



+ If it's to be...  
It's up to me

20  
11

RAHI

Rural Alaska Honors Institute







# Welcome to RAHI

By Denise Wartes —  
RAHI Program Director

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

The University of Alaska Fairbanks Rural Alaska Honors Institute honored the accomplishments of 59 RAHI students at a graduation ceremony in Schaible Auditorium with a public reception following in the Brooks Building Gathering Room.

Randall Yates, RAHI 1998 and 1999 alum from Ketchikan, Alaska, was the keynote speaker. Randall received his Bachelor of Science degree in Business Administration from Oregon State and his law degree from the University of California Berkeley, and is now 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 at least a 3.0 grade point average. Begun in 1983 by the Alaska Federation of Natives and the University of Alaska, RAHI emphasizes a challenging university curriculum and a



residential program to acquaint students with college life and expectations.

**"We attempt to build a supportive community in which students participate in a rich academic setting, build a university transcript, and develop a long-term supportive network with peers, staff and instructors,"** said Denise Wartes, program manager.

The RAHI curriculum includes university courses funded in part by New York Life, Alyeska Pipeline Service Company, Wells Fargo, Future Educators of Alaska (FEA), Boeing Corporation, the National Institutes of Health Alaska IDeA Network for Biomedical Research Excellence (INBRE) program and Biomedical Partnership for the Research and Education

Pipeline (Bio PREP) program, and the National Science Foundation's Experimental Program to Stimulate Competitive Research (EPSCoR) program. RAHI is sponsored by UAF's College of Rural and Community Development and the Rural Student Services.

Post — RAHI, six RAHI students will continue their education this summer. Beginning the day after graduation, they will drive four hundred miles north up the Dalton Highway to UAF's Toolik Lake research facility, spending three days there assisting various researchers with their research.

**I congratulate RAHI 2011 students on a job well done.**





# MID-NIGHT SUN RUN

By Kristy Humphrey

People from all over the world come 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!

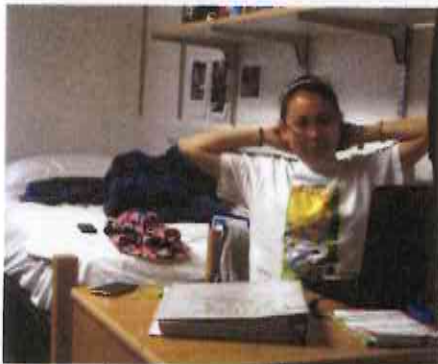
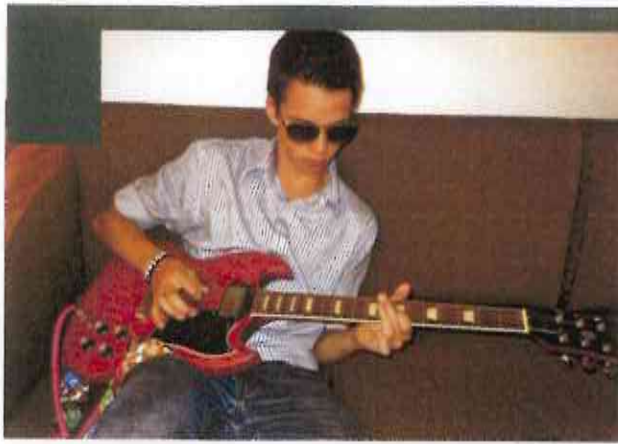
**A short on Dorm Life.**

