

UNIVERSITY of ALASKA SOUTHEAST

WHALESONG

October 26, 2016

The Official Student Newspaper of UAS

NOT MEDEA: A REVIEW

PAGE 6



UAS Power and
Privilege Symposium
page 4

UAS Student Receives
Re-Entry Hero Award
page 8

In Defense of the
Coffee Bean
page 13

ON THE COVER...

Shelley Virginia plays in Perseverance Theatre's latest production *Not Medea* as the Woman. The play also stars Enrique Bravo and Cate Ross and is scheduled to run through Nov. 6. You may find Whalesong Staff Writer Dylun Peterson's review of the production on page 6.

(Photograph courtesy of Perseverance Theatre. Edited for brightness)

TABLE OF CONTENTS

- 3 Letter from the Editor / Whalesong Staff
- 4 Power and Privilege Symposium / Frank Soos
- 5 Study Abroad / Continuing the Conversation
- 6 *Not Medea*
- 7 UAS Rally Against DAPL
- 8 UAS's Re-Entry Hero
- 9 UAS In Brief
- 10 A Time to Remember: New Tech in WWI
- 12 Marvel's *Luke Cage*
- 13 In Defense of the Coffee Bean
- 14-15 Calendar and Comics!



WE LIKE YOU!
"LIKE" US TOO ON
FACEBOOK!

WWW.FACEBOOK.COM/UASWHALESONG

UAS Answers

everybody's got one ...

*What is your favorite thing to do
 in your spare time?*



"*The Shining* because I really like Stanley Kubrick films and Steven King, and I think it's a really good mix between the director and the writer."

-Q'on Bear-Clark



"I know a movie I wish I had NEVER seen! I watched *The Night of the Living Dead*, and ever since I haven't wanted to watch horror films."

-Cindy Boesser



"I'd say my favorite scary movie is *The House at the End of the Street*. It's more of a thriller, and a "real life" scary movie, which is even more scary."

-Keely Ewing



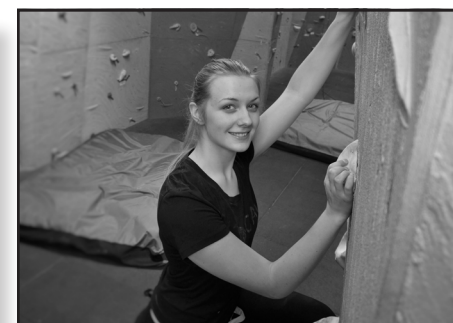
"I'm going with *Hush*! I think it's my favorite horror movie because it had a totally different perspective. It also had a happy ending and I like that!"

-Rylee Landen



"My favorite new horror film is *Hush* because it's an original idea. You usually don't see a person with a disability as the lead role in a movie, so that was cool."

-Devon Searles



"I really like *Truth or Dare* because it's really gory and creepy and you never know what's going to happen."

-Amy Spencer

Letter from — the Editor —

BY DANIEL PISCOYA

Managing Editor, UAS Whalesong

When it comes to managing and editing a student newspaper with very little formal training under one's belt, sometimes the best thing to do is look into the archives. Not only can one find helpful precedences and practices, but also extremely humorous insights into what the university was thinking and doing many years ago. While I was worrying this week about whether or not I could fill pages with content, I was looking into the archives for a possible "From the Vaults" article, and I found a real gem.

As many of you know, UAS Juneau Campus began offering a shuttle service this semester between our four campus locations: main campus, the student housing lodge, the recreation center, and the Anderson building. However, the idea of a campus shuttle has been debated far longer than you or I probably realized.

In an article titled "Plans for UAS shuttle service in the works," Whalesong Reporter Amelia Jenkins observes, "Students tired of risking death en-route to their biology or chemistry lecture may have an option as early as next semester. UAS is currently working on plans for a shuttle service." Jenkins goes on to describe that the shuttle service would be created to

solve the problem of student access to the Anderson building specifically, as Glacier Highway had no crosswalks and no Anderson-side sidewalks. "Rather than wait for the funding to build the overpass," she says, mentioning another erstwhile solution, a bridge across the road, "the university has talked to the Department of Transportation about the possibility putting [sic] in flashing lights that say 'pedestrian crossing,' or a crosswalk." Apparently, the department sent a representative to count the number of students who crossed the street, which turned out to be about 30. Quoting then-Director of Student Activities Trish Griffin, Jenkins observes, "[30 students], apparently, in the grand scheme of roadway things, does not qualify you for a crosswalk, lights, or whatever."

Today the shuttle operates to solve just this problem: that a significant proportion of UAS's student body cannot access their classes safely, and the Department of Transportation is busy with other things. The article does a great job summarizing the position of the university and the problem we face.

Oh, did I forget to mention? *The article was written in October of 1995.*

There is nothing new under the sun.

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

WANT TO WRITE TO THE WHALESONG?

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

uas.whalesong@alaska.edu

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

WHALESONG STAFF



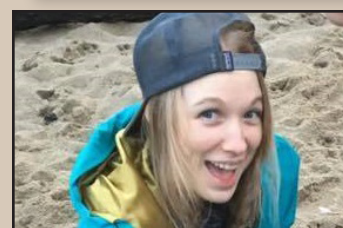
Daniel Piscoya
Managing Editor



Holly Fisher
Staff Writer,
Advertising Manager



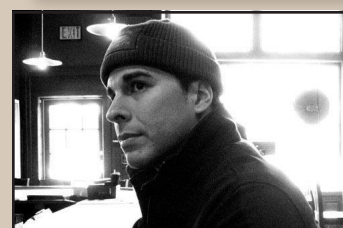
Kasey Chen
Staff Writer



Adelle LaBrecque
Staff Writer



Dyllyn Peterson
Staff Writer



Rob Liendo
Photographer

Contact us via e-mail at
uas.whalesong@alaska.edu

The First UAS Power and Privilege — Symposium —

BY KASEY CHEN

Staff Writer, UAS Whalesong

On November 9, the UAS campus will see its first Power and Privilege Symposium, a conference aimed at encouraging UAS and Juneau community members to speak and learn about issues relating to race, ethnicity, gender, sexuality, age, religion, body size, ability, mental illness, class, and their intersectionalities. The Symposium will consist of keynote speeches and breakout sessions with experts as well as presentations from UAS students.

The co-chairs of the Power and Privilege planning committee are Student Activities Coordinator Tara Olsen, and First Year Experience Advisor Nathan Bodenstadt. After hearing about Whittier College's Power and Privilege Symposium at the National Association for Campus Activities (NACA) Convention, Olsen was inspired to bring the tradition to UAS. Bodenstadt was brought on board shortly after thereafter.

"My undergraduate background was in Social Sciences and Communications, Psychology, Stereotyping and Prejudice, and my masters degree is in Education, so I see these systems of power and privilege working out in our daily lives and effecting students that come onto campus, and I help train student staff members who are working with a diverse array of students regularly. Through a lot of that I've realized how important it is to have conversations about power and privilege, and so when the opportunity came up to have a broader campus discussion, I jumped on board," said Bodenstadt about his involvement.

Most classes are cancelled the day of the event to allow students and faculty to attend the Symposium. An event of this nature is unprecedented on campus, but Olsen and Bodenstadt saw it as necessary. Bodenstadt explained, "This could have absolutely been a night event, or a one off or only done in certain programs, but we see power and privilege as something that effects everyone equally and in different ways, and so if it effects us all, we should all be talking about it, and giving us all the opportunity to engage throughout the day is important."

The opening keynote speaker for the day is Andrew James Archer, Field Faculty Instructor for the Social Work department at University of Wisconsin-Madison and author of the 2013 memoir, "Pleading Insanity." Archer will discuss the intricacies of societal influence on the rise of mood disorders in the United States. Following Archer, the afternoon Keynote speaker is UAS's own Assistant Professor of Alaska Native Studies, Mique'l Danglei. Danglei will touch on

Northwest Coast First Nations people's methods of employing ancient practices to assert land claims through song and dance, and how they have dealt with the oppression and marginalization of these practices. The closing keynote speaker, Aiden Key, will discuss his experience relating to his own gender transition, as well a broader discussion about the experiences of those who fall outside of society's expected gender norms. The day will conclude with an evening performance.

Students were prompted to submit their own ideas for presentations, for which they will receive 50-minute time slots during the symposium. The event will most likely see healthy involvement from those not presenting as well, since many professors have asked students to complete symposium-related assignments.

Those planning the event are expecting some possible pushback due to the controversial nature of the topics discussed, but are welcoming it as a natural part of an event of this type. "Whenever you spark a discussion, you also can spark debate and controversy, and that's on one hand exciting and on the other hand kind of scary, but I think having spirited debate kind of helps all of us improve," said Bodenstadt.

The event could manifest itself as a yearly fixture on campus. According to Bodenstadt, "There's support for making this a multi-year event, and having a symposium every year. What we'd love to see is that the Power and Privilege Symposium is baked into the academic calendar. Wouldn't that be amazing if we weren't canceling classes and that it was just part of our semester?"

The symposium will take place from 8:30 a.m. to 10 p.m., giving students the opportunity to attend the sessions that interest them most throughout the day. Those coordinating the event have high hopes for the reach of the message expressed by the symposium. "Power and Privilege both are hard things to talk about and I think that there's a real opportunity for more engaged dialogue on campus. I think there's a subset of students who talk about this, but not everyone, and I think power and privilege, even though it might sound like a 'social science' type of thing, it affects you no matter what type of thing you're doing. I hope that this event sparks a conversation that lasts more than one day."

