

University of Alaska Southeast

WHALE SONG

March 7, 2016

The Official Student Newspaper of UAS

Gender-Inclusive Housing | PAGE
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ON THE COVER...

Our cover this issue features the slightly lesser known whale sculpture in front of E Building on Housing, as Residence Life integrates a new Gender-Inclusive housing option into the student housing community this coming Fall. More information can be found on page 7.

(Photograph by Darin Donohue)

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

*What's the most unique thing you
do to beat a rainy day?*



"The best way to face a rainy day is with a good cup of Earl Grey and a book."

-Tierra Colberg



"I like to go for hikes! The weather makes it more intense."

-Aspen Daigle



"On really rainy days, when I'm stuck inside, I enjoy looking out the window and thinking about the way the trees look."

-Manni Guillea



"The goal for me is not to think of rainy days as a bad thing, but to embrace them don't fight it!"

-Tyler McMichael



"I enjoy making short films, or brewing my own beer!"

-Staffan Paddock



"I like to conquer rainy days by going for a run!"

-Josh Vantrease

Letter from — the Editor —

BY DANIEL PISCOYA

for the UAS Whalesong

“Down the pipeline” is such an Alaskan phrase.

I say that this phrase is Alaskan, because so much of what comes “down the pipeline” - in the sense of what is happening here in Juneau - has to do with what comes down the pipeline - in the sense of what is happening north in Prudhoe Bay. Oil and its production thoroughly saturates the issues of our current context. What comes down the pipeline, how fast it comes down, how much of it comes down - these, we learn quickly, inexorably dictates much of what happens here in Alaska.

So, naturally, when oil prices started dropping, and the state budget started getting harder to balance, we here at the University of Alaska Southeast assumed that the subsequent release of the UA System’s Strategic Pathways and its proposed 10 year plan for restructuring was another example of pipeline flow logic. The inexorable cause and effect, we assumed, means that Strategic Pathways is inevitable; restructuring is going to happen whether we like it or not. Social Science majors here at UAS resigned themselves to moving to UAA, UAF fisheries students traded in parkas for rain coats in preparation for a move to UAS. Do I exaggerate? Maybe. Strategic Pathways seemed vague on the subject.

It is not hard to imagine my surprise, when, on the phone with UAS Director of Public Relations, Katie Bausler, I learned that the Strategic Pathways document is more of a proposal, and is not only open to change, but *expected* to change in the next few years. According to Bausler, the UA System is looking for and relying on student and community input on the matter. Student and community input not only matters, it will shape the UA System’s response to the budget crisis and its plan for UA campuses for the next 10 years.

In short, that Strategic Pathways is coming “down the pipeline” is a poor choice of words. It might be more accurate to say that it’s coming down a conveyor belt, and, in a manner of speaking, will be stopping at *your* desk for some input.

It seems a bit obvious at this point, but, as editor of this paper, I urge you to write! Write to the Chancellor, Rick Caulfield. Write to UA President, Jim Johnson. Write to the Whalesong. What you write will make a difference, and you will be heard.

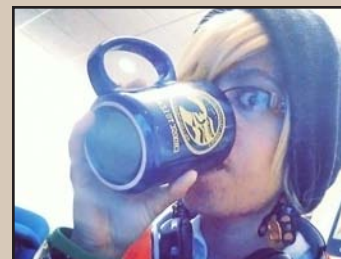
Feel free to contact Daniel Piscoya at dlpiscoya@uas.alaska.edu or at the Whalesong e-mail at whalesong@uas.alaska.edu.

WANT TO WRITE TO THE WHALESONG?

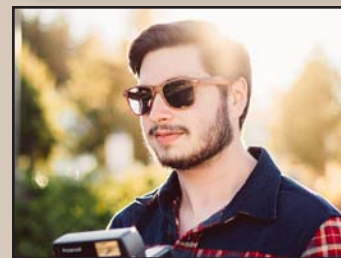
Send your articles, comments,
letters, photos, or poems to
whalesong@uas.alaska.edu

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

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— UAS In Brief —

Rally: “Keep Bright Stars in Alaska” for University of Alaska Funding

Last Tuesday at noon, Alaskans gathered outside the Capitol with a loud and clear message to the legislature: the University of Alaska is important to all Alaskans.

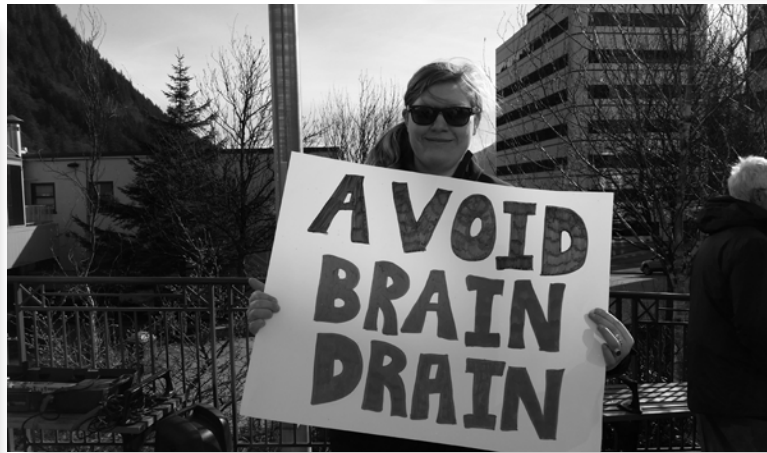
The House Finance Subcommittee moved forward roughly \$50 million in cuts from the budget proposed by the UA Board of Regents. The budget sent to the House Finance Committee included funding for student instruction and the bare minimum for research. That could lead to a huge loss in generated income from mainly federal grants.

The Coalition of Student Leaders invited members of the statewide community to join this positive, uplifting and respectful movement. Participants wore blue to show their support.

The Coalition of Student Leaders is a non-partisan coalition made up of students from across the University system who believe in the power of higher education for the State of Alaska.



Clockwise from top: Student Government President Callie Conerton speaks in front of the Capitol; Student Body Senator Griffin Plush addresses the Capitol; The protesters wave homemade signs while UAS Chancellor-Emeritus John Pugh confers with associates; Student Body Senator Hannah Wolfe-MacPike advocates for UA funding via an attractive sign. Photos by Michael Ciri. Used with Permission.



— Health Corner: — Smoking Versus Vaping

BY LEAH TODD

For the UAS Whalesong

After six months of tobacco-free policy implementation at UAS, students and staff have noted an absence of smoke-filled air surrounding the entryways to buildings. They no longer smell smoke filtering in through windows and ventilation systems. Many students have reported experiencing easier breathing and less respiratory irritation. But some students want to know about e-cigarettes. Aren't they the safer alternative?

