



Wrangell, Alaska  
October 31, 2019

# WRANGELL SENTINEL

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## SEARHC holds talk on traditional foods and diabetes

By CALEB VIERKANT  
*Sentinel writer*

SEARHC, the medical provider that recently took over management of the Wrangell Medical Center and is currently overseeing construction of a new hospital, held a talk Monday, Oct. 21, on diabetes and traditional foods. The talk was led by Kelly Lakin, a diabetes educator with SEARHC.

Diabetes is a disease that occurs when one's blood sugar is too high, according to the National Institute of Diabetes and Digestive and Kidney Diseases. Insulin is a hormone that the body produces to transfer sugar from food and drinks to the body's cells, providing energy. If the body does not produce enough insulin, the sugar will stay in the blood and not reach the cells. Too much sugar in the blood can lead to a variety of health problems.

"It's very common throughout the United States," Lakin said. "I'm sure almost everybody can tell me somebody in their family or somebody that they know that has diabetes."

Within the U.S., Lakin said, about 30.3 million people have some type of diabetes. It is the 7th leading cause of death in the country, she said, and one out of every three people have "pre-diabetes." This means that their blood sugar is high, but not high enough to become permanent diabetes. In Alaska, Lakin said that about 59,000 people have diabetes.

Something else that is interesting with diabetes, Lakin said, is it especially prevalent among indigenous peoples. According to a graph Lakin presented, among natives 18-years-old or younger, between the years of 2013 and 2015, 14.9 percent of men and 15.3 percent of women had diabetes. There are several factors determining why this demographic is more susceptible to diabetes, but Lakin said that a rapid change in diet is a big one.

"Over the last 50 to 100 years there's been a rapid shift in the change of their diet," she said. "The Alaska Natives, their body has not been able to genetically modify to be able to digest all those processed sugars, foods, and processed foods. So they're used to the hunter-gatherer lifestyle, and it's eroded the nutritional content of those Alaskan diets."

Continued on page 12



COURTESY OF SANDRA CHURCHILL

### New Peratrovich coin revealed at Grand Camp

The Alaska Native Brotherhood and Alaska Native Sisterhood held their 107th Grand Camp at Alaska Pacific University in Anchorage earlier this month. Besides the election of new officers and the passage of a bill by Governor Dunleavy marking November as Native Awareness Month, the new \$1 coin featuring civil rights leader Elizabeth Peratrovich was revealed. Pictured here is recently re-elected ANS First Grand Vice President Sandy Churchill, of Wrangell, next to an image of the new coin.

## Shipwrecks featured in new Nolan Center exhibit

By CALEB VIERKANT  
*Sentinel writer*

As anyone who has lived in Wrangell can attest, the sea is an important part of life. Many Wrangellites make their living on the ocean, be it fishing or operating a charter boat. Even if they do not rely on it for a living, many people in town enjoy taking boats out on the water. To showcase this fact of life for Wrangell, and to bring to life part of its history, the Nolan Center will be opening a new exhibit: "Wrangell Remembers - Shipwrecks Close to Home 1908-1952."

"It is very important to Wrangell, I think that it kind of encompasses what Wrangell is and who the people are," said Keeleigh Solverson, with the Nolan Center. "You know, fishing and boats are a big part of this island."

The exhibit will open on Nov.

8 at 6:30 p.m. with a presentation and tours through the exhibit. The museum will be offering free admission for opening night, Director Cyni Cray added.

Besides artifacts recovered from several shipwrecks, the exhibit will feature interactive kiosks, video, and storyboards made in-house.

The exhibit will focus on four major shipwrecks, Cray said. The Star of Bengal (sunk 1908), the Mariposa (sunk 1917), the Princess Sophia (sunk 1918), and the Princess Kathleen (sunk 1952). Each ship was either leaving or heading to Wrangell when they wrecked, she said, and each had a significant effect on Wrangell.

Part of the exhibit featuring the Princess Sophia is part of a traveling exhibit from the Alaska State Museum. What inspired them to create this large exhibit in the first place, however, was

an item in the Nolan Center's own inventory.

"We have a triple deadeye piece [from the Star of Bengal] that is fantastic, and probably one of the centerpieces of the exhibit," Cray said.

Back in the days of traditional sailing ships, deadeyes were an important piece of rigging. Used in pairs, they were used as parts of pulley systems to assist in moving heavy loads.

Gig Decker is one of the guest speakers who will be at the exhibit's opening. He will go more in depth on the sinking of the Star of Bengal. He said that he never considered himself much of an "armchair amateur archeologist," but that he has spent thousands of hours underwater and around shipwrecks in his time as a fisherman and commercial diver. The sinking of the Star of Bengal was significant for Wrangell because, back when

Wrangell operated a cannery, that ship was one that carried its workers and products back and forth across the ocean.

"It just left Wrangell," Decker said. "It was the last one of the season ... Those cannery workers were our cannery workers."

Mike Kurth, another local fisherman and diver, will be another guest speaker at the exhibit.

Cray added that the Wrangell Mariners' Memorial, the local organization building a memorial for Wrangellites lost at sea, will be present for the exhibit's opening, as well. They will be passing out information about the memorial and how

people can get involved in their work.

"The exhibit itself is very comprehensive, there's a lot of information in there, and so we don't expect that everybody is going to be able to pile in there all at once," Cray said. "We're going to do groups. Then the exhibit is going to be here on display through the end of the year. So if people miss the premier they'll have plenty of time to come and check it out throughout the year."

To learn more about the exhibit, visit the event's Facebook page under "Wrangell Remembers - Shipwrecks Close to Home 1908-1952."



**SUNDAY,  
NOVEMBER**

**3**

## Birthdays & Anniversaries

The Sentinel extends its best wishes to the persons listed on the Wrangell Chamber of Commerce Community Scholarship Birthday Calendar.

**Thursday, October 31:** River Guggenbickler. *Anniversary:* Steve & Karin Nesbitt, Mick & Celly Young. **Friday, November 1:** Liam Maddox, Danica Barket, Matthew Weber, Debi Prunella, Karen Morse, Amos Comstock. **Saturday, November 2:** Kristen Stutz, Kyna DeBoer, Haig Demerjian, Jackson Powers, Ian Nelson. *Anniversary:* Mike & Ida Howell, Don & Dana Van Slyke. **Sunday, November 3:** Kitty Angerman, Arabella Nore. *Anniversary:* Al M. & Ruby Taylor. **Monday, November 4:** Ethel Lund, Shelby Smith, Edith Grover, Jessica Byrd, Claire Rooney, Ayla Harris, Anny Newport, Deano Barker, Olga Norris. *Anniversary:* Jeff & Pam Wieder-spohn. **Tuesday, November 5:** Jimmy Baggen, Kaylauna Churchill. *Anniversary:* Adam & DeeDee Sprehe. **Wednesday, November 6:** Besty Golding. **Thursday, November 7:** Pam McCloskey, K.D. Roope-Strasburger, Seth Nolan, Jean-Luc Lewis, Jayanne Scott, Frank Simpson, Garrett Miller, Erik Gile. *Anniversary:* Steve & Yvonne Powers.

If you would like to add a birthday or anniversary at no charge please call the Sentinel at 874-2301.

## Senior Center Menu

**Thursday, October 31**

Halibut Ganty, Vegetables, Honey Orange Salad

**Friday, November 01**

Herbed Chicken, Carrot Salad, French Fried Potatoes

**Monday, November 04**

Beef Stroganoff, Peas, Spicy Fruit Cup, Pasta

**Tuesday, November 05**

Salmon Loaf, Baked Sweet, Potatoes, Spinach Salad

**Wednesday, November 06**

Sweet Sour Pork, Carrots, Tossed Salad, Rice

Please call Wrangell Senior Center at 874-2066 by 10 a.m. for reservations. Milk, tea and coffee will be served with meals.

## FERRY

### Departures

#### Northbound

**Tuesday, October 29**

Malaspina 09:45 p.m.

