

FEATURES

Bigfoot sighted near Auke Lake

By Sandra Galeana
Whalesong Contributor

On April 1st 2003, Bigfoot was spotted on the University of Alaska Southeast campus next to Auke Lake. Witnesses claim that Bigfoot took a stroll down to the lakeside and disappeared. When police officers came to investigate the area they found footprints that were about two feet long. When I asked one of the police officers if it could have been an actual sighting of Bigfoot in the area he responded, "We can neither confirm nor deny the presence of Bigfoot in the area at this moment in time."

But there were witnesses, "I saw Bigfoot and thought I was placed in a Star Wars scene with Chewbacca," said UAS student Jana MacInnis. "It was really something to have Star Wars come to life before my very eyes. However, once Bigfoot was down by the lake, he was gone in a flash of light."

Cherie McCoy also saw Bigfoot while delivering balloons to the campus. "At first I thought it was just a student, but when I took a second look I realized it was far too tall and hairy to be a human. It stood straight up like we do but it had long arms and legs like monkeys do. Having my digital camera with me I snapped a picture. After the flash of my camera Bigfoot ran into the trees near the lake and with a flash of light, it was gone."

To get a more scientific approach to Bigfoot I went to James McCoy, a resident of Juneau and an expert on Bigfoot. He had already heard of the local sightings and was willing to give his opinion.

"It is truly amazing that Bigfoot would choose to visit Juneau. I assume that it



Photo courtesy of John's Bigfoot Picture Page

Bigfoot enjoyed the trees on the Auke Lake campus on April 1.

chose to visit here because of our forest. You see Bigfoot is from Mars and that planet does not have trees like our planet Earth. So on certain days, Bigfoot sends a hologram of itself to the planet to enjoy our forests. The flash of light that the witnesses saw was Bigfoot ending its transmission. The footprints that the police officers had found were there

because the hologram is an actual projection, so the weight of Bigfoot is projected as well. Basically it is a hologram with weight."

So whether you look to Mars or to a flash of light on Earth, know that Bigfoot is out there and may choose to visit you some day. For all I know Bigfoot was here because it plans to go to college. Maybe one day Bigfoot and the human race will live together.

On a further note: because of the confidentiality of this article, it will self-destruct in five seconds.

Need a drink? Think twice before you over indulge

By Michelle Harman
UAS Counselor

The end of the spring semester is nearing and it seems like students are getting both excited to see the light at the end of the tunnel and feeling stressed out by the workload ahead. It is a good time to review some skills to help cope with the amount of work facing students at UAS. Before we look at what helps us cope, let's look at what doesn't. Other drugs notwithstanding, drinking *too much* alcohol will not help to cope with stress in the long run. It may relieve anxiety and the awareness of stress temporarily, but it will not help to solve a problem.

What is too much alcohol? Binge drinking is fairly common among some student groups on college campuses. Binge drinking is five or more consecutive STANDARD drinks for a man, and four or more for a woman of average weight.

What is a standard drink? It is 12 oz of beer, 5 oz of wine, or 1.5 oz of liquor. How drunk a person gets depends on many factors, such as weight, gender, race, level of alcohol tolerance, amount of food in stomach and how fast a person drinks. What matters though is that the liver can only metabolize one STANDARD drink per hour, and anything more than that will begin to accumulate in the blood and get you drunk. Maybe that's the point, I know, but getting drunk is risky business.

What are the risky effects of drinking too much? When drunk, a person is less likely to use protection for pregnancy and STDs, and will do things that cause embarrassment and shame. When angry, alcohol can make someone more likely to be violent because it lowers self-control and impairs judgment. The human body's way to cope with binge drinking is to throw up or pass out or both. Unfortunately, when both happen at the same time, people can die. That recently happened to a young man in a close Southeast community. He passed out and asphyxiated on his own vomit. Now his whole family has to live with that. Driving while drunk is also likely when judgment is impaired. In most states, a blood alcohol level of .08% is considered under the influence. You know that you cannot drive safely at .08%, but did you know that even a BAC of .04 could significantly impair driving? There is no way to sober up quickly, despite what most of us think; cold showers, coffee, cold air, only make a person wide-awake *and* drunk.

What will help you cope with stress and anxiety?

- For many it begins with prioritizing: making a short to do list, and rewarding themselves after accomplishing one thing from the list before moving on.

- Choose healthy ways to pat yourself on the back for accomplishing small goals, like a movie, dinner out, a walk with your love, take a relaxing bath in candlelight, web surf for an hour.

- Say no when you want to—don't take on new burdens or over-book yourself.

- Eat healthy food your body loves (green veggies), and drink water or nourishing beverages.

- Go to sleep earlier!

- Stay away from stimulants, especially illegal ones!

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What is your Alcohol IQ?

April 10, 2003
UAS CAFETERIA,
11-2

Test yourself and enter a drawing for super-cool door prizes!
Enjoy a mocktail, free food, learn more about responsible drinking!

Sponsored by the National Alcohol Screening Day and UAS Middle Women
465-1286

Student and Community Submissions

Student and community submissions are both welcomed and encouraged at The Whalesong. Send them to 11120 Glacier Hwy, Juneau, AK 99801, jywhale@uas.alaska.edu, by fax to (907) 465-6399, or bring them to Room 102, Mourant Bldg.