Worst Christmas Present Contest

Reader Involvement Required!

What’s up with the Cafe?

Math Cram Jam

Midterm Elections Right Around the Corner

Halloween comes to the Mat-Su College Campus: in a harmless act of public decoration, somebody hung these small plastic skeletons on trees near Okeson pond. For a map to the pond so that you can see them for yourself, visit http://www.matanuska-greenbelt.org/

By Ryan McCrossin

By Ryan McCrossin

By Ryan McCrossin

By Miles Gibson

Mat-Su College to Host Post-Secondary Division Chapter for BPA

The workforce, whether it be in retail, on the slope, or through a path of post-secondary education, is a vital part of life for Alaskans and people across America. Alaska Career and Technical Student Organizations (CTSOs) held performance-based assessment conferences in Anchorage last year. Alaskan high school students from around the state gathered in March to participate in these State Leadership Conferences. The CTSOs involved were Business Professionals of America (BPA), Educators Rising, FCCLA, HOSA and SkillsUSA. There are many paths young adults across the state can take, and these CTSOs have been a means for students to explore careers, showcase skills learned, and gain leadership skills.

Business Professionals of America is a national organization. What’s up with the Cafe? By Jason Duhnam

Involvement!

Since the start of the semester, the Mat-Su College cafe has been closed, limiting many students and faculty in their choices for a filling meal on campus. The cafeteria was an excellent thing to have at the college, and served many as an easy and satisfying choice to where they chose to eat. While the details of the cafe’s closure last year, Alaskan high school students from around the state gathered in March to participate in these State Leadership Conferences. The CTSOs involved were Business Professionals of America (BPA), Educators Rising, FCCLA, HOSA and SkillsUSA. There are many paths young adults across the state can take, and these CTSOs have been a means for students to explore careers, showcase skills learned, and gain leadership skills.

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Monitor Staff Bios

In this issue of the Monitor we introduce a new staff biographies section. Over the course of the year, we hope to introduce you to all our contributors.

Jason Dunham: A part-time student and writer for the Mat-Su monitor. An aspiring fictional writer who is constantly looking to improve himself.

Miles Gibson: At an early age Miles was kidnapped by a bulldog due to his rat-whispering skills. Eventually he found his way out of the illegal rat betting underworld because of lifelong friends Itchy and Charlie. Sadly both went straight to heaven, never to be seen again. Once again an orphaned Miles searched for his place in the world, traveling the dark continent known as the USA, like many a drunken tour bus driver zing-zangling all willy-nilly. He came to love a gentle soul and alumni of Mat-Su College and moved south of the wall, though he refuses to bend the knee. The Valley is his new home. Or whatever.

Ryan McCrossin: A full-time student for Mat-Su/UAA pursuing a business degree. Writes music reviews and miscellaneous articles for the Monitor. Enjoys raving about animals and obscure music.

Developing Skillful Writing: The First Step

By Jason Dunham

Writing is a skill that is required in almost every avenue of our lives, be it for our schooling, our jobs, or for legal purposes. Whatever the case, it helps to be able to write in a way that not only carries your point across, but is presented clearly and beautifully. This, however, is easier said than done for some people. In what we do here at the university, writing is enormously necessary to one’s success.

I’d like to write an article to help guide those who are having difficulty with their writing and don’t know how to improve. People struggle with their writing for many reasons, and I hope to address them here. Once you have gotten inside the mind of a writer and found a flow, the rest begins to write itself.

What exactly does that mean? Well, before you begin writing, take a step back and review what it is that you’re writing about. This means considering what all you’ll need to include in the paper, and how much about each segment you’re going to need to cover. Creating a mental or physical checklist is a great way to keep your paper on track and help avoid meandering. Take some time to review the rules that your instructor has set for you, such as paper length, whether it is an academic or creative paper, and so forth, and then you can begin writing!

But now what? Often times one of the hardest aspects about writing is knowing how and where to start the paper. Should I start by presenting the reader with an idea? Should I give a short summary of what I’ll be writing about? Should I just jump right into it and begin talking about my first point? There are understandably a great deal of questions that can be asked prior to writing the first sentence. That concept is the focus of this article, as it is a common wall people hit and a fitting starting point.

When you’re beginning to write your paper, it is great to ask yourself those questions. How should I write this introduction? What exactly does that mean? They are all prefaces, a good way to nail down how you’ll begin your paper is considering who it is you’re writing for, and what kind of tone you’re creating. For example, you are writing a research paper about a social concept such as modern racial discrimination. Your paper will be observational, and thus requiring critical thought from the reader. A way to begin a paper like this could be, “According to the laws of our country, every citizen is equal. However, is this really true? Is everyone in the United States treated the same as the next?” In this style of writing, the reader is presented with a thought or question, preparing them for the presentation of additional concepts and observations that you’re writing about.

As daunting as it may seem, once you’ve written the first paragraph, you’ve already finished one of the most difficult tasks when writing a paper. Additionally, writing an introduction you feel comfortable and satisfied with can be a great jumping off point for the body of the paper. In the example we used, where we started by presenting the reader with a thinking point, we set the tone of the paper and made an opening into the first subject. By utilizing the introduction, you will be able to roll right into the rest of the paper with ease.

MAT-SU MONITOR STAFF

Editors
Jewel Burgstahler
Sam Ouellette

Feature Writers
Mesa Burgstahler
Heather Deadmond
Jason Dunham
Miles Gibson
Ryan McCrossin
Brenden Mercier
Michelle Sharpe

Photographer
Position Available

Contributing Writers
Jennifer Breiner
Adelina Rodriguez
Marcia Wyman

Layout Artist / Staff Advisor
Audrey Badger

Faculty Advisor
Micah Muer

The Mat-Su Monitor is the student newspaper of Mat-Su College. The Monitor aims to report college news and serves as a forum for student writing. The Monitor seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the Monitor’s weekly meetings. Details on participating in or submitting content to the Monitor can be found at https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.csh.html.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the Monitor contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed in the Monitor article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

CONTEST continued from page 1

name “Doogan” written on the waistband, and you can be sure we laugh about it every Christmas! If you think you can beat that out -- or if you just have a humorous story to share - stick your answer in the box at the circulation desk in the library, and we’ll publish it in the next issue, due out near the Holidays!