**Saturday, November 2**

Malaspina 12:15 a.m.

**Friday, November 8**

Malaspina 4:45 p.m.

**Friday, November 15**

Malaspina 2:45 p.m.

**Friday, November 22**

Malaspina 4:45 p.m.

**Tuesday, November 26**

Malaspina 12:15 p.m.

#### Southbound

**Friday, November 1**

Malaspina 07:45 a.m.

**Monday, November 4**

Malaspina 06:30 a.m.

**Monday, November 11**

Malaspina 05:15 a.m.

**Monday, November 18**

Malaspina 04:30 a.m.

**Monday, November 25**

Malaspina 04:30 a.m.

**Friday, November 29**

Malaspina 05:00 a.m.

Arrival times may vary. Call 874-2021 for verification or call 874-3711 for recorded information.



## TIDES Oct. 31 - Nov. 7

### High Tides

### Low Tides

	AM		PM		AM		PM	
	Time	Ft	Time	Ft	Time	Ft	Time	Ft
October 31	03:43	15.9	03:32	17.6	09:15	2.2	09:56	-1.8
November 1	04:30	14.6	04:14	16.2	09:57	3.5	10:42	-0.4
November 2	05:22	13.4	05:01	14.6	10:45	4.9	11:35	1.0
November 3	05:25	12.4	05:00	13.2	10:44	5.9	11:36	2.2
November 4	06:42	12.1	06:21	12.2	.....	.....	12:01	6.5
November 5	07:55	12.4	07:47	12.1	00:49	2.9	01:34	6.2
November 6	08:53	13.3	08:55	12.7	02:02	3.0	02:54	5.2
November 7	09:39	14.3	09:50	13.5	03:04	2.8	03:50	3.7

## Wrangell Roundup: Special Events

Is the attendance at your meeting or event low? Send information for Roundup to wrgsent@gmail.com or call 874-2301.

## Continuing Events

**PARKS & REC ACTIVITIES: Mid-day closure: Monday-Friday 1:30-3:30 p.m. Closed Sunday**

### Pool:

Arthritis Foundation Exercise Class: M-W-F 8:30-9:30 a.m.  
 Water Aerobics: M-W-F 10:00-11:00 a.m.  
 Lap Swim: M-W-F 6:00-7:30 a.m. MTWThF 11:30 a.m.-1:00 p.m. TuTh 5:15-6:15 p.m. Sa 11:00 a.m.-12:30 p.m.  
 2 Lane Lap Swim: M-W-F 10:00-11:00 a.m.  
 Lap/Tot Swim: MTWThF 11:30 a.m.-1:00 p.m. S 11:00 a.m.-12:30 p.m.  
 Swim Club: M-F 3:15-5:15 p.m.  
 Open Swim: M-W 5:30-7:00 p.m. F 6:30-8:00 p.m. S 1:00-2:00 p.m.  
**Weight Room:** M-Thu 6:00 a.m.-1:30 p.m., 3:30-7:30 p.m. F 6:00 a.m.-1:30 p.m., 3:30-8:30 p.m. S 10:00 a.m.-2:30 p.m.

### MEETINGS

### AA Meetings:

North Star Group Meeting. St. Philip's Church. Tuesday: 7 p.m., Thursday: 8 p.m., Friday: 8 p.m.

## The Way We Were

In the Sentinel 100, 75, 50 and 25 years ago.

### October 30, 1919

The Town of Wrangell last night established a quarantine against the Town of Petersburg. During the past two or three days there have been rumors that smallpox existed at Petersburg. Yesterday a cablegram was sent to the Territorial Health Commission and their reply was: All incorporated towns should protect themselves against Petersburg for two weeks. L. O. Sloan, Territorial Health Commissioner. Upon receipt of the above cablegram the Board of Health held a meeting and ordered a quarantine against Petersburg for two weeks. James Matheson was employed as night guard and L. K. Carson as day guard.

### October 27, 1944

The commerce department wants to invest capital in the establishment of a huge pulp paper industry in Alaska. The Forest Service, the statement said, classified almost all timber in the 16,000,000-acre Tongass forest as high grad pulping species. The department says the investment for such an enterprise, to yield more than a million tons of paper annually, would run into the "millions of dollars per plant."

### October 30, 1969

Two Engersoll-Rand 50KW diesel generators arrived on the Sunday night ferry for the Wrangell light plant. One generator will be installed immediately and the other will be put in after alterations and the removal of some equipment at the plant. The present generator, a Fairbanks-Morse O.P. Diesel, has been examined by a representative of Fairbanks-Morse and the city will study his report in regards to reconditioning the unit and increasing its capacity. With the Fairbanks-Morse generator repaired and the two Engersoll-Rand units installed, the light plant will have a capacity of 2400KW. This is well above Wrangell's 1500KW peak load for the winter months.

### October 27, 1994

City workmen utilized Gary

Allen's crane to set up a prefabricated restroom behind the Elks Lodge Oct. 19. Brought to Wrangell by barge, the facility

will make the area more accommodating to tourists. An identical facility is installed at Volunteer Park.

## Wrangell Weather

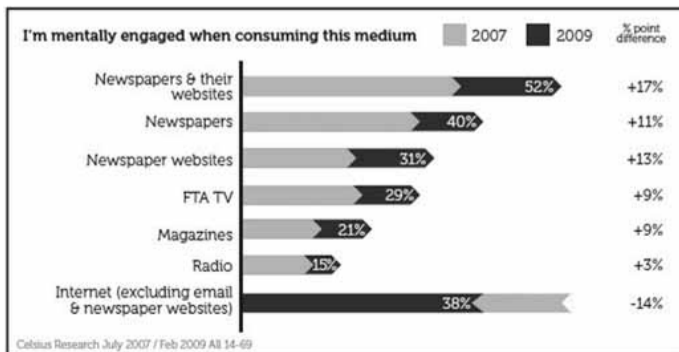
Date	High	Low
Oct. 21	45	37
Oct. 22	45	39
Oct. 23	48	44
Oct. 24	48	41
Oct. 25	45	39
Oct. 26	42	37
Oct. 27	40	37
Oct. 28	42	37

## Daylight Hours

Date	Sunrise	Sunset	Daylight
Oct. 31	7:50a	5:12p	09:22h
Nov. 01	7:52a	5:09p	09:17h
Nov. 02	7:55a	5:07p	09:12h
Nov. 03	7:57a	5:05p	09:08h
Nov. 04	7:59a	5:03p	09:04h
Nov. 05	8:01a	5:01p	09:00h
Nov. 06	8:03a	4:59p	08:56h
Nov. 07	8:05a	4:57p	08:52h

## WRANGELL SENTINEL

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# Police report

**October 21**  
 Traffic stop: Verbal warning for speed.  
 Theft.  
 Traffic stop: Verbal warning for equipment failure.  
 Citizen assist: Civil standby.

**October 22**  
 Parking complaint.  
 Suspicious person/intoxicated.  
 Civil disturbance, all parties were advised.  
 Agency assist: Pre-Trial.  
 Criminal trespass/theft.

**October 23**  
 Citizen assist.  
 Illegal parking.  
 Citizen assist.  
 Theft.  
 Civil standby.  
 Citizen assist.

**October 24**  
 Parking complaint.  
 Paper service: Writ of assistance.  
 Assault.  
 Civil standby.  
 Assault.

Arrested: Tangles Hilton, 48, on charges of assault IV.  
 Noise complaint.

**October 25**  
 Agency assist: Alarm.  
 Summons service.  
 Kelly Bullard charged with VCOR.  
 Citizen assist.  
 Civil standby.  
 Civil standby.  
 Traffic stop verbal warning for faulty equipment.  
 Noise complaint.  
 Property check, all was fine.

**October 26**  
 Assault IV/criminal trespass: Arrested Daniel Meissner, 35, on charges of assault IV, criminal trespass, and VCOR.  
 Report of theft.  
 Found property.  
 Traffic stop citation issued to Victoria Garcia, 33, for failure to provide proof of insurance.  
 Disturbance: Parties left the area.

