

Soundings

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Students recognized

The 1993 edition of "Who's Who Among Students in American Universities and Colleges" will include the names of two UAS students who have been selected as national outstanding leaders. Roya Sadeghi-Jahromi and Mariah Coe received word earlier this week of the selection. Sadeghi-Jahromi is pursuing an A.A. degree and currently maintains a 3.93 G.P.A. Coe is pursuing a B.L.A. degree and maintains a 3.82 G.P.A. Both are involved in various campus and community organizations and projects.

Campus nominating committees and editors of the annual directory have included the names of these students based on academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.

They join an elite group of students selected from more than 1,400 institutions of higher learning in all 50 states, the District of Columbia and several foreign nations.

Outstanding students have been honored in the annual directory since it was first published in 1934.

Tell us a story of exceptional service

Personnel Services hopes to catch employees in the act of doing something terrific

Perhaps you took a few minutes last week to read a flyer describing *Caught in the Act*. If you did, you have already heard about a new program implemented by UAS Personnel Services to recognize employees who go beyond their job descriptions to provide exceptional service to UAS students, faculty or fellow staff.

Personnel wants to hear from you if you have witnessed an incident where someone went beyond the ordinary to help someone out. We want you to tell us the story. In return, we will recognize the employee with a *Caught in the Act* certificate. We will also forward copies of the award to the recipient's supervisor, the chancellor and the employee's personnel file. Recipients will be recognized in Soundings.

In order for your nomination to be accepted, we need you to be sure you are telling us a "story" of exceptional service. Be certain you are describing an incident or example and not just describing the person. Try to avoid telling us how "nice" someone is, or "polite," or "helpful." Instead, show us... by detailing the event.

Nomination forms are available from UAS Personnel Services. Questions about *Caught in the Act* can be directed to Jan Marie Dell at ext. 473 or JNJMD.

Seattle, Phoenix, Pasco

Didn't win any of those airline tickets raffled off at Tuxedo Junction? Don't despair, another shot at a southern (or northern) excursion is here.

The UAS Children's Center is raffling two round trip tickets on Alaska Airlines good for any domestic destination. Second prize in the drawing is a \$250 coupon good for food or accommodation redemption at either the Westmark or Baranof Hotel. All proceeds from ticket sales will benefit the Children's Center.

Tickets are \$5 and can be purchased through the Student Resource Center. The tickets will also be available at the Public Market at Centennial Hall which is scheduled for Nov. 27, 28, 29.

Drawing for the prizes will be held at the annual UAS Christmas party in the Mourant cafeteria, held this year on Dec. 15. Ticket buyers need not be present to win.

Talking turkey

The four-day holiday weekend is upon us, but before leaving Wednesday, please double check to see that these few things are in order.



1. All phones in each department should be transferred to the main number for the department.

2. For departments with answering machines, make certain the message indicates the Friday closure.

3. All other departments should transfer the main department number to ext. 472 at 5 p.m., Wednesday. A machine will advise callers of the campus closure. No messages will be taken.

4. Undo the transfer Monday morning.

5. Feel free to make as many artistic hand turkeys as you like by tracing a pen around your spread out fingers.

6. Although the NFL has banned overt displays of celebration after big plays, the league has no jurisdiction in your home. Dancing around your living room and spiking clam dip on your sofa is acceptable behavior during Thursday's games.

7. Do not spend the three weeks following Thanksgiving bringing to work any number of recycled Thanksgiving leftovers such as turkey sandwiches, ground turkey medallions, spiced turkey loaf, turkey-mutton treats or frosted turkey brownies.

Quote of the week

“ Thanksgiving: The only day that is purely American. ”

- O. Henry

California state system tuition goes up 40 percent

"It's not fair for a truck driver with a family of four to have to pay more (taxes) to subsidize the education of the CSU or UC student whose family may be making double the salary of the truck driver," California Gov. Pete Wilson recently said after the lengthy state budget struggle that raised tuition to the CSU system by 40 percent. "I mean these kids are getting an education that is not only an enormous cultural enrichment. As a result their earning power will be substantially enhanced," Wilson said. He also does not believe tuition and fees to California's higher education institutions will be lowered to their old levels.

