

# University of Alaska Southeast

# WHALE SONG

April 6, 2016

The Official Student Newspaper of UAS

## PAGE | WOOSH K POETRY SLAM 6 | AT THE EGAN LIBRARY



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Release on Apr. 15  
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## ON THE COVER...

Woosh Kinaadeiyi's Poetry Slam on Friday, March 25 marks the event's sixth season since its inception, and third year as part of UAS' Sound + Motion Arts and Culture Series. You can find more photos of the event on page 6.

(Photograph by Darin Donohue)

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## — UAS Answers — *The Whalesong's got one ...*

***What's your most productive spot  
to get homework done?***



"The library."

-Cheryl Adams



"My room is my favorite place."

-Tanessa Ashenfelter



"My house, particularly the living room."

-Bonnie Christensen



"The common area here on housing. It's a very peaceful place to be."

-Catherine Gallimore



"My living room, for sure!"

-Talon Gerken



"I'd have to say the library!"

-Olivia Linou

# Letter from — the Editor —

**BY DANIEL PISCOYA**

*for the UAS Whalesong*

Longtime Whalesong Senior Staff Writer Alexa Cherry recently announced that she will be resigning from her position effective after this issue.

Among Whalesong Staff, 'Senior' status means that a staff writer has occupied his or her position for more than a year. In a college environment, where students come and go with alarming frequency, retaining a job for more than a year indicates that the student possesses dedication, experience, and a certain level of enjoyment in their work. Alexa Cherry has been writing for the Whalesong for three years. For many (like myself), it is not possible to remember our newspaper without her. She will be sorely missed.

This new vacancy in our staff, however, is neither unexpected, nor will it be the last. Alexa is graduating this spring, so her resignation has been on the horizon for awhile. Kaylyn Haslund has also indicated to me that, beginning in the fall, she will no longer be writing for the Whalesong, either, citing her imminent work on her thesis. Our photographer, Darin Donohue, is also not going to be working here next fall. He will be moving up to Anchorage to attend UAA. Staff Writer Anneliese Moll told me she might not be returning to her position, either, depending on what happens over the summer. We will be losing *at least* half of our staff, and we're *really* going to feel it.

In short, beginning in the fall, we will be hiring.

Because Alexa occupied two staff writer positions, we will have at least three positions open, plus the position of staff photographer in Darin's absence. Whalesong staff are Student Assistant Bs, which means that pay is \$9.50 an hour. Each position is paid for five hours a week. If you are at all interested in photography, writing, journalism, or just being a voice on campus, do not hesitate to apply to the Whalesong!

Alexa Cherry, Kaylyn Haslund, Darin Donohue, these people are the staff that the Whalesong deserves. But they aren't the staff this paper needs right now. This paper needs you.

*Feel free to contact Daniel Piscoya at [dlpiscoya@uas.alaska.edu](mailto:dlpiscoya@uas.alaska.edu) or at the Whalesong e-mail at [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu).*

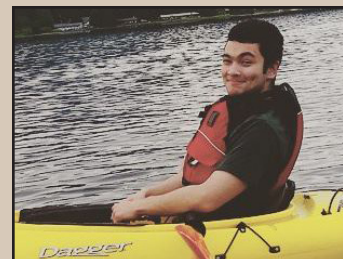
## WANT TO WRITE TO THE WHALESONG?

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

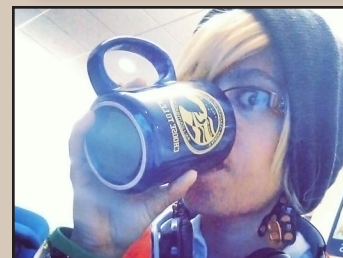
*[whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu)*

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

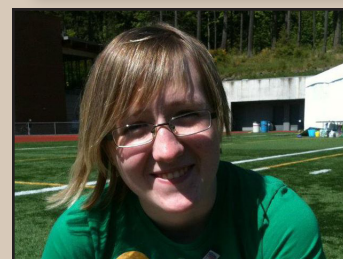
## WHALESONG STAFF



**Daniel Piscoya**  
Managing Editor



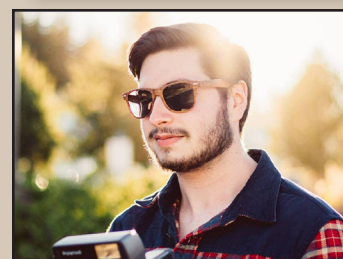
**Alexa Cherry**  
Senior Staff Writer



**Kaylyn Haslund**  
Staff Writer



**Anneliese Moll**  
Staff Writer



**Darin Donohue**  
Staff Photographer



**Holly Fisher**  
Advertising Manager

Contact us via e-mail at [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu)



# — UAS In Brief —

## School of Management Receives International Recognition

JUNEAU (January 29, 2016) – The School of Management at the University of Alaska Southeast has received international recognition for its Human Resource Management program. The Society of Human Resource Management (SHRM) recognized that the Bachelor of Business Administration in Human Resource Management degree program at the University of Alaska Southeast fully aligns with SHRM's HR Curriculum Guidebook and Templates.

Fewer than 400 programs at 291 educational institutions worldwide are recognized by SHRM as being in alignment with its suggested guides and templates. The guidelines -- created in 2006 and revalidated in 2010 and 2013 -- are part of SHRM's Academic Initiative to define HR education standards taught in university business schools and help universities develop degree programs that follow industry standards.

Additionally, the School of Management is the only institution in Alaska to offer a Human Resource Management emphasis. The online delivery of this degree program reaches students across Alaska, from Kotzebue to Ketchikan and everywhere in between.

## SCHOOL OF MANAGEMENT

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*learn • engage • change*



# — Health Corner: —

## Let's Talk About HPV

**BY CORI STENNETT**

*For the UAS Whalesong*

HPV, or the Human Papillomavirus, is a very common sexually transmitted infection (STI). Google it and you'll easily find an array of information, which can sometimes overlap and cause a bit of confusion in regards to how prevalent it is. According to the CDC, (Centers for Disease Control and Prevention), HPV is so common that nearly all sexually active men and women get it at some point in their lives. Other sources state more specific numbers, such as 80% of sexually active people are likely to contract HPV and close to 80 million Americans are currently infected. Either way, we're talking about a lot of people!

And let's face it – this is a tricky virus. There are more than 100 different strains, many people will never express a sign or symptom, and some people may develop symptoms years after being infected. For many people the virus seems to go away on its own and for others the virus may develop into more serious health issues such as genital warts, cervical cancer and other types of cancer.

It's important to highlight that prevention is hopeful through the utilization of the HPV vaccine. Just last month researchers with the CDC reported that, "HPV prevalence went down by roughly two-thirds among U.S. teenage girls only six years after the recommendation that young women be vaccinated."

The HPV vaccine is now recommended for people of all genders between the ages of 9-26. While it is most likely to be effective if the vaccine is received before exposure to the HPV virus, it is still suggested for people even if they have already been sexually active. It's pretty incredible that the vaccine protects against infections that can cause 70% of cervical cancers and 90% of genital warts!