**October 27**  
 Report of assault.  
 Civil assist.  
 Criminal trespass: Person was gone on arrival.  
 Suspicious circumstance.  
 Traffic stop.

**October 28**  
 Traffic stop: Verbal warning for speed.  
 Theft.  
 Traffic stop: Verbal warning for equipment failure.  
 Citizen assist: Civil standby.



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Grocery store tour

SEARHC educator Kelly Lakin led several community members on a “grocery store tour” through City Market last Wednesday, Oct. 23. The tour was meant to teach people about making wise shopping choices, the benefits and nutrients of certain foods, and how to eat healthier overall. Pictured here is Lakin at the start of the tour.

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- Website: www.wrangellsentinel.com

# Court report

**September 23:**

Charges of violating conditions of release against Katie Edfelt were dismissed as part of a plea agreement.

Katie Edfelt plead guilty to a charge of theft. Judge Kevin Miller sentenced her to 10 days imprisonment, a \$100 police training surcharge, \$50 initial jail surcharge, and \$30.88 in restitution.

Katie Edfelt plead guilty to a charge of assault in the 4th degree. A charge of assault 2 was dismissed as part of a plea agreement. Judge Kevin Miller sentenced her to one year imprisonment, a \$100 police training surcharge, and a \$50 initial jail surcharge.

Probation for Katie Edfelt was revoked. Judge Kevin Miller ordered her to serve 27 days imprisonment.

Katie Edfelt plead guilty to charges of violating conditions of release. Judge Kevin Miller sentenced her to four months imprisonment, a \$100 police training surcharge, and a \$50 initial jail surcharge.

A scheduling conference was held for Kipha Valvoda vs. "The City of Wrangell et al." A trial call was scheduled for Aug. 10, 2020, with a trial set for Aug. 24, 2020.

A motion hearing was held for Wilson Boon, charged with a probation/parole violation. A continuance of the hearing was scheduled for Sept. 27.

An omnibus hearing was held for Joel Franks, charged with sexual assault and violating a protective order. A calendar call was scheduled for Nov. 19, with a trial on Nov. 26.

A status hearing was held for Theodosia James on charges of theft, violating conditions of release, and driving with an invalid license. A calendar call and sentencing hearing were scheduled for Nov. 19.

An omnibus hearing was held for Ismael Morales, charged with theft, criminal trespass, criminal mischief, and vehicle theft. The

hearing was rescheduled for Oct. 8.

Aaron Young was arraigned on charges of a probation/parole violation, and was also given an omnibus hearing on charges of driving under the influence, and refusing a chemical test. A calendar call for the probation/parole violation was set for Nov. 11. A jury trial for the other charges was set for Nov. 26.

**October 1:**

Judge Kevin Miller signed an order imposing and forfeiting bail and bail bonds on Wilson Boon, found guilty in April of assault in the fourth degree and a probation/parole violation. A total of \$1,250 in performance bonds were imposed, forfeited, and made due immediately. An additional \$350 cash performance bond was ordered to be held for restitution.

**October 9:**

Daniel Gross was arraigned on a charge of killing an illegal moose. He was ordered to pay a \$300 fine plus a \$20 surcharge. Meat and antlers from the illegal kill were also forfeited. In lieu of the fine, he may pay a \$300 fee to Christopher Booker for meat processing.

Lester Kuntz was arraigned on a charge of killing an illegal moose. He was ordered to pay a \$300 fine plus a \$20 surcharge. Meat and antlers from the illegal kill were also forfeited. In lieu of the fine, he may pay a \$300 fee to Christopher Booker for meat processing.

**October 15:**

A hearing was held for Dusty Cowan, charged with online enticement of a minor and distributing indecent material to minors, to modify his conditions of release so he can hunt and fish within the Wrangell borough. This modification was approved.

Bryan Thompson was arraigned on a charge of driving with a cancelled/revoked/suspended license for criminal offense. The hearing was rescheduled to Oct. 22.

**October 17:**

Dylan Franks was arraigned on charges of resisting arrest and criminal mischief. A calendar call was scheduled for Jan. 21, 2020, with a trial set for Jan. 28, 2020. He was released on a \$7,500 cash performance bond, and must follow the standard conditions of release and conditions of probation.

**October 21:**

Richard Anderson was arraigned on a charge of violating probation. Probation was revoked and was ordered to serve 10 days' imprisonment.

**October 22:**

Caleb Marks pleaded no contest to a charge of driving without a valid operator's license. He was fined \$100, but this will be reduced to \$50 if he shows proof of obtaining a valid license by Dec. 31. He was also ordered to pay a \$20 police training surcharge.

Edward Allen pleaded no contest to a charge of driving with a cancelled/suspended/revoked license. He was fined \$100, but this will be reduced to \$50 if he shows proof of obtaining a valid license by Dec. 31. He was also ordered to pay a \$20 police training surcharge.

Bryan Thompson pleaded guilty to a charge of driving with a cancelled/revoked/suspended license for criminal offense. He was fined \$300, but

this will be reduced to \$150 if he shows proof of obtaining a valid license by Dec. 31. He was also ordered to pay a \$100 police training surcharge.

*Harvest Fest Shopping*

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## Certified Nursing Assistant (CNA) Training Program

Spots are available at Wrangell Medical Center

**Apply to Wrangell Medical Center's CNA training program today! Training begins November 6 for qualified applicants.**

If you would like to contribute to the greater health of our community and get paid while receiving certified nursing assistant training, we want to hear from you.

Apply online at [searchc.org/careers](http://searchc.org/careers) or visit Wrangell Medical Center and ask for Tammy White, Sr. Human Resources Generalist.

Questions? Contact 907.874.7101



## Reflections

Jesus said, "Wait here while I go into the garden and pray." I'm sure that He did not enter into a garden in Alaska, all our gardens have gone to sleep for the winter. He did of course pray for us living in areas all over the world.

We who tend to our gardens do so with extreme care and love for what we expect to produce during our growing season. At the harvest of our gardens we receive our reward of tending to our garden. Those of us that produce extra are more than willing to share our good fortune. We are proud of what was accomplished and want to show off the results.

Jesus prayed in the garden. He prayed for us His children. He prayed for our successes. He is very proud of us and wants to show off His accomplishments. Stop for just a moment and collectively let us say thank you to our Lord and Savior who not only prayed for us but gave His life for us.

Don McConachie, St. Philips

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# Friends of the NRA banquet this Saturday

By CALEB VIERKANT  
Sentinel writer

The Friends of the NRA will be hosting a banquet in Wrangell this Saturday, beginning at 5 p.m., at the Nolan Center. This has been a highly attended event in previous years, with many Wrangell residents coming out for good food, auctions, and the opportunity to buy or win new guns.

Greg Stephens, NRA field representative for Southern Alaska, said he believes this will be the fourth year in a row they have held a banquet in Wrangell. It has always been a sold-out event, he said, and he expects the same this year.

"I have no doubt the local committee will do a great job," he said.

Besides food and firearms, the banquet serves as an important fundraiser for the organization. The Friends of the NRA is a grassroots effort under the NRA Foundation, according to their website, that works to raise money in support of shooting sports and the second amendment. According to their



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Shotrock

Local band Shotrock performed at KSTK's third annual Halloween party this year, last Saturday night at the Nolan Center. They played a wide variety of rock music through the night.

website, the Friends of the NRA hosted 1,100 events last year and awarded 3,000 grants across the country. Half of the money raised by the Friends of the NRA goes to nation-wide projects, while the other 50 percent go to funding state and local projects. Stephens said he could not speak to national numbers, but just over \$500,000

went to grant applications across the state last year.

"In Alaska, last year, we had just over 75 grant applications," he said.

Wrangell has been the recipient of some of this grant money, as well. Recently, the NRA Foundation gave a \$14,500 grant for improvements to the city's outdoor gun range.

