Resume Writing Workshop
By Brooke Corpus

Native American Authors
By Rachelle Coutlee

Social Media Did What To Me? Oh No it Di’int!
By Angeli Kristovich

Upcoming Events
November 5: Journey Event: Responding to Microaggressions In and Outside of the Classroom. 12 PM, FSM 204.
November 6: 5th Annual Heyi Niltu celebration of indigenous cultures. Free and open to the public. Glenn Massay Theater, 3-7 PM.
November 11: Veteran’s Day Ceremony. 12 PM, Glenn Massay Theater.
November 14: UA Scholars Reception. 6 PM, Glenn Massay Theater.
November 15: Pamyua in Concert. 7 PM, Glenn Massay Theater.
November 15: Deadline to apply for fall graduation and be included in commencement program.
November 20: Journey Event: Safety and Health at Work - Know your Rights, Know the Risks. 12 PM, FSM 204.
November 24: Trees of the Valley Christmas Event. 1 PM, Glenn Massay Theater.
November 27: No classes; campus open.
November 28-December 1: No classes; campus closed.
December 6: Deadline to apply for fall graduation.
December 19: Grades available in UAOnline.

Club meeting times
Alaska Native Cultures Club: First and Third Wednesdays, 2:30-3:30 PM.
Math Club: Mondays, 2:30-3:30 PM, SNOD 214.
Mat-Su Monitor: Tuesdays, 12-1 PM; Wednesdays, 3:15-4:15 PM. Library 214.
Spanish Club: November 17, 12:00 in FSM 105.
Student Government: 12:00-12:50, Library 214.
Alldates subject to change. See https://matsu.alaska.edu/calendar/ for latest information.
Meet Brooke

Hey what’s goody? It’s me, Mariam Rebecca Corpus. I am 17 and I am here representing the ANSEP Acceleration Program as the Vice President in our student government. I would love to be the President next year, but I think it would be a good idea for me to study abroad. I love new and different experiences. I want to travel the world, make money and succeed in my education and career, and finally, find my soulmate and have a family of three. That’s my main goal in life. An additional goal is to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time that I’m almost an adult. This is the time to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time to get into a good college like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time that you really gotta get my Harvard, or Berkeley. As a student like Dartmouth, Harvard, or Berkeley. As a student at Mat-Su College, now is the time that you’re doing and there’s no time to waste. I’m taking six classes and my teacher and I are currently trying to get Girls Who Code started again. Girls Who Code is a club for women and young girls that love making websites, apps, etc. So if you’d like to join, visit the ANSEP portables sometime or just DM me on Instagram. @misspandasia_expresso. But to be honest, if you need any sort of help, I’m great to talk to and I can direct you to some therapy given free by the Mat-Su college or assist you in schooling and what you can do here on campus, like introduce you to some clubs or Journey events you might be interested in attending. I go to almost every Journey event because I work as a photographer, occasionally as a writer, and I manage the Instagram for the college newspaper. I encourage all of you to follow @matsu_monitor to be updated on what’s going on in school. In fact, Mat-Su Monitor is still taking in new students to participate in the paper, and I’d love to see new students there! Well, anyway, that’s me and if you get this far into reading about me without snoring or feeling bored that’s pretty cool.

Meet Cassidi

By Rachelle Coutlee

Monday, October 14, was Indigenous Peoples’ Day. At Mat-Su College there was a presentation about the Tlingit culture in Southeast Alaska. It showed where their traditional homelands were, explained how their culture worked, talked about the Tlingit language, and how they keep their traditions alive today. I put together this presentation because I wanted to highlight a culture within Alaska to teach that these cultures around Alaska and the world are still alive today. Often, we usually learn about these cultures through school, like learning about the Thanksgiving holiday in elementary school, or in college courses such as Alaska History offered here at Mat-Su College. Like the comedian Dave Chappelle put it so accurately about Native American peoples: “Word. I studied you in Social Studies.”

While it was a funny bit, it was true. People do not realize that the indigenous peoples that lived on the lands we walk on are still present. The people that you read about their descendants also go to the grocery store, go to college with you, check out the movies, and maybe even write articles every now and then for the Mat-Su Monitor. *ahem*

Just to let you know, November is Native American Heritage Month. There will be opportunities to learn about Alaskan cultures through what the Alaska Native Cultures Club organized, a pretty cool event called Heyí Niltú that you will be able to attend (for free!). This event also provides you with an immersive and informational experience to be able to serve and also be a part of Alaska Native’s rich heritage and their values. Wear your moccasins to this event, if you have any, and we hope to see you all there!
A Geek’s Inventory
By Gary Deadmond

It is time for another Geek’s Inventory. For those who read the first look into A Geek’s Inventory, welcome back. For those who are reading this for the first time, greetings!

This time, we’ll be taking a look inside something very geeky. Live Action Roleplay, or LARP as you may know it as.

When someone hears LARP, they might imagine a group of nerdy friends dressing up as established or original characters and roleplaying as those characters. Most commonly, this means picking up foam weapons, or in some organizations live steel, such as the SCA. While this is true for some, there are also more LARP organizations—such as Belegarth, Dagorhir and Amtgard— that have rulesets, hold events and more.

Today, I will talk about one of these organizations, the one I have been involved with for over three years now: Amtgard.