Sources:

"Power and Privilege Symposium." University of Alaska Southeast. N.p., n.d. Web. 18 Oct. 2016.

— UAS In Brief: — UAS Hosts Frank Soos, State Writer Laureate

JUNEAU –UAS is pleased to host visiting scholar Frank Soos, Alaska State Writer Laureate 2014-2016. Soos is an educator and award-winning writer, who taught for the University of Alaska from 1986 through 2004, and is now a Professor Emeritus for University of Alaska Fairbanks. He is described on the website for the Alaska Historical Society as "a natural promoter of literary arts and artists."

Mr. Soos will be speaking on Thursday, October 27 in the Egan Lecture Hall on the UAS Auke Lake Campus at 7 p.m. – the event is free and open to the public. In his presentation "What Matters" Mr. Soos will discuss a number of things: a sense of vocation in a person's life, doing "good" whatever that might mean with lots of references to literature since that's what I do: Faust and Greek tragedy will come up as examples, but so will examples from the Alaskan life we live. While in Juneau Soos will also be meeting with students in the classes of English professors Emily Wall and Ernestine Hayes.

Frank Soos was named Alaska State Writer Laureate during the Governor's Awards for the Arts in January 2015, by the Alaska State Council on the Arts. He has been described by Alaskan artist Kesler Woodward as "the most dedicated nurturer of students and writers at all levels, and perhaps the most flexible and broadly scholarly thinker with whom I have ever worked." Other honors bestowed on Frank Soos include fellowships from the National Endowment for the Arts and the Alaska State Council on the Arts. He was also named as the first Artist in Residence at the Virginia Center for Creative Arts.

A prolific writer of poetry and prose alike, Soos has been published many times, including the short story collection *Unified Field Theory* which won the Flannery O'Connor Award for Short Fiction in 1997. He is also co-editor with Kesler Woodward for *Under Northern Lights: Writers and Artists on the Alaskan Landscape* (2000). Other works include the essay collection *Bamboo Fly Rod Suite: Reflections on Fishing and the Geography of Grace* (1999), *Early Yet* (1998), and the poem "The Blue Fish."

A frequent collaborator with other artists, Mr. Soos and his wife Margo Klass also published the book *Double Moon: Constructions and Conversations*. Klass is a visual artist and a creator of box constructions and altar pieces. Ms. Klass will be in Juneau leading a book-making workshop for Cristine Crooks through the Juneau Arts and Humanities Council.

Funding for Frank Soos as a visiting scholar at UAS is made possible by the newly established Grace Schaible Endowment, created from the recent sale of the UAS property referred to as the Schaible House. The new endowment will continue to fulfill the donor's expressed interest to support the educational mission of UAS and further its academic programs. Chancellor Emeritus John Pugh had envisioned using these resources to provide discrete housing options available for special guests to UAS. Chancellor Rick Caulfield notes that the funds will help with expenses including housing, related to visiting faculty, artists, Native elders, researchers and others who will enrich academic programming for students at UAS. Said Caulfield, "UAS is excited to welcome UAF Professor Emeritus Frank Soos to our Juneau Campus. As a Visiting Scholar, Frank will share his wisdom and his creative insights with students and faculty, to include an evening talk on the Juneau Campus. He is an exceptionally gifted writer—having published award-winning poems, short stories, and essays. We welcome Frank and his wife Margo Klass, a renowned visual artist, to Juneau.

For more information contact Keni Campbell, Public Information Officer, at 907-796-6509 or klcampbell4@alaska.edu.

— Enrich Your Life, Study Abroad: — Northern Ireland and Austria

BY KAITELYN McDONALD

For the UAS Whalesong

Saint Augustine said it well, “The world is a book and those who do not travel read only one page.” For me, studying abroad was an ideal way to see and learn about the world and expand my views on how we interact with it and the people in it. Because of this, I decided to take advantage of our university’s superb exchange program. In the beginning, I had many concerns about going abroad; my financial status, the application process, the independence required, and cultural barriers were all challenges that I didn’t know I could overcome. Before I left, my ultimate goals were to increase my independence and fulfill my desire of learning through experience.

Being in the right mindset, I contacted Marsha Squires, our ever-helpful exchange coordinator, to see if I had what it takes to study abroad. We started off by discussing what country I was interested in, if I wanted to practice a language, and what my general interests were. Initially, I wanted to study in my personal idea of paradise, Greece. Upon further research, I learned that the International Student Exchange Program (ISEP) universities in Greece didn’t have a good program for my major, Biology. To help me narrow down my search, Marsha gave me a flyer specifically targeted to Biology majors that listed universities with good programs. With this as my guide, I decided I would like to study at Ulster University in Coleraine, Northern Ireland.

I knew that I wanted to study abroad for a whole school year, so when I discovered that I had only been accepted to study at Ulster for one semester, I decided to apply to yet another school in Europe: the Technical University in Graz, Austria. I was excited for the opportunity to study abroad and especially to experience the culture of two different countries.

COLERAINE, NORTHERN IRELAND

The whole orientation process from when I arrived at Ulster in Northern Ireland is a bit of a blur now. I don’t remember getting settled in or who I sat by at the orientation dinner. I do remember however, how welcomed I felt to be at Ulster, how beautiful the quaint country was near the seaside, how paranoid the Northern Irish are about fires and meningitis, and how fast each nationality formed their cliques. In the beginning I thought that every person I met would be a close friend, but that didn’t turn out to be the case. What I discovered was people from all around the world are surprisingly similar. So it made sense when the different nationalities formed cliques because often we like to be surrounded by what’s familiar especially when we are in an unfamiliar place. However, over time we realized just how similar we are to each other and that made us closer to the students



Left to right: Kaitelyn McDonald; Kaitelyn (far left) poses with friends in Austria. Photo courtesy of Kaitelyn McDonald and Marsha Squires. Black and White.

we met regardless of where they are from. It is because of this that I now have friends from all over the world. At the same time, I formed close relationships with a core group of friends who I know will be friends for life. They are the friends who I’m sure made my first semester abroad especially memorable and bearable during the times when we needed help to make it through.

There were some interesting and unexpected challenges. For me, adjusting to their school system was the hardest aspect of studying abroad. In Northern Ireland, a full class load is about half the courses I would take at UAS, but each class is worth more credits, so I only needed to take 3 classes to earn 15 credits. The scheduling of classes and the grading system were both extremely different from what I am used to and it was frustrating and hard, but all I had to do to feel better was rant to my friends about my struggles (which they were experiencing as well), and go to the Anchor bar for traditional Irish music night. The memories that I made with my 4 best friends are some of the happiest of my life. I couldn’t tell you how many times we danced the night away to Galway Girl, Sweet Caroline, or Country Roads. We traveled to London and Scotland and all around Northern Ireland. To bring back some familiarity to a day in our life abroad, we hosted an American themed party. The party had everything from a mock Constitution to hot dogs to football decorations; no detail was left forgotten. The best part about was at the end of the semester when I was talking to a fellow exchange student from Malta, he thanked me for the party and said it was where he met his closest friends for the semester.

Continued on page 12.

Continuing the Conversation — on Suicide —

BY ADELLE LaBRECQUE

Staff Writer, UAS Whalesong

Tue 12/1/2015, 12:40 a.m.

I can’t believe I’m actually saying this, but today marks the second suicide within one semester. I don’t even know what to do with all of this, right now ... I’m writing you to let you know two things:

1. I want to apologize in advance if I leave class a few times to leave for the restroom. It is likely to happen, and I will do my best to not disrupt others while they are working.
2. Today in class I will be very withdrawn, and likely cannot handle being paired with “non-gentle” classmates, if possible... [I] hope that’s not too much trouble for what you have planned... I’m truly sorry for burdening you with such rough news... I seriously wish I was dreaming right now.

The above quote was retrieved from an email I sent to a professor last year, after learning about the second loss of a loved one to suicide within the space of one semester. I’m not even sure if there was an email for the first time. I couldn’t find one. That first month everything was a complete blur, in all aspects of the word. I was a mess every day. I hardly slept. I sobbed into the chests of complete strangers inside bathroom stalls of loud bars, brushed my hair only when it became too terrible to be seen at work, and consumed enough alcohol within that first weekend to inspire thirty-five days of straight sobriety - not even a single drop, and I’m a bartender. Vaguely put: 2015 was one of the most heartbreaking years of my life, thus far, and looking back, I could not be more grateful for the support I received from loved ones within and outside of Alaska.

If any readers were wondering, yes, in the Whalesong’s most recent issue, the poem titled “For You, I Will Wear Pink Camouflage” is directly related to those losses. Suicide is indeed a heavy subject of conversation, and for obvious reasons. For many, it can be highly uncomfortable to talk about, however, as a “suicide survivor” I can testify that it’s crucial we do.

Certainly, I am not the only student at UAS who has experienced this kind of tragic loss, not to mention all faculty and staff. In fact, according to The Alaska Bureau of Vital Statistics, (2015), “Alaska has the highest rate of suicide per capita in the country ... with 1,525 suicides between 2005 and 2014 - an average of 152.5 deaths by suicide per year.” Further research from this source states that, “In 2014, the rate of Alaska Native males that died by suicide was 50.9 suicides per 100,000, nearly four times the national average.” This information echoed statistics from earlier years (of the same source) stating that, “Alaska Native men between the ages of 15-24 have the highest rate of suicide among any demographic in the country, with an average of 141.6 suicides per 100,000 each year between 2000 and 2009.” Surely, this growing problem is not a secret within our state.