There are actually 3 different types of HPV vaccines and it is important for you and your doctor to discuss which one is best for you. It's also important to note that the HPV vaccine is actually 3 shots, administered over a period of 6 months, and it's critical for all 3 shots to be given in order for the vaccine to be effective. Similar to other vaccines or medications, there are possible side effects and any concerns regarding these should be discussed with your physician.

It's true that the cost of the 3 HPV vaccine injections can typically be several hundred dollars. Fortunately, if you have insurance then the vaccine is likely covered. If you don't have insurance, please know that there are options available. Both Juneau Public Health and Planned Parenthood offer sliding scale fees and can provide the vaccine at no to low cost.

Ultimately, it's your body, your health, and your decisions. Honest and open communication, regular STI testing and treatment, and the use of condoms are critical ingredients for those who are sexually active. Please consider learning more about the HPV vaccine and taking action in protecting yourself and your partners from the virus strains associated with genital warts and cervical cancer.

Editor's Note: Cori Stennet is a Community Outreach Educator and Teen Council Facilitator at Planned Parenthood of the Great Northwest and the Hawaiian Islands. She can be reached at 907-523-5025 x 5126, or online at [ppgnw.org](http://ppgnw.org).



# — ROBOCOPP: — Safety First

**BY ALEXA CHERRY**

*For the UAS Whalesong*

When you hear the word “Robocop,” the first thing you probably think of is the 1987 sci-fi flick, or the 2014 remake by the same name. But the people who work at ROBOCOPP are trying to get you to associate that word with something different - namely, personal safety.

I recently interviewed both Sam Mansen, the founder of ROBOCOPP, and the PR Director, Jill Turner. Jill was able to fill me in on the story behind ROBOCOPP’s creation: Sam was looking for personal safety options for his sister, who was going to school in the San Francisco Bay Area and didn’t feel comfortable even just walking to class. The area was a mix of nice neighborhoods and bad ones pressed pretty close together, and it was fairly inconsistent. Sam got on Amazon and searched for “personal safety device,” but the only things coming up were pepper spray, tasers, knives, etc. While these were all valid options for self-defense, they weren’t something that he wanted his sister carrying around - if she was carrying it around, that meant she was prepared to use it, which meant that if she was attacked she would end up prolonging the amount of time she spent dealing with a violent altercation. Sam realized that ideally, people just want to get away from a bad situation, rather than drawing it out by fighting or trying to deal with it. He also recognized that, while knowing self-defense and having tools and weapons does help you, it realistically doesn’t matter; if your enemy is bigger and stronger than you, they may



From the top: a young man models one way to wear ROBOCOPP while hiking; a young woman takes a selfie with a ROBOCOPP unit on her lanyard; ROBOCOPP’s size makes it easy to carry around. Images courtesy of Jill Turner.

very well overpower you, and rather than do the fighting for you, your pepper spray or taser will likely just end up in their hands.

As a consequence, he found himself thinking about BVR - an acronym that stands for Body, Voice, Response. The concept behind BVR is that if you take a confident stance with your body and use your voice to draw attention to yourself by shouting something like “back off,” you will elicit a response - which is ideally that the person making you uncomfortable will stop and go away. Coupled with extensive research regarding the effectiveness of alarms in preventing crime, Sam came up with the idea of a personal acoustic deterrent. Even the

toughest of criminals would hesitate when confronted by a 120-decibel siren, right? So he invented one that fits on your keychain.

All you have to do in order to activate ROBOCOPP is pull the pin - it’s advertised as a “sound grenade” because that’s literally what it is. The pulling mechanic is a great idea because if someone grabs your keys, instead of having to push a button you can just pull the pin and then let your keys go. This separates you and the attacker; in addition, they’ll probably drop your keys rather than take the time to remove the siren. But don’t take my word for it - the ROBOCOPP website has a section called “Customer Stories” that contains plenty of testimonials for the effectiveness of the

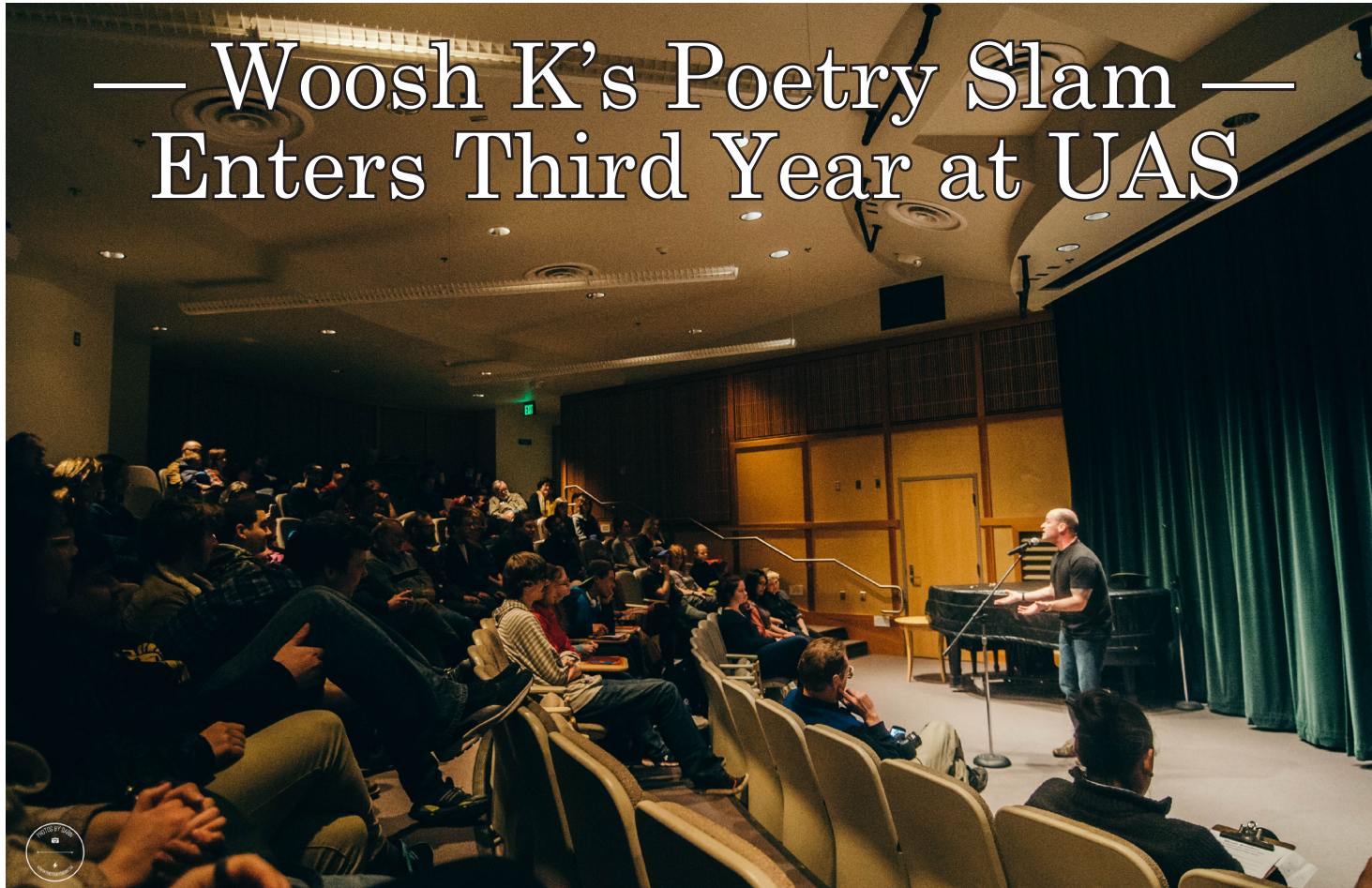


product. Many of them show that ROBOCOPP works just the way its founder intended it to. “My son is a college student and last night as he was going to his car he noticed a man following him. He noticed when he crossed the street so he pulled his alarm. The man took off running and campus security came over to see what was happening,” says Raylene from Bend, Oregon.