So, while they may be the lesser of two evils, they are not risk-free. The nicotine content can adversely affect adolescent brain development and lead to long-term nicotine addiction,

while nicotine is toxic to a developing fetus during pregnancy. As a relatively new product, the long-term effects of using e-cigarettes are not fully known, but they have already been found to contain carcinogens like heavy metals and acrolein, ultra-fine particulate, and propylene glycol or glycerin and flavorings not meant for inhalation. Furthermore, e-cigarettes are not regulated, and therefore have no accountability for controlling nicotine levels and disclosing ingredients on packaging.

Some people may rationalize these health risks if they think e-cigarettes can help people quit smoking conventional cigarettes. Unfortunately, there is no evidence to support that e-cigarettes contribute to successful

tobacco cessation, and some research suggests they may be even more addictive. Uncontrolled and unregulated amounts of nicotine in e-cigarettes can further entrench smokers in their addiction or develop new addiction pathways. In the US, nearly 48% of adult e-cigarette users also use conventional cigarettes on the same day. Dual use of e-cigarettes and conventional cigarettes is a serious health concern, as smokers could be exposed to even higher amounts of nicotine.

The fate of the tobacco industry lies in the success of e-cigarettes, as many companies are developing both products. What is stopping the e-cigarette (read: tobacco) industry from keeping people addicted to their

product?

This industry now employs marketing strategies identical to those seen in conventional cigarette ads: themes of sex and rebellion, and celebrity endorsements. They market to youth while blatantly denying it, and spread unsubstantiated health claims about their products like better sleep, weight loss, and more energy (sound familiar?). Now, more than 70% of high school students in the US are exposed to e-cigarette advertisements, and more than one third of Alaskan high school students have tried an electronic vapor product—among both smokers and non-smokers. These are not results of a cessation product marketing strategy.

In honor of Kick Butts Day on March 16th, a national day of youth activism against the tobacco industry's deceitful marketing strategies, commit yourself to a future free of tobacco and e-cigarettes. The steep decline in

smoking rates in the US is one of the greatest public health contributions in our country's history, and we cannot let e-cigarette trends and the tobacco industry unhinge this progress. Stand up and stand out above the marketing and industry motives positioned against your health, independence, and future wellbeing.

You can quit tobacco (and e-cigarettes) today by calling Alaska's Tobacco Quit Line at 1-800-QUIT-NOW for free and confidential telephone counseling, medications, and informational materials. You can also text QUIT to 47848 for mobile support, or try the app called This is Quitting (www.thisisquitting.com), where you share and receive support from other quitters online. You are four times more likely to succeed in quitting if you use medications and counseling together compared to quitting on your own. Find what works for you and get the support you need.

BY KAYLYN HASLUND

For the UAS Whalesong

For those who don't know, Generalized Anxiety Disorder (or GAD) is, as the Anxiety and Depression Association of America puts it, "A disorder characterized by persistent, excessive, and unrealistic worry about everyday things." Last issue, Alexa Cherry gave a great article on Anxiety Awareness and I wanted to put my two cents in, especially as someone who has an anxiety disorder.

For me, I know that I am almost always stressed about something. It can be anything. Whether it's school, a social interaction, or even sending an email, I find some way of blowing it out of proportion in my head. That's what anxiety is: something you build in your head and can't stop thinking about. But what helps me often is not breathing techniques or tea, it's other people. Alexa brought up some good tips on how to help yourself, but what I think is also important is how people who don't have GAD might be able to help those who do, because it shouldn't be suffered alone or in silence.

An anxiety or panic attack is described as, "A sudden surge of overwhelming anxiety and fear," (Help Guide). Which includes trouble breathing, shaking, crying, etc. And, for

me, one of the worst things to have to sit through and deal with. People who don't regularly have panic attacks might have difficulty understanding them, but will want to help, anyway. So here are some things that could help you get someone else through it.

Firstly, you should see if they want help in the first place. For a lot of people, it's normal to deal with an attack on their own, so they may not want help. Others though, might feel safer if they're around another person. So, asking is a good first step.

The best thing you can do for someone is to be calm, yourself. If you start panicking as well, especially in a situation you're unfamiliar with, then the person going through the attack might get worse. It could even make the person feel bad because they'll feel that they're burdening you. Often, they will feel like they are burdening you, anyway. This will make that feeling worse. It's a situation that requires you to be calm and comforting. It's not that you can't be worried or concerned, but outright panic won't help either of you. This calm demeanor can be helpful because the

person going through the attack will see someone calm and know that it is okay.

Next to that is probably something that should just be understood: don't belittle the situation. Making the person feel bad or telling them what they're panicking over is stupid doesn't help, it just makes the situation unsafe. Something a person going through an attack needs is a safe place and person to go to. If I get told panicking over an email is small and insignificant it just makes the person who told me that the last person I'll ever rely on again. Don't make the person feel worse than they already do.

Offer them water! Some people cry during an attack and they will be dehydrated after. You can offer during the attack, but it's important to just have some for afterward. It may help stave off a second round. They'll be focused on drinking and how good the water is, rather than what caused their anxiety to spike in the first place. If not water, tea or hot chocolate—whatever beverage they need.

Help them get to a quiet place. Being in a loud noisy place will only

make the person's anxiety skyrocket. Even if they're not having an attack, noise can be a contributing factor to someone trying to hold off from having one in the first place. While you might think that outside noise might be distracting, it can actually just be stressful.

Ask before you touch them. If it isn't clear that they want physical contact or not, you could make the situation a whole lot worse. A hug can feel constricting and make breathing feel harder. A hand on the shoulder could make them think physical harm is coming to them. Physical contact in general depends on the person, so it's best to see if it's okay before you initiate. Just ask, because for some people it's more comforting than it is for others. Besides, you should ask before touching someone anyway.

Finally, be patient. If you get annoyed because the attack is longer than you thought it would be, it will just make you seem distrustful and the other person will spiral back down. You want the other person to feel better and trying to speed up process is just going

to make the situation worse. You have to let the other person take their time in coming down.

You also have to understand that an anxiety attack is not a one-time thing. It can and will happen again and if you've been there for a person before, the one experiencing it may feel safest coming to you. Be willing to listen, to offer water, to just sit by a person and talk at them, honestly whatever takes to help them. It's not always an outright panic attack either, it can be a sleepless night because they stayed up all night thinking about everything they have to get done. Anxiety and panic attacks are complicated and all over the place sometimes, so all you can do is offer a bit of help. If they want it, be there for them and make sure you're understanding of the other person.

Source(s):
"Helping Someone During a Panic Attack-Topic Overview." WebMD. WebMD. Web. 28 Feb. 2016.
"Generalized Anxiety Disorder (GAD) | Anxiety and Depression Association of America, ADAA." Web. 28 Feb. 2016.

