

Volume 21, Issue 2

University of Alaska Southeast, Juneau Campus

October 22, 1999

## Brief n

### **Support UAS**

This is your chance to be a part of a statewide drive for increased funding at UA.

Please stop by the UAS student government office and sign a postcard for the Governor!

### **Students Elected**

Congrats to Student Regent Josh Horst of UAS. He was recently elected speaker of the Coalition of Student Leaders. The Coalition is involved with issues that concern students. UAS Student Body President Rosie Gilbert is chair of the UA System Governance Council! UAS produces leaders!

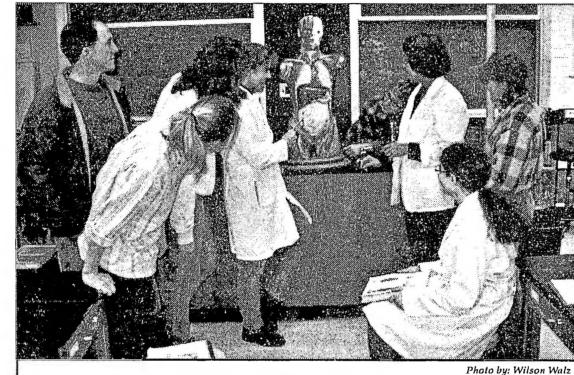
### Kawasaki Elected

Scott Kawasaki, past Coalition Coordinator was elected to the Fairbanks City Council recently. Scott had 59% of the vote, compared to the 41% for his opponent, former Fairbanks mayorial canidate Donna Gilbert.

### **Director Carnegie**

Chancellor John Pugh appointed Dr. John Carnegie director of the Sitka campus. Carnegie has served as interim director since July, and been part of the Sitka faculty since 1995.

## **Learning Physiology First Hand** UAS gets first cadaver in history



Jamie Burcell teaching her Human Anatomy and Physiology students.

### By Michael Howard Whalesong Reporter

n the span of four months, Jamie Burcell has become the teacher of Human Anatomy and Physiology, acquired a cadaver for her class, pursues her personal training position at the Juneau Racquet Club and continues to be a good wife and excellent mother of two boys. This could be why Burcell has a reputation as a pit bull. What Jamie wants, Jamie gets.

Raised by a single mother, as the middle child between two boys, Burcell was forced at an early age to grow up quickly. By the time she was five years old, she was making the meals and washing the clothes for the family. It was her mother who always told Burcell to go after what she wanted. It was this advice that Burcell took to heart, as it would become a guide in her time. She believes that it may have been everyday life.

band arrived in Juneau hoping to find a job at the university. But with no medical program at UAS, her career options were limited. Fortunately for Jamie, the Racquet Club could use her knowledge and expertise, so they hired her as a personal trainer. This position allowed her to work in a health arena and be with her children at the same time. The problem, however, was it didn't satisfy her hunger to use her medical knowledge.

Burcell's hunger would be satiated when she received a phone call from the university to teach a summer course in Human Anatomy and Physiology. It took her all of two seconds to respond with an emphatic, "Yes!" She loved teaching her summer class, but admitted it was a lot of intoo much wear and tear on her students, as

Despite these obstacles, her mission, however, was successful and the university kept her on. She teaches Human Anatomy and Physiology Part I this semester. Recognizing this thrilling opportunity, Jamie quickly utilized her resources toward acquiring a cadaver for the class. A friend at the University of Washington was able to assist and within a short time the university acquired its first cadaver.

UAS is a small university, and though it welcomes changes, UAS is not always sure how to handle them. The university has had to deal with a number of ethical issues regarding the cadaver. Many view the cadaver as a human life that science used by scientist in an unethical manner. Scientists believe a cadaver is an essential way to save lives through the use of medical research. In either case, the body given to Burcell and the University of Alaska was a person who donated their body to science. According to Jamie, it is very important that people understand this fact.

The response Jamie has received from her class over the cadaver has been astounding. Much to her surprise, the students were not nervous about seeing the cadaver at all, but rather accepted it with great excitement. She credits this to the fact that the students had to wait a few weeks before being able to see the cadaver as they were doing prep work before hand. Since Jamie had taught pre-med. at the University of Washington and Washington State, it merited the question of how her UAS class stacks up to the medical powerhouses. She said that the class she has now is the best class she has ever had.

With everyone waiting expectantly for class each day, her students listen to every formation to teach in such a short span of word she says. They show up for all required labs, most of the optional labs, and

### **Fight Club**

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The movie Fight Club hit the movie theaters this this week and rocked the box offices. Check out review on page 14 by Clancy DeSmet.

Important Dates 10/24 Free Bowling Night. 10/25 Canadian Poet Gary Geddes at the SAC, 7.pm. 10/27 Student Staff Appreciation Day "Stories on a dark night" 9 p.m. 10/28 at the SAC (see story page 10). 10/29 Hypnotist Frederick Winters, 8 p.m. at Cent Hall. 10/30 Haunted House 7 p.m at Banfield Hall. 10/30 Halloween Dance from 9 p.m. to 1 a.m. at the SAC 10/31 HALLOWEEN!!!

Three years ago, Burcell and her hus- well as herself.

See Cadaver... Page 10

## **Accreditation Team visits UAS** UAS gets thumbs up from Northwest group

**By Sina Mertens** Whalesong Reporter

fter a three-day visit of the A Juneau campus, the evaluation team sent by the Northwest Association of Schools and Colleges found little to criticize about the University of Alaska Southeast. On the contrary, the nine academics who formed the Evaluation Committee were rather impressed by the school's accomplishments in the past decade.

"You feel incredibly good about yourselves and it's evident you have good reason to", said Dr. Richard Dunn, chair of the committee. "The confidence and enthusiasm that's expressed by students", as Dunn remarked, is only one of many positive observations that led the team to this conclusion.

Accreditation is a process of recognizing educational institutions for performance, integrity, and quality that entitles them to the confidence of the educational community and the public. It usually takes see Accreditation page 10



Chancellor Pugh oversees the accreditation introductory banquet.

Photo by Scott Foste

## "I'm Good, I'm Bad and I'm Ugly."

(1997) 1997)

Ca)

### By Eric Morrison Whalesong Editor in Chief

A Chinese proverb, "The gem cannot be polished without friction," has recently become a motto of mine because of the adverse conditions that the University, None of the back page Whalesong staff and I have had to deal with was created with a main light of our previous publication. In case licious or belittling inyou haven't heard about the "controversy," tent, it was all created it all has to do with page 8 of the Volume in the name of satire. 21, Issue 1 Whalesong. Some people found the horoscopes and classifieds to be offen- things that upset me sive, and as I look back at them now I can about this situation: 1) see why some people feel this way. For The lack of appreciathose we offended I am sorry, we learned a tion for the hard work lesson and will strive to prevent a reoccur- that every single person of rence. However, in my opinion, many of the staff put into the first the criticisms went well beyond making a issue of the year; 2) The dispoint and became personal attacks.

The intent of the final page was to be visor, mentor and satirical, and to create a spot in the paper friend Kirk that is humorous. As I said in my introduc- McAllister; tory editorial, the goal of the paper is to and 3) The "have something in every paper that each perpetustudent, faculty, administration, and staff ated igmember can enjoy." Now that is a lot of norance people to consider while putting together a t h a t newspaper, and too many people to worry about not offending someone or some group of people. Obviously I cannot make everyone happy, that's a given. But there is been part of a newspaper "team" can apno way that I am going to overlook a group of students who enjoy a humor section in ate this type of publication. You must realthe paper; I would be failing at my goal. I ize that this is a small university with a small can already hear people complaining about newspaper staff, and there is not all that the decency of the humor. Truth is, most much hard news that goes on here. On top humor is offensive if it's funny. The truth of that we had more adversity than you advice or opinion to; counsel," or "to offer cated to creating a diverse, educational and

son through this whole fiasco, and I should have paid more attention to certain perceived views that were expressed.

There are three respect toward my ad-

some satirical horoscopes and classifieds have created.

I don't think that anyone who has never preciate the hard work that it takes to crehurt's. But I have learned a valuable les- would wish on your worst enemy. Amidst advice; recommend." Hence, how could he enlightening newspaper.

it. I love adversity; it he has. makes me sure that I'm doing something mean-

whole criticism period between issues is the people someone to blame. You can blame

a with a start

whether it be the content of the Whalesong

or the way our society has evolved over the

the criticism and down right malicious

for whatever you feel necessary,

No gem is created with a perfect shine. past century. But what I will not except is It takes time, patience, and persistence to polish and create a beautiful gem. The things that have been said about Kirk Whalesong has the opportunity of becom-McAllister. Obviously there are people who ing a gem of a student newspaper, and I am don't understand the term "advise," so I'm dedicated to making it that. As a staff we going to define it for you. Webster's New have overcome the adversity and friction World Dictionary defines advise as, "to give of the recent events, and will remain dedi-

## Letters to/about the editor, regarding last issue of the Whalesong

Editor's note: This group of letters have been submitted by students of a UAS English class in regards to the offensive material on page 8 of the Whalesong Vol.21 Issue 1. As editor, I felt it was necessary to print the letters exactly the way they were submitted, so that no views or opinions of the author's would be altered.

Concerning to the people or persons responsible for the last page. I think it is slanderous and totally inappropriate material for placement in a student funded school paper. It is biased against against women not represented by students and staff. off of PlayBoy. Whomever wrote that is a very disturbed and sexually incompontent person, who doesn't know how to behave as a man.

### DEAR EDITOR,

I AM VERY OFFENDED BY THE BACK PAGE OF THIS MONTHS WHALESONG. IT IS A SHAME FOR THIS CAMPUS TO BE VERY MISREP-RESENTED BY YOUR DEMEANING ATTITUDE TOWARD WOMEN, SEX, AND LACK OF MORALS. YOU OWE IT TO ALL TO MAKE A PUBLIC APOL-OGY FOR THIS BASH OF WOMEN. NOT ONLY THAT, IT TELLS THE READER YOUR ATTITUDE AND SHOWS OTHERS WHAT KIND OF HU-MAN YOU ARE. I PLAN TO TAKE UP THIS MATTER WITH THE UNIVERSITIE'S OFFICIALS AND TAKE IT EVEN TO THE EMPIRE. YOU NEED TO THINK ABOUT WHO YOUR READER GROUP IS AND WHAT YOU'RE TELLING THEM. I FEEL BAD FOR YOU THAT YOU HAVE TO WRITE THIS WAY. WHY DO I PAY A GOOD CHUNK OF CHANGE FOR THIS "GAR-BAGE" TO REPRESENT ME AND MY CLOOGE? LIKE I SAID I PLAN ON PURSUING THIS MATTER FURTHER. MAY GOD SHOW YOU A BETTER WAY AND I HOPE YOU DO THE RIGHT THING.

> Thank You, Jesse Ross

The Whalesong is going way out of line; The staff is using there power to say cruel and tasteless, slanderiass remarks towards certain grups of people! To me this paper sounds like a bunch of lowself-esand other people. The paper is not an ap- teem, sex driven guys who hate women and image. It may be funny but being dirty + think of it we all see that people are makpropriate way to discuss your views. It cre- homosexual people. I don't pay money to negative about it is wrong. I can't believe ing fun of. I don't like that because it would ates a bad image of the university that is reed a school paper that sounds like a rip- I'm helping pay for this paper + truthfully embarress these people among the entire

> In future papers, it would be nice to see things that represent our school and surport us.

> After reading this paper, I find this paper to be very inappropriate. Everything in it is going way too far and mostly owel. Somebody needs to do something to make it better because this paper is representing our school and I am paying for this. So I don it want to read a bunch of bull shit stuffs.

I hope in the future who ever edited this paper need to do a much better job. Because this might effect our school a lot.

Reading the Whale Song, to me is, who ever wrote these repulsive statements visulizes their self as superior over women and too this person tends to see himself as a God and expects people to classify him as superior, especially expects women to treat him like one. He appears to be the lover of himself and when disagreements arise he reacts blindly and his feelings of respect are none and appears to a bottomless pit incapable of feeling and most of all there is no natural affection in this person what so ever. He most likely hangs out with other guys with the same attitude. What he do gays, ect. says comes from his heart. His heart is revealed to what really is...a bad seed.

I think the back pages of the Whale Song are very rude + offensive towards back ground of people and it loses the re- people. Or I can say that it makes fun of spect of women in this campus. Truthfully the back pages gives this campus a terrible I wouldn't call the editor a true editor of UAS students. I will not let my School journalism. Maybe someday some one may newspaper be seen this way; it's give an editorial about how immature you embarressing to outsiders who reads it, what are to represent the whale song. I hope you will they think? grow up.



I found the Whalesong to seem to represent some very rude, pompus, homo phobic, and male-shovinistic ideals. What kind audiance are you aiming for, pre-pubescent, fourteen-year old boys? I understand the Newspaper's want for humor in their ar- who treat women and others as non-huticles, but much of your humor was of bad mans. This is not acceptable to an adult taste, and very offensive. This newspaper is supposed to represent our school, and the student body as a whole. This is not how I This is not a soap box (the Whale Song) for want to be represented. It is embarassing. mentally ill children who are thoughtless Women often have a hard enough time, as rude and still wet behind the ears. This

matters.

I think that the recent newspaper is inapropiate and disrespectful for some others who do not deserve it. The classified ads may be entertaining but when you

I'm extremely disappointed in the Whalesong. Our money is paying for this as a representation of the student body. I don't appreciate to suggestions that the Buoy deck is a gay bar. There are too many personal view from this writing and I don't think that this person needs to be writing for the Whalesong. It is very inapproiate and I think he has issues that need resolved. I don't want this person slandering other people. He is giving our school a terrible name. Is this how we want other people from other schools to view us like

ened by this.

There are offensive and slanderous items in the current Whale Song. The UAS audience is not geared to pubescent males audience that is angled toward maturity and education. Even Playboy has more finesse. improper slander needs to cease and desist; Grow up. Write about something that Or the editor must be replaced by a responsible adult.

Whalesong

computer crashes and sleep- be held responsible if he is counseling me less production nights, I or recommending advice towards me, when didn't have a system set I am the one who carries out the action? up to make the produc- His job isn't to baby-sit me, or the rest of tion easier. Don't get the Whalesong staff. His job is to offer me wrong, I'm not advice in hopes of creating the most procomplaining. I took on fessional, diverse student newspaper posthis job and I am will- sible. Kirk is an asset to this university ing to take on every- and I feel very lucky to have a mentor with thing that comes with the knowledge, patience and expertise that

Did anybody really take those horoscopes seriously? Obviously, or people are just fed up with society and feel they can The thing that has upset change the world by placing blame on the me the most during this Whalesong. I think that the problem runs much deeper than that and it is way out of my hands. All I can do is remain strong who are looking for and believe that diversity is the best angle to take this paper in. Some people will be mad, some people will be happy. The goal is not to make everyone happy, nor is it to piss everyone off. The goal is to find that happy medium, and accept that there will always be critics no matter how good this paper becomes. Hopefully in the pursuit of this goal we will intrigue more readers, fans, friends and hopefully colleagues.