Some of the improvements, recently finished or soon-to-be completed, include construction of a walking path, replacement of pavilion roofs, and making the shotgun range more accessible.

Future gun range improvements are being planned, as well. Several local organizations met in September to dis-

cuss potential renovations to the gun range. These included new signage, security cameras, getting utilities extended to the gun range, and construction of a new trap house. The Stikine Sportsmen and the Wrangell Rod and Gun Club, who collaborated on last year's grant, will be pursuing another grant application this year

## Wrangell Medical Center Wraps Up Successful CNA Training Program

Wrangell Medical Center (WMC), part of the SouthEast Alaska Regional Health Consortium (SEARHC), recently received notice of the successful certification of six new Certified Nursing Assistants (CNA) from the

Wrangell CNA Training Program. The six-week program, instructed by WMC Registered Nurse and state certified CNA Training Instructor Katrina Ottesen, prepped the half-dozen Wrangell locals for the state

exam and an opportunity for employment at WMC. A graduation ceremony will take place in early November.

"WMC is making the concerted effort to cultivate talent from the local workforce," said

SEARHC Vice President and WMC Hospital Administrator Leatha Mercurieff. "With WMC having the capacity to offer a full-service training program in-house, our ability to educate and train competent, certified staff will decrease our reliance on traveling CNA's and help locals realize their potential in the healthcare field."

The training program consisted of five weeks of classroom instruction along with 48 hours of clinical training. The clinical training required the trainees to work four, twelve-hour shifts on the floor at WMC under the guidance of Ottesen. The program offered paid training time, in addition to the opportunity for employment upon course completion and successful state certification.

"This was an amazing group to teach," said Ottesen. "The students worked hard and took full advantage of all the program had to offer. The State of Alaska was very excited and supportive about what our CNA Training Program can provide to a facility like WMC."

WMC recently announced a second CNA Training Program, with a goal of a 100 percent local CNA staffing by February 2020.

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EXHIBIT PREMIERE  
FRIDAY, NOV. 8<sup>TH</sup> - 6:30PM  
THE NOLAN CENTER  
Wrangell Museum Presents:

# WRANGELL REMEMBERS... *Shipwrecks Close to Home* 1908-1952

TRAVELING EXHIBIT  
Alaska State Museum and Pioneers of Alaska, Juneau  
created in partnership with the  
Maritime Museum of British Columbia



S.S. PRINCESS SOPHIA



S.S. PRINCESS KATHLEEN



S.S. MARIPOSA



STAR OF BENGAL



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Community Orchestra hosts fall concert

The Wrangell Community Orchestra held their annual fall concert at the elementary school last Sunday, Oct. 28. They performed a wide variety of classical music, conducted by Mary Kurth.

The orchestra consists of the following musicians: Violin - Paige Baggen, George Benson, Madelyn Davies, Christina Johnson, Susan Kowalske, Odile Meister, Sophie O'Brien, and Jack Roberts; Viola - Andrei Bardin-Siekawitch and Larissa Bardin-Siekawitch; Cello - Bonnie Demerjian and Mike Kurth; Flute - Laura Helgeson, and Tasha Morse; Clarinet - Jimmy Baggen; Trumpet - Haig Demerjian; Piano - Nikolai Bardin-Siekawitch and Alice Rooney.

# School board begins review of strategic plan

By CALEB VIERKANT  
*Sentinel writer*

The Wrangell School Board, still getting settled with new members from the election on Oct. 2, held a work session on the evening of Oct. 28 to begin a review of the district's strategic plan. The strategic plan was adopted in June of 2018, and sets a series of goals for the school district to aim for through to the year 2023.

There are five main goals outlined in the plan, each with their own set of strategies and actions to be taken to accomplish them. The goals are: Student Learning, Stakeholder Satisfaction, Employee Development, Administrative Support Systems, and Fiscal Responsibility.

Given the depth that the board wanted to get into, it was quickly decided after the meeting began that they would only review the first goal that night.

"We actually started shortly after the beginning of the year, January 2018, we got groups together of 10 or 12 people," Georgianna Buhler said, explaining how the strategic plan came together. "Some of them were staff, there were students, there was teachers, community leaders, business leaders, it was a broad-based selection of people who were asked to sit on the committee."

The first goal of student learning is accompanied by three strategies: Provide a standards-based curriculum, increase student achievement across all

content areas, and to deliver a diverse curriculum. Each of these strategies have subheads of multiple action items the district can take. For example, under the strategy of providing a standards-based curriculum, one of the action items discussed was to "complete K-12 curriculum alignment and vertical mapping."

Continued on page 6

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**Friday Nov. 1**  
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 Nolan Center

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# School

Continued from page 6

"In kindergarten they have science standards and kids are supposed to learn seasons and stuff like that," Superintendent Debbe Lancaster explained. "In first grade they're supposed to learn a little bit more detail about

living things, non-living things, that sort of thing. Basically, when you vertically align something what you do is you make sure that the knowledge that the kids are getting is spiraled, that it is building upon itself."

Lancaster told the board that

the district is working on vertical mapping from kindergarten to 12th grade, but that it has not been completed yet. The board proposed altering the completion date in the strategic plan from April of 2021 to April of 2022.

Multiple changes to action



## Mammograms are here.

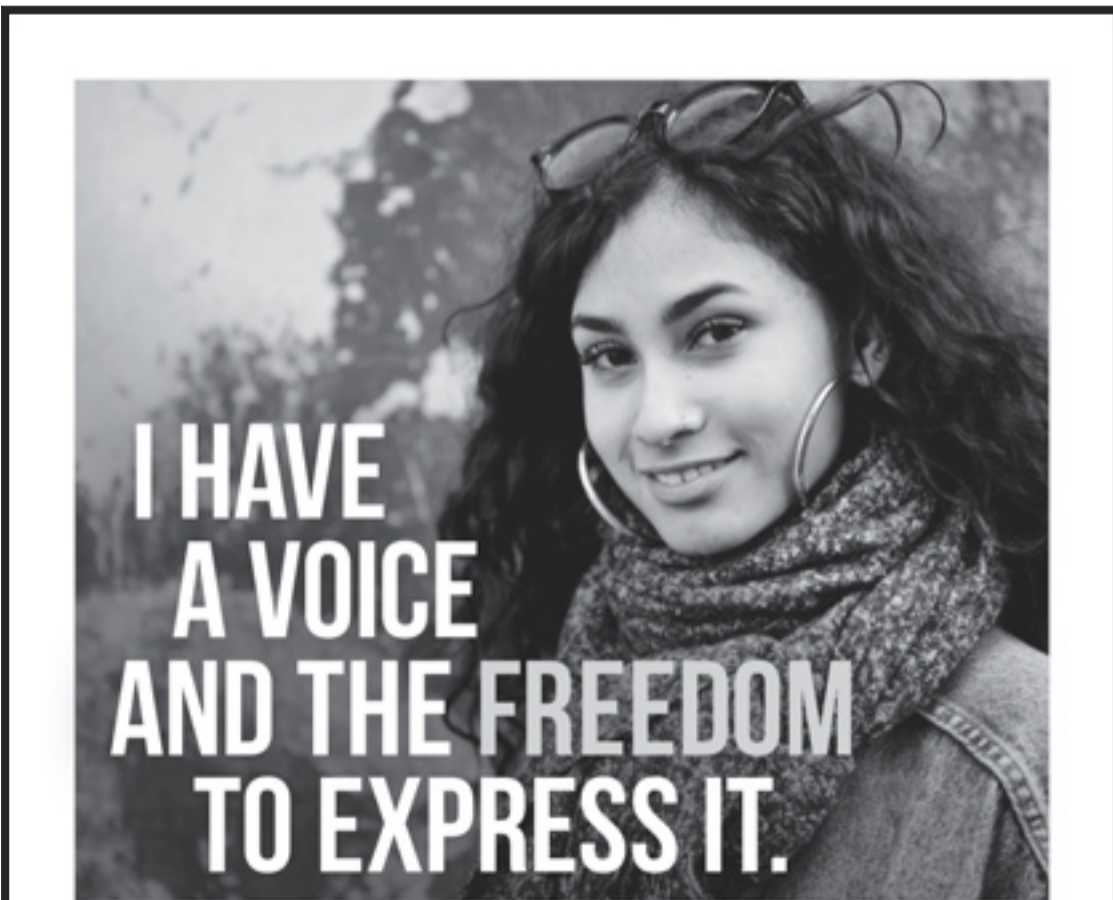
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PHOTO BY CALEB VIERKANT/WRANGELL SENTINEL