Amtgard is an organization with Kingdoms all across the United States with some parks even thriving internationally. They focus more on Fantasy than anything else, with an eighty page rulebook containing everything from your basic Combat Rules to a Magic and Abilities section.

Yes, Magic and Abilities. In Amtgard, you can be a spell-slinging Wizard, a nature-attuned Druid, a raging Barbarian and more. Amtgard has ten classes you can choose to play as. However, these classes merely give you a baseline and a set of rules and abilities to adhere to. Just because you play as the Archer class doesn’t mean you have to play as a rank and file Archer. You could play as a seafaring pirate that is a master with the bow. Or a forest-stalking hunter waiting in the trees for your moment to loose your arrow.

“arbox, you don’t just say what you want to do; you do it. You swing the word or cast the spell. You are the adventurer.” (About Amtgard, www.amtgard.com)

Of course, just as Amtgard has rules for Magic and Abilities, there are rules to keep you and your allies, or enemies, safe. Amtgard possesses extensive guidelines on weapon and armor construction. They use foam padded weapons that are built so as to not easily bruise and their Champions and Guildmaster of Reves make sure that every weapon that goes onto the battlefield is safe and in good repair.

However, Amtgard is a contact sport. While dangerous things such as shield bashing or grappling are strictly prohibited, you are still being hit with a foam covered stick in an exercise-heavy environment. Accidents are very rare but possible. Therefore, Amtgard does require a waiver to be signed before you can dive into the battle. So if you are planning on joining, just remember that Amtgard has a minimum age requirement of 14, and anyone under the age of 18 must have a parent or legal guardian to sign their waiver.

But enough of the boring, real life details. Let’s talk about the reason everyone is here. The combat!

Amtgard comat is governed by Hit Locations in order to slay your opponent. Firstly, hits to the base of the neck and upwards to the head are strictly forbidden. If you are struck on any of your limbs, such as the arms or legs, you must either kneel down if hit on the leg or place your arm behind your back if struck on that location. If you are hit on the torso, you are dead. Additionally, any combination of two limb wounds will result in a death. After which, more often than not, you start counting, usually to 60 seconds, and return to base in order to return to life.

Except, those are just the basics. There are a wide range of ways you can do even more damage or prevent wounds. There are abilities that can kill with a single wound to a limb, like Poison, or straight up kill the target, like Call Lightning. And there are Enchantments, like Stoneskin that give you magical armor. Or Enlightened Soul that make you immune to spells. Those are but a fraction of all the Spells and Abilities at your disposal in Amtgard.

Finally, I will talk about our local Kingdom, Parks, and how you can get involved. In Alaska, there are six Amtgard Parks you can play at.

First: Ravenstone. This is the Park that I call home. They are located right here in the Valley. Palmer to be specific. You can get in touch with them on their Facebook page, “Barony of Ravenstone.”

Next: Lupine Moon. They are over in Anchorage. You can contact them over on their Facebook page, “Duchy of Lupine Moon.”

There are four other parks, all of which you can find on Facebook under the name of the park:

- Barony of Frozen Coast in Kenai
- Barony of Astral Winds in Fairbanks. Shire of Icefire Bay in Homer.

What’s up with that? Vol 2: Electric Boogaloo
By Miles Gibson

Well, the Student Government just keeps rolling on and getting stuff done here at Mat-Su. Here are some of the notable highlights.

First off, I would like to welcome the two newest senators to the Mat-Su College student government, Brooke Corpus and Samm Tampke. They are both bringing wonderful ideas and energy to the Student Government. Also, there is a new Club on campus: The Stephen King Club. Welcome to those folks, too.

Unlike most government the Mat-Su Student Government got a lot done, e.g., to get some Fall/Halloween activities going for the Students. First was the passing of 300 dollars for a Halloween/Day of the Dead dance to be held on campus November 1st. Another 200 dollars was passed to secure DJ DatKIDSHAWN to perform for the dance. There was an allocation of 350 dollars to show the movie 1408 in the Glenn Massay Theater on Wednesday, Oct. 30th. And last but not least the student government passed the allocation of 379 dollars to be used in efforts to help defer some of the costs for a Veterans Day Event.

The student government also made changes to the club guidelines, removing some of the confusing language of before, and making it easy for new clubs to start and roll over from year to year. The changes were voted on and passed by the people that wrote them.

Faculty advisor Ballant was busy about the vote and the need to request the academic year the Student Government meeting. They might be wait to see how the recall effort shakes out until voting.

Eric Blomskog let everyone know that as the seasons change be sure to watch your step. Trips, slips and falls are a common source of injuries and we are moving into the icy, snowy months.

As always any student is welcome to attend any Student Government meetings. They are held Wednesdays upstairs in the library at noon. Share grievances, ideas, or just words of encouragement with the current administration. So until next time, that’s what was up.

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.

Join a Mat-Su College Student Government Council Committee

Or join one of the student clubs.