Helping Someone with an Anxiety Attack: — From Someone with GAD —

— UAS Online: But Like, Cool —

BY ALEXA CHERRY

For the UAS Whalesong

I don't think it can be said that any UAS students really like UAS Online. I personally don't have anything to say against the site's technical setup, except for its occasional propensity to crash exactly when I need to turn in assignments. Largely, I think any dislike stems from the fact that most students only use the website for school. And while higher education is a gift for which we should all be grateful, let's be real – there are things we would all rather be doing than homework. (Well, most of us; I know at least one freshman who puts my senior-year study skills to shame. You keep doing you, Karey.)

The main UAS website is also kind of boring, largely because we either don't use it at all, or only use it to locate information – like a professor's E-mail address, or the Egan Library page so we can do research. So, when most students hear about "UAS Online," they kind of tune out. But wait! Don't leave yet! In this article, I'm not going to be talking about UAS Online – I'm going to discuss UAS, online.

It might be surprising, but UAS is actually pretty widely spread on the internet and social media these days. Whether you primarily use Twitter, Facebook, or Instagram, our college has a presence (sometimes multiple presences!) on each of those sites and apps. Unfortunately, it seems like a lot of students don't know what or where these accounts are. So whether you're a current student, staff or faculty, or if you're an incoming or interested student who's been following the Whalesong online – here is my list of top UAS social media accounts, arranged by platform. I'll write in detail about the accounts I think are most prevalent, and include the names of others for you to investigate yourself!

These are the UAS social media pages that I could find or that I already knew about and followed. If you know of others that you think deserve attention, please feel free to E-mail me at whalesong@uas.alaska.edu to let me know!

sound+motion

UAS ARTS SERIES 2016



FRI, MAR 25, UAS EGAN LECTURE HALL, 7PM

Woosh Kinaadeiyí Poetry Slam

The 3rd annual UAS hosted slam will include the Woosh Kinaadeiyí Band. This friendly competition is open to poets and performers of all ages and all abilities. Sign up to compete at 6:30 pm. Slam starts at 7. Woosh Kinaadeiyí is a local nonprofit committed to diversity, inclusive community, and empowering voice. Theme: "Thawed".

INSTAGRAM:



uasoutheast

FOLLOW

University of Alaska Southeast The official Instagram of the University of Alaska Southeast (UAS) #spikethewhale, #uasoutheast, #uasfye
admissions@uas.alaska.edu www.uas.alaska.edu/

University of Alaska Southeast (@uasoutheast) – This is the primary and most active UAS social media account, featuring photos by students, staff, and faculty from all over the campus. In addition to showing all sides of UAS life through aesthetically pleasing filters, it also runs contests (free coffee money, anyone?) and is trying to bridge the gap between being the "professional" face of the university and the "fun" one. It's also pretty interactive with

students – you can submit your own pictures to the E-mail listed in their bio for consideration, or if you use any of the hashtags listed, they might regram you! (And let's be real – we are all online for exposure and popularity.)

Other UAS Instagrams:

- UAS Rec Center - @uas_rec
- UAS Gaming Club - @uas_gamingclub
- UAS Career Services - @uas_career

FACEBOOK:

University of Alaska Southeast – I had to do a little bit of digging to find it, but this page seems to be the most current and active



Facebook page for UAS. There's actually an interesting reason for me having to look for it; the primary UAS Facebook page used to be for Spike the Whale, but since his page had been set up in the early days of Facebook before there were different types of pages, he was posting under the guise of a real person. The Facebook powers-that-be decided that a humpback whale was not a real person, it was unacceptable that one be posting under the guise of such, and consequently wiped his page from existence. So, if you thought you were following UAS on Facebook, you probably aren't anymore.

The newest Facebook page is worth a "like" if you're attending or interested in UAS and its community! Posts I've seen so far have been about articles in the Juneau Empire, activities and events at and around UAS, club descriptions and meeting times, and updates on UAS department activities (like UAS Admissions).

Other UAS Facebook Pages:

- University of Alaska Southeast, Student Activities Board
- University of Alaska SE Student Government
- UAS Career Services
- UAS Whalesong

TWITTER:

UAS Events Today (@uas_events) – Besides the Spike Facebook page, this is the first UAS social media account I ever



followed. Don't let the grainy picture of Spike and the lack of a header photo deter you; it may not have been aesthetically modified since several Twitter updates ago, but this is the most active (and, in my mind, useful) UAS social media account that I follow. The reason for this is that it's connected directly to the UAS event calendar, so as soon as that updates, so does the Twitter account. Its persistently regular posts – every day at 8 AM – make me inclined to think that it's actually being run by some kind of bot program, but that's alright. It's the content of the posts that counts.

Other UAS Twitters:

- UAS First Year Experience - @uasfye (Fall 2015 freshmen should remember this!)
- UASoutheast - @uasoutheast (affiliated with and run by the same people who run the Facebook page and the Instagram)
- UAS Student Activities Board - @UASSABJC
- UAS Career Services - @uas_career
- UAS Rec Center - @uas_rec
- UAS Tidal Echoes - @UASTidalEchoes

(a student-run, university-published literary journal for Southeast Alaska)

There are also several authority figures at UAS you could follow also! The registrar, the director of campus life, and the first year experience advisor are all on Twitter.

BY KAYLYN HASLUND

For the UAS Whalesong

If anyone has started applying for housing for the future, you may be seeing a new option at the bottom of the online application, one that has the option for Gender Inclusive housing. This means being able to live with people of, well, all genders. We were able to get in touch with Residence Life Coordinator Em Rademaker and get their input on this new option and how Residence Life came to making it a reality.

Kaylyn Haslund: In the Fall 2016 semester, UAS Residence Life is introducing gender inclusive housing on campus. How did the conversation about this topic start?

Em Rademaker: So, the conversation actually started last February 2015, and I believe it was just a compilation of trainings that were happening and different reviews or assessments on current policies. We were talking with different students about what their desires were, what their needs were, and realizing that we weren't meeting the needs of part of our population of residents. Though we are a small campus, we have a very diverse set of students, and even if there's one student who is uncomfortable in their living environment, that's one too many. And so we [the residence life team] started talking . . . about how best to go about researching the best policies and practices, or just gender inclusive housing option.

KH: What has been the response from students so far?

ER: Sure, our first gauge of that actually was at our EVI assessment, which is our departmental assessment that we put on every spring that helps us get what residents are thinking of our programs and how we can improve. . . We included a question on there about, if there was a gender inclusive housing option (a living option where two or more residents could live together regardless of their gender identity), what would be your opinion of that? . . . And we found that we had over fifty percent that said that they would opt into that program. So, that was very encouraging and alarming, in the sense that 'Oh over fifty percent of our residents who want to take advantage of something like this!' . . . I know that there have been some concerns voiced by students who may not quite understand yet what the program is. . . Those concerns will dissipate as we're able to better educate people, as we get the information out about it being an optional program. You have to opt in. We work with you to select roommates so that you know who's going to be living with you. . . it's all about having people be comfortable.