Continued on page 7

Not Medea: Not Bad!



From the top: Shelley Virginia as the Woman converses with Jason, as played by Enrique Bravo; the Woman gives an impassioned monologue. Not pictured: Cate Ross as the Chorus. Photos courtesy of Perseverance Theatre. Cropped.

BY DYLYN PETERSON

Staff Writer, UAS Whalesong

I arrived at Perseverance Theater a minute or two late. The lights were still on. There was a woman towards the front of the seating area with several bags, a Styrofoam container of food, and, what alerted me that she was part of the play, an umbrella. I quietly took my seat, a little lightheaded; there was a cloud of vaporized fourth wall floating about the room. It would only grow thicker. The woman, and according to the program her name is just Woman, was arguing with somebody in the front row about her assigned seat. That might have worked a little better if it wasn't Pay-as-You-Can night, but there's no way the script (let alone the actors) could factor in those sorts of variables.

She eventually found her seat, and the most aggressive audience participation was over. I took a few breaths, and started taking notes.

The first thing I noticed was that the set was amazing. It's easily the best of any of their recent productions, excepting

the super impressive set for *In the Next Room (or The Vibrator Play)*. It featured a number of long bird cages hanging from the ceiling, a well-dressed bed with nightstand, and a chair which is eerily similar to the one in my bedroom. Seriously, if you see the play, just imagine a blue version of that chair. I was very spooked.

The lighting was also on-point, very quick and reactive, and always subtly guiding the eye. There are great lightning effects, which featured mostly in the beginning of the play. The costumes were also very awesome, down to Jason's sandals (I'm jealous). All-around great work in the technical areas.

The play is inspired by/adapted from/features a performance of the ancient Greek tragedy *Medea*, which is about the titular sorceress seeking vengeance on her husband, the famous hero Jason, for arranging to marry the princess of Corinth, which would result in her having to leave Greece. Long story short, she murders her and Jason's two children, and rides on a chariot

given to her by her dad, Helios, to Athens with the corpses of her kids. It's...about what one might expect from a Greek tragedy. I haven't seen or read it myself, but I imagine it's pretty good if we're still putting it on and adapting it two-and-a-half millennia later.

I can't go into the plot of *Not Medea* too much without spoiling it, because the heart of the comparison between the Woman's life and Medea's life isn't revealed until the last five minutes, but what I can tell you is this: over the course of the play, the boundary between the play the Woman is trying to see and the play that we're watching becomes thinner and thinner (which is well signified by the Woman slowly dressing in more and more of Medea's clothes), occasionally bleeding together so much that the Chorus calls the Woman out on it once ("Why are you talking to them?"). There are a number of speeches, about, among other things, why infidelity is bad, why Medea is kind of awesome, why you should never reproduce if

you haven't already. We get to hear about the Woman's job, we get to listen in on a few of her phone calls with her daughter, and, heck, we even get to see a...stimulating scene between her and Jason. It's a close look into her life and psyche, and her actress, Shelley Virginia, does an incredible job (I'm pretty sure she never made a mistake, and since this was the preview night...wow).

The other two actors were wonderful, too. Enrique Bravo, who has recently played Sweeney Todd, Leo Irving in *Vibrator Play* (if memory serves; I know I've got a copy of the program somewhere in my office...), and, I guess a couple years back, Brick in *Cat on a Hot Tin Roof*, was great as Jason. He certainly looked the part, and is very believable in his line delivery and posture as a not-so-bright guy who somehow managed to get his hands on the Golden Fleece. Cate Ross also did a great job as the Chorus, although it was a little strange how she also seemed to be one of Medea's boys and maybe also one of the Woman's

daughters in a flashback?

...which brings me to the negative aspects of the play. Sometimes the transitions between Woman and Medea were too quick and without signification, making the play occasionally hard to follow. The fourth-wall obliterating nature of it, too, struck me as an odd decision, as I'm used to seeing those sorts of shenanigans in things like *Deadpool* and late '90's sitcoms for teenagers, as opposed to intense dramas. My biggest problems were the speeches (the most memorable of which was definitely the "don't ever have kids" one), because the play was otherwise strikingly naturalistic. Heck, the Woman's cellphone even rings.

Overall, though, it was a good play, and I certainly don't regret seeing it. I've come to expect greatness from Perseverance Theater (certainly better than most of the plays I saw in Florida as a youngster; apparently larger budgets directly correlate with more obvious technical mistakes), and I wasn't disappointed. I give it five-and-a-half tears out of seven.

BY ADELLE LaBRECQUE

Staff Writer, UAS Whalesong
Continued from page 5

In order to gain an even deeper perspective on this subject, I had the opportunity to interview a local suicide survivor who has asked to remain nameless. The following quote is a snapshot of the dialogue between us:

Adelle LaBrecque: “As someone familiar to UAS, are you aware that each student is eligible for six free counselling sessions on-campus?”

Speaker: “I was not, actually... I knew they gave away free Vitamin-D and lent out Happy Lamps, though... but that [counselling] is good.”

Agreed. Yes, all students taking “for credit” courses are eligible for these sessions. If you feel you may be interested in a session for any reason, speak to someone at the Student Resource Center in the Lower Marrant Building.

AB: “Would you say that you’re more aware of suicidal tendencies in others since this experience?”

Speaker: “Well, there were definitely certain people that it really made me want to get a hold of. It was a reality check, in a lot of ways: this is something that people will actually do, not just think and (maybe) talk about...”

Recognize the signs: depression; talking in about “feeling hopeless and helpless;” becoming and remaining increasingly disconnected from others, especially loved ones; sharing suicidal thoughts with others; having lost a loved one to suicide; engaging in abusive substances; recklessness behavior; getting rid of personal belongings; etc. Recognizing and addressing these signs with the person at-risk for suicide and other loved ones goes much farther than you would think. Involve a councillor is possible.

Speaker: “I guess, that even though I’ve experienced suicide, I’m still an

The Conversation — on Suicide (Cont.) —

outsider to suicide, if that makes sense. It’s not an inherent reaction for me. Suicide doesn’t make sense to me the way it makes sense to somebody who is actually contemplating it. It’s an extreme response... My concerns immediately lie with the people who were closest to that person—those who it’s going to impact the greatest.”

Though, this article does cover some highly uncomfortable information, it is valuable conversation. Understand the seriousness of the subject, and educate yourself as to what resources are available to you at all times within the University, your workplace, your community, etc. Take note of your own feelings. Be honest with yourself: How are you doing? Are you doing great? Have you been better? Would you like to feel better?

Every reader walking down these hallways has experienced some form of

depression in their life, however felt. It can become easier to hide in our homes, when we don’t feel like seeing “the World.” Eating junk food and skipping classes when we don’t finish our homework on-time are definitely activities this writer has taken part in.

However, we need to keep showing up. We need to see those people in our classes and in the hallways, drink that cup of coffee, and keep going. Whether we realize it or not, those people are largely a support system for us. As exhausting as life can be sometimes, we are never really alone and should never see ourselves living that way. Life can truly be a genuine exchange of positive choices, if we make them.

In the words of Louise L. Hay, in regard to lifting ourselves above darkness, “It is only a thought, and a thought can be changed.”

UAS Rallies Against — The Dakota Access Pipeline —

BY KASEY CHEN

Staff Writer, UAS Whalesong

UAS community members gathered in the courtyard on October 9 with picket signs reading, “Stand with Standing Rock,” and, “Water is Life,” to protest the Dakota Access Pipeline (DAPL) in solidarity with the Sioux Tribe in Standing Rock, North Dakota. The plans for the \$3.7 billion pipeline have it spanning 1,172 miles of land from the Bakken Region of North Dakota through South Dakota and Iowa into Illinois with the aim of transporting light, sweet crude oil across the route. Although those in favor of the pipeline claim that it will run exclusively through privately owned land, this area has a tumultuous history that leaves the right to build murky.

At UAS, the rally began with statements from representatives of the Woch Eén Student Leadership Group who organized the event. Alicia Oscar, a co-chair of the organization, welcomed the crowd and introduced her group, a fixture on the UAS campus for the last 24 years. She highlighted their contribution of the Raven and Eagle Poles on campus, and her group’s advocacy for

Native languages.

Next on the mic, Áak’w K̄wáan representative Francis Houston stated, “As Alaskans, we support each and every one of the Native Americans and what they fight for. The main thing is united we stand.” Houston joins over 150 tribes in their support of the Standing Rock Sioux.

Many members of these tribes travelled to the DAPL construction site to engage in peaceful protest. There, they were met with security guards bearing attack dogs and pepper spray as portrayed in Amy Goodman’s video segment for Democracy Now. Many of the protesters were sprayed with pepper spray, bitten by the dogs, or physically thrown down. Goodman was charged with rioting after the footage was released, but the judge ruled there was no probable cause.

The pipeline route runs within half a mile of the Sioux reservation, and threatens to pass through Native burial sites and sacred places. This violates the National Historic Preservation Act of 1966, which was created to protect areas of historical significance. Construction on the pipeline may have already destroyed some sacred Sioux sites

despite the tribe filing for an injunction.

