

University of Alaska Southeast WHALE SONG

February 8, 2016

The Official Student Newspaper of UAS



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ON THE COVER...

Whalesong Photographer Darin Donohue's long exposure photo captures Spike's, one of the busiest hubs on campus. Long exposure photos are photos taken with a longer shutter speed, usually one second or longer. This creates a blurring effect of anything that moves during that time frame.

(Photograph by Darin Donohue)

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WWW.FACEBOOK.COM/UASWHALESONG

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

*Do you think Valentine's Day is
overrated?*



"I think, like all holidays, it's a bit arbitrary to hold aside one day for what you could be doing all year, but it is what it is."

-Nick Bursell



"I truly like the idea of Valentine's Day, but there doesn't have to be so much money involved."

-Danielle Erickson



"I think it adds to the stress that is already present in relationships by creating a new standard to meet. But, it's also my birthday, so I appreciate all the candy."

-Reece Milks



"It's commercialized like almost anything today. But I think it's a fun holiday, at least, to create your own expectations with who you're celebrating it with."

-Griffin Plush



"I believe that it has reached a point where a \$20 box of chocolate almost represents more than the emotions the holiday is supposed to bring about."

-Madi Willard



"Maybe, but Valentine's day is truly what you make of it, though."

-Myrica Wyldes

Letter from — the Editor —

BY DANIEL PISCOYA

for the UAS Whalesong

If I were honest with myself (which I usually am) I would say that one of the perks of my job as Managing Editor of the Whalesong is that I get to *seem* more impressive than I really am. When I introduce myself as Managing Editor of the Whalesong, or put it on my resume, I think that people generally picture that I am a J. Jonah Jameson type character (Peter Parker's editor from Spider Man). I think it conjures up images of cigars, windowed offices, large wooden desks, and a demanding demeanor. It impresses people, I think.

The truth is, I have none of these things (although the rest of the staff may joke about me being demanding). I work in a relatively humble office, where our crowning achievement has been to secure a couch to sit on. The office itself used to be a storage closet.

So, on one level, I feel very impressive being the editor of a paper. I feel like, if my resume could ever use some aggressive expansion, I could land, if not a prestigious job, at least a prestigious interview. But on another level, I also recognize that, in comparison to even the Juneau Empire, what I do is little more than puttering around. We are such a small newspaper, that we have almost no opportunities to actually break the news.

This causes me to reflect on what The Whalesong's purpose or mission is. If you recall, I wrote briefly about this in one of my past letters from the editor. Our mission, in short, is student learning, which is an extremely open-ended goal. There are a lot of things that students can learn from reading a newspaper.

Thus far, we here at the Whalesong have tried our best to accomplish the goal of student learning by printing articles aimed at helping students get through the semesters. Alexa Cherry's 'Suddenly, College' articles often address mental health or organization issues. Kaylyn Haslund sometimes writes about self care. Other times, writers like Anneliese Moll do articles on interesting subjects in science or culture. In short, we rarely try to purely inform.

My question to you is, have we done a good job? Have we done what you think we are supposed to do? Send us a letter to the editor or stop by our facebook page and tell us what you think.

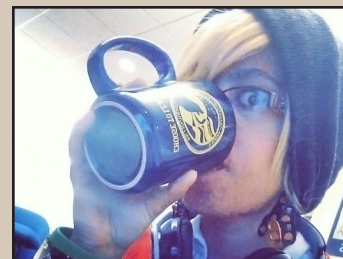
Feel free to contact Daniel Piscoya at dlpiscoya@uas.alaska.edu or at the Whalesong e-mail at whalesong@uas.alaska.edu.

WANT TO WRITE TO THE WHALESONG?

Send your articles, comments,
letters, photos, or poems to
whalesong@uas.alaska.edu

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

WHALESONG STAFF



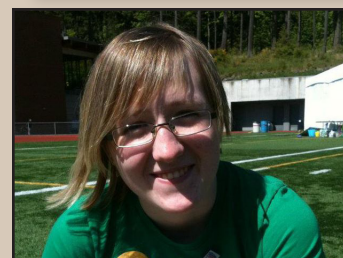
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— UAS In Brief —

University of Alaska Southeast Spring Arts and Culture Series Kicks off Seventh Season

In his other life as a Los Angeles studio musician, Juneau Symphony Conductor Troy Quinn intersects the worlds of pop and classical music. In the first event of the UAS Sound and Motion Spring Arts and Culture series, Quinn demystifies the craft of conducting and explores its unique role in diverse musical cultures. The presentation is Friday, January 22 at 7 p.m. in the Egan Lecture Hall on the University of Alaska Southeast Juneau campus.

Other regular events this season are the Jan. 29 UAS showing of The Juneau Underground Motion Picture (JUMP) Society's biannual festival of locally made short films, Treasures from the State Film Archives, February 19, and the Woosh Kinaadeiyí Poetry Slam March 25. The series runs several, but not all Fridays, through April 15 with the annual launch of the UAS-published art and writing journal, Tidal Echoes.

Feb. 5 Professor of History Robin Walz presents, "Viewing the Elephant Man: How Science and Commerce Reconfigured the Grotesque Body" as part of the Science on Screen series with Juneau Libraries and the Gold Town Theatre.

Also on the schedule this season is a Yupik singing and drumming performance by a Byron Nicholai of Toksook Bay, Feb. 12, HARM, a women's musical ensemble blending psych-folk and hip-hop with classical themes, March 4, and a presentation by photographer and adjunct faculty Ben Huff on latest projects from Juneau to Adak, April 8.

All events take place in the Egan Lecture Hall except Yup'ik Singing & Drumming with Byron Nicholai in the Egan Library, Feb. 12.

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Finally: Computer-Based GREs at the Juneau Learning Center!



The GRE (which stands for Graduate Record Examination) is an admission requirement for many graduate schools. The UAS Learning Center has offered the GRE for many years, but only the pencil and paper version. This year, though, The Learning Center has finally been granted permission to offer the test by computer as a trial on two dates.

In the past, the testing company ETS has been deterred to grant us permission for the computer-based GRE because of an anticipated low volume of test takers. This resulted in many UAS students choosing to arrange trips to Anchorage or Fairbanks to take the computer-based GRE, as the paper-based test is only offered on specific and infrequent dates. Such travel is expensive, inconvenient and time consuming.

Fortunately, ETS listened to our concerns. We have two dates available for the computer-based GRE at the Juneau Campus: five open seats on March 16th and five seats on June 9th.

