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University of Alaska Southeast

Whalesong

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INSIDE

Editorial & Opinion 2

News & Features 4

Campus & Community 6

Arts & Entertainment 10

A cool way to spend summer

By Melissa Adams, Whalesong Staff

A UAS student gazes down into a deep blue chasm of ice. The radiant white planes of the glacier's surface stretch for miles around. Equipped with his trusty rope and harness he begins his descent into a crevasse, a deep icy split stretching 150 feet into the glacier.

All in a day's work for a student researcher in the week long UAS Environmental Science (ENVS) Program Glacier Field Surveying class on the Mendenhall Glacier or in the longer eight week Juneau Icefield Research Program (JIRP). The JIRP is based at the University of Idaho in Moscow and directed by Dr. Maynard Miller. While many undergraduates spend the majority of their time learning in the classroom, icefield students learn the tricks of the trade in the field. JIRP students from around the world, including UAS, receive undergraduate course credits for an intensive field study on the Ptarmigan, Lemon, Taku, and Llewellyn Glaciers as they cross the Juneau Icefield from Lemon Creek in Juneau to Atlin, British Columbia. During this time they master the challenges of icefield research such as remote sensing, GPS field surveying, icefield mapping, and glacier mass balance studies while skiing and hiking across the fifth largest icefield in North America.

Glacier research opportunities abound at UAS. Dr. Roman Motyka UAS Faculty affiliate researcher regularly engages students in projects across the state, at sites including the Mendenhall Glacier, Le Conte Glacier, Hubbard Glacier near Yakutat, and in Glacier Bay. This spring semester Dr. Eran Hood UAS ENVS Program and UAF researcher Adam Bucki will team up to offer Geology 315, a glacier surveying field experience.

Icefield research sheds light on the total "health of the glacier," according to Cathy Connor, UAS geology associate professor who has worked both with Motyka on the Leconte and Mendenhall glaciers and on the Taku Glacier with Miller as a JIRP summer faculty mentor since 1994. Glaciers form over hundreds of years from snow accumulations that eventually change into ice. Not all glacier ice is rigid like the fractured surface layers of the Mendenhall Glacier. The lowest layers are flexible and shearing as the glacier flows down its valley pushed by its own weight. The Juneau area is a glacier "hotspot" as the formation of ice is favored in regions with cool summer temperatures and high winter snowfall.

Both the ENVS Program Glacier Field course and the JIRP eight week summer experience introduce students to this icy ...

See "Icefield" on page 5



JIRP students conduct a GPS survey to determine the movement of the Vaughan Lewis icefield.

Photo credit: Scott McGee

Skater's Edge

By Sandra Galeana, Whalesong Staff

Visualize yourself standing on a frozen lake. Above you the deep blue sky stretches for miles on end, and below you, the slippery ice asks you to take a spin. With glee you push yourself forward in hopes that you will glide across the ice like a pro with the cold breeze in your face. However, before you move a single inch, your feet stumble out from under you, and the last thing you see before you hit the ground are your sneakers above your head. Ice skating

is a lot easier when you have the right materials. Skater's Edge, owned by George Foster, his wife Muriel and two of his four sons, Steve and Tim Foster, supply materials to the public.

According to George Foster, after he put his sons through hockey lessons in Fairbanks and Anchorage, they were "bit by the hockey bug." Once they moved to Juneau, their need for hockey grew. Steve and Tim Foster decided to create a hockey store, but of course money was needed. With just as much love for hockey as his sons,

See "Skater's Edge" on page 5

FEATURE ARTICLES:



The biting truth

Beware of revenge against canines, the law is on their side! If a dog bites you hard you run back, get your gun and shoot it ...

INSIDE -4-



What will happen to Sammy?

Sammy the lodge dog, many UAS housing students have come to know and love, has already left ...

INSIDE -6-



UAS says goodbye to Amanda Knerr

On February 2, Amanda Knerr, UAS Residence Life Manager, will be resigning ...

INSIDE -7-

What's new in The Whalesong ...

Health & Fitness Column..3

Kids Corner5

Campus Poll6

Advice Column.....8

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Feb 3,
2004
Whalesong

EDITORIAL & OPINION

The Whalesong

The student voice
of UAS

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The University of Alaska Southeast student newspaper, *The Whalesong*, is a free bi-monthly publication with a circulation of 1000 copies per issue. The Whalesong's primary audience includes students, faculty, staff, and community members.

The Whalesong will strive to inform and entertain its readers, analyze and provide commentary on the news, and serve as a public forum for the free exchange of ideas.

The staff of *The Whalesong* values freedom of expression and encourages reader response. *The Whalesong* editorial staff assumes no responsibility for the content of material. The views and opinions contained in this paper in no way represent the University of Alaska, and reflect only those of the author(s).

January 29, 2004

Dear student housing residents:

I would like to officially announce that I am resigning my position as the Residence Life Manager effective February 6, 2004. I have accepted a position as the Associate Director of Student Affairs at Penn State's Behrend College in Erie, Pennsylvania. This new position will allow me to spend additional time with my husband and son, as well as allow me to pursue a doctorate degree at a nearby institution. Braeden will also have the opportunity to see his grandparents, aunts, uncles, and cousins more than one or two times a year which we believe will be highly beneficial for him.

Joel Webb, our current Residence Hall Coordinator will be assuming the Residence Life Manager position on an interim basis while a national search is conducted. We are hoping to have a new RLM by mid-May or early June. Additionally, Chris Grinder and Jeff Myers have agreed to move into Head Community Advisor positions and will be doing many of Joel's current tasks including advising community council, creating the monthly Housing Herald newsletter, coordinating the SUCCESS program, and developing and implementing programs for housing. Pete Sommers has agreed to assume fully the desk management responsibilities and will be fully responsible for the running, supervision, and management of the desk. Feel free to contact him with suggestions and ideas. Finally, Man Velasquez will be serving as an administrative assistant and will be handling many projects such as mailbox key distribution and collection, housing sign-ups, summer conference work, etc. It is my belief that this will be an extremely smooth transition thanks to the commitment and dedication of your fellow students that serve as housing student staff.

If, at any time, you are feeling like you are not getting the support or services that you need, please feel free to schedule a meeting with Joel, Chris, or Jeff and they will gladly do their best to find a way to better meet your needs.

I wanted to thank you all for a wonderful experience here at UAS. We have thoroughly enjoyed working and living with you and find you a welcoming group of students with phenomenal potential and promise! You have truly made this a home for us and we will definitely miss all of you! Our address and e-mail is at the desk if you wish to get in touch with us for any reason.

We wish you the best of luck this semester and in the years to come! Thank you for giving me the opportunity to work with such a wonderful group of students!

Sincerely,

Amanda R. Knerr

Amanda R. Knerr Residence Life Manager University of Alaska Southeast

You know it's bad for you, but give up ice cream? Not likely

By Bob Condon, Chicago Tribune(KRT)

Frank Riordan clearly keeps a level-headed perspective on indulgently rich ice cream as he explains his first visit to Cold Stone Creamery in Chicago's Old Town neighborhood.

"My wife and I wanted to have more than our week's share of treats, so we decided to walk a farther distance to burn the extra calories," said Riordan, 34, president of a software engineering consulting firm. "I did a Mapquest (computerized locator). It is 2.3 miles to get here from our home."