Even though the Sioux do not currently own the land according to U.S. law, those looking to perform construction on the land legally must consult the tribe first even if the land in question is far removed from a reservation. This is because the site of a reservation may have shifted over time for various reasons, and precious artifacts may still remain on the land. In the case of the DAPL, the Sioux felt as if they were not properly consulted, and they believe construction may have already destroyed artifacts and sacred sites on the pipeline route.

One major concern for protesters was that the pipeline would deprive the Sioux tribe of clean water. Running under the Missouri river where the tribe sources most of its water, a rupture in the pipeline could contaminate the water rendering it unusable. This was one of the deciding factors in the ultimate rejection of the fourth phase of the Keystone Pipeline in 2015.

The land under the pipeline route has been a subject of debate for around a century and a half dating back to the Treaty of Fort Laramie, which named the Sioux the rightful owners of the land. A little over a decade later, the U.S. government retook the land after the Great Sioux War. In 1980, the court ruled that the land was taken unjustly and ordered that the U.S. government compensate the Sioux, a

payment that they declined in order to further pursue possession or co-ownership of the land.

Around 50 UAS community members made an appearance at the event to show their backing. “We talk about the university being a place to learn, to engage, and to bring change,” said Chancellor Rick Caulfield. “Tomorrow we celebrate Indigenous Peoples’ Day, not Columbus Day, and that’s because the work of our students and all of you in making that change,” he continued.

The Standing Rock Sioux are hoping to halt construction on the pipeline, but their request for injunction has been denied at this point. They have expressed that they will not back down from their effort to stop the project from continuing, and members of the UAS community have pledged their continued support.

Sources:

“U.S. Court of Appeals Rules against Standing Rock Tribe in Dakota Access Pipeline Case.” Native News Online. N.p., 09 Oct. 2016. Web. 10 Oct. 2016.

“The Legal Case for Blocking the Dakota Access Pipeline.” The Atlantic. Atlantic Media Company, n.d. Web. 15 Oct. 2016.

“Press Freedom Victory: Riot Charges Dropped Against Amy Goodman Over Dakota Pipeline Coverage.” Democracy Now! N.p., n.d. Web. 18 Oct. 2016.

— UAS Student Wins Praise from Police Dept. —

BY HOLLY FISHER

Staff Writer, UAS Whalesong

The Whalesong Newspaper is pleased to congratulate UAS's own Brandon W. Johnson on receiving the Juneau Police Department Re-Entry Hero award! He was chosen as a recipient of the prestigious Challenge Coin in recognition of successfully completing parole and for his work to support those who are still in the system.

The Juneau Police Department (JPD) instituted the Re-Entry Hero award to recognize and thank those who have successfully reintegrated after their time in the system, becoming productive members of their communities. This distinguished honor has only been awarded to a handful of civilians thus far.

Brandon officially completed parole three months early, after which he chose to tell his story to those still in prison. He credits much of the early completion to the opportunities he had to give back to those he was incarcerated with. While in Cordova in November of 2015 to give a speech at the Sobriety Celebration, he met Lt. Ken Hoff. Lt. Hoff lauded Brandon for being inspirational to both Native peoples and persons still in prison. Shortly thereafter

Lt. Hoff arranged for him to speak at the Lemon Creek Correctional Center. This sequence of events led Brandon to becoming an advocate for those involved in the system, especially for the reduction of recidivism in Alaska.

Recidivism is when those who are on patrol violate it or when those who are out (on parole or not) are arrested for another crime, resulting in a subsequent return to prison. Alaska has some of the highest rates of recidivism in the country, with roughly 63% of people returning to correctional facilities at least once. Brandon takes this issue very seriously after having returned to the system twice before his successful third parole. He feels that this experience aids him in his efforts to connect with those still in correction centers, addressing some of the ways in which the traditional system has not made enough inroads. As he says: "With such high rates of recidivism, you really have to go outside of the box." He says he owes his effective advocacy to his personal understanding of what they are dealing with.

In order to improve his life he quit drinking. He has celebrated his sobriety birthday on February 28 every year since 2014. A next step was entering school, which he especially credits Marcos Galindo

for making possible. Through The Flying University - a UAS outreach program in partnership with Lemon Creek Correctional Facility - Brandon and others he served time with are able to access higher education. Through higher education, they have access to a broader range of opportunities. Under the motto "Education is Liberation" they are each well on their way to completing degree programs. After Brandon graduated from UAS, he wants to go into Tribal Government. He plans to start here in Juneau to gain experience, and then move on to Yakutat in the future. Using the tools he is learning and gathering now, he will continue to give back and make a difference for the good of the community around him.

Brandon wants to continue telling his story to as many people as he can, stating clearly that both sobriety can be achieved and that there is life after a felony conviction. The Re-Entry Hero award is a symbol of what he has accomplished thus far, and we congratulate him heartily on the well-earned honor.

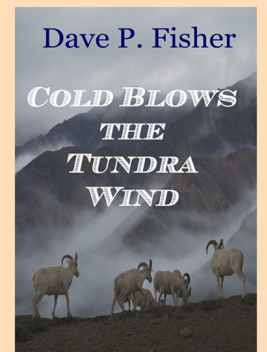
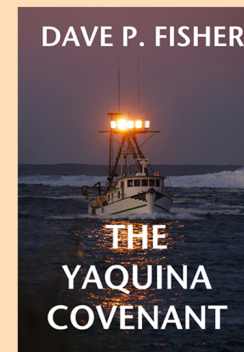
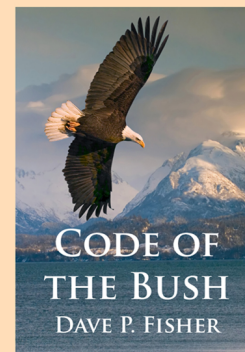


Brandon Johnson shakes Deputy Chief Ed Mercer's hand. Brandon's son Scott smiles in the background. Photo courtesy of Professor Sol Neely



Left to Right: Elasona Milligrock, Sol Neely, Scott Johnson, Tiffany Johnson, Brandon Johnson, and Deputy Chief Ed Mercer. Photo courtesy of Professor Sol Neely.

Pacific Northwest Suspense Novels now join award winning **Author Dave P. Fisher's Historical Western Novels**



www.DavePFisher.com

Over 20 titles currently available
on Amazon.com in digital & print

UAS Experts Share Knowledge at Fall Lecture Series

The annual fall lecture series Evening at Egan kicked off on September 16 with Dr. Clive Thomas, political scientist, author and former UAS professor, delivering a presentation based on his new book, *Alaska Politics and Public Policy: The Dynamics of Beliefs, Institutions, Personalities, and Power*. The following week, UAS marine biology professor Dr. Jan Straley and her husband, author John Straley, talked about science, history, and reflections about the Pacific Coast involved in their research for the recently released book *Ed Ricketts from Cannery Row to Sitka, Alaska* published by Shorefast Editions of Juneau. The last in the September lineup was Dr. Brian Buma's "Climate Change and the Southeast Alaskan Woods: What's Happening in Our Warmer World." This talk presented the state of the science in terms of what's changing and where things are going in the temperate rainforests of Alaska and the North Pacific. Dr. Buma is an Assistant Professor of Forest Ecosystem Ecology at UAS. The series continues through December 2.

Grace Schaible Endowment to Benefit Visiting Scholars to UAS

The newly-established Grace Schaible Endowment was created from the recent sale of the UAS property referred to as the Schaible House. The new endowment opened with over \$435,000 and will continue to fulfill the donor's expressed interest to support the educational mission of UAS and further its academic programs. Chancellor Emeritus John Pugh had

— UAS In Brief —

envisioned using these resources to provide discrete housing options available for special guests to UAS. Chancellor Rick Caulfield notes that the funds will help with expenses including housing, related to visiting faculty, artists, Native elders, researchers and others who will enrich academic programming for students at UAS. The first visiting faculty will be Dr. Theresa John, an expert in indigenous languages based in Fairbanks, speaking as part of the popular Evening at Egan fall lecture series on October 28, and Alaska State Writer Laureate Frank Soos who will speak on October 27.

UAS Native Language Expertise is Key Component in Grant Program for Sealaska Heritage Institute

The Federal Administration for Native Americans has awarded a grant of \$927,000 to the Sealaska Heritage Institute to fund mentor-apprentice teams studying Tlingit, Haida and Tsimshian languages for the next three years. This program connects two students with one mentor for immersion in the languages, involving transcription of tapes owned by Sealaska Heritage Institute of Native speakers, and participation in orthography and linguistics programs at the University of Alaska Southeast. This is a new grant that follows a similar three-year program that focused specifically on Tlingit, and involved work Yakutat, Sitka and Juneau. A graduation ceremony was held for those participants in that program had a graduation ceremony last month.

UAS offers unique and rich opportunities in indigenous language and culture through experts like Lance Twitchell (Tlingit name X'unei), Assistant Professor of Alaska Native Languages and new faculty Dr. Mique'l Dangeli (Tsimshian name Sm Łoodm 'Nüüsm and Tlingit name Táakw Shaawát), Assistant Professor of Alaska Native Studies, who received her Ph.D. in Art History at the University of British Columbia.