You can buy ROBOCOPP from the company website for \$23.99. It’s a pretty reasonable price for something that can give you peace of mind both walking around in your daily life, and even when you’re out and about exploring Alaska. After all, that’s the first thing that you see when you click onto the ROBOCOPP website: “We are born explorers.” But you can’t explore unless you’re safe - and a 120-decibel pocket siren is pretty effective at making you feel that way.



# — Woosh K's Poetry Slam — Enters Third Year at UAS



The Woosh Kinaadeiyi Poetry Slam, founded back in 2010 by artists Christy NaMee Eriksen and Nahaan, is in its sixth season. This is also its third year as one of UAS' Sound + Motion features.

Clockwise from title image: The Egan Lecture Hall proves an excellent venue; second place winner Nathan Block, UAS student, is as well known for his animated recitals as his Flying University-inspired poetry; Maranda Clark, UAS student, charms the crowd with a winning smile; event emcee Austin Tagaban, UAS student, introduces a poet; first place winner Ryan Carrillo delivers his poetry in the form of a rap.

Photos courtesy of Whalesong Photographer Darin Donohue.

## sound+motion

UAS ARTS SERIES 2016



**FRI, APRIL 8, UAS EGAN LECTURE HALL, 7PM**

### Photography in a Changing Alaska

Ben Huff, UAS Adjunct Faculty, will be sharing pictures from a current body of work being made in Adak, as well as a local project. He will discuss book making, narrative qualities of photography, and his larger philosophy in regards to photography and art. Following the Friends of the Egan Library UAS Authors Reception. (Photo by Dave Hylton)



# Sea Turtle — Conservation —

**BY ANNELESE MOLL**

*For the UAS Whalesong*

Within any fishery, there is bycatch. Bycatch are fish or other marine species that are caught unintentionally. It can consist of the target species, but the wrong sex or size. However, some species that are often bycatch are dolphins, marine turtles, and seabirds.

Modern fishing equipment is extremely, and often unfortunately, durable. Currently, there are thousands of miles of fishing lines and nets within the ocean. Bycatch that is pulled aboard with the target species is often left on deck while the target species are sorted, before being tossed back into

the water dead or very close to dying. However, there are people all over the world who are working on ways to reduce the amount of bycatch obtained by fisheries.

Now, the green sea turtle (*Chelonia mydas*) is a fascinating organism. They are one of the largest sea turtle species and are known to migrate between their nesting and feeding sites sometimes swimming distances over 1600 miles. Similarly to our Pacific salmon, adults often return to the beach they hatched from. However, their feeding habits are a largely a mystery.

In the past, these turtles were collected and used in the production of handbags. In some countries they were used as a food resource, and, in some counties, that practice still continues.

Unfortunately, they are currently listed as an endangered species. However, in many countries, particularly developing ones, this does not necessarily mean much. These turtles are also often caught in the nets used by several fisheries, like gillnets and bottom trawls.

In an effort to reduce the rate at which green sea turtles are dying due to being bycatch, a team of scientists have been investigating cost effective methods and alternatives. One new method of reducing sea turtle bycatch is through the use of small green LED lights that are attached



From the top: A Green Sea Turtle grazes seagrass at Akumal bay (Courtesy of P. Lindgren, retrieved from the Wikimedia Commons, converted to black and white); a scientist rescues a turtle from an abandoned fishing net (Courtesy of the U.S. Fish and Wildlife Service, converted to black and white).

to fishing nets. Recently, a team of researchers from the Centre for Ecology and Conservation at the University's Penryn Campus have discovered that by attaching green LED lights to gillnets used within small-scale fisheries had the ability to reduce the number of green sea turtle deaths by 63.9%. They also found that the addition of the lights did not impact the number of target species obtained.

The team conducted the study in Sechura Bay, which is in the northern part of Peru. For the study they used 114 pairs of nets, which were about 500 meters long. The lights were placed along the nets 10 meters apart along the floatline. The cost of each light was around \$2. The control nets, as expected, were placed in the water without lights. During the study the target species were guitarfish. After the nets were pulled up, they found that the control nets had caught 125 turtles while the LED adorned nets caught only 62.

Unfortunately, even with the amount of work that is going into reducing bycatch, it is still a major problem that impacts a wide range of organisms within the oceans. Lost or discarded fishing equipment also presents a problem because it is very easy for birds, turtles, fish, along with marine mammals to become entangled.

If you would like more information about bycatch and what is being done, the World Wildlife Fund has some great resources and information available.

## References:

Mangel, Jeffrey Charles, N. Ortiz, J. Wang, J. Alfaro-Shigueto, S. Pingo, A. Jimenez, T. Suarez, Y. Swimmer, F. Carvalho, and B. J. Godley. "Reducing green turtle bycatch in small-scale fisheries using illuminated gillnets: The Cost of Saving a Sea Turtle." (2016).

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**BY ALEXA CHERRY***For the UAS Whalesong***WARNING:**

The following review contains spoilers! Read at your own risk.

When I first came to UAS in 2012, I had little to no interest in the movie franchises following popular young adult-genre books. I had not read *The Hunger Games* by Suzanne Collins, *The Maze Runner* by James Dashner, or *Divergent* by Veronica Roth, and I didn't want to. But then I fell in with Rachelle, the head of the UAS Baptist Campus Ministries (BCM) club, and it ended up being our "thing" to go and see the movies of each series as they came out. We've finished watching the entire *Hunger Games* series, and recently went to go catch the most recent installment in the *Divergent* film quartet. We thought it was going to be the final movie in the series, but apparently they decided to split the series into 4 movies so that they could make more money and wouldn't veer too far away from the YA film norm of "final book divided into two movies." Which, if you think about it, is kind of amusing – after all, *Divergent* is a series literally dedicated to being unique. Even so, I'd have to say that the 3rd movie is my favorite so far.

I assume that if you're reading this review, you know enough about the

*Divergent* series to have at least a mild interest in, and an awareness of, what's happened in the previous movies. But I'll put that assumption aside and fill you in, just in case. Imagine a post-apocalyptic Chicago where everyone gets divided into one of five factions: Abnegation (the selfless – sort of like the Amish), Amity (the peaceful – basically hippies), Candor (the honest – Law & Order but as people), Dauntless (the brave – juvenile delinquents/soldiers), and Erudite (the intellectual – the NERDS). However, there's a sixth and secret faction known as the Divergent, which is people who don't fit into any of the previously mentioned factions. These people are not allowed in Chicago Society, because (in a fairly transparent narrative move) they are Too Special and Disrupt the Status Quo. Naturally, the salty blonde female protagonist (Tris) is a Divergent, and so is her big buff Cheeto puff of a boyfriend (Four). At the end of the second movie, *Insurgent*, it's revealed that the World Outside Chicago was using the city and the factions as an experiment, and that an ambiguous "they" are waiting for the inhabitants of Chicago to leave the world within the walls and go meet the people who have been running the experiment.