Not that Riordan or most people would have to walk that far to enjoy an ice cream on a muggy August night.

"I counted," Riordan said. "We passed 15 ice cream places as we walked."

According to the Center for Science in the Public Interest (CSPI), Americans plunk down 6 of every 10 dollars they spend on ice cream at parlors ranging from Cold Stone Creamery, Baskin-Robbins and

other national franchises to the local mom and pop shops

We routinely throw aside nutritional caution and fat gram/calorie counting for the satisfaction of cooling palates and soothing stress.

Going out for ice cream is in. Very in. People magazine's Fall Style Watch declared going out for dessert as a "Use it" proposition, while meeting friends for coffee has become a passe "Lose it" event.

Of course, you don't have to skip the coffee flavor or caffeine buzz. For instance, TCBY (an acronym for The Country's Best Yogurt) offers the monstrous Toffee Coffee Cappuccino Chiller featuring frozen yogurt, milk, coffee flavoring and whipped cream.

Bumping up against you-name-your-favorite old-fashioned local parlor are some butterfat heavyweights.

Cold Stone Creamery, which started in Arizona and quickly established a stronghold in California and, of all places, Alaska

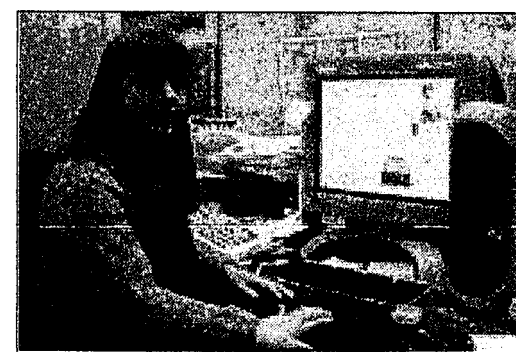
Letter from the editor:

Greetings!

My name is Emily McLean and I have been attending the University of Southeast Alaska for two and a half years now, and have been an English major for two years. In addition, I have spent my entire high school career as a graphic designer. As editor of *The Whalesong* I would like to encourage any of you who have articles, story ideas, advertisements, classified ads, or issues you would like to have reported to please let me know. *The Whalesong* is a campus community newspaper and should have involvement from all staff, faculty, and students. I would be happy to work with any contributing writer on his or her article by appointment. I can be reached at *The Whalesong* office in the lower floor of the Maurant Building near the Activities and Student housing desk, by telephone (907) 465-6434, or by email jyw@uas.alaska.edu.

Enjoy the rest of the semester,
Happy reading,

Emily McLean



Emily McLean hard at work in the office of *The Whalesong*. Photo credit: Angela J. Perez

"We were selling ice cream to Eskimos," said company representative Christopher Enser, has 350 locations nationwide.

A big draw is the franchise's commitment to making fresh ice cream on its premises every day, plus offering customers a chance to view their customized mix-in of ingredients including berries, nuts, candies and chunks of cakes and brownies.

"When we opened the first store three years ago in Arlington Heights (Ill.), we had customers who were driving up to an hour to visit," said Enser, 28, co-owner of Cold Stone Creamery stores in suburban Chicago.

"They had experienced Cold Stone in Arizona, California or another place," he said.

Enser said Cold Stone Creamery is "not afraid to say we want to be the Starbucks of ice cream."

Continued next page ...

Letters to the Editor

The Whalesong gladly accepts letters to the editor. Letters may not exceed 300 words, and may be edited for length, clarity, and grammar. Letters must be signed and include a means of contact for verification. Send your letters to 11120 Glacier Highway, Juneau, AK 99801, jyw@uas.alaska.edu, by fax to (907) 465-6399, or bring them to Room 102, Maurant Bldg.

He elaborated that the "whole experience" of Cold Stone is critical, right from greetings from employees at the door (or in a longer queue on hot nights) to explaining how workers "spade" ice cream onto a 15-degree granite stone for custom mixing.

"We don't plan television commercials or national radio advertising campaigns," Enser said. "We hope for word-of-mouth recommendation from customers."

Anne Galioto and Brian Zboril were two such customers one night. They took a mile-plus walk after work to see "what the buzz was all about." Galioto said they weren't disappointed.

"We ordered the cake batter ice cream with graham crackers and chocolate chips," said Galioto, 30, who is finishing a doctorate in psychology. "The ice cream is delicious and really does taste like cake batter."

"Apparently, this place is sort of the new Krispy Kreme," said Zboril, 34, a trader, referring to the Southern chain of doughnut shops that has won over customers by offering a free, hot, glazed doughnut whenever you enter a store.

Both Galioto and Zboril joked that they "saved up some calories" during the day to allow for the splurge.

"I had Lean Cuisine for lunch," Galioto said with a smile.

"I had a bag of carrots," Zboril added.

The couple planned to dine later at a tapas restaurant, so Galioto favored the kid-size portion (allowable, said Enser, and reasonable at \$1.99 for one mix-in).

"We had to upgrade," Zboril said. "So 'Ice Cream Boy' ordered a medium size," reported Galioto, gently

kidding her boyfriend. "It's a lot of ice cream."

Exactly the point if you ask Michael F. Jacobson, executive director of the CSPI, based in Washington, D.C.

He is well-known if not always well-liked for his organization's stance on the fat content in foods such as movie popcorn, deep-dish pizza and Chinese takeout.

Now CSPI has turned to ice cream in a report published in its July/August newsletter.

"We recognize that most people know ice cream is a splurge item," Jacobson said. "Our findings show just how big a splurge it can be."

For example, the Haagen-Dazs Mint Chip Dazzler is a sundae in a cup crammed with three scoops of mint-chip ice cream, hot fudge, Oreos, chocolate sprinkles and whipped cream. That's 38 grams of saturated fat or equal to about a day and a half's worth in a healthy diet.

What's more, the Dazzler's 1,270 calories is about 500 more than the body can physically metabolize at one sitting, according to scientific findings.

See "Ice Cream" page 5



Arnold vs. Atkins

By Angela J. Perez, Whalesong Fitness Columnist



What's up with the Atkins diet? I have heard this question a lot in the past few months, so I figured I better get busy and answer it the best I can. The Atkins diet, to put it in its simplest form, is a low-carbohydrate diet. It is not a no-carb diet, as you get your carbs from certain vegetables—mainly salads (rather than macaroni & cheese) when you are in your "induction" phase of the diet. The induction phase is the first phase of the Atkins diet. During this 14-day phase, you are restricted to about 20 grams of carbs a day, this gradually (usually within a week) puts your body into "ketosis." After the induction phase you start gradually adding back certain carb foods into your diet—testing the waters so to speak—until you find the right amount of good carbs you can eat without gaining any weight. This is known as the on-going weight loss diet phase of the Atkins plan.

What is ketosis? According to *Dr. Atkins' New Diet Revolution*, "Being in ketosis simply means that you're burning your fat stores and using them as the source of fuel they were meant to be." Your body needs carbohydrates for energy. If it's not getting all the carbs it needs from the foods you are eating, according to Atkins, it will use the fat stored on your body for that energy.

How do you know if you are in ketosis? Atkins says your body will release ketones in your breath and in your urine. People who are on the Atkins diet will usually invest in urine strips to check their ketone levels. In his book Atkins states, "The more ketones you release, the more fat you have dissolved."