## Credit union hosts fundraiser for WMC Foundation

Tongass Federal Credit Union hosted a fundraiser for the Wrangell Medical Center Foundation. More specifically, the fundraiser was for the foundation's cancer center. Guests could enjoy food provided by the Stikine Inn, take part in a silent auction, and enter their name for door prizes. TFCU stated on flyers for the event that they would match the money raised for the cancer center, up to \$1,000. According to Branch Manager Kemberly Green, the event raised a total of \$3,690 with the matching funds. Pictured here is Green and CEO Helen Mickel at the fundraiser. Mickel added that she and several of the credit union's board members had been spending the past few days meeting in Wrangell.

items under the second strategy, increasing student achievement, were also proposed during the workshop. One action item read "Explore K-12 written expression assessment and Writing Across the Curriculum (WAC) for all grades." Essentially, this action item was focused on making sure students were seeing the usefulness of writing in more than just English class. They were handling word problems in math class, for example, or using their writing skills in science lessons. The board proposed to change this action item from exploration to implementation across all core curriculum classes by 2022. Another action item the board covered was to explore the possibility of using Individualized Learning Plans for students. The board proposed that Lancaster put together a written recommendation on this idea by next April. The board also said they would like to see end-of-course student assessments for math classes, beginning next spring. Lastly, under the second strategy, the board proposed an annual report on how students are learning about the practical uses of mathematics in the real world.

On the third and final strategy for the student learning goal, delivering a diverse curriculum, the board only had a few changes to propose. Two action items, a review/revision of the life skills curriculum and implementation of said curriculum, were combined into one. On an action item emphasizing teaching collaboration and anti-bullying skills to students, the board

agreed after some discussion that this was being done successfully at the elementary level, and focus needed to be on bringing these lessons to the middle school and high school. The board also agreed that an action item calling for increased participation in fine arts programs be altered to say "encourage participation." Seeing a regular increase in fine arts programs every year was impossible, the board agreed, so altering the wording would be a wise decision.

The final action item they discussed read "Host or provide opportunities for students to attend a college/job fair." This has been a challenge as Wrangell is not a big enough town to draw businesses or universities for a local fair. Travel costs can also prohibit some Wrangell students from seeing what opportunities are out there. The board agreed that students needed to be aware of more opportunities than can be shown at a college or job fair, they needed to see a full range of potential career paths and vocational schools available to them. After some further discussion, the board proposed to rewrite this action item to say "Expand opportunities for students to attend a college/job fair, and explore different career paths."

The school board plans to continue their review of the strategic plan prior to their next meeting on Nov. 18. As this was a work session, none of the proposed revisions to the strategic plan have been adopted yet. They will be up for approval in future school board meetings.

# Alaska Fish Factor

By LAINE WELCH Fisheries columnist

## Sea otters' voracious appetites continue to cause damage to Southeast Alaska's most lucrative fisheries

They are certainly cute but the voracious appetites of sea otters continue to cause horrendous damage to some of Southeast Alaska's most lucrative fisheries.

How best to curtail those impacts will be the focus of a day long stakeholders meeting set for November 6 in Juneau.

"All of the people who have anything to do with the otters hopefully will all be in the same room at the same time," said Phil Doherty, co-director of the Southeast Alaska Regional Dive Fisheries Association (SARDF) based in Ketchikan.

A 2011 report by the McDowell Group showed that otter predation on sea cucumbers, clams, urchins, crabs and other shellfish cost the Southeast economy nearly \$30 million over 15 years. And their population has skyrocketed since then.

Four hundred otters were reintroduced to Southeast by the Alaska Dept. of Fish and Game from Amchitka Island in the 1960s after nearly being wiped out by fur traders at the turn of that century. The otters, which rose to nearly 26,000 in the latest assessment updated in 2014, are under federal protection and managed by the U.S. Fish and Wildlife Service. The animals can grow up to 100 pounds and typically eat the equivalent of a quarter of their weight each day.

Last year, at the urging of 20 Southeast towns, organizations and Native groups, the Alaska Senate passed a resolution asking for the state to take over otter management and to provide for more protections.

"If the population continues to go unchecked, predation from sea otters inevitably threatens the future of dive and crab fisheries, jeopardizing hundreds of jobs and tens of millions of dollars in economic activity," Senator Bert Stedman (R-Sitka) wrote in a statement.

One suggested solution has been to allow increased hunting by Native Alaskans, the only people allowed to do so, and lowering the Native blood "eligibility" to one-quarter of a percent. But Doherty said at a growth rate estimated at between 12 and 14 percent a year, hunting can't keep up with the population. Another problem is restrictions on what Natives are allowed to do with the otters they hunt.

"The Marine Mammal Protection Act clearly states what Alaskan coastal Natives can do with sea otters," Doherty explained. "They have to produce a finished product that is in the tradition of Native art and how they've used them over the years. They cannot harvest sea otters and sell just the pelt on the open market."

Patrick Lemons, Alaska chief of marine mammal management for the USFWS said last year that the Marine Mammal Protection Act limits the

agency's response and they cannot intervene to protect commercial fisheries until a species is at "optimum sustainable population."

The agency recently put the Southeast region's otter carrying capacity at 77,000, Doherty said.

"Until we're at that carrying capacity, they will manage the sea otters in a very conservative mode. And once we get to 77,000 otters, we can kiss some of these industries goodbye - and it is not just the dive fisheries. The Dungeness crab fishery here in Southeast is being severely impacted and otters eat king and Tanner crab, so there's going to be impacts on all of the shellfish fisheries."

While the upcoming meeting will provide a valuable exchange, Doherty is not optimistic about the outcomes.

"Because the otters are so protected within the Marine Mammal Protection Act, I don't think anything is going to change the tide of the sea otter population here in Southeast Alaska."

The day long Nov. 6 otter meeting will take place at the Andrew P. Kashevaroff Building in Juneau. It is free and open to the public.

**Pebble hearing in DC** - Threats posed to the Bristol Bay watershed by the proposed Pebble Mine took center stage in Washington, DC at a hearing last Wednesday of the House Transportation and Infrastructure Committee. Opponents are hopeful the hearing might help put the brakes on the Pebble permitting process.

"If Pebble is developed, there is no doubt it will forever change who I am, who my people are, where I come from. And it will rob our children's children of their right to continue being Native people as we have for thousands of years in Bristol Bay," said Alannah Hurley, executive director of United Tribes of Bristol Bay.

Alaska Public Radio's Liz Ruskin was at the hearing and reported that Pebble Partnership CEO Tom Collier, the only witness to support the mine, "tilted back in his chair and looked at the ceiling as Hurley spoke."

Alaska Congressman Don Young, who has not taken a position on the mine, criticized the witnesses for "not being scientists."

In a video of the hearing, Young said: "You're not listening to the science. You are saying a lot of what ifs. Can and cannots. Should we or shouldn't we. And this committee has a responsibility to review those that are directly involved. Not those that may be affected about it. It's about science."

Committee Chairman Peter DeFazio (D-Oregon), an outspoken Pebble critic, questioned the permitting process. He had especially harsh words about the

way in which the U.S. Army Corps of Engineers is assessing the project, which many have criticized as being rushed and sloppy.