The Flying University – a Successful Community Partnership

The Flying University at UAS is an on-campus extension of the Flying University at Lemon Creek Correctional Center, a prison education project that brings UAS Students into LCCC for mutual study with incarcerated students. Led by Associate Professor of English Sol Neely, the mission of Flying University is to provide peer support and social comfort for those transitioning from Prison to University life. Recent graduate of the program, Brandon Johnson, was honored this month as the Juneau Police Department's "Re-entry Hero." Johnson has done very well despite a number of difficult obstacles. Last November, he spoke at the 22nd annual Sobriety Celebration in Cordova, and he is currently chair of Wooch.een, a student leadership club that works closely with community organizations to foster a better understanding of Native culture and social issues. This is an exciting moment for the supportive community at UAS that has welcomed him, and others transitioning from prison to university life, to campus. A documentary on the Flying University is available for viewing at: <https://www.youtube.com/watch?v=q-6wwtmE8Ds>.

UAS MAT Grad Selected as Elementary Principal of the Year

The Fairbanks Daily New Miner reported on October 1 that Katherine LaPlaunt of Pearl Creek Elementary was selected by the National Association of Elementary School Principals as their 2016 National Distinguished Principal for Alaska. LaPlaunt earned her Master of Arts in Teaching at UAS, bringing with her a bachelor's degree in psychology from Southern Oregon University. After attending the University of Alaska Southeast she went on to earn her education administration degree at UAF. During the first week of October she attended the awards ceremony and associated professional development event in Washington, D.C.

Generous Gift Enhances Northwest Coast Arts Programming at UAS

Juneau resident MaryLou King recently donated \$20,000 to the Selena Peratrovich Memorial for Native Arts through her non-profit organization, the Taku Conservation Society. The gift will provide scholarships to cover tuition and fees for students enrolled in Northwest Coast Art classes. "I just think we should encourage any opportunity for people to learn these skills. Learning how to weave has been such a gift to me," says King.

UAS In Brief is a selection of press releases from the University of Alaska Southeast. Permission to print each release was given to the Whalesong by the Office of the Chancellor.

For more information, contact Keni Campbell, Executive Assistant to the Chancellor / Public Information Officer.

BY HOLLY FISHER

Staff Writer, UAS Whalesong

World War I spurred the creation of countless innovations, pushing inventors to incredible lengths by the need to stay ahead of the enemy. Many things that we use every day got their start as part of the war effort, some of which may be quite surprising. Much like my first “A Time to Remember” article, this is only an overview of some of the most interesting developments of the war, as well as a few less well-known ones as well.

Technological advances of the era are often associated with the first tanks, machine guns, submarines, and militarized airplanes. But these were only the surface factors. Many other devices came into being as supporting technology. The goal for subsequent developments was either to create something that made the new tech easier to use, or made it easier to find and blow up.

A great example of the latter was the race to combat the German’s ferocious U-Boat assaults. Though they were not the only country with submarines, Germany’s heavy submarine warfare was launched in response to heavy blockades targeting military and civilian ships alike. To combat this growing threat Allied scientists scrambled for a way to locate the machines. They based their research on the first hydrophone prototype which had been invented for the purpose of searching for icebergs following the Titanic disaster. While this original version was of little use because it could only tell the distance of an object and not its direction, it served as the starting point for the British Navy’s ASDIC echo ranging system. Though this technology had not advanced far by the end of the war, it was one of the main predecessors to our modern sonar.

Back on the surface, the RMS *Ark Royal* and the HMS *Furious* were huge breakthroughs as the first ever aircraft carriers to ply the waves. *Royal* was a merchant class vessel which was redesigned to carry seaplanes on a half deck. The planes were not meant to take off from the ship but only start and

prime the engines before they were lowered to the water for takeoff.

Furious was originally constructed

place before the turbulence from the ships systems made it too dangerous and landings were forbidden. After



An X-Ray photograph of a shrapnel-riddled soldier’s hand from World War I. Advances in medical technology and practice made such images possible, and the removal of shrapnel a priority.

Public Domain. Retrieved from the Wikimedia Commons.

as a battlecruiser with twin 18-inch guns, but she was redesigned to serve as a landing and launching point for Britain’s air feet. First one turret was removed to make room for a half-length flight deck, then later the other was also replaced with a second deck. She was launched on August 18, 1916, and the first successful landing of an airplane onboard was on August 2, 1917. Only three successful landings took

large post-war overhaul, she was officially reclassified as an aircraft carrier in 1925.

Up in the skies, the desperate need to communicate with pilots after they left the airfield remained a grim problem. At the outset they were limited to a communication arsenal consisting almost entirely of hand and flag waving. To address this and other communication related problems across the globe,

development of two-way radios began in San Diego in 1915. 1916 saw radio telegraphic messages that could be sent up to 140 miles, but it was not until 1917 that the first human voices could be heard on either end of a wireless communication. We have these dangerously isolated pilots and airfield crews to thank for the air traffic control that is integral to our airports today.

Down on the ground, the mass number of battlefield injuries led to a wartime spike in medical inventions of all kinds, from new equipment to new practices and techniques. The famous scientist Marie Curie took up the job of making her vital x-ray machines available for use in the field hospitals - no small task considering the extreme delicacy of the machines. But by the end of 1914, she had outfitted several cars and trucks with heartier versions and sent them to tour the field hospitals. 20 of the “Little Curies” would be in service by the end of the war, greatly improving the quality of care available to the soldiers and saving numerous lives.

Another major issue facing medical personnel was the sheer lack of available blood donors. While doctors knew that blood types had to be matched, they were often unable to locate a suitable donor in time to save their patients. Though there had been some prior experimentation with preserving blood for later infusion, there was no resounding call for it before to the war. After the outbreak of hostilities, Canadian Lieutenant Lawrence Bruce Robertson convinced the Royal Army Medical Corp to adopt the practice of transfusions from stored flasks. By utilizing an anticoagulant solution and keeping it cool, the donated blood could last almost a month. These battlefield advances are generally seen as the earliest

example of a blood bank as well as a predecessor to modern storage methods.

Aside from just the physical items that were invented, World War I also brought about a change in medical treatments and accepted techniques. Sir Almroth Edward Wright, a British bacteriologist and immunologist best known for his work with vaccines, rewrote the book on battlefield treatments when he insisted on a method of thoroughly washing the wound and allowing it to remain open for a time. Before this, the practice had been to pour antiseptic fluid into the injury and then close it up, without removing the dirt or shrapnel not flushed out with the solution. While this was dangerous in any situation, the trenches of France were particularly gruesome: they were often dug from farmland, which is rife with manure and other bacterial agents. The incidents of gangrene skyrocketed and caused many amputations and deaths. Wright’s technique was employed to great success and many lives and limbs saved. Wright was also responsible for vaccinating British troops in the pre-war years, leading to Britain being the only country to enter the war with their troops fully immunized against typhoid fever.

Again, this is only a tiny sampling of a few things that made their debut during the tumultuous period of the early 20th Century. Flamethrowers, gas and gas masks, synthetic rubber, and pilotless drones are just a handful more of the ways that technology was careening forward at breakneck speeds. Quite a few inventions were still under development at the time of the armistice, many of which would later come back into play in WWII. Chances are good that many of our favorite technological innovations are based on innovations brought about by the Great War.



WELLS
FARGO

Pay Mike for it
before Matt
inhales it.

The *Wells Fargo SurePay*[®] service lets you send money to just about anyone with a bank account at any U.S. financial institution using their email address, and without sharing account numbers. You can also receive money using your email address.*

So quick. Grab your smartphone and tap the *Wells Fargo Mobile*[®] app. It's yours. Dig in!

Downtown Juneau • 123 Seward St. • 907-586-3324

Glacier Valley • 9150 Glacier Hwy. • 907-789-9550

Lemon Creek • 1610 Anka St. • 907-780-5299

*Recipient must have an account at a U.S. financial institution. Availability may be affected by your mobile carrier's coverage area. Your mobile carrier's message and data rates may apply.

© 2016 Wells Fargo Bank, N.A. All rights reserved. Member FDIC. Materials expire September 24, 2016.
(3147502_18976)

Together we'll go far



— Study Abroad — (Cont.)

BY KAITELYN McDONALD

For the *UAS Whalesong*
Continued from page 5

GRAZ, AUSTRIA

Having already completed one semester in Northern Ireland, I felt as though I knew exactly how to handle myself in a new country. There were things that I knew I did well in Coleraine and a list of things that I wanted to do differently to get even more out of my time in Graz. But it wasn't as easy as I had hoped; Austria was culture shock x2. An intensive 3 week German course was how I started the semester. Learning German turned out to be the most enjoyable challenge. It was rewarding to learn something in class and be able to apply it at the grocery store later that day. Learning the language really helped me appreciate my time in Austria because I was able to connect with the locals and show respect to Austrian culture. Due to Austria's central location, I was able to travel to so many countries via train, bus, and even planes with tickets as cheap as \$11! I traveled to a total of 20 countries in Europe, and over half of those happened when I studied in Austria. Almost every weekend, I took a trip to a new place. Sometimes I revisited countries that I enjoyed. Hopping on a train on a Friday evening, going through three countries, spending a few days touring a new place, and being back at school on Monday morning became my routine. Mastering traveling alone was a huge confidence booster for me. I went from not being able to read a map before leaving home to successfully navigating through cities with public transportation and paper maps. In addition to the traveling, I made so many good friends in Austria. My roommates were a really amazing group of people who had all studied in Graz in the Fall as well. This was helpful for me because they were able to give me all kinds of pointers and tips for the city. Aside from my roommates, I became close friends with a Portuguese guy and another American from Vermont. My close friends, my roommates, and all the other students and locals I met in Graz made for an immensely remarkable and memorable semester.

