Center for Alaska Native Health Resources
By Diana Campbell

The Center for Alaska Native Health Research has a new home in Bethel. Now researchers and participants may meet in a comfortable area at UAF’s Kuskokwim Campus.

The 1,378-square foot research space will have rooms for long-distance teleconferencing, physical activity measurements, and nutritional data collection, among other uses. The Bethel facility has a mirror site in Fairbanks, also operated by CANHR. The National Institutes of Health provided a $7.5 million grant to UAF in order to create the new spaces. About $3.8 million was used to build the Bethel facility.

"The new research suites show how much we value our relationships with research participants, whom we view as our research partners," said Bert Boyer, CANHR director. "It is further proof of our commitment to work together toward elimination of health disparities among Alaska Native people."

Joe Kiejka, Bert Boyer, Scarlett Hopkins, Brian Rodgers, Bob Herron, Gene Peltola, and Mary Pete. Photo by Cindy Andrecheck

Learning to Learn Camp Fall 2012
By Agnes McIntyre

This year we had students from Pilot Station, Chefornak, Tuntutulik, Kongiganak, Kwigillingok, Kwethluk, Eek, Kotzebue and Bethel.

During the L2L Camp, students wrote about themselves, their studies and their communities. They also had a chance to talk with faculty members and listened to different staff members describe their programs and the services available. The Emerging Scholars Program would like to thank everyone who came and participated during the L2L camp.

Students who participated in L2L say it really helped prepare them for college life. They met other students and now know who and where to turn to for assistance from staff and faculty. Students who participate during L2L have a better chance of succeeding in their first year of college because of the head start they receive.

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The fall 2012 Learning to Learn (L2L) camp brought in 19 new students to KuC! We had a busy three day intensive camp with some fun filled activities.
Sowing Seeds of Inspiration
By Quentin Simeon

This fall, KuC Recruiter, Quentin Simeon has been traveling to many villages and connecting with hundreds of students in the Y-K Delta.

So far, he has visited the villages of Chefornak, Chevak, Eek, Kalskag, Kotlik, Russian Mission, St. Mary’s, and Tuluksak. Each village is unique and each student has unlimited potential. The school visits are the best part of the job, and meeting the students inspires something new for the next school visit. No matter what your educational goal is, Quentin instills the message of expecting to win, practicing in school like it is basketball, having fun while you learn, knowing where you are going, never giving up, and asking for help when you need it. These messages are the core of his recruiting message, and the students really seem to appreciate his presentation. We, here at KuC, are excited to see the new students walking through KuC doors and are proud to see them walking out at graduation, because “your success is our success.”

Scholarship Supplementary Documents
By Jaclyn Cabales

Applying or renewing your scholarship applications for spring? Be sure to submit your new course registration and Fall 2012 transcripts to corresponding agencies, such as AVCP and CVRF. A copy of your registration can be submitted after you meet with an academic advisor and schedule your classes. If you need to access your transcript, you can simply log into the secured area at www.uaonline.alaska.edu and go to Student Services & Account Information. The Academic Transcript (unofficial) can be printed under Student Records. In the UAOnline Student Services & Account Information section, you can find the order request for an official transcript, which is usually printed at the end of the semester after grades are posted. Requests are no longer held for pending grades, so you can view your unofficial transcripts to ensure all your grades will be sent to your requesting agency.

Be sure that applications are submitted before the deadlines. Agencies know that transcripts and registrations are not always ready at the time applications are due, so they usually give extra time for the remaining items. Always check with your funding agency about the status of an application to ensure all documents are in place.
Discover Benefits of a Degree Seeking Program
By Sean Denning-Barnes

Have you ever wondered how close you are to graduating? Have you ever wondered what job opportunities are available with a college degree? Are you undecided about which degree program or major to choose? KuC’s Academic Advising Center is here to help new and returning students on the journey through higher education. Stop into the Advising office anytime during business hours to chat about your degree program.

Making a decision about a degree program will put you on the right track to obtaining your degree. Once enrolled in a program, you will know how long it will take to finish your degree. You will get connected with an academic advisor who can help you navigate your chosen program, to know what classes you “need” to take for your chosen major, and to know which job opportunities await after graduation with a college degree.

Degree seeking students are eligible for government financial aid, scholarships, and grants. By choosing an academic program now, you become eligible for money which can aid toward the completion of your degree. Earning your degree will place you in a position to make more money, increase your job opportunities, have greater access to resources, have a strong sense of pride, and be an agent of change for yourself and others.

When you are enrolled in a degree seeking program you will have access to tools available through UAOnline.

DegreeWorks@UAOnline is a great online tool that can provide answers to many questions about your degree program and much more. Check in with KuC’s Advising Center to explore your academic future!

KuC Sports New Gym
By Vicki Malone

KuC SPORTS NEW GYM

The sound of a basketball hitting the floor is new at KuC!  Open the double doors at the end of the hallway in the newly renovated main campus building and a fresh new gym invites students. The gym of modest size is half court, light, airy, and has a gleaming hoop at each end. Students, unable to contain their excitement, often stop to shoot a few balls between classes.

The schedule is filling up fast with early morning exercise classes, Karate, open gym, jump rope, and on Tuesdays and Thursdays over 50 young ballerinas move down the hallway into dance classes.

While student use takes priority, there is still time for Community Education classes such as Zumba where students and community members will move to the same Latin rhythms sweeping the rest of the country.

Tracy Horn of Emmonak
Cooperative Extension
By Leif Albertson

Directions:
1) Heat oil in a large skillet. Add onion and carrots and sauté until soft, about 5 minutes.
2) Thaw the broccoli mixture in the microwave and drain.
3) Add the broccoli and cooked meat to the skillet. Stir and heat, about 1-2 minutes.
4) Add the noodle seasonings to the water and stir into the pan.
5) Break apart the ramen noodles. Add to the skillet when the water simmers. Stir to moisten the noodles. Cover the skillet and cook until done, about 2 minutes.
6) Serve immediately.

Cooking Tips:
1) Use cooked meat and vegetables left over from other meals
2) Substitute 1 pound of ground beef or turkey to yield two cups of meat
3) Rinse cooked, crumbled ground beef with hot tap water to reduce fat by 50 percent.

Serves: 4   Serving Size: 1 ½ cups

Recipe and more cooking tips at: http://www.extension.iastate.edu/foodsavings/