All I can say is that its too bad his picture is in the paper. He should be fright-

## **Knives or Not?**

### Dear Sir:

Last month I heard over National Pubic Radio news that University of Alaska's Board of Regents SE had implemented new prohibitions or restrictions, which prohibit anyone on University property from having in their possession a knife, regardless of blade length. I chuckled to myself that this action would certainly cause public outcry. I am astonished and appalled that I have not read or heard anything contradictory to this decision.

Our Alaska State Constitution is worded exactly like the US Constitution regarding the right to keep and bear arms. Alaska State Legislature, in addition, enacted legislation which recognizes the right to keep and bear arms to be an individual ties right and not subject to the collective right

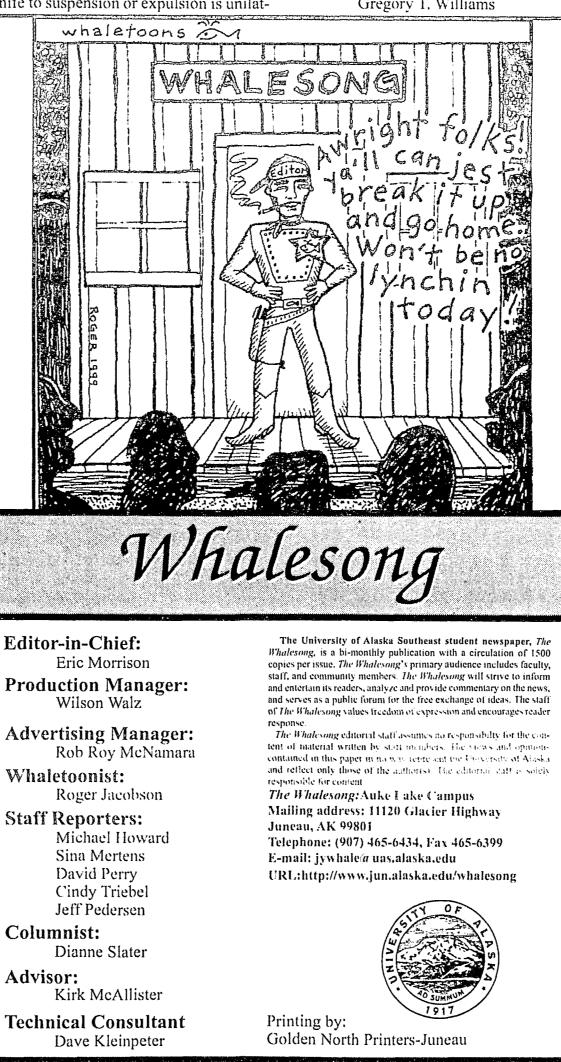
U of A's Board of Regents are clearly misguided and probably unlawful with regard to this new policy. Anyone over name of social well being by placing blam the age of 18 has protected rights guaran- on the tool instead of the individuals im teed by Alaska State Constitution and nei- proper or unlawful conduct is tantamoun ther the State nor its sub entities may ig- to lying to ourselves. By attempting to pro nore or infringe upon these individual, fundamental rights regardless of good intentions. The Board may also be depriving students of their U.S. Constitutional right of due process. By subjecting or penalizing an otherwise lawful student off campus in every way except possession of a protection in the name of civilized society knife to suspension or expulsion is unilat-

eral despotism of the worst kind. It is devastating travesty of justice for this Boar to deprive adult citizens of their individua rights, using state funds and without due process of law or right of appeal.

I can hardly believe educators, who will discourse endlessly, the freedoms of speech, press, religion, and peaceable as sembly, to then prohibit an individuals in herent and fundamental right to keep an bear arms as protected by this same Constitution. The perceived or actual threat of harm posed by knife possession does no absolve the Regents from compliance with the law, and in addition they should be protecting and supporting it. Vandalism, crim nal misconduct, or brandishing a knife wit the threat to intimidate, are certainl grounds for expulsion, suspension, and/o prosecution by the APPROPRIATE authori

Parents, citizens, students, and educa tors alike wake up and realize that we a individuals are responsible for behavior and actions. Politically correct statements in th tect itself at the expense of individual free doms and rights, society lies to itself becoming its own weakest link, and histori cally doomed to failure.

I refuse to accept the lie or loose my fundamental rights to those who require Gregory T. Williams



### Dear Editor and Staff of Whalesong.

This letter is in regard to the October 1st Volume 21, Issue 1 edition of the Whalesong. The articles were well written, however the back page contained sexist and homophobic material. In an academic setting it is appalling and inappropriate to place this type of material in a paper that serves the student body. The goal of a liberal arts university is to enlighten and educate students to leave behind faulty thinking patterns, generalizations, and stereotypes which interfere with logical rational educated thinking. Viewing women as objects of adolescent fantasy creates a degrading and dehumanizing view of women. Comments such as "sexy white Russian, buxom beauty, underage chicks", create problems for both genders. For males viewing women as objects, creates an arena that inhibits relationships due to creating and maintaining a view that women are not humans with mind, heart, and soul. For females these comments border on sexual harassment creating a hostile environment. Statements holding such sexually degrading connotations harm how young women views herself in relation to the world. It hinders ones ability to form a strong self identity and to acquire self-actualization.

The homophobic material found on the back page displays social prejudice: "Try the hanger, the Penthouse or even the Alaskan, but stay away from the Buoy Deck, unless you swing that way". Do a little soul searching and deal with the skeletons in your closet. In fact just come out of the closet, nobody likes to see your alligator claws painted purple in the shower at JRC (Brother Courage). Go see Angels in America, bring a notebook and take notes, you might learn something". Sexual orientation is not a source of humor. Gay bashing and social prejudice is acted out in three stages: offensive language, discrimination, and violence. The fact that comments such as these were able to get past the editor, the academic advisor and be printed is incomprehensible.

This portion of the paper portrays a socially unacceptable view concerning, gender bias and sexual orientation. The paper is purposed to be reflective of the thoughts, ideas, attitudes, and views of the student body. What view would a possible future student, or the community have of this university, its academic standards, faculty, and student body if they viewed this paper? The university recently hired a marketing agency to aide in obtaining higher rates of attendance, and provide better services to the students. Would this paper be a positive representation of UAS and its student body?

This said, one view expressed has been that the material was intended as a joke and to be humorous and that perhaps the material was taken to seriously. It would not be socially acceptable to use race, or a mental or physical handicap as a source of humor. Why then is it okay or acceptable to find humor at the expense of women or homosexuals?

Editor's note: The Whalesong accepts letters regarding any subject that may be informational, educational or humorous to members of the UAS student body. Letters can be submitted in person to the Whalesong office, which is located downstairs of the Mourant building. Or you can send an email to ivwhale@uas.alaska.edu.

## Is the SAC fee fair?

To all concerned: I am writing on Friday October 8, 1999, on behalf of the students at UAS, in regards to the new Student Activities Center (SAC), and the subsequent \$100 per senester fee for every student.

While I agree the majority of students at UAS will benefit from a facility such as the new SAC and it is indeed essential to the well-rounded lifestyle of the traditional students here, there are many for which it does not benefit.

dents, regarding the fee and services provided as a result of that fee. UAS, as a governmental institution, provides services to its constituents, the students. In turn, students pay fees for the services rendered. This is the implied contract of which I speak between the University and its students. This is the same principle when we pay taxes to a State of Federal government. The University of Alaska Southeast in Juneau has not fulfilled its side of the bargain. It has charged students a large fee for the use of services that have not been accessible to students. The SAC opens Saturday October 9, 1999, six weeks into the semester. That is only fourteen days short of half the semester, a substantial amount of time students have not been able to access these facilities. Additionally, students have not had the benefit of the Outdoor Recreation Center (ORC) during the transition time.

This breech of implied contract violates our rights as students. The petition en-

closed demonstrates that students will not submit to Administrative Dictation. It is essential to continue a strong relationship among the administration and students and for both sides to fulfill their respective responsibilities.

I. Tia Anderson, as a representative of the student body, implore the University to consider this situation carefully and make the appropriate decision to refund to each student the amount of \$37.80. I also ask for the opportunity to re-discuss the financial aspects of this fee, whether this \$100 be applied equally, regardless of income or traditional vs. non-traditional status, be applied based on income, or whether the total fee be reduced to something more affordable. I thank you for taking the time to read this letter and look forward to hearing from

tiatia 144(a yahoo.com).

Sincerely, Student Senator: Tia Anderson

Editor's note: If anyone has an opinion on this issue, please drop a letter by the Vhalesong office or send an e-mail to jywhale@uas.alaska.edu.

### What's Wrong With You Guys?

Galadriel Currin

The issue at stake is the breech of implied contract by Administration with stu-

you. You can contact me at Student Government (465-6358), or e-mail me

## **Spanish Heritage Month** |El Mes De La Hispanidad

By Beto, Carlos, Gabriella, Tia, Russel and Corona. Spanish conversation class

T n observance of Spanish Heritage Month (Sept. 15-Oct. 15), Professor L Sandra Herrera's Conversational Span-Latin American Culture.

"I wanted my students to gain a better understanding of Hispanic culture and for them to share that information with the community," said Herrera. Over 35 people attended the program on the evening of, Sep. 30.

Beto dazzled the crowd with a presentation on El Salvador. He concluded that it is the best place for surfing.

Next up was Carlos who gave an informative and concise presentation on Mexico. He was able to provide unique insight into the events surrounding the Alamo.

We then dove into a riveting description of Roatán, Honduras with Corona, where we viewed the Bahia Islands and the fantastic opportunities for diving in the crystal clear waters of this country.

These presentations were followed by an intermission and a variety of traditional foods prepared by the students of the class.

The food included a mix of rice and beans, chicken mole, hot enchiladas, a delicious flan, and horchata juice.

"All the food was very flavorful!" exclaimed the audience.

During intermission, there was typical Puerto Rican music played by Russell, a student, and Humberto, a native to Puerto ish Class presented an evening program of Rico. Russell played guitar while Humberto played the "cuatro," a traditional Puerto Rican instrument.

> After the music, Russell entranced the crowd with his captivating description of flora and fauna of Costa Rica

> Tia reminisced about the natural disasters that occurred in Nicaragua, for example, the volcano that killed thousands of Nicaraguans. She also shared photos of her time spent in the country.

> Special guest Fidel Castro (Gabriela), dictated to the audience on Cuba's unique culture and socio-political structure.

> Rounding off the evening, was a demonstration of Latin dancing and instruction of Salsa, led by Sandra Herrera and her husband Humberto.

> All who participated in the Hispanice Program gained a better understanding of Hispanic culture and the importance of celebrating this month.

Hispanidad (Sept. 15-Oct.15), la L clase de español conversacionál con la profesora Sandra Herrera, se presentó un programa sobre la cultura de os países de Latino América.

"Yo quería que los estudiantes adquieran conocimiento sobre la cultura Hispana y compartir esta información con la comunidad," dijo la profesora Herrera. Más que 35 personas asistieron al programa de la noche de jueves, 30 de septiembre.

Beto deslumbró la muchedumbre con ina presentación sobre El Salvador. Él concluyó que El Salvador es el mejor lugar para los surfers.

El siguiente fue Carlos que dió una resentación informativa y concisa sobre México. Él pudo proveer información verídica de los acontecimientos del Alamo.

Entonces, buceamos en una resentación visual sobre Roatán, Honduras con Corona, donde vimos las islas Bahia, y las oportunidades fantásticas de bucear los mares cristalinos de ese país.

Estas presentaciones fueron seguidas por un receso y una variedad de comidas tradicionales preparadas por los estudiantes de la clase. La comida incluyó una mezcla de arroz y frijoles, pollo con celebrar este mes.

mole, enchiladas calientes, un flan delicioso, y jugo de horchata. "Toda la comida estuvo sabrosa." exlamó la audiencia.

Durante el receso, hubo música típica de Puerto Rico, tocado por Russell. un estudiante, y Humberto, un nativo de Puerto Rico. Russell tocó la guitarra mientras Humberto tocó el "cuatro," un instrumento tradicionál de Puerto Rico.

Después de la música, Russell embelesó a la muchedumbre con su descripción encantadora de la flora y fauna de Costa Rica.

Tía nos acordó sobre los desastres naturales ocurridos en Nicaragua, por ejemplo, del volcán que mató miles de Nicaraguenses. Ella también compartió sus fotos de su tiempo en el país.

El huésped especial, Fidel Castro (Gabriela), dictó al auditorio sobre la cultura única de Cuba y su estructura socio-político.

El programa concluyó con una demonstración de baile latino de Salsa dirigido por Sandra Herrera y su esposo. Humberto.

Todos los que participaron en el programa de la Hispanidad, ganaron un mejor sentido de comprensión de la cultura Hispánica, y la importáncia de

## **Woman's Best Friend**

**By Cindy Triebel** Whalesong Reporter

Vouldn't it be nice to have your own personal assistant at your side upon command? UAS sophomore Sabrina Richmond does. Twovear old black labrador retriever, Raisin, is custom trained to assist Richmond and remain by her side around the clock.

The service dog opens doors, fetches various items such as a hairbrush dropped to the floor, even picks up the receiver when the phone rings.

A service dog not only provides a specific service to the handler, but also greatly enhances the handler's life by allowing freedom. Although guide dogs for the blind gone during the day. have been trained for over 70 years, the states that the disabled and their service buildings and transportation systems.

Before leaving Petersburg to attend UAS in the fall of 1998, Richmond contacted dog trainer Erin Compton of the

time she had done service dog training.

Petersburg did not have a pound, so Compton called the Gastineau Humane in social situations. Raisin Society in Juneau. The Humane Society had became familiar with a nine-month old, female, black lab. The dog had been at the pound for three months busy sidewalks, bicycles and was healthy except for an ear infection. It had been kicked out of three homes be- part of downtown life. cause of separation anxiety. The dog could not tolerate being alone. She destroyed the to cover all the bases. It more independence and a greater sense of homes of previous owners while they were can be frightening to feel

Compton traveled to Juneau to take a training of dogs to assist deaf and physi- look at the dog. She met the shy but friendly and trainer rode the elevacally challenged people is a much more re- Raisin, took her for a walk, and liked the cent concept. Under the Civil Rights Law dog. Raisin went home with Compton that of 1990, the American Disabilities Act day to begin her new life as a service dog. The total cost of Raisin's training came to dogs are entitled full access to all public \$5,000, requiring one year of round the clock work for dog and trainer.

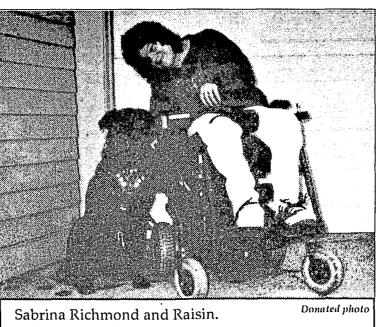
It was a rough experience at first. Compton helped Raisin overcome the separation anxiety by leaving lots of toys for her Now, back up. Then, open it far enough.