Source: American Association of State Colleges and Universities.

Handling tough conversations

Tips from

Communications Briefings

To avoid potential stress for you and those you are dealing with, consider these suggestions when stressful conversations seem certain to come.

- Begin with agreement. If you know you are going to disagree with someone, start off the conversation with some area on which you both agree. Even if it requires really digging to uncover that common ground, do it.
- Say "and" - not "but." "But" acts like an eraser in people's heads. It erases the value of anything said before it in a sentence.
- Use lots of "I" statements. Limit "you" statements. "I" clarifies for the other person what you think and feel, while "you" can make a person feel criticized. "I" also reduces defensiveness and fosters communication.
- Watch body language for threatening gestures such as finger-pointing.

Soundings is published by the UAS Office of Public Information. It is distributed to UAS employees each pay period, and to others upon written request. The deadline for submissions is Tuesday noon prior to that Friday's publication. Send submissions to 11120 Glacier Highway, Juneau, Alaska 99801, 789-4530.

Design by Maria Easley



"Once is not enough"...*Soundings* is copied onto white paper stock so you may recycle it.

Student club gets donation

The Original Printmakers, a UAS student club, may soon want to take the shirt off your back... and put a picture on it. The club was recently presented with a much coveted T-shirt printing machine courtesy of Mrs. Evelyn Beasley of Juneau.

"The club had been looking at machines to print on fabrics, but we found that the price for a new one was close to \$3,000," says Club Advisor Alice Slattery Tersteeg. "Then we found one was available in town through Commercial Art." Beasley then purchased the machine from Commercial Art and donated it to the club.

The machine can print up to four colors on fabric and paper stock, so it might also be used to design small posters. While the club stresses it will not try to compete with local printers on projects, it does hope to design and print things like T-shirts for other UAS clubs. Wooch Een, the native student club, and the bookstore have already expressed an interest.

"This is primarily a learning tool for students to learn how to do this sort of work," says Tersteeg. "But we hope to print shirts for clubs on campus."

The machine, however, requires other items that the club is currently trying to raise money for. A heating unit, for example, is needed to dry and set the inks on fabrics. Inks and other materials also cost money.

The Original Printmakers club is accepting donations so that they can get totally set up and ready to print. Donations, which can be used as a tax write-off, can be made by calling Tersteeg at ext. 405.

Holiday dreams

For many, the approaching four-day weekend is special for two activities: eating and sleeping. And, as will often happen when large meals and late mornings are on the agenda, some of those many will dream. But take heed during these festive holiday times. According to at least one expert, your Thanksgiving dreams may portend more than just painful stomach cramps.

Pies: To dream of eating pies you would do well to watch your enemies, as they are planning to injure you.

Turkeys: To dream of seeing turkeys, signifies abundant gain in business, and favorable crops to the farmer.

To see them dressed for the market, denotes improvement in your affairs.

To see them sick, or dead, foretells that stringent circumstances will cause your pride to suffer.

To dream you eat turkey, foretells some joyful occasion approaching.

To see them flying, denotes a rapid transit from obscurity to prominence. To shoot them as game, is a sign that you will unscrupulously amass wealth.

Pilgrims: To dream of pilgrims, denotes that you will go on an extended journey, leaving home and its dearest objects in the mistaken idea that it must be thus for their good.

To dream that you are a pilgrim,

portends struggles with poverty and unsympathetic companions.

For a young woman to dream that a pilgrim approaches her, she will fall an easy dupe to deceit. If he leaves her, she will awaken to her weakness of character and strive to strengthen independent thought.

Feasts: To dream of a feast foretells that pleasant surprises are being planned.

To see chaos or disorder at a feast foretells quarrels through the negligence or sickness of some person.

To arrive late at a feast denotes that vexing affairs will occupy you.

Potatoes: To dream of digging potatoes denotes success.

To see potatoes rotting denotes vanished dreams and a darkening future.

Source: 10,000 Dreams Interpreted or What's in a Dream by Gustavus Hindman Müller. Published by Rand McNally.