If you add a valid @alaska.edu email address to your submission you will be entered into a random drawing for a $20 dollar gift card.

For readers who prefer to submit an entry online, see https://bit.ly/2NPkihH or the QR code.
Heather’s Top 8 Tips on balancing school and life

By Heather Deadmond

1. **Get good rest**
   Rest is the foundation for everything else that you’ll be doing in your day. It’s tempting to cut back on time spent sleeping when you are used to staying up late in the summer, but getting good sleep is essential to success.

2. **Schedule recreation time**
   If it’s important to you to play a certain video game, for example, schedule the time when you allow yourself to indulge in it. And as soon as that time has expired, go back to focusing on your school work. Or, similarly, don’t allow yourself to engage in your favorite recreational activity until you’ve finished your homework for the day.

3. **Learn to say no**
   This is an important skill for life in general, but especially when you have to pass classes that you pay for, saying no is essential to productive homework time. Learn to say no not only to yourself (refrain from social media, gaming, etc.) but also learn to say no to spending time with others -- at least until you finish your homework for the day.

4. **Delegate tasks to certain times**
   This tactic keeps everything in order. For example: If you know you have to do your Math homework on Mondays, from 4pm to 6pm, then you’ll have a set time to finish your tasks. Ideally, this will keep you from dreading your homework time, as well as make you able to resist the temptation to procrastinate. Make it a habit, and it will be smooth sailing.

5. **Always check Blackboard and the syllabus**
   The syllabus is one of the most important documents of the entire semester: Many professors keep all the due dates for assignments, assigned readings, attendance policies, and the like in the syllabus and may refer back to it over the course of the semester. However, some may not refer back to it at all and you, as the student, are responsible for keeping track of the information in the syllabus, as well as regularly checking Blackboard.

6. **Keep track of important dates and deadlines**
   As mentioned previously, it’s good to keep track of when your assignments are due! As soon as you know due dates, enter them in a calendar (either paper or digital). I have just tried this tactic for myself this semester, and I am never caught by surprise when something is coming due!

7. **Reward time spent productively**
   What’s life without enjoyment? It’s unrealistic to expect yourself to be working and thinking 24/7, so reward the time that you do spend productively. This could be as simple as not allowing yourself to get coffee until you’ve finished whatever goal you’ve set for yourself for the day. For me, I allow myself one episode of my favorite TV show for every hour of reading my assigned texts. This keeps your brain from being overloaded, by allowing it to rest sometimes!

8. **Establish personal priorities**
   When you really sit down and look at the big picture, it’s good to remind yourself of what’s important. Even on your hardest days at school, just remember that college is temporary and it’s important for making a future for yourself! Just take one assignment at a time, one day at a time, one week at a time, one semester at a time .... And before you know it, you’ll be graduating. :) Good luck!!

Student Showcase Winners Announced!

May 31, 2018

This year’s Student Showcase featured presentations on a variety of subjects, from DNA forensics to gender pay gaps in America.

This year’s winners are:

1st Place: Noelle Flodin - From Broken Childhood to Adulthood: Adverse Childhood Experiences and Adult Health
2nd Place: Ben Henderson - The Ethics of Genetic Enhancement
3rd Place: Graham Dinkel and Courtney Mulkins - The Ladder Problem

Presenters who submit an A paper to a professor are recommended by that professor to the Showcase. The students then prepare and deliver a brief presentation on their work, after which they answer questions from the judges and the audience. Each year student work featured in the Student Showcase is collected in the Student Showcase Journal, available for checkout from the library.
The goal of Mat-Su College is to provide the educational opportunities and resources for students to be Career Ready! Based on extensive research from the National Association of Colleges and Employers (NACE), Career Ready is the attainment and demonstration of requisite competencies that prepare college graduates to successfully transition into the workplace (NACE, 2018). There are eight competencies:

- Critical Thinking/Problem Solving
- Oral/Written communications
- Teamwork/Collaboration
- Digital Technology
- Leadership
- Professionalism/Work Ethic
- Career Management
- Global/Intercultural Fluency

According to the Job Outlook 2018 Survey, the employers surveyed rated Critical Thinking/Problem Solving as most essential, followed by Teamwork/Collaboration. To learn about each competency visit our Career Readiness webpage at https://goo.gl/vYVeM2 or schedule an appointment with your Career Development Advisor in Student Services, 907-746-9746.

As a Mat-Su student, you have the opportunity and potential to attain these eight competencies from the first day you step on campus, up to the day you walk across the Glenn Massey Theater stage as a college graduate. From classroom instruction, to engaging with the available resources on campus, you are at the helm of your academic journey to become career ready upon graduation. How can the Career Development office help you become career ready? Here are some examples:

- **Career Exploration**: researching the required skills, strengths and knowledge for a potential career is developing your Career Management competency. Working with both your Career Development and Academic Advisor on the necessary steps to pursue your career goal will reinforce your understanding on how to self-advocate for opportunities in the workplace.

- **Preparing your Resume and Cover Letter**: as preliminary application documents, these display more than just your interest and experience related to the prospective job; but most importantly, it is an example of your written communication skills. Once invited to an interview, you will not only demonstrate your oral communication skills but also Career Management. The Career Development office invites you to schedule an appointment to review your resume, cover letter and participate in a mock interview.