Dr. Atkins isn't the only fan of dropping carbs in order to drop pounds. In Arnold Schwarzenegger's *The New Encyclopedia of Modern Bodybuilding* he discloses a formula for weight loss:

1. Eat your protein (1 gram for each pound of body weight on days you exercise)
2. Eat low fat (about 20 percent of your daily caloric intake)
3. Exercise on a regular basis (at least 3 hours of cardio a week)
4. Reduce your carbohydrates as much as possible without going into ketosis

Yes, that's right, Mr. Bodybuilder himself advises people to eat less carbs, but unlike Atkins, he also advises against putting your body into ketosis for this reason, "In a prolonged state of ketosis, you tend to be sluggish, your mental processes suffer, and your body gradually becomes dehydrated." He also says your body will begin to metabolize (burn) the protein it needs for energy, rather than the stored fat. And he suggests using the urine ketone test strips as well, but says when ketones start showing up on the strips—to add carbs to your diet.

In summary, it seems safe to say these are good: Getting regular exercise, eating low fat, eating proteins, and eating low carbs. And ketosis may not be good! At least for those of us who can't afford the risk of feeling sluggish and having our mental processes suffer—I have way too much homework to risk that.

Angela J. Perez is a NAHF certified Health and Fitness Specialist. You can contact her with your health and fitness related questions at goaskang@yahoo.com. Always seek the advice of a physician before starting a new diet or exercise program. Sources: *Dr. Atkins' New Diet Revolution* by Robert C. Atkins, M.D., *The New Encyclopedia of Modern Bodybuilding* by Arnold Schwarzenegger.

Attention UAS Students!

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News & FEATURES

The biting truth

By Misty Stein, Whalesong Staff

Beware of revenge against a canine, the law is on their side! If a dog bites you hard you run back get your gun and shoot it, right? WRONG! In a recent personal interview with Patrol Supervisor Sergeant Boone of the Juneau Animal Control, I was relieved to find out that shooting a dog can be a felony. It depends largely on the value of the dog, circumstances, and damages that are to be determined by the judge when taken to court. When the value of the dog is determined to be more than \$500 the case is taken out of a misdemeanor section and placed into a felony charge.

This whole stumping dilemma was brought to my attention a couple of months ago when my miniature Shih-Tzu, Cleopatra (5 pounds), nipped a three year old child on the arm. Like most 3-year-olds, the child loved to touch and handle the small animal. After attempting to cover the dog with a blanket, little Cleopatra snapped at the child. I was shocked! I punished the dog and the child was taken home immediately. The child received no medical care and there was no presented evidence that the dog broke the skin. A couple weeks ago the father of the child informed me that he was going to kill my dog. For those of you who have moderate show dog knowledge, you know Shih-Tzu's are valued anywhere between \$850-\$2000 each, not to mention my sentimental value and personal attachment. With such a threat ringing in my ears I called the police, who in turn directed me to Animal Control, where I set up an appointment with Sergeant Boone. Sergeant Boone directed me to the Municipal Code book where I learned a



Cleopatra poses for her mugshot. Photo credit: Misty Stein

somewhat surprising fact.

According to City law, dogs are considered personal property, similar to an expensive watch or piece of jewelry. According to the municipal code section 08.35.010 it is unlawful to "intentionally kill or injure any animal, unless such act is necessary to defend a human being or other animal from immediate attack." Contrary to apparent "common knowledge" it is not OK to kill a dog or even hit it if it bites you, especially after the attack. Consequences of intentionally killing or maiming a dog could include fines and/or time in prison. So, all you angry canine bitten people out there... BEWARE!

To find out what to do in the case of an animal attack or for further questions contact the Animal Control or see <http://livepublish.municode.com>

Governor's wolf policy out of step

By John S. Sonin, Whalesong Staff

Developing a cauliflower ear listening to the sidewalks around campus, since the start of the semester, I've heard many important issues being discussed by the student body. Not only are they exchanging insights of awe and wonder about the wild beauty our unique and sensible campus has at this time of year, but they are also discussing governmental and wildlife issues.

Any members of the Alaskan wildlife population weakened by disease or frail with age, along with their moose and caribou counterparts, will be less likely to fall to their natural predators now, with our Governor's new plan to control their natural predators; the endangered Alaskan Gray Wolf.

Frank Murkowski, Senator of Alaska, is in favor of the multitude of farmers and ranchers who call the Alaskan Taiga Forest and our northern ice-fields "Home on the Range," have found the endangered wolf population a real threat to their farms. More likely, however, Murkowski is in favor of the

well-pampered elite trophy hunters on safari tours in the Arctic National Wildlife Refuge (ANWR) and the Alaska Range that has over turned a 1996 Governor Knowles ban on legitimate voters. The initiative to stop the kind of cruel slaughter this kind of aerial ambush conjures.

Voters in Anchorage could hardly believe it when lawmakers voted to give game wardens the right to thin out wolf packs in this manner. Pete Kelly, a republican from Anchorage, has even stated that hunters "needed to be able to shoot wolves from the air to boost the population of such game as caribou and moose." I wonder how many republican lawmakers have friends who either "jet up" for an Alaskan safari or own businesses that organize and offer these kinds of "junksies?"

I think it's about time this lock-stepping majority develop a little cauliflower ear instead of a huge nose from being pulled around by the Governor!



The Alaskan Gray Wolf population serves as a threat to farmers and ranchers.

is even an article on the winter use of sunscreen to stave off burning from snow-reflected sunshine.

www.njc.org/news/healthtips/healthtips_season.html

WINTER SAFETY

More advice, this time on safety. Get a full list of reminders to keep the furnace in good working order, dress in layers, keep a few supplies on hand for outlasting the next storm, and read the manual if you intend to use a snowblower.

www.kidsource.com/safety/

winter.safety.cold.html

WEATHER SERVICE

And here is the National Weather Service's tip sheet on winter, including definitions of flurries, squalls and blizzards, and the dreaded Nor'easter.

www.nws.noaa.gov/om/brochures/wntstrstn.htm

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Icefield continued ...

..laboratory in our own backyard through a diverse array of scientific disciplines including glaciology, environmental science, geology, mineral exploration, arctic ecology, and climatology.

"The Juneau Icefield Research Program opened my eyes to what's out there in the field," says UAS ENVIS Program alumnus and JIRP '98 student Terry Schwarz. The program can also open the door to future research opportunities around Alaska, such as graduate studies in glaciology at the University of Alaska Fairbanks or further research in the UAS ENVIS Program. For Schwarz, the experience not only focused his interest in the study of glacier-hydrology, but sparked his current research study of the spontaneous emptying of the glacial lakes of the Lemon Creek. The lakes drain directly into the Lemon Creek, affecting the water quality and even flooding the creek.

Glacier changes are unique as each glacier marches to the beat of its own drum, moving forward or receding. The Lemon Glacier is a prime example that these movements can dramatically affect surrounding terrain, carving valleys and eroding the landscape. "What's cool about this research is that the glacier is changing on a time scale we can observe. When Juneau residents look at old family scrapbook photos of the Mendenhall Glacier, they can easily see the changing glacier terminus and the landscape it has shaped," says Cathy Connor.