Overall, I can say that studying and living in Northern Ireland and Austria was the best thing that I have ever done for myself. I reached every goal that I set out to achieve and so much more than I could have imagined. I know that it's a cliché, but I can't sum up my exchange experience in two pages of the school newspaper; the experience is truly indescribable. If you are making the decision of whether or not to go abroad, or if you want to but there is something holding you back such as financial difficulties or other personal struggles, all I can say is to go for it. Some things are hard, but in the end it is a truly incredible experience that is 100% worth the risk. More people should take advantage of study abroad programs in order to engage with the people of the world and be reminded how much more there is out there.



Kaitelyn and friends pose at King's Cross. Photo courtesy of Kaitelyn McDonald and Marsha Squires.
Black and White.

— Marvel's *Luke Cage*: — Not Quite Bulletproof

BY DYLYN PETERSON

Staff Writer, *UAS Whalesong*

Luke Cage is the best Marvel show, on Netflix or otherwise. It's got enough of the classic elements to satisfy comics fans, quality writing and production to bring in and hold new viewers, and, most notably, the best soundtrack a superhero, well, anything, has had since the Tim Burton *Batman* movies (although, I suppose, an argument can be made for *Guardians of the Galaxy*, but *Luke Cage* has superior original music). This isn't to say that the show is flawless, though. It is just much better than its flaws.

The premise of the show is that the titular Luke Cage, formerly Carl Lucas, was wrongfully convicted of a felony a few years back and, thanks to illegal scientific experimentation, escaped from prison with superstrength and (nigh-)unbreakable skin. After the events we see in *Jessica Jones*, he finds himself in conflict with Cornell "Cottonmouth" Stokes, a nightclub owner/criminal mastermind half as scary as *Daredevil's* Kingpin, but twice as lovable. Both of them are antagonized by Misty Knight, a police officer who dips perhaps too often into the visual language of *Sherlock*.

Luke Cage is pretty different from the comics source material. There is no punching Doctor Doom in the face, screaming, "Where's my money, honey?" At one point, Luke's offered money for his superhero services, and he explicitly says, "I'm not for hire." This is in direct contrast to the comics, where he was literally subtitled, "Hero for Hire." His costume, too, is usually a hoodie (supposedly as a nod to Trayvon Martin), instead of the v-neck, tiara, and chains of the seventies classics, or the yellow t-shirt and jeans of the modern comics. I was disappointed by the lack of an Iron Fist cameo, as well, but I guess we'll get to see my favorite duo in fiction together for *The Defenders*, so it's not too bad. Tonally, too, the show's much more serious than the often campy comics. It does keep an air of Blaxploitation to it, though, but is notably more respectful than its source material.

The show opens on what is easily its best episode from a technical standpoint. The colors are bright, and the cinematography impressive. The characters are introduced in fairly standard, but interesting ways. It's pretty slow-burn as far as the Netflix shows are concerned, taking a lot longer to have Luke do anything with his superpowers, which is refreshing, because it uses all of that time to develop the characters. These people are memorable and interesting by the fifteen minute mark, at the latest, especially Luke's father figure Pop, and Cottonmouth, who I will discuss at length.

Luke Cage proudly carries on the Netflix Marvel tradition of incredible villains, this time giving us a character who, honestly...I'd watch a show starring

him, especially after the backstory given in episode seven. Stokes is definitely the highlight of the show, lovable and hateable in equal measure, oddly charming, and very unpredictable. I'll just say that he owns a rocket launcher, and leave it there. Anybody who's figured out the Netflix Marvel formula for introducing villains, though, will probably suspect something's up, as Cottonmouth is introduced about ten minutes into the first episode.

The most interesting characters, though, are the settings. In brief: this show has a Chinese restaurant named Genghis Connie's. It doesn't get better than that. Still need more? Really? Alright... Cottonmouth's club, Harlem's Paradise, is sort of like Buffy the Vampire Slayer's The Bronze, except with more consistently good music. The atmosphere of the place is wonderful, and, honestly, I want to go there. Harlem itself is arguably the main character of the show, and its history and influence on pop culture is the show's main source of inspiration. Unfortunately, for some, the long speeches on the nature of Harlem, and its future, are occasionally out of place, and numerous, sometimes two or three in an episode.

Another major issue is one we've come to expect with the Netflix Marvel shows: pacing. While *Jessica Jones* seemed like it should've ended four episodes before it did, and *Daredevil* season two felt like a Punisher miniseries followed by a short season involving Elektra, *Luke Cage* doesn't really know how to put its narrative elements together. For example, the backstory episode for Luke is the fourth episode of the series (and definitely the best for fans of the comics, for reasons I refuse to spoil), when there isn't really much of a reason to wait that long. Due to a major mix-up in episode seven, the show is very noticeably split into two halves, the second featuring a number of abrupt status quo changes, and uncomfortable exposition. I can't explain why, as it's a major spoiler, but the second half of the show is generally weaker than the first.

Despite that, though, *Luke Cage* is still great. It's everything the fans were hoping it could be, and somehow even more. I definitely recommend it, even to people who aren't really into superhero stories; from an aesthetic standpoint, this show is a major accomplishment, the first episode especially. It may be difficult to believe, but the awesome moments from the trailer (ripping off a car door to use as a shield, bending it around a guy to incapacitate him, that wonderful line, "I'm getting real sick of always having to buy new clothes") are actually some of the less impressive action scenes, and they're somehow better in context (the breaking-into-the-building scene is set to "Bring da Ruckus" by Wu-Tang Clan[!!!], although it is, sadly, the censored version). I give it six-and-a-half silver tiaras out of seven.

BY ADELLE LABRECQUE*Staff Writer, UAS Whalesong*

As I sit here quietly - almost bitterly - completely, utterly sleep deprived and eyes nearly shut, I take great comfort in the familiar scent of a lightly roasted breakfast blend brewing in the coffee pot. Indeed, as many overtired and overworked coffee lovers can relate, this seemingly invincible bean has the ability to release the shackles of our early morning sourness, and simultaneously provide us with the boost of energy necessary to become the kinder human beings we truly are—after that first cup, of course.

Oh, and don't we love it. Its distinct smell is a comforting start to our morning routine, its rich, bold taste brings familiar feelings of sudden invincibility. We can find exciting, festive brews at various times of the year, encompassing our favorite flavors and scents of the season. We search the supermarket shelves for beans grown in fields across the world, varying in climate, language, and location. We hunt for the most pure and ethical grounds possible; organic, non-GMO, and Fair-Trade Certified being only a few examples to the coffee lover. We carefully study labels and descriptions to be certain we have found the option with the most possible caffeine per mug. We relish the free coffee at the end of

ten consecutive purchases from our favorite local shop. Oh yes, it is certain that we are caffeine addicts--and unashamed.

Surely, I am not alone when I associate many of my successes to the steady inhaling of caffeine. "Success" at this point in my college career, can almost certainly be attributed to an ability to drink large amounts of caffeine--and I'm not speaking in cups, here. Pots is a far more accurate measure of my regular caffeine consumption. Perhaps that may shock, or even raise some eyebrows for a few of you. That much coffee? Seriously!? That can't be healthy! While yes, full-coffee-pot-consumption may surely have a few negative "side effects" associated with it. But overall, drinking a few cups of coffee on a regular basis, the benefit is not a one-sided argument. In fact, coffee has a surprising amount of health benefits attached to its delicious habit-forming taste and worthy expense. It is these benefits that I must defend.

So often, as with many addictive foods and beverages, it common to read articles, watch videos, or be forced to listen to your closest health-nut-type friend underline every negative effect of the particular substance on the human

body. While it is surely important to know where these health boundaries lie, let us approach this conversation with the opposing knowledge of the same product.

According to researchers at UCLA, "Coffee may be protective against type 2 diabetes. [They] identified that drinking coffee increases plasma levels of the protein sex hormone-binding globulin (SHBG). SHBG controls the biological activity of the body's sex hormones (testosterone and estrogen) which play a role in the development of type 2 diabetes ... Dr. Simin Liu, one of the authors of the study, said that an "inverse association" exists between coffee consumption and risk for type 2 diabetes." (Medical News Today, Joseph Nordqvist, April 7th, 2016).

In another account by the same source, "Italian researchers found that coffee consumption lowers the risk of liver cancer by about 40%. In addition, some of the results suggest that if you drink three cups a day, the risks are reduced by more than 50%. The lead author of the study, Dr. Carlo La Vecchia, from Milan's Istituto di Ricerche Farmacologiche Mario Negri, said "our research confirms past

claims that coffee is good for your health and particularly the liver." (Medical News Today, Joseph Nordqvist, April 7th, 2016).

While it's important to remember that many of the studies conducted by scientists are referencing coffee in its purest form, (that is, without sugar, creamers, flavored syrups, and other sweeteners creamers), it's not to say that the extra pizzazz to your daily dose of caffeine needs to be completely removed. Instead, substitute healthier, organic ingredients, such as non-dairy milks, agave sweeteners, or raw, unbleached sugars. Black coffee, however, is the healthiest way to remain a true caffeine addict. Now, doesn't that just ring true to the coffee addict's ears?