Southeast Canine Learning Center in Pe- to play with outside on the dog-run while tersburg. Richmond inquired about the Compton did errands in town. Compton availability of a female labrador retriever built a catwalk and teeter-totter for Raisin service dog. Compton had done a lot of to improve her balance, and encouraged obedience training, but this was the first Raisin as the dog teetered and tottered her way to self-confidence.

and elevators that are all Compton says, "I wanted the ground fall out from beneath your feet." Dog tor until the dog could say, "Third floor, please."

Raisin makes opening doors look easy. Actually, learning to open a door involves five steps. First, the dog must go to the door, next, hold on to the door.

Finally, go to the handler's side. A door swings both ways. Opening Raisin's kennel door did a pound dog a favor by turning the dog's dark future bright. Arriving home at the end of the day, Richmond voices the command, "Raisin, door" and the A well-balanced dog behaves calmly dog returns the favor.



## What's up with the SAC?

### By Dave Perry Whalesong Reporter

udging by the numbers of attendance, I'd **J** say you haven't been to the Student Activity Center lately. It seems nobody likes to show up there, even though it's open all the time. But wait, aren't you the same person who complained about it not being open when the semester began?

All I heard at the start of the school year were questions about why we were charged a hundred bucks for a place that isn't even open yet. You were right to be critical, because it was promised to be ready by fall. So it's a month late, get over it. I haven't been there more than a handful of times, but the SAC is a great place to hang out, play pool, or watch a TV that's bigger than some of our living rooms. Oh yeah, no climbing wall. I have spoken to some soap operas on the big screen TV.

of the powers behind the SAC and have heard that the climbing wall isn't too far into the future. There is a lot more planning to do for a climbing wall in comparison to a few exercise machines.

So why aren't people using the facility? If you think it's a far walk from campus or student housing, it isn't. Being an avid hitchhiker, I have gotten accustomed to long walks, but some of us are just lazy. There is a shuttle that leaves from student housing to the SAC every day, so jump on

I know we all have busy schedules, but if you need a little break, get on down to the SAC. If you're a little stressed out or need to get out of your cramped little apartment, go down and play some air hockey or get a good workout on the exercise machines. Or you can always watch life size

## **Student Government Poll**

How do you feel about cars parked down the center of the lower parking lot? Do you want your student government working on this?

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n an	
Please drop this into the s	urvey box in the cateferia.
Thank you for your time.	Rosie Gilbert jsrmg

downtown noises, cars

Whalesong

## **Matters of the Heart**

**By Dianne Slater** Whalesong Columnist

**T**rs. Alaska United States, Monica Brandner, ex presses her concern about the victims of domes tic and sexual assault, which she feels involves the "state of the heart." Monica believes that, "If the heart has good things inside, good things will come out. If we allow unhealthy thoughts, one side or the other will dominate. We also need to address the issue of domestic violence and sexual abuse at the church level. The church should never, ever, operate in condemnation and judgement. Instead, the church needs to act with love, hold out their hand with hope, encouragement and compassion. We as a church should not be treating people any differently whether they attend church or not.'

Monica Brandner, a resident of Juneau since 1983, is a wife, and the mother of two pre-teen daughters. She is dedicated to the youth of Alaska. She feels that we have an urgent message and responsibility to send to our sons and daughters about domestic violence while they are young. What kind of message can we give to teach our children today about domestic and sexual violence? "One of the most powerful messages the children will ever get is right within the four walls of their home," says Monica. "Teaching our children moral values will establish their pattern for life.'

As a representative of Alaskan women, Mrs. Alaska also feels that the problem of domestic violence goes deeper than the issue of mutual respect and says, "it is a spiritual problem; one that can not be legislated, can't be bought, and the state can't appropriate more funds to stop it. Because it is a spiritual and morality problem, abusers have to want to listen. God gave us the innate ability to change or not to change something, but ultimately it is our choice, the battle is in the mind, that is where it rages between good and evil."

"The only way total healing can take place, is for the Lord Jesus Christ to touch them and heal them emotionally. This touch for healing includes deliverance from frustration, rage, anger, rape, incest, rejection, bitterness and unresolved childhood issues. Monica asks those men in Alaska not to act on frustration with violence, but rather to seek spiritual help from either God or that of a professional counselor, for guidance to overcome aggression.

Mrs. Alaska points out that in the Bible, the book of Ephesians, chapter five, verse 29, NIV, is a text that gives us the insight for wisdom in building healthy relationships within the home and with our spouses. It talks about nourishing and cherishing the life you have together. Monica says, "If you could take those two words, nourish, and cherish, and apply those two principals to our homes in Alaska,



Mrs. Alaska, Monica Brandner.

this would be the beginning of the spiritual change we all need. When you are healed you will have God's forgiveness in your heart. He puts a capability to block out trauma and He delivers all us in all areas of our lives. Any unforgiveness will only hinder you. We have to desire a touch from the Lord and ask him for it.'

Mrs. Alaska also recognizes that for many men in Alaska, they too can live traumatic lives in abusive situations and they need to be reached out and touched and encouraged in the same way as women. She says, "Men have some of the same issues as women in our state and need to be remembered as well."

Monica has volunteered her time at the AWARE shelter in Juneau. Also, during one of her recent trips to An-

chorage, she was a keynote speaker at a youth conference. While there, Monica took time out from her schedule to visit some young girls who live in a safe house, who have experienced trauma and encouraged them on their journey through life and spoke to them about their value and purpose in life, their destiny.

Mrs. Alaska's says her mission is, "To be a godly role model to young people in Alaska and instill in them the hope they were born with a purpose and to have a Destiny to fulfill." She says the youth are one of a kind and who they are makes a difference. She believes they all have the power to be a positive or negative influence in their world. She also states, "I want to challenge the youth to have high standards, morals and live a life of excellence. To let them see me as a woman who is a glass house." Monica feels that if she is

going teach the youth to raise the standards in their own lives, she must be willing to be their example and live a life of high standards too.

Having dedicated people like Mrs. Alaska is what it takes in fighting this horrible crime. It is time for all

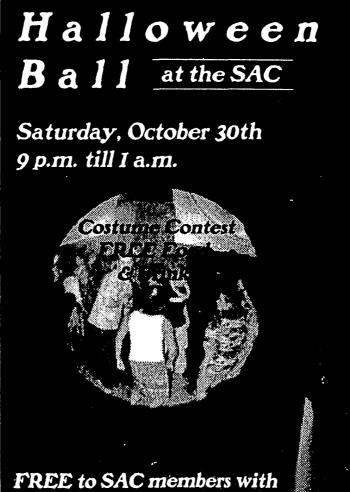
Alaskans to unite as a community and end the

silence of domestic and sexual abuse and stop the acts of violence? Will the stories about abuse inspire more people to become involved in getting the message out to our communities that this type of violence will not be tolerated? Through public awareness, education and united efforts of Alaskans, we can promote a healthy family environment throughout our communities.



By Wonder Russell Former Whalesong Production Manager

reetings all from Sunderland, the city that defies Ustereotype with consistently sunny days! I was just thinking (it's a class-related side effect) that it makes sense that you should be introduced to the people who live next



ID ... \$3 for guests

to, above, and under me. I'll try to run a few interesting look at all the steam coming off that coffee cake!" "Yeah,

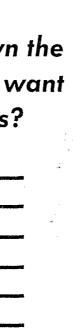
Because I don't have an alarm clock yet, Nick wakes me up by playing Silverchair really, really loud. Nick is from Gibraltar, which although attached to Spain is the last British colony. He's studying to be an engineer, for which he gets almost all his education paid for by the govriddled with tunnels and caves, both natural and man-made, giving Gibraltarians the nickname of Fraggles, from Fraggle Rock. (Am I the only person that knows what that is?) Of course Lana, a fellow ISEP-ian from Kansas, and I have come up with our own nickname for Nick. He is known as George, thanks to his many remarkably realistic impersonations of the native monkeys of Gibraltar! Lana's a brunette with the loveliest green eyes, studying Literature, and from a huge German, Catholic family. At 21 she's the youngest of a family of 11, which is vigorously proud of their beer-drinking capabilities!

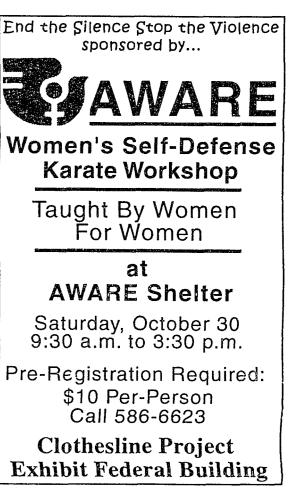
Anyway, back to the beginning of the day. After my gracious wake-up call, I wander downstairs and am surprised to see Nicola. She's a Brit with all the qualities of a ghost, and in that respect, a very easy flatmate to get along with! She's a nice lassie, a dancer who freely shares her chocolate-chip muffins. She bids me good morning in a whispery voice, and pads around in the dark kitchen making tea. I watch to see if she'll disappear when I flick the lights on, but she just blinks and smiles.

Feeling adventurous, I make tapioca pudding, which burns. I am berated by my flatmates. I try coffee cake, which turns out beautifully, but when I set it on the stove it burns, because Uni forgot to turn the burners off. "Wow,

days at my house together into one for illustrative pur- it must be really hot!" As I wash out the dish with the strongest chemicals I can find, Lana, who is making creamcheese and turkey sandwiches, starts singing Kansas hick songs. "Oh, Jose Cuervo, you are a friend of mine. I like to drink you with a little salt and lime." Since this is the only verse, I join in, and it's not long before Uni, a Turkishborn German, jumps out of his chair and shouts, "Allah! ernment of Gibraltar. Contrary to what I thought, Gib is Help me!" At 25, Uni is the oldest flatmate, earning him NOT an island! I learn something new every day. But it is the nickname Abuelo, generously bestowed by Nick (George). Abuelo is studying translations, and always buys the daily paper to read over for new words. This is great, because I can then read about the world of Britain for free! The headlines sometimes are too much. I once thought a respectable paper was just a gossip rag because of the screaming header, "HULL PROFESSOR UNMASKED AS STASI AGENT!" Now what are the chances of that happening at UAS? (Don't ask Joe Parnell).

I strap on my trusty back-pack and head out to buy groceries. Perusing the frozen foods, I come across diced rabbit, mushy peas, and canned hotdogs. Not today, thank you. I pick up a heather plant covered in delicate blossoms. Potted plants in bloom seem to be my weakness, I already have  $\hat{4}$  others! To Lana's dismay, Mt. Dew is completely unavailable as far as we can tell. Chocolate chips come in tiny sachets, and there are individual cans of tuna for sale if it's a sandwich for one! I grab a Mediterranean deep-dish frozen pizza, my indulgence for the week. Backpack laden with canned soup, a litre of milk, and other necessities, we return home via the Club Faire. I love the concept of the Club Faire; it's easy and accessible. All the Sunderland clubs set up booths in a huge warehouse for





See Greetings page 8

## Student Body President is Leaving Rosie Gilbert will step down from office after this semester

By Michael Howard Whalesong Reporter

n a warm spring day in May of 1999, Rosie Gilbert was elected president of the UAS student body. On a cold blustery day in September of the same year, Gilbert makes a life altering decision. She has decided that the best thing for both her and the University is for her to step down as president. On January 6, Gilbert will head to Vienna, Austria in the student exchange program.

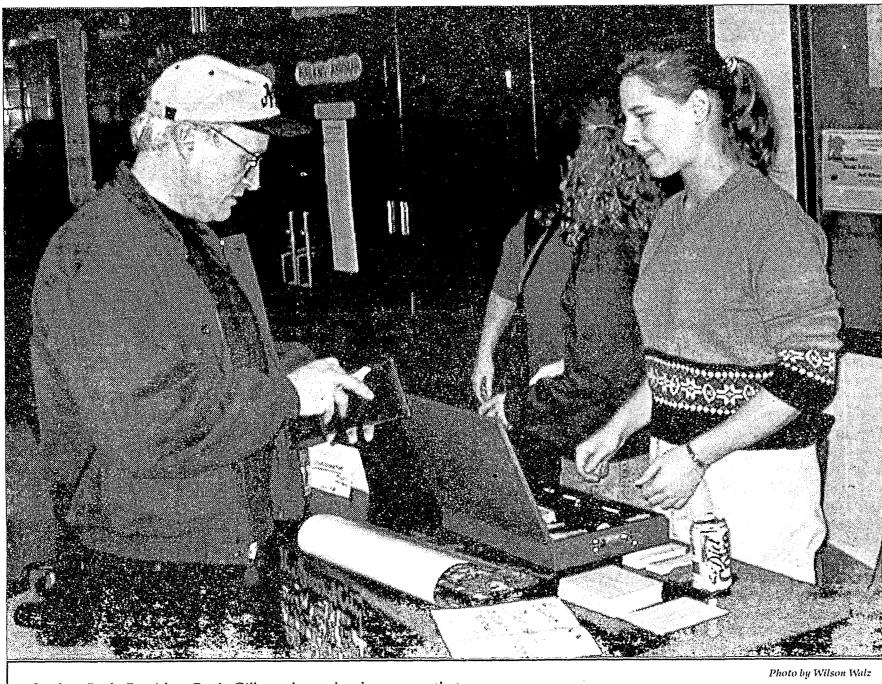
Four and a half years ago Gilbert moved from Petersburg to Juneau to attend UAS. She was hoping for a fresh start, escaping the troubles she encountered living in the small town of Petersburg. What she would receive was a bona fide education.

During her freshman year, she was elected to student government. By April of 1997, Gilbert had successfully lobbied the Board of Regents for an Environment Science program at the Juneau Campus. Three months later, Rosie Gilbert would win her first election as student body president.

That year, Gilbert made it her responsibility to strengthen the bond between the student government and the Alumni Association. She is proud of the fact that since that time they have worked on numerous issues including lobbing on the Hill together. She hopes the relationship will continue to get stronger.

Many things around campus are due to the hard work and determination of Gilbert. In the fall of 1997, Gilbert and the student government matched a \$10,000 Mapco grant to create Spikes Café and purchase equipment for the Outdoor Recreation Center. The ORC was just a concept in spring of 1997. In the years since, they have constantly infused it with grants and helped it grow to what it is today. She said that student government has already allocated funds for two new kayaks this semester

In February of 1998, Rosie organized a protest on the steps of the capitol building to build support for UAS in the community. She helped students make signs they passed out all over the building. Rosie the new programming board is up and run- Gilbert is unsure what the future holds for for her is an even greater one



Student Body President Rosie Gilbert always has her eye on that money.

said that student interns came out to join ning as well as making sure the new Stu- the student government, but believes that them on their lunch hour and legislators dent Activity Center is addressing the stucame out to speak with them about univer- dents wants and needs on campus. sity issues.