- **Professional Development**: being prepared for class, your punctuality, image (dressed appropriately for situation), maintaining your demeanor (even in stressful situations) and exhibiting qualities such as honesty, integrity and being humble (not being afraid to admit being wrong or needing help) are building blocks to career success. Even consider your email address, what image does it portray? Your email address is part of your professional identity and should not be suggestive, flirtatious or silly. You will not only be developing your Professionalism/Work Ethic but also building upon a vast majority of the competencies. Visit with the Career Development Advisor to identify strategies and resources to help you grow as a professional.

Malcolm X stated, “Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.” Your education is one part of career success. Start your career and professional journey today, by visiting with the Career Development office to help you successfully transition from being a student to becoming career ready.

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**Upcoming Career Development Workshops:**

Welcome to your Career Development Office! Career Development is a process of discovery, engagement and preparation. From discovering your strengths, interests and preparing for an interview, we offer one-on-one assistance in career planning to students and alumni to achieve career success.

- **Career Readiness Workshop**, October 30th, 2018 at noon, FSM 204. Learn ways to develop your Career Readiness competencies while in college.

- **Resume/Cover Letter Workshop**, November 13th, at noon, FSM 204. Discover do’s and don’ts of Resume and Cover Letter writing.

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**Certified Nurse Aide Program Information Night**

Come learn about the career field, application process and scholarship opportunities.

- **Guest Speaker**: Catherine Korman, owner and consultant of Harbor View Manor ALH and Tranquility Manor Estates ALH

- **Tuesday, October 23rd**
  - 5:30 pm
  - Mat-Su College, FSM 202
A video, audio and print contest now open for UA students

Alaska Teacher Placement [http://www.alaska-teacher.org/] is holding its first ATP Advertisement Contest this fall in video, audio and print ad categories, with $10,500 in cash prizes including $2,000 for first-place winners.

The purpose of the contest is to highlight unique aspects of living and working in Alaska to encourage potential K-12 teachers to come to Alaska. Contestants are to enter an ad that conveys the Alaska message in any of the video (TV), audio (radio) and print (magazine) categories. Students on all University of Alaska campuses are encouraged to enter.

The first-place winners’ products will be showcased at various ATP events where prospective and current K-12 teachers, administrators and school personnel from all over the country gather. Products will also be viewable via the ATP website.

The submission deadline is January 31, 2019. Application guidelines, submission and prize details can be found at the K-12 Outreach website [https://www.uaf.edu/soe/k12_outreach/index.xml].

Established in 1978 as a partnership between the University of Alaska and school districts, Alaska Teacher Placement has served as a statewide education job clearinghouse for Alaska, matching current and prospective teachers and administrators seeking positions with the districts that need them.

Contact Toni McFadden, Alaska Teacher Placement Manager, 907-450-8438, uaf-atp@alaska.edu, for more information.

### Advertisement Contest

**Categories:**
- Video (TV)
- Audio (Radio)
- Print (Magazine)

**Prizes:**
- $10,500 in prizes including $2,000 for first-place winners

**DEADLINE:** January 31, 2019

**For more information, email:** uaf-atp@alaska.edu or visit our website: www.uaf.edu/soe/k12_outreach

Think you’re pregnant?
Need help?
Call 1-800-712-HELP or 907-373-3456

Had an abortion? Need to talk?
907-373-3456
www.heartreachalaska.com

Want to talk about Sexual Health?
Contact us at: 907-373-3456
www.heartreachalaska.com
Student Government at a Glance

By Reefer Sullivan

The Mat-Su College Student Government Council is a representation of your voice as a student, and as such it is important to make sure your voice is being represented accurately. After all, these are the decisions that affect how your student fees are spent.

Here is a brief summary of this month’s meetings.

August 29th, 2018

The meeting was brought to order by Student body President Brittny Harvey. Senators in attendance included Levesque, Ouettel, West and Willeford, also in attendance were faculty advisor Craig Ballain, Jo Didiano and Monitor advisor Audrey Badger. President Gunnar Ihde was not present, and the position of secretary had yet to be filled.

The Rules Committee led by President Harvey petitioned for the impeachment of Vice President Ihde because of a “stated intent not to attend the meetings or assist with any of the events” of Student Government, which runs in JKB 114, near the café.

Make a Positive Impact in your Community

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current and past Mat-Su College Committees open to the student body:
- Board of Elections
- Concert Committee
- Constitution Committee
- Dance Committee
- Finance Committee
- Health and Wellness Committee
- Planning Committee
- Rules Committee

Join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax. Current and past Clubs and activities:
- Alaska Native Cultures Club
- Human Services Club
- MSC Veterans’ Club
- Mat-Su Carbon Crew
- Mat-Su Dance Club
- Mat-Su Monitor
- Paramedic Association

Similarly to what we had before, many students enjoyed having many different types of food, such as gluten and nut-free alternatives. Several students asked that we had more fruit and snacks in the cafeteria and possibly even a salad bar. We also heard from several members of the faculty that they would like for the food to be fresh-made at the cafeteria.

When we asked people what kinds of specific foods they might enjoy seeing, we received a broad array of suggestions.
BIG FAT BUDDHA

Anchorage-based band Big Fat Buddha gave a free concert at the Glenn Massay Theater on September 30, 2018. The band bills itself as playing “music in flavors that satisfy rock, funk, soul, and even bluegrass aficionados.” Certainly the crowd at the Glenn Massay Theater seemed satisfied; this author never heard such enthusiastic applause at that venue. For those who missed the concert, Big Fat Buddha can be heard on Spotify and other services, but also at https://www.bigfatbuddha.com/listen. The event was paid for by the Student Activity Fee.