- Clubs are a great place to meet like minded people, have fun, learn new things and relax.
- Alaska Native Culture Club
- Game Club
- Stephen King Club
- Arroba Club
- Math Club
- Mat-Su Monitor

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don’t see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.
The Wind Swayed the Fishes

By E. Farris

In 1995, tomatoes were flooded with sequels (Rambo Last Blood; Toy Story 4; Zombieland Double Tap; John Wick 3; Terminator: Dark Fate), comic book movies (Avengers Endgame; Joker; Captain Marvel), and live action remakes (King: Aladdin). It’s easy to say, “Hollywood is out of ideas! There’s nothing new.”

Now, this might be an easy argument, but it’s not a valid one. Here’s why:

Avengers: Endgame became the highest grossing movie of all time. The Lion King live action remake became the seventh highest grossing movie, raking in 1.6 billion dollars worldwide. If you look at the top 20 highest grossing movies of all time, only three are not sequels, superhero related, or remakes. Those three movies are Frozen (which has a sequel coming later this year), Titanic, and Avatar (which has four sequels planned).

Big studios make these movies because they know you will see them. You will take your family, your friends, and your significant others to see these movies, as well. Big studios film Thans giving a moon at Iron-Man in 2019. Forthcoming are the rehashes of movies that we’ve already seen. People want new material. Here’s the thing, there are a ton of original, new, crazy movies that break boundaries out there. People are just not watching them.

Outside of streaming services, how are people supposed to know where to find new, original movies? For starters, you’d be surprised how often remakes of foreign films are made in Hollywood. If you have a favorite movie, maybe check to see if it’s a remake of anything. You like “Death at a Funeral” starring Matthew Macfadyen. Did you know that it was an American remake of “Abre Los Ojos” starring Eduardo Noriega? Watching original versions of American movies is a great way to get into non-American films and finding gems that don’t get wide releases in the states.

Another way of finding original content is to keep track of film festival news. Do you know Cannes Film Festival? Tarantino’s “Pulp Fiction” won the Palme d’Or award when it premiered there. This year, the Korean film “Parasite” won and is getting a ton of praise. Keep an eye out for it.

Toronto International Film Festival (Tilla Waltz’s new film “Jojo Rabbit” won people’s choice there) and Sundance Film Festival are two more festivals that premiere contenders for the Oscar race as well as foreign films looking for an American release.

Next time you think, “Hollywood is out of ideas,” just know that Hollywood is not lazy, they are just giving American audiences what they want. You are the one who determines what is made. You decide whether you go see the new Denis Villeneuve (“Prisoners”; “Sicario”; “Arrival”) or the newest installment of “Star Wars” or “Frozen” versus “Fantastic Beasts.” As a consumer, it’s up to you to show the business that there is a demand for original content. That doesn’t mean giving up what you love. I will never stop watching Marvel or Star Wars movies. My point is, it’s up to you to broaden your entertainment palette and to start watching more obscure films.

That’s what should make movies so magical: Not knowing what to expect or whether you will love or despise it.
Watch for upcoming Journey Events

Posted throughout the campus and posted on the Journey website: https://matsu.alaska.edu/journey/index.csh.html

- Responding to Microaggressions In and Outside of the Classroom
  Tuesday, November 5th - 12 - 12:50, FSM 204
- Heyi Niltu 2019 - Alaska Native Heritage Month Celebration Wednesday, November 6th - 3 - 7 pm, Glenn Massay Theater
- Cannabis Panel: The Good, The Bad, and The Ugly
  Wednesday, November 13th - 6-7:30 pm, FSM 204
- Safety and Health at Work — Know your Rights, Know the Risks
  Wednesday, November 20th - 12:00 - 12:50, FSM 204
- Gratitude Week: Letters of Appreciation November 20
  - November 26th - 10 am - 3 pm, FSM Lobby

Test Anxiety - Journey Event

By ItzMeBrookieCookie

Why are you afraid of tests? Why do we panic at the thought of tests? If you attended the journey event on September 30th, you would find out that many people actually suffer from test anxiety because this is a psychological situation. Many get headaches, nausea, feelings of faintness and feeling either too cold or too hot. So why are we afraid of tests and how can we calm ourselves? Professor Kim Bloomstrom gives us advice and it all comes down to being prepared and developing good testing skills.

To be prepared…
- Take good notes and if a teacher highlights on something, be sure to write that down
- Study throughout. Don’t study the night before the test!
- Make up mock test questions
- Have study groups or a study buddy
- Good testing skills
- Pick the most complete and inclusive answer
- If two answers have opposite meanings, one of them is probably correct
- You can cover the answers and pick the one that matches what you thought about first
- Answer essay questions first because that can trigger your memory to remember the answers to other questions

Dr. Kim Bloomstrom speaking at the Test Anxiety Journey event

Clothesline Project

October was Domestic Violence Month. Students dropped by the art studio and took a few minutes to make a statement about respect and nonviolence on a t-shirt! Afterwards, the shirts were displayed on clotheslines in the bridge to Sneedgrass Hall. There were many creative designs and empowering messages. Supplies, including t-shirts, were provided. The event was hosted by Jeanine Milne of Alaska Family Services.