*Allegiant*, which I'll reiterate is the third and newest movie, about Tris,

Four, and their #squad defying the wishes of Four's mother and clambering over the Great Wall of Chicago (you know, second only to the Great Wall of China) to see what's in the outside world. This goes just about as well as you might expect; within thirty minutes of the opening, Tris and Four have successfully run unscathed through heavy gunfire in an open field, and the Asian woman (Tori Wu) who wasn't doing anything even remotely dangerous is shot from behind. From what I understand, her character also dies in book canon, but the fact remains that the *Divergent* series takes place in an almost hilariously Caucasian-centric world – Tori's death in *Allegiant* comes across as targeted whitewashing, rivaled only by the death of Boggs in *Mockingjay: Part 2* when he dies and the camera immediately pans to the remaining, all-white members of the squad.

But that's beside the point. Despite problematic casting choices (Tori's death wouldn't have stood out to me quite so much if she hadn't been one of exactly two POC in Tris's squad), *Allegiant* still remains my favorite of the *Divergent* film series for reasons that are not necessarily related to the plot. Let's begin by discussing the world outside the wall, shall we?

Immediately outside Chicago, the world is a tortured wasteland that could not have been created by anything lesser than a large-scale nuclear war. In fact, it's so messed up that even the rain is blood-red, which is notable for two reasons: one, none of the characters seemed to be particularly surprised by the blood rain, which would constitute

a pretty big cause for alarm in the case of any normal person. Two, despite Chicago being roughly one mile away from their location, it's made clear that the characters have never seen this blood rain before – making it, in my mind, a strangely selective weather pattern.

In case the "nuclear war" message wasn't abundantly obvious from how there are only craters and a complete lack of green things to be seen for miles, the movie makes it clear by having Tris's hyper-intelligent brother point at a puddle of red water in passing. "Look," he says. I lean forward in my seat, captivated. Are we going to see some kind of eldritch nuclear crab? "That puddle. It looks radioactive." Thanks, Caleb. ... Thanks.

The second thing that it is crucially important you know about this movie is that at one point, the characters are confronted with an amazing sight. Gasps of awe are uttered, exclamations of delight – and one character, in complete seriousness, without any intimation of sarcasm at all, yelps: "Gadzooks!" Yes. Gadzooks. I don't have anything else to say about that. I didn't know how to react in theaters and I don't know how to react now. Just... gadzooks.

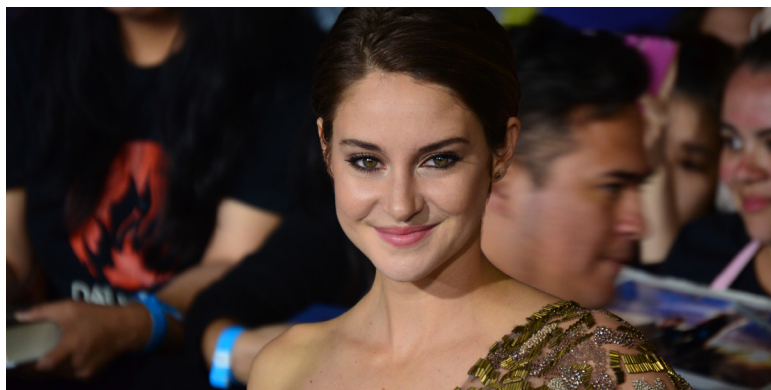
My final favorite moment in this movie is the genuine 15-30 solid seconds of film time they dedicated to Four standing and seething in a decontamination shower. Yeah, you heard me. We get a solid half-minute of the main male protagonist brooding in the shower in the midst of a film where people are dying and politicians are intriguing all over the place. While I love this moment, it does speak to a bigger issue I had with the film, which is that they basically cut out Tris as the protagonist and replaced her with Four. I don't like Tris very much, but there's already a problem with a lack of strong female main characters in media, so I didn't much care to see her be blind sided by her own franchise. They made up for it a little, though; Four's character makes it repeatedly and abundantly clear that he just wants Tris back, and he never actively tries to steal the limelight from his boo (shower scene aside). In fact, Four mostly spends

the movie trying to keep the gang alive and adopting everyone and everything he comes across. Oh, do you think I'm kidding? By the end of the movie, Four has picked up 3 robot children, one actual child, an angry post-apocalyptic ranger girl with a sweet braid, and the right-hand man of the main antagonist. It's also made abundantly clear that Tris's brother, Caleb, would die for him. You go, Four – but that's a lot of paperwork to fill out.

For a movie with as big of a budget as *Allegiant* has, it seems like a shame that it's so cheesy – almost unapologetically so. During one scene, the angle and lighting made it abundantly obvious that one of Tris's tattoos was fake. Not just Hollywood spray-paint fake, but like... an actual stick-on fake tattoo that you put on with a wet washcloth. Despite the movie being named *Allegiant*, the faction that calls itself *Allegiant* in the film is barely present as even a concept. Tris has mad lens flare in her eyes, and in hers only. Even the tertiary antagonist (yes, there are technically three of them) is cheesy – by the time he gets around to betraying the protagonists, I suppose I am expected to be Shocked and Appalled. Those are difficult emotions to feel when he basically spends the entire movie rubbing his hands together and cackling madly.

Finally, whoever designed the sets had an unhealthy fixation with the color orange – the accent colors in the fancy future cities are orange, the wasteland is orange, the blood rain that falls from the sky is blood orange, and the toxic poison gas that features later in the film is also orange. At some point, there might even have been someone eating an actual orange, but I probably missed it in the sea of other orange things.

But these complaints are not really complaints – they're just observations. The *Divergent* series has a cheesy story and an enormous budget. I would really recommend *Allegiant* if you've seen the previous two and you're looking for a good time. Four does even more heavy breathing and jaw-clenching, and Tris's haircut is awful but at least she's chilled out a lot. The saga continues – and I can only hope and pray that someone says "gadzooks" again in the final installment.



Shailene Woodley (top) who plays Tris Prior, and Theo James (right) who plays Four pose at the premier of *Divergent* in 2014. They have reprised their roles for the 2016 film *Allegiant*. Images cropped, courtesy of Mingle Media TV. Retrieved from The Flickr Commons.



# — *Tidal Echoes*: — A Changing Tide

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

For those who don't know, Southeast Alaska has its own literary journal, and it's called *Tidal Echoes*. It accepts creative work, including poetry, prose, photography, and more. It's also published every year. In fact, the newest issue will be coming out on April 15 at the *Tidal Echoes* launch party, 7:00 PM at the Egan Lecture Hall. This will be your first opportunity to buy copies of the book!