According to Connor, the legacy of the JIRP extends back to 1946 when Program director Maynard Miller and some Juneau stalwarts including tennis champ Dean Williams crossed the icefield. Since then, 30-50 students per summer have traveled across the ice in search of answers to questions like "How much have the glaciers thinned in the 20th century?" and "Why is the Taku Glacier advancing when most glaciers worldwide are in retreat?" Icefield research helps to answer questions about environmental changes such as the impact of global warming. A recent study on Alaskan glaciers published in the journal *Science* by UAF researcher Anthony Arendt and his colleagues measured ice losses, contributing to "7 percent of global sea level rise," says Connor.

ENVIS program info:

UAS students can still register for Geology 315, a week long glacier surveying and field methods course, this semester. Contact ENVIS Program course instructor Dr. Eran Hood at 465-8449 or email eran.hood@uas.alaska.edu for more course details.

To apply to the JIRP summer program, applications are available online at <http://www.mines.uidaho.edu/glacier/Apply.html> or contact the director Dr. Maynard Miller at email jirp@uidaho.edu. Full and partial scholarships for undergraduates are funded by NASA Earth Systems, the National Science Foundation, and The Murdoch Charitable Trust. Scholarships applications are due April 25. Contact ENVIS Program Coordinator Cathy Connor for more information.

Skater's Edge continued ...



Photo credit: Sandra Galeana
Skater's Edge business partners, L-R: Steve Foster, Muriel Foster, and George Foster.

George put forth the cash and created Skater's Edge.

When I asked George Foster what some of his duties were as a storeowner he chuckled, "we sharpen and fit skates, and Steve teaches people how to ice skate. He also coaches hockey teams and referee's tournaments." However, these are only half of their duties, they also sell skates and hockey gear.

But even with all the duties that are required of them, they have a plan to expand their merchandise to a new level. George Foster hopes to become, "a year round suppliers by selling soccer gear, and summer soft ball gear" making their Glacier Highway store the "Foster and Son's sport shop."

So from needing to learn to skate to a simple sport water bottle, Skater's Edge has what a person needs to succeed on the ice. So instead of visualizing yourself on a frozen lake or the Ice Rink, make it reality with the help of Skater's Edge.

Ice Cream continued ...

The extra calories typically become fat cells in the body.

"It's as if these ice cream shops were competing with each other to see who could inflict the greatest toll on our arteries and waistslines," said Jayne Hurley, senior of sugar. CSPI, sometimes called the "food-police" organization, estimates that there are 4 teaspoons of sugar in every 4 ounces, or half-cup, of regular ice cream.

Better to have the real stuff and "a reasonable portion size," Burns said.

Of course, a reasonable serving of ice cream is open to, ahem, wide interpretation. One person's scoop is another person's smidgen.

"Nutritional information for ice cream is based on a half-cup," Burns said. "But I don't know too many people who stop at a half-cup of ice cream. A cup is about the minimum for most people."

For his part, Frank Riordan, the executive and Mapquest user, has his own strategy for getting his mix-in ice cream and eating it too.

On a return visit to Cold Stone, he related his formula to five of his employees during a recent work break (now, there's a boss who knows how to treat his staff).

"I recommended that these guys order the small size," Riordan said. "It's plenty."

There were nods all around. Software engineer Tim Jager was sampling the strawberry shortcake concoction of sweet

Kid's Corner

B K S K I N G O W
S N O W M A N O S T
N O R T H E R N C R
O S L I G H T S A T
W G L A C I E R R O
F T G E V E H A F E
L S L E D A A T H C
A O H E A R T D E A
K V A L E N T I N E
E F E B R U A R Y H

Find the words listed below:
February Valentine Heart Snowman Snowflake Hat
Skiing Glacier Sled Northern Lights Scarf

The Whalesong will be accepting articles, stories, and artwork from children of UAS students, staff, ad faculty for the Kid's Corner section. Please drop off submissions in the Whalesong office or to Sahra Clark at the Activities and Housing desk of the lower floor of the Mourant Building. Please include with the submission the child's phone number, address, name of the parent who attends UAS, as well as a photograph in an envelope with "Whalesong: Kid's Corner" written on it. For questions please call Emily McLean at (907) 465-6434 or email at jywhale@uas.alaska.edu.

cream ice cream, strawberries, pound-cake bits and whipped cream (which can be a mix-in or topping).

"It's my first time here," said Jager, 25. "I think strawberry shortcake is my new favorite flavor."

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Hey Kids!
Color the
clown



What is the BEST Defense

Your Seatbelt! Use It!

ALASKA WINTER

"The very best way to get through winter is to know that it will be over. Some day." That's how they deal with it in Alaska, at least according to Alaska.com. The site suggests continuing to burn those holiday lights, which Alaskans put up around Oct. 14, Columbus Day. And, for diversion, consider snowshoeing, "the ultimate winter sport for dummies."

www.alaska.com/akcom/southcentral/real_ak/story/1221190p-4181646c.html

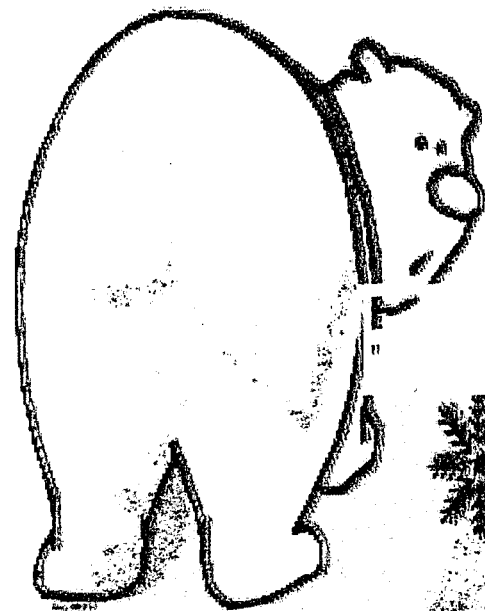
WINTER CYCLING

And leave it to those Alaskans to go into detail on how to ride a bicycle in snow.

www.allweathersports.com/winter/winter.html

HEALTH TIPS

Scroll down this page, past spring, summer and the rest, to get tips on how to deal with winter health concerns, including chapped skin, colds and allergies. There



Informed Traitor advise

Not a funny man ...

Dear Informed Traitor,
My girlfriend and I were sitting in a restaurant when she told me she liked funny men. So I stuck two straws up my nose and gave her my walrus act. To my surprise she left the table glaring at me. I have tried to call her but she wont answer the phone. What should I do? Please help me.

Alone and Confused in Juneau

Dear Alone and Confused,
First of all let me just say that the worst thing you can ever do in a restaurant is stick straws or any sort of object up your nose. Your girlfriend was probably enjoying the romantic feeling in the room and sticking straws in your nose destroyed that feeling. On another note, don't take everything she says to such a high extreme. When she said "funny men" she was probably stating that she likes you because you make her laugh. It wasn't a suggestion to disgust her with a walrus act. Not only did she feel disgusted she was embarrassed that you did that in a public area where all could see.

Although you think you were having harmless fun you should say you're sorry, not by calling on the phone, but going to her place and saying it face to face. You could also bring her a card stating your love for her and how sorry you are to show that you care about the relationship. That way she knows that you are sincere.

Ms. Informed

Dear Alone and Confused,
I'm going to jump out on a limb here and say that your girl's a little up tight. She

is definitely overreacting. Maybe the walrus act wasn't the funniest thing ever, but she should have brushed it off. When you're trying to be funny you shouldn't have to worry about embarrassing her.