**By Dorm Director, January Scott**

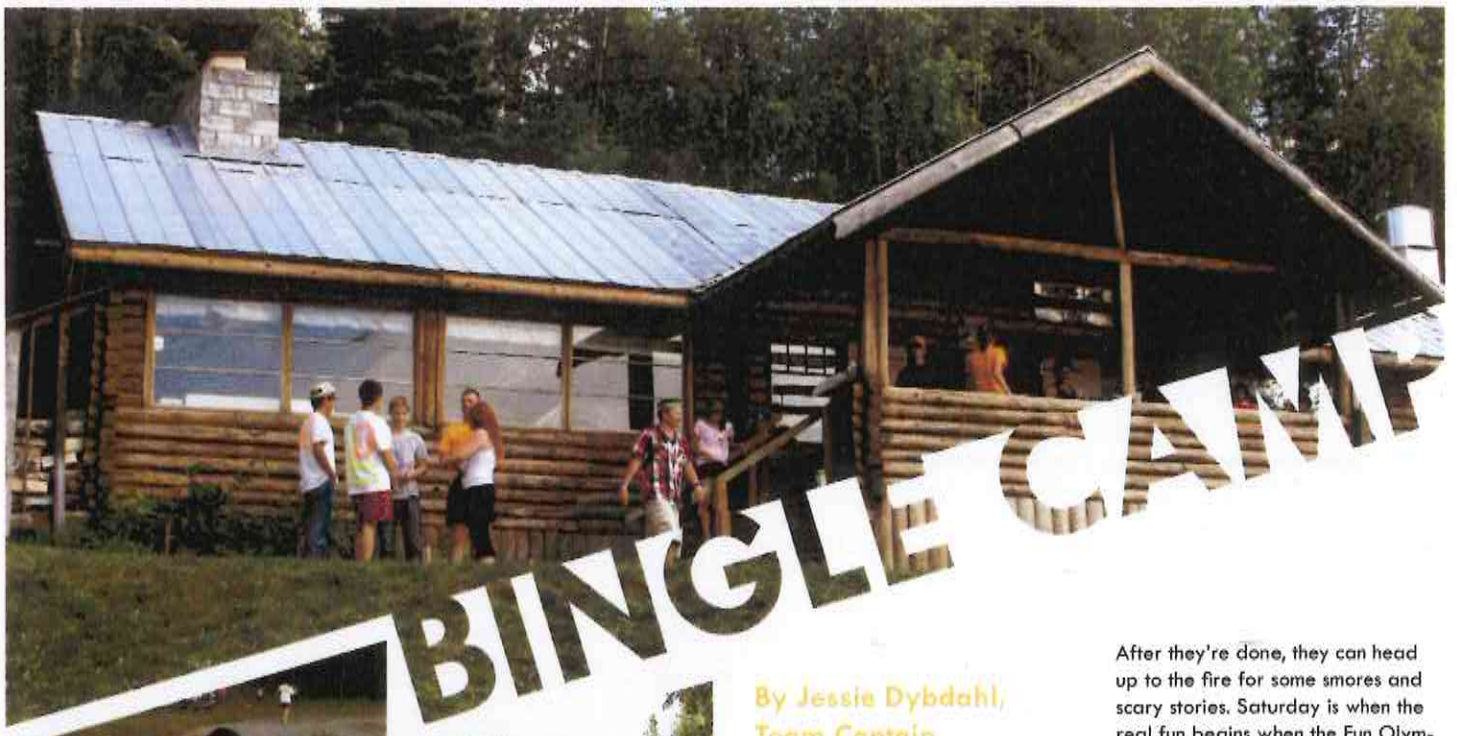
While 59 students and 10 staff from all over rural Alaska and down south sounds like chaos, luckily there are the fearless tutor counselors to bring about some organization to the chaos. Students often come to live in the dorms for the first time at RAHL and discover the joys of dorm mattresses, sharing 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 69 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!







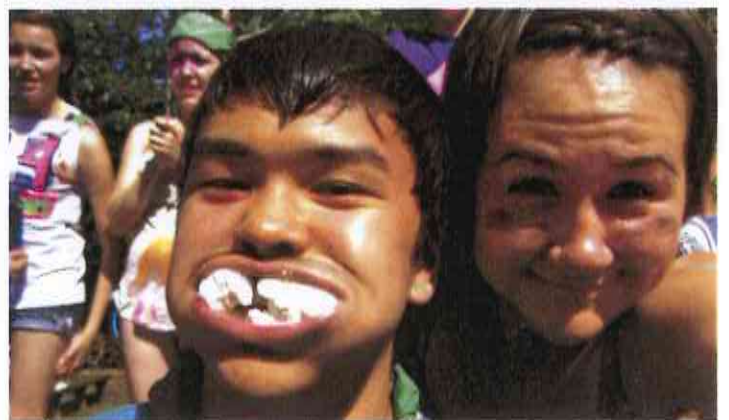
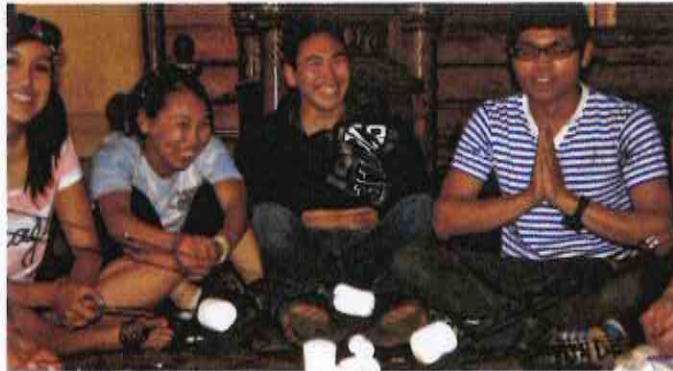
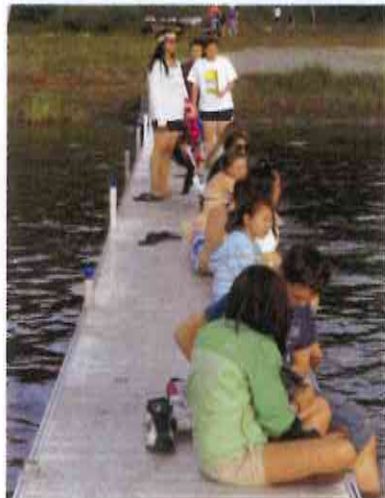