FREE HEALTH FAIR ON CAMPUS

On September 19th Mat-Su College hosted a health fair put on in conjunction with Alaska Health Fair, Inc. Local health services providers had booths, college nursing and EMT students put on demonstrations, and Alaska Health Fair, Inc., offered affordable blood tests. This correspondent scored very well: A+ blood, 100/100 on his blood pressure, and a perfect 10 A1C level. The event was part of the College’s Journey program, which promotes health and wellness among the campus community. To see upcoming Journey events, visit https://matsu.alaska.edu/journey. To see upcoming Alaska Health Fair, Inc. events, visit https://alaskahealthfair.org/.

COMMUNITY EVENTS
A Different Approach to Medicine
By Miles Gibson

On Tuesday September 18 the Mat-Su College Campus held a discussion panel on alternative medicine. It was a chance for students to learn more about treatment and techniques that may not have been exposed to through Western medicine. Hosted by adjunct professor Deborah Giedosh, RN, the panel consisted of three members of the Palmer/Wasilla medical community: Dr. Jill Valerius, of Now Health; Michael Wedge, of Premier Acupuncture; and Meda Dewitt, a traditional healer and herbalist.

Michael Wedge began the panel by explaining his background and approach to treatment. He has varied experiences including going to school for electrical engineering, working as an EMT and a paramedic in California, and graduating from the Oregon College of Oriental Medicine. He has lived in the Mat-Su Valley for 20 years and has had his practice for six years in Palmer.

Meda Dewitt was born and raised in Alaska and grew up with a rural subsistence lifestyle. It was here that she started to learn from her grandmother about the use of traditional plants and herbs in healing. She later started to learn traditional healing from elders. This is something that you must be chosen for. She approaches medicine through communication, diet, and herbalism.

Dr. Jill Valerius is a 14-year local of Palmer was the third and final member of the panel. She practices medicine at Now Health in Palmer, practicing what is known as practical medicine. This relies heavily on communication and treating the problem and trying to make people well, rather than on relying on the Western medicine practice of treating problems with pharmaceuticals. One of the ways she accomplishes this is three separate questionnaires filled out by her patients prior to meeting them for the first appointment. She also asks key questions like: “Why are you here?” and “When was the last time you felt good?” This helps her to get on the same page as her patients. Traditional doctors are not often on the same page as their patients due to time constraints of the current medical system, explained Valerius.

When asked to describe what kind of patients each panelist typically sees, their answers were as diverse as their methods. Michael Wedge said he primarily deals with chronic pain treatment, menstruation issues, and breast pathology. According to Wedge not all answers can be found in Western medicine or Eastern medicine; a combination of the two together can work best.

Meda Dewitt does not necessarily have a typical patient. People generally go to her after being dissatisfied with the traditional medicine systems. People often come to her with a variety of problems and undiagnosed mystery issues to relationship problems. She likes to peel back all the layers in her patient’s life to get a real understanding of what can be changed and what patients are willing to change. This can include anything from herbal supplements, to diet changes, to encouraging people to eat locally as well as seasonally. She also looks at adverse childhood experiences, or ACEs, that can lead to chronic diseases later in life.

Dr. Valerius’s typical patient deals with thyroid problems and type 2 diabetes. She wants to diagnose and cure the patient affliction. This is not business as usual in Western medicine, in Valerius’s opinion. Big pharma took over in the 1940s and has the goal of treating with more drugs. According to Dr. Valerius big pharma doesn’t want you to know that can cure yourself without pharmaceuticals. As Valerius put it, “no one is born with a Lipitor or Zoflop deficiencies.”

While their methods differ, one of the main themes of the night for all three was what is wrong with the current medical system. All three of the panelists agreed and came back to one problem: lack of communication. Whether lack of communication between doctors and patients, or between doctors and patients, or between doctors and patients, or between doctors and patients...

By joining your MSC community at Journey events this semester, you can follow Sophia, our Arctic Dragon Mascot, on the four paths for health and well-being:

**Awareness of good mental health for yourself and others**

**Balance between school, work, family, and self-care**

**Connection to campus, community, friends, and family**

**Off the Beaten Path invites you to expand your horizons**

All Journey events are free. Just look for the Mat-Su College Arctic Dragon stamp of approval! Some events require pre-registration, so be sure to check the event before attending.

Mat-Su College Journey activities and behavioral care services are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

**tutor.com**

It’s 12:41 AM. Empty energy drink cans and candy bar wrappers litter your desk. You’ve just finished the last sentence of the last paragraph of your big paper – the one due at 9:00 AM. You hoped to get one of the college’s Learning Center’s English tutors to read over it, but now it’s too late. You’re SOL. Or maybe not.

Turns out all Alaska residents are eligible for live homework help through an online service called Tutor.com. These tutors can help with subjects ranging from Calculus to World History and nearabout anything in-between.

Using Tutor.com’s services couldn’t be easier. Just go to www.tutor.com/alaska, pick a subject, and then click “Connect Now.” Within moments you will be able to chat with a real tutor; you can even share files for them to review or draw on a virtual whiteboard.

Still not convinced?

Here’s a few more selling points. Tutors are available from every day of the week from noon to 2 AM (goodbye, pants). The website actually works well. Tutoring is available to students from kindergarten to college. (Now somebody else can help your kids with their homework.) It’s entirely free.

Convinced now? Good. Just don’t forget about the college’s Learning Resource Center; its tutors aren’t available until 2 AM, but they’re nice people all the same.
October is Domestic Violence Month.

Journey started October with the awareness-event “Clothesline Project.” All students were invited to participate by illustrating t-shirts with a statement about non-violence and respect. T-shirts, snacks, and art supplies were provided.

Journey offers 7 events for October, so grab your passport and treat your mind, body, and spirit to something new -- and maybe make a friend or two.