Alaska Health Fair

In September students were given a chance to learn what their community has to help them stay healthy and feel their best. The on-campus Alaska Health Fair was a one-stop location for free health education and screenings as well as affordable blood tests. The event was co-sponsored by UAA Nursing students and MSC Paramedic students, who presented much information.
**STUDENT RESOURCES**

**What is your major? Be Ready to Respond**

*By Adelina Rodriguez*

Once you have entered college, the question that follows is usually what is your major? For some, the response may come easy, but for others it is paralyzing. With registration upon us, knowing what your major is will help you and your academic advisor identify classes to take in the spring to keep you on track towards graduation. Registering early has a number of benefits including greater class selection. Open registration begins Monday, November 25th for Mat-Su College and the University of Alaska Anchorage. For more information visit uaa.alaska.edu/registrar or call 907-745-9746.

If you are having difficulty, answering what is your major or considering a change of major, know that you are not alone. In addition, there are free resources made available through your Career Development office to help you identify and explore potential majors based on your interests. Do not go through the process alone or take a passive approach. The career development advisor is set-up to help with research or can administer a career assessment to identify a major based on interests, skills and preferred activities. A change of major can simply stem from a current major not satisfying one’s interests. Therefore, identifying your interest, your motivation and natural strengths is critical in the process. There are free online resources or schedule to meet with a career advisor to guide you through the process. Learn about the services available to you.

**Career and Major Exploration:** whatever you are a traditional or non-traditional student or changing careers and need assistance in identifying a major, we can explore career fields you are interested in or have you take the Myers-Briggs Type Indicator (MBTI) or Strong Interest Indicator – to help offer career direction and identify relevant occupations based on your strengths and interests.

**Internship Opportunities:** apply what you are learning in the classroom, gain valuable work experience and knowledge with employers in the community with an internship experience. Students will have an opportunity to participate in an internship experience whether it is connected to an academic program or not.

**Applying and Interviewing:** On an individual basis or in a group setting, students and alumni can learn to develop their resume, cover letter and interviewing skills. Students can participate in a mock interview, to help them practice and receive constructive feedback, before going to an actual interview.

Once you are ready contact Mat-Su College Student Services, 907-745-9746.

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**STUDENT RESOURCES**

**What is her advice to her students?**

*By Michelle Sharpe*

Dr. Jeremy Nettleton is the assistant professor of biology, natural and physical sciences here at Mat-Su College. He has been with the college for two years and is currently teaching introductory biology, principles of biology, anatomy and physiology as well as microbiology along with labs. Nettleton comes from a family of teachers and grew up with a passion for the sciences. He achieved his graduate degree at the University of Maine where he conducted research on wild kept, as well as monitor harmful algae in fish for the commercial fishing industry.

Before teaching for Mat-Su College, Nettleton taught science for high schoolers in the Kenai Peninsula.

Nettleton’s love of the natural world is evident just from glancing around his office, where he has plants as well as an enclosed terrarium which hosts a collection of algae and plants that will be self sufficient for years. In addition to studying and teaching nature, Nettleton is an avid outdoorsman. He once bicycled the coastal road from Seattle, Washington to San Diego, California.

When asked about what advice he would give future students, he suggested taking science courses that they are excited about. If students are not excited about science, he recommends trying to relate their studies to their own lives. He also insists that labs are a must for any science class so that students can apply what they learn in lecture to practical lab experiments.

Nettleton’s goals as a professor include trying to get students excited about biochemistry as well as the scientific method.

Nettleton described a particular class that he was looking forward to teaching next semester. Principles and Methods of Biology will offer two different 3-hour labs. The purpose of this course is to teach students a “prescribed activity” during the first lab and then engaging in a follow up study using the tools learned in the first lab. He intends to get students outside to conduct experiments. This course will give students the creative power to design their own experiments and he hopes it will get students interested in studying the natural world.

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**What is her major? Be Ready to Respond**

*By Michelle Sharpe*

Dr. Annette Hornung

A couple weeks ago, I had the opportunity to sit down with English Professor Dr. Annette Hornung. We discussed traveling the world, teaching, and the importance of providing students with materials that will help them succeed in the curriculum.

**What is Dr. Hornung’s background?**

Dr. Hornung, like many of our professors here at Mat-Su College, is a world traveler with passion for language and teaching. Dr. Hornung received her undergraduate, Masters’ and Doctorate from Arizona State University.

Initially, it was not Dr. Hornung’s plan to become a teacher, having once more traveled to school, she received a dual Master’s degree in both English and German. Having done that, Dr. Hornung continues to travel abroad and taught at a German college before returning to Arizona to get her PhD.

Dr. Hornung is an advocate for “experiencing life” before deciding on what you want to do. She says that “no rush,” she says with regards to returning back to school after graduating.

**What brought her to Alaska?**

Dr. Hornung knew that she wanted to teach in the mountains and applied to many places. When applying for jobs, she said, “you apply where the positions are open.” She knew that she wanted to live in nature with mountains and applied in cities in California, Nevada, and all along the west coast. Finally, she was offered a job at Mat-Su and she leapt at the opportunity to teach at a college surrounded by natural beauty and mountains.

When talking about Mat-Su College, she mentioned how much she loved how nice everyone was on campus and to make her material as clear as possible to the students. As well as improve my teaching materials so that they are the most salient to my students. She also made sure to try out different techniques. Currently, she is teaching writing and preparatory writing classes here at Mat-Su College. When I asked her what her goals as an educator are, she responded, “I’m living the dream. My goals are to do the very best I can and to make my materials as clear as possible to the students. As well as improve my teaching materials so that they are the most salient to my students.”