Between now and the time she leaves, Gilbert intends to accomplish many things. What she wants to make sure of is that the them to know that she will give everything student government is organized, moti- she has until her departure in January. vated, and skilled. Gilbert is happy right now with the way student government is Kean Nuttall will step in as president. The the night before and lobbied Breeze Inn into moving. This fast progress has allowed her student government has already elected our giving a good deal on doughnuts, which to focus on other things like making sure soon-to-be vice president, Tia Anderson. be a great one, but what the future holds

Gilbert's mind is the students supporting her in her decision with leaving. Gilbert wants

When she leaves, her Vice President

she is leaving the student body in good hands. Rosie has nothing but praise to say Right now the most important thing on for both Nuttall and Anderson. Both the administration and the student

body are losing one of their greatest leaders. Gilbert has paved the way for the Josh Horsts of the world, but now she must do something for herself. No matter what she chooses to do, she will do it well. The legacy she will leave behind at UAS will



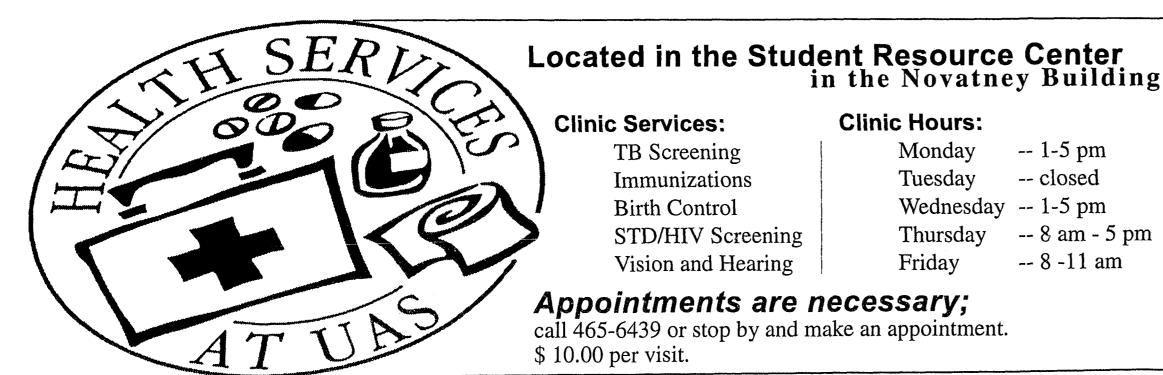
- UAS 10) Anything that breaks a sweat
  - 9) Keyboard aerobics
  - 8) Hiking up the library steps
  - 7) Diving into homework

6) Hide and C.A., EEK!

4) Crumpled term paper wastebasketball

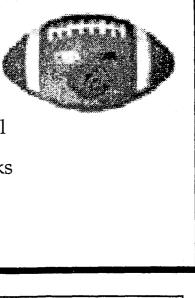
5) Plagiarizing term paper relay

- 3) Lifting oversized, overpriced textbooks
- 2) Running out of Money
- 1) Racing to class



Whalesong





-- 1-5 pm -- closed Wednesday -- 1-5 pm -- 8 am - 5 pm -- 8 -11 am

**Say Hello to Your New Advisor** 

### By Dave Perry Whalesong Reporter

Have you seen the new smiling face ing from Montana State University, at at the Student Resource Center? That would be Teri Smith, the new academic advisor, who replaced Lori Exford, and became the newest edition to the team this fall.

Teri hails from Lakeville, Minn. a suburb of Minneapolis. She attended the University of Wisconsin-Stout to receive her bachelor's degree in psychology with an ing in Juneau and is adapting well to UAS. emphasis in counseling. From there she went to the University of Wisconsin wonders, "will it ever stop raining," and LaCrosse to receive her master's degree in "when will I get to see the sun?" Not to Education and College Administration as worry, once it gets around 25 degrees the well as being an academic counselor for the Liberal Arts program at Wisconsin-LaCrosse.

Teri was a cheerleader in high school and excelled. In college, she became a work. She feels there are so many students cheerleader and later the coach at LaCrosse. She is now an assistant coach with JDHS' co ed squad. She spends her time outside UAS and JDHS enjoying outdoor activities and weightlifting (don't mess with her), as well as training to hopefully become an aerobic instructor at the Juneau Racquet Club. She was married in August and is

enjoying her newlywed status. Her husband is currently finishing his master's in teach-Bozemar

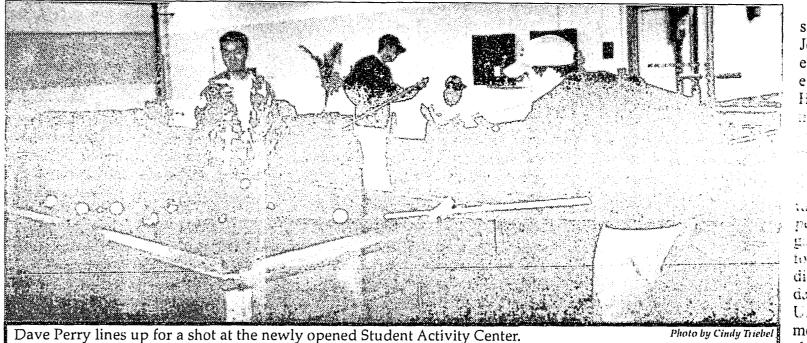
From Wisconsin she moved to Montana where she was a registrar at Commonwealth International University and then on to Rocky Mountain College (a private Liberal Arts school in Montana), to work as the assistant registrar. She is enjoying liv-She enjoys what Juneau has to offer, but sun is out all the time. It's just too cold to enjoy it.

She loves working with college students, and enjoys her particular area of who can succeed, and believes, "you don't have to be book smart to make it through college...hard work and dedication will pave the road to success." She is very happy helping students get through their education, showing them that they can do it, and to quote Waterboy, "YOU CAN DO IT!" Teri says there are many things at UAS ing course and great instructors from all



you can take advantage of. "Beautiful scen- over the United States," sums up her ery, diverse student population, challeng- thoughts on UAS.

## After a Long Wait, The SAC is Now Open



By Cindy Triebel Whalesong Reporter

old Horton's Hardware building in Auke Bay. It turned out to be a colorful evening dents dash from the dance floor for the door. both inside and out.

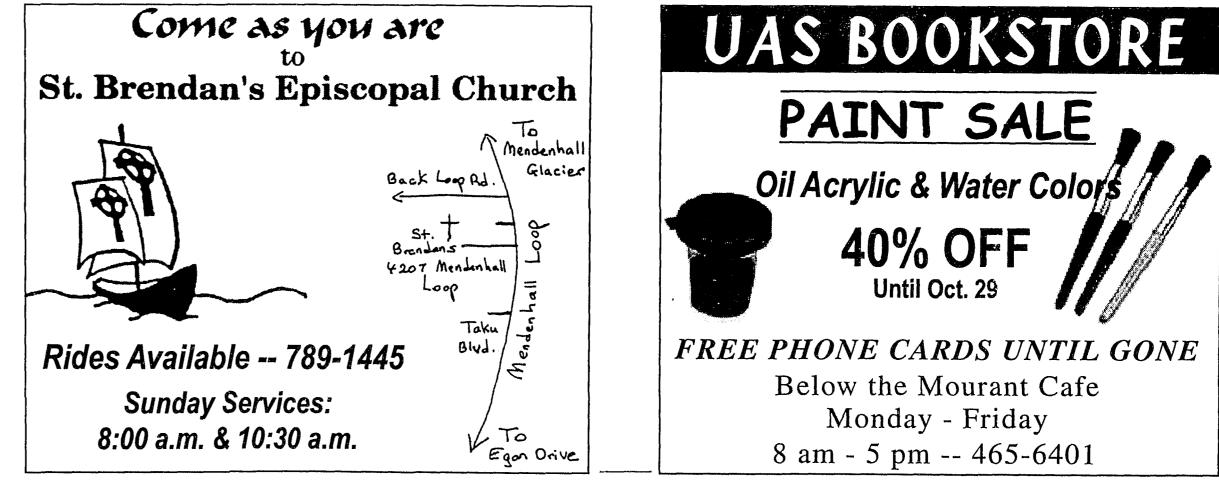
The Hawaiian theme and the music of "Smashmouth" had young people hopping like sand fleas on the beach. Pink, red, and began running out the front door to enjoy a dent body president.

natural light show, or the Aurora Borealis. ties, Housing, and Food Services, thought exchange student, Yuta Sato, hailing from Gary Geddes will be visiting the UAS cam-The long awaited UAS Student Activity a fight had started outside. A fight or fire Center opened Saturday, Oct. 9, in the was the immediate reaction of SAC Manager, Dave Kleinpeter, as he watched stu-Outside students gazed skyward as a show of greens and yellows swooped through the night sky. "Quite a few students are new to Juneau and have never seen the Northern green strobe lights flashing to the beat of *Walking on the Sun*, when suddenly people bright Saturday", said Rosie Gilbert, stu-

dance. Fellow UAS sophoalso had an en-Japan won the pool tournament and won a pus soon.

CD player for his efforts.

170 students attending the dance. Debra is scheduled to wire the building for Internet a \$1000 laptop computer, which was gra- information desk is now set up and new ciously donated by the UAS Bookstore and the University of Alaska Technology Center. The bookstore and Tech. Center have ary bike, and treadmill are already in place. recently begun a partnership, which gives The climbing wall is still a work in progress students the opportunity to purchase com- and will hopefully be completed soon.





UAS Joyce Lumba. enjoyed the evening.

puters, programs, software, and also comsophomore, puter equipment. Bruce Gifford, dean of students, had a

good time, as did Provost, Roberta "Robbie" Stell. Stell was apprehensive at first that the dance would not be well at-

this is leasily great, she said referthe armout for the cance.

Increwsself a single mwdy meider: the entire evening. "We found one beer can, just one. That tells me that people are making mature decisions...the Northern Lights more, Eli Bray must have been a sign of things to come, Griffin said. Griffin also elaborated on joyable evening, and looks forward to the upcoming events, "we have a Halloween Tish Griffin, director of UAS Activi- completion of the climbing wall. Foreign concert, a swing dance, and Canadian poet

> Dave Kleinpeter added that the sound The evening was a success with at least system would be installed next week. GCI Rogers won the grand prize of the evening, and cable TV access sometime soon. An gym equipment, including two rowing machines, two elliptical machines, a station-



several hours one specific day, and then students come gathering' in your living room! along, talk to the people, get the information, and decide

to join, but their 3 training sessions per week with top professionals are free, as are major expeditions for river and ocean kayaking. I already know the ones I'm interested in, as all the clubs are listed in the handy-dandy fresher's guide I have in my hand. I talk to the Mountaineering, Surfing, and Ju-Jitsu societies, let an old gentleman bend my ear for a half hour on the Duke of Edinburgh award, sign my name onto the Parachuting Club's email list, talk to the Christian Union about meetings, watch the breakdancers spin their stuff in the aisle for the Hip-Hop Club, and even stop at the Che Guavera Appreciation Society. I ask the lone member, "What is it exactly that your club does?" He looks at me and says, "Appreciate Che Guavera." With this new knowledge I meander towards the door. As I do, a girl my height in a lacy little top jumps into my path and chirps, "Want to join women's rugby?" I look, panicstricken, for an exit. "Heck no!" I reply with a shudder, crossing myself. The girl is undeterred. "Oh come on, it's lots of fun. There are a lot of beginners." Yeah, with broken noses, I think to myself. Get me outta here! don't know how, but I walk away with the schedule for the women's rugby team in my hand. As I make my exit,

a Brit in a sailor's hat catches my eye. "Hey!" he yells at of cigarettes, for which the guy at the door pays him. Nick is is true. The NHS devotes their university-sponsored funds drugstores, which turns him a neat little profit. to drunken orgies while wearing ridiculous hats. I think flatmate Aidan is planning to join, so that deters me.

ing "I'm from Blackpool!" which I don't understand.

I wander up to my room, which I find taped shut with whether or not they want to join. Clubs usually charge a yards of masking tape and covered over with toilet paper. I minimal fee, but then all their outings and equipment are get a good laugh, and Nick gets a better one, before answerfree. The Canoeing (kayaking) club, for instance, costs £4 ing the doorbell. He runs to his room and returns with a packet

just showed up at our window, rapping on the pane and asking 'Do you still have vodka jelly left?'" Meanwhile the gold and silver wallpaper becomes the house doodlepad for everything from a portrait of Jenny in her 70s night outfit, to Carol's contract to be 'selibat' for 4 years, to 'Lana is an evil nipplehead'. When Aidan explains that nipple-head is slang for cops, who wear a hat with a bump on top, Lana and I crash onto the floor howling with laughter. I stay up a while longer, have some Irish Cream, and go back to bed. I'm wakened several hours later by Aidan punching out his window on a sugar-high, but after determining that he doesn't need a band-aid,I just fall back asleep.



Wonder Russell via England.

me enthusiastically. "I can tell you want to join the Na- the house dealer; he came with a stock of cigarettes that are tional Hat Society?""National Hat Society? I thought it was sold cheaply in Gib, and sells them to cancer-courting cigathe National Get Smashed Society," I laugh. He admits this rette-craving students for less than the going price in British

Downstairs I try to burn a can of soup for dinner. Our it's a British thing. "Where are you from?" he asks, my teeny-weeny kitchen is packed with 4 people, but I grab accent betraying me. "Alaska," I say, a bit reluctantly. His Lana's arm and barrel in, squealing "Let's mosh!" The wouldeyes bug out, he grabs my arm, and propels me to a cluster be-cooks topple over like dominoes and scatter, leaving us of ridiculous-hat clad blokes. "She's from Alaska! Our first sprawled around on the floor and Aidan scrunched up in a member from Alaska!" "No, no," I demure, trying to extri- corner, making the sign of the cross at me and hissing for all cate myself. "I don't think I'm going to join." "Oh, please?" he's worth between snorts of laughter. Jenny seeks refuge at begs the one in the hardhat. "We'll have a special celebra- the table, waiting to go out. "Frickin' hell" Nick yells at her tion in your honor. To commemorate our first Alaskan mem- outfit, which transforms slightly harried Bio-medicine stuber. We'll call you...Nanook! Nanook of the North!" With dent Jenny into voluptuous, glitter-kissed disco Jenny, with this, the other lads burst into cheers, slapping each other enough cleavage for all the flat women in my ancestry. Kelly, on the back, laughing and jumping up and down, chanting a fellow Brit, soon joins her. She's dressed for the typical "Nanook of the North!" The one with the hat swathed in British night out, in leather boots, micro mini-skirt unbelievtampons falls to his knees and yells, "Please join, Nanook! ably with a slit, and tiny sparkly top. "Is there a whore-house Don't be so damn American and join our club!" I agree to around here?" Nick asks, but he is ignored. Kelly is a 5'9", think about it, which gives me the time I need to escape. blond Psychology major, and 2 belts away from a black belt It's almost tempting, but I know my certifiably insane in karate. She can kick your butt to kingdom come, but you'd never know. She's as friendly and amiable a person as I've I bring home with me a few houseplants, which I set ever met. Aidan starts jumping on the furniture, chanting in the window. I make Nick and Aidan promise not to pee "Down, down down!", which are the complete lyrics to a or pour beer into their pots. They promise, but I'm suspi- favorite British dance tune, swinging his blue plastic alien cious. Aidan is the big beer drinker in our flat, the one who by the ankles and whacking anyone who comes near. I look lives to go out. He's true to the British culture of drinking. reproachfully at Nick and Lana. "Did you give the housepet He wakes up with a hangover, vowing to be better by the sugar today?" I ask. Nick hangs his head. "I'm sorry, I put a time his mates come round to collect him for a pub crawl. bit of vodka in his aquarium!" Aidan, in his more ridiculous There is no beer that doesn't fear him. He's proud of say- episodes, is referred to as our housepet. "I don't like this housepet business," he glowered one night. "I'm no one's Blackpool is apparently Britain's Coney Island, the cheesy pet; I don't belong to anyone." "You don't belong to anyone, sea-side resort all Brits go to but won't admit. Right now you just came with the house!" consoles Nick. Aidan, Kelly, he has on a Freddy Kruger hand and is swiping at anyone and Jenny catch a taxi to a disco. Although the party's not that comes within his reach, eyes rolling in the back of his that great, Nick, Lana and I are too knackered to go out danchead for dramatic effect. "Freddy Kruger," he says with ing from our respective rugby and basketball practices (yes, satisfaction. "Fan-tastic!" He's also bought a 4 foot high I joined). Even though we get all dressed up, we only took blue plastic alien. (Side note: these inflatable aliens crop two steps out of the door before we realize we'd have to call up everywhere, even in sports shops wearing little plastic a taxi. We decide not to go; we just can't be arsed. I stay up a jerseys. Again, it's a British thing.) Jenny, a fellow Brit, bit so I can make side comments with Nick and Lana (who tells him she doesn't think the government would like to are an item—we have an in-house romance) about our know what he's spending his loan on. "That's what stu- partiers: Uni, American Matt, several Germans and Norwedents are supposed to do," he retorts. "Buy stupid stuff!" gians, and Carol, our newest flatmate. She is also the newest There's some truth to that; Aidan, Nick, Lana and I bought housepet, following her getting very drunk and fetching a 4 rolls of gold and silver wrapping paper that we papered toy soccer ball multiple times in her mouth! I head off to bed. the walls of the living room with. Nick and Aidan start but just change into my scrubs and read. After an hour or making vodka jelly (jello) for the party we're supposedly two, I think to myself that tea might be nice before sleeping, having. Here comes the dichotomy: the University runs and go downstairs, where I'm met by 5 tall Englishmen I several student bars on campus, and even sponsors free don't know. "The nurse is here!" they shout, and I laugh. As beer nights, but you must fill out a form and get the signa- one of them sturdily polishes off the last of the vodka jelly, I ture of everyone in the flat if you wish to have a 'social ask my flatmates who the gents are. "We don't know, they

