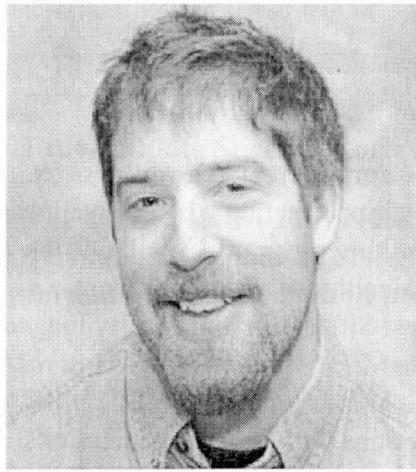


# s o u n d i n g s

University of Alaska Southeast Faculty & Staff Newsletter

March 6, 2007

## School of Management Congratulates Tony Harbanuk!



Harbnuk is the winner of the Fall 2007 UAS Business Plan Competition for his entry Alaska ImageworX, which is a photography and multimedia company in Juneau owned and operated by Toby. Alaska ImageworX produces fine art photographs of Southeast Alaska's scenery, wildlife, and people as well as multimedia products such as DVD's and digital photo CD's for Southeast's commercial and tourism markets.

Thanks to Juneau Economic Development Council and Jeanne A. Williams for supporting the competition. Spring 2007 UAS Alaska Business Plan Competition deadline for entries is March 31st.

### Spring 2007 UAS Alaska Business Plan Competition Rules

1) The business needs to be headquartered in Alaska; 2) it needs to rely in part on external equity investments to achieve rapid growth; 3) it needs to achieve revenue of \$10 million or more per year by year five of operations; 4) Needs to have an Advisory Board; and 5) your final plans will be submitted to the Alaska Business Plan Competition where finalists will have the chance to present their plans to judges from Alaska's financial community.

#### Timeline

Entry deadline is March 31, 2007. Please send email with your name and contact information to [rick.wolk@uas.alaska.edu](mailto:rick.wolk@uas.alaska.edu). Also include a one-paragraph description of your business. Business plans are due by midnight on Friday, April 13th.

Finalists in Alaska Business Plan Competition will be notified by Fri., April 20th  
Tuesday May 1st: Finalists in the Alaska Business Plan Competition will present to a panel of judges from the Alaska financial and business community at 6pm Alaska time.

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## All of Our Featured Stories

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Sitka World of Work Job and Career Fair

## **Sitka Campus participated in the second annual World of Work Job and Career Fair at Centennial Hall on February 27 and 28.**

Students from Sitka's three high schools, as well as adults, sought information from representatives of colleges and employers. Mt. Edgecumbe High sent over 400 students on Tuesday. Tuesday evening featured a barbecue and was focused on the adult population. UAS Sitka campus had advisors, students, faculty, and recruitment staff on hand throughout the two days. This event has been so popular that they have already set dates for next year: February 27 and 28, 2008



## **Sitka Wellness Committee**

### **The Sitka Campus created a Wellness Committee last fall and got busy organizing healthy activities.**

After sending staff members to a Well Workplace University, the Sitka Campus created a wellness team and holds weekly wellness team meetings, receives senior management support, set up a health/wellness bulletin board, developed an employee interest survey, and initiated a walking program - Walk Off the Holidays. The program began in mid-November and ended February 9. Healthy snack breaks were offered throughout the program with information on various health issues. Sitka staff and faculty logged a total of 10,807,469 steps!

Members of the Sitka Campus Wellness Committee attend monthly meetings with other organizations and businesses in town. The Sitka Employee Wellness Coalition is a community-wide organization promoting workplace wellness in Sitka. The Sitka Campus received the first Workplace of the Month award from the coalition. The award recognizes the Sitka Campus' efforts in promoting employee wellness within the workplace.

The next wellness program, Step Into Spring, begins March 5 and will feature walking breaks, nutrition brown bags, office yoga and a weekend walking club.