One benefit of the GRE by computer is that you get the results much faster – often you can see unofficial scores on the day of your test and receive official scores within 15 days, compared to waiting well over a month for paper-based testing scores. Another benefit is that the computer test is adaptive for Verbal and Quantitative Reasoning, i.e. the computer selects new sections of the test based on your performance in earlier sections.

If you are planning to take the GRE in the near future, you may want to consider signing up for one of our computer-based sessions!

To register online, please visit <https://mygre.ets.org>.



— Suddenly, College: — Money, Money, Money

BY ALEXA CHERRY

For the UAS Whalesong

It's just about that time of year again – the mildly passive-aggressive time of year when you are not-so-subtly reminded that it's time to fill out the Free Application for Federal Student Aid (FAFSA) so that you can be eligible for as much free money as possible. Not that this is a bad thing at all; it's just that it's yet another deadline to add to your already packed student calendar. But it's an extremely important deadline, so make sure you remember it: have your FAFSA submitted by February 15th, or no free government money for you.

Speaking of February 15th, that's also the deadline to apply for most UAS scholarships. You can find a list of scholarships offered by UAS online if you go to www.uas.alaska.edu/financial_aid and click on "Scholarships" in the sidebar to the left. Here are some of the ones you will find:

uas.alaska.edu/financial_aid and click on "Scholarships" in the sidebar to the left. Here are some of the ones you will find:

- UAS Alumni Association Scholarship – Open to students in the final year of an Associate's degree, the final two years of a Bachelor's degree, or the final year of a Graduate program. Recipient must be a full-time student at the undergraduate or graduate level. Recipient must have: a 2.5 GPA (undergrad) or a 3.0 (graduate); completed the FAFSA; be enrolled in a degree program offered through UAS; demonstrate financial need.

- Tuxedo Junction Endowment – To assist full-time students in undergraduate or graduate programs at the University of Alaska Southeast.

Recipient must be a full-time undergraduate degree-seeking student at the University of Alaska Southeast with a minimum GPA of 2.0. Preference will be given to students demonstrating high academic performance.

- John Rutherford Noyes Memorial Scholarship – To provide scholarships for full-time students attending the University of Alaska Southeast who have a minimum 3.0 GPA and demonstrate motivation, plus academic and leadership potential. Requirements: attending full-time, science or education major, minimum cumulative GPA of 3.0, degree-seeking student at the University of Alaska Southeast.

I chose some pretty general examples, applicable to most degree fields, but you get the

idea – there will be a name, a description, and a list of requirements (many of which include having applied for the FAFSA). There are plenty of other scholarships out there, and you can certainly look for them, but if you're a busy college student on a time crunch, these are the most immediately accessible. In order to apply for any of these scholarships, you're going to go to the same website I mentioned above, choose "Scholarships" again, and then select "UAS Scholarships" in the resultant drop-down menu. This will take you to a page that has a list of instructions for applying for scholarships.

Part of these instructions, and a part of applying for scholarships in general, is writing or modifying an earlier version of a scholarship essay. These are a little difficult to write because not only are they about you, but you have to use them to do something that society has told you not to do your whole life – which is to say, brag. Much like your résumé, scholarship essays follow three

rules: be polite, be professional, and show off. Try to keep your accomplishments relevant to the scholarship you're applying for, but if they're particularly impressive, their relevance doesn't necessarily matter. Talk about your 4.0 GPA, your hours and hours of extracurricular volunteer work, your participation in leadership programs and positions, your scientific research work, how you write a novel in a month every year – anything and everything that will make it clear that you're a good, clever student who is abundantly deserving of free money and will put it to the best use possible. Don't be shy! Don't be arrogant, but don't be shy. You worked hard, and now you get to talk about how hard you worked and champion yourself for your own cause.

If you're confused or have any questions about applying for scholarships, you can always look on the Financial Aid website or contact them at either (907)-796-6255 or fnaid@uas.alaska.edu.

BY KAYLYN HASLUND

For the UAS Whalesong

UAS is a growing place of inclusion for people of all backgrounds, including those on and off the gender binary. The gender binary is the classification of sex and gender, typically broken down into male and female. The university has done a lot to be open on the topic and continues to work and have a conversation with its students, to see what more needs to be done. Inclusion and steps have been taken to include so many people and to create safe and caring campus.

There is still a lot we can do though, including the creation of spaces safe for people of all gender orientation. While we have the CIA club and training for faculty to be sensitive, there's still a need to really help people feel safe on this campus. More clear places that would give everyone an open safe place.

— On the Agenda: — Unisex Bathrooms on Campus

There has been talk about installing or rather changing some bathrooms around our Juneau campus into gender neutral or unisex bathrooms. This would be a great step forward in having a more inclusive feel for those who struggle with where to go.

Unisex bathrooms would create space for people transitioning, people who are gender neutral, or even help with baby changing stations for fathers. One of the greatest fears for people transitioning or off the gender binary is a public rest room. Bathrooms are where much of violence towards the LGBTQ+ community occurs. So it is important that we look at this possibility as a great

step towards helping students, faculty, and otherwise feel safe on our campus. Because safety, both physical and personal is something that should be taken into account with an issue such as this. It would also show how much the campus cares for its students.

The current plan is to change the signs on single stall bathrooms around campus, thus making them gender inclusive. This does propose a problem though; where are these bathrooms and how far would people have to walk to get to them? For many, this poses an issue because not many people actually know about these bathrooms to begin with, and ultimately it seems like it

would just further distance the community from the campus. It would create possible alienation. There is also the issue of there being several bathrooms barely used within Egan, or even Mourant, both upstairs and down. This would be a great opportunity to utilize places otherwise not being used.

The most work that would have to be done is spreading the news and changing the signs for said bathrooms. To make sure everyone on campus knows, so there wouldn't be an issue or mistake. There would still be gendered bathrooms, but there would also be a safe place for those who don't feel the same security that others might. It might not be easy change, but it

would be a welcome change for many people who would benefit from the bathrooms.

Part of growing as a community is having these conflicts and for a subject like this, that it's up for consideration is sometimes all we can ask for.

While it's only bathrooms, which admittedly is not the greatest achievement in the world, it is a step in the right direction for a safe place for all people. It's will open a new for more places to be made safe. And as a college campus, this is one of the best places to do so, especially at a place with such as UAS. Currently though, it is just a conversation, with steps being taken. If anything it's a good thing to keep in mind for the coming changes that do loom over our campus. This would be a good thing, a good change to come here.