I burst into song or try out a new accent.

There have been quieter times at the New United Nations, or Block 2. When everyone's gone, the house is so still and quiet you fear to disturb the peaceful hush. I write or read or listen to Sarah Maclachlan to complement the reflective mood. In these solitary times, I remember what my Dad said right before I left, that the quality of the experience-the beauty, the mystery, solemnity or sheer fun-depends not so much on the venue, but on who's sharing it with you. He is so right. Sometimes even when I'm surrounded by my flatmates I feel very alone. Thoughts of my friends alight in my conciousness, soft and fleeting as butterflies. I look at perfect strangers and for a split second think they're friends of mine-everyone from my brother to Kevin the "Crack Dealer", as my mind reaches out for familiar things to ease a pang of loneliness. I half expect them to form in front of me, a wavy mirage materialzing from the feet up, walking towards me, hands in jacket pockets, a grin reflecting my surprise and delight. But the almost real fantasy dies ghastly, like a slap, as I walk down these cobbled, rainy roads on my own, the impassive narrow stares of cramped brick houses my only observer. I tell people I'm not homesick; it's partly true. I miss people, but I know I'm here for a reason. One Sunday as a few of us jaunted off on a long walk to the sea-side, I looked into the face of the pearly sky and dropped my gaze to the quaint houses and old spires of the city, smirking at the zippy little British cars, and enjoyed a burst of satisfaction in being at this place on such a lovely day, far across the gray sea. When we reach the ocean, and the old lighthouse that watches it, my friends all express their appreciation of the sight. The effect is much greater on me. I am moved almost to tears. Here is the ocean, at last! It's not like Juneau's dark waves, but powder-blue, reflected in the periwinkle sky shot through with threads of gold as the sun begins to sink. It's been weeks since I've seen the ocean-the longest time I've been away from it in years. The salt and the waves are balm to a wound, drink to a parched man. They soothe something in me I didn't know I needed to nourish. As we laze in the sun, watching the waves knock carelessly against the pier, the hole in me drinks in the sight greedily, storing it up. More than my flatmates beside me, the beautiful and familiar ocean is my companion that makes the experience worthwhile. I am no longer a lonely ship at sea, but a sailor washed in contentment.

\*STARMACK\* "Captain Insane-O shows no mercy!"

The only flatmate I haven't told you about is our Greek, Pavlos. We hardly ever see him, and although we hear heavy metal music coming from his door, aren't ever really sure where he is! I hope this frenetic overview of our house doesn't scare anyone—remember it's several days rolled into one! All my flatmates are easy-going people with good senses of humor. There have been outbursts of tension-I was yelled at for being an energy-wasting, tree-cutting Yank, and I yelled back that the British were socialists who didn't even \*have\* any trees. Though we live in such close quarters (the kitchen and living room are half the size of those in the UAS apartments) we find ways to keep the peace, laugh at ourselves, and enjoy our differences. "Freaky Alaskan woman!" Aidan yells whenever



By Dianne Slater Whalesong Columnist

omestic violence and sexual assault alters the qual ity of life for most of its victims, and for many,

result has been death. It is no different in Juneau. The sunrise and sunset for the victims of domestic and sexual abuse all begin in the same way.

As the sunrise gives birth to a new day, it also gives birth to the beginning of a new life. This is a time for celebration when a child begins the long journey through life. All too often, many of these lives are abruptly and violently cut short. Sunsets with all their beauty come and go. They appear and disappear without much thought, taken for granted, as so many of the lives of the victims claimed by domestic violence and sexual abuse. The sunsets for these victims are not very beautiful, but very shocking. It is like the blackness of night that comes when the day is over. In their sunset, there is darkness and empti-

ness of living shattered lives at the hands of the abuser(s). Kay, a friend, a daughter, a wife, and a mother had a life full of pain from the sexual abuse and violence experienced from the hands of her abusers. Since the day Kay was born, in 1957, she had so much to look forward to, and potential in her life. Her husband and the countless others abusers encircled her life with torment for over a decade.

It was Kay's husband that finally caused the sun to set early. He stole the very last breath of life from her spirit, her destiny in 1975. Only 18 years old, Kay's life was ended abruptly when her husband shot her to death. On Kay's white tee shirt you can read the words painted by the hand of a loved one, "husband shot Kay in cold blood, served only 6 months...claiming insanity." The reverse side of the white tee shirt tells the chronological

story of Kay's life of sexual abuse, incest, and battering. In order to end the silence and stop the meaningless violence, victims have to speak out against these crimes.

Victims need the support of their family and friends and need to be encouraged to report these outrageous acts of wrongdoing. Even on a university campus like UAS, students experience abuse in dating relationships. No one is free from this horrible behavior that is spreading like a cancerous tumor in our nation. It can happen to anyone, anywhere, anytime and is a problem in society.

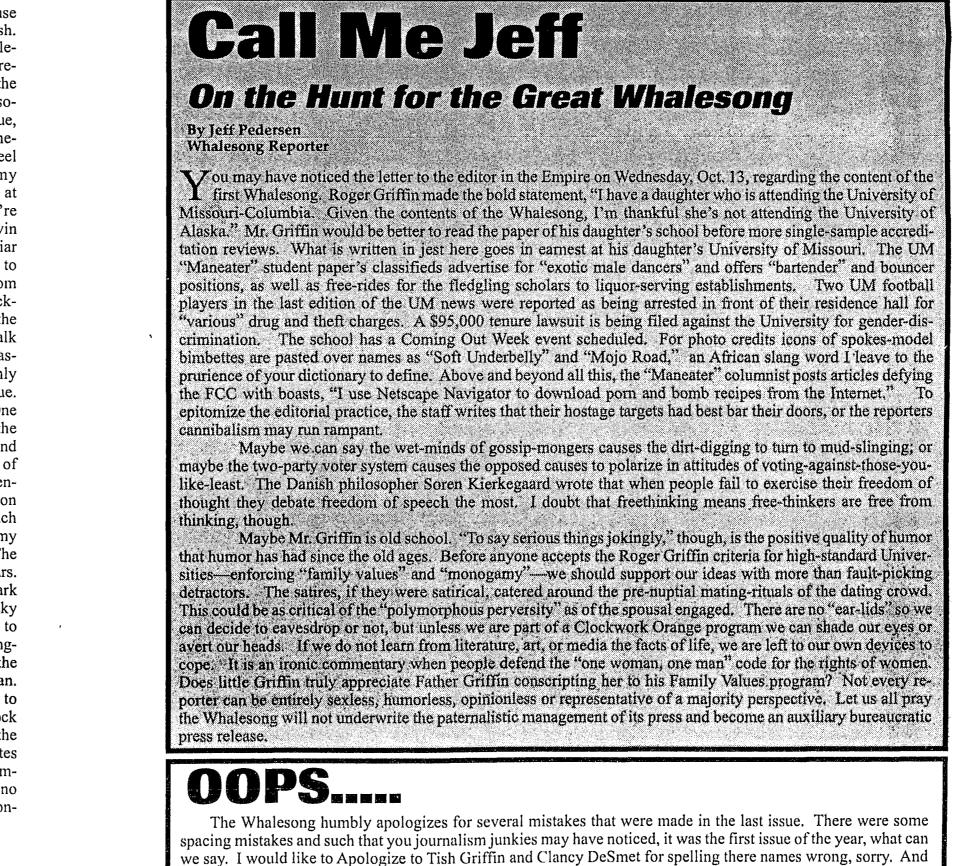
October is Domestic and Sexual Violence Awareness month. In 1990, a group of women from Cape Cod, Massachusetts birthed the Clothesline Project as a means to tell the many stories of incest, rape, and battering of women and children who have suffered years and even decades from these violence acts.

The concept for the project was designed as a means of turning the number and magnitude of these violent incidents into an educational and healing tool. The idea is a simple one, it is to tell each woman's and child's story in a unique way and hang it out for all to see. It is a way of airing society's dirty laundry.

A project in Hyannis, Mass. displayed 31 shirts and started in Oct. 1990, displaying the shirts in their village green. Now this project has grown too more than 25 projects nationwide and internationally, with an estimated 25,000 to 30,000 shirts. The "Clothesline Project" is an exhibit that will leave an everlasting impression in your heart and in your mind. Its expresses the lasting effects that violence causes to its victims.

Juneau resident, James Payne, has been helping to hang the Clothesline Project display at the Federal Building for about four years. James read all the tee shirts as he was hanging them. He said he was not able to understand why this kind of violence has to happen. James says, "I wonder how people can tell them (victims) they love them and still give them pain?"

Robert Fisher validated the Clothesline Project and offered his prospective. He said, "domestic abuse is all over our country." Fisher is a single parent and has custody of his nine year-old daughter. Fisher has seen alot of abuse in the poor neighborhoods of San Francisco. "It is everywhere," he said. When he thinks about do-



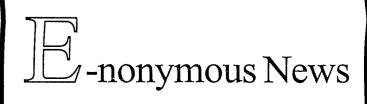
sorry about the "Important dates," they were supposed to be 10 for October, not 8.

mestic abuse, he pondered, "I think about how much I wouldn't like it, if someone was doing this to my mother or sister. It has always kept me on the right track in treating women right in a relationship. Treat others as you would want to be treated yourself. I try to teach my daughter to treat everyone right. If you say you love God, you've got to love children, children are like God, they are the purest and most innocent, when you hurt them, you are hurting God."

The display of color-coded tee shirts can be viewed at the Federal Building in Juneau until the end of October. Sad and disturbing as it may be, you can't always have a rainbow without tears. The varity of colored tee shirts portray the kind of abuse suffered by each victim. Yellow or beige tee shirt represents women who have been battered or physically assaulted, red, pink or orange are for women who have been raped or sexually assaulted. The colors blue and green are for survivors of incest or child sexual abuse. The color purple and lavender are for those who have been attacked for their sexual orientation. The darkest shirt that intensifies the exhibit and sheds the true light to the entire display, is the white tee, the blotting out of a life like that of a woman named Kay. It symbolizes the many women who have lost their lives at the hands of their abuser(s).

The AWARE shelter in Juneau has a mission statement to the victims of abuse: The mission statement for AWARE is "to provide safe shelter and supportive services for women and children who have been subject to domestic or sexual violence; and effect the social, political, and legal changes needed to eliminate oppression and violence against women and children."

They are also looking for undecorated tee shirts in white, yellow or beige, red, pink, or orange, blue and green, and purple to be made available for a survivor who would like to make a shirt. If you would like to decorate a shirt for yourself or someone you know, you can connect AWARE at 586-6623, or the Alaska Network on Demestic Violence and Sexual Assult at 586-3650.



E-nonymous News seeks short (or long) opinions; the names of contributors will be held in utmost confidentiality. E-nonymous

items do not intentionally reflect the opinions of the Whalesong staff. Send

your messages to jywhale@uas.alaska.edu. Be sure to note "Eonymous News" in your subject heading.

If local businesses hired inconsiderate service staff, they would soon find themselves out of business. Luckily, UAS is funded

by taxpayer dollars or it would have been out of business long ago. Whatever happened to the idea" "The

customer is always right?" Some service staff at UAS could use a reminder of this idea, perhaps by reflecting on it from within the

ranks of the unemployed.

The recent Empire article that praised UAS for giving up prime office space for students was obviously not informed of the origi-

nal intended use of the Mourant Building. Does anyone know of this forgotten bit of UAS history?

The health care situation at UAS is in drastic need of reform.

Has anyone been to the SAC? I don't know about you, but I feel like a bug on a wall with those giant windows.

I can avoid the porno on the Internet, I expect it to be there. The Whalesong is not the place for it. Furthermore, there are facilities for mentally ill people.

## Accreditation...

Continued from page 1

place every 10 years. Evaluators go by federal standards and ensure that institutions such as UAS are so organized, staffed, and supported that they should continue to merit confidence. Therefore, accreditation by the Commission on Colleges is of major importance to each school that wants to attract, and retain students from all over the United States.

However, the Northwest Association of Schools and Colleges is not a pure controlling organization. Throughout the last decades, supervision as a supporting guideline has become the main focus of the association. In addition to that, a very experienced evaluation team allowed for a collegiate interaction and relaxed atmosphere during their visit at UAS.

"We almost felt like colleagues who get together to review and help each other," said UAS Chancellor John Pugh.

He agreed when Dunn explained, "this evaluation committee pretty well understands what you have achieved and very, very much respects your abilities to work together and to address the important issues you have faced and will continue to face." Those current issues are also recog-

nized by the accreditation team and formed



Jean Linthwaite, assistant to the chancellor, and Lynne Johnson, academic program coordinator, organize UAS documents for the accreditation evaluators.

the basis of their recommendations. According to these recommendations, UAS needs need to get back in a regular planning to clarify its procedures concerning curricu- cycle," agreed Pugh. He declared that the lum matters, especially with regard to the new strategic planning process will start extended campus system. The team also next spring. Major objectives, as of now, suggests an expansion of instructional support opportunities in the Computer and ment and a program assessment that ensures Media Service areas.

larly emphasized by the evaluators. "We will be the forming of a new mission statehigh quality education. But Pugh is also aware of the limited budget, and said; "Our

Furthermore, the need for long-range strategic and financial planning is particu- plans have to be realistic".