She describes the assignments in her 100-level classes as “student friendly” and addresses all papers in the curriculum and developing patterns that will use in their college and professional careers.

**What is her teaching philosophy?**

“I have the ability to succeed. Everyone has the ability to write. However, not everyone has the motivation and what they’re looking for. As long as the materials are salient and clear with clearly stated objectives, students do well.”

**What is her advice to her future students?**

“Participate. Come in and be ready to participate.”
Honor Flight

By Katrina Clayton

We have certain days each year where we take time to remember those who have fallen while in service, and we have other days to thank the ones still with us. October 5th was one of those days.

An Honor Flight, for those that don’t know, is where the oldest living veterans are sent to Washington D.C. Once there, they spend multiple days visiting all the memorials that are dedicated to the military, their sacrifices, and their friends who are no longer with them. The October Honor Flight occurred on the 5th. There were 22 veterans sent to Washington D.C.

When the veterans returned home, the Colony High School JROTC program provided an honor cordon. An honor cordon in this case was an arc created by cadets holding sabers above their heads. Colony was happy to volunteer their cadets. I happened to be one of the said cadets. We were very honored to participate in such a huge event to honor the ones who proudly served our country.

The actual event, with the veterans going through the arc, only lasted for a few minutes, but it felt much longer. Everyone looked very professional, and as far as I know, nobody allowed their saber to drop. Everyone was very honored and proud to be allowed to participate in this event, and would be happy to do it again.

By Katrina Clayton

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Word on the Street: WHAT’S THE WEIRDEST THING IN YOUR BAG?

Elizabeth

A rolled-up bandage.

Juve

Clicker.

Ryan

Tie between a 20 Questions music toy from 2007 and a hospital mask.

Samm

Key chain in shape of a neural net CPU from Terminator.

Liam

Protein powder.

Sammy

Carrots.

I’m loving It? A McRib Journey

By Miles Gibson

Well, if you haven’t heard, the McRib is back. It returned to Alaska on October 7th, and I was there first day to get one. Last time the McRib was brought back, Alaska did not make the cut of locations that would be offering this BBQ monstrosity, and I was not gonna miss it while it was here for a limited time. How limited of a time? Who knows, but I didn’t want to be left without that sweet tangy taste knowing I could have had just one more and just didn’t go. I decided that the best way to get the most out of the limited run would be by eating a McRib a day for the first two weeks of the promotion. I would have gone longer but I rapidly went through my food budget for the month and was genuinely worried about renal failure from the consumption of that much pork trimmings. Here is my story.

The first day I was excited, I could not remember the last time I had a McRib and its legendary status called to me. I ordered my first McRib. It cost $4.79 before taxes and that seemed fair. I happily munched down my first one and enjoyed it. The BBQ saucy was tangy and sweet, it had the right ratio of pickles and onions, and the pork patty was definitely not beef. This was, actually, not bad, but for the same price I could have bought a box of generic rib sammys from Costco.

Day 2 and 3 were okay as well. The novelty was still there. I was enjoying something that was not available to some parts of the county, and as a lifetime long Alaskan this was my way of sticking to those lower 48 cities that get all the promo pricing and deals. Suck it, Toledo. But as I moved into day four I could help but wonder what was in this thing I was eating? Well, according to a press release by McDonald’s, “McRib consists of a restructured boneless pork patty shaped like a miniature rack of ribs, barbecue sauce, onions, and pickles served on a 5 1/2 inches (14 cm) roll.”

If that doesn’t sound good, I don’t know what does. I was also a bit concerned about the grill marks on the McRib as I had never actually seen a grill at any McDonalds location. In this writer’s opinion they looked like they were added with a sharpie after the pork was “restructured.”

By day 7 there were noticeable signs that I
MEETING TIMES
Mondays &
Thursdays
12:00-12:50
OLB 214
(Upstairs in the
Library)

Looking For
• Photographers
• Writers
• Reporters
• Marketing
Reps
• Cartoonists
• Artists

Now taking submissions:
Next deadline for entries:
November 18.

MEETINGS;
MONDAYS 2:30-
3:30
SGH 124
& via Zoom!

YOUR CLUB’S AD
COULD BE HERE!

CONTACT THE MAT-SU MONITOR
FOR MORE INFORMATION.

Get Involved with Your
Student Government
Meetings every
Wednesday
11:50 - 12:50
FSM 105

Weekly meetings on Wednesday
2:30pm-3:30pm in room FSM 201
Everyone is welcome to attend!

Coming soon:

Stephen King Book Club
&
Game Club
From the Math Club

How many ways can a rectangular hallway measuring 3 units wide by n units long be tiled with tiles, each of which measures 2 units by 1 unit? Can you find the solution when n = 4, 6, 8? How about for any even number n?

You can enjoy more puzzles and fun math activities during Math Club meetings and events.

Billy the Rogue

By E. Farris

The autumn leaves fell reluctantly to the ground. The wind gawpered at the trees. The clouds watched uncaring. The earth was indifferent. The trees shrieked for help to keep their beautiful leaves. The wind continued to pluck away the leaves with sadistic glee. The wind came more violently and tore hundreds from the branches. The trees wept. The man saw the tree’s misery so he chopped it down to free it from the wind’s clutches.