— ANSEP Celebrates 21 Years —

BY ANNELIESE MOLL

For the UAS Whalesong

The Alaska Native Science and Engineering Program (ANSEP) started in 1995 as a scholarship program for University of Alaska students. ANSEP has grown over the last 20 years into a program that has students starting in the sixth grade and has the ability to follow the student through the PhD level. In the last year ANSEP has grown to more than 1500 students.

Every year, towards the end of January, ANSEP hosts a celebration banquet. During this event students from middle school through graduate school, professors and teachers, corporation leaders, government officials, and state workers come together to celebrate students and their education and to celebrate and thank the many sponsors who make ANSEP's mission possible.

Over the course of the dinner several students stepped on stage to speak about how ANSEP changed their lives through

education. When given the resources and support they were able to push further than would have been possible otherwise.

The main speaker this year was Dr. Anita Sengupta, who is an aerospace engineer at NASA's Jet Propulsion Laboratory and also ANSEP's first female keynote speaker. It was her team of engineers that developed the supersonic parachute system that allowed Curiosity to successfully land on Mars.

While talking about the parachute, Dr. Sengupta spoke of failure. Mars' atmosphere is thin compared to that of the Earth and tests needed to be conducted because they only would have one shot at slowing down the probe carrying the Curiosity. There were many teams working on each phase of the seven-minute landing process. During the first test, the supersonic parachute and a test probe were dropped out of a helicopter. The parachute failed to open because of miscalculation. Failure is an important part of the process and should always be

learned from and not a reason to give up, said Sengupta.

She also spoke about diversity and how people bring perspectives that can truly be revolutionary, which is extremely important when it comes to creating new technology.

If you are motivated and willing to work hard, then you are guaranteed to work in your field, said Sengupta.

After her speech there was a time for questions from the students (mainly the middle school students in attendance) and other guests. Their questions ranged from the type of fuel used to get to Mars, how new planets are named, and Dr. Sengupta's thoughts on when humans may make their way to Mars or another planet. There were many more questions that people would have liked to ask, but due to the time allotted, were unable to. So we learned that if you have questions, Twitter, surprisingly enough, is one of the most effective ways of communicating with NASA's scientists and engineers. Before

closing, Dr. Sengupta brought up a quote from Theodore Von Karman: "Scientists study the world as it is; engineers create the world that has never been."

Just a few years ago, ANSEP at UAS began with just four students and one very enthusiastic professor. Each year since then, it has grown by leaps and bounds. If you are involved in a science, technology, engineering, or math degree, or are even thinking about one look into joining this program. I have been an ANSEP student since my junior year of high school and from my personal experience, I can say that ANSEP creates a community of people from different places, but with similar goals and motivation. There are many opportunities through this program to help students achieve and new students are always welcome.

For more information please contact Dr. Cox at mkcox@uas.alaska.edu

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Why “Beautiful vs. Hot” is — Problematic —

BY ALEXA CHERRY

For the UAS Whalesong

I logged onto Facebook recently, and was surprised to see that I had been tagged in a post by someone I haven’t spoken to or even seen since my freshman year of college. Curious, and maybe just a little bit excited, I went to see what she had tagged me in. It turned out to be an article from Elite Daily titled “10 Things That Make A Girl Beautiful Instead Of Hot.” Alright, I thought, and clicked through. Partly I was flattered – who doesn’t like being called beautiful, after all – but I was also curious. Weren’t “beautiful” and “hot” synonyms? What was going on here?

It turned out that quite a lot was going on. While I was very grateful to the person who tagged me for thinking of me – after all, the sentiment was lovely – I was only able to make it through about half the article before I closed the window, feeling mildly disgusted. Because, as it turns out, the issue with “10 Things That Make A Girl Beautiful Instead Of Hot” is that it caters to a concept called **internalized sexism**.

“Whoa there, Lexi!” I hear you say. “That’s a lot of syllables and some very specific terminology that we’re not used to hearing from you! What the heck?” Never fear, comrade, I’m here to explain. Internalized sexism is sort of like stereotyping, and works along the same lines. You and I stereotype all kinds of people every day, whether we’re aware of it or not. For example, you might walk into the Learning Center to get help with your math and see two tutors. One is a buff jock in a tank top whose muscles are bigger than your head; the other is a reasonably sized guy wearing glasses and a button-up. Acting on the subconscious stereotype that jocks are dumb and nerds (or at least, people who look like nerds) are smart and good at

math, you would theoretically try to get help on your homework from the latter. Internalized sexism works kind of like that; in today’s society, which is inherently sexist, it’s how girls and women are led to believe that the myths and stereotypes about their own sex are true.

That’s where this article comes in. Even the title alone caters to this; what do you picture when you think of a “beautiful” woman vs. a “hot” one? Exactly. (For anyone needing a little help with this, the typical thought might be something like a woman in a ball gown with an updo vs. a tanned, blonde woman in a bikini, or Audrey Hepburn contrasted with a Kardashian.) But neither one is better or worse than the other; they’re both attractive women who are choosing to show off their appearance in different ways. And so, Elite Daily’s article frustrated me, because it is an article that does two things: one, it tells men who read it “here is what you should look for in a girl because ones without these traits aren’t classy or good enough for you.” And two, it tells women who read it “if you have these traits, you’re better and classier than women who don’t;” or, alternatively, “if you do these things that are ‘hot’ but not ‘beautiful’ you’re lesser than women who don’t.”

What about that is right or okay? There are already enough problems in the world today without pitting people against each other over stupid stuff like this. One of my favorite trends in media lately has been an emergence of female friendships over the previously existing trend of female rivalries. Unfortunately, this kind of article emphasizes female rivalries, and encourages a weird and pointless system of self-comparison that lifts up one set of women while tearing down another.

Let’s take a look at the “10 Things That Make A Girl Beautiful

Instead Of Hot,” shall we? (And for the record, you don’t start a sentence with numerals. Just saying.) Bear in mind that while the titles are from the original article, the summaries (apart from quotes) are my interpretation of what they’re saying – if you’re interested in the original phrasing, I’ve cited their article at the bottom of mine.

Her passions define her more than her looks – “She’s the girl you’d rather talk to in bed than take to bed.” ...If you’re talking to her in bed, doesn’t that mean that the latter already happened? What does this even mean, anyway? This is literally just a rephrasing of “don’t judge a book by its cover.” Knowing this doesn’t make you beautiful or hot, this just makes you a decent human being.