## How will you spend your Permanent Fund?

By Cindy Triebel

The Permanent Fund Dividend program allows all eligible Alaskans to share the wealth from publicly owned resources. L Eligible Alaskans who have received a dividend check each year since 1982 have earned a total of \$14,777.55. The dividend program has channeled more than \$7.7 billion into the Alaskan economy.

We asked a few people how they will spend this year's check, and here is what they had to say:

Loretta Wallin, Senior: Mine is still in the bank. I'm going to school full time. That's why it will stay there.

Ernie King, Senior: I will buy a new computer and pay off my credit card, then probably go to dinner. My daughter has saved all of her Permanent Funds. This is her fifth Permanent Fund. It will put her in a new bracket at over \$5,000.00. She is seven years

-isher own busi-Andra Early, Senior: We gave our kids \$100.00 each to spend on whatever they want. The two older kids bought CD players, jeans and shirts. Our youngest girl only bought clothes. We used the rest to buy a working truck for my husband and pay the bills. We are flying our two older boys round trip down south to visit family. They will each have one thousand dollars waiting for them when they get back.

Kevin Nault, Junior: Will be giving one thousand dollars to his parents in payment for a car. The remainder will go towards a

Melissa Michel, Sophomore: Melissa will use her permanent fund dividend check to participate in the Global Connection Program. She would like to go to England next semester.

Rob Roy, Sophomore: "The whole check is going to my college fund."

Bridget Hulby, Freshman : "It's not called the Permanent Fun for nothing. I intend to have fun with it. I am going to Hawaii with my boyfriend.

## **Bright Expectations for a Dark Night**

**By Sina Mertens** 

Whalesong Reporter

n Oct. 28, the 4<sup>th</sup> annual "Stories on a **U**Dark Night" will take place in the new Students Activities Center. For the first time, not only teachers but also students will come on stage to bring the audience goosebumps and nightmares. And with experienced performers who have proved their reading qualities in previous years, rattling teeth are guaranteed.

One of the students to read this year is Mike Heiman (former Whalesong Advertising Manager). He studies public speaking and oral interpretation, and has picked Upton Sinclair's "The Jungle" to give everyone a creepy scare. Don Cecil, who teaches English and speech here at UAS, will read Stephen King's "The Man in the Black Suit".

Sue Koester, who is also an English

and speech teacher, has not yet decided on a story. But she promises to keep up her tradition of reading somewhat more feminine stories. "It is easier for me to identify with a story that has been written by a woman, "explains Koester. She leaves "all the blood and gore" to her male fellow readers, and will electrify her audience with a subtle, psychologically shocking thriller.

Yet another English instructor, Adam Moles, offered to read one of the most popular Halloween stories of all: A spooky ghost story that will make you check your closet and distrust your teddy when you go to bed. The stories picked by Brenda Shrum,

the always smiling face in The Learning Center, and Nancy Bernes, also a student of the public speaking and oral interpretation class, will not be revealed until the night of horror. However, their participation alone promises an enthralling trip into the darkness. Along with Mike Heiman,

of the class "Horror and Gothic" came up with the idea of "Stories on a Dark Night. He wanted to give teachers the opportunity to get involved with the student community, as well as to spice up the usual Halloween performances. The fact that "English teachers love to read out loud," as Cecil admits, came in rather handy for Weaver's purpose. He got some of his colleagues to read on stage and put on the very

first "Stories on a Dark Night" While Chris Weaver won't have the chance to participate since he is now teaching in New Jersey, "Stories on a Dark Night" has already become a traditional Halloween event at UAS.

The unreserved impression shown in the team's commendations is a proof of the university's ability to manage these requirements. "An excellent self-study, one which reflects broad and thoughtful participation, assessment, and reflection, and a capacity to reach findings and conclusions," could build the foundation for any future development Further commendations for material

accomplishments, such as cost reduction and organizational streamlining prove that UAS is already on the right track. A high quality of the undergraduate academic experience, the enthusiastic commitment to student learning, and the efforts shown by all faculty, staff, administration, and explicitly the physical plant were highly recognized by the accreditation team. These qualities help the university not only to provide academic excellence, but also to become a community. "Many of us, believe me, are envious of this sort of community" admited Dunn. This also reflects on the distance learning program, which has been commended by the team for its student support and curriculum quality.



### Continued from page 1

sub-america actioner opportunity o and experience they receive. What nas be of most merest, however, is that Jamie beheves her students are just as engaged as anyone of her Washington classes, a strong compliment for the students at UAS.

Working with the cadaver is not the only exciting thing Jamie has her students doing. Each student is required to go out into the field and watch any one medical procedure be performed. Students can choose anything from plastic surgery to brain surgery. Jamie has been both amazed and appreciative of how the medical field has accepted her students. Not a ngle student has been turned away fro observing a procedure at any medical practice in town.

Most teachers offer a unique oppor tunity for acquiring extra credit in their class. Jamie's may be the most interesting of them all. She has not revealed the cadaver's cause of death to her students. At the end of the semester, the students will use the knowledge they have gained and have one chance to guess the cause of death. Each student will submit their guess to her on the final day of class. Those who receive the right answer, will be raised one letter grade.

While Burcell loves teaching her class, her main priority centers around her two boys. As of right now, she has no intention of adding any more classes to her schedule, or of acquiring tenure. She may have strong interest in these when her children are older. For right now, she has expressed her gratitude to both Brenden Kelly and John Pugh for the opportunity she has received.

The students also have reason to thank Pugh and Kelly for their amazing instructor. The have acquired both a teacher and a friend in one semester Jamie's teaching assistant, John Pugh Jr. says "Jamie is the most awesome teacher I have ever seen. She really knows her stuff." If Chancellor Pugh ever needs any advice on whom to tenure in the future. all he needs to do ask his son.

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The accreditation team's recommendations are a reminder of how "plans need to be living documents" which allow for change and flexibility, said Pugh. But the commendations represent "a good confirmation of where we think we are at". And summing up the team's evaluation, that is a good starting point.

they extend the circle of performers by three excellent, non-teaching readers. Four years ago, Chris Weaver teacher

There is no trick, to tell you the truth, but if you dare, you are in for a treat...

## Women Dominate UAS Gampus Men are out numbered at this university

By Dianne Slater Whalesong Columnist

**T**ou may have already noticed, but just in case you haven't, women dominate about 64 percent of the UAS campus population. What specifically, as a woman, are your reasons for returning to school? Is this a normal trend for UAS? "Yes," says Rita Bowen, assistant to Dean her to go in. Nan made the grades that of Students, Bruce Gifford.

Many more women are returning to college all over the United States. The rea- cided instead to marry and start her family. sons, however, vary from woman to woman. A portion of the returning students nity is Suzanne Mullen, is a single mom, include the single parent population, both and owns her own business. She had been men and women who are parenting alone crewing on sailboats for about 10 years.

future. The top reasons are for better paying jobs, more job satisfaction or to start their own business.

Some other motivation for the choice a woman makes in considering going back to school may be because of the empty nest syndrome. Life, after children, can take a woman in many different directions. When the kids are all grown and have gone off to college, moms then have the opportunity to pursue their

dreams and decide what they want to do. an injury in a skiing accident at Eaglecrest, Being a single mom and providing a home prompted her to seek out other options. for her children, is not an easy road either. These moms can be applauded for their her to become a massage therapist. dedication to provide financial support for and commitment to care for their children single handedly. Many mothers are often can happen with massage therapy and last forced to take leave of their young children at day care centers to work due to a divorce. sage therapist and opened up her own busi-Barely making ends meet, means that at ness. Job satisfaction is a fulfilled job goal some point in her life, further education is for Mullen. Competing on the job with a necessity in order to keep up with tech- men, she often found herself being paid nology to get a better paying job to support much less than a new hire man. Mullen is

her young growing family.

Sometimes too many rocks in the road prevent many women from attending college after high school graduation. One student, Nan, commented that family responsibility kept her busy until now. Even ongoing process for both these women and dent can always depend on SRC to mainthough her parents were willing to send her to college, except she wanted to take a different career path than the one they wanted would allow her to enter college, and friends encouraged her to go, but she de-

and they tend to say they want a better Mullen says, "Now, I've got time to do

something else." She also believes that for older women, it is crewmember, age, and sex can be a big factor. This is still an area where women are still making ness world. headway, but still she says, "To hire on as crew member they want you to be young and cute, making it more difficult for older women. Suffering from

. iends planted the seed some time ago for

Mullen became interested in therapeutic massage and the healing properties that year she received her certificate as a mas-



affiliated with Beatrice Caujolle, another The SRC primary goal is to offer student woman who believes in continuing educa- support and help the student adjust to, and tion, and is also a business owner of A Cer- remain at, and succeed in college at UAS. tain Charm, a day spa, located at Merchants A list of all the services provided can be Wharf, downtown Juneau. Education is obtained at the SRC front desk. The stuhas proved to be rewarding in obtaining tain their confidentiality, and must sign an

their own businesses. These groups of women who are ready to enter the work force, do not always have the marketable skills needed to secure a good paying job and have to get geared up for the new technology in today's market. Expenses also seem to increase with inflation, requiring better paying jobs.

Men also look for other avenues for ing benefits. improvement in higher salaries, job satis-The Student Resource Center also faction is important, and of owning their helps refer students in need by giving reown businesses just as the women do. ferrals to community resources. In regards Bowen says, "For construction workers, to employment, Bowen is one person you their bodies wear out, or become injured can connect with to help with job openings thardento getthireda and workers wind up needing to get reon campus or Karen Waldrip, who works on sailboats as a trained, they don't realize their body is not here in the afternoons. Bowen and Waldrip young as it once was." help students get jobs by providing the nec-Education and training programs exist essary forms for submission. You can call to help guide women and men in their Rita Bowen or Karen Waldrip at 465-6457; search for better opportunities in the busitheir offices are located at the Student Resource Center in the Novatney Building. The Student Resource Center is a good UAS Cam source for anyone wanting help to develop plans to advance in the right direction. Problem solving, advising, assessment of needs, individualized planning, follow-up and advocacy are all provided by the SRC. Women Dominate UAS Campus sponsored by... APPOINTMENT Certain 10% Discount with this ad Carpet and Vinyl Installation Service Located upstairs: 2 Marine Way Merchants Wharf, Suite 209 We Do 586 - 1177 Windows! Skin Physical Care Therapy Services: Services: Window and Gutter Sports Injuries Cleaning ·Body Waxing ·Neuromuscular ·Body Wraps ·Deep Tissue Anti-Aging Stress Managment and lots more... Dermabrasion ·ParaMedical Peels No job too small Masage Therapist Mon-Fri Suzanne Mullen 9am-6pm Licensed Skin Specialist Call Pat 463-3268 **Beatrice** Caujolle XXXXXXXXXX



Gender on Campus women 🖾 men

Another woman in Juneau's commu-



authorization before any information can be

released to a third party. There is no charge

to use SRC and is easy to schedule. You

can make appointments as often as needed.

Rita Bowen can assist the student to find

community resources that will help provide

financial assistance to women and men who

qualify for additional education and train-

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Women Dominate UAS Campus sponsored by ... Nails on Wheels 10% Off on First Set of Nails **Mobile Fingernail Detailing Business** New on the market EXTREME BACKSCRATCERS OPI Odorless Acrylic Nails coming in Novemeber Your Home or Mine Mon-Sat Pam-8pm Call TONI for appointment: 463-3269

## Why Would I Want to Eat Tofu?

### By Dianne Slater Whalesong Columnist

rofu is misunderstood and under appreciated. This block of white stuff is indeed very blah by itself and not too appealing in its original form. It really does taste pretty bland, almost tasteless, not anything you want to just sit down and eat from the carton. But that is the benefit of tofu. You can pretty well season tofu anyway you like. Any flavoring or seasonings you add to tofu will absorb them like a protein food that is very filling and tastes sponge giving it flavor.

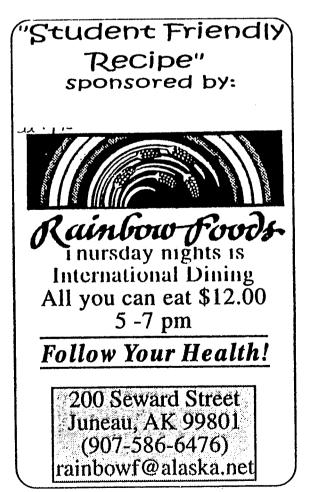
Tofu is a high protein cheese made from soybean milk. It is smooth and without much flavor of its own and has a firm texture like custard. The usual way to purchase tofu is at your supermarket or health food store. It comes in a water-packed, sealed container and comes in small blocks raised a vegetarian since birth and having or as aseptic package without air. The beauty is you can store it in the box without refrigeration, take it camping and stores up to 12 months. Because we live in Alaska, we don't have the availability to get it fresh. Storing tofu is easy, once you open the container, be sure change the water daily, or it including diet. She is a stay at home mom will develop a sour taste.

Tofu is a food with many possibilities. What a variety of choices! For dessert, this is one to live for, Chocolate Mocha Moose favorite subject areas of interest. She Pie. This tofu dish is on the top of the list dreams one day of having her own vegetarfor tofu eaters. Folks say this dessert is out ian health food restaurant. of this world and nothing is more delicious. This non-dairy dessert is a wonderful alternative for those who are lactose intolerant or allergic to dairy products. You just use a that), and plenty of water is also very vital blender to create a smooth, creamy consis- for the body to function. Just as important tency to the firm tofu and use as a base for are fresh air, exercise, and plenty of rest, the pie filling. You can substitute carob for especially for students burning the candle chocolate if desired.

from a group folks who attended the Veg- divine power. etarian Cooking Club which meets the last Thursday of each month at 7:00 p.m. at the fellowship hall at the Seventh Day solution. It is a perfect replacement for milk, Adventist Church on Mendenhall Loop eggs, and cheese in the diet. It offers healthy Road.

At a recent presentation by Rainbow Foods, the Vegetarian Cooking Club in the lent. Valley, David Ottoson, owner of Rainbow Foods, showed how to shop for and prenate and do just about anything you can your good health. imagine. You can make non-dairy substitutes like cottage cheese," he said.

Tofu can also be used as a dip, just add the seasonings you want for the taste you want. Use of a blender turns the tofu into a



smooth and creamy base for various dishes. In base form, you can create your own nondairy sour cream, mayonnaise, dip, or salad dressing. Using tofu as a sandwich spread, you can make a mock chicken salad that is so delicious that you'll never want to eat an egg salad sandwich again.

No matter what time of day, one of my favorites is the quick and easy tofu scramble. No, it's not a new dance step, but is a non-dairy, non-cholesterol, high great. It closely resembles scrambled eggs but taste so much better and is healthier than its hard-shelled counterpart.