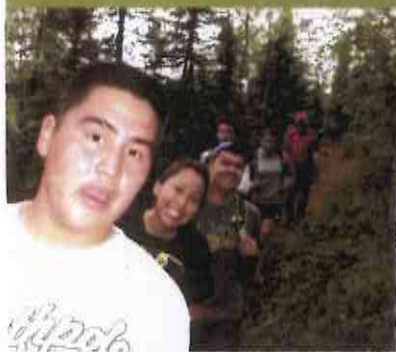
By Jessie Dybdahl,  
Team Captain  
of the A Team

Camp Bingle is the destination of RAHL's midterm getaway. Located on picturesque Harding Lake, the students are able to enjoy both sun and fun - with absolutely no books or studying involved. Arriving on Friday evening, the students head down to the big inflatable 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 RAHL 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.







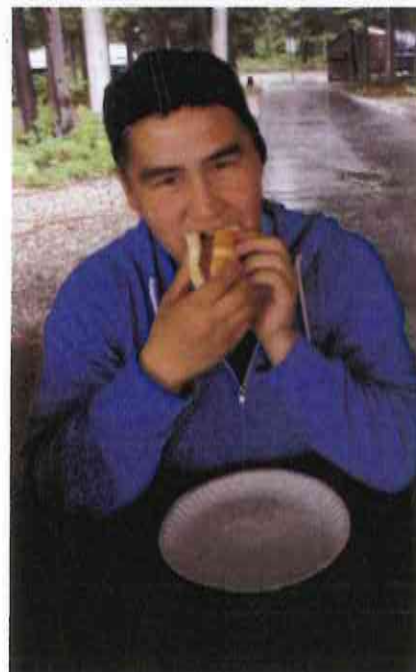
## Fourth of July Weekend

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

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.

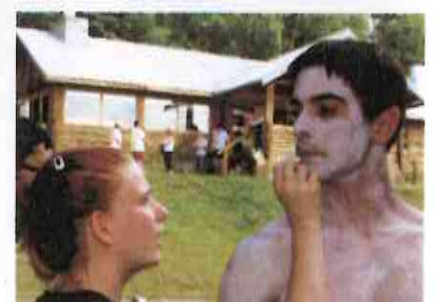
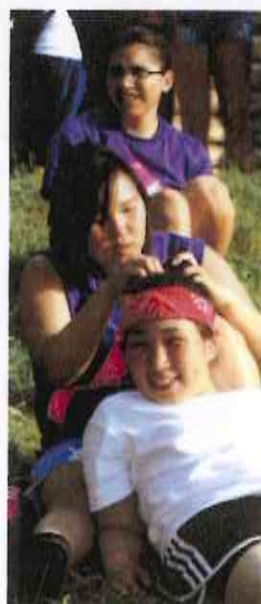
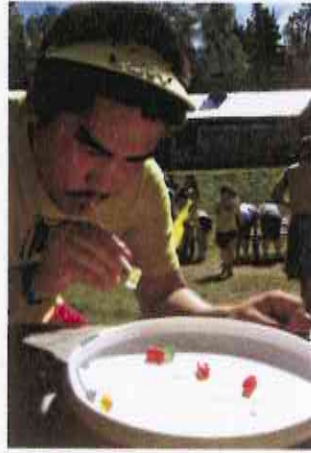
a little bit of lightning (though not too close to us). About ten staff and students waited out the storm in a DNR cabin located five miles from the trailhead and at the beginning of the descent back into the forest. We made a small fire in the stove (thanks Damien), 'dried' off some clothing and returned 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.