She shows you her real face – They try to phrase this in a kind of “girl power” way, but it kind of backfires because they do the comparison thing again. “A *beautiful* woman does not do anything for anyone but herself” (italics added) – well, I’ve got news for you; neither do any other self-respecting women. The article also states “a beautiful woman doesn’t feel the need to hide behind [makeup].” Friend, I have news for you – makeup is not for “hiding behind.” Makeup is for when you feel like having purple eyelids, or changing the apparent structure of your cheekbones. Of course, you can also use it to conceal blemishes and redness, but that’s one of its intended purposes. This is like saying that people wear clothes to hide their nakedness. Well, duh? That doesn’t make it *bad*.

She doesn’t chase the limelight – “A beautiful woman doesn’t fight for the limelight, but is naturally endowed it.” Right, because you know, Angelina Jolie didn’t work hard and fight for the limelight. She was just standing around and Hollywood started begging her to be

in movies. That’s how it works.

She knows how to talk – “Smart is sexy and words have the power to turn any girl into the woman of your dreams.” Smart is also telling me that any girl with a brain is not going to let you turn them into anything, because that’s not how relationships or life work. Also, smart is subjective; someone can be really “smart” about math and astronomy, but really dumb when it comes to English and literature. Someone can be super smart about video games and cinematography, but turn in mediocre assignments. This is no criterion to judge anyone by.

She can go it alone – “A woman who doesn’t need a man is a woman who is confident – and confidence is the key to real beauty.” So what, “hot” women are man-limpets? I feel like this is a good time to point out that they never actually define what a “hot” woman is, or why it’s better to be a beautiful one. That seems like an important oversight – or maybe they knew they were wrong the whole time and didn’t want to draw attention to it?

She’s tight-lipped – Because beautiful women are quiet and mysterious and don’t call you out for hating on other girls for no apparent reason. Mm. Yes.

She bends over backwards – “Hot girls play with your heart, beautiful girls mend it.” Again with the pitting of females against each other! Maybe what this article is calling “beautiful” girls are the ones who haven’t realized yet what the “hot” ones already figured out.

She’s open – Be bold and do things and go places and live your best life – but don’t chase the limelight or talk too much while you’re at it. Don’t limit yourself, though! Beautiful women don’t do that.

She’s got soul – “Hot girls don’t need to show you their souls, beautiful women attract you with theirs.” Alright, look. I’ve watched enough Supernatural to know that if anyone is using souls as bait, they are Bad News Bears. In all seriousness, though, what does this even mean? How do you

show someone your soul or attract someone with it? This makes it sound like “hot” girls are going around flashing people, except with their souls. Fun fact: in order to know someone, or their soul, you’ve got to talk to them and they’ve got to talk to you, and both of you have to show a little of yourself to the other person. I guess all that’s left for beautiful women is standing around looking sultry in evening dresses, which I have only known to work in 1950s noir films, *Casablanca*, and James Bond movies.

She’s got that thing – Someone’s been watching too much *Hotel Transylvania*. How did the song at the end go? “It was a thing called a zing, and I wanted to sing, and listen to the ballads of a man named Sting...”

Alright, that got a little salty in places. But do you see what I’m saying? A lot of these things are really arbitrary, and are also based heavily on personal taste. The article is designed to make the girls who read it and meet all 10 requirements, or even most of them, feel good about themselves – but what about the girls who don’t meet the requirements? What about the ones who do talk a lot, who don’t bend over backwards for everyone and everything, who aren’t comfortable being particularly open and who don’t know what their “thing” is yet? That doesn’t make them bad, or worse – it just makes them different. And that’s a great thing to be!

Source:

Martin, Lauren. “10 Things That Make A Girl Beautiful Instead Of Hot.” *Elite Daily*. May 29, 2014. Web: <http://elitedaily.com/women/10-things-that-make-a-girl-beautiful-instead-of-hot/612403/>

— Laboratory Grown — Corals Helping Reefs

BY ANNELIESE MOLL

For the UAS Whalesong

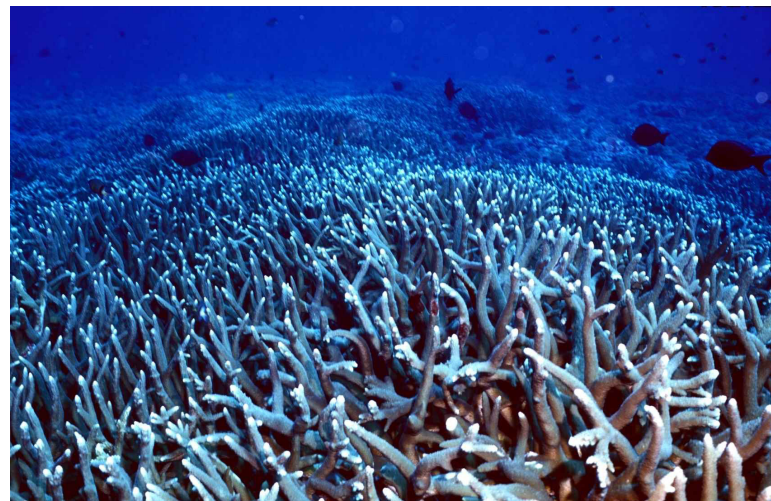
Coral reefs everywhere are facing huge threats from several fronts: overfishing, pollution, and climate change. Over the last couple of years, scientists from all over the world have been searching for ways to help coral reefs recover.

Some of the first efforts for coral reef began in 2004 with small scale nursery projects off of the coast of Florida working on the restoration of elkhorn and staghorn corals. For the most part, all of the efforts that have been seen began with small coral fragments being removed from the reef and brought back to the laboratory to continue growing

before they are fragmented. After being fragmented and allowed to grow further, they are then placed onto dead or otherwise heavily impacted reef.

In January, researchers from SECORE International (Sexual CORal REproduction), published a paper showing how they had successfully raised lab bred coral colonies of a species of threatened Caribbean coral to sexual maturity. SECORE International is a global network of scientists along with public aquarium professionals and others who are invested in corals. The concept is to utilize a multidisciplinary strategy for conservation efforts aimed at coral reefs.

Their work began in 2011 when elkhorn coral gametes were collected and then reared in a laboratory. They were collected by special nets placed around spawning colonies. After the collection, the gametes were brought back to the laboratory and embryos were produced via in vitro fertilization. A year later, they were outplanted. Over the last four years those little coral fragments had grown to roughly the size of a soccer ball. Not only have they grown successfully, there was also evidence they had reproduced with their naturally grown counterparts. That marked the first ever successful rearing of this species of coral to reproductive age. This is



relevant because elkhorn coral only reproduce once or twice a year typically sometime in August.