KH: That's a good plan. Do you personally have any concerns with what could happen?

ER: Well, I would have to know what some of the concerns are.

KH: Well, some people think it's just going to

be couples applying for it, rather than people who actually need it for a comfort level.

ER: . . . Quite honestly, I'll go as far to say, it's not any of my business. Your personal life is your personal life. Most university and UAS has this as well, we don't necessarily encourage couples to live together, because in the college atmosphere couples can be very short lived. . . But, realistically, like I said, it's none of my business. We want to make a living environment that's comfortable for people and if that involves living with your partner, then that's your choice. And we're going to work with you to make sure that you making the best choice for you.

KH: That's a good viewpoint on it. So, from what I know, you have to be applying for this with people you know?

ER: Not necessarily. . . we do give preferential placement to people who select enough people to fill a unit. . . But we recognize that there may be people interested in this option who don't necessarily have a roommate in mind, so our plan is to work with them one on one during the summer, when we're working on placements, and introducing them to each other.

KH: Have there been any other hesitations?

ER: Regarding safety, there are no . . . research, studies, or data to suggest that a gender inclusive housing option is any less safe than a single gender housing option. So, that's a fear and a concern that doesn't have any factual foundation. And our policy to address that has been the current options that we're going to be introducing at first and their going to be . . . You can have a gender inclusive suite or apartment but not a gender inclusive bedroom. So, for example, the two bedroom apartments would have a maximum of three people. One of the bedrooms would have one person in them, buying out the private room, and the other bedroom could have two people of the same gender or again one person buying a private. . . just creating that level of comfort with the fact that you can lock your bedroom door and have that extra privacy. . . I think we have a really great layout for making this a successful program.

KH: What is the level of precedent in the UA system as a whole?

ER: It's actually kind of funny, because we started researching. . . and then in the summer we realized that University of Alaska Fairbanks had introduced a policy this last year. And they've had great success with that. The University of Alaska Anchorage does not currently have a policy set for delivery, but they do have their residence

association that recommended instituting a policy, so their department is working on developing that. So, the entire University of Alaska system is seeing this as valuable for students and seeing this as a desire that students have.

KH: What do you hope comes out of this policy?

ER: Realistically, the program is meant to make those who identify as sexual and gender minorities comfortable by recognizing that there are other living arrangements that are more comfortable. But, more importantly, we hope to . . . normalize the idea of people of all gender and sex identities living with people they find the most comfortable. And I know I'm using that word a lot, but that truly is the goal. We want people to feel safe and at home. We want people to feel at home on this campus. . . Title IX. . . they have explicit requirements that we have to follow in order to make sure that we're not discriminating based upon sex or gender identity.

KH: And would this include having to disclose any information about yourself?

ER: So that was another component that we really wanted to be mindful of. . . we don't question people's motives. So, the people who are living in the gender inclusive housing option, our only assumption is that they have people that they recognize that they want to live with. And we do our best to accommodate them.

KH: That's really good.

ER: The only thing you have to disclose is the information that was previously on the application in terms of biographical data, you know . . . Checking the box.

KH: Do you know any statistics outside of Alaska? Or was it purely based on the success within the UA system?

ER: Yeah. There's actually a wonderful website called Campus Pride and it is a resource that gauges the inclusivity commitment from higher education institutions. And one of the ways that they do that is by listing the universities and colleges that provide gender inclusive housing options, to some extent. And there are approximately two to three hundred universities that are listed currently. I think there are many more that having policies in the work, because this is become a best practice in higher education. And it's more and more common, especially on larger state universities and public universities. So, we recognized that this is a trend in the policies within residence life and I said at the beginning of our conversation, we're constantly assessing and analyzing how we can better serve our students. So,

just as the integration of digital and social media is a trend, so is gender inclusive housing. It's a policy change, it's a service that you're providing to your students to have them . . . To give them better living experience.

KH: With the gender inclusive housing are you thinking of any sort of student training?

ER: Yeah, so, we actually changed our community advisor training slightly this past year, to have a larger portion of our time devoted to diversity and inclusion training. How best to be an ally, not just for our LGBTQ+ folk, but for diversity as it's defined in every primary. And we spent about a day and a half going through safe zone trainings, something that's offered on campus, going through talking about privilege, talking about accessibility, talking about the use of language, and how all of that affects how a community functions. As we move forward, we do recognize that in general we want to be very conscious that training our residents on crisis management, we already do a significant amount of that, but that's something we are already hoping to kind of beef up. So it's something that we want to make sure our professionals are very strong in and . . . because they may be walking into a different environment than they are previously used to. But, as I said before, we don't anticipate any more instances or incidents, we have very few as it is. . .

KH: Because this is going to be such a big opportunity for so many people on this campus, who may or may not open about how they identify. So, I wanted to say, personally, as someone who is part of the LGBTQ+, thank you so much for this! Because this means a lot.

ER: Thank you. That one response to me means that this whole year of review, process, fretting and planning. . . My own frustration and trying to make sure that we get this in on time is all worth it. If one person is more comfortable, it's worth it.

KH: Thank you so much.

Gender Inclusive Housing is a great opportunity, especially with new fall housing applications out currently, that some may want to look into. If you have any questions, I would suggest going to the Resident Living staff to get all the information you can. They are happy to help and make you feel safe and welcome. Once again I would like to thank Em Rademaker for letting me interview them and getting the information I could out there.

Editor's Note: This text was edited for length. To see the full interview, go to www.uaswhalesong.com/

An Interview with Em Rademaker: — Gender-Inclusive Housing —



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BY ALEXA CHERRY

For the UAS Whalesong

The Whalesong has a staff meeting every week, and at one of our recent ones, our editor mentioned the Rec Center in passing.

“They’ve got new backpacks and outdoor gear in that are available for rental,” he said. “One of you could write about that.”

At first, I didn’t speak up, mulling over the idea’s article potential. I had already seen the Rec Center posting about their new gear on various social media outlets, and I wasn’t sure I could write a whole page of single-spaced 10-point about their new backpacks. But then it occurred to me that I had an upcoming camping trip for a class, and it would be the perfect opportunity



Clockwise from top: Alexa Cherry tries on one of the REC center’s new backpacks; Kevin Maier’s Literature and the Environment Class poses on their requisite camping trip; The REC Center’s new Osprey backpacks come in two sizes, complete with rain covers.



to test the Rec Center’s new gear.

So, after I’d accomplished the rest of my academic tasks on Friday, I went by the Rec Center and picked up my gear. Fun fact: if you’re going on a trip for class where you’ll need to rent anything from the Rec Center, ask your professor if class funds can cover the cost! That was how mine worked; my professor contacted the Rec Center ahead of time to let them know what I needed to pick up, and they put it on hold for me until I got there.