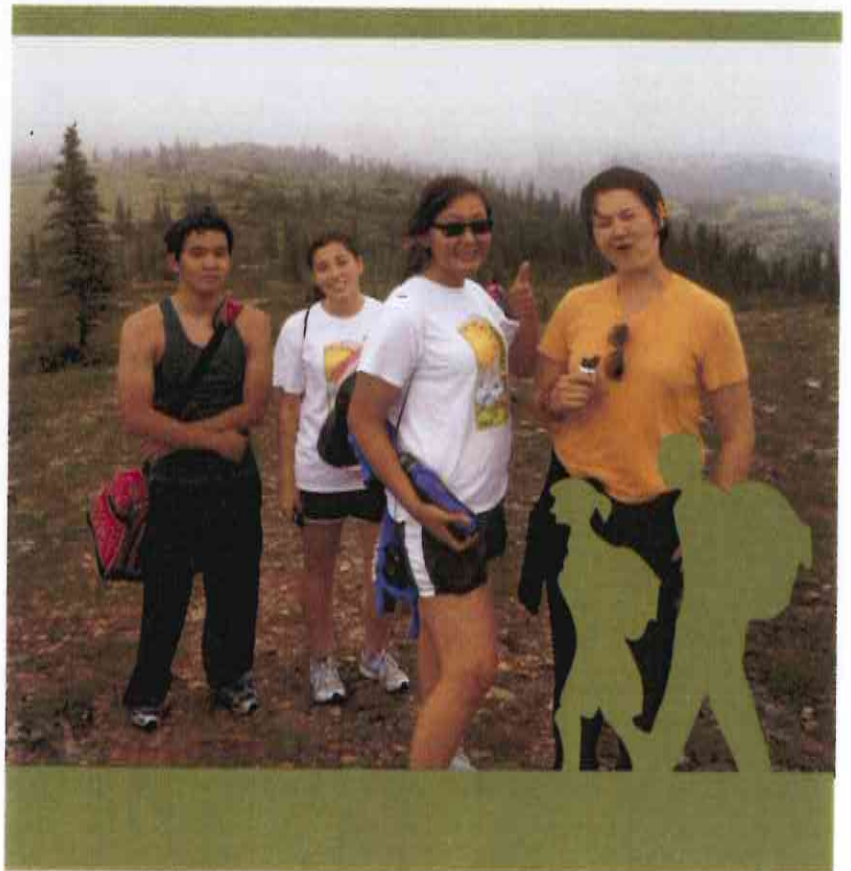
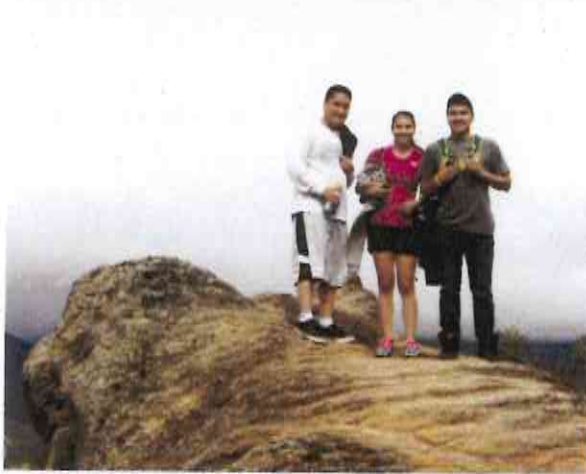
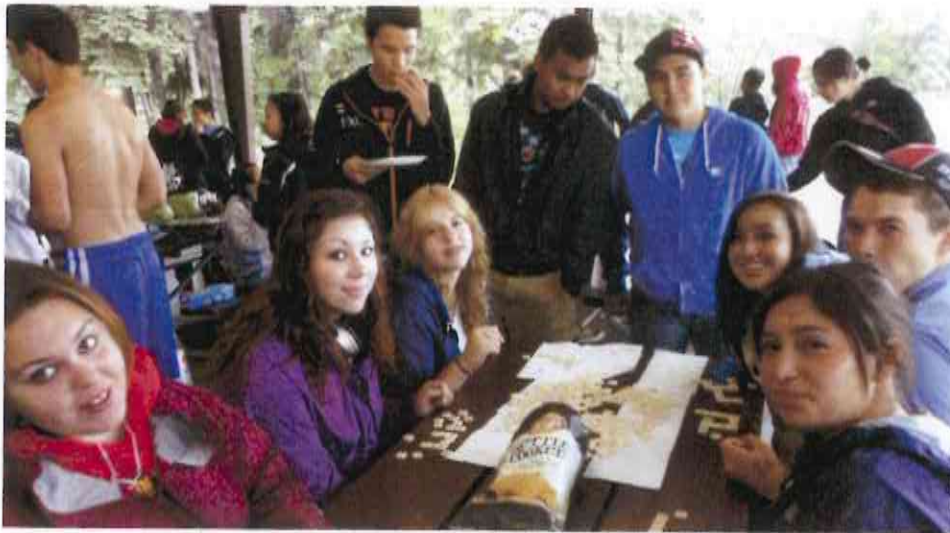