## **You're Invited to IT's Wellness Event!**

### **The UAS IT Department is sponsoring a Wellness Event on Tuesday, March 6 from 11am - 12pm in the Lake Room of the Mourant Building.**

Please join UAS IT staff and WIN for Alaska as we discuss an overview of the UA Health In Action Program, go over the Glycemic Index (GI), discuss cholesterol numbers based on the American Heart Association guidelines, and enjoy healthy snacks. Get to know others from UAS that want to get healthy or stay on track!

If your department is interested in "sponsoring/hosting" a staff wellness event, please contact WIN at [healthinaction@alaska.edu](mailto:healthinaction@alaska.edu), we will come directly to your site.

**FREE On-site Cholesterol and Glucose Analyses in Juneau**

**Cholesterol and Glucose Analyses' for staff and faculty Tuesday, March 6 from 7:30-10:30am in the Lake Room of the Mourant Building. There will be 18 timeslots available in March and we will continue to offer these throughout the year.**

Participants need to fast prior to this test. For accurate test result, do not eat or drink for 12 hours prior to the test. Water is fine. Diabetics should not fast. Prescription medication should be taken. **YOU MUST PRE-REGISTER FOR THIS EVENT AT Health In Action Event Registrations - <http://winforalaska.com/ua>.**

Blood will be collected by a small finger poke and your analyzed results will be available after just 5 minutes. Analyses' will include Total Cholesterol (TC), Triglycerides, HDL and LDL, and Glucose. Wellness Consultants will be available to answer questions regarding your results.

**HIM Graduate Success Stories**

**Vicki Ament, (HIM 1997) RHIT, CCS, CPC has been promoted to Assistant Manager, Health Information Services at ANMC. Vicki is currently enrolled in the baccalaureate health information administration program through the University of Cincinnati.**

**Martha Wade**, a current HIM student, has been promoted to Data Quality Services Manager -- also at ANMC. Martha is completing the first year of the HIM degree program.

**Lisa Reily (HIM 01)** is currently employed as a Coder in Rhode Island and has begun the baccalaureate health information administration progression program through Stephens College.

As of Spring 07, 5 HIM graduates are enrolled in baccalaureate programs and 2 in master's programs.

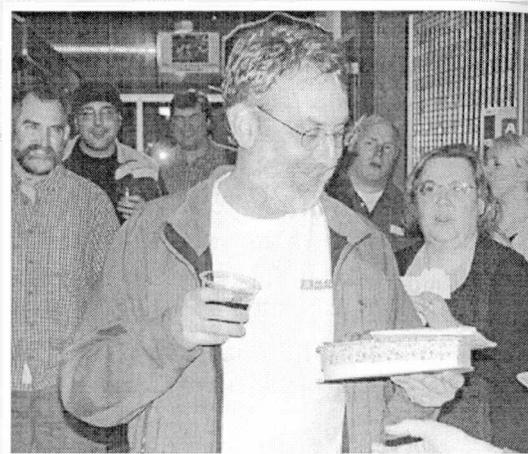
**Wine and Chocolate**

**February 14th was the 2nd Annual Wine and Chocolate fund raising event for the student association here in Ketchikan. The turn out was good and we were able to raise \$1408, after our expenses.**

The event was held at Salmon Landing at Fat Stan's. Gary Fournier from Alaska Distributors provided a lovely selection of wines including a couple varieties of champagne. We also received a nice surprise donation from Ketchikandies. When we picked up the raffle prize we purchased, they donated a 2lbs box of candy that we included in the raffle as a bonus prize.

I want to give a special thanks to Brenda Hurley for staffing the event with me, and thanks to all of my co-workers who donated the delicious desserts:

Abby Kosmos  
Marty West  
Gail Klein  
Gwenna Richardson  
Judi Parrott  
Karen Ramsey  
Dawn Montgomery  
Julia Guthrie  
Brenda Hurley  
Cathy LeCompte  
Clare Bennett



### Art and Renovation in Ketchikan

**January was a busy month on the Ketchikan Campus. On Friday, January 26, Instructor Mary Ida Henrikson and the students in "Mural: History, Function and Execution" installed a 3 panel mural in the UAS Library. This was a collaborative effort with each student involved in the painting and production of the mural.**

The following day was a Renovation Celebration to mark the completion of remodeling work on the Paul and Zeigler Buildings. Speakers included Chancellor John Pugh who was in town for the occasion and former Representative Bill Williams who was instrumental in getting state funding for the work. The ribbon (actually yellow "caution" tape) was cut and the assembled crowd threw construction hats in the air. There was an open house to show off the new space throughout the afternoon.