Another group that is heavily invested in coral restoration is Mote Tropical Research Laboratory in the Florida Keys, where other researchers have been working on similar projects regarding laboratory grown corals. While SECORE focused on elkhorn coral, Mote Laboratory works with multiple species and uses a technique called microfragmenting to begin mass producing reef building corals for depleted reefs around the Keys.

While these findings are extremely hopeful in regards to the restoration of endangered elkhorn coral populations, the corals still need the correct oceanic conditions to survive. This means that corals that have been outplanted will have the best success when placed in areas that have been well managed.

Unfortunately, right now, all restoration work is restricted to small areas and is very costly and labor intensive.

The importance of coral reefs is wide reaching. They provide shelter for many different species of fish and invertebrates. In fact, they support more species per unit area than any other marine environment. Not only are coral reefs important to the environment, but also generate around \$30 billion each year from fisheries, tourism, and coastal protection. They also are a source of food for many humans. According to the National Oceanic and Atmospheric Administration, there may be 1 to 8 million undiscovered organisms in reefs around the world. With the amount of life these reefs can support and how little we know about the ocean it is very possible that many species of organisms are completely dying out before we ever realize they are there.



Clockwise from top: A bed of staghorn coral, image courtesy of the US Fish and Wildlife Service; Reef fish make their habitat in a bed of staghorn coral, image courtesy of the US Fish and Wildlife Service; Snorklers make their way through elkhorn coral at Biscayne National Park, image courtesy of the National Parks Service.

References

Valérie F. Chamberland, Mark J.A. Vermeij, Mike Brittsan, Mitch Carl, Mark Schick, Skylar Snowden, Adriaan Schrier, Dirk Petersen. Restoration of critically endangered elkhorn coral (*Acropora palmata*) populations using larvae reared from wild-caught gametes. *Global Ecology and Conservation*, 2015; 4: 526 DOI: 10.1016/j.gecco.2015.10.005

BY ALEXA CHERRY*For the UAS Whalesong*

Whether you're in college or not, sometimes it's just really difficult to feel like you're being a Productive Person. It's also sometimes particularly demoralizing to feel unproductive, whether it's because you know have a lot to do that you're not getting done or because your friends are all really busy while you're not. Either way, sometimes you just need an idea of things to do that will make you feel like an Effective Human Being – and which will hopefully kickstart you into gear to do the rest of the stuff you have to do.

Early to bed, early to rise – I find that it's best not to have one of these things without the other. Especially if you're more night owl than early bird, it might be difficult for you to adjust your schedule to accommodate this; more than that, you're probably wondering why you would even entertain such a ludicrous suggestion. Personally, I find that I tend to associate evenings and nighttime with doing fun stuff – movie nights, video games, YouTube marathons, sleeping – and that makes it harder to sit down and focus on the things I know I need to get done. However, providing you go to bed early enough the night before, I find that there's something about early mornings that motivates me to be productive. Maybe it will do the same for you; there's just something that induces a pleasant smugness about knowing that



Image retrieved from the Wikimedia Commons, courtesy of user Gigillo83

you're up getting things done while most other people are still asleep.

Make your bed – This goes hand-in-hand with the above, because if you get up early enough, you'll actually have time to make your bed in the morning. Making your bed is an easy way to sort of set your affairs for the day in order; it's your first productive task of the day, and it makes your room look just that little bit neater and more organized. Plus, a neatly made bed is easier to sit and work on – if you're one of the enviable class of people who can do that without immediately falling asleep. And then, at the end of the day, if you don't feel like you accomplished anything, you can always look at your bed and realize that you're wrong.

To-do list – These are pretty much a staple of both college and adult life, but there are few

things more demoralizing than getting to the end of the day and having just a few things (or worse, nothing) checked off. So do what I do, and cheat the system by writing things on your list that you know for sure you're going to or have to do. Easy things, like “eat lunch” or “drink water.” If you're really having a rough time, there's no rule that says you can't add basics like “go to class” to the list. It also helps to not put too many things on your to-do list; it's easy to look at everything you have to do, get overwhelmed, and end up panic-procrastinating, which results in minimal productivity by the end of the day. I use a productivity app called Fabulous that made a great suggestion: in the morning (or the night before, whichever is more convenient), write your list. Then write another list that only contains your absolute top priorities for that day. For

example, staples of my lists are often do laundry, tidy room, make dinner; on busy days, I'll cut those entirely. Laundry and cleaning can wait until after your deadlines, and sometimes you just have to stop trying to make dinner happen.

A flip side to the to-do list is something that I learned about from popular YouTuber and star of My Drunk Kitchen, Hannah Hart – the to-done list. Instead of writing a list of the things you have to do that day, keep an ongoing list of the things you've gotten done. This list can be as long or as short as you like; the point is that it's easier and more motivating than a to-do list, and is good for days when you just have small stuff and no screamingly urgent assignments to complete.

Have an evening routine – This is something that I read about recently, prob-

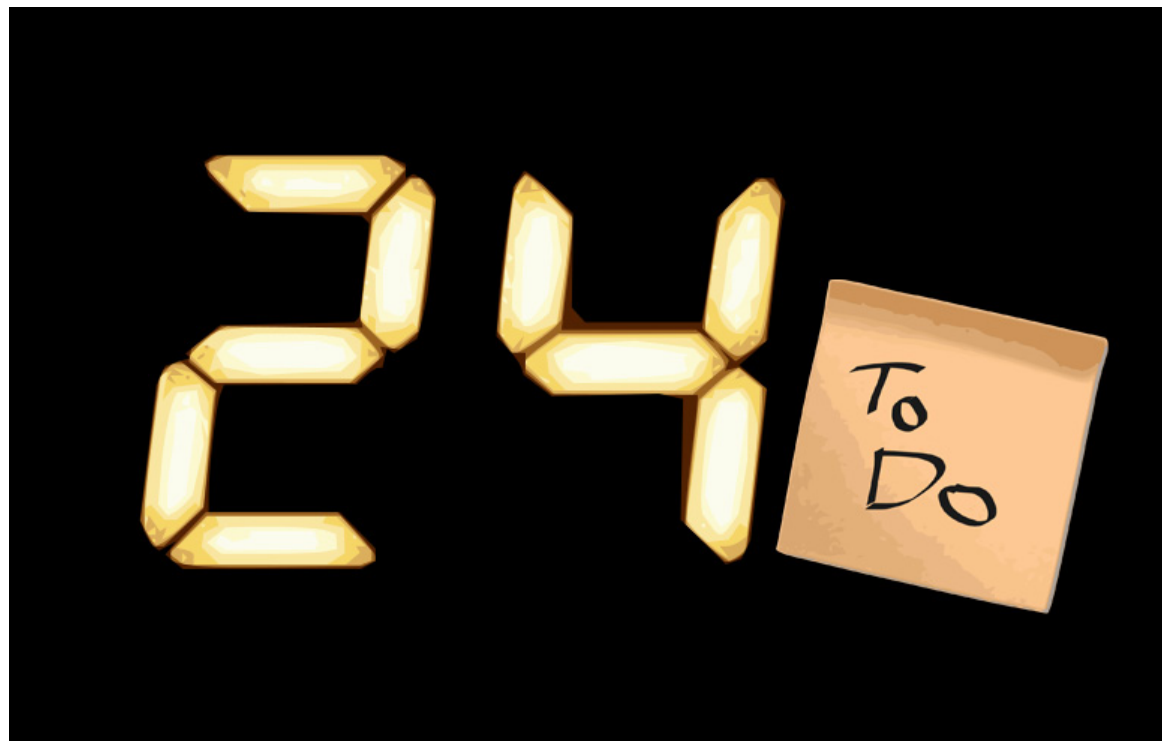
ably in a BuzzFeed article or something. Regardless, it struck me both with the simplicity of the concept and the fact that I had never thought about it before. I think a large problem among college students is that after we're done with the day's classes, we tend to come home and crash. Whether it's taking a nap or settling down to marathon TV, the chance to be further productive is usually pretty well gone as soon as you collapse on your couch or bed. But if you have a routine you follow when you get home for the evening, that can help you be just that little bit more productive that can help make the next day easier. It doesn't have to be complicated at all, but it's worth a try! Mine's still a work in progress; at this point, all my evening routine really amounts to is making a cup of tea when I get home. But that's one more thing I've done in the day that wasn't procrastinate or sleep, so it counts as a success!

