

Alaska, from pg. 8

our neighbors to the south could. The whole experience was like a Canadian cliché as the people in the table next to us talked about Celene Dion and horses. I felt all tingly inside to know that Yuko's still loved Celene. After the dinner, we huddled together for warmth in the van and woke up with frost on the inside windows. We needed to drive out of there before I froze and became any bitterer.

The next and last stop was Skagway. The streets were filled with abandoned shops and I half expected to see tumbleweeds. It seemed like a ghost town but there was a wonderful place called the Haven's Café still open. The food was divine and more affordable than any place in Juneau. We spent most of our time playing board games and ordering various items from the menu. We ate three different kinds of pies, milk shakes, lattes, quiche, sandwiches, bagels, and anything we fancied. We played a competitive game of Scrabble that lasted for over three hours. Fallen leaves that were the colors of yellow, orange and red blanketed the town. I was surprised that fall actually exists in Southeast. Juneau just goes from green to brown.

I learned how to make a mini-sauna. You make a fire and place large rocks where they can heat up. Then you set up a tarp tent so that you can sit inside and all the sides seal to trap in the heat. You take the rocks inside the tarp and pour water on them. Viola, instant hot sauna. It felt nice to be warm again. The heater kicked back in after we arrived in Skagway. Thank you God, I will never poke fun at tacky churches again.

The trip was amazing. When I came back to work there was an email from Gov. Murkowski explaining that Alaska Day was celebrating Alaska's induction into statehood or when we bought it from the Russians. Now I can die knowing why we celebrate Alaska Day and one more email from him telling me useless facts loses him a vote (any excuse to not vote for him works for me.) The weekend refreshed me and actually I may end up traveling with this guy again. He didn't order Canadian bacon in Canada, so maybe the curse of having a culturally handicapped lover has been broken. 🐋

Vaccine for students limited, fight with habits

What everyone should know about the flu and flu vaccine

The Student Resource Center
THE WHALESONG

The Health Office at UAS has been effected the same way all clinics and hospitals across the country have – we have a very limited supply of the flu vaccine for students.

Colleen Stansbury, Physican Assistant at UAS, can provide students with a flu vaccination if they meet the Center for Disease Control (CDC) guidelines. You must have a chronic health condition, and be able to provide medical documentation about that condition in order to qualify.

Since good health habits may be the best method of prevention this year, the CDC has provided the following information about recognizing flu symptoms, how the flu spreads and the best health practices to prevent the flu.

Flu symptoms can include:

Adults may be able to infect others beginning one day before getting symptoms and up to 7 days after getting sick... you can give someone the flu before you know you're sick as well as while you are sick.

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Runny or stuffy nose
- Muscle aches
- Gastro-intestinal symptoms, such as nausea, vomiting and diarrhea

The flu spreads in respiratory droplets caused by coughing and sneezing. It usually spreads from person to person, though occasionally a person may become infected by

touching something with virus on it and then touching their mouth or nose.

Adults may be able to infect others beginning one day before getting symptoms and up to 7 days after getting sick. That means that you can give someone the flu before you know you're sick as well as while you are sick.

Below are some suggested good health habits to avoid getting or spreading the flu:

- Avoid close contact
- If possible, stay at home and benefit from a day of rest
- Cover your mouth and nose
- Sanitize your hands
- Avoid touching your eyes, nose or mouth
- Avoid sharing food, drinks, cigarettes, etc., with others

If you have questions or are not feeling well, feel free to stop by and see Colleen Stansbury, PAC. She is available for walk ins and appointments, Monday – Thursday, 9 a.m. – 3 p.m. 🐋

Got Class? Spring 2005 registration almost here

UAS STAFF

Get your to-do list out and make registering for Spring 2005 classes a priority!

October 21	Spring 2005 course information available at www.uas.alaska.edu/schedule
Oct 25-Nov 14	Make an appointment to see your advisor. Bring in your proposed schedule and any questions about your program/career goals
November 15	Priority registration begins for degree seeking students – Register Online at http://uaonline.alaska.edu/
November 29	General registration opens for all students
December 15	Payment deadline for Spring 2005
December 22	Make sure you are registered for Spring 2005 classes
December 23	Campus closed for the holidays

Printed schedules will be available on campus November 8. However, the online schedule is always the most up-to-date and accurate schedule available.

If you are unsure of who your advisor is, stop by the Student Resource Center in the Novatney Building for assistance. The SRC is open Monday – Friday, 8 a.m. – 5 p.m. with walk in advising from 3-5 p.m. each day. Next day appointments are usually available.

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