Welcome to RAHI

By Denise Woodard

RAHI Program Director

Students from the Rural Alaska Honors Institute (RAHI) have made the choice to go to college. They earned their university courses between seven and eleven credits at UAF, giving them a head start on college.

The University of Alaska Fairbanks Rural Alaska Honors Institute (RAHI) has honored the accomplishments of its 57 RAHI students at a public reception following a graduation ceremony in Schlueter Auditorium.

Randall Takes, RAHI 1998 and 1999 alum from Ketchikan, Alaska, was the keynote speaker. Randall received his Bachelor of Science degree in Business Administration from the University of Alaska Fairbanks and his law degree from the University of California Berkeley. He now works as a lawyer in Ketchikan.

The RAHI program is aimed at rural and Alaska Native students who have completed their junior or senior year of high school with an average of at least a 3.0 grade point average. Begun in 1983, it is a summer program that gives students an opportunity to attend college and complete university courses.

The RAHI curriculum includes university courses in science, math, social studies, literature, communications, music, and psychology. It is funded in part by New York Life, AInternational Development and Education Corporation, the National Institutes of Health, and the University of Alaska at Fairbanks.

I congratulate RAHI students on a job well done.
By Kristy Humphrey

People from all over the world came to join in the annual Midnight Sun Run in Fairbanks. Around 3,500 people were in attendance for the 2011 race. Many were clothed in wacky costumes, decorated shirts, or painted faces. There were zombies and knights in full armor, men dressed as lady superheroes and the always-present storm troopers.

The race began at 10 pm to the sound of a gun firing into the sky. Music pumped out of speakers, a band rocked the streets with electrifying tunes and bystanders lined the streets cheering wildly as participants flowed past their homes. The students of the Rural Alaska Honors Institute found this exciting race a lovely way to expend their late night energies. Starting from the University of Alaska Fairbanks they rolled down the winding streets in costumes ranging from full body painted avatars to tie dye peace loving hippies for a short six mile run ending at Pioneer Park. The sun never set that night as the final students crossed the finish line to enjoy a few midnight snacks.
Bonding, Bananagrams & LIGHTS OUT!

A short on Dorm Life.
By Dorm Director, January Scott

While 59 students and 10 staff from all over rural Alaska and down south sounds like chaos, luckily there are the fearless tutor counselors to bring about some organization to the chaos. Students often come to live in the dorms for the first time at RAHI and discover the joys of dorm mattresses, sharing a room with someone who is messy and/or prefers to only shower once a week! Not to mention a roommate who stays up late chatting on their computer or phones when the other is trying to sleep. This is just the first few introductions to sharing a space with 60 other people. There is also the constant jockeying for position in the laundry room as well as waiting in line to toast a bagel in the morning with eyes barely open. But, that is just the challenging part! The better parts include Bananagram tournaments with pizza and prizes, dances and The Best Time Of The Day (a.k.a. Study Hall)! There were many outings to the gym, store and movies as well as a few trips to Laser Tag to keep everyone from dorm fever. Thankfully, in this Best Year Yet, dorm life was pleasant with only a few bumps in the road and everyone found a place where they belonged. Thanks for the memories, now it is time for LIGHTS OUT!
By Jessie Dybdahl, Team Captain of the A Team

Camp Bingle is the destination of RAHI's midterm getaway. Located on picturesque Harding Lake, the students are able to enjoy both fun and sun - with absolutely no books or studying involved. Arriving on Friday evening, the students head down to the infintable iceberg and the inflatable trampoline for some swimming at sunset.

After they're done, they can head up to the fire for some smores and scary stories. Saturday is when the real fun begins when the Fun Olympics start! With over a dozen competitions - ranging from egg toss, to relay races, to the plank walk - each of the TC's family groups compete against one another for the chance to have their name on a plaque in Denise's RAHI office. Later that evening, it's skit night! Each family group has prepared a skit in which they will perform at the chapel for everyone to see. At the end of the night, the points are tallied and the winner is - The A Team.
Fourth of July Weekend

By Sean Kennedy
Every year many students are surprised to learn that walking outdoors for a long time can be fun. Especially when the walking ends at the lovely Chena Hot Springs resort. For many this is the longest they’ve intentionally ever walked (compulsory or otherwise). And this is no easy walk. The hike is 8.3 miles long with a total elevation gain of 2000 feet (rising above the tree line), but equally as challenging is convincing your quadriceps that they can still descend 1400 feet to the hot springs without giving up. Contributing to the challenge this year, well for those of us who didn’t finish in less than three hours, was no less than three rainstorms, a bunch of thunder and a little bit of lightning (though not too close to us). About ten staff and students waited out the storm in a DNR cabin located five miles from the trailhead and at the beginning of the descent back into the forest. We made a small fire in the stove (thanks Damian), ‘dried’ off some clothing and returned to the trail when the storm passed. I joke. The storm didn’t pass, ‘a’ storm passed. We few, we happy few, all met another rainstorm (or two). With no other choice but to give ourselves over to wet socks, wet pants, wet everything, we merrily made our way to the warmth of the hot springs. Alls well that ends well. Special thanks to the baguettes from the local grocery store.
Denali Whitewater Rafting