Four games for the Halloween Month

By Rob Codtree

Oxenfree

As soon as I beat this game, I played through it again. I don’t think I’ve ever done that before. It’s a testament to Oxenfree’s tremendous quality, my own preference for radios as a horror plot point, and -- without spoiling anything -- both the branching storyline and the multiple possible endings. In Oxenfree, you play as one of a group of friends who visit a tourist-y local island to have an overnight camping trip/party. Soon the group finds that the strange ghost stories about the island may be true, and that their radio is key to further investigation. This game has excellent atmosphere and characters, top-notch dialog- and story-centered gameplay, and some genuinely unsettling horror. And the endings -- and the way they work -- are quite interesting. Windows, MacOS, Linux, Playstation 4, Xbox One, Switch, iOS, Android.

A Night in the Woods

You play as an anthropomorphic black cat. Not Halloween enough? There’s more. The game is very clearly set during fall. The setting resembles Twin Peaks (or any other strange small town). Kids trick or treat during one segment. And there’s a serial killer on the loose. But this isn’t really a horror game. Instead, per Wikipedia, it’s a “story-focused exploration game in which players control a young woman named Mae, who recently dropped out of college and has returned to her hometown to find unexpected changes.” Don’t play this if you want horror. Play it if you want fall scenery, poignant story and well-realized characters, a bit of a mystery with horror overtones, and fun but simple gameplay. It also has a really endearing aesthetic. Windows, MacOS, Linux, Playstation 4, Xbox One, PlayStation 4, Switch, Xbox One, iOS, Android.

Detention:

A Taiwanese school in the 1960s is not an obvious setting for a game. But it really works here in this fairly traditional, short 2D adventure game. Waking up alone in an empty and nightmarish version of her school, your character seeks an explanation by exploring the school and uncovering buried memories. The game combines ghosts (in the form of “East Asian elements rarely used in games”), the brutal legacy of Cold War-era dictatorships, and a really unsettling atmosphere. Windows, MacOS, Linux, Playstation 4, Switch.

Witcher 3:

On the face of it, there’s nothing especially Halloween-ish about this sprawling, epic RPG. Sure, it’s one of the grimmest games ever made, with tons of violence, awful choices to be made, and characters with motivations that could be characterized as selfish at best. And sure, your character makes his living as an ostracized monster hunter who kills dozens of vampires, werewolves, dragons, ghosts, and assorted evils before the end of the game. But then there’s the messed up stuff: the spectral, stillborn demon baby; a reanimated, rotten corpse; a Rapunzel-like figure who hangs herself by her own hair; the hideous Ladies of the Wood (pictured); and so on. Windows, Playstation 4, Xbox One.
Halloween is just around the corner. All the party stores are stocked up with candy and costumes, the children are mapping out their routes for candy, and some are putting up their Christmas lights as we speak. But the thing about the October-December months is that the soundtracks for this crucial quarter of the year are very bare in terms of diversity.

In terms of branching out in genre, there are not many variations of Halloween music. But that doesn’t mean we can’t listen to some good spooky music during this time. In this list, I am going to give you six albums for each month ranging from “I want to party with my friends” to “I am the Sun.” And I could honestly go on about how good this album is at matching the feel for an off-kilter tonal album. With songs that give off an ambient feeling of a dark forest of potential dread, like “She Lives!;” a song of increasing pain and frustration like “Mother’s Father;” a song of somewhat melancholick dreaminess, like “Blood Promise;” and so on. This album is perfect for those looking for a night in with some friends with the lights out, eyes closed, and letting the sounds pool around you.

Xiu Xiu - Plays the Music of Twin Peaks
2016 - Ambient

Trent Reznor (and Atticus Ross as a permanent member of NIN since 2016) have been making music since the ’90s. They’ve released works such as The Fragile, Pretty Hate Machine, Downward Spiral, among others. However, despite being the most recent endeavor of the duo and the most recent on this list, Bad Witch still deserves recognition.

Back in 2016, NIN wished to release a trilogy of EP/LPs over a series of three years; Bad Witch is the only one of these three releases to be considered an LP (full-length album) as opposed to an EP as EPs were not given as much attention through streaming services. Bad Witch is the third of the trilogy, succeeding Not The Actual Events (2016) and Add Violence (2017). The whole album is fantastic from start to finish, from the heavy opener, S** Mirror, to the mellow and spooky outro, “Over and Out.” Check this one out as well as the others in the trilogy if you have the time.

Misfits
Famous Monsters
1999 - (Horror) Punk

Wait, I see your finger crossing along this page, please hear me out. I know this album is not Danzig-era Misfits. I am fully aware of that fact. However, that is not to say that Michale Graves is bad. This album still has the elements of Misfits despite the change in singer, but I understand the hesitation of the classic Danzig-era band lineup. But no matter how you look at it, this album does match the theme of Halloween quite nicely.

This album has the loose concept of its tracks being based around horror B-movies at the time. These include “Helenas” to Boxing Helena, “Scream” to Scream, and “Kong at the Gates?” “Kong Unleashed” to King Kong. On the other hand, there are the classic nonconceputal songs with lyrics you might be better off not looking up like “Dust to Dust.” The instrumental work of Misfits is no different from the albums prior which make for a great album to skate to, to drive at midnight to, and even sing along to. For those of you not on board with Graves on vocals, look on the bright side at least “Kong at the Gates” and “Kong Unleashed” are instrumental!

Oingo Boingo
Mondo Bizarro
1985 - New Wave

“Huzzaah, a nice album to listen to without having to fear for my life! It’s fun for the whole family,” I hear you say. And it’s true! It’s a great album that you can dance to at parties (Halloween or otherwise) and it’s not something that people wouldn’t care as much to listen to outside of a listening party. Perfect for fans of the Nightmare Before Christmas too, because the lead singer of this album is also the voice actor for Jack Skellington.