I realize that making up has its perks (wink, wink, nudge, nudge) but I say this relationship is a lost cause. There are enough other fish in the sea, so don't settle for a crab. That's my word.

Peace, I'm out.
Ol' Pappa InfoTraitor

Broke and homeless ...

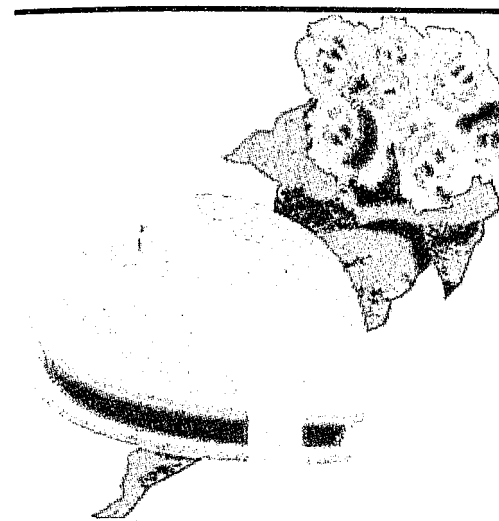
Dear Informed Traitor,
My friends and I rented out this apartment last year, but with the coming of the New Year we found we could no longer afford it. At the end of this month I am out on the streets. My parents offered me a place to stay, but I want to be on my own and do things the way I want to do them. Can you help me?

Needing A Place To Stay

Dear Needing a Place To Stay,
First of all, I am sorry that the apartment didn't work out for you. It is hard to find a cheap place to live in Juneau.

Second, Your parents offered you a place to stay because they care about you. The streets are not the place for a college student to live. When your parents offered you a place they were thinking about your well being. The last thing on their mind is to control your every move; they just want to help you. With their help you can stop worrying about your next rent payment and put more time into your schoolwork.

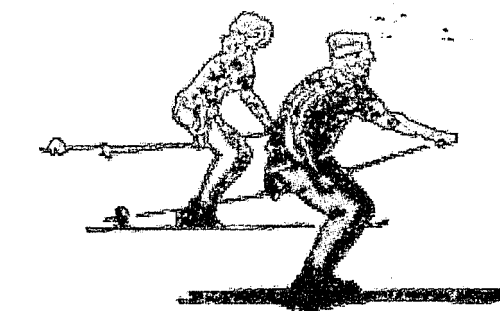
If you are still worrying about how your parents will react when you move in with them, sit down and have a conversation. State your worries and your concerns then see what they have to say. More than likely they will be happy just to give you a place to



anything. It may not be fun staying with your parents, but think of it as temporary and it may save you from a bad-housing experience. Be sure to look around and find a place that works for you and your budget. Good Luck.

Peace I'm Out,
Ol' Pappa InfoTraitor

If you would like to submit a question you can email it to informedtraitor@yahoo.com or place your questions in the box outside of the Whalesong office.



live while you keep your independence. I hope everything works out for you.

Ms. Informed

Dear Needing a Place to Stay,
Moving is always a pain, but there are many excellent resources around town. Check out the campus billboards. They always have rental flyers or roommate wanted ads. If you can't find a suitable one consider posting your own flyer saying you need a place and how much you are looking to spend.

Another excellent recourse is the local paper's classified ads. Sunday is the best day to check because there are usually new listings.

There are a few things to consider once you start looking for places. Finding a place with multiple bedrooms allows for roommates, generally lowering individual cost.

Another key consideration is utilities. If utilities are included, especially heat, it is usually worth the extra cost of rent. If they are not included, be sure to ask the landlord for a past billing statement. If they don't have them, AEL&P should. Many places seem cheap, but only because they don't include heat and electricity, which can be costly. This advice comes from personal experience. My place has electric heating, which means on my budget it has no heat. My final advice is, don't rush into

The Whalesong staff wishes everyone a happy Valentine's Day!



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UAS

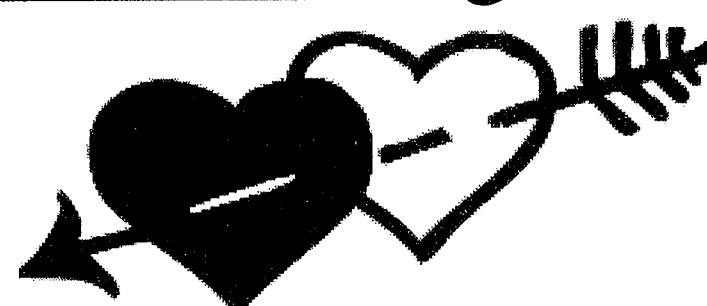
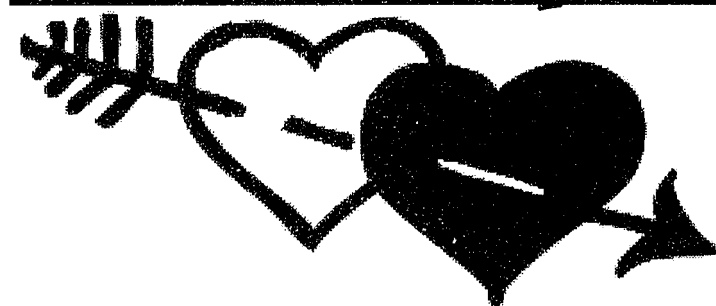
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Campus & Community



What will happen to Sammy?

By Emily McLean, Whalesong Editor

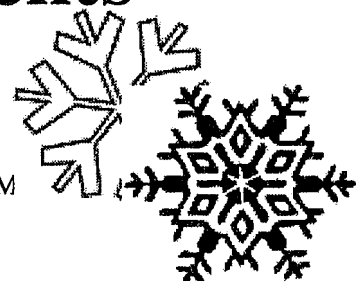
As many students are aware of Amanda Knerr, UAS Residence Life Manager, will be leaving in February, along with the yellow Labrador Sammy. Sammy, the lodge dog, many UAS housing students have come to know and love has already left on the ferry. Traditionally the lodge dog's owner has been the manager. It is certain that the program will continue due to its strengths and the fact that in the past surveys indicated the lodge dog was the most popular feature on the housing campus. Joel Webb, currently the new Interim Residence Life Manager, is looking into whether he will be able to own a dog. However, it is still up in the air due to the fact that he is only an intern manager. Webb states that "It's a possibility I'm



Sammy the lodge dogs sadly bade farewell to Juneau. Photo Credit: Matthew Knerr

UAS February Events

- 6-15 Winterfest Week
- 6 Chainsaw Juggling Comedian, Mad Chad, SAC, 9PM
- 7 Winter Scholarship Soiree, Egan Wing
- 8 UAS Ice Skating
- 11 SE Snowboarding slides and films "Extreme Style," 9PM
- 12 Turkey Bowling, 1 PM
- 13 Banff Film Festival, Centennial Hall, 7PM
- 14 Polar Bear Plunge, 11AM / BBQ at noon, SAC



Update: New lodge dog

By Emily McLean, Whalesong Editor

Joel Webb, as mentioned in the article "What will happen to Sammy?", was recently given approval to obtain a new lodge dog. Webb chose six year old Bear from the Humane Society. Bear's middle name is "retrieve" and is a well trained hunting dog.



Bear, UAS housing's new lodge dog. Photo credit: Joel Webb

going to look into, but I'm not sure if they will let me as an interim manager to have a dog or not. Or of they'll leave that responsibility to the head manager."