By Sharon Pruszko

RAFI's whitewater rafting trip down the Nenana River was spectacular. Blue skies and warm temperatures made for very happy rafters. It was an 11 mile journey, 2 hours on the river and encountered over 10 major splasy Class III to IV rapids on the Nenana River Canyon. Most paddled, while others just sat back and enjoyed the ride. Following a wonderful day on the river was a yummy dinner at the Salmon Bake.
Midnight Sun Pow Wow

By Debra Naaqtuq Dommek

As we approached the 11th Annual Midnight Sun Pow Wow, songs filled the air as dancers painted pictures and moved to the rhythm of their drums, guitars, and sound recordings. As most pow wows go, they were going on "Native time" where the timed schedules are more like a guideline or flow. After realizing the flow was slow, we filled the line for fry bread and Indian tacos, and enjoyed watching other performers. When it was our time we shared with the people a variety of Alaska Native dancing styles, and on a few occasions had people join us during invitational. When we saw smiles on the faces of young and old all around, we knew it was a job well done.
Congratulations Class of 2011!

Autographs
RAHI Students
2011 Class

- Marina Anderson
  Craig

- Christopher Clement
  Sitka

- Davida Walker
  Holy Cross

- Britney Caspersen
  Metlakatla

- Melissa Streitmatter
  Unalaska

- Lawson Kalistook
  Bethel

- Megan Russell
  Sand Point

- Damien Lockuk
  Togiak

- Richard Bekeris
  Sitka

- Bess Jacobson
  Kodiak

- Savannah Beckstrom
  Yakutat

- Andrea Gump
  Hooper Bay

- Isabella Booth
  Metlakatla

- Brandon Kowalski
  Fairbanks

- Deidre Dayton
  Fairbanks

- Carlton Hautala
  Kutchuk

- Halley Myers
  Yakutat

- Eulianap Polushkin
  Homer

- Frederica Matumeak
  Barrow

- Bianca David
  Barrow

- Stephanie Joekay
  Sewardville

- Jordan Andrews
  Mount Village

- Tiana Elkins
  Barrow

- Jalene Kanayurak
  Barrow

- Kendrick Hautala
  Kutchuk

- Drayton Newman
  King Cove

- Sierra Chandler
  Ketchikan

- Sidney Huhndorf
  Galena

- Jennifer Jones
  Chignik Bay

- Hannah Myers
  Tenakee Springs
RAHI SUPERLATIVES

BEST RAHI SPIRIT
• ROBERT
• TIANA

MOST LIKELY TO SLEEP THROUGH AN EARTHQUAKE
• IAN JON
• MELISSA

MOST LIKELY TO STAR ON A REALITY SHOW
• VINNY
• DILLOOLA

MOST LIKELY TO BRIGHTEN YOUR DAY
• DRAYTON
• MARISSA

2011 CLASS CLOWN
• DAMIEN
• MAGGIE

CUTEST COUPLE
• ROBERT
• HAILLEY

MOST LIKELY TO BE IN THE OLYMPICS
• BRANDON
• JALENE

MOST LIKELY TO BUST A MOVE - BEST DANCER
• MICHAEL
• ANDREA

MOST LIKELY TO BECOME A TEAM CAPTAIN
• CHRIS
• MARINA

BEST EYES
• CHRIS
• COURTNEY

NEXT AMERICAN IDOL
• BRANDON
• TIANA

NEXT BILL GATES
• RICHARD
• RUBY

BEST DRESSED
• GUY
• EUJIANA

MOST LIKELY TO BE THE NEXT NINJA MASTER
• LAWSON
• CHELSEA

THE BEST TEAM EVER
Team Captain Sharon

• DEIDRE DAYTON
• LORI EVAN
• KATHLEEN HUNTINGTON
• HAILLEY MYERS
• DRAYTON NEWMAN
• FRANCIS NICHOLAI
• KIMBERLY NICHOLAI
• ANA OTTON

THE A-TEAM
Team Captain Jessie

• BRITNEY CASPERSEN
• CHRISTOPHER CLEMENT
• DILLOOLA ERICKSON
• KENDRICK HAUTALA
• STEPHANIE JOEKAY
• JORDEN LISAC
• KIMBERLYN SHELDON
• MICHELLE SLWOOKO

RISKY CHALUPAS
Team Captain Phillip

• RICHARD BEKERIS
• TIANA ELKINS
• CHELSEA MILLS
• MARISSA MILLS
• K. GUY PRASARTKAEW
• RAVENLIN SANFORD
• SALINA TOM
• EDWIN WASKEY
DOUBLE DUCK TAPE ALWAYS STICK TOGETHER
Team Captain Chris