"What I first want is a proper review and a proper comment period, and I don't believe the Corps is doing either of those things," he said at the hearing. "And I'm going to push them very hard to push back, even if Donald Trump is pushing on the other side."

DeFazio was referring to an pull back of special protections the EPA had placed on the Bristol Bay watershed in 2014. The restrictions were abruptly lifted this year on July 30 after Trump had a brief meeting with Governor Dunleavy who supports the Pebble project. That EPA pull-back has prompted three lawsuits against the EPA by nearly 20 diverse groups.

Last week's hearing is "typically the first step before an investigation on the permitting process is launched," said Molly Dischner, communications director for United Tribes of Bristol Bay.

The Pebble Partnership has spent over \$2 million on federal lobbying so far this year according to public disclosure forms, Liz Ruskin reported.

A preliminary final environmental impact statement on the project is expected in January.

**Fish game changer** - Just as farmed salmon grown in sea cages toppled markets for wild fish a few decades ago, land-based farming is set to change the game again over the next decade.

It will come in the form of recirculating aquaculture systems (RAS) and will cause even more disruption to world markets. That is the conclusion of Rabobank, a Netherlands-based leader in food and agriculture financing that is among the 30 largest groups in the world.

A Rabobank report this month identified more than 50

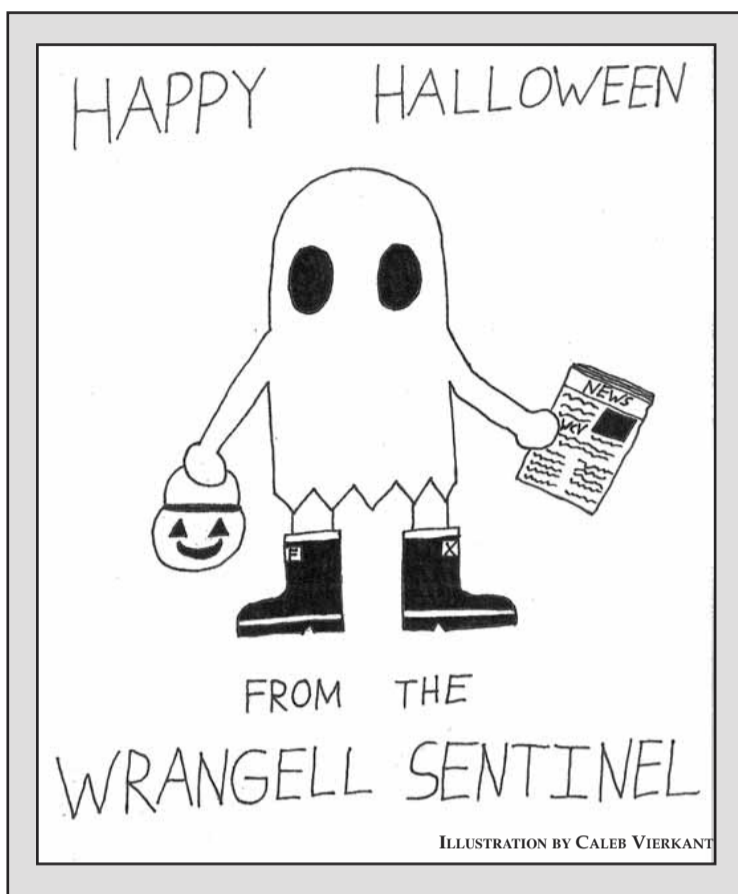


ILLUSTRATION BY CALEB VIERKANT

RAS proposed projects around the world with an estimated output to equal 25 percent of current salmon production by the year 2030.

That totals roughly 550 million pounds of fish - in comparison, Alaska's 2018 salmon catch produced 605 million pounds of salmon.

The report said most of the land-based farms are planned in Norway, but proposed production volumes are highest in the U.S. where six farms are planned.

In the U.S. Maine is taking the lead where Portland-based company Whole Oceans has received two leases alongside and underneath the Penobscot River. It plans to break ground on a \$180 million RAS facility next year and begin output of 11 million pounds of Atlantic salmon annually.

The report said RAS could disrupt traditional ocean-based fish farming over the next 10 years adding "it's not a question

of if, but of how much."

**Blue opportunity** - The Alaska Ocean Cluster, an arm of the Bering Sea Fishermen's Association, is seeking a manager for its Blue Pipeline Incubator (BPI) in Seward.

"This is a blended position made possible through a partnership between the Ocean Cluster, the City of Seward, the Seward Chamber of Commerce and the Small Business Development Center," said Casey Rangel, program manager.

The BPI Manager will oversee all operations of the incubator and will act as the liaison to Seward's ocean-based industries.

Requirements include a bachelor's degree in business administration or a related field. Salary is \$65,000 - 75,000+ commensurate with experience. Applications will be accepted until the position is filled. Learn more at [www.alaskacluster.com/about/employment/](http://www.alaskacluster.com/about/employment/)

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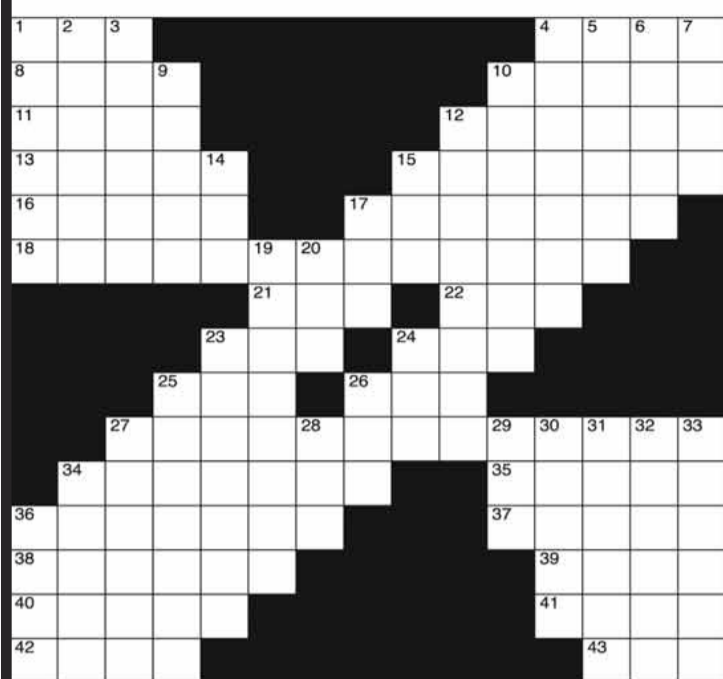
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# Comics



### CLUES ACROSS

- 1. Third-party access (abbr.)
- 4. This (Spanish)
- 8. Goals
- 10. Something to do lightly
- 11. "Great" North Sea Empire legend
- 12. Iced or chilled drink
- 13. Weight units
- 15. Immune system response
- 16. Groundbreaking German pharmacologist
- 17. Milk-supplying companies
- 18. Enjoyable distraction
- 21. Doctor of Education
- 22. Type of submachine gun (abbr.)
- 23. Curved shape
- 24. Brew
- 25. The 13th letter of the Hebrew alphabet
- 26. Advanced degree
- 27. Shock rocker
- 34. Enthusiast
- 35. Quiet's partner
- 36. Hijacked
- 37. TV's once needed them
- 38. Brings together
- 39. Narrow piece of wood
- 40. Paths
- 41. Monetary unit
- 42. Wings
- 43. Soviet Socialist Republic

### CLUES DOWN

- 1. Gear
- 2. Outer part of a bird's wing
- 3. Good luck charm
- 4. Removing from memory
- 5. Group of seven people
- 6. Records
- 7. German river
- 9. "Last of the Mohicans" actress Madeleine
- 10. Ancient Greek war galley
- 12. Nonsensical speak
- 14. Title of respect
- 15. Cast out
- 17. Have already done
- 19. Wood-loving insects
- 20. Analog conversion system (abbr.)
- 23. Pokes holes in
- 24. Waiver of liability (abbr.)
- 25. Sea cow
- 26. Protein coding gene
- 27. Where boats park
- 28. The top of a jar
- 29. Fitting
- 30. German city
- 31. Martens
- 32. They're all over the planet
- 33. One that nests
- 34. Coming at the end
- 36. Croatian coastal city

# SUDOKU

		4						
		8		1	7			2
			3			8		
		6	7		8			3
			2	5	3		9	6
	9							
1	4		9					
	8			7				
3				6		1		7

Level: Intermediate

Puzzle answers will be in the November 7 edition



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Baha'i potluck

Wrangell's Baha'i community held a potluck dinner at Evergreen Elementary School Monday evening, Oct. 28. The event was to mark the 200th anniversary of the birth of their faith's founder, "The Bab."