I didn’t need a lot from them; thanks to my Eagle Scout brother and my Boy Scout leader father, I’ve gathered a lot of good outdoor gear over the years, even if I don’t put it to use all that much. I returned to the Rec Center early on Saturday morning with the 80-liter Osprey backpack I’d rented strapped securely to my body, and the accordion-folded sleeping pad I had also obtained strapped to the pack. To give you an idea of the

load I was carrying, the backpack wasn’t that heavy, but it was pretty full – I could probably stand to take a remedial class in efficient packing.

My class’s weekend trip was to hike out to Cowee Meadow Cabin and spend the night. The hike out, according to the Alaska Department of Natural Resources website, is 2.5 miles either way – 2.1, if you believe the signs, which may have been modified to boost morale. It’s a pretty flat hike through wet terrain (a “rainforest muskeg”), which is sometimes rough but for the most part is laid out with boardwalks. In these conditions, I didn’t find it at all difficult to carry my rented pack – a little tiresome, as walking for an hour with a backpack almost my size probably should have been, but it wasn’t a moment-by-moment struggle with me praying for it to end. The strap on the left side did dig into my shoulder a little, but I think that

— Review: —

REC Center Gear in Cowee Meadow

out to the cabin, it did on the way back, and I was able to pull the waterproof covering out of its little pouch and drape it over my pack and sleeping pad to keep them both dry.

Speaking of the sleeping pad, I was very impressed with its quality! Not that I have any kind of technical knowledge about sleeping pad types or brands, but they’ve always been something I considered as a luxury item that only served as extra weight. I got one a little begrudgingly for this trip, and when I laid it out on my living room floor upon returning home I was unawed. But when I messaged my dad about this, he wouldn’t hear my criticism: “It serves as insulation,” he said. “It retards the transfer of heat from your body to the ground,” he said. Unconvinced, I sneered at these statements in the back of my mind – until the night of the camping

trip, when I woke up cold and uncomfortable and realized that it was because I had rolled off my sleeping pad in the night. Long story short, they do exactly what my dad said they do. In addition, while they’re not a Tempur-Pedic mattress pad, they are at least a little more comfortable than the hard ground or the floor of a cabin. You could probably go without if you’re a young and sprightly freshman, but look, I’m starting to get old. I’ll take what I can get.

In summary, if you’re going camping and you need some gear, check some out from the Rec Center! From what I’ve gathered, they’ve replaced a lot of their stock with brand new items, especially the backpacks. I even had real Outdoor Studies (ODS) students cluster around my backpack and compliment its quality, impressed with what the Rec Center was able to offer. And if it’s for the outdoors and the ODS students like it, then it’s good enough for me.

was probably more a product of me packing weirdly or needing to adjust it rather than being a fault of the pack itself.

The pack was also more than capable of holding everything I needed for an overnight camping trip:

- My sleeping bag (which I can only pack into the size of an average toddler, rather than a football – sorry, Dad)
- Some of my cook team’s food and some extra food for myself
- My cook team’s stove (on the way in) and a pot and lid (on the way out)
- Two water bottles
- Extra clothes (we expected heavy rain)
- Notebook and textbook for class
- Other small, miscellaneous camping items

And to top it all off, the pack came with its very own rain jacket. While it didn’t rain on our way



This gypsy moth larva is one of the many invasive species to be on the lookout for. Photo courtesy of the U.S. Forest Service.

BY ANNEIESE MOLL

For the *UAS Whalesong*

Invasive species are everywhere. They can be plants, fungi, pathogen, or an animal species that is not native to a specific area. These invaders can often spread to a level that can greatly impact the lives of the native species, who often cannot out compete them. Within Alaska there are many invasive species ranging from plants to animals and insects to many marine organisms.

Elodea is an underwater perennial that has the ability to form large tangled masses within bodies of freshwater. In 2010, Elodea was discovered in Chena Slough in Fairbanks. This eventually brought attention to the established population in Eyak Lake along with several other water bodies in four regions of the state. This plant is particularly

hard to get rid of because it can form entirely new plants out of the broken stem fragments.

Atlantic Salmon (*Salmo salar*) are anadromous, meaning like other salmon species, they spend time in freshwater for the first part of their life before going out to sea for the last couple of years. However, unlike Pacific salmon, if the Atlantic salmon does not necessarily die after spawning. These fish have the potential to negatively impact Alaska's native salmon and trout because they would compete for spawning habitat. It's been recorded that juvenile Atlantic salmon are more aggressive than Pacific salmon, which would easily enable them to outcompete the Pacific salmon for resources. Atlantic salmon are also bred and raised in highly overpopulated pens and treated for disease and parasites. While fish may not show the signs of being unhealthy, they can carry diseases which could also have large negative impacts on Pacific salmon.

Another marine species with huge negative impacts is the *Didemnum vexillum*, which is a marine colonial tunicate. What makes this one so awful is that it is a "carpet tunicate" which has the ability to completely cover marine ecosystems. This tunicate is also fast growing and when broken, each piece broken off can become the start of a new colony. D. Vex, as it's

commonly being called, is an ecosystem engineer, and as you imagine due to it's nature it negatively impacts any ecosystem it is brought into because it can effectively grow over any surface and cover any organisms unable to move out of its way.

Alaska also has an invasive insect: the gypsy moth (*Lymantria dispar*). Females are larger than the males with a wingspan of around 2.5 inches. They are almost all white with several dark markings on their wings. Males are a light brown with darker down sections on their wings. The males also have a wingspan of under 2 inches. Recently hatched larvae black and hairy. Less recently hatched develop a mottled yellow-gray pattern with tufts of stiff hairs and two rows of blue and red spots along the back. Before their metamorphosis, the larvae are around 2–2.5 inches long. When their populations are small, these moths are not necessarily the worst species to deal with. However, when there are large outbreaks, the larvae can completely strip trees of their leaves, which can result in the death of the host tree. Unfortunately, such outbreaks can last up to 5 years. Ultimately, this can impact ecosystems because it changes the available resources.

The Norway rat is also highly invasive. Their wide diet range and adaptability allow them to do

well almost everywhere. Within Alaska, rats can have strong negative impacts on sea bird nesting colonies. Examples of this can be seen in some of the Aleutians. One island is actually known as "Rat Island" because of the extent of the rodent infestation that was a result of a shipwreck. That island had once been a large bird nesting colony, but has declined significantly because of the rats. From 2007 to 2009, there was an eradication program set in place and the result was an increase in the bird populations. Rats can also carry many disease and parasites, which can also present other problems to native populations.

With summer quickly approaching, it may seem like a waste of time to pull weeds off of a boat or cruel that you cannot release a pet into the wild, but it is important to remove plant matter and to not release your pets because, if we do not take care of our environment, invasive species can spread quickly and become very difficult to remove once even slightly established.