- MARINA ANDERSON
- SIDNEY HUHNENDORF
- AGNES NICHOLS
- EMMA SIMPLE
- MARY RAY SMITH
- DARIEN SOUTHALL
- VINNY TOMALONIS
- RUBY WALDEN
- DAPHNE WILLIAMS

TEAM NUTZ
Team Captain Kristy

- JORDAN ANDREWS
- MAGGIE BEANS
- MICHAEL FERNANDEZ
- JENELLE JACOBSON
- JALENE KANAYURAK
- BRANDON KOWALSKI
- FREDERICA MATUMEAK
- EULIANA POLUSHKIN

TEAM IN YOUR FACE
Team Captain Marsha

- SAVANNAH BECKSTROM
- IAN JON BROWER
- SIERRA CHANDLER
- ROBERT DOERNING
- ABIGAYLE FISHER
- ANDREA GUMP
- CARLTON HAUTALA
- JENNIFER JONES
- HANNAH MEYER

AWESOME DEADLY DUCKS - A.D.D.
Team Captain Naagquq

- ISABELLA BOOTH
- BIANCA DAVID
- KRISTEN FOSTER
- LAWSON KALISTOOK
- COURTNEY-JAY KNOWLES
- DAMIEN LOCKUK
- MEGAN RUSSEL
- MELISSA STREATMATTER
- DAVIDA WALKER
Six Weeks of Fun and Fortitude

By Dorm Director, January Scott

Dorm staff is a mixture of pain and pleasure. Fun adventure and fine wits come along with the responsibility of making sure fifty-nine students survive and thrive six weeks of hard-core academics, hiking, races and a banana grams tournament. The hardest part of being a tutor counselor is proof reading all the papers and keeping students on task. While being a tutor counselor can be draining the added benefits are numerous participating in all the organized events, lots of jokes and laughter, getting to know students and driving the big blue vans. As they say, there is no growth without pain.
The first RAHI 2011 activity was a mellow class II float down the Chena River. Fun was had by all in this full group water activity. A cool and crisp morning gave way to the warmth of paddling down relatively calm waters of the Chena. The 20+ mile trip started slow for some canoe and Kayak teams. But, by the end, most teams were working together like old pros eager to put in at port. A great way to sightsee, the Chena River gave students and staff to take in the scenery, wildlife, and historic sights of Fairbanks.
“26 boats, 60 students, lots of staff and a river of carrot throwing fun.”

— Kristy Humphrey
Recipe for RAHI Success
By Academic Coordinator, Greg Owens

There is a widely held belief that to become a world-class performer (whether it be in athletics or music) requires ten thousand hours of deep practice. This typically translates into three hours per day for ten years.

Deep practice implies training at the limits of your abilities, failing frequently, self-assessing, and improving. Hopefully in RAHI you got a small taste of what it is like to work on the edge of your abilities. Get used to that feeling of slight discomfort, because it is only through trials, errors, and corrections that improvement occurs.

RAHI is about the journey of self-discovery. In addition to learning about writing and chemistry, you have hopefully learned a great deal about yourself. Are you able to get yourself up in the morning? Are you able to study even when it's not study hall? Did you make an effort to get to know everyone in the program? Did you get along well with your roommate? Take time to reflect on your accomplishments, shortcomings and interactions this summer. Do you like what you see? Would you do things differently next time?

...in RAHI you got a small taste of what it is like to work on the edge of your abilities.
“26 boats, 60 students, lots of staff and a river of carrot throwing fun.”

— Kristy Humphrey
While activity is crucial to growth, so is sleep. The current research suggests that adolescents need over nine hours per night to allow proper growth in both body and mind. During the day, your conscious mind is observing and absorbing new information, but while you sleep your subconscious mind works to organize this new data. Thus, more sleep actually makes you smarter.

In the twenty-nine years of RAHI, I have seen many positive educational changes in the preparation of our students. When the program began in 1983, the thirty-eight students who came to the UAF campus were reading below a ninth-grade level. For the past six years, every RAHI cohort has been reading above the 12th grade level on the Nelson-Denny Reading Test. This upward trend is a tribute to the good work being done in rural schools.

The RAHI writing classes also reflect this upward academic movement. RAHI 2011 students can be proud of placing more students into English 111X, the University of Alaska core curriculum class in composition, than any previous RAHI cohort. Historically, roughly nine students place into the class; twenty-one students are in this summer’s class.

Overall, you have represented yourself well this summer. Take the skills you have learned and apply them this fall as you continue your journey of education and self-discovery.
Mosquite Meander

By Christopher Liu

The 5K race is about to start, and this big blob of yellow people comes swarming in among the blue mass of runners...

RAHI REPRESENT! For most of us this was the first time running in a marathon and wearing a bib. Beginning and ending at Pioneer Park (Alaskaland), who knew that running in a circle could be fun? The fruit was good, the weather was nice, y'all encouraged each other, some tears were shared here and there - it. Was. Awesome.

Some say this was just to prepare for the Midnight Sun Run the following week, but really, it was our first chance to warm-up with each other and show our RAHI pride!