When it is time for dinner, you can find Vivian MacDonald cooking up some delicious tofu dishes. She has many tofu recipes, she really knows her stuff. She was never eaten meat she has maintains a complete protein balanced vegetarian diet.

MacDonald achieved a bachelor degree in nursing in 1987, at Walla Walla College, in Washington. She enjoys helping people who would like to make life style changes. at this time with two small infants. Nutrition is very much a lifestyle for Vivian and alternative medicine and nutrition are her

Vivian believes that, "The keys to good health are gained through prevention, by having good nutrition, sunshine (what's at both ends. It is having a balance in your This dessert has received top reviews life with the basic health laws and trust in a

> So, if you are looking for a meat substitute, or anything else, tofu may offer the food options as a veggie or chip dip for parties. The choices for variety are excel-

If you have had a negative experience in the beginning when you have tried tofu, pare tofu. He demonstrated a variety of I suggest giving some of these recipe ideas ways to prepare this soybean product. a whirl. Using the right seasonings and in-"Freezing tofu overnight gives you a gredients will help you on your way to a meatier texture. You can bake, grill, mari- more TASTY and NUTRITIOUS diet for

> If you have any comments or suggestions for student friendly recipes that you would like to share, email me at dianneslater@gci.net.

Bon Appetite, Dianne

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## **Student Friendly Recipe Tofu Scramble**

### The Quick and Easy Alternative to scrambled eggs.

Tofu is a highly concentrated protein, it contains no cholesterol, and it is a good alternative for lactose intolerant people. It is a product made from soybean or soy flour.

It has been studied that one cup of tofu a day, balances a persons hormones. Women in Japan laughed when they were interviewed about menopause symptoms. They do not experience the basic symptoms of menopause like women in the United States or other countries. The diet of soybeans in the form of tofu and soymilk gave evidence as to why Japanese women have little if any symptoms related to the changes women experience during that period of her life. The busy student can purchase pre-packaged tofu seasonings at Rainbow Foods and most nutritional centers.

Ingredients For Tofu Scramble:

8 oz package of Firm Tofu (not silken)

2-3 TBSP olive oil (more or less as desired)

2-3 slight taps of Turmeric (for color) use very sparingly

1 tsp. McKays Chicken Style seasoning is best (a mock chicken seasoning and you can find it in the nutrition center at Fred Meyer)

tsp. garlic powder (to suit your taste)

1 tsp. onion powder (to suit your taste)

to 1 tsp. salt (to suit your taste)

Rinse totu in cold water and drain, squeeze out all excess water. Cut into length wise into\_inch slices for easier handling, and then mash with a fork into a crumbly texture. Add olive oil to frying pan, medium heat. Add tofu and combine all seasonings, stir tofu till seasonings are evenly distributed. Adjust seasoning as desired for individual tastes. Cooks in less than 4 minutes. May cook longer for a dryer texture. Serve hot. Top with cheese, or add onions, green peppers, or other ingredients. Be creative with your own variations. Use leftovers in fried rice.

## Supplements For GROWTH

**By Wilson Walz** Whalesong Production Manager

Tou may not be aware, but science is making leaps in bounds in the area of health and fitness. New products that can help you achieve your goal faster than you thought possible are as follows in order of importance:

Protein Powders or Protein Liquids

3. L-Glutamine or "Glute" an amino acid

These supplements are as safe as taking vitamins, as long as you buy from a reliable source. There are many competitive companies that are equally very high in quality standards. One of the most responsible companies that carries a wide product selection, is General Nutrition Center or GNC. Juneau has a GNC located in the Nugget Mall. GNC doesn't carry all the brands but you can get a good feel and what is quality and what isn't.

Shopping at GNC isn't necessarily your best option; you will find that if you order products that the prices drop considerably. The supplements listed above have both similar and different qualities. Protein is used to feed your muscles and is the backbone of all muscle growth. Weigh protein is the most beneficial and easiest to digest for most people. Creatine is an essential compound found in all human tissue. It aids in the recovery of your muscles after the muscles have been drained due to a work out or strenuous activity. Glute is an amino acid (protein is made up of amino acids) and helps the muscles to better absorb protein.

In conclusion, if you use these supplements without working up a sweat you are just wasting your money. In my experience, the directions on the side of the products can be misleading and not the most beneficial to your muscles or your bank account. With protein take the recommended amount 3 times a day when working out. Once early in your day, before (1hour or more) your workout, and most importantly, within 15 minutes of completing your workout. Your muscles need the protein so they can start to heal as soon as possible. With creatine and glute take together with water for the fastest digestion. Take the specified amount once in the morning, once in the afternoon and an hour to two after working out. DO NOT take the protein with the creatine, you will not benefit as much as you could have with taking the supplements by themselves. The glute doesn't matter as much because it is similar to the protein.

See you at the gym, on the court, or on the road sweating into a better you!

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2. Creatine Monohydrate or "Creatine" as it is mostly commonly referred

Drink your way to better grades **By Dianne Slater** Whalesong Columnist

**T**es, you can actually drink your way to better grades. No, we're not talking about the crazed weekend parties where folks might overindulge in the use of alcoholic beverages. It is a lot simpler than that kind of drinking. It incorporates a simple lifestyle change on your part, one in which everyone could benefit from, and it is found in drinking water.

other organ. Because the brain is made up ample would be like running your were all normal. To live a healthy lifestyle of a higher percentage of water than any other organ, dehydration takes over rapidly. A loss of concentration, attentiveness and sluggishness will set in. When we are tially causes the engine to slowly deteriothirsty, it is a sign that our body is already dehydrated. Dehydration is a common problem and is linked to poor learning. To same way. As water is the lifeblood of the be at our very best performance level, we engine, water is the lifeblood to the human need water. When you are thirsty, it is be-body. cause there is a lack water content in the blood. This effects the salt concentration in the blood causing it to become higher. These higher salt levels increase the release of fluids from the cells into the bloodstream. This increase elevates blood pressure and stress. Stress researchers have found that within five minutes of drinking water, a remarkable decrease in hormones associated to high levels of stress was found. These studies indicate the role water has in keeping the learner's stress levels in check. The availability of having water in the learning environment is also very important to use as a thirst quencher throughout the day instead of soft drinks.

If you are you tired of being worndown, a really simple way to have more energy and get the benefit of better grades is to drink more water. It's simple and it's free. Every function of our body is degrees. The first group would run and rest knew, long before the settlers in Alaska performed in a fluid state; our blood alone is 60% water. The digestive cycle takes place in a fluid state. Your body loses about two glasses of water just by exhaling every

day. How much water does it take for your water available and could drink whenever water is because it tastes better. "It's pretty did not constantly recycle as it does, we resting, they too were completely ex- makes a significant difference in how your would have to drink 40,000 glasses of water a day. But, the good news, depending on your body size, is with just eight or 10 glasses or maybe 12 glasses of water will do the job your body needs to operate best.

What happens if the body does not get enough water? The body must work harder of running and resting, they said, "Hey, doc, and slower. The water actually cleanses the we can keep this up forever. We're not at The brain needs more water than any body and washes away impurities. An ex- all tired." Checking their temperatures, they automobile's radiator on a cup full of wa- you need hydration and you need to conter. When the engine overheats, the lack of sume 8 to 10 glasses amount of water evcirculating cooling boils over, which essen- ery day, if you exercise you need more warate and eventually will cease to function This process effects the body much in the

> if it were spread out it would be about the size of a king-sized bed-sheet. Drinking little or no water effects the body daily. up in our system. There has been research, are

University about some physical effect water has on the body. In an experiment, three and record their body temperatures as they were running on the treadmill. As they became exhausted from running, their bodies would overheat like the radiator in a car, at with periods of rest when needed. Within three and a-half-hours they were totally being a source for pure water. exhausted. The athletes in the second group had

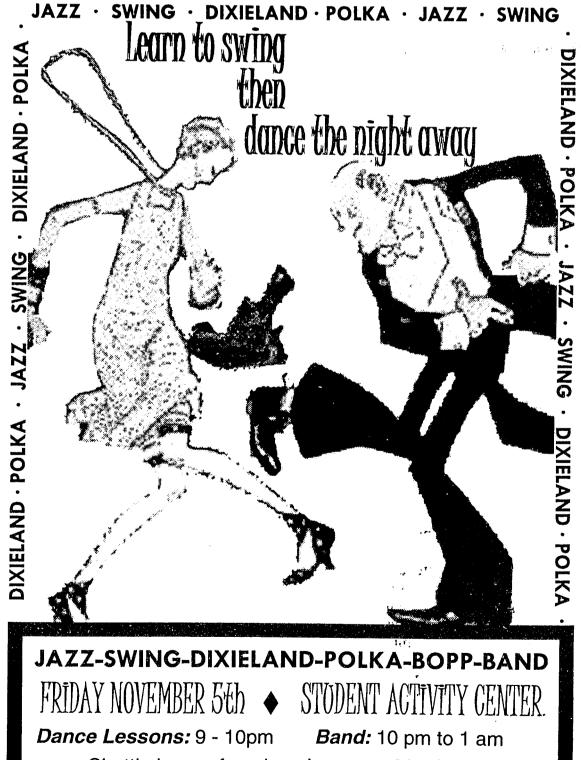
hausted, and body temperatures had also risen to 102 degrees.

Whalesong

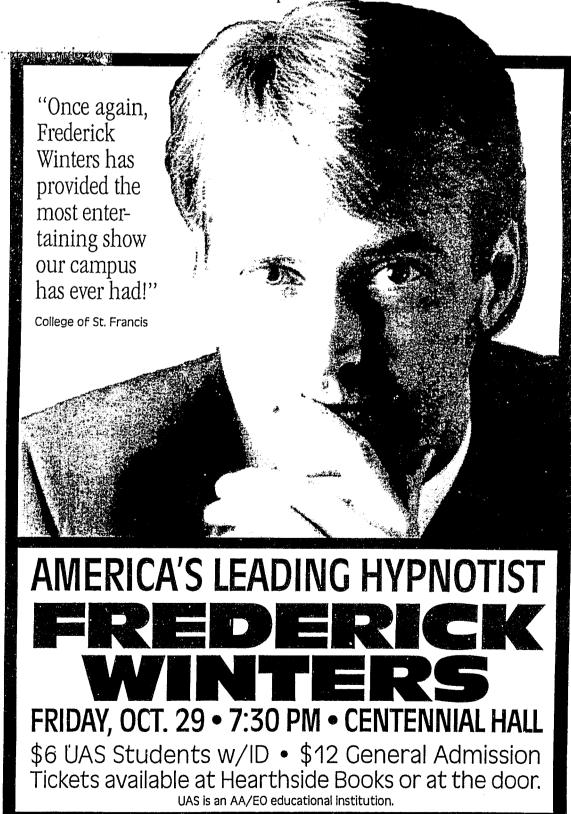
The last group of athletes ran and rested over regular intervals of time, and drank plenty of water. The doctor instructed them on when to drink water. After seven hours ter

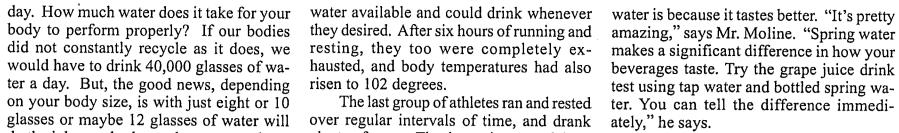
Sky rocketing as a billion dollar a year industry, bottled spring water has become a national trend. This bottled water industry has expanded over the last 10 years, and like the phenomena of the Internet has ex-The kidney has a filtration surface that perienced tremendous growth. People have become suspect of drinking city water in various places and have turned to drinking bottled spring water. "When residents look Water is needed to allow your body to at the cloudy water, and taste the chlorine cleanse itself of toxins that continually build and chemicals that are in the water, they become very concerned. What we often which links the relationship between how drink can harm us," says Rod Moline, much water you drink to how fatigued you Ph.D., and a local business owner in Juneau. "We trust in EPA standards, but some A study was performed at Harvard people who live here have been turning to buying bottled water instead of using city water, mostly for health conscience reagroups of athletes and put them into a hot sons," says Moline. A business opportuenvironment where doctors would monitor nity came along for Rod Moline, in the bottled spring water business. As business owner of Alaska Pure Mountain Spring Water, the EPA quality tested it and is listed in the top 2% for pure water in the EPA with their body temperatures rising to 102 Report on quality of water. Native Alaskan's came, about the Switzer creek spring as a One of the biggest reasons why people

find bottled water more attractive than tap



Shuttle leaves from housing every 30 minutes Free Admission for UAS Students -- \$5 for everyone else





All it takes in getting a healthier mind and body, is a simple lifestyle change. Drinking more water will improve your learning, headaches can actually disappear colds go away quicker, and water can ever eliminate the need for laxatives by remem bering to drink two warm glasses first thing in the morning, as your feet hit the floo The list goes on and on. Although, not an easy one, it will make a big difference in your overall health. We can all drink to that!



Your BEST Source for **Bottled Water** Listed in the top 2% **EPA Water Quality Report** 586-8228

## He Who Laughs Last, Thinks Slowest



The cast of The Second City graciously take the time to pose for a picture.

By Wilson Walz Whalesong Production Manager

The Second City is celebrating its 40<sup>th</sup> anniversary this season. On Sunday, troupe graced Juneau with its comedic Chris Farley, John Belushi, John Candy,

1959 has fresh, new talent every tour. Some of the past performers have gone on to fame and fortune. George Wendt, Norm, from the sitcom "Cheers", and of Saturday Night L Oct. 17, The Second City comedy Live fame, Michael Myers, Joan Rivers,

## Wilson Walz

Top 10 Albums of All Time

- 1. Alice in Chains "Dirt"
- 2. Van Halen "1984"
- 3. Grateful Dead "Live From Solider Field" A GES
- 4. Depeche Mode "Violator"
- 5. Chemical Brothers "Brothers Gonna Work It Out"
- 6. Chemical Brothers "Dig Your Own Hole"
- 7. Led Zeppelin "IV"
- 8. Alice in Chains "Unplugged"
- 9. Stone Temple Pilots "Purple" and "Core" even
- 10.Fatboy Slim "You've Come a long Way Baby"

**UAS FALL 1999** SHUTTLE SCHEDULE Housing Lodge Housing Lodge Housing Lodge Student Act. Cntr Student Act. Cntr. Student Act. Cntr. Anderson Bldg. CAMPUS Anderson Bldg, Anderson Bldg. CAMPUS CAMPUS Housing Lodge Housing Lodge Housing Lodge 3:06 1006 Student Act. Cnt Student Act. Cntr. Student Act. Cntr 3:12 Anderson Elag. Anderson Bldg. Anderson Bldg CAMPUS 0:20 CAMPUS CAMPL CAMPUS Housing Lodge 6:30 Housing Lodge Housing Lodge Student Act. Cotr. Student Act. Cntr. Student Act. Cnt Anderson Elag. Anderson Blag. Anderson Bldg. CAMPUS 4:20 CAMPUS CAMPUS 4:30 Housing Lodge Housing Lodge Housing Lodge Student Act Chtr. Student Act. Cntr Student Act. Cnt 4:42 Anderson Bidg. Anderson Bldg. Anderson Bldg. CAMPUS CAMPUS CAMPUS Housing Loage Housing Lodge Housing Lodge Student Act. Cnt Student Act Ontr. Student Act. Cntr. Anderson Elog. Anderson Bldg, Anderson Bldg. CAMPUS CAMPUS CAMPUS 0:20 Housing Locge Housing Lodge Housing Lodge Student Act Ontr. 8:06 Student Act, Cntr 10.36 Student Act. Cn

of the past alumni.