“I don’t think that is why humans cut down trees, Billy.”

“Come on, guys, it explains why they chop down so many.”

“I’m with Kevin. I don’t think trees like being chopped down, plus I’m pretty sure the wind is helping the trees get rid of dead leaves.”

“But-

“Besides, if this is true, doesn’t that make us monsters eating plants.”

“No, we’re ending their suffering-

“So if I’m dying, you are going to eat me to end my suffering.”

“Maybe?”

“Oh mother nature! I can’t believe you, Billy. I’m leaving.”

“No! Don’t go.”

“Billy, you shouldn’t share your crazy ideas with others.”

“I know, Kevin.”

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor’s regular advice column. If you have a question you’d like to see answered, e-mail it to sophia@alaska.edu or submit it in the Ask Sophia box in the K3 café.

Q. Dear Sophia: If I see a girl who has very caked on makeup, and she is actually beautiful, should I tell her or let her continue to cake on makeup, but she is actually beautiful, should I tell her or let her continue to cake on makeup?

A. Dear Intentions: MYOB.

Q. Dear Sophia: How do I deal with unwanted hugs, especially from friends?

A. Dear Unhugged: Try a warm, friendly hand clasp as they start to move in... or a sneeze.

Q. Dear Sophia: The Library is getting louder.

A. Dear Library Patron: Our library is ideal for group study and committee meetings, as well as providing quiet study zones. Working in the open area where sound travels well, it is generally not going to be quiet. If you are in the quiet study room at the end of the hall, or in the study carrel area and people are being loud, a polite reminder should be all it takes. If there is still a problem alert the staff who are always happy to help. There are also headphones available for checkout at the front desk if you want to listen to your own study music or try some white noise.

Q. Dear Sophia: A new family moved in next door, and I think they are Eastern European Cannibals. Me and my friends have been spying on them and going through their trash, but we can’t find any evidence. What should I do?

A. Dear Stalker: First, stop going through their trash. Everww. Second, get professional help for your paranoia. Third, we live in an enlightened society where judging people based solely on their ethnic origin is unacceptable. And lastly, get a hobby and/or new friends.

Message in a Bottle

By Cassidi O’Brien

Sometimes I feel like an uneven keel
Drifting in the waves like a message in a bottle
Unspoken
Where have I been?
Where am I going?
Am I rising or am I falling?
Storms rage, swells swallow
Whitecaps lap, am I to follow?
Here I am amongst the foam
The carnage of waves past
Caught up by the shore at last
Bumping, urging, insisting
HEAR ME
What is my message?
When have I last spoken?
Nobody knows
For I am a message in a bottle.

CTVTP-O-QUOTE

Here’s how it works: ARCTIC DRAGON is BDSUDID ESBHPD.

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.


AFZVI IPVZDFO
Here for a limited time -- it's so like any good marketing...

The brainwashed consumer I... 

I was sick of them, but what... and physically, because before... we time we are spending using... with a hunched back from... what it is doing to us mentally...

In conclusion, this was not written to talk down on social media, but rather shed light to... these questions lie within every person. We all have justifications to why we do... and pointless feeds, and complain that we're bored. Nevertheless, we need to consider how much time we are spending using our phones, and be mindful to what it is doing to us mentally and physically, because before we realize it we will be stuck with a hunched back from staring down at our phones 18 hours a day scrolling through pointless feeds, and complaining that we're bored...

The first question is, do you feel like you absolutely need your phone all the time? If you answered yes. You've got a problem. When you read that question did your mind start reeling with reasons to why you absolutely need your phone? Congratulations, you've got yourself an addiction.

The second question is, do you constantly check your Facebook, Instagram, Twitter, or Snapchat feed over and over, and you've just wasted three hours of your life, and gained nothing? If you answered yes, then hard to put this event on to make it as enjoyable as possible. I encourage you to check out Heyi Níitú and to see what your fellow Artic Dragons have prepared for you.

Heyi Níitú continued from page 4

about her Yupik culture. There will also be a Molly of Denali screening for the younger kids.

This year, they have a theme called "Roc Your Mocs," which means that if you own a pair of moccasins, they encourage you to wear them and show them off!

I want to formally thank the Alaska Native Cultures Club for putting on this event. Because it is such a big celebration, I know that everyone has been working life. My body did not want to eat another one of these pork scrap Monstercorns and was letting me know in the form of violent reactions. The meats sweats had progressed and were constant. Dogs were licking and nipping at my skin like I was a pork bone. I was starting to get anxiety about going through the drive through to get one, not only because I was sick of them, but what did the lady think that saw me every day? I was queasy and I think I might have stained my teeth slightly from all that sauce. I noticed that the once presentable McRib was being sold to me slippier and sloppier, as if to say even the employees were sick of them. Even my girlfriend was worried. She thought I had the flu as had not told her what I had been doing. She wanted to take me to the doctor.

So after two weeks of McRib's I can say that I don't care if they ever come back. Indeed, I would go as far as to say I hope they stay gone. They are still here, but I won't have another. 8000 calories of pork butts are enough for me. If you do choose to partake in this seasonal tradition please do so responsibly.