### Poetry Omnibus

**UAS English Faculty members Emily Wall and Nina Chordas join their current and former students on the bus. Well their poems are on the bus; they are all winners of the Poetry Omnibus competition. UAS Students: - Elizabeth Cuadra - Richard Stokes - Robyn Holloway (a UAS alum) - Aleria Jensen**

The Poetry Omnibus Awards Ceremony and Reading is Saturday, March 3 at 5:30 p.m. at the Downtown Public Library. The Friends of the Library will provide reception food and the winners will read their poems. This will be the first chance to see the bus poems, both as poem-placards and in a

book

Also attend "Poetry Omnibus" installation ceremony on Friday, March 9 at noon at Marine Park during which the buses will perform and the poem-placards will be put onboard.

### Adult poems

The Width	by Valorie Aquino
Wedges of Ducks	by Mary Capobianco
April Squall	by Nina Chordas
Workday Done	by Tamara Clover
Vernal Equinox	by Carol Coyle
Wind's Dream	by Elizabeth Cuadra
In Winter	by Linda Daniel
Le jardin	by Nancy DeCherney
Juneau limerick	by Jim Hale
Shedding Summer	by Robyn Holloway
Another Subaru	by Robyn Holloway
Christmas morning	by Aleria Jensen
Winter Vocabulary	by Aleria Jensen
Snow is Forecast	by Jonas Lamb
alaskan coasts	by Jeff McLain
Merging	by Richard Stokes
Living in the City	by Emily Wall
Saturday a.m.	by Emily Wall
Saying Thank You	by Emily Wall
Rendezvous	by Charmain Weeks

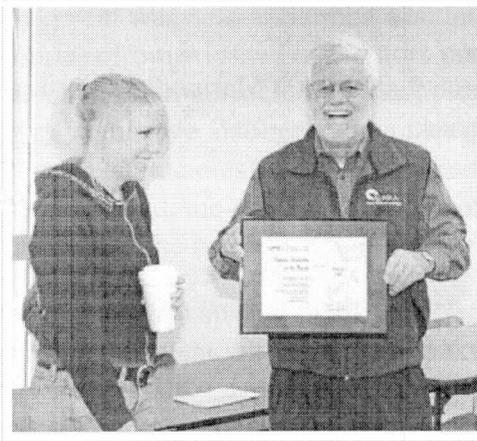
### Youth poems

Tiny Snowflakes	by Isabelle Watts
Volcano	by Elizabeth Wharton
Stitch by Stitch	by Jared Markovich
Lightning	by Laurie DeBolt
Snowflake	by Samantha Heidersdorf
Flying Squirrel	by Brady Mallinger

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### Peer Advocate Laura Miko Awarded Student Employee of the Month for February

**Laura Miko, a Peer Advocate in the Student Wellness & Peer Education Program for UAS Housing, received the UAS Student Employee of the Month Award for the month of February. Chancellor John Pugh presented Laura with a framed award certificate during a ceremony in the Lake Room on Monday, February 26.**



Laura has been one of the most outstanding young adults I have supervised in my seven professional years of working in higher education,” says Residence Life Manager Chris Washko, who nominated Laura for the award. “I have never witnessed a more approachable and available student staff member who goes out of her way to communicate with her younger peers that she truly receives joy and satisfaction from knowing them, supporting them, and helping them grow into more responsible and health citizens of the UAS community. She has termed a catch phrase that she yells out to others as she finishes a conversation or offers advice: ‘Remember health and wellness!’”