Danny Elfman, as a musician for 13 years at the time of release, based the album on Dia de Los Muertos as seen by the lyrical content and even the cover art. The singles for this album, including “Weird Science” and “Dust to Dust.” The instrumental parts are amazing. Not The Actual Events and Even Better. They may even be able to list a few of his plays. Hidden behind the name is a man. He lived, he loved, and he was a little weird. Now, here are some things you probably didn’t know about Shakespeare:

Shakespeare was the third of eight siblings. His youngest brother, Edmund, wanted to live the city as like his huge, hugely popular big brother. Edmund followed his brother to London and became an actor.

The longest Shake-spearean word exists in Shakespeare’s Love’s Labour’s Lost. The word “honorablepunctudinitatibus” is derived from Latin roots. Just don’t ask me to pronounce it.

Shakespeare has been translated into 80 different languages. In the year 2000, Star Trek fans even produced a translation of Hamlet in Klingon. That is some major dedication.

Numerous documents exist with Shakespeare’s signature on them. There is not a single instance of Shakespeare spelling his own name the way we do now.

Shakespeare may have been the original inventor of the “knock knock” joke. At least Elton was a name from Shakespeare’s Macbeth that caused the surge of “knock knock” jokes across America and England.

As you can see, Shakespeare is still relevant. His additions to the English language exist even in our modern speech. Literary genius aside, Shakespeare was a person just like us. If the writings of a regular guy can change history, maybe there’s hope for us too!
Sharpe’s Guide to Shakespeare:

By Michelle Sharpe

As a recently converted English major, it is expected and required of me to read Shakespeare, write about Shakespeare, and to love Shakespeare. It is also expected that I explain to all non-Shakespeare loving humanoids why he is loved or studied at all, as well as try to persuade the general public whose first impression of him tends to be 1) smart, or 2) a Lit major to appreciate him or what he has contributed to the world of entertainment.

“But Michelle, there are a TON of Shakespeare plays to choose from! Which plays should I read? Which ones are even worth reading?” Well, gentle reader, fear not, for I, a Shakespeare Novice myself, will offer you this helpful guide where I will not only give my honest opinion of the plays themselves that I am going to critique Shakespeare. He might be a literary god, but nobody will ever ascend to the throne and is forced to sit there. While that might sound confusing and convoluted (it is), this story has a basic summary: the king is a king of a kingdom called Elsinore, and a few weeks after his death, his widow marries his brother, Claudius. This does not sit well with the titular prince, Hamlet, who rejects taking the throne and is forced to sit and pout as he watches his uncle take his father’s place as King. As that wasn’t bad enough, a ghost of the king alerts Hamlet to the fact that Claudius is the one who murdered him and demands that Hamlet avenge his death. As that wasn’t enough, there is a looming threat of an incoming invasion from a guy named Fortinbras, and Claudius is trying to conspire to have Hamlet killed while Hamlet is planning on killing him. How do the two plots play out? It is actually a Jean-Claude Van Damme movie titled Pound of Flesh, that currently has a whopping 17% approval rating on Rotten Tomatoes.

Memorable Quote: “If you prick us do we not bleed?” – Shylock (Act III, Scene I)

Titus Andronicus:

If you answered, “I don’t know” to the three following questions, this is the play for you. Do you like Game of Thrones? Do you ever wonder where the first “Yo mama” joke came from? Do you enjoy over the top revenge stories and bodies in boxes? Boy, do I have the play for you.

Here’s all you need to know: Titus Andronicus is a Roman soldier back from fighting a war with the Goths. Once back, he makes a bad decisions: he kills the son of Tamora, the queen of the Goths; and he says no to being emperor of Rome. A lot of killing ensues.

Now many people reading this article (all four of you) might be thinking, “hey, that doesn’t sound so bad! Why don’t they teach this in high school?” There is a very good reason for that actually, and the reason is that this play is not the typical Shakespeare play. It’s pretty trashy actually. This play is nothing but violence, sexual innuendos, and phallic/ vaginal imagery tied up in a pretty Shakespeare bow. Plus, it’s pretty racist. But seriously, Shakespeare does not get any easier to read than this. This is not the overly poetic play that Shakespeare is known for.

Despite this being regarded as one of his not-best plays, reading this, I was shocked by how many things from this play can be scene in today’s popular culture. This play had the first official mother joke in literature. If you are a fan of Game of Thrones and have ever marveled at how George R.R. Martin seems to like to cut off hands, or wondered where he got the idea to turn the Walder Frey sons into pies, you should definitely check out the story that inspired him. Also, before there was the mad queen Cersei, there was Tamora.

Memorable Quote: “Villain, what hast thou done?”

“Thou hast done thy mother.” – (Act II, Scene I)

Romeo and Juliet: I am going to keep this brief, because anyone who knows me knows that I do not just despise this story, I LOATHE this story and most of the characters in it. It’s about a teenager who falls in love with a 12-13 year old girl, they get married, their stupidity gets people killed, and they both die at the end. Riveting. Genuinely don’t understand why this is most people’s introduction to Shakespeare. It’s not fun to read. The characters are not likeable. Romeo is sad in the beginning because a girl doesn’t like him, then he forgets all about her when he sees a super hot middle schooler, only to have them die within a few days of meeting.

That said, I do know that there are some people who might actually really like this play. First of all, the sonnets and poetry in this play are great, so if that’s all you want for it. If you really like the idea of “star-crossed lovers,” hurry, this is the play where that trope originated from. If you love tragic romances or like themes like loss of innocence or violence begetting violence, I can see you liking this play.

Also, like it or not, this play is referenced a ton in popular culture and in everyday life in general. I hear the phrase, “wherefore art thou?” more than any other Shakespeare phrase. I say it, and I hate this play. Plus, Taylor Swift referenced this story in her song Love Story, and you can’t get more mainstream than getting a T-Swift mention.