Campus Poll

By Sandra Galeana, Whalesong Staff

What would you like to see in our paper, The Whalesong?



Stephanie Wargi

I would like to see classified adds such as rooms for rent, cars for sale, ext.



Jill Forth

What is going on that no one knows about.



Josh Galeraith

I would like to see more editorials.



Rebecca Galvin

Current events that are going on around town.



Ryan Green

Answer to the rumors about the housing problem.

UAS says goodbye to Amanda Knerr

By Emily McLean, Whalesong Editor



On February 6, Amanda Knerr, UAS Residence Life Manager, will be resigning her position. Knerr began looking for a job closer to her family so that Braeden, her eight-month-old son, could see his grandparents and family more often. Knerr found a position at Penn State's Behrend College located in Erie, Pennsylvania, as the Associate Director of Student Affairs.

Knerr began her work as UAS Residence Life Manager in the summer of 2002, after David Blair resigned. What brought her here was "pure chance really." While attending the Oshkosh Department of Residence Life, a placement for housing professionals, Knerr met up with Timi Tullis, a previous Residence Life Manager at UAS. Knerr was immediately sold on the job and took it immediately. Through Knerr's eyes this job was definitely worthwhile. She gained a lot of skill and relationships with students and staff.

Knerr has all sorts of memories leaving with her. The most vivid memory she will take with her is staff retreats, in particular hiking up to John Muir Cabin, "I'd never thought I'd make it up to the top- it was terrible."

Knerr's family is excited about the move, however the hardest part will not only be leaving students behind but also "leaving

this beautiful place ... I'm happy and sad at the same time." Amanda says she's looking forward to the change and "would not be ready for this next position had I not had this the job." All in all Knerr will always view UAS as a great experience.

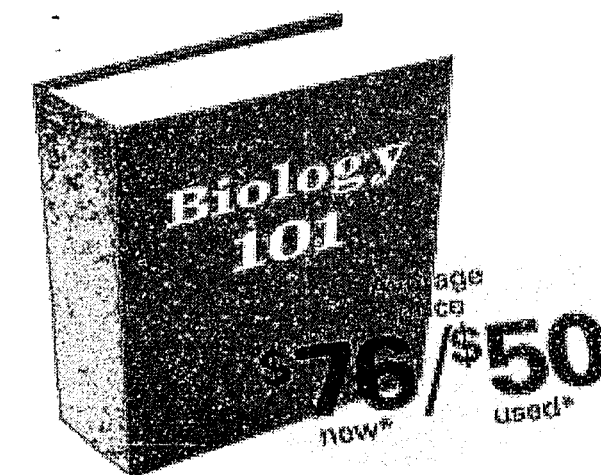
"... I'm happy and sad at the same time." -Amanda Knerr

It was no shock to Joel Webb, Interim Residence Life Manager, that Knerr would soon be leaving. "I'm going to miss her, she's a great supervisor I think she's very skilled in what she does here ... I'm looking forward to the challenge for more responsibility... and the transition it will bring."

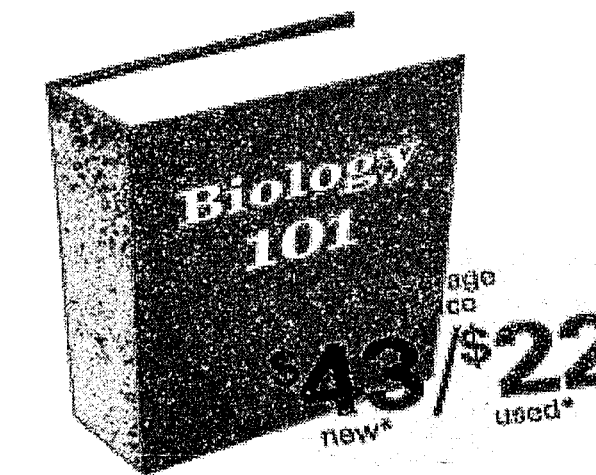
At his own request Webb will remain in Banfield Hall, "I didn't want to leave my students. I have good relationships with a lot of people in Banfield and would not want to change those part way through the semester; and I'm also responsible for the Banfield C.A.'s (Community Advisors) at this point and it's really good to have continuity through the school year."

Whether or not the Residence Life Manager's apartment in D building will be given to students for the remaining semester is still under discussion, as is the hiring of a new manager.

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Arts & Entertainment

Big Fish: Worthwhile or worthless?

By Misty Stein, Whalesong Staff

Here are my choices, a movie about magic versus reality or a movie about winning a date with some unheard-of made-up celebrity. For those of you who are natives to Juneau you know that selection is not our local theater's main goal. I swear I have seen EVERYTHING! So, was *Big Fish* worth the nine bucks? In a word: YES!

"... all out smash hit, sure to be a future classic." --Misty Stein
This film, directed by Tim Burton, was an all-out smash hit, sure to be a future classic. The previews simply do not do justice to the drama, comedy, and intense visual stimulation this movie has to offer. OK, I'll admit the movie does have a bunch of unreal and somewhat ridiculous stuff, but it's packed-in around the excellent acting by Ewan McGregor, among many others. The story is simply sweet to the senses.

Big Fish revolves around a middle-aged man trying to make sense of his past. His storyteller father has always told the man fantastical renditions of everything in his past. We live through all of these stories while intermittently flashing back to the present day. Full of magic, suspense, romance, drama, and yes even a little horror, this film parades it all.

I wasn't too thrilled about being 'stuck' seeing a movie I didn't really want to, but it definitely paid off. Who knew that such a film would be worth it? *Big Fish* was the biggest surprise catch of the season!

In celebration of Black History Month:

Featured Review: *Night of the Living Dead*

By Danel Griffin, Whalesong Contributor

A Laurel Films Production
Written by John Russo and Romero
No M.P.A.A. rating
(contains brief language and graphic violence)

Directed by George A. Romero
Running time: 96 minutes
Original U.S. release date: October 1, 1968

I would have loved to have been a fly on the wall in any given Southern U.S. theater house as George Romero's *Night of the Living Dead* played. No doubt, southern white men were nodding their heads in approval in the opening scenes, in which a damsel-in-distress flees from a flesh-eating zombie into an abandoned farm house, searching for a hero to rescue her. What would I give to see the audience's surprise when that hero turns out to be a brave and resourceful black man. No doubt most southern theater houses had plenty of people writhing in their seats, and not just because of the graphic depictions of sure that the above assumption is politically incorrect and potentially offensive to southern white males, as probably not all of them were racist when this film first appeared. Tell that to Ben (Duane Jones), the film's hero, when racist Harry (Karl Hardman) locks him outside to be eaten by the hungry dead. This film is about stereotypes, as all social commentaries must be in order to make their case. Romero creates one-sided, black-and-white characters who reflect the different mind-frames of the 1960s yet remain somehow just as human as you or I.

In any case, what cannot be denied is that no other issue was as prevalent or as important in the southern states of the 1960's than the civil rights movement. *Night of the Living Dead* was released the same year as Martin Luther King's assassination, indicating that the controversy surrounding race issues were far from winding down, and that Romero's film must have been shocking and jarring for its underlining theme of race relations, particularly because no one would have expected it from a movie with such a trashy, drive-in-theater title.

