices Will Be Heard: Perseverance Theatre, 7:30 p.m., Perseverance Theatre. Go to www.ourvoiceswillbeheard.org for more information. Tickets at: www.ptalaska.org, 463-TIXS, www.jahc.org, JACC, and Hearthside Books.

THURSDAY, FEB. 4

Seven Brides for Seven Brothers, 7 p.m., JDHS Auditorium. "Goin' courting" has never been as much fun as in this rip-roaring-stage version of the popular MGM movie. Seven Brides for Seven Brothers tells the story of Millie, a young bride living in the 1850's Oregon wilderness, and her plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage.

FRIDAY, FEB. 5

WorldQuest 2016, 6 p.m., Centennial Hall Convention Center. The best trivia night in town! Total blast. Relaxed and fun. International buffet, silent and dessert auctions, and no-host bar. Supports the Juneau World Affairs Council. Hosted by Collette Costa and Jesse Kiehl. Tickets at JAHC bookstores etc \$65/\$40/\$30

Seven Brides for Seven Brothers, 7 p.m., JDHS Auditorium. "Goin' courting" has never been as much fun as in this rip-roaring-stage version of the popular MGM movie. Seven Brides for Seven Brothers tells the story of Millie, a young bride living in the 1850's Oregon wilderness, and her plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage. It is a lively and funny night at the theatre that the whole family will enjoy and won't want to miss.

SATURDAY, FEB. 6

Seven Brides for Seven Brothers, 7 p.m., JDHS Auditorium. "Goin' courting" has never been as much fun as in this rip-roaring-stage version of the popular MGM movie. Seven Brides for Seven Brothers tells the story of Millie, a young bride living in the 1850's Oregon wilderness, and her plan to civilize and marry off her six rowdy brothers-in-law to ensure the success of her own marriage.

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