My personal favorite modern adaptation of this play is The Lion King. I’m not even ashamed. You might also check out Gnomeo and Juliet. There are too many actual adaptations or Romeo and Juliet references to mention in popular culture. Just pick any romance movie and it probably is paying homage to this. West Side Story is probably the most well-known modern adaptation, and that musical gave the world the song “I Feel Pretty.” Yes. In some awful way, we have Shakespeare to thank for that highly annoying ear worm of a song, Romeo
Six novels for Halloween

By Rob Codtree

Here is a small list of novels suitable for the Halloween season.

**The Elements** by Michael McDowell

Stephen King called Michael McDowell “the finest writer of paperback originals in America today.” It’s not hard to see why. In *The Elements* a pair of families travel to an idyllic, remote vacation spot, where each family enjoys its respective beach house. But there is a third house, a dark secret, and the titular Elements... As with McDowell’s other horror novels, the rich Southern atmosphere and the excellent characterization should make the book appealing to even those disdainful of supernatural fiction. So read this, or most anything else he wrote -- you won’t be disappointed!

**Dark Matter** by Michelle Paver

This is a very orthodox ghost story. But it is expertly told, and it has a wonderful premise: its central character is a stationned, all alone, on the incomprehensibly remote, dark Arctic island of Svalbard. In Winter. In the 1930s. Read it for the setting just as much as the story.

**House of Windows** by John Langan

An overlooked modern classic by an author whose second novel -- *The Fisherman* -- has attracted a lot of praise. In *House of Windows*, an aged literature professor and his much younger wife move into a new house. A strange house with a strange history. If that wasn’t bad enough, the professor’s son, recently killed in Iraq, returns to avenge his spurned mother. While this seems like a garish plot, with lots going on, in fact the tale is told slowly and carefully.

**Doctors Wear Scarlet** by Simon Raven

Apparently, even by 1960 authors had tired of the traditional Dracula-like vampire. In *Doctors Wear Scarlet*, several snobbish, intellectual, upper-class Britishers (who seem to reflect the author) work to save a friend who, on traveling to Greece, falls under a mysterious and delerious influence. While this novel is so-so as horror – it’s not very scary – it’s an interesting take on vampires, it is well written, and its vivid depiction of the culture (and gossip) of elite British universities at mid-century is interesting. Interesting aside: while this work is pretty straitlaced, Raven is responsible for what was called the “filthiest cricket book even written.”

**The Between** by Tananarive Due

Here is a small list of novels suitable for the Halloween season.

Dislaimer: though: many of these don’t really qualify as traditional horror. They are subtler, quieter, and probably spookier for that.

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The MEANING OF HALLOWEEN

By Redd

Everybody knows that Halloween is the time of year where all the screams are unified and teeth rot from sugary delights. There is a costume for just about anything you could imagine; television shows, pop culture, and even minor fanfams all have costumes. On this day, kids and teenagers go out and grab more candy then they’ll ever need. Whether you hate the holiday or embrace it to the fullest, the day of All Hallow’s Eve is an important event to us Americans.

Where did the holiday even come from? Well, like most holidays, it’s now a well-commercialized event. The origins trace all the way back to the Celts. However, the newer, growing religion of Christianity took it into its own hands and assimilated it. Now the origin is lost and continues to change throughout history.

What does that mean for Halloween now? Well, Halloween is a time to get your “spook” on. Some people just love the aesthetic of the holiday. Nowadays, we have theme parks and scary mazes to satisfy all your adrenaline rush addicted needs.

Outside of the ghastly horrors of the night Halloween also holds a very different meaning to people. Think back to the time of your first trick or treats: everybody at some point, has worn the usual superhero or princess costume that kids parade around the country. The youngest witches and even the weirdest mutated turtles go out happily holding the hand of their guardian, and fill their sacks to the brim with sweet candy.

You don’t have to be a gamer or a nerd to know the meaning of the word cringe. It’s an overused word that lost some of its original value due to its mass use online.

People are afraid of kids going out dressing up as “Fortnite” characters, and keep using the word cringe. Its more common today to try and make fun of things because of a trend. However, people forget that they too once had creepy makeup and way too bulky costumes. For kids the first few Halloweens are magical moments. Their memories are filled with horror and giggles equally, the excitement of being able to go out pretending to be a creature of the night or a bubbling fairy.

The meaning of Halloween is nothing like it used to be. Now it isn’t typically meant to celebrate a solstice or a passing of the dead. Instead, it is a magical time where the rules of the world shift. A stop to reality and a door to a world of mysteries. The truth is, the meaning of Halloween isn’t something that’s easily answerable. It can be something glorious, a precious moment, the night you finally scored, your first party, and even some embarrassing moment that you’ll regret 10 years down the line. So, don’t be afraid to let your hair down, and let your inner freak come out to play. Enjoy your Halloween and let others enjoy theirs.
You’ve probably heard these famous quotations from Shakespeare before, but do you know who uttered them? If not, well then, it’s time to learn who you’re quoting! (Look out for the answers to this puzzle in the next issue!)

**Coined by Shakespeare**

![Clues: Caesar]