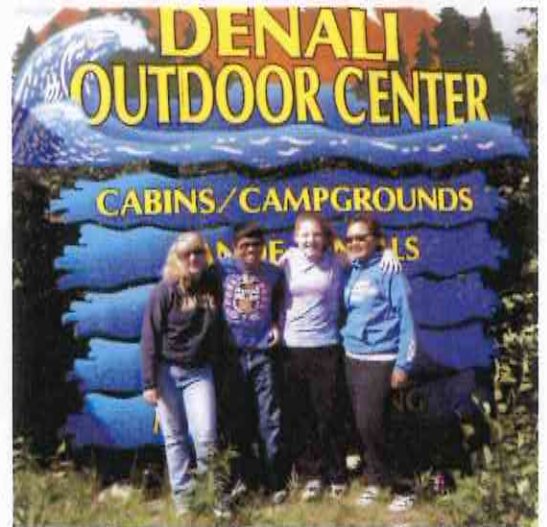
Until Now...











## Denali Whitewater Rafting

By Sharon Pruszko

RAHI'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 splashy 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 Naaqtuuq 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 invitationals. 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

ills help Degrees produce Alas!  
habits Masters web self-confidence New develop  
sponsored students Law Rural program work your  
practically group earn residency enhance pursuit  
undergraduate netroleum transcript Certificates comfortable off



- **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**  
Kwethluk
- **Hailley Myers**  
Yakutat
- **Euliana Polushkin**  
Homer
- **Frederica Matumeak**  
Barrow
- **Bianca David**  
Barrow



- **Stephanie JoeKay**  
Oscarville
- **Jordan Andrews**  
Mount Village
- **Tiana Elkins**  
Barrow
- **Jalene Kanayurak**  
Barrow
- **Kendrick Hautala**  
Kwethluk



- **Drayton Newman**  
King Cove
- **Sierra Chandler**  
Ketchikan
- **Sidney Huhndorf**  
Galena
- **Jennifer Jones**  
Chignik Bay
- **Hannah Myers**  
Tenakee Springs





- **Abigayle Fisher**  
Kaktovik
- **Chelsea Mills**  
Kake
- **Marissa Mills**  
Palmer
- **IanJon Brower**  
Barrow
- **Courtney-Jay Knowles**  
Valdez



- **Guy Prasartkaew**  
Dillingham
- **Michael Fernandez**  
Unalaska
- **Kathrin Huntington**  
Galena
- **Lori Evan**  
Goodnews Bay
- **Agnes Nichols**  
Cordova



- **Maggie Beans**  
St. Marys
- **Ravenin Sanford**  
Tok
- **Kimberlyn Sheldon**  
Noorvik
- **Emma Simple**  
Venetie
- **Mary Ray Smith**  
Hooper Bay



- **Jorden Lisac**  
Dillingham
- **Kim Nicholai**  
Napaskiak
- **Francis Nicholai**  
Napaskiak
- **Kristen Foster**  
Noatak
- **Darien Southall**  
Unalakleet



- **Michelle Siwooko**  
Gambell
- **Daphne Williams**  
Nulato
- **Vinny Tomalonis**  
White Mountain
- **Mary Rae Smith**  
Hooper Bay
- **Ruby Walden**  
Tok



- **Salina Tom**  
Newtok
- **Robert Doerning**  
Cold Bay
- **Anna Otton**  
Koyuk



## RAHI SUPERLATIVES

### BEST RAHI SPIRIT

- ROBERT
- TIANA

### MOST LIKELY TO STAR ON A REALITY SHOW

- VINNY
- DILOOLA

### 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 SLEEP THROUGH AN EARTHQUAKE

- IANJON
- MELISSA

### 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
- EULIANA

### MOST LIKELY TO BE THE NEXT NINJA MASTER

- LAWSON
- CHELSEA

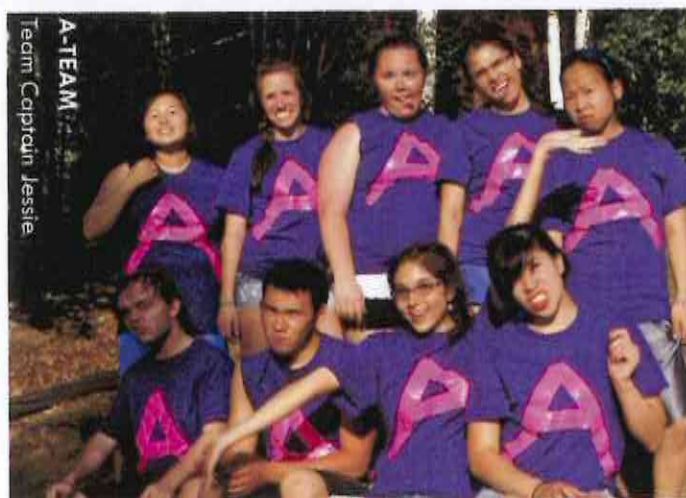
### THE BEST TEAM EVER

Team Captain Sharon

- DEIDRE DAYTON
- LORI EVAN
- KATHRIN HUNTINGTON
- HAILLEY MYERS
- DRAYTON NEWMAN
- FRANCIS NICHOLAI
- KIMBERLY NICHOLAI
- ANA OTTON