If you want your work published, or are looking for a journal to send your pieces to, there are a few ways you can submit to *Tidal Echoes*. First off, the journal would want you to be a full-time resident of Southeast Alaska, or a UAS student. A portion of the journal (25%) is saved for student work. The yearly submission deadline is December 1st. As for how much you can submit, typically you can submit up to three pieces of 10 double-spaced pages of prose, five poems, and five pieces of artwork that are at least 1800 pixels wide. Submissions can be done online through a website called Submittable – all you have to do is create an account. When submitting your work, you will also have to check a “Terms of Agreement” box near the end that acts as an electronic release form. If you're still confused, the *Tidal Echoes* page on the UAS website has more information on how to accomplish all this.

If you're unable to access the internet in order to send in your work via Submittable, you can also send your submissions and release forms to:

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

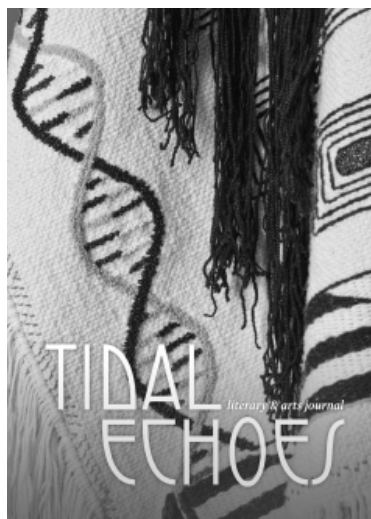
It can also be faxed to: (907) 796-6406.

I submitted last year, and am happy to report that two of my pieces were accepted into the 2016 journal! Before I submitted, though, I went through my work and edited and formatted it to the best of my ability. This is because the editors of the journal are going to try and make as few edits to your work as they can, as they will try to uphold your creative voice and intentions. That means you should be sending in work that is fairly polished. Whether it's gone through a workshop or several versions, you should have a piece that's complete and, well, readable. This also means that the editors are taking your pieces as final products and respecting you as a writer. Therefore, I think you should respect yourself as a writer and turn in work that is the best it can be.

You should also format your work, because there is a difference between artistic choice and unreadability. You want your work to be taken seriously, and if you can't make your piece clear, then your piece won't be seen as serious work.

Now, if you're wondering if your work has to be about Alaska, it doesn't! The journal welcomes diversity in content. Really, you can write almost anything. As the web page says: “It is our belief that *Tidal Echoes* should be as diverse as its readers, and as such, we hope to include a wide variety of perspectives.”

*Tidal Echoes* is a great opportunity for writers and artists looking to get their work published. If you're interested in seeing a completed form of the journal, attending the launch party would be a great place to start looking into the kinds of work being published. You'll also have a chance to meet the featured artist and writer - this year they are, respectively, Teri Rofkar and Aleria Jensen, who will both be speaking at the launch party.



Cover Image courtesy of  
Allison Krein.

# — Recipe: — Cowboy Grub

**BY ALEXA CHERRY**

*For the UAS Whalesong*

Here at the UAS Whalesong, when you see an article and it says “recipe” at the top, have no fear. This is not a Mom Blog, where I talk for pages and pages about fond memories of sitting on my grandmother's wraparound porch in the South with a glass of iced tea, while you frantically scroll and scroll, scanning for the list of ingredients that will let you know that the recipe has actually begun. All you have to read is this lead-up that tells you what this recipe is and why I wrote it for you.

Cowboy grub sounds really exciting, but it's actually probably a step up from what actual cowboys ate. This isn't hardtack and whiskey – this is bread, mashed potatoes, meat, and gravy. Literally, that's it. That's all it is. You make the respective ingredients, stack them, and eat as much as you want. Come with me on this adventure, friend. I'm all about the easy recipe life, and I hope you are as well.

## YOU WILL NEED:

- **Bread** – Thicker bread is better, but any bread will do
- **Mashed potatoes** – However you choose to mash your potatoes is fine, but I recommend buying pre-mashed potatoes
- **Roast beef** – Shredded or in slices
- **Gravy** – Get your gravy. Instant, or make your own, it doesn't matter.

Okay, got all that? You're back from the store. You're ready to cook. Let's do this.

## THE PROCESS:

1. **Make your mashed potatoes and gravy.** Depending on whatever kind you got, this could mean just heating them up or making them from scratch. Either way, they need to be hot and tasty.

2. **Heat your roast beef.** This is easily accomplished in a microwave. Probably only heat it if it's shredded, though – I cannot vouch for the tastiness of heated roast beef sandwich slices. (The truly accomplished will use actual roast beef from the actual meat section of the store. You know the one. It's the one your mom shops in.)

3. **Combine everything!** Put it all together like you're summoning all five parts of Exodia from Yu-Gi-Oh. From bottom to top, stack them as follows:

- **Bread**
- **Beef**
- **Potatoes**
- **Gravy**

And there you have it! I told you it was easy. Potatoes, meat, and bread – the staples of a solid meal, all stacked together in one dish for easy consuming. Make it for yourself, make it for your friends. To top it off, I suggest pairing it with a side of vegetables (peas or green beans) and your favorite Western film. For an authentic feel, make your friends wear cowboy hats – if they complain, they don't truly have the spirit of the cowboy and don't deserve to eat cowboy grub with you. Them's the rules, pardner.





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# — Recipe: — Omurice

**BY KAYLYN HASLUND**

*For the UAS Whalesong*

Food is hard to make. Well, not really. But it's hard to make if you don't have any experience or drive - even more so when you're not entirely sure what you want. But sometimes the food you make yourself is just the best. I know, because I make dish called omurice.

What's omurice you ask? Well, let me tell you: It's an omelet made with fried rice and topped with ketchup, but you can put other things on and in it. Though, the way I make it usually includes a tonkatsu sauce and sausage, but that's because it's a dinner omurice. You see, there are breakfast, lunch, and dinner versions to this meal that can all use different ingredients.

The recipe I use is actually a variation on the recipe found on [recipesforweebz.tumblr.com](http://recipesforweebz.tumblr.com).

Here's what you'll need:

- 1 cup of cooked rice (or more, depending how many people you're feeding)
- 1 beef sausage (Or more, I typically use a whole package)
- 2 eggs per plate
- 1 ½ Tbsp. of ketchup
- 2 cloves of garlic
- 1 pinch of salt
- 1 pinch of black pepper

You'll also need to create a sauce:

- ½ cup of red wine (any brand, and you can use more if you want, as it will evaporate in the pot)
- ¼ cup of water
- ¼ cup of ketchup
- 3 tsp of garlic powder
- 1 beef sausage (I use about half a package of sausage for the sauce)
- 3 Tbsp of tonkatsu sauce.

The tonkatsu sauce you'll make separately, but I typically make that first and then just mix the rest of the omurice sauce ingredients into instead of using up too many pans.

For the tonkatsu sauce:

- 1 Tbsp. of ketchup
- 2 ½ tsp. of Worcestershire sauce
- 1 ½ tsp. of oyster sauce
- 1 1/8 tsp. of sugar.

You'll combine all of these ingredients into a pot and whisk them together. After that, I usually start mixing the rest of the sauce ingredients in. I don't really follow the usual recipes guidelines and just sort of mix it all together and let it simmer. This can include putting sausage into the sauce to simmer and soak in the flavors, but not before cooking the sausage.