# Wolves take third place at Haines Invitational

By CALEB VIERKANT  
*Sentinel writer*

Wrangell was one of seven teams to participate in the Haines Invitational this past weekend. It was a hard week for them, according to Assistant Coach Jack Carney. He was very proud of the team's performance, he said, but the trip took some of the energy out of them.

As a team, Wrangell made 106 points and took third place. Ketchikan took first place at 185, followed by Thunder Mountain at 106 points.

"It was a long weekend, long way up to Haines," he

said. "I'm proud of our team, it just wasn't the best weekend."

In the Varsity 103 bracket, Jacen Hay took third place and Devlyn Campbell took fourth place. In the Varsity 112 bracket, Elias Decker took 4th place. In the Varsity 119 bracket, Jonah Comstock took second place. In the Varsity 125 bracket, Chase Kincaid and Ryan Rooney both took fourth place. In the Varsity 130 bracket, Ethan Blatchley took fourth place. In the Varsity 140 bracket, Randy Churchill took fourth place. In the Varsity 152 bracket, Hunter Wiederspohn took 5th place. In the Varsity

171 bracket, Rowen Wieder-spohn took second place. In the Varsity 285 bracket, Leroy Wynne took third place. In the Varsity B 152 bracket, Steven Bales took fourth place. In the Girls 119G bracket, CeAirra Glaser took fourth place. In the Girls 125G bracket, Liana Carney took second place. In the Girls 135G bracket, Jamie Early took second place.

The Wrangell Wolves will be heading to Ketchikan this weekend for their next tournament. Carney said that the team is looking forward to it.

"We're just putting our heads down and getting ready for Ketchikan," he said.

# Several wins for Wrangell in Skagway volleyball tournament

By CALEB VIERKANT  
*Sentinel writer*

The Lady Wolves volleyball team travelled to Skagway for their most recent tournament of the season. The team had games scheduled against Haines, Skagway, Klawock, Craig, Metlakatla, and Petersburg. The team saw several wins this tournament, and while they suffered a few losses, they ended on a high note.

Wrangell's first two games were against Haines and Skagway on Friday, Oct. 25. They played three games, each, with Wrangell winning each game. Against Haines, the Lady Wolves won 25-21, 25-10 and 25-13. Against Skagway, the Lady Wolves won 25-16, 25-8, and 25-15.

There were two games scheduled against Klawock and Craig on Saturday, Oct. 26. While Wrangell came close in some of the games, they suffered losses. Against Klawock, the Lady Wolves lost 25-23, 25-15 and 25-18. Against Craig, the Lady Wolves lost 25-22, 25-15, and 25-12.

The Lady Wolves' final two games of the tournament were against Metlakatla and Petersburg. Wrangell won a set of three games against Metlakatla late on Saturday, 25-23, 25-17 and 25-11.

Petersburg, their last match of the weekend on Sunday morning, was a best two out of three. Wrangell won 25-16 and 25-19.

This week, Wrangell will take part in another volleyball tournament in Craig on Nov. 1 and 2.

# Classified/Legals


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**CAREGIVER NEEDED** in Wrangell. Job is for 5 days a week, 5 hours per day. Salary is \$20 per hour. For more details about the position, email jholtty147@gmail.com ..... 6x11-21p30

**OFFICE HELP WANTED:**  
 The Wrangell Sentinel is hiring. Must be able to lift 25 pounds and have own car. DOE. Please stop in the Sentinel office to fill out a job application or email resume to wrgsent@gmail.com.....tfnx8-2dh

**WRANGELL COOPERATIVE ASSOCIATION** is seeking a WCA Administrative Assistant and a WCA Receptionist. Complete job descriptions and applications are available at the Wrangell Cooperative Association office at 1002 Zimovia Hwy. Contact Esther Ashton at 874-4304 with any questions. Closing date: November 1, 2019. ....2x10-31b44

874-2301.....tfn dh Send or receive faxes. Fax number 874-2303 .....tfn dh  
**FAX SERVICES** at the Sentinel.

The Southeast Alaska Power Agency (SEAPA) is soliciting proposals from qualified contractors for the removal and replacement of Swan Lake Housing Unit #2 at SEAPA's remote Swan Lake Hydroelectric Project located approximately 22 air miles or 27 water miles northeast of Ketchikan, Alaska. Proposals are due December 3, 2019 at 4:00 p.m. AKST. For a complete set of the bid documents with additional details, please navigate to: [www.seapahydro.org/rfp.php](http://www.seapahydro.org/rfp.php) or interested respondents may call the SEAPA office at (907) 228-2281 for a copy.  
**Published: October 31, 2019**



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**CITY AND BOROUGH OF WRANGELL, ALASKA PUBLIC NOTICE**

The Southeast Alaska Power Agency (SEAPA) is seeking Letters of Interest to fill the upcoming vacancies to the SEAPA Board of Directors, which consist of:

**One (1) voting member and One (1) alternate member for Wrangell**

These vacancies are one-year terms from January 1, 2020 to December 31, 2020.

Please turn your Letter of Interest into the Borough Clerk's Office, 205 Brueger Street, City & Borough of Wrangell, P.O. Box 531, Wrangell, AK 99929, **on or before 4:00 p.m., Tuesday, November 5, 2019.**

If you have any questions or need additional information, please contact the Borough Clerk's Office at 907-874-2381, or email: [clerk@wrangell.com](mailto:clerk@wrangell.com)

Appointments will be made at the Regular Assembly meeting on November 12, 2019.  
**Publish: October 31, 2019**

**Wrangell-Petersburg Resource Advisory Committee Notice of Meeting and Call for Project Proposals**

The Wrangell-Petersburg-Kake Resource Advisory Committee (RAC) will be meeting on Wednesday, November 6, 2019, from 6:30 p.m. to 9:00 p.m., or until business is concluded. The purpose of the meeting is to review the progress of previously funded projects, review new project proposals, and make recommendations for funding of projects through Title II of the Secure Rural Schools and Community Self Determination Act (PL 114-10).

The meeting will take place via video teleconference at the Wrangell and Petersburg Ranger District Offices. The meeting is open to the public. A toll free teleconference number will be available for individuals who wish to attend by telephone. Committee discussion is limited to Forest Service staff and Committee members. However, there will be a one-hour public comment period beginning at 7:00 pm. Individuals wishing to make an oral statement should request in writing at least five days prior to the meeting in order to be scheduled on the agenda.

Title II funds may be used for projects that benefit the National Forest and have broad-based support with objectives that may include, but are not limited to:

- Road, trail, and infrastructure maintenance or obliteration
- Soil productivity improvement
- Improvements in forest ecosystem health
- Watershed restoration and maintenance
- Restoration, maintenance and improvement of wildlife and fish habitat
- Control of noxious and exotic weeds
- Reestablishment of native species



New project proposal forms are available at the Petersburg and Wrangell Ranger District offices. To be considered at a committee meeting, proposals should be submitted in writing no later than five days prior to the meeting. Proposals will continue to be accepted after that date, but sufficient funding may not be available to consider all proposals received. For assistance with the form, or for other information pertaining to the meeting, please contact Linda Slaght, RAC Coordinator, at 772-3871 or by e-mail at [linda.slaght@usda.gov](mailto:linda.slaght@usda.gov). For other information, contact either of the Designated Federal Officials; Ted Sandhofer, Petersburg District Ranger, 772-3871 or Clint Kolarich, Wrangell District Ranger, 874-2323.