There are many online resources when it comes to reporting, identifying, and dealing with invasive species. The Alaska Department of Fish and Game is highly involved and wants people to contact them with information regarding new species.

— Recipe: Apple Pie Bites —

BY ALEXA CHERRY

For the *UAS Whalesong*

Time and money are two major considerations for your average college student. In this case, we don't have time to bake or eat an entire apple pie on our own – we could make time, but that would cut into our time for other things, like sleeping and eating real food. That being said, I thought I would share with you all a recipe I found on how to make apple pie bites – all the tastiness of a whole pie without having to bake and figure out something to do with a whole pie.

If you want pictures to guide you, I got this recipe from the website "The Blond Cook," but rephrased it a little to be more appealing to the college student eye. So, without further ado:

YOU WILL NEED:

- **1 can of crescent rolls** (the original recipe says Pillsbury Original, which are the best, but I understand that you're probably on a budget so do what you can)
- **¼ cup packed light brown sugar** (normal brown sugar probably works just fine. Feel free to borrow some from your roommate who actually cooks. Just, you know, ask first. Or don't, and just

make sure they get some pie bites.)

- **Apple pie spice** – you'll need 1 teaspoon and then some extra for sprinkling on top, if you're fancy like Lorde
- **3 tablespoons melted butter**
- **1 small Granny Smith apple**, cored and sliced into 8 (eight) ½-inch slices (decoded for the non-culinary: get a green apple, cut it into 8 slices that aren't super thick, pick out the seeds)

Okay, once you've gone to the store and gotten all of that, get ready to make the easiest pie in the world. Are you ready? Well, hurry up, because the instructions are next.

MAKE YOUR PIE BITES:

- **Preheat your oven to 375 degrees Fahrenheit.** None of this foreign Celsius stuff. We are in America, the only country that uses the Fahrenheit measurement. 375 degrees.
- Get a bowl and **combine your apple pie spice and brown sugar.** Stir it, toss it, use a whisk, make them drift with each other in a Jaeger, who cares, they just gotta combine. Like the original Power Rangers.
- **Melt butter.** I find this works best if you

put it in a bowl, put the bowl full of butter in the microwave, and then microwave it in 30-second intervals. You want nicely melted butter, not boiling oil to hurl in the face of intruders.

- **Put your apple slices in the bowl of melted butter;** set aside. The original recipe said "toss" them in, but that sounds risky. Still, I don't own you. Live your life.
- **Arrange crescent roll triangles** on baking sheet. Evenly distribute brown sugar mixture onto each triangle. I suggest lining your baking sheet with parchment paper or spraying it with PAM first. The less time you have to spend cleaning this up, the better.
- **Sprinkle each triangle with the chopped pecans.** Wait, what chopped pecans, you never said anything about chopped pecans, what – okay. Look. I may have forgotten to add the chopped pecans on the ingredients list. If you're a good and conscientious chef, you will have read the whole recipe before you went to buy your ingredients and known that you needed **¾ cup chopped pecans** for this recipe. I could go back and add them to the ingredients list now, but I don't like pecans anyway and I think this recipe benefits from their

omission. So, moving on –

- **Place an apple slice on the wide end of each triangle.** Wrap crescent roll dough around each apple slice. Like those "pigs in blankets" things your mom used to feed you. Unless your mom enforced vegetarianism, in which case, I'm sorry. Pigs in blankets are delicious.
- **Brush each crescent roll with melted butter** and sprinkle lightly with additional apple pie spice
- **Bake for 10-12 minutes.** It adds "or until golden brown, then cool for 5 minutes before serving," but let's be real. You are going to leave them in the oven for 11 minutes, remove them, then eat them immediately, because apple pie is delicious and you are right to do so. That's your own choice, though. Don't sue me when you burn your tongue and fingers.

There you have it – a quick and easy recipe that you can make for yourself, your friends, your roommates, or that one inevitable class where you have to sign up to bring snacks and everyone's just been bringing Oreos and bags of chips and you were like "I want to STAND OUT" but you didn't know what to do to make that happen. Here is the answer, friend. Apple pie bites. Go forth and prosper.

Source: http://theblondcook.com/2014/11/apple-pie-bites/#_a5y_p=3046884



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— “Walkabout:” — Held at KTOO Through March



Juneau writer and painter Jerry Smetzer poses with a panel of his work, “Walkabout - A Young Woman’s Journey of Exploration.” Photo used with permission.

BY JERRY SMETZER

Reprinted with permission

Juneau writer and painter, Jerry Smetzer, continues his show “Walkabout—A Young Woman’s Journey of Exploration” at KTOO through March. The show consists of 10 20 inch by 26 inch oil on canvas paintings. Each painting includes a framed block of about 250 words of text to help set the context. The word “panel” refers to the combination of the painting and the context. Panels are in sequence beginning with **Panel 1—Savannah**, and ending with **Panel 10—The Tree of Life**.

Smetzer describes the show this way: “There is a time in a young man or young woman’s life when he or she must break away from all the supportive social and familial structures of childhood. Walkabout means the freedom to engage the wonders, mysteries, and terrors of the world on his or her own terms, and in ways only the lone walker can make sense of. The hero of the Walkabout on display at KTOO is a young woman named Cassie. In the 10 panels, we follow her as she engages some of the characters and events in history that inform and illuminate our humanity.”

“This project is only the beginning of a longer term effort to explore storytelling along with the multimedia mixing of digital arts and the messier traditional arts done by hand,” Smetzer says. “We are seeking grants to support the work, and I have written the first short story featuring an introduction to Cassie, the main Walkabout character. In addition to promotional materials, we have developed a book of paintings and text bound in red cedar. These are available for sale at Hearthside Books and Alaska Robotics downtown. We are also building videos of the show; we will be developing a soundscape for gallery viewers that will be available via smart phone; and, finally, we are developing training materials for teaching the methods used.”

As part of the March First Friday, “Walkabout’s” writer and painter, Jerry Smetzer, gave tours and answered questions at KTOO. Jerry will also give personal tours on request during KTOO business hours. “Please contact me to set up a time to meet at the KTOO Studios. Tours usually take less than 30 minutes,” Smetzer says.

For more information, contact Jerry Smetzer at jsmetzer@gmail.com, or on the phone at either (907)-586-1215, or (907)-723-1943.

— Linked In — (Ideally, A Job)

BY ALEXA CHERRY

For the UAS Whalesong

You know how, on that one show, that one guy probably says some other stuff, but is best known for saying “winter is coming?” This is like that, except that it’s a completely different season and I’m not Sean Bean.

Summer is coming, and that probably means that you’re looking for employment – whether it’s seasonal, “hoarding cash for next school year” employment, or “I’m graduating in 2 months and people won’t stop asking me what ‘my plans are’ and mostly they are to make money I guess??” employment. We all know that in order to get a job, you need a résumé – but that’s not what this article is about. Well, sort of – it’s about the online companion to your résumé, that you should probably start working on while you are busy being a good student, making future professional connections, and gaining job experience.