The cast this year is very talented as well. The players are as follows: Bob Ahlgren, Molly Cavanaugh, Mary Jo Bolduc, Peter Grosz, Jason Sudeikis, and Gillian Vigaman, so keep track of their bright careers. The troupe began with a song and dance number that left the crowd The show started strong and finished even stronger.

The show was composed of a wide variety of short skits, improvs, and comedic musical based on suggestions from the world audience. Some of the recommendation were off the wall, like a "Naval Swimmer" (a swimming seaman), a porcupine for a butt, and my personal favorite, lesbian superheroes, which was disappointingly not used. During the musical side of the performance, the dancing casta-

prowess. The group that started touring in funny. I went home and pulled out my own death. She must get back a bag of money castanets and played for hours. What fun! from a missed drop and get it to her man's

my gut cramping from all of the laughing. get off your keester, and catch Lola if you The cast received a well deserving stand- can! ing ovation and graced our presence by coming back for a short encore set. I found



Tt is rare in the day and age of an \$8.50 ticket that you find a movie that is worth the A price of admission. Well I saw a movie this past week that is a rarity, and what is even more rare is that this is a new movie. I think the movies today are relying more and more heavily on formula. For example, the formula of disaster is a regular occurrence at the cinema. I am not saying that these movies are not successful, but they definitely lack the certain flavor that makes a movie a film. The movie that I saw was called Fight Club, and I consider this effort to be film.

The film Fight Club is a dark and subversive film by director David Fincher, who is of Seven and The Game fame. The film stars Brad Pitt, Edward Norton, and Helena Bonham Carter. The film takes place in a modern megalopolis in the midst of consumer and corporate America. Edward Norton plays the main character. His life consists of investigating vehicle accidents in order to determine whether or not the company he works for should recall the model, and it plainly states that he works for major manufacturer. Basically, the guy is on the road five days a week investigating these horrendous accidents and deciding, based upon a formula, whether or not his company should settle out of court or recall the ill-built cars. In addition, Norton's lack of personal contact leads to insomnia and loneliness. The film turns a bit here. He ends up attending self-help and support groups, but does not suffer from any of the maladies that these groups discuss. However, he has a revelation that allows him to sleep like a baby. He, however, is a faker or an actor because he is using the groups for personal gain. In his weekly routine he meets another faker, who is played by Bonham Carter. She becomes the love interest. This hanges his revelation and their lives take a strange turn. He branches out and meets another traveler, who is played by Pitt. To make a

ong story short, Norton comes home to find his apartment blown to pieces from an ing becomes therapeutic. Yes, therapeutic. Pitt and Norton start an underground fight At this point, I was interested in this film. It is interesting that fighting and physical violence could be a sort of therapy. Moreover, there had not been too much violence, and the story was genuine or at least, genuinely twisted. It was a story about the mass consumption society that we live in, and I enjoy the light in which it was ment-maybe fifteen minutes. And, I began to think that this film had a style and impetus that makes a good film until the violence started to get a little over-the-top. Yet there would be another twist in the plot of Fight Club. It turns out that...OOPS. I think that you had better see this film and see what you think about it. I'll mention

explosion. He decides to call Pitt for help and they end up going out for a couple of beers. They end up fighting each other, but instead of repelling each other, the fightclub in which no one is supposed to know of the goings on. They continue to attend the club that slowly attracts the masses of the over-worked exploited males of society. shown. However, the film turned into a gratuitous spectacle of violence for a moagain that it is not a film centered on violence. There is a message to the madness, and it's not the triumph of the human spirit or a happy ending.

Production Manager Wilson Walz's note: Thank you for the review Mr. DeSmet. By no means do I advocate, although some people may say that I do, random acts of violence, but a good ass kicking can be beneficial in clearing the mind and soul. I do, however, believe that we can accomplish the same type of therapeutic "cleansing" through a high intensity workout, activity, or sport. Please DO NOT follow in the path of the characters in *Fight Club* by fighting, it only causes regret and sadness, I have experienced this to be true.

### Whalesong

Dan Aykroyd, Tim Meadows, The Second City troupe to be one of the Gilda Radner, just to name a few best live comedy acts I have ever witnessed If you missed the show than I pity you for missing a truly amazing show. I feel that UAS made a very wise decision in cosponsoring the event with the Juneau Arts and Humanities Council. Keep up the great work!

One of the perks of my position on the Whalesong allows me to go where the average Jane or Joe can't. I took advantage. and after the show I got to chat with the in stomach-cramping laughter. cast and took some photos. In speaking with one of the female cast members we discussed our backgrounds and found out that she went to the same high school my father had...WOW! More amazing still she then told me her father had also gone performances. Many of their to the same school and graduated in the improvisational routines were same class as my father had! What a small

I would also like to give the very gracious host and hostess an A+ on the introductions and announcements, they were fast and to the point. The Juneau Arts and Humanities Council next event will be at JDHS on Nov. 10 at 7 PM. I have heard great things about Run Lola Run and hope it lives up to the hype. It is a story based on a German women who is running, running and nets portion was exhilaratingly running some more to save her man from As the night grew to a close, I found captures before she runs out of time. So

Lost time, Where has it gone? I look all around for a sign Laying on the wet lawn, Put some weed in the pipe, Lit it up and hit it hard, I coughed, as my lungs were still ripe, Got the muchies now, time to feed the lard, Went inside to make some food, Slipped on a bong and stubbed my toe, Blood squirted out like crude, Stepped over my crop all stacked in a row, Got to the bathroom to stop the flow, Fell and hit my head on the tub, oh no, Woke up in a pool of red water, Bath was more than full, Looked like a Nam puddle, after a slaughter, The war had corrupted my soul, Sewed my biggy up tight, The floor was stained with blood, I looked as though I had lost a fight, Went back to the pipe for a bud, Smoke began to enter my sight, One, two, three, four, Knock, knock, knock, knock, I heard a voice at the door, "It's the police, undo the lock," Time is what I lost, 'Just a minute officer" I tried to speak, but the words were crisscrossed I threw my mary jane in the cellar, That was the last I saw of her. Now I'm just a beggar. Jail is now my home, Time is all I got, Never and always alone, Now I'm stuck with no pot, Only a bunkmate named Saul, The moral of this story is plain and clear, Pot can make you loose it all, Messing around with weed, you could end up as someones queer.

## TIMES UP

Humor felt serene. Strong confusion, Wild RAGE. Speak from despair, Show rejoice. Cherish funny sorrow Angel Heart. Appreciate cruel, jealous hope in pleasure Adore those.... Dreaming true bliss.

-Angel Heart-

# Echoes A dim lit demonstration of nature's own representation.

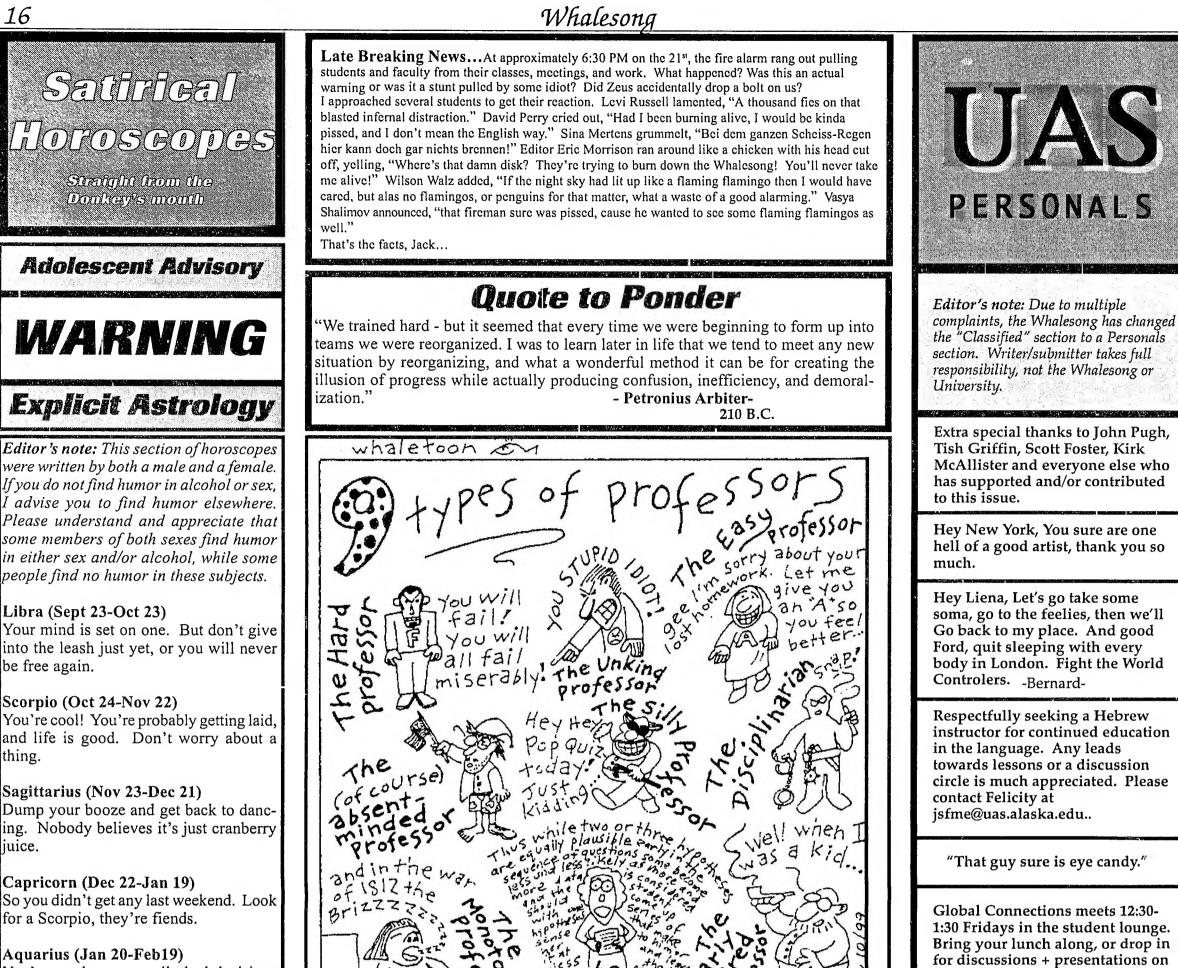
## Should we defy against a lie? Or deny to justify? -Confused-

Carnivore It was fateful chance!

Echoes across a moonlit valley Echoes all across a midnight sky Pandemonium of sound begins to rally As the moonlit echoes begin to fly Fragments of sound scream out through the night A reflection of an echo begins to appear The aura of the echo begins to take flight Breaks off different ways, to then disappear Euphoric symphony of utter confusion Magical midnight improvisation Marvelous moon lit mad illusion

-Young Male Poet-

She caught his eye, he saw her glance. Jauntily he disappeared into the night She felt his excitement, his pulse of life. Next morning, the reveler had been forgot Startled she observed his solemn walk His sated step with eyes downcast As in pale light she walked to class. By psychic unfolding, it would seem, His night's tale filled her like a dream. She saw the chase, she felt the thrill, Spent herself gorging on the kill. But magic ends along with night So lust is shamed by morning light. His boyish charm was lost forever. A hunter, a killer. But a lover? Never. -English Rose-



You've made some really bad decisions in life. Maybe you should stop listening to horoscope writers who are just trying to put Ramen in their cupboards. Try to believe in something real.

Pisces (Feb 20-Mar 20) Life is rough, but a turn of events is coming your way. Just stay away from Oaken Keg for a while and your head will clear.

### Aries (Mar 21-Apr 19)

thing.

juice.

16

A born again hooligan once told me, "We've got to rise above the oppression and adversity, express the true meanings, and print this page with pride!"

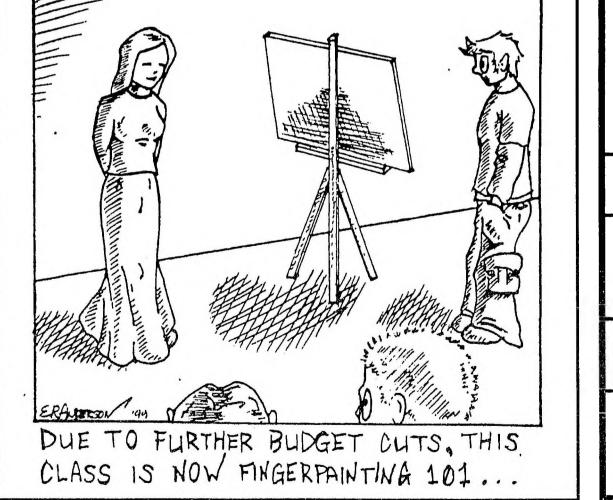
Taurus (Apr 20-May 20) Don't listen to born again hooligans!

Gemini (May 21-Jun 20) Remember you only suck on occasion, but this week is looking good for you.

Cancer (Jun 20-Jul 22) Leave F-1 alone. They don't like to party and really just want to study.

Leo (Jul23-Aug 22) You're gonna die. I suggest drinking heavily.

Virgo (Aug 23-Sept 22) Better take the beer goggles off for a while, you never know who you'll wake up to next.



Semester. Amnesty International + the UAS Environmental Conversation clubs have teamed up! (World saving is in the works!) Meetings will be held jointly, alternate Mondays from 5-7 p.m. in the Cafeteria. Next meeting is Oct. 25.

Q. How many editors does it take

Announcing the merger of 2 UAS

clubs for the remainder of the

travel/exchange!!

to screw in a light bulb?

A. That's not funny!

All anal people need to stop being so anal!

Goldberg type looking for beautiful Italian for psuedo poetry reading. And must "take me to bed or loose me forever."

Trick my treat baby, YEAH. -Austin P.-

'90 Candy-apple red Celica for sale. A/C, keyless entry and 6 CD stacker. This sweet ride drives and looks quick and smooth. \$5,500. Call Levi @ 780-6570

Due to public outrage and the Whalesong's obligation to be politically correct, the following words and phrases will no longer be found in the Whalesong: "Stripper," "Sexy," "Unless you swing that way," "Come out of the closet," "Alligator claws," "You might learn something," "Little red head," "Carpe Diem," "Fall off that wagon," "Be a romantic," "Drown your sorrows like a man," "Put your parents money to use and start going to class," "There's narc's all over," "Babes," "Chubby," "Buzz," "Sky god," "Musical Aphrodite," "Nightly trysts," "Slacker," "Rough lady," "Get me," "Buxom Beauty," "Poetry reading," "Star gazing," "Drunks," "Love Goddess," "Warrior Princess," 'Warsaw," "Trail of Love," and "Lame Deer."