Finally, **don't be afraid to ask for help and advice!** One of the benefits of UAS as a college is that the campus is really tightly-knit. Ask a friend, advisor, or counselor what their tips and tricks for being productive are. Call your parents and ask them. You can even ask yourself, which is a little brutal sometimes (i.e. “what can I cut out of my life to contribute to my productivity? Maybe stop playing the popular online video game Destiny for 3 hours every morning? I mean, maybe”) but can ultimately only help you.



— 24 —

(Or, How to Make the Most Out of Your Day)



Imagine that - Going all 'Jack Bauer' on the day is as easy as making a to-do list!
Images retrieved from the public domain.

— Star Wars: The Saga Begins (For Me) —

BY KAYLYN HASLUND

For the UAS Whalesong

Star Wars is the American space opera franchise created by George Lucas, the first three films being released from 1977 to 1983, the prequels from 1999-2005, and the most recent in 2015. The film series has made over 30.7 billion dollars. It changed the face of film and special effects for generations, as well as how people would react to future stories.

Story time: so, for the latter part of my life I had avoided watching Star Wars - any of it, the original trilogy or the prequels. People pushed and prodded about why I hadn't seen the films and it just alienated me from them more, making it annoying to even have to bring up the series at all. It became almost a badge of honor or a sign of my 'individuality' that I hadn't seen the films. I was aware of everything about how culturally relevant it is. I knew all the spoilers and didn't see the point when I already knew everything that was going to happen. It was hard when I knew the rising and falling action for the story already. I didn't think there was a reason for me to see them.

But with the newest film out, which ended up being my first film of the series, I decided it wouldn't hurt to see the predecessors. If this film had caught my

attention so well, then the others should be able to as well. If last issue's article by Alexa Cherry is anything to go by, you know that *The Force Awakens* was a fun film with a lot to live up to. For me, the movie met the hype and opened up a desire to know what else was going on. To understand why these films have held on for so long.

With a group of friends, a VCR, food, and three limited edition videotapes, a journey began. Both for myself and the group that decided to watch with me. Watching the original trilogy would take a little less than a month, as we took our time. I wouldn't say my life was changed because of it, but I definitely had a fun time and learned why the series is so loved, as well as why it has continued to be a staple for so many people for so long.

For many people Star Wars was and will be their childhood, so for myself I know that I had a very different view on the series itself than others who hold a certain nostalgia for it. But that was part of why it was so much fun, experiencing it with people who knew what was coming but were still so excited for it to happen. Watching my friends debate if Luke had enough time to build a lightsaber or not was at least half the fun, even if it got a bit heated at times. Hearing friends share their personal stories about what Star Wars specifically meant for them or how they

played it in their background.

For me, I appreciated the special effects far more than I probably should have, at least with the standard held today for them. Still, it was easy to see how the special effects changed a lot for future generations and the standard we hold for film to day. Back then these were top of the line effects and they were used brilliantly. While they were cheesy at times compared to what films can do now, it was still great to come into the films trying to withhold any judgement based on the time period. It didn't change my understanding of how important the effects were for the future of the industry.

Another reason I wholeheartedly enjoyed the films, much one of my friend's dismay, was the shipping fodder. It was easy to joke about shipping characters, even with the knowledge that it wasn't going to happen, and Alexa Cherry seemed to share that sentiment as we watched. We had fun making up scenarios and head cannons on a few decades old films. Still able to formulate things beyond the canon plotline and see possibilities for other plotlines or fanfic fodder. That along with screaming about how attractive the characters were and continue to be, it made for a great snapchat story. I remember frequently yelling in anguish every time Luke put a long sleeved shirt on in the second movie. It was a

tragedy. But it was fun to react so widely to films that held no interest to me earlier.

As the films went on I could see why so many people felt a connection to them, why they were as important as they were. Because they struck a cord with so many people. For a lot people they see themselves in the characters. The story was new and hard hitting, it wasn't something that had ever been done before and on such as scale. And it also offered new versions of old characters. A female lead who wasn't there for just a romance, a male lead who captured both dark and light as well as what that means, another male lead who grew beyond his own wants and needs. It showed what would slowly become how stories in films are told today. They are strong stories with strong characters and that's what makes the Star Wars films so amazing, is that they continue to be a powerful figure in media and pop culture.

For myself, I was able to enjoy these films so long after the fact. If anyone hasn't seen the films, it might be fun to sit down and watch them, maybe with friends who have seen it or those who also haven't. They hold an important place in the film industry's history and continue to influence many creators to this day.