I’m talking about LinkedIn – a website that’s been around since 2003, and which employers are starting to take closer looks at, especially as the internet becomes more and more useful and prevalent in the job market. Their mission statement is as follows: “To connect the world’s professionals to make them more productive and successful. When you join LinkedIn, you get access to people, jobs, news, updates, and insights that help you be great at what you do.”

Okay, sounds great. But how do you use it? A good question – and one that I asked during a meeting I had with Deborah Rydman a couple weeks ago. Deb Rydman is the Career Services advisor here at UAS, and she had some great things to say about how to use LinkedIn. Since her advice helped me out a lot, and perhaps someone else out there is looking to start working on their LinkedIn profile, I decided to write an article and share some of it with you!

Don’t upload your résumé. Deb suggested putting a link to your LinkedIn page on your résumé, but not vice-versa – they should be two separate things. A better idea would be to build your LinkedIn profile as a résumé; it’s like the cooler, online version.

There’s a section for miscellaneous information/interests but don’t get carried away. The idea behind LinkedIn is that it’s your online face that you present for the kind of job you want – and no job cares about when your birthday is or whether or not you’re married. This section is where you should post something that catches the eye of people you want to employ you; for example, if you’re looking for a job in the traveling carnival industry, this is where you might include that you’re proficient at contact juggling. (Labyrinth, anyone?)

Include a link to your online portfolio. Whether you’re a writer, an artist, or anything else, it’s worth having a place you can direct future employers to look at examples of your best work. Again, make sure it’s related to the kind of job you’re after; if you are trying to get hired as a career chef, you want to link your cooking portfolio with pictures of your work and recipes you’ve created, not your art portfolio.

Use groups – Groups are a part of LinkedIn that I haven’t yet fully explored, but which seem like an extremely useful resource. One good example of how they can be useful is the UAS Alumni LinkedIn page, which I think Deb mentioned you can join after you graduate. Once you join, you can search the page to see what other UAS graduates got a degree that’s the same as or similar to yours, and from there you can see what kind of jobs they have and even what groups they’re in. This is a great way to make connections and see what career opportunities are available to you with your degree.

Be discreet – One thing that Deb highly recommended is going to the privacy settings in your LinkedIn profile and choosing what others can see when you view their profile. Some settings make it so that people are notified whenever you look at their page/group/etc., while others make you invisible. The latter is good for if you’re just being curious and surfing, but on the other hand, if you’re genuinely interested in the person or company and want them to notice that you’re checking out their page, it might be worth it to have your profile in “high visibility” mode.

I hope that you find all of this information helpful! I certainly did. If you want more of the same, I highly recommend making an appointment at the SRC desk to meet with Deb. Now that I’ve told you all about LinkedIn, maybe you want to know about résumés, and she knows those inside and out.

BY ANNELIESE MOLL*For the UAS Whalesong*

Typically, when someone thinks of yeast, they think: fermentation. Or maybe just about bread or beer and wine. There is a surprising amount of research revolving around yeast ranging from health benefits to potential biofuels. However, the focus of this article is about the evolution of yeast in relation to the beer making process.

So, what is yeast exactly? For most of us we know that it comes in little packets or in glass jars in the store and is pretty small and brown in color. Yeast is a microorganism belonging to the kingdom Fungi. They are able to convert fermentable sugars into alcohol along with other by products. According to the United States Department of Agriculture, there are roughly 1500 species of yeast. However, there are likely to be more because of the extensive biodiversity regarding yeast. Humans have been making alcohol for thousands of years. However, my focus is specifically on beer.

Beer is broken down into two categories: ales and lagers. Ales are the older of the two with their production having been able to be tracked back some 5000 years. Within the ale category, one can typically expect

more intense flavors. Yeasts used in ales are commonly known as top-fermenting yeast because they will rise to the surface during the fermenting process and the result is a fairly thick yeast head. Ales are fermented at temperatures between 10-25°C.

Lagers, on the other hand, are relatively young, only having been around for several hundred years. The strains of yeast used here are fermented at relatively cool temperatures that are between 7-15°C. The yeast used here are commonly known as bottom fermenting because they settle out at the bottom when the beer is near completion. These yeast strains are also noted to grow more slowly than those used in ales. Maybe not surprisingly, lagers brewed within the United States are often very different than their European counterparts.

When making beer, temperature and yeast strain are very important because the flavor of the beer depend heavily on those two components. Flavor and aroma of beer

can be a fairly complex affair. A couple of favorable byproducts of fermentation are: acetaldehyde, which has a green apple aroma, and diacetyl, which can taste and smell buttery or like butterscotch.

One of the original ale yeasts is *Saccharomyces cerevisiae*.

Lagers apparently came into being when Bavarians (a region in the southern part of Germany) observed that beer that was stored in caves over winter continued to ferment. They also noticed that this beer had distinct characteristics which set it apart from ales.

In 2011 a group of researchers discovered that in lagers the yeast is a hybrid strain composed from two different species: *S. cerevisiae* and *S. eubayanus*. The lineage of these two strains, however, has remained a mystery until recently.

Using next-generation sequencing technology several researchers were able to compose a high quality genome of *S. eubayanus*. Then then compared this yeast

genome to other strains that are used when brewing lagers. Ultimately, this allowed for the for people to compare complete genomes from parental yeast strains. What makes this even more fascinating is that they found that there were two independent origin events for *S. cerevisiae* and *S. eubayanus* hybrids.

Chris Todd Hittinger of the University of Wisconsin-Madison, a coauthor in the study analyzing the genomes noted, "Lager yeasts did not just originate once. This unlikely marriage between two species, genetically as different from one another as humans and birds, happened at least twice. Although these hybrids were different from the start, they also changed in some predictable ways during their domestication."

Reference:

Molecular Biology and Evolution (Oxford University Press). (2015, August 11). The evolution of beer. ScienceDaily. Retrieved March 2, 2016 from www.sciencedaily.com/releases/2015/08/150811182818.htm

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CAMPUS CALENDAR

ON CAMPUS

MONDAY, MAR. 7

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 e-mail 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. 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 e-mail rec_center@uas.alaska.edu.

TUESDAY, MAR. 8

Student Government Weekly

Meeting, 8:30 a.m., Glacier View Room. Please join the United Students of the University of Alaska Southeast - Juneau Campus for our weekly meeting. Meetings are open to all students, staff, and faculty. Minutes from past meetings can be found on our website. Call 796-6517 or e-mail jypres@uas.alaska.edu for more information.

Young Americans for Liberty Club Meeting, 6 p.m., Egan 108. The Young Americans for Liberty is a group of students who meet to discuss and educate on liberal governments, civil liberties, and constitutional rights. Call 796-6517

or e-mail jypres@uas.alaska.edu for more information.