On top of all of its social themes, the film generates some powerful claustrophobic terror as human characters battle against hordes of the walking dead. The idea of our neighbors and loved ones being transformed into ravenous zombies is a premise that is certainly capable of

"... shocking and jarring for its underlining theme of race relations"

--Danel Griffin

While the sheep is away the monkey can play

By Tatiana Unciano, Whalesong Staff

Explosions of color littered the evening sky above China on January 22 in celebration of what will be the most prosperous and energetic New Year, the Year of the Monkey.

While observing the standard 12-month calendar familiar to Western culture, those of Asian background look upon the Chinese lunar calendar as well. The Chinese calendar follows a 60-year cycle, with each animal god reigning for a single year in a circular pattern. The 12 animals of the Chinese calendar follow in a 12-year progression from the Rat, to the Ox, to the Tiger, to the Rabbit, to the Dragon, to the Snake, to the Black Horse, to the Sheep, to the Monkey, to the Rooster, to the Dog, and finally to the Pig.

Legend states that the zodiac animals quarreled over which animal would lead the 12-year cycle. The gods decreed that a race would be held to settle this quarrel. They deemed that the order the animals finished the race would determine their place in the 12-year cycle. The Ox was the strongest and quickest of the animals, however, the Rat, known for its cleverness and deceit, stole a ride on the Ox's back and jumped off just in time to win the race. Thus the rat leads, followed by the ox, and the other ten animals, last being the lazy Pig.

Very little of the deceit, laziness, and worries of the zodiac animals played a great deal in the minds of those throughout the

many parts of Asia, from Beijing to Taipei to Singapore, where even everyday worries were left behind as businesses, government and private alike, were closed off for the New Year Festival. Fireworks fascinated visual and auditory senses alike in the week-long celebration.

This year, Yang Liwei, China's first man in space, put a celebrity spin on the festivities this year, appearing on the Chinese state run TV station to wish everyone a Happy New Year.

The celebration of the Chinese New Year is localized to Asia. People of Chinese descent, all over the world, take time to honor the coming of the Year of the Monkey. "We don't have the dragon dancers and the fireworks, but we still try to keep some of the smaller traditions," Minh Trong, a student of UCLA commented in regards to his celebrations of the New Year in the past. "Too bad I'm too old for Lai See," Trong laughs, referring to small gifts or money concealed in little red envelopes usually given to children as wishes for good fortune in the New Year.

Handing out Lai See is just one of the many traditions honored during the coming of a new year. Houses are cleaned to make way for the fortune of the new year, very much in the Western saying, "Out with the old, in with the new."

No New Year celebration is complete without a Fai Chun or two. These red pieces of paper contain Chinese good luck sayings, and many families will keep them up all year long, hoping to hold onto the New Year's luck as long as possible.

Good fortunes seem to be just one of the many perks of the Year of the Monkey for it promises to be a year filled with gambles, where risk justifies the rewards and loss is taken good naturedly; gain from even the most impossible ventures; and innovations in both practical and inventive minds alike.

DITHERED TWITS by Stan Waling



Call for submissions!

If you are a comic, artist, writer, photographer, or creative in any way, submit your talent to *The Whalesong* for possible publication and Whalesong Bucks!

Living Dead continued ...

conjuring up chills, and Romero does not shy away from giving us a film that soaks in pure, relentless horror. Rare is a film that can balance entertainment with important statements and morals as well as Romero does here. Nearly every shot and line of dialogue can be taken as a double meaning—on the surface, solid horror; on the underlining themes, a dark look at human nature.

The plot line itself is enough to create giggles when considered—seven people are barricaded in a farmhouse for a night while the living dead gather in number and power outside, waiting for the opportunity to break in and eat the flesh of these living persons. Within this house, the humans are at odds: Ben believes that staying inside the house and boarding up the doors and windows is the best plan. Harry believes that the cellar is the safest place, even though there is no way out should the dead break in. The other characters, which include teenager Tom (Keith Wayne), his girlfriend Judy (Judith Ridley), basket-case Barbara (Judith O'Dea), Harry's wife Helen (Marilyn Eastman), and their wounded daughter Karen (Kyra Schon), are more or less divided between the two views, which boils down to Harry's refusal to listen to Ben's logic because of his bigotry. From my understanding, Romero insisted that the actor who played Ben be black, though during the course of the film, Ben's race is never discussed. At first glance, perhaps we think that any actor, black or white, could have played the part, but imagine for one moment how it must have sounded in 1968 when Ben glares at Harry defiantly and announces, "You're boss down there, and I'm boss up here." Romero's approach to the racial tension is subtle, but the implication only makes his film all the more daring. Because of the racial tension in the United States, Harry's clear dismissal of Ben would not have been a surprise when the film was first released. Ben's fight back, however, must have packed quite a wallop to those who expected blacks in America to be submissive, especially in a movie from a white director.

As Ben and Harry continue to be at odds, the others trapped in the house remain for the most part unable to decide between each man's viewpoints, as the dead increase in numbers outside. This makes for terrific tension, and the underlining theme is clear: In 1960's, Southern white America was its own worst enemy. As it refused to tolerate people of color, or as it stood by and watched indecisively, hate and pain built up around the south and made barriers that were nearly impossible to overcome. By the time the characters all realize that they have to work together in order to survive, it is too late, and the plan devised for survival are botched, because no one has been thinking clearly up to that point and the situation has gotten too out of control. The fate of the characters is Romero's warning to the United States of what will happen as long as racial intolerance continues to build and grow. In all of his *Dead* films (there were four in total, each made a decade apart from each other, and each reflecting the major social issues of their respective decade), Romero concludes with

humans shooting at each other while the dead swarm around them. The point? We are destroying ourselves and the hungry dead are only reaping the benefits of what we do to one another.

But, *Night of the Living Dead* contains even more layers than racial tension: It also makes statements about most of the prevalent social issues from its decade, including male territorialism, the Red Scare, and the hippy movement. After a while, Ben and Harry sound like two adolescents battling to be king of the mountain. Consider also the zombies themselves. They are us, stripped down into thoughtless drones with only the urge to consume. Read that last sentence out of context, and I could be describing any average American obsessed with watching their favorite shows and living a lifestyle no different than what the media gives us. Consider also the false sense of security within the boarded up house, and how quickly the zombies nevertheless manage to infiltrate. On the same note, how helpful would a bomb shelter really have been against the potential devastation of the Cuban Missile Crisis? What about the thoughtlessness of the youths in the film, and how quickly they throw their lives into the wind?

"The violent images only add to the film's many metaphors"

--Danel Griffin

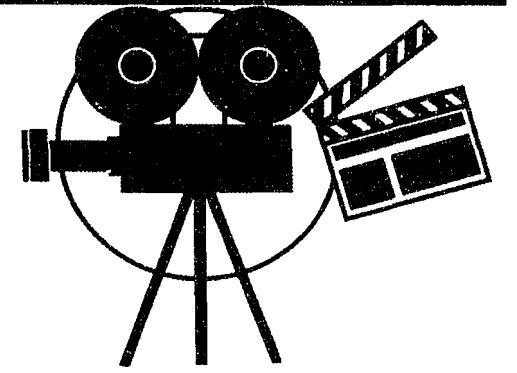
What could Romero be saying about the teenagers of the 1960's who experimented with drugs and free love? The possibilities are endless, and it is all here. The final scene also takes us back to Romero's main focus of the film, as it plays upon racial stereotypes. The last shot comes in the form of a photograph, and it is a chilling reminder of atrocities that were committed against blacks in America who took a stand against oppression. In fact, it could have been lifted from any newspaper from the Civil Rights era.