So, I encourage you to drink your daily cup - or cups - with the knowledge that your body is not entirely saying no to the rich, bold, delicious goodness we so often are told to quit drinking. Indeed, feel those long-winded-caffeine-hating myths from your friend wash down the drain, knowing that you are supported in your coffee-loving ways! Cheers!

INTERESTED IN ADVERTISING?

Have your eye on 2016-17 academic year advertising slots?

E-mail uas.whalesong@alaska.edu for more information about advertising before room runs out!

Submission Deadline

September 5, 2016

September 19, 2016

October 3, 2016

October 17, 2016

October 31, 2016

November 14, 2016

November 28, 2016

Issue

1

2

3

4

5

6

7

Publication Date

September 14, 2016

September 28, 2016

October 12, 2016

October 26, 2016

November 9, 2016

November 23, 2016

December 7, 2016

OFF CAMPUS CALENDAR

WEDNESDAY, OCT. 26

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.

Purple Ice, 6:30 p.m., Treadwell Ice Arena. Treadwell Arena and Alaska NOW are turning the ice purple in honor of Domestic Violence Awareness Month. Bring a towel for AWARE and receive a free skate rental. For more information, go to www.awareak.org or call 586-6623.

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.

Emanuel Jal Live on Stage, 7 p.m., Juneau Arts & Humanities Council. Emanuel Jal, international Rap and Hip Hop Artist. His story and music details his journey from boy soldier to a message of peace, tolerance, reconciliation and giving back to your community. Tickets @ the JACC, Rainy Day Retreat and Hearthiside Book stores. \$18 - youth under 14 free. For more information: contact KJ Metcalf: 586-6738 / 500-2894

THURSDAY, OCT. 27

Not Medea, 7:30 p.m., Perseverance Theatre. Thurs. - Sat. at 7:30, Sun. at 4. Runs until Nov. 6. A working single-mother gets one night to herself; she escapes to the theatre and becomes part of the performance as she struggles with keeping the secrets of her past. Can she write her own story, as she steals the spotlight at the theatre, or does she become the myth she's woven into on stage? Surprisingly funny and tragically honest, Not Medea is the show you did not know you meant to see.

FRIDAY, OCT. 28

Gastineau Humane Society's Wine/Beer Tasting & Silent Auction, 5:30 p.m., Juneau Arts & Humanities Council. A benefit for Juneau's animals - Costumes optional. \$35/pp online at ghspets.org or at the door of event. For more information: contact Samantha Blakenship, 907-789-0260

KXLL Zombie Walk, 7 p.m., Cope Park. Join KXLL 100.7 FM for the Zombie Walk! An all-ages community building event, bringing together Juneau's zombie enthusiasts to walk the streets of downtown as a zombie flash mob. Participants will meet in the Cope Park Parking Lot at 7:00 PM for a brief safety meeting and walk to Marine Park where prizes will be awarded for best costumes. FREE. For more information contact Annie B. for questions: annie@ktoo.org.

SATURDAY, OCT. 29

Sm'alyax Language Learners Group, noon, Edward K. Thomas Building. All who wish to speak Sm'alyax, the language of the Tsimshian people, are welcome.

Douglas Ghost Walk, 4 p.m., Mt Jumbo Gym. Wear a Halloween costume to games & treats. For more information, visit www.douglas4thofjuly.com or call 364-2243.

MONDAY, OCT. 31

Locals' Night, 4:30 p.m., Hangar On The Wharf. \$3 Drafts and FREE Wings! Every week during Monday Night Football. Wings come out at kickoff (4:30pm) so don't be late! Self-serve, you pick the sauce. Free. For more information, e-mail info@hangaronthewharf.com

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, regardless of language experience. For more information, e-mail tingitlearners@gmail.com.

MakerSpace Open Shop, 6 p.m., 1759 Anka St. Mondays from 6-8 p.m. 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.

TUESDAY, NOV. 1

Haida Language Tuesdays, 5:30 p.m., Edward K. Thomas Building. Open to all interested in learning Haida.

WEDNESDAY, NOV. 2

Big Brothers Big Sisters: Dream big Fundraising Luncheon, noon, Centennial Hall Convention Center. The Dream Big Fundraising Luncheon is a free event, open to anyone interested in financially contributing toward the mission of Big Brothers Big Sisters. Come and hear testimonials from mentors, mentees and parents

THURSDAY, NOV. 3

Capital City Landmarks: Stories from the Ground Up, 6:30 p.m., Juneau-Douglas City Museum. Listen to CBJ City Manager Rorie Watt, CBJ Airport Manager Patty Wahto and her

mentees. RSVP to Beth Loudon at 586-3350 if you would like to attend. Free Event. For more information, visit www.bbbsak.org, or contact Beth Loudon at beth.loudon@bbbsak.org.

Wildlife Wednesday - Beluga Whales, 7 p.m., Mendenhall Valley Public Library. Cook Inlet Beluga Whales are in endangered status. Learn about the ecology and problems these charismatic white whales face. Free and refreshments offered. For more information, visit akwildlife.org or e-mail wherry.patricia@gmail.com.

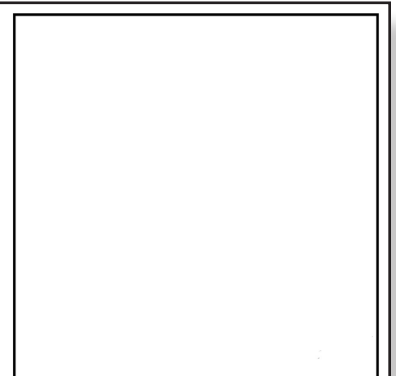
husband Doug, and CBJ Lands and Resources Manager Greg Chaney as they verbally build Juneau's development history from the ground up and explain why our town grew up the way it did. This event is free, and there will be a question and answer session following the presentations. For more information, contact Rachel Friedlander, CBJ Lands and Resources Specialist, at 907.586.0617.

SATURDAY, NOV. 5

64TH Annual Juneau Ski Sale, 10 a.m., Centennial Hall Convention Center. Annual Juneau Ski and Sporting Equipment Sale Non-Profit funding activity for the Juneau Ski Club and Juneau Ski Patrol \$5.00 Admission at the door (12-under FREE). For more information visit Juneauskisale.com or e-mail Jnuskisale@gmail.com.



By: L. A. Bonté



For more comics and animations visit FilbertCartoons.com



For more comics, visit www.alaskarobotics.com

ON CAMPUS CALENDAR

CAMPUS CLUBS

Student Government: 1:30 p.m., Mondays, Egan 219. jypres@uas.alaska.edu

Adventure Club: TBA, bkclchmer@alaska.edu

Alaskapella: Saturday Evenings, TBA, em.rademaker@gmail.com

Baptist Campus Ministries: 9 p.m., Thursdays, Chapel By the Lake. uasbcm@gmail.com

Campus Inclusivity Alliance: 5:30 p.m., Thursdays. kejames@uas.alaska.edu

Cosplay Club: TBA, mere.de.la.luna@gmail.com

Creator Club: 4:30 p.m., Tuesdays, Egan 220. stefann.paddock@gmail.com

UAS Dance Club: TBA, mdclark5@uas.alaska.edu

Dancing Phalanges: 9 a.m., Fridays, Spike's Cafe. heartthathopeful@yahoo.com

Disk Golf Club: TBA, bafletcher@uas.alaska.edu

Flying University @ UAS: TBA, galindomarcos1@gmail.com

Gaming Club: 5 p.m., Saturdays, Egan Classroom Wing. czowal12@live.com

Lady's and Gentleman's Ice Cream Society: 5 p.m., every other Saturday. mruillard@uas.alaska.edu

Math Club: 4 p.m., 1st and 3rd Fridays, Egan 219. dontplaywow@gmail.com

Mycology Club: TBA, anjohanson@uas.alaska.edu

Pre-Health Professions Club: TBA, mschaake@gmail.com

UAS Radio: TBA, fathillet@alaska.edu

S.C.R.I.P.T.: TBA, fathillet@alaska.edu

SE Alaskan Prospective Accountants: TBA, jcmack@uas.alaska.edu

Spanish Club: 1:30 p.m., Tuesdays, Lakeside Grill. mcedeno2@uas.alaska.edu

Sustainability Club: 9 a.m., every other Wednesday. odonnell.gretchyn@gmail.com

Veterans and Family Student Association: TBA, daniel.rufkabr@uas.alaska.edu

Wooch.een: 2:30 p.m., Fridays, NRSC. jdmattsonwoff@uas.alaska.edu

WRITE: TBA, dylynpossessesanemail@gmail.com

Young Americans for Liberty: 6 p.m., every second Tuesday, Egan 108. caseyb1989@gmail.com

WEDNESDAY, OCT. 26

Blood Bank of AK Blood Drive, 9 a.m., Glacier View Room. The Blood Bank of Alaska will be on campus accepting donations. Please register for an appointment through www.bloodbankofalaska.org/mobile-drives.html. Before your appointment, remember to eat well, drink plenty of fluids, and bring a photo ID. Call 796-6325 or e-mail sab@uas.alaska.edu for more information.