For the rest of the meal you'll want to cut your sausage. I just chop them up and throw them alongside minced garlic into a frying pan. Then, separate what will be going into the sauce and what will go into the rice. After doing that, you'll want to start putting your rice into the frying pan with the rice sausage. Mix the two together, allowing the rice to cook and brown up. Continue to mix, then turn off your stove top, and place a lid on top of said frying pan, thus letting it cook a bit more.

For the eggs, you'll just be making flat omelets, and by this I mean what would be the start of an omelet that just never got filled and folded. But first, you're going to want to beat the eggs together, adding salt and pepper to the mix as you do. Have a separate pan, that you'll put cooking spray on to keep the eggs from sticking, then spread the egg on it letting it cook.

I typically place the mixed rice on a plate before placing the nice egg blanket on top it and dousing it with the sauce. Then you have a nice meal to finish the day off with, one that is quick and inexpensive.

## Source:

"Recipesforweebz," So Did Anyone Else Watch the Snk Ova Which... Web. 28 Mar. 2016. <<http://recipesforweebz.tumblr.com/post/82397548189/so-did-anyone-else-watch-the-snk-ova-which>>.

# — Spring is Here! —



Loki sits among the first flowers of spring.  
Photograph by Darin Donohue.

**BY ANNELIESE MOLL**

*For the UAS Whalesong*

Spring! The time of the year when nature surprises us with a few days that are slightly warmer than the others, when flowers begin to break through, trees develop buds, and birds start to return.

Migratory birds, depending on the species, travel thousands of miles. For example, National Geographic recorded sooty shearwaters migrating almost 40,000 miles a year, which one would not suppose is an easy feat, because they fly from New Zealand across the Pacific Ocean in search of food. Next in line for longest migration are the arctic tern with 22,000 miles and the pectoral sandpiper with 18,000 miles. There are several other bird species with migrations routes in the thousands of miles.

When birds return they can often carry pieces of their winter residences along with them. They carry seeds or spores in their feathers and/or digestive tracts. Long-distance dispersal has recently been proposed as a new mechanism for the distribution of many plant species (Viana et al. 2016). So, with global climate change allowing the range of some migratory bird species to expand, it is likely that we will be observing a change in the range of associated plant species. Through long distance dispersal seeds and spores have the ability to be carried to remote or otherwise isolated habitats.

Besides the transport of plant species beyond their typical range birds have the ability to carry a number of other organisms. The Journal of Infectious Diseases published a study in 1996 discussing the role of migratory birds and their ability to

transport the deer tick (*Ixodes dammini*), which are known to carry Lyme Disease, over long distances (Smith et al. 1996). Another study conducted on birds and their role in long distance dispersal of other organisms focused on waterbirds and aquatic invertebrates. This particular study presents evidence that the birds transport the invertebrates internally as well as externally (Green and Figuerola 2005).

Birds are not the only ones moving plant seeds and matter around. Mammals are also huge contributors, but on smaller scales, because most mammals do not have migrations quite as lengthy as birds. Also, without the aid of birds and mammals in dispersal, plants must weigh the pros and cons of moving the next generation themselves, and the majority of the time the cons do outweigh the pros. It boils down to how energetically expensive the investment of movement machinery, such as wings or other structures which could cause the seed to be lifted into the air. If they land in an area that unfavorable the whole effort goes to waste. When birds and mammals are introduced into the equation, the plants can spend less energy developing structures for movement. When it comes to moving large distances there a very few factors that are as effective as birds. Ultimately, birds and other animals have a surprisingly large role in the expansion of plant species as well as other organisms, and the blossoming of new life in spring.

## References:

- Green, Andy J., and Jordi Figuerola. "Recent advances in the study of long-distance dispersal of aquatic invertebrates via birds." *Diversity and Distributions* 11, no. 2 (2005): 149-156.
- Smith, Robert P, Peter W. Rand, Eleanor H. Lacombe, Sara R. Morris, David W. Holmes, and Diane A. Caporale. "Role of bird migration in the long-distance dispersal of *Ixodes dammini*, the vector of Lyme disease." *Journal of Infectious Diseases* 174, no. 1 (1996): 221-224.
- Viana, Duarte S., Laura Gangoso, Willem Bouten, and Jordi Figuerola. "Overseas seed dispersal by migratory birds." In *Proc. R. Soc. B*, vol. 283, no. 1822, p. 20152406. The Royal Society, 2016.



BY ALEXA CHERRY

For the UAS Whalesong

It’s almost summer break, which for college students generally means finding a full-time job so that we can make the money to attend school for another semester. That being said, there’s more to summer break than working yourself to the bone - sometimes with summer classes on top of a job. Sure, it’s 3-4 months of making money, but (at least for some of us) it’s also 3-4 months where you don’t have homework. In the spirit of making the most of all that spare time, here is a list of things you could try out.

**Read for fun.** Whether it’s an audiobook, Kindle book, or physical book, summertime is your time to finally catch up on all of that reading that you just didn’t have time for during the school year. Re-read your favorite series, start a new one, or do both - after all, (presumably) you don’t have homework in the evenings, so there are no pressing deadlines that you should be working towards looming over your head. Another added benefit is that you won’t be balancing academic reading

along with recreational reading, and having to decide between the two.

**Learn to cook.** Cooking is one of those things that it’s difficult to devote time to during the school year - at least, for some of us. At the end of a long school day, getting food from the cafeteria or heating up a frozen TV dinner is a lot easier than hauling out a bunch of ingredients and cooking actual food, especially if we’re ravenous. However, practice makes perfect, so why not practice during summer break, when you have time? I practiced cooking last summer break, and I learned how to make shepherd’s pie and crab cakes. The latter is a little exotic for everyday college eating, but you can add it to your repertoire of “things to feed people you want to impress.”

**Clean out your inbox.** Okay, this doesn’t really fall into the category of “fun” things to do over summer break, but trust

# — Suddenly, College: — Summer Stuff To Do

me; it’s something you want to do while you have the time. Delete all those old newspapers, E-mails from professors for classes you took 3 semesters ago, and expired online coupons. Finally unsubscribe from those newsletters you never read.

**Clean your room/apartment,** on the note of not-fun things to do. Again, this is something that summer break is the ideal time to do if you’re not taking classes. The average college student accumulates a startling amount of stuff every semester, and it’s a good idea to take a look at what you have and determine what is and what isn’t worth keeping around. This is especially important and useful if you live on student housing, where you have to move in and out at least twice a year - more, if you’re staying on housing over summer break. You want to have to move as little stuff as possible, believe me.

**Socialize!** Whatever you do over the

course of summer break, try to interact with at least a few other people. It seems like every fall semester, I hear horror stories about people who were only seen at work or in class, then spent every waking second of their spare time confined in the depths of their apartments binge-watching TV shows or playing video games. Even if you have all the spare time in the world, remember that you need to see light and people that aren’t 8-bit or 1060p at some point. I don’t care what Skyrim teaches you - man cannot live on virtual cheese wheels alone! Even if it’s just once or twice a week, try to schedule some time where you hang out with people outside of your room and away from your TV. I love my TV just as much as you do, but trust me. This is good for you. You’ll thank me at the end of the summer!

While that’s certainly not everything you could do in your spare summer time, these are a few ideas that I’ve come up with from experience and from browsing the Internet. If you have ideas of your own, feel free to submit them to [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu)!