THE BEST TEAM EVER  
Team Captain Sharon



### THE A-TEAM

Team Captain Jessie

- BRITNEY CASPERSEN
- CHRISTOPHER CLEMENT
- DILOOLA ERICKSON
- KENDRICK HAUTALA
- STEPHANIE JOEKAY
- JORDEN LISAC
- KIMBERLYN SHELTON
- 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 HUHNDORF
- AGNES NICHOLS
- EMMA SIMPLE
- MARY RAY SMITH
- DARIEN SOUTHALL
- VINNY TOMALONIS
- RUBY WALDEN
- DAPHNE WILLIAMS



## AWESOME DEADLY DUCKS - A.D.D.

Team Captain Naaqtuq

- ISABELLA BOOTH
- BIANCA DAVID
- KRISTEN FOSTER
- LAWSON KALISTOOK
- COURTNEY-JAY KNOWLES
- DAMIEN LOCKUK
- MEGAN RUSSEL
- MELISSA STREITMATTER
- DAVIDA WALKER

## TEAM NUTZ

Team Captain Kristy

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



## TEAM IN YOUR FACE

Team Captain Marsha

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





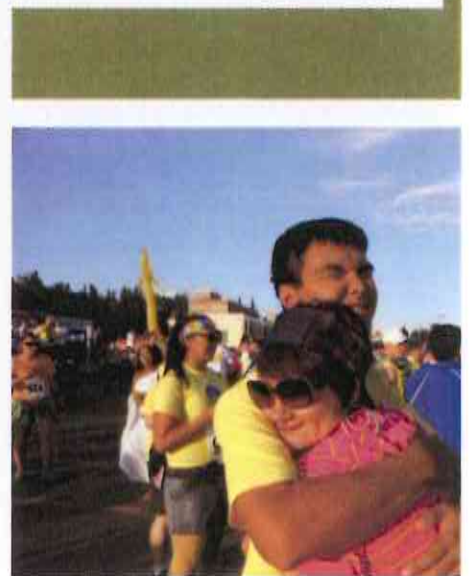
## Six Weeks of Fun and Fortitude

By Dorm Director, January Scott

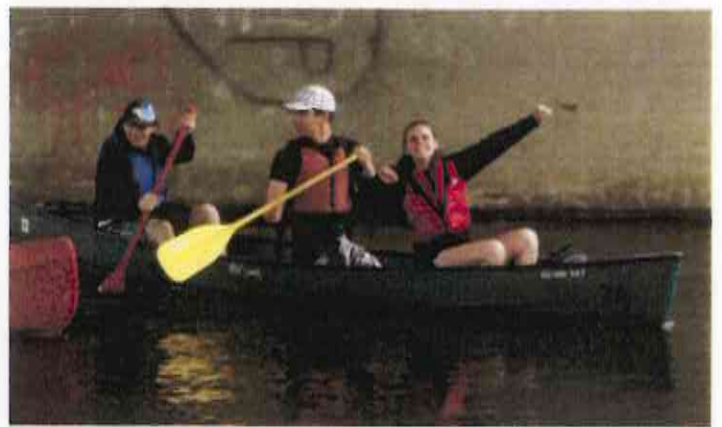
Dorm staff is a mixture of pain and pleasure. Fun adventure and fine wits come along with the responsibility of making sure fifty-nine students survive and thrive six weeks of hard core academics, hiking, races and a banana grams tournament. The hardest part of being a tutor counselor is proof reading 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.