A word must also be said about the film's graphic violence. How can I justify grotesque images of zombies tearing pieces out of severed arms and fighting over loose entrails? Simple: The violent images only add to the film's many metaphors, and they remind us that social decline in America is not joke. As the undead fight one another for bits and pieces of human flesh, we are forced to remember that consumers are never satisfied, and that every day, Americans literally tear each other apart in selfishness and hate. Personally, no gore in any of Romero's *Dead* films has ever been offensive to me. Rather, when I see what it meant to represent, I became offended at the truths Romero has realized, and that it has taken a low-budget horror movie to make me aware of what has happened to my society. If it takes intense gore to make the viewer aware of their own moral depravity, use it. In fact, use it in bucket loads, and never apologize or look back!

Romero doesn't apologize, and he has no reason to. His gift as a filmmaker is not simply to create terrifying images of monsters, which are undoubtedly terrifying—he is also capable of forcing the viewer to look inside of himself, and consider the monster

that his society has made out of him. The result is a film that has stood the test of time as not only one of the greatest shock-films ever made, but as one of the most startling commentaries about society. Both results qualify *Night of the Living Dead* film as one of the most horrifying ever made.

To read more film reviews by Danel Griffin, please visit his website: uashome.alaska.edu/~jndfg20/website.



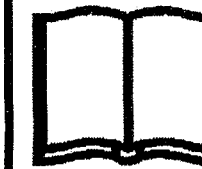
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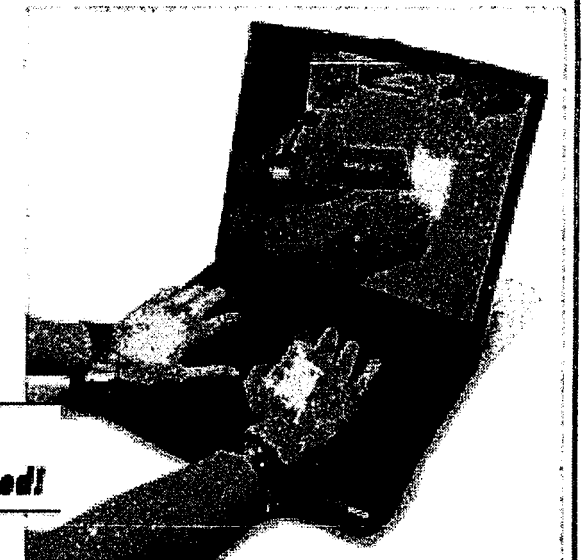
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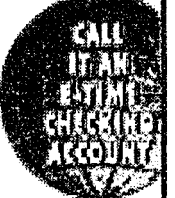
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UAS Leadership Summit 2004

Saturday, February 28, 2004

Egan Lecture Hall

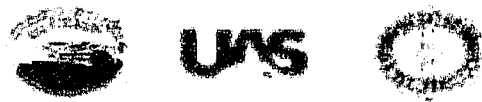
8:30 a.m. - 5:30 p.m.

Schedule

8:30-9:30	Check-In Continental Breakfast
9:00-9:15	Welcome Janie Atkinson
9:15-10:15	"Life Unlimited" Troy Stende, Keynote Speaker
10:30-11:30	Workshop #1 The New (Non) Tradition Karin Malhotra-Stende Honoring all voices; some thoughts on diversity Tim Tullis Creating a Group Horizon: Goals, Vision and Mission Statements Mike Straga
11:45-12:45	Workshop #2 Life Outside the Classroom: skills to make college life easier Juli Hickmeyer & Michele Federico-Harmon Keeping People Motivated and Making Meetings Fun Tish Griffin Sutra Making Decisions and Reflective Judgment Vicki Orzen
12:45-2:00	Lunch & Activity
2:15-3:45	Workshop #3 Break on Through to the Other Side Troy Stende & Karin Malhotra-Stende Ethical Communication & Effective Leadership Jean Kieley Collaborative Leadership Chris Bryner
3:50-4:00	Evaluations
4:00-5:30	"Creating the Wonder" Mike Straga, Keynote Speaker

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If you have any questions, contact Janie Atkinson at
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Workshop Synopses

The New Non Tradition

Over 50% of students on all college and university campuses are over the age of 25. Non-traditional students are becoming the new tradition; are you ready? Come check out some facts (and fictions) about non-trads-you might be surprised. Discover ways to keep motivated to stay in school, whatever your age. Learn to integrate study time, family life, and involvement on campus to make your college experience richer and better. Non-trads, traditional applicants, or faculty: this talk is for you.

Creating A Group Horizon:

Goals, Vision, and Mission Statements

This session will focus on the development of organizational goals, vision, and mission. A reflection on individual mission and vision statements will also be a focus.

Honoring all voices; some thoughts on diversity

This INTERACTIVE workshop will allow you to examine your own comfort level when it comes to leading diverse groups.

Explore ways to create safe environments for all, regardless of race, gender, sexual orientation, religion or social class.

You will participate in activities that can be replicated in your groups and help build strong relationships between diverse groups, and a greater understanding of diversity and respect for the influences of culture and background.

Life Outside the Classroom: skills to make college life easier

College life can whump your butt! Personal conflicts can abound and there never seems to be enough hours in the day! Being stressed seems to be a way of life. Learning ways to deal with these day to day issues can help make your college and leadership experience more enjoyable. Join us to learn skills for resolving conflict, managing stress, and finding balance.

Keeping People Motivated and Making Meetings Fun

Keeping members of your group motivated because you know how to make things interesting, fun and still keep on task. This session will focus on motivating volunteers, holding people accountable and livening up your meetings. Look for effective strategies that utilize more than your own wit and charm. The presenter will incorporate many of the strategies into the training for an interactive and fast-paced session.

Making Decisions and Reflective Judgment

In order to reach goals, we have to learn to make the best decisions for our communities and ourselves. An important part of becoming an educated thinker is learning to make effective decisions. This session will use the case study technique, where participants will be given a short narrative of one or more scenarios that previous student leaders have encountered. The student is expected to analyze the participants' actions and arrive at a judgment. We will provide several short scenarios and ask students to do the following:

- * List decisions that open to you
- * State what decision you think is the right one
- * Explain why you think the decision is the right one
- * Share with the group after 10-15 minutes of individual time

Break on Through to the Other Side

The only thing that can truly get in your way, the only thing stopping you from getting tremendous success in your life is...yourself! In this session, we'll take a look at the barriers you put up that keep you from achieving what you want, and then we'll 'break' through those barriers. On the other side, we'll look at the incredible outcomes you can have once your barriers are broken. This session will challenge you and push you through your limits. If you attend, you must be willing to totally go for it 100%! This is a session like none other.

Ethical Communication and Effective Leadership

Exploration of various concepts regarding ethical interpersonal/group communication skills, which are involved in effective leadership.

Collaborative Leadership

Too much of our current decision making processes rely on power trips and hierarchy, and result in win-lose situations. The Collaborative Leadership model emphasizes shared decision-making, authentic dialogue, power and win-win results. Drawing on the work of David Christy, co-author of Collaborative Leadership, this workshop will teach you how to engage your campus in this powerful process.