Intramural: Basketball, 7 p.m., Recreation Center. Basketball this spring semester will be on Tuesday nights (7 p.m.-9:45 p.m.). 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 e-mail rec_center@uas.alaska.edu.

WEDNESDAY, MAR. 9

Coffee with Student Government,

9:30 a.m., Student Government Office. Come down to the Student Government Office every Wednesday morning for some free coffee and treats! Meet with them about any issues or ideas you have, or just run in for a quick cup to jump start your day! Call 796-6517 or e-mail jypres@uas.alaska.edu.

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 e-mail rec_center@uas.alaska.edu.

THURSDAY, MAR. 10

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 e-mail jypres@uas.alaska.edu for more information.

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

e-mail 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 e-mail uasbcm@gmail.com for more information.

THURSDAY, MAR. 10

Wellness Fair, 11 a.m., Lakeside Grill. Please come to the Counseling and Health Center's Annual Wellness Fair. Several community agencies will be represented. Health and Wellness booths will have lots of good information and freebies will be available. Prizes, Prizes, Prizes! Come one come all to promote your health and well being! Call 796-6465 or e-mail margie.thomson@uas.alaska.edu for more information.

Successful Start, 2 p.m., Glacier View Room. UAS Financial Aid. In the second workshop students will explore needs and wants, and smart spending plans. Establishing smart savings including emergency funds, and debt versus savings. Call 796-6255 or e-mail fnaid@uas.alaska.edu for more information.

SATURDAY, MAR. 12

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 for the rest of your weekend. REC Members:\$5 drop-in fee, Non-REC Members: \$10 drop-in fee. Add on Cardio & Core Conditioning on Monday and Wednesday for \$200 both sessions. For more information, call 796-6544 or e-mail rec_center@uas.alaska.edu.

Gaming Club Meeting, 5 p.m., Egan Classroom Wing. The UAS Gaming Club meets weekly in the Egan building to play all sorts of games, including tabletop and video games. Gamers of all skill level are welcome!

MONDAY, MAR. 14

Spring Break (14-18), all week, University of Alaska Southeast. Spring break for students. Campus is open, excluding Friday, March 18.

FRIDAY, MAR. 18

The 3rd Annual NRSC Food Sovereignty Friday Series, 1 p.m., NRSC. The Native and Rural Student Center, NRSC, invites YOU to stop by and sample some of the finest food harvested around Alaska!



Courtesy of www.alaskarobotics.com

CAMPUS CALENDAR

OFF CAMPUS

MONDAY, MAR. 7

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, MAR. 8

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.

Following the Science: Updates in Ad-diction Medicine, 5 p.m., Bartlett Regional Hospital: Administrative Building. This forum by Jenna Hiestand, MD, is free and open to the public and continuing education units are offered!

Westcoast Swing Dancing, 7:30 p.m., Suite 907. Westcoast Swing every Tuesday. Free. Go to www.suite907.com for more information, or e-mail suite907@gmail.com.

WEDNESDAY, MAR. 9

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.

Mudrooms, 7 p.m., Northern Light United Church. This month's theme is 'In Uniform,' music by Carl Reese. \$7 cash. Want to share a story at Mudrooms? Sign up at <http://mudrooms.org/sign-up/>. Event full at press time.

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, MAR 10

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.

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.

FRIDAY, MAR. 11

2016 Home & Outdoor Living Expo, 5 p.m., Centennial Hall Convention Center. OPEN TO THE PUBLIC! Wine & Beer Tasting to kick off the Home Show! Join us for an exciting outcry auction, proceeds go to the Boy Scouts Eagle River Campgrounds. \$25/pp *Must be 21 or older to attend. Event Contact: Julie Burns, 463-5774 or www.SEABIA.com

JLO'S 'Man of La Mancha,' 7 p.m., JDHS. Tony Award winning musical inspired by Miguel de Cervantes and his beloved character, Don Quixote. "To dream the impossible dream" Ticketing outlets: JACC, Hearthside, Rainy Retreat. Shows on Fridays and Saturdays at 7, Sundays at 2:30. For more info, contact Frances Leach, Executive Director, 586-ARIA.

In The Next Room OR The Vibrator Play, 7:30 p.m., Perseverance Theatre. Sarah Ruhl's play directed by Carolyn Howarth. March 11 - April 3. Shows at 7:30pm with Sunday matinees at 4pm. Tickets: JACC, jahc.org, ptalaska.org, 463-TIXS

SATURDAY, MAR. 12

2016 Home & Outdoor Living Expo, 10 a.m., Centennial Hall Convention Center. We invite you to explore all of the possibilities featured at this year's Home & Outdoor Living Expo! Join us at the Juneau's most anticipated Home Show - where fresh ideas abound! You've got a project, we've got the answers! \$6/general admission; Children 12 & under free. Event Contact: Julie Burns, 463-5774 or www.SEABIA.com.

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).

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.

Alaska Youth Choir: Songs We Sing, 7 p.m., Faith Lutheran Church-LCMS. Admission: \$10 per person, \$5 for kids 12 & under. Tickets at the door or at 789-1941. This is a family friendly event. For more information, go to www.alaskayouthchoir.com.

Juneau's Got Talent, 7 p.m., JACC. Juneau Dance Theatre presents "Juneau's Got Talent", a talent show featuring some of the best - and most surprising - acts in town. Winners will be decided by a panel of

celebrity judges and the audience's monetary votes. No-host bar, dessert auction, balloon pop prize, and witty judge banner. Prepare to be entertained! All proceeds will support JDT programs. Tickets at juneaudance.org, jahc.org, Hearthside Books or at the door. \$30 or \$50/pair. For more information, contact juneaudance@gci.net or (907) 463-5327.

SUNDAY, MAR 13

2016 Home & Outdoor Living Expo, 11 a.m., Centennial Hall Convention Center. We invite you to explore all of the possibilities featured at this year's Home & Outdoor Living Expo! Join us for the 2016 PINEWOOD DERBY- Starts at High Noon! Visit www.SEABIA.com for details. \$6/general admission; Children 12 & under free

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.

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.

WEDNESDAY, MAR. 16

Arts Roundtable: Katrina Pearson, Grant Review, 5 p.m., KTOO Conference Room. Business owner Katrina Pearson, of Taku Graphics, will give a presentation and Q&A session on publishing/distribution, and the JAHC will host a peer-to-peer editing session for anyone who would like to bring in applications to JAHC grants before the April 1 deadline. Questions? Email Meghan - meghan@jahc.org.

SUNDAY, MAR. 20

70th Annual Gold Medal Basketball Tournament, noon, JDHS. The annual Gold Medal Basketball Tournament is a week long series of games that has been drawing teams from all over Alaska for 70 years. Games begin noon, March 20. Tickets at the door.

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