## Canoe Can-Do

By Team Captain, Phillip Charette

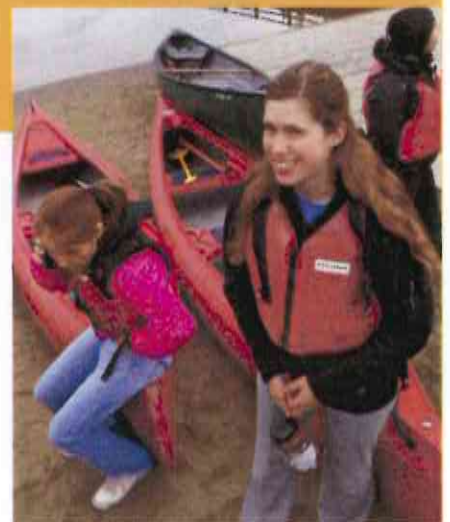
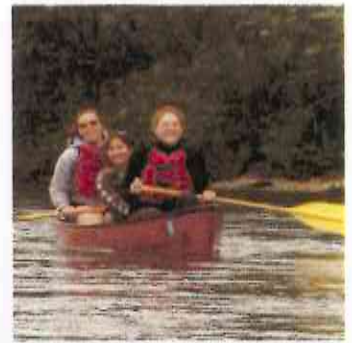
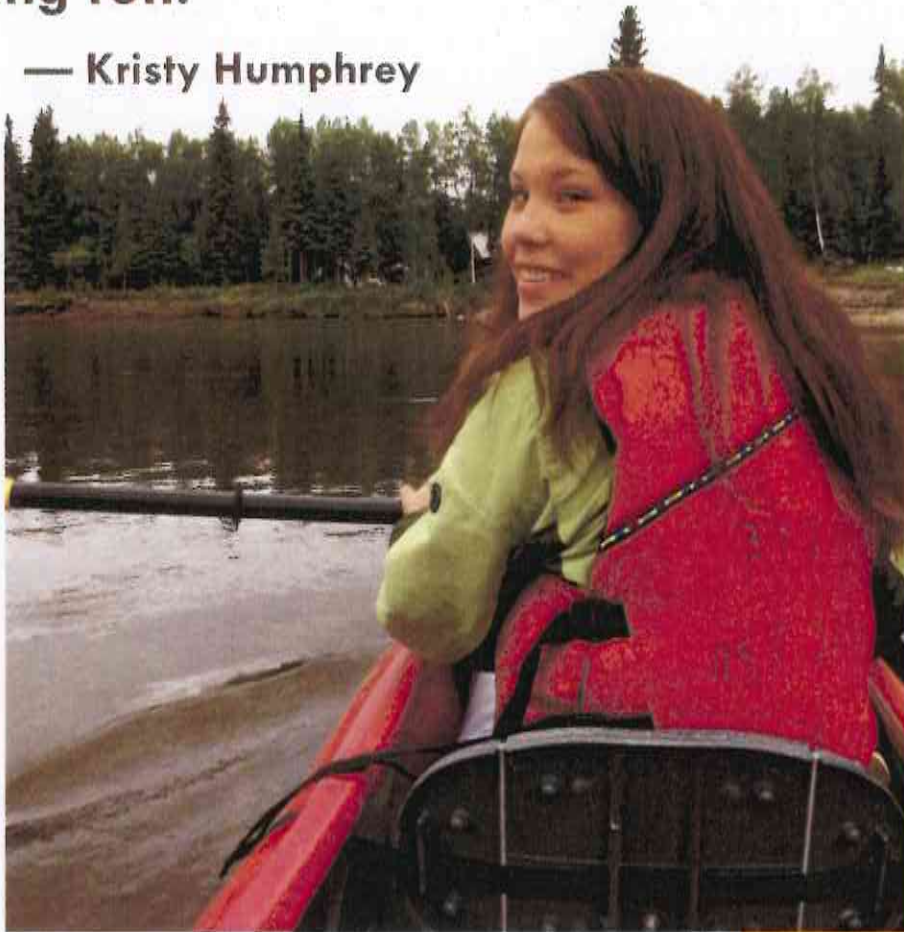
The first RAHI 2011 activity was a mellow class II float down the Chena River. Fun was had by all in this full group water activity. A cool and crisp morning gave way to the warmth of paddling down relatively calm waters of the Chena. The 20+ mile trip started slow for some canoe and Kayak teams. But, 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**







REICHARDT BUILDING



# Recipe for RAHI Success

## Work Hard. Be Nice. Rest.

By Academic Coordinator, Greg Owens



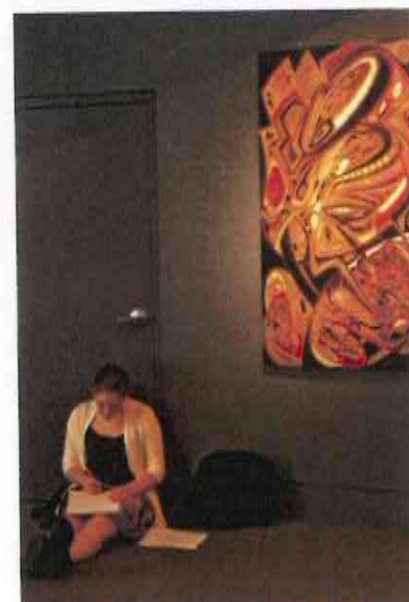
There is a widely held belief that to become a world-class performer (whether it be in athletics or music) requires ten thousand hours of deep practice. This

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?