In her role as Peer Advocate, Laura serves as a mediator among peers, addressing interpersonal conflict, personal wellness risk behaviors, and poor decision-making in a tactful but direct manner, notes Washko. “The students love and respect her because she uses a genuine approach to listening to them and providing advice and referrals.”

Laura also serves as an educator, having worked as a Teaching Assistant for Humanities 120 classes and the Leadership class, and now applies these skills to the educational and social programs she designs for the Wellness program. “She by far draws the greatest attendance to such events, and serves an integral role in bringing credibility and effectiveness in sustaining the program and justifying the institution’s use of the grant money awarded by the State Department of Health and Social Services,” Washko says.

Exemplifying the true connection Laura’s made with her peers, Washko adds: “At the holiday season, I walked into Banfield Hall to see that out nine-foot tree had been covered with handmade ornaments that Laura had fashioned individually for every resident, reflecting their interests and personalities – a craft that only demonstrates how well she has worked to get to know each and every one of them. Atop the tree, the residents had made a crude little angel, bearing Laura’s name and holding a banner that read ‘Health & Wellness.’ It was one of the most touching things I have seen in years.”

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[MyUAS](#) ▾[UAS Online](#)[Email/Calendar](#)[MyPages](#) ▾[MyCourses](#) ▾[MyApps](#) ▾[MyBookmarks](#) ▾[Explore](#)[Apply](#)[Plan](#)[Study](#)[Succeed](#)[Soundings Menu](#)[Soundings](#) » [March Issue 1](#) » **Ketchikan Student Feature**

## UAS Ketchikan Student Feature in Cisco Networking Academy Program

When Sarah arrived at the Job Center in Ketchikan, Alaska, she had more on her mind than just a new career. At the time, she was caring for her husband, a disabled veteran who had suffered two heart attacks, and their four children, ages four to 13. Sarah generated a short list of goals for a new career when she arrived that day in Ketchikan and it was to include the following: first, to make good money; second, to have flexibility, including the possibility of starting her own business; and third, to be in an interesting field. The research she conducted that day at Job Corps led to computer networking and ultimately the Cisco Networking Academy Program at the University of Alaska, Ketchikan.

Sarah enrolled at the University of Alaska and began taking the IT Essentials curriculum offered through the Networking Academy program. "When I met Sarah, she was ready to change course and get on a technical career track, but was frustrated that entry level jobs were going to the people with experience," says Academy instructor Rick McDonald. After excelling in the IT Essentials course, Sarah's skills from that course and her commitment to learning landed her an instructional technician job at the college computer lab. With a part-time job at the university, Sarah was on her way to building experience into her resume. She has since added a second part-time job at the university as an assistant to the network administrator.

After success in the IT Essentials course, Sarah decided to continue her Cisco studies and enrolled in Cisco Certified Network Associate, CCNA, courses. "I'm so excited about the Networking Academy program," says Sarah. "The hands-on labs are what make a difference for me along with my instructor, Rick McDonald. He has a knack of getting down to the basic level when he teaches that makes understanding new concepts so much easier."

Currently in CCNA 4, Sarah has also taken advantage of the flexibility of

a “blended” course format where she doesn’t have to be in a classroom on campus. She can attend class meetings online and complete labs utilizing NetLab, a Cisco partner network laboratory application that allows remote configuration. “NetLab is pretty amazing! It lets you get on actual routers and switches to do configurations and it’s not a simulation – it’s the real thing!”

Academy Instructor Rick McDonald has seen the impact of the Academy program on Sarah. “The structure of the Networking Academy program combined with her creative personality has given her a real career opportunity in getting people connected.”

Sarah is now 19 credits away from a bachelor’s degree at the university. She plans to earn her Cisco Certified Network Associate certification upon completion of CCNA 4, and begin exploring opportunities in network design consulting and ultimately launch her own consulting business.

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## Learning Language by Creating Multimedia

### Learning Language by Creating Multimedia

Alaskan Learners gathered at UAS on Feb 17 and 18 to participate in a Language Teachers Technology Workshop that was organized by Sealaska Heritage Institute, Juneau School District, and the University of Alaska Southeast.