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Resources for your college questions



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They're Holding Hands — (I Want Them Dead) —

BY ALEXA CHERRY

For the UAS Whalesong

It continues to baffle me that there are people in this world who genuinely hate Valentine's Day. I would understand if something really bad had happened to those people, but at least in the case of the ones I've encountered, they only hate it because it reminds them that they are single. "Singles' Awareness Day," my old suitemate used to call it, and she would go into a black mood and sulk for the entirety of the 14th. Other people murmur mutinously about St. Valentine and his beheading. Some refuse to acknowledge the holiday at all. I just enjoy the silly cards and the candy, but apparently I am one member of a very small part of the population. I haven't got as much life experience as most people, but I've found that in general, if people aren't out with their S.O. on Valentine's Day, they're at home sulking. Or, if they're out and about, they're quoting President Snow from the Hunger Games trilogy (specifically, the

title of this article).

As someone who enjoys all holidays, I decided to compile a list of things that you can do on Valentine's Day to entertain yourself and keep your mind off the people wandering the streets and holding hands. And while you read it, just remember that at least you don't live in Paris. Imagine what **that's** like on Valentine's Day!

Play a video game – There are plenty of games on plenty of consoles out there in the world to take your mind off your relationship woes. If you don't mind fake Valentine's Day, the popular first-person shooter *Destiny* is having an event in honor of the holiday! If you want a bittersweet love story, I recommend taking a day to play *Transistor* – it's a fairly short game, and your boyfriend is a talking sword. (I know! I know.) For fans of dialogue options and dating sims, I recommend a Bioware game – either the *Mass Effect* or *Dragon Age* trilogies. (The *Mass Effect* games are numbered in order, while *Dragon*

Age goes in order from *Origins* to 2 to *Inquisition*.) And, if you want your mind completely off of romance, there's always *Call of Duty*, I guess. Or you could play a DS game, like *Professor Layton and the Curious Village* or one of the *Pokémon* games.

Binge-watch – Either movies or a TV series! Again, you could live vicariously through your favorite characters and their fictional relationships (I highly recommend romantic comedy Korean dramas for this), or you could do a marathon of movies that have nothing to do with love whatsoever. (The *Expendables* trilogy gets a ten out of ten from me for this, as well as for the amount of explosions and really big guns. Shooty bang bang guns, and also the arm kind.)

Work out – Exercise gives you endorphins. Endorphins make you happy. And happy people don't kill their husbands! They just don't.

Read a book – There's probably one somewhere that you've been meaning to



Give your significant other a white rose, a la President Snow, for me. Image retrieved from the public domain.

read for fun and haven't gotten around to yet. So why not read it on Valentine's Day?

Throw a party – It can be themed for the day, or it can just be a party, because parties are both fun and an excuse to both bake and eat cupcakes. If anyone tells you that you can't have a party, guess what? They're not invited, because it's your party. Score.

Make platonic Valentines – Nothing says they have to be romantic!

Get fun, get punny, make references, and dish out love and affection in card form to your friends and family and neighborhood newspaper reporters. They'll appreciate it!

Hopefully, that's enough options to keep you entertained and distracted on this most controversial of days. I wish you luck – and remember, I'm a lot of fun, so if you do have a Valentine's Day party, be sure to invite me.

WANT TO READ MORE?

Find previous issues of the
Whalesong at:

[www.uas.alaska.edu/juneau/
activities/whalesong/](http://www.uas.alaska.edu/juneau/activities/whalesong/)



BY BECKY IVERSON
For the UAS Whalesong

Eating healthy foods can make a big difference in how you feel. Here are several tips on how to eat right and improve your chances of avoiding the effects of SAD, (Seasonal Affective Disorder), and related depression:

1) Fill your plate with essential antioxidants: Antioxidants such as beta carotene and vitamins C and E combat the effects of damaging molecules called free radicals. Antioxidants have been shown to tie up these free radicals and take away their destructive power. Foods rich in antioxidants include:

*Sources of beta-carotene: apricots, broccoli, cantaloupe, carrots, collards, peaches, pumpkin, spinach, sweet potato

*Sources of vitamin C: blueberries, grapefruit, kiwi, oranges, peppers, potatoes, strawberries, tomato

*Sources of vitamin E: margarine, nuts and seeds, vegetable oils, wheat germ

2) Eat “Smart” Carbs for a calming effect: The connection between carbohydrates and mood is linked to the mood-boosting brain chemical, serotonin. Opt for smart or “complex” carbs, such

as whole grain crackers and bread, rather than simple carbs, such as cakes, cookies and white bread.

3) Eat Protein-rich foods to boost Alertness: Foods rich in protein, like turkey, tuna or chicken, are rich in an amino acid called tyrosine. Tyrosine may help boost levels of brain chemicals dopamine and norepinephrine. This boost helps you feel alert, increases energy, and makes it easier to concentrate. Good sources of healthy protein: Beans and peas, lean beef, low fat cheese, fish, milk, poultry, soy products and yogurt.

4) Get plenty of Vitamin D: Lack of vitamin D has been linked to many health issues from increased cancer risk to mood disorders. A University of Toronto study noticed that people who were suffering from depression,

particularly those with Seasonal Affective Disorder, tended to improve as their levels of Vitamin D increased over the course of a year. Up to a 4,000 IU a day supplement is considered safe for most over 8 years of age. It may take more than this for a period of time to get your blood level normal if it is low. Vitamin D enhanced juices , (and of course milk), are also easy sources of Vitamin D.

5) Include Omega-3 Fatty Acids in your Diet: We know that omega-3 fatty acids have innumerable health benefits. Recently, scientists have revealed that a diet deficient in omega-3 fatty acids is associated with depression. Sources of omega-3 fatty acids include:

*fatty fish(anchovy, mackerel, salmon, sardines, shad and tuna), flaxseeds, chia seeds, nuts, (including walnuts), canola

oil, soybean oil and dark green leafy vegetables.

6) Fruits (for natural sweetness)-fresh fruit is bright, vibrant and packed with immune supportive, health promoting phytonutrients. Unlike natural sugars in fruit; processed refined sugars, (like candy and soda) can cause a big boost in energy, followed by a massive crash, which can ultimately result in feeling blue. Rather than a traditional sugary treat in the afternoon, opt for a piece of fresh fruit instead.

7) Chocolate-So many of us LOVE chocolate! Besides great tasting and loads of health promoting antioxidants(in the dark, cacao rich varieties-not the processed milk chocolate stuff of course), chocolate is one of the best mood-boosting foods. Chocolate is metabolized by the body into serotonin, one of our most potent mood enhancing hormones. Just remember, if you are trying to lose weight, a little bit goes a long way!