# INTERESTED IN ADVERTISING?

Submit your ads, articles, or letters to the Editor by the Submission Deadline to see your contribution in the paper by the Publication Date.

## Submission Deadline

- January 18, 2016
- February 1, 2016
- February 15, 2016
- February 29, 2016
- March 14, 2016
- March 28, 2016
- April 11, 2016

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## Publication Date

- January 25, 2016
- February 8, 2016
- February 22, 2016
- March 9, 2016
- March 23, 2016
- April 6, 2016
- April 20, 2016



# OFF CAMPUS CALENDAR

## MONDAY, APR. 4

**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 [tlngitlearners@gmail.com](mailto:tlngitlearners@gmail.com).

**MakerSpace Open Shop,** 6 p.m., 1759 Anka St. Mondays from 6-8 pm is MakerSpace OPEN SHOP. Come check it out and sign up to become a member. After a one-month trial period, you can gain full 24hr access.

**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](mailto:info@hangaronthewharf.com) for more information.

## TUESDAY, APR. 5

**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](http://www.takutoastmasters.org), or call 463-5885.

**CLINK! Wine Tasting Fundraiser,** 5:30 p.m., Juneau Arts & Humanities Council. Come enjoy our annual JAHC wine tasting fundraiser event! Tickets online at [jahc.org](http://jahc.org). Live music by Traveler Duo

**Westcoast Swing Dancing,** 7:30 p.m., Suite 907. Westcoast Swing every Tuesday. Free. Go to [www.suite907.com](http://www.suite907.com) for more information, or e-mail [suite907@gmail.com](mailto:suite907@gmail.com).

## WEDNESDAY, APR. 6

**Write For Your Life,** 10 a.m., Men-denhall 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.

**Music at Red Dog,** 9 p.m., Red Dog Saloon. Folk Fest 2016 Line Up at the Red Dog Saloon: Shaidri and Ezra.

**The Alaskan Bar Music: Harrison B,** 9 p.m., The Alaskan Bar. Free Live Music.

## THURSDAY, APR. 7

**Tango Dancing,** 7 p.m., Suite 907. Tango every Thursday. Free. Go to [www.suite907.com](http://www.suite907.com) for more information, or e-mail [suite907@gmail.com](mailto:suite907@gmail.com).

**SHREK: The Musical,** 7 p.m., TMHS Auditorium. Based on the DreamWorks Animation Motion Picture, Book and Lyrics by David Lindsay-Abaire, Music by Jeanine Tesori, Produced in cooperation with Music Theatre International. Tickets at Hearthside Books, JACC, [jahc.org](http://jahc.org), from cast members and at the door.

**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](http://www.thealaskanhotel.com).

**Music at Red Dog,** 9:30 p.m., Red Dog Saloon. Folk Fest 2016 Line Up at the Red Dog Saloon: The Great Alaskan Bluegrass Band.

## FRIDAY, APR. 8

**Theatre Organ Concerts,** noon, State Office Building Atrium. Theatre Organ Concert on the Kimball Theatre Organ at the State Office Building. J. Allan MacKinnon plays a variety of music.

**We Eat Fish! Film Screening,** 5:30 p.m., Elizabeth Peratrovich Hall. You're invited to a community screening of the Inside Passage Waterkeeper's new film "We Eat Fish!" With footage shot from around Southeast, the film celebrates Alaska's clean waters and healthy fisheries, and highlights the work being done to protect them. Free to the public, seafood snacks will accompany. Contact Edie Leghorn [edie.leghorn@gmail.com](mailto:edie.leghorn@gmail.com), 907-586-6942 for more information.

**5 Lesbians Eating a Quiche,** 7 p.m., The Hangar Ballroom. JDILT presents a new comedy play about sister-

hood, the Red Scare, and quiche. \$15 at the door, [jahc.org](http://jahc.org), JACC, or Hearthside. For more information, contact Heather LaVerne, 907-419-6204.

**Music at Red Dog,** 9:00 p.m., Red Dog Saloon. Folk Fest 2016 Line Up at the Red Dog Saloon: The Hannah Yoder Band followed by Eli West and Friends.

**The Alaskan Bar Music: North Country Cacun Club,** 9 p.m., The Alaskan Bar. Free Live Music.

## SATURDAY, APR. 9

**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 Skating Club Annual Show,** 3 p.m., Treadwell Ice Arena. This year's theme, "Heroes and Villains," will be presented at two shows, a 3 p.m. matinee and a 7 p.m. evening show. Come see some of Juneau's best skaters and enjoy the power and artistry of our guest skater, National level competitor Courtney Hicks. Tickets at the JACC or at the door. For more information,

e-mail [melissa@juneauskatingclub.org](mailto:melissa@juneauskatingclub.org).

**Music at Red Dog,** 9:30 p.m., Red Dog Saloon. Folk Fest 2016 Line Up at the Red Dog Saloon: Collette Costa featuring Pastor Lunchmeat and the Pimentos.

**The Alaskan Bar Music: The Fog-horn Stringband,** 10 p.m., The Alaskan Bar. Free Live Music.

## SUNDAY, APR. 10

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

**Arts Complex Public Design Forum,** 2 p.m., 360 North Studio KTOO. Come see presentations by the 4 finalist architects for the design of the new Arts Complex in Juneau. Share your input and bring ideas for naming the new space.

**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.

**Music at Red Dog,** 9 p.m., Red Dog Saloon. Folk Fest 2016 Line Up at the Red Dog Saloon: The Easy Leaves.

## TUESDAY, APR. 12

**Mudrooms,** 7 p.m., Northern Light United Church. \$7 cash. Sign up to tell your story at <http://mudrooms.org/sign-up/>.

## FRIDAY, APR. 15

**100th Annual City-Wide Clean-Up,** 8 a.m., Marine Park. Help clean up Juneau's streets and wetlands! Join Dig - Downtown Improvement Group. Reconvene for picnic in front of Triangle Bar with hotdogs and soda.

### Alaska Robotics

When I was a kid,  
my favorite toy  
was a spaceship.



### More than Meets the Eye

It could transform  
into a satellite dish.



### More than Meets the Eye

It could also transform into  
a vegetable steamer.



Courtesy of [www.alaskarobotics.com](http://www.alaskarobotics.com)



# ON CAMPUS CALENDAR

## CAMPUS CLUBS

**Student Government:** 8:30 a.m., Tuesdays, Glacier View Room. [jypres@uas.alaska.edu](mailto:jypres@uas.alaska.edu)

**Juneau Audubon:** 7 p.m., every second Thursday, REC 116. [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu)

**Baptist Campus Ministries:** 9 p.m., Thursdays, Chapel By the Lake. [uasbcm@gmail.com](mailto:uasbcm@gmail.com)

**Campus Inclusivity Alliance:** 5:30 p.m., Thursdays. [kejames@uas.alaska.edu](mailto:kejames@uas.alaska.edu)

**Craft Club:** 5 p.m., every other Friday, Egan 224. [soreyes@uas.alaska.edu](mailto:soreyes@uas.alaska.edu)

**Creator Club:** 4:30 p.m., Tuesdays, Egan 220. [stefann.paddock@gmail.com](mailto:stefann.paddock@gmail.com)

**Dancing Phalanges:** 9 a.m., Fridays, Spike's Cafe. [hearththatshopeful@yahoo.com](mailto:hearththatshopeful@yahoo.com)