 Twenty-two participants, ranging in age from 20 to 80-years old, learned to program interactive computer games that will help users learn four Alaskan languages: Tlingit, Haida, Unangam Tunuu (Aleut), and Deg Xinag Athabascan. Students incorporated audio, images, and the text of both their target language and English. The first person to get their program working was a 65-year old.

 The 14-hour workshop brought together students from four UAS courses and many visitors including: Ben Young, Lance Twitchell, Jessica Chester, Linda Belarde, Jordan Lachler, Josie Shangin, Hans Chester, Mary Foletti, Ray Imel, Alice Taff, and Linda Schrack, Nora Dauenhauer and Lance Twitchell.

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## UA's Hamilton Names Fran Ulmer as Interim UAA Chancellor

University of Alaska President Mark Hamilton announced today that Fran Ulmer, a former mayor, legislator and lieutenant governor with a long history of public service, will serve as interim chancellor of the University of Alaska Anchorage.

For the past two years, Ulmer has been at the helm of UAA's Institute of Social and Economic Research, where she previously had served as a distinguished visiting professor of public policy. In 2003, she was a fellow at Harvard University's Kennedy School of Government. She is a nationally recognized leader in election reform and the use of technology for efficient and accessible government. A Woodrow Wilson Fellow, Ulmer has visited numerous college and high school campuses in Alaska and the Lower 48 sharing her experience in public policy development, economics and the role of media and government.

"After consulting with UAA faculty, staff, administrators and members of the chancellor's public advisory committee, I'm very pleased to make this interim appointment," Hamilton said. "Fran Ulmer has an exemplary career in public service at all levels in Alaska, and has represented Alaska's interests nationally and internationally. She has the energy and commitment to higher education needed to keep the positive momentum going strong at UAA."

In addition to serving as lieutenant governor from 1994 to 2002, Ulmer also served in the Alaska House of Representatives from 1986 to 1994 and was mayor of the City and Borough of Juneau from 1983 to 1985. She also worked for former Gov. Jay Hammond, first as legislative assistant and later as policy development director, from 1975 to 1981. She contributed to the creation of numerous policy initiatives, including the Alaska Permanent Fund, the Alaska Housing Finance Corp. and the Alaska Coastal Management Program.

In 1994, she was appointed by the United States president to serve as one of three U.S. commissioners on the International North Pacific Anadromous Fish Commission, a position she held for 10 years along with representatives from Japan, Russia, Canada and the United States.

Ulmer holds a Bachelor of Arts degree in economics and political science from the University of Wisconsin, and a law degree from the University of Wisconsin Law School.

Hamilton said, "Fran is a dynamic and experienced leader, and will be responsive to state needs in education and workforce training as well as the needs of our students at the Anchorage campus and all the community campuses that are part of UAA-in Valdez, Kodiak, Palmer, Eagle River and the Kenai Peninsula."

The interim appointment is effective immediately. However, Ulmer will transition from her office at ISER to the UAA Chancellor's Office over the next six weeks to ensure a smooth transfer of leadership at both ISER and the UAA campus overall. UAA's outgoing Chancellor Elaine Maimon, who announced Feb. 17 that she has accepted the presidency at Governors State University in Illinois, will assist in the transition as needed.

"I'm pleased to have this exciting opportunity to assist in UAA's progress, both in Anchorage and at all of the community campuses that deliver quality higher education and workforce training throughout Southcentral Alaska," Ulmer said. "I look forward to meeting with community members, students, faculty, staff and senior leadership at our entire family of campuses to ensure the best and brightest future for UAA."

Ulmer said she's particularly interested in continuing and strengthening partnerships, building upon UAA's recent Carnegie Foundation classification as an engaged university. UAA was one of only 62 institutions across the nation noted by Carnegie for both curricular engagement and community outreach and partnerships.

"I will look for opportunities for UAA to strengthen education at all levels because of its importance to the economy and communities of Alaska," Ulmer said.

Hamilton said the interim appointment is for two years. That amount of time is necessary and typical, he said, to provide stability at UAA as well as flexibility to conduct a national search.

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