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<tr>
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<tbody>
<tr>
<td>6. “Some are born great, some achieve greatness, and others have greatness thrust upon them” (Twelfth Night)</td>
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<tr>
<td>8. “All that glitters is not gold” (The Merchant of Venice)</td>
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<td>9. “All the world’s a stage, and all the men and women merely players” (As You Like It)</td>
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<tr>
<td>10. “That which we call a rose, by any other name would smell as sweet” (Measure for Measure)</td>
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<tr>
<td>11. “Lord, what fools these mortals be!” (A Midsummer Night’s Dream)</td>
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<tr>
<td>1. “The Robbed that smiles, steals something from the thief” (Othello)</td>
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<tr>
<td>2. “If you prick us, do we not bleed? If you tickle us, do we not laugh? If you poison us, do we not die?” (Hamlet)</td>
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<tr>
<td>3. “A horse! A horse! My kingdom for a horse!” (King Richard III)</td>
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<td>4. “To be or not to be: that is the question” (Hamlet)</td>
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<td>5. “Some rise by sin, and some by virtue fall” (Measure for Measure)</td>
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<td>6. “Give every man thy ear, but few thy voice” (Hamlet)</td>
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<tr>
<td>7. “Give every man thy ear, but few thy voice” (Hamlet)</td>
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<td>8. “The miserable have no other medicine, but only hope” (Hamlet)</td>
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<tr>
<td>9. “Men at some times are masters of themselves, do we not die? And if you wrong us, shall we not revenge?” (Othello)</td>
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Have you ever avoided a Shakespeare play because it seemed “too hard to read”? Well, no one can blame you, but don’t despair! Sure, his language might take some getting used to, but something you may not have realized is that he was the first to pen many English words used commonly today. That’s right! On any given day, you may use a variety of words that...
organization that supports business and information technology educators by offering co-curricular exercises based on national standards. The organization’s mission is to contribute to the preparation of global professionals through the advancement of leadership, citizenship, academic, and technological skills. BPA is designed for students pursuing careers in business management, office administration, information technology, and other related career fields. This goal is accomplished through community service projects, connecting with professionals, and state and national leadership conferences.

During state and national leadership conferences, members can participate in over 70 competitive events included in the following categories: Finance, Business Administration; Management Information Systems; Digital Communication and Design; and Management, Marketing and Communication.

Members of the Mat-Su College Chapter will be eligible to attend the state leadership conference (SLC) which will be held at Mat-Su Career and Technical High School on February 15-16, 2019. Those who qualify at SLC will be eligible to represent the Alaska Association at the National Leadership Conference (NLC) that will be held in Anaheim, California on May 1-5, 2019.

NLC conferences include a variety of networking opportunities, competitive events, and exploration of the area. Last year, at the National Leadership Conference in Dallas, Texas, the 15 Alaska Secondary BPA members competed in events, attended workshops, socialized with other BPA members across the nation, attended a Special Olympics event, and voted for Secondary and Post-Secondary national officers.

For more information:
Visit these websites:
BPA National (www.bpa.org)
Alaska BPA (www.alaskabpa.org)
Or feel free to contact the following people. They are anxious to hear from you and answer any questions that you have.
Email: Alaska BPA State Advisor, Mrs. Amy Riddle (amy.riddle@matuk12.us)
Alaska BPA State Vice President, Engen Sundberg (engens98@gmail.com)
Alaska BPA collaborator Ryan McCrossin (rmccrossin@alaska.edu)

Microsoft Office, for Free
By Art Corvelay
As a student affiliated with a UAA campus, you have free access to Microsoft’s Office 365 website.
Office 365 offers browser-based versions of some of the popular Office programs: Word, Excel, and PowerPoint. These lack a few features found in their desktop counterparts, but make up for that by saving your files to “the cloud” and allowing multiple users to simultaneously edit the same document.
Better still, Office 365 users have the option to install the full 2016 versions of Word, Excel, and PowerPoint. Simply sign into Office 365 and click the “Install Now” button.
You can access Office 365 by visiting https://portal.office.com and signing in with your UA username followed by @alaska.edu.
Students who want a free, no-strings-attached office suite that will be available long past their graduation should look at LibreOffice (https://www.libreoffice.org/).

ELECTIONS continued from page 15


Unless you have been in a media blackout then most likely you have at least heard of Ballot Measure 1. This is an initiative to enact new regulations and permits regarding protected salmon habitat. Perhaps you are unsure on what this ballot means, and what does a vote yes or no mean for Alaska. There are many resources out there to help you make an informed vote. While the actual wording can be found on the State of Alaska website, it can be hard to decipher a legal document and may leave you with more questions. If you’re looking for something that is easier to understand in terms that people use one would recommend Ballotpedia.org. Here you can read the measure, what a yea or nay votes means in terms of how it effects Alaska, and a history of how the measure got on the ballot and who argued for and against.

Now that you know the issues and candidates, the next step is when and to know where and when to cast your vote. Midterm general elections will be November 6th 2018. If you are in District 11 then you can vote right here on campus. If you are not in District 11 then don’t worry, you can still vote here at a state level, but won’t be able to vote for your state House representatives. If you want to find a polling location in district this information can be found http://www.elections.alaska.gov/Core/listofpollingplacelocations.php. Most likely if you live in the Mat-Su Valley you will most likely be in district 10, 11, or 12.

With a little research and information the voting process does not seem so daunting. For many people this is the first time where you will have a chance to have your voice heard on a national or state level. So whether this is your first election, or one of many, I encourage you to get out there this November and use your right to vote.

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Medicine continued from page 8

doctors and each other. The right questions often are not getting asked. This is where all three of the panelists are trying to change things. Dewitt had said that if you give a patient the opportunity to speak and be heard, 98 percent of the time the patient will tell you what is wrong with them.

Most likely at one point in your life you will have to see a doctor, and it good to know you have other options in your treatment. Be it a simple flu or something more serious, there are different avenues for a patient to explore. For patients already frustrated with the current medical system, know there are doctors willing to listen to the patient to solve -- not treat -- the problem. As a patient, take charge of your treatment and create an open dialogue with your medical providers. From changes in diet to herbal supplements, there are healthy, natural alternatives to pharmaceuticals. All of these alternatives can be found right here in the Mat-Su Valley.

If you are interested in learning more about alternative healing methods look out for an upcoming spiritual healing panel to be hosted right here on campus.
Starting College
Next Spring?

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matsu.alaska.edu/future-students/apply-now

What our graduates say:

opportunity  education
degree  offer
field  support
size  small
helpful  advisor
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staff  great
amazing  extra
teacher  service
professor  beyond
financial  course
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