McRib continued from page 7

may have been overindulging in this seasonal treat. I was starting to be plagued with meat sweats and reeked of BBQ sauce all the time. I felt as if I was plagued by a generations long curse. As I mentioned to the South they call this the 'kits'. But I had seven days to go yet so like any good marketing-brained consumer I carried on. After all, it was only here for a limited time -- it could be gone tomorow.

The second week was one of the most trying weeks of my life. My body did not want to eat another one of these pork scrap Monstercorns and was letting me know in the form of violent reactions. The meats sweats had progressed and were constant. Dogs were licking and nipping at my skin like I was a pork bone. I was starting to get anxiety about going through the drive through to get one, not only because I was sick of them, but what did the lady think that saw me every day? I was queasy and I think I might have stained my teeth slightly from all that sauce. I noticed that the once presentable McRib was being sold to me slippier and sloppier, as if to say even the employees were sick of them. Even my girlfriend was worried. She thought I had the flu as had not told her what I had been doing. She wanted to take me to the doctor.

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Geeks continued from page 3

• Shire of Dark Lodge Crossing all the way in Juneau. (Our newest park, not even a year old.)

Collectively, these make up The Kingdom of Northreach! Ruled by our elected King or Queen.

If you’d like to join Amtgard and the Kingdom of Northreach, head over to www.akamtgard.com to find the Amtgard Rules of Play under “Documents”. Then go over to “How to Join” for more detailed information on getting started. And don’t worry about looking the part right away. We have loaner gear for you to use until you can get your own gear and garb. Come as you are, and be sure to bring your wits, strength, and fury for battle.

Campus lost and found now housed at the library

Missing your...

• Keys?
• Phone?
• Jacket?
• Headphones?
• Flash drive?
• Other item?

Just ask at the library desk -- your item might have been found!

Greed continued from page 4

AAAAMMMMMMMMMMM
AAAAAAAMMMMMAAA
AA!!!’'...
Thanksgiving is around the corner and you know what that means... sooo much leftovers! I know, I know, “turkey sandwiches are awesome.” And they are. However, if you put in just a little bit of work towards making those leftovers into another great meal, it will definitely be worth it. Nowadays, I feel like pies don’t get enough credit as being an actual meal as opposed to just a dessert. I want to change that by showing you how to make this tasty dinner-time pie. I hope you enjoy making this as much as you will enjoy eating it!

If you have a recipe you would like to share with our readers, they can be submitted via email at matsumonitor@alaska.edu.

Books continued from page 1

The main character Arnold Spirit Jr. (Junior) lives on the Spokane Indian Reservation but decides to go to school off the reservation in the nearest town, Rearden. His classmatess on the Rez feel betrayed by this switch while his Rearden classmatess scorn his presence. This is a book that has good humor but with some tragic moments as you read about Junior and how he finishes his first year at Rearden High School.

By Rachelle Coutlee
Favorite Holiday Recipes

The Lone Ranger and Tonto Fistfight in Heaven

Sherman Alexie

The Lone Ranger and Tonto Fistfight in Heaven by Sherman Alexie is a bit too much, watching the movie based of this book: “Smoke Signals.” It depicts much of the same of what the book conveys. This movie is a favorite among my friends and I. Almost every indigenous person I have met has watched this movie, and we find ourselves quoting lines to each other and laughing about it. Trust me, it’s a good one to watch.

Haa Shuká, Our Ancestors

Nora Marks Dauenhauer & Richard Dauenhauer

Haa Shuká, Our Ancestors

Two Old Women

By Velma Walls

Based on an Athabascan legend of the upper Yukon River Valley in Alaska. A story like this is also meant to teach the younger generations their cultural values.

In this story, two old women were abandoned by their tribe during a brutal winter famine. They were more of a hindrance than a help to the tribe when everyone is touched. IMMEDIATELY invert the cake with confidence onto a powdered sugar dusted, thin clean towel. Roll the towel and cake up and cool on the nearest town, Rearden. His classmates on the Rez feel betrayed by this switch while his Rearden classmates scorn his presence. This is a book that has good humor but with some tragic moments as you read about Junior and how he finishes his first year at Rearden High School.

Smoke Signals directed & co-produced by Chris Eyre. Screenplay by Sherman Alexie

If reading Lone Ranger and Tonto Fistfight in Heaven by Sherman Alexie is a bit too much, watching the movie based of this book: “Smoke Signals.” It depicts much of the same of what the book conveys. This movie is a favorite among my friends and I. Almost every indigenous person I have met has watched this movie, and we find ourselves quoting lines to each other and laughing about it. Trust me, it’s a good one to watch.

Sherman Alexie

The Lone Ranger and Tonto Fistfight in Heaven

Harvest Pumpkin Roll

By Cassidi O’Brien

What dessert comes to mind when you smell the changing of seasons, leaves turning, and Thanksgiving just around the corner? Nothing says fall more to me than an aromatic and delicious pumpkin roll boasting all your favorite fall flavors. I have a twist on an old classic that is sure to get nods of approval and demands for your secret recipe. I can already hear you asking about the twist on something that is already so classically delicious. Well my curious additions start with the Indian spice cardamom, then on to some ginger, and ending with the option of red currants in its cream cheese frosting. Secret be told, the addition of red currants allows this recipe to be applicable for any occasion, Christmas, and well beyond.