The USDA Forest Service is an equal opportunity provider, employer and lender.

**Publish: October 31, 2019**

**City & Borough of Wrangell NOTICE INVITING BIDS**

NOTICE IS HEREBY GIVEN THAT the City and Borough of Wrangell, Alaska will accept sealed bids for the procurement of one **3 Megawatts Transformer** in the office of the Borough Clerk until **2:00 pm prevailing time on November 4, 2019**. The full Contract Documents may be obtained at the Borough Clerk's Office, 205 Brueger Street, Wrangell, Alaska 99929 and may also be downloaded from the City and Borough of Wrangell's website ([www.wrangell.com](http://www.wrangell.com)) under the Bids and RFP's section.

CITY AND BOROUGH OF WRANGELL  
 Lisa Von Bargaen, Borough Manager  
**Publish: October 17, 24 and 31, 2019**

**Puzzle answers from Oct. 24 Edition**

3	1	8	7	9	4	5	2	6
4	6	2	1	5	3	7	9	8
5	7	9	8	2	6	4	1	3
2	3	5	4	8	9	1	6	7
7	9	4	6	1	5	3	8	2
1	8	6	3	7	2	9	4	5
8	5	3	9	6	1	2	7	4
6	4	1	2	3	7	8	5	9
9	2	7	5	4	8	6	3	1

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- 2** Are you being clear? Complete, concise information will encourage a quick response from readers.
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- 4** Are you giving your ad enough exposure? Consecutive publication of your ad will generate the greatest amount of reader attention. Generally, a 3-week run time is the best and most cost-effective arrangement.
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- 6** Have you covered all of your bases? Make sure you are providing sufficient information about the merchandise or service you are offering, including the price! Does the reader know what you are selling, why they should buy it and how they can contact you for more information?
- 7** How can you reach the greatest number of prospective buyers? Place your classified ad with the Sentinel.
- 8** Call **907-874-2301** today!

**WRANGELL SENTINEL**



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Youth basketball

Wrangell Parks and Recreation hosted a series of youth basketball scrimmages last Thursday, Oct. 24. Pictured here is Alyssia Roundtree, playing in one of the 2nd-3rd grade games.

# Moose season finishes with Unit Three record

By BRIAN VARELA  
Sentinel writer

This year's moose season finished with a final count of 127 animals, which is a new Unit Three record, according to Petersburg Fish & Game.

Last week when the season ended on Oct. 15, final preliminary numbers showed 125 moose harvested this year, but hunters had an additional five days from the end of the sea-

son to report their kills to fish and game. Since the end of the season, two more moose were reported. The additional moose were shot in the Stikine River area and another mainland location.

In 2017, hunters set a unit record of 119 moose harvested in the season. That number was beat by eight moose in this year's final results.

In Unit Three, which encompasses Mitkof and Wrangell islands, residents and nonresidents alike could take one bull moose during the season. For the moose to be deemed legal, it must have spike-fork antlers or 50-inch antlers or antlers with three or more brow tines on at least one side or two brow tines on both sides, according to the 2019 through 2020 Alaska hunting regulations.

At the halfway mark of this year's moose season, which began on Sept. 15, moose numbers were above the five-year average with a moose count of 64 at just 17 days into the season.



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## Alaska to mothball ferry; repair costs exceed budget

JUNEAU, Alaska (AP) - A state ferry will be put into storage in Ketchikan because there's no money to repair it.

The Alaska Marine Highway System announced Thursday that the Malaspina will be placed in "unmanned, long-term layup status" on Jan. 10.

The Malaspina will end revenue service Dec. 2 when it reaches Ketchikan.

The 56-year-old Malaspina is a 408-foot (124-meter) main-line ferry.

The Malaspina this winter was scheduled for overhaul but a preliminary investigation revealed the need for extensive steel replacement.

Ferry officials in an announcement say the estimated \$16 million repair cost exceeds the available budget.

Ferry officials say there will be no impact on the system schedule. They also say no long-term decisions have been regarding the Malaspina's future.



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

## Elk's Lodge hosts spaghetti dinner for Senior Center

Wrangell's Elk's Lodge hosted a meeting of the Alaska State Association of Emblem Clubs on Oct. 25 and 26. The Supreme Emblem Club was officially formed in 1926, according to their website, as a collaborative organization with the Elk's. During the evening of Oct. 25, the lodge also hosted a special spaghetti dinner to raise money for the Wrangell Senior Center. Pictured here (counterclockwise, from the bottom right corner) are Emblem Club members Sharon Keller, Dolores Graver, Shirley Corele, Carey Wallace, Gay Odsather, Love O'Shea, and Claudette Oliver.

## Judge orders Alaska to stop jailing mentally ill people

ANCHORAGE, Alaska (AP) - A judge has ruled Alaska must end the practice of detaining mentally ill people in jails when the Alaska Psychiatric Institute is unable to provide treatment, court records said.

The ruling issued Monday orders the Alaska Department of Health and Social Services to come up with a plan by Dec. 5 to stop the practice, with a few very exceptions, The Anchorage Daily News reported Tuesday.

Anchorage Superior Court Judge William Morse gave the state 90 days after the December deadline to enact the plan.

Dozens of mentally ill Alaskans have been held in windowless prison cells, shackled, forced to sleep on concrete slabs, and isolated in solitary confinement. Using jails to house people detained on civil psychiatric holds causes "irreparable harm," Morse wrote.

"Civil detainees are being subject to extraordinary conditions that amount to punishment," Morse's ruling said.

The order was the result of a lawsuit filed more than a year ago by the Disability Law Center of Alaska and the Public Defender Agency. The lawsuit sought to end jail and emergency room detentions for people suffering from a mental health crisis.

The issue of involuntarily committed psychiatric patients being held in jails due to lack of space came to light last October when the Alaska Psychiatric Institute in Anchorage was unable to field enough staff to provide beds for all the patients with severe mental health problems sent there from across the state.

People ordered into state custody because they were a danger to themselves or others were sent to the Anchorage jail, Hiland Mountain Correctional Center in Anchorage or hospital emergency rooms for up to 14 days, officials said.

Alaska Department of Law attorneys are still analyzing Monday's ruling, said spokeswoman Cori Mills.



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Alaska wild berries: Raspberries, Salmonberries and Blueberries.

## SEARHC

Continued from page 1

With this information in mind, Lakin said it would be a good idea to learn more about a traditional Alaskan diet and the nutrition that it can provide. According to MyPlate, the federal government's nutritional recommendations that have replaced the "food pyramid," a healthy meal consists of reasonable portions of grains, proteins, fruits, vegetables, and dairy. Much of this can be found in a traditional native diet, Lakin said.

"One way that we can help prevent diabetes, or at least protect ourselves from getting complications from diabetes is by eating right," Lakin said.

Under the grains category, Lakin said that a good option to consider for an Alaskan Native diet is the Chocolate Lily. Also known as Wild Rice, this plant is a good source of fiber and is low in both fat and sodium. With hunting and fishing being so prevalent in this part of the world, Lakin pointed out that there are many options available for protein, as well. Salmon is probably the most well known source of protein. Other sources of protein include abalone and Sitka Black Tail deer, both of which are also high in iron content and low on saturated fats.

For vegetables, Lakin pointed out beach asparagus and fiddlehead ferns as two available options. Beach asparagus is a good source of Vitamin A, is low sodium, and also has few calories. Fiddlehead ferns are also low sodium and a good source of Vitamin A, but they are also low fat and provide some carbohydrates and protein.

Berries are a common sight on many of the islands around Southeast Alaska, and these make up the "fruit" portion of an Alaska Native diet. Lakin pointed to blueberries, salmonberries, and huckleberries as good sources of fiber, Vitamin C, and other nutrients.

To learn more about healthy eating, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).

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