Noontime Cardio, noon, Recreation Center. Total body workouts that fit into your noon lunch hour. Intervals, various forms of aerobic training, core elements and flexibility each class. Cost: Members \$5, Affiliates \$10, Punch Passes Available. For more information, call 796-6544 or e-mail: rec_center@uas.alaska.edu

Club Fair, 1 p.m., Mourant Cafeteria. Come check out some of our awesome campus clubs! Joining a club is a great way to get involved on campus and get connected with other students! Clubs who wish to hold a booth, please register at <https://goo.gl/forms/OwKaxLFJFIMpJdHr2>. For more information, call 796-6517 or e-mail jypres@uas.alaska.edu.

Climbing Cert Night, 7 p.m., Recreation Center. Free climb (boulder) or on belay. All climbing equipment is available for use. If you need to be certified this would be the night. Every Monday and Wednesday. Once certified you're good to climb when the REC is open! Call 796-6544 or e-mail rec_center@uas.alaska.edu for scheduling information.

Open Gym: Volleyball, 7 p.m., Recreation Center. Join your friends or make friends playing volleyball at the REC. All skill levels welcome! Monday (8:30 p.m.-9:45 p.m.) and Wednesday (7:00 p.m.-8:15 p.m.) evenings at the REC.

Open Gym: Dodgeball, 8:30 p.m., Recreation Center. This isn't your grade school game of dodgeball! It's fast, it's fun, and it's at the REC. Monday (7 p.m.-8:15 p.m.) and Wednesday (8:30 p.m.-9:45 p.m.) evenings at the REC this fall.

THURSDAY, OCT. 27

Improving Collaboration and Communication, 10 a.m., Novatney 102. Open to all who want to improve the UAS Juneau campus student's experience. Topics include (but are not limited to) the following: What should we all know about spring 2017 registration, Centralized advising, and Medical withdrawals. For more information, e-mail bahegel@alaska.edu.

Student Government Meeting, 4:30 p.m., Egan 219. Please join Student Government for their weekly meeting. All students, staff, and faculty are welcome. Please contact us for this week's agenda items. For more information, call 796-6517 or e-mail jypres@uas.alaska.edu.

Visiting Scholar Frank Soos, Alaska's Writer Laureate, 7 p.m., Egan 112. In his presentation "What Matters" Mr. Soos will discuss a number of things: a sense of vocation in a person's life, doing "good" whatever that might mean with lots of references to literature since that's what I do. For more information, call 796-6509 or e-mail chancellor@uas.alaska.edu.

Open Gym: Soccer, 7 p.m., Recreation Center. Join your friends or make friends playing soccer at the REC. All skill levels welcome! Tuesday (8:30 p.m.-9:45 p.m.) and Thursday (7:00 p.m.-8:15 p.m.) evenings at the REC.

Open Gym: Basketball, 8:30 p.m., Recreation Center. Join your friends or make friends playing basketball at the REC. All skill levels welcome! Tuesday (7 p.m.-8:15 p.m.) and Thursday (8:30 p.m.-9:45 p.m.) evenings at the REC.

FRIDAY, OCT. 28

Halloween Costume Contest, noon, Mourant Cafeteria. Come dressed in your best, spookiest, or funniest costume and win a prize! And don't forget to check out the departments' decorations while you're on campus! For more information, call 796-6517 or e-mail jypres@uas.alaska.edu.

Alt-Textbook Info Session, 1 p.m., Egan Library 211. At this info session participants will have an opportunity to explore OER, discuss strategies for peer-review or strategically vetting existing resources, efforts to facilitate creation of OER or open-textbooks as an option for scholarly publication. For more information, call 796-6440 or e-mail jlamb13@alaska.edu.

SAB Meeting, 3:15 p.m., Egan 224. Student Activities Board is all about bringing awesome events to our Juneau Campus! If you want to get a new event up and running or just have an event idea, drop by our weekly meetings! If you want to join Student Activities Board here is the first step! Can't wait to see you there! Meetings are every Friday! If you have any questions, feel free to drop by the Student Activities office in lower Mourant! For more information, call 796-6306 or e-mail sab@uas.alaska.edu.

Evening at Egan - Dr. Theresa Arevgaq John, 7 p.m., Egan Library. Details on the lecture topic coming soon. Lectures are free and open to the public. All Evening at Egan lectures are simulcast on UATV Cable Channel 11 or live via Flash streaming video. For more information, call 796-6509 or e-mail chancellor@uas.alaska.edu.

Halloween Dance, 10 p.m., Recreation Center. Join SAB for a night of spooky scary dancing, decorations, food, and a live DJ! For more information, call 796-6325 or e-mail sab@uas.alaska.edu.

TUESDAY, NOV. 1

Mental Health First Aid at UAS, 8:30 a.m., Recreation Center. In this training, Mental Health First Aid trainees are taught how to practice and respond appropriately to mental health problems in a variety of situations, such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. Cost: \$85 For more information, call 907-264-6228 or e-mail jill@alaskachd.org.

Zumba & Core, 5:15 p.m., Recreation Center. Party yourself into shape at the REC! You'll be on your feet doing Zumba moves; on the floor for a focused core workout; and on the rollers for self massaging those tight and tired muscles. Cost: Members \$5, Affiliates \$10, Punch Passes Available. Call 796-6544 or e-mail rec_center@uas.alaska.edu for more information.

FRIDAY, NOV. 4

Evening at Egan: Dr. Chris Hay-Jahans, "The Mathematician's Laboratory", 7 p.m., Egan Library. Join us for a discussion about mathematicians and a glance into the mysterious place where they so often dwell. Really, who are these people? Why and how do they become who they are? And, why is it that they seem to think so differently from so many others? Lectures are free and open to the public. All Evening at Egan lectures are simulcast on UATV Cable Channel 11 or live via Flash streaming video. For more information, call 796-6509 or e-mail chancellor@uas.alaska.edu.

SATURDAY, NOV. 5

REC Guard Closure, all weekend, Recreation Center. The REC Center will be closed for joint use by the Alaska Army National Guard. E-mail rec_center@uas.alaska.edu for more information.

To submit a calendar event or club, send the event/club name, meeting time, date, location, and contact information to whalesong@uas.alaska.edu.



UNIVERSITY
of ALASKA
SOUTHEAST

EVENING AT EGAN

UAS FRIDAY LECTURE SERIES IN THE FALL

MARK YOUR CALENDAR FOR THE FULL SERIES: SEPT. 16 – DEC. 2

FRIDAY, OCTOBER 28

DR. THERESA AREVGAQ JOHN, EXPERT ON INDIGENOUS WAYS OF KNOWING

Dr. Theresa Arevgaq John, UAF Professor of Indigenous Studies

Dr. Theresa Arevgaq John has authored numerous academic articles and is the co-author of *Yup'it Yuraryarait: Yup'ik Ways of Dancing*. As an advocate for Native education, she is highly involved in various organizations and projects that promote traditional Native culture, history, spirituality, language and education. "I believe that we are all lifelong learners. It is very important to share our wisdom and knowledge with others. We can live in the world of peace and harmony."

FRIDAY, NOVEMBER 4

THE MATHEMATICIAN'S LABORATORY

Dr. Chris Hay-Jahans, UAS Professor of Mathematics

Join us for a discussion about mathematicians and a glance into the mysterious place where they so often dwell. Really, who are these people? Why and how do they become who they are? And, why is it that they seem to think so differently from so many others? Embark on an exploratory, sometimes philosophical wandering in search of answers to these and similar questions.

FRIDAY, NOVEMBER 11

NEGOTIATING IDENTITY IN AMERICA

Dr. Christina Gómez, Professor in the Department of Liberal Arts, School of the Art Institute of Chicago

Dr. Christina Gómez's research has concentrated on racial identity construction in the United States, discrimination, and immigration. She is interested in narrative inquiry and how individuals tell their own story about who they are and how they create meaning in their lives. Her books include *Mixed: Multiracial College Students Tell Their Life Stories* and *Mi Voz, Mi Vida: Latino College Students Tell Their Stories*. Both are edited anthologies of essays written by students that blend personal, anecdotal, political, and cultural viewpoints.

FRIDAY, NOVEMBER 18

THE TAO OF RAVEN

Ernestine Hayes, UAS Assistant Professor of English

Ernestine Hayes reads from her book, *The Tao of Raven*, which extends narratives from *Blonde Indian, an Alaska Native Memoir*. Using the story of "Raven and the Box of Daylight" and relating it to Sun Tzu's *Art of War*, Hayes weaves strands of memoir, contemplation, and fiction in her newest work. Now a grandmother and thinking very much of the generations who will come after her, Hayes speaks for herself but also writes about the resilience and complications of her Native community.

FRIDAY, DECEMBER 2

'BLUE CARBON' ECOSYSTEM SERVICES PROVIDED BY MARINE MAMMALS

Dr. Heidi Pearson, UAS Assistant Professor of Marine Biology

'Blue carbon' is an emerging concept that describes how marine organisms can help to combat climate change by removing CO₂ from the atmosphere. Through their feeding activity, marine mammals such as humpback whales and sea otters can help to stimulate the growth of marine plants and contribute to the ocean's ability to absorb carbon dioxide. Kelp forests, like forests on land, also absorb CO₂ from the atmosphere.



ALL LECTURES BEGIN AT 7 PM

UAS Juneau Campus, Egan Library | Full details: uas.alaska.edu/eganlecture