

News **NOTES**

UAS SITKA CAMPUS

SITKA CAMPUS WEBSITE: <http://www.uas.alaska.edu/sitka>

SEPTEMBER 2007

Enrollment Update

As of September 14, Sitka campus had 82 full time students and 629 part time students. "Traditional age students (up to 24) has risen to 220 while the non-traditional enrollees number 191. The average age of our freshman class is 23. Our graduate students' average age is 35. There are 480 females to 208 males, an interesting statistic that seems to be on the rise.

Natural History Seminar Series moves to UAS

With the closure of Sheldon Jackson College, the popular Natural History Seminar series will now be held monthly at UAS. This program connects natural history researchers statewide. The grant funding for these seminars has been transferred to UAS.

In September, the seminar focused on "Innovations in the remote monitoring of marine mammals" and featured Dr. Russ Andrews, UAF Research Assistant Professor at the Alaska Sea Life Center. October's seminar will look at mountain goats.

Contact Kitty LaBounty, 747-5504 for information.

Wellness Break Morning: September 19



Denise tries a stretching exercise.

Wellness Initiatives Network (WIN) brought a wellness specialist to Sitka for a morning "Wellness Break" that included Cholesterol and Glucose Screening, short presentations on Stress, Flexibility, and Using a Pedometer to Benefit your Health, followed by a 10-minute Power Walk. The morning culminated in an assortment of healthy snacks and a question/answer period for participants.

A large majority of the world's population today is sedentary. In 2005, only four states had populations with less than a 20% obesity rate. Inactivity is a growing problem. Physical activity helps your body deal with diseases such as diabetes, cancer and insomnia while increasing life expectancy. Just 30 minutes a day can make a difference!

Care of the Elderly Conference



Approximately 80 participants attended this year's Care of the Elderly Conference, most of whom were from outside Sitka. The theme was "Living Longer, Living Well: Taking a Look at Mental Health Issues in Aging."

Don't forget the Open House at UAS Sitka Campus on Alaska Day! There will be a dedication of the Roger Estrada Flagpole patio, a tour of the new welding area, and FREE hot dogs and burgers grilled by Chef Love!