**Gaming Club:** 5 p.m., Saturdays, Egan Classroom Wing Upper Floor. [tycoon9875@yahoo.com](mailto:tycoon9875@yahoo.com)

**Lady's and Gentleman's Ice Cream Society:** 5 p.m., John Pugh Residence Hall. [mrwillard@uas.alaska.edu](mailto:mrwillard@uas.alaska.edu)

**Math Club:** 4 p.m., every other Friday, Egan 115. [dontplaywow@gmail.com](mailto:dontplaywow@gmail.com)

**Media Club:** 4 p.m., Thursdays, Egan 113. [hjmeyer@uas.alaska.edu](mailto:hjmeyer@uas.alaska.edu)

**Running Club:** 5:30 p.m., Thursdays, Lakeside Grill. [arosedagle@gmail.com](mailto:arosedagle@gmail.com)

**Spanish Club:** 10:15 p.m., Fridays, Lakeside Grill. [mcedeno2@uas.alaska.edu](mailto:mcedeno2@uas.alaska.edu)

**Sustainability Club:** 9:30 a.m., Tuesdays, Egan 220. [griffin.plush@gmail.com](mailto:griffin.plush@gmail.com)

**Wooh. een:** 2:30 p.m., Fridays, NRSC. [jdmattsonwoff@uas.alaska.edu](mailto:jdmattsonwoff@uas.alaska.edu)

**Young Americans for Liberty:** 6 p.m., every second Tuesday, Egan 108. [caseyb1989@gmail.com](mailto:caseyb1989@gmail.com)

*If you are part of a campus club, and want to appear on this list, send your club name, meeting time, date, location, and contact information to [whalesong@uas.alaska.edu](mailto:whalesong@uas.alaska.edu).*

### MONDAY, APR. 4

**Fall 2016 Registration Begins for Program Students**, all day, all campuses. Priority registration for Program Students starts today. Open registration begins Apr. 18.

**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](mailto:rec_center@uas.alaska.edu).

### TUESDAY, APR. 5

**Intramural: Basketball**, 7 p.m., Recreation Center. Basketball this spring semester will be on Tuesday and Thursday 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 of a Member. For more information, call 796-6544 or e-mail [rec\\_center@uas.alaska.edu](mailto:rec_center@uas.alaska.edu).

### WEDNESDAY, APR. 6

**Whale Wednesday**, all day, campus wide. Show your school spirit by wearing blue and white or UAS swag on the first Wednesday of every month! Post your photos to social media with #UAS-WhaleWednesday.

**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 your student representatives and chat 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](mailto: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 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](mailto:rec_center@uas.alaska.edu).

**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](mailto:rec_center@uas.alaska.edu).

### THURSDAY, APR. 7

**Poetry Cafe**, noon, Spike's Cafe. Bring a poem or two (original or not) to read or just listen. Sweets will be on hand.

**Moving on Up**, 2 p.m., Glacier View Room. In the 4th and final workshop, students will begin to explore topics that have to do with your future (big ticket purchases), such as purchasing a home or a car. Discussion will also include, life insurance, retirement savings, investing and how life events such as getting married affect finances. Free. For more information, call 796-6255 or e-mail [finaid@uas.alaska.edu](mailto:finaid@uas.alaska.edu).

**Dr. Sandor Goodhart of Purdue University**, 7 p.m., Egan Lecture Hall. The UAS Honors Symposium guest speaker Dr. Sandor Goodhart will present "Death and Afterdeath: On the Primacy of the Ethical in a Time of Disaster" Free and open to the public.

### FRIDAY, APR. 8

**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! Sponsored by the NRSC and PITAAS. Call 796-6454 or e-mail [nrsc@uas.alaska.edu](mailto:nrsc@uas.alaska.edu) for more details.

**Student Government Election Candidate Meeting**, 5 p.m., Mourant 124. Interested in making a difference in your school? There are five open positions for

the 2016-2017 Academic Year; President, Vice President, and 3 Senators. Packets can be picked up in Mourant 129. Completed packets are due by 5:00 p.m. April 8th, immediately before the mandatory Candidate Meeting. If you cannot make it to the meeting, please contact us and arrange a separate meeting beforehand. If you have any questions about Student Government, feel free to contact us at 796-6517.

**Authors' Reception**, 5:30 p.m., Egan Lecture Hall. The Friends of the Egan Library - a network of the UAS Alumni & Friends, will host the first annual reception recognizing members of the UAS community publishing scholarly and creative work in recent years. Opening remarks by Ben Huff, UAS Adjunct Professor of Photography and author/photographer of The Last Road North, appetizers, no-host bar and an opportunity to learn more about the Friends of the Egan Library, UAS Alumni & Friends and ScholarWorks@UA. Call 796-6569 or e-mail [alumni@uas.alaska.edu](mailto:alumni@uas.alaska.edu) for more details.

**Sound and Motion - Photography in a Changing Alaska**, 7 p.m., Egan Lecture Hall. UAS Photography Professor Ben Huff will be sharing pictures from a current body of work being made in Adak, as well as a local project. He will discuss book making, narrative qualities of photography, and his larger philosophy in regards to photography and art. Following the Friends of the Egan Library UAS Authors Reception.

### SATURDAY, APR. 9

**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](mailto:rec_center@uas.alaska.edu).

### MONDAY, APR. 11

**Arts Meets Science Week**, week long, Juneau Campus. Student led events related to Arts & Science themes at the University of Alaska Southeast. For more information about events, call 796-6518 or e-mail [rwalz@uas.alaska.edu](mailto:rwalz@uas.alaska.edu).

### WEDNESDAY, APR. 13

**The 2016 URECA Symposium**, 2 p.m., Glacier View Room. Please join us for student research and creative activity presentations in the Glacier View Room (EG 223) on the Juneau Campus. Refreshments will be served. For more information, call 796-6518.

### FRIDAY, APR. 15

**Spring Carnival**, 3 p.m., Noyes Pavilion. Annual Spring Carnival for student appreciation and end of year celebration. Call 907-796-6388 or email Em at [erademaker@uas.alaska.edu](mailto:erademaker@uas.alaska.edu) for more information.

**Tidal Echoes Launch**, 7 p.m., Egan Lecture Hall. Please join us at the launch party for the UAS literary journal, Tidal Echoes! The featured writer and artist will discuss their work, and some of the pieces featured in the journal will be read aloud. There will be cookies and snacks to munch on! This event is free for everyone to attend. For more information, call 907-796-6405 or e-mail [tidalechoes@uas.alaska.edu](mailto:tidalechoes@uas.alaska.edu).

### SATURDAY, APR. 16

**Upright Citizens Brigade Touring Company**, 7 p.m., Recreation Center. UCB TourCo brings the best improv comedians from the legendary Upright Citizens Brigade Theatres in New York and Los Angeles to new audiences all around the country. The UCB Theatre - founded by Amy Poehler, Matt Besser, Ian Roberts, and Matt Walsh - has been home to some of the biggest stars in comedy today. This is Free and open to the community! Come have a laugh with us! For more information, call 907-796-6306 or e-mail [sab@uas.alaska.edu](mailto:sab@uas.alaska.edu).





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