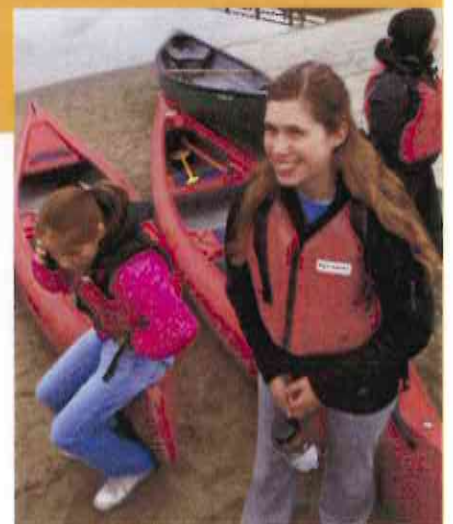
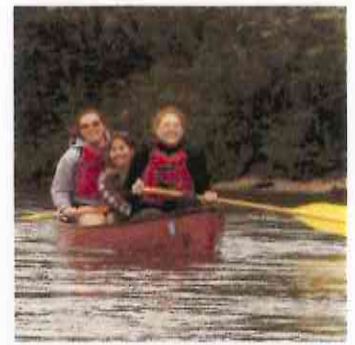
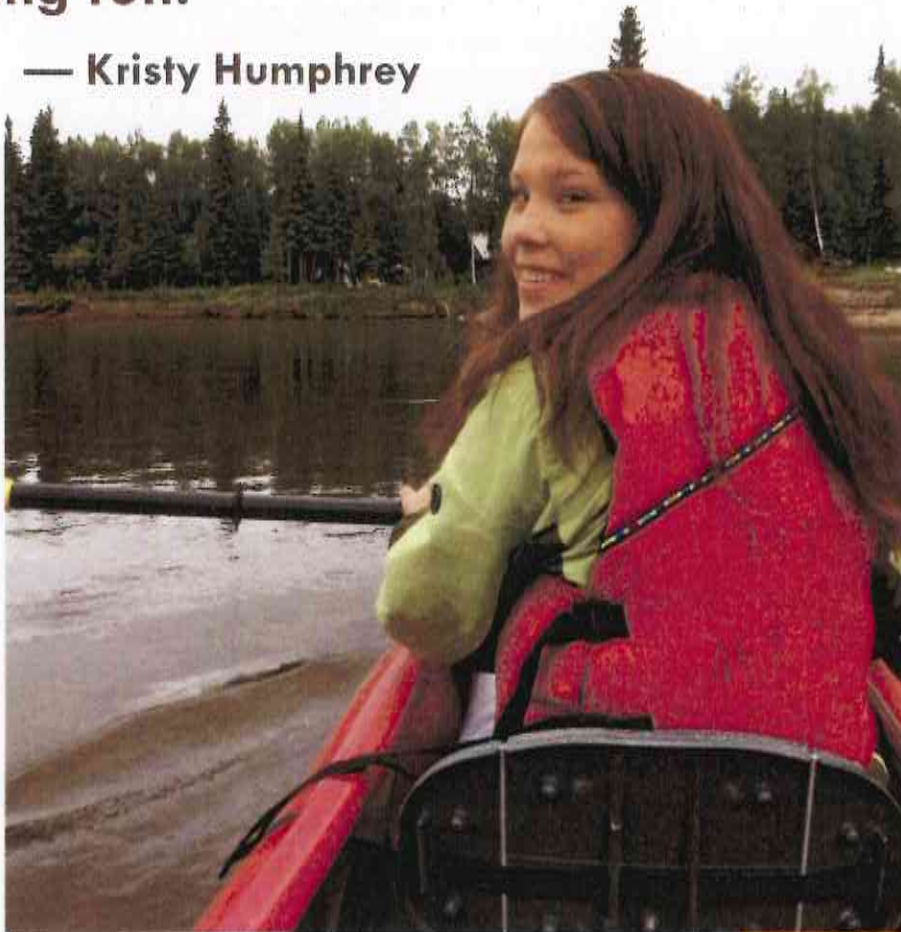


...in RAHI you got a small taste of what it is like to work on the edge of your abilities.



**"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.







## Mosquito 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!





**Autographs**



If it's to be...  
It's up to me