INGREDIENTS:
2 cups frozen peas, carrots & green beans
1 cup sliced celery
2/3 cup butter
2/3 cup chopped onion
2/3 cup all-purpose flour
1 teaspoon salt
1 teaspoon ground black pepper
1/2 teaspoon celery seed
1/2 teaspoon onion powder
1/2 teaspoon Italian seasoning
3/4 cups chicken broth
1 1/3 cups milk
4 cups cooked cooled turkey meat
4 (9 inch) unbaked pie crusts

DIRECTIONS:
Preheat an oven to 425 degrees F (220 degrees C). Place the peas and carrots, green beans, and celery into a saucepan; cover with water. Bring to a boil, and simmer over medium-low heat until the celery is tender, about 8 minutes. Drain the vegetables in a colander. Set aside.
Melt the butter in a saucepan over medium heat, and cook the onion until translucent, about 5 minutes. Stir in 2/3 cup of flour, salt, black pepper, celery seed, onion powder, and Italian seasoning; slowly whisk in the chicken broth and milk until the mixture comes to a simmer and thickens. Remove from heat; stir the cooked vegetables and turkey meat into the filling until well combined.
Flatten 2 pie crusts into the bottom of 2 9-inch pie pans. Spoon the filling into each pie crust, then top each pie with another crust. Pinch and roll the top and bottom crusts together at the edge of each pie to seal, and cut several small slits into the top of the pies with a sharp knife to release steam. Bake in the preheated oven until the crusts are golden brown and the filling is bubbly, 30 to 35 minutes. If the crusts are browning too quickly, cover the pies with aluminum foil after about 15 minutes. Cool for 10 minutes before serving.

Pumpkin Roll

By Cassidi O'Brien

I love to make this recipe when I want to impress at events outside my own home. I mean, what is easier to transport than a cake on a platter? You can go all out with the presentation, or even keep it simple. These are some of my favorite fall flavors. I have a twist on an old classic that is sure to get nods of approval and demands for your secret recipe. I can already hear you asking about the twist on something that is already so classically delicious. Well my curious additions start with the Indian spice cardamom, then on to some ginger, and ending with the option of red currants in its cream cheese frosting. Secret be told, the addition of red currants allows this recipe to be applicable for any occasion, Christmas, and well beyond.

INGREDIENTS:
3 large eggs (beaten)
1/2 tsp. vanilla
3/4 C. sugar
4 large eggs
1 tsp. vanilla extract
3/4 C. all-purpose flour
1 tsp. baking powder
3/4 tsp. baking soda
1/2 tsp. cinnamon
1/2 tsp. cardamom
1/2 tsp. ginger
1/2 tsp. salt
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1/2 tsp. cinnamon
1/2 tsp. cardamom
1/2 tsp. ginger
1/2 tsp. salt

DIRECTIONS:
Preheat an oven to 375 F. And line a 15 x 10 inch jelly roll pan with greased wax paper or my favorite, a silicone mat.

Frosting Ingredients:
6 Tbs. butter – room temp
1 1/2 tsp. vanilla extract
1 cup powdered sugar
2 tsp. cinnamon
1 tsp. cardamom
1/2 tsp. ginger
1/2 tsp. salt

COMBINE:
Stir the flour, baking powder, baking soda, cinnamon, cardamom, ginger, and salt in a small mixing bowl. Beat the sugar and eggs until thick. Add the pumpkin and 1/2 tsp. vanilla until combined. Gradually add the flour and vanilla until just incorporated. Do not over mix as this will develop the gluten in the flour resulting in a firmer dryer cake. Tap the pan on the counter for equal distribution of the batter and to release any large air bubbles.

Bake:
13-15 min or until the center of the cake bounces back when touched. IMMEDIATELY invert the cake with confidence onto a powdered sugar dusted, thin clean towel. Roll up the towel and cake up and cool on the rack. For another variation of the frosting, add 1/2 cups of eggnog if that’s your favorite. For another variation of the frosting, add 1/2 cups of eggnog if that’s your favorite.

PRO-TIPS:
The more sifting of dry ingredients, the more tender and velvety your cake will be.

For another variation of the frosting, add 1/4 cup eggnog if that’s your holiday flavor thing.

To elevate your presentation, cut off both ends, place a fern or other foliage on top of the loaf, then dust with powdered sugar. A beautiful decoration will be left behind.

Buy cardamom as a whole seed and crush by mortar and pestle. The aromatics that come about in the direct crushing is not matched by buying pre-ground.

I love to make this recipe when I want to impress at events outside my own home. I mean, what is easier to transport than a cake with its frosting on the inside?!
9 THINGS TO KNOW ABOUT TITLE IX

- Protects all people of sexual discrimination regardless of sex
- All schools must have a TITLE IX Coordinator
- Schools must take immediate action for victims
- Schools must have approved procedures to handle sexual misconduct
- Schools may not retaliate against a victim filing a complaint
- Pregnant and parenting students are protected from discrimination
- Schools cannot discourage sexual assault victims from pursuing education
- Schools must ensure campus is free of sexual harassment & discrimination
- All sexual interactions must occur between two consenting adults

If you SEE Something, SAY Something, DO Something