*Excerpts taken from WebMD, and Stacy Kennedy, MPH, RD, CSO, LDN; Reboot Nutritionist 2014

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2

February 8, 2016

February 15, 2016

3

February 22, 2016

February 29, 2016

4

March 7, 2016

March 14, 2016

5

March 21, 2016

March 28, 2016

6

April 4, 2016

April 11, 2016

7

April 18, 2016

Courtesy of www.alaskarobotics.com

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, FEB. 8

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, e-mail tlingitlearners@gmail.com.

Skiers Friday, 6:30 p.m., Hangar On The Wharf. Specials at 4p.m., Movies at 7p.m.! 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! E-mail info@hangaronthewharf.com for more information.

TUESDAY, FEB. 9

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.

Southeast Master Gardener Class, 6 p.m., UAF Cooperative Extension Office. Tuesday evenings Feb. 9 - May 3, plus two Saturdays, March 19 and April 30. \$300, includes a deposit of \$150 to be refunded when 40 hours of volunteer service are completed within a year. Scholarships may be available upon request. The service goal is to share your gardening skills and knowledge through educational community projects. Fee includes the Alaska Master Gardener manual plus other class and workshop supplies. For more information contact Susie at 907-523-3280 or Susie.Wilkie@alaska.edu.

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

Mudrooms, 7 p.m., Northern Light United Church. Theme: Romantic Entanglements. Stories of love, lust, disgust and everything in between. Speakers: India Busby, Stephanie Ashley, Ildi Nysten, Eric Oravsky, Melissa Griffiths, Greg Chaney, Brian O'Sullivan. Cost \$7 cash. Go to <http://mudrooms.org/sign-up/> for more information.

WEDNESDAY, FEB. 10

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, FEB. 11

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

Backcountry Film Fest - Winter Wildlands Alliance, 7 p.m., Rockwell. On behalf of the Winter Wildlands Alliance, we're proud to present the annual set of films and shorts dedicated to the celebration of human-powered winter recreation. We have a great line-up of indie / amateur production films, as well as a clip from this year's Sweetgrass Production's film, "Japan by Van"! Please join us for a beer, door prize raffle and good times! All ages welcome! \$10 suggested donation, tickets available at the Rockwell. E-mail Mark Wilcox at markw74@gmail.com for more information.

AbbyOke Karaoke, 9 p.m., McGivney's Sports Bar & Grill. Karaoke Night Every Thursday. Free Event! Call 907-789-0501 for more information.

Open mic w/ Teri Tibbet or Matt Barnes, 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.

SATURDAY, FEB. 13

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 Andreana Donahue will be available for guidance and instruction. Basic materials provided. \$20 (plus tax).

Juneau Nordic Race Schedule 2016, 10:30 a.m., Various Locations. Another year of Nordic ski racing in Alaska's capital city! Community races — come one, come all — will be held every other weekend from January to March. All ages and abilities are welcome! All events kick off at 10:30 a.m. on Saturdays, unless otherwise noted. Locations may change due to snow conditions. Contributions accepted. Call Merry Ellefson, 500-8112, for more information.

Saturday Mornings at the Movies! 11:00 a.m., Gold Town Nickelodeon Theater. Fantastic kids movies and cartoons shown on the big screen in a fun, family-friendly atmosphere. All ages welcome! Baked Goods and beverages available by donation. A Fundraiser for the Juneau Cooperative Preschool, Sponsored by the Gold Town Nickelodeon Theater. Tickets are \$5 per person, or \$20 per household, at the door. Children Age 2 and under free with paying adult. Go to <http://www.juneaupreschool.org> for more information.

Wearable Arts Extravaganza: Reflections, 7p.m., Centennial Hall Convention Center. The Juneau Arts & Humanities Council presents WEARABLE ARTS EXTRAVAGANZA: REFLECTIONS at Centennial Hall. Doors open at 7p.m., show at 8p.m.. Tickets on sale: JAHc members Dec 1, 2015 at 10am, General public Jan 15, 2016 at 10a.m. Ticket Prices: \$125 table seat/\$80 primary seating/\$40 general seating. Contact Meredith Bless, meredith@jahc.org, 586-ARTS (2787), with questions.

SUNDAY, FEB. 14

Weekly Ukulele Jam, 11 a.m., TK McGuire's Lounge (Prospector Hotel). Weekly Ukulele Jam, every Sunday: noon - 2 pm. All ages & abilities welcome! Visit us at juneaujambusters.com.

Wearable Arts Extravaganza: Reflections, 3p.m., Centennial Hall Convention Center. The

Juneau Arts & Humanities Council presents WEARABLE ARTS EXTRAVAGANZA: REFLECTIONS at Centennial Hall. Sunday, Feb 14, 2016 doors open at 2 p.m., show at 3 p.m.. Tickets on sale: JAHc members Dec 1, 2015 at 10 a.m., General public Jan 15, 2016 at 10 a.m. Ticket Prices: \$75 table seat/\$50 primary seating/\$25 general seating. Contact Meredith Bless, meredith@jahc.org, 586-ARTS (2787), with questions.

International Folk Dance, 6 p.m., The Alaska Club (downtown). International folk dance, every Sunday at the studio at The Alaska Club. Recreational dance—first hour is instruction. No partner necessary. Beginners welcome! For additional information, please contact: Bruce Botelho at 364-2334.

TUESDAY, FEB. 16

1 Billion Rising, Noon. Capitol Building Steps Downtown Juneau. Join us as we rise for all survivors of gender violence. Let's revolutionize our world! Starting at the Capitol Steps and ending at the State Office Building 8th floor atrium. Come wearing Red and Pink! Questions? Call 465-2278.

SATURDAY, FEB. 20

Barn Dance, 7:30 p.m., St. Ann's Parish Hall. February Barn Dance features Susie Kendig calling contra dances to live music by Full Circle. All dances are taught so no experience or a partner are necessary. \$8 adult, \$7 JIF and AFF, \$5 students and seniors, free to JVs and Americorps. Go to www.juneaucontras.org, or call Odette Edgar, 586-1787, for more information.

SUNDAY, FEB. 21

Carla Timpone Award Luncheon 11:30 a.m., Dragon Inn Restaurant. The Alaska Women's Lobby is honoring Nancy Barnes, MK MacNaughton, and Walter Majoros at the first annual Carla Timpone Award for Activism luncheon. Carla Timpone, who passed away in 2004, was a life-long advocate for women and children in Alaska, as well as across the nation. Proceeds will go to supporting the Lobby's advocacy efforts to advance the needs of women, children and families. Tickets can be purchased at akwomenslobby@gmail.com or <https://www.facebook.com/AlaskaWomensLobby> More information can be obtained at akwomenslobby@gmail.com.



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