



EPA tells Wrangell it needs to disinfect its sewage discharge

By CAROLEINE JAMES
Sentinel reporter

The U.S. Environmental Protection Agency announced that its updated permit for the Wrangell wastewater treatment plant will contain stricter limits on the amounts of bacteria the facility can discharge into Zimovia Strait.

Wrangell will need to update its treatment operation to include disinfection of discharged wastewater, which will decrease fecal coliform and enterococcus bacteria counts. The borough will have five years to comply with new requirements.

Disinfection will be "a major project for us," said Borough Manager Jeff Good. He estimates that implementing additional treatment at the plant will cost between \$3 million and \$5 million, though until the borough

hires an engineer and begins the design process, the exact cost is uncertain.

Disinfection options include chlorine or ultraviolet light. The borough can choose its preferred method, Good explained, and though the options each have their strengths and weaknesses, both will require a significant investment.

"I would rather take the entire life cycle cost into play as far as what option we go with," he said. "Even if we have (an option) that's initially more expensive up front, if the life cycle cost is way cheaper, then that would probably be the preference."

The 20-year-old treatment plant updates will be funded using a combination of state loans and borough funds. Good is hopeful that the borough will not have to

Continued on page 5

Schools want to include public in bullying prevention program

By MARC LUTZ
Sentinel editor

Name calling. Spreading rumors. Shoving, tripping. Excluding.

Those are just a few of the ways bullying can be perpetrated, and staff at Wrangell schools are working to prevent it and the damage and lasting trauma that can stem from it.

About 20% of students ages 12 through 18 across the country reported being bullied, according to the U.S. Department of Health and Human Services' stopbullying.gov website. Of those students, 56% said they believed the bully "had the ability to influence other students' perception of them." Fifty percent "had more social influence"; 40% "were physically stronger or larger"; and 31% "had more money."

The approach that Wrangell high school and middle school

principal Bob Burkhardt, and schools' counselor Dr. Julie Williams are taking is one of community involvement.

"It takes a village to raise a child," Burkhardt said. "That's an old adage, but it's true, and in a place like this, it's very true."

Burkhardt said he and Williams, along with staff and teachers have all been involved in taking "every opportunity to be out front and upfront with our students" about anti-bullying and working together.

One of the keys to stopping and preventing bullying is recognizing it as a witness and as someone who is being bullied, and knowing what to do from a disciplinary standpoint.

"If we can't see it, no matter what age I am or what position I hold in the school, if I don't recognize it, I can't do anything to take a stand or say

Continued on page 5

Healing waters



PHOTO BY MARC LUTZ/WRANGELL SENTINEL

Instructor Kim Covalt, center, smiles while directing members of his arthritis water therapy class — Ann Winters, foreground, and Dana Rowlett — in the swimming pool last Wednesday. Covalt has been teaching the class for 19 years after developing osteoarthritis in his lower back.

Pool therapy provides relief from arthritis aches and pains

By MARC LUTZ
Sentinel editor

At first glance, the water therapy class in the Parks and Recreation swimming pool might look like a group of people just standing around in the water. But, like ducks on a pond, there's much more going on beneath the surface.

Every joint from head to toe is being exercised during the class, offering a low-impact workout for participants and providing relief from the effects of arthritis.

Around 32.5 million adults in the United States suffer from some form of osteoarthritis, the most common arthritic condition, according to the Centers for Disease Control and Prevention. Physicians recommend weight loss, staying mobile and different types of exercise to alleviate the symptoms.

"There's pain medication that covers up the symptoms, anti-inflammatory medication doesn't really do anything, but exercise and staying mobile really helps," said Lynn Prysunka, a physician with the Wrangell Medical Center. "And the thing that's so good about the arthritis (water) class is that it's non-weightbearing."

Prysunka said when it comes to joint problems, there's a continuum of exercises that's hard on the joints, starting with running being

the hardest, then using an elliptical, walking on a treadmill, riding a bicycle, and then swimming and water aerobics. "In that continuum, water aerobics is great."

The arthritis class has been taught for 19 years by Kim Covalt, 69, who began to develop arthritis in his lower back 20 years ago. A class was being taught in Juneau at the time to train people to lead water therapy classes.

"They were offering free scholarships to take the class, so I went up to Juneau to take the class for free to be a teacher," Covalt said after leading a class last Wednesday morning. "I came back and started teaching here. I saw we had a need for the older population, which now I'm one of them."

Each class begins with 20 minutes of water walking, swinging the arms and legs in the pool, letting the resistance of the water warm up the muscles. "It's amazing the therapeutic power of the water. It helps my back not to hurt," Covalt said.

Near the end of last Wednesday's class, Covalt had the five participants moving each of their legs in small circles, gradually increasing the circumference as they completed each revolution. Then they did similar movements with their ankles.

"We move every joint in the body from the neck

Continued on page 5

Ministries start work on holiday meals and gifts

By CAROLEINE JAMES
Sentinel reporter

The Salvation Army and its companions in the Wrangell Ministerial Association are preparing to roll out their annual holiday programs, providing meals, clothes and gifts to members of the community.

For Jon Tollerud, a Salvation Army Corps officer, the church's holiday programs are a way to care for the community during a season that can be as financially burdensome as it is festive. "We've been helped in that same way," Tollerud said of his family, and he hopes that the community will take advantage of what the Salvation Army has to offer.

From Oct. 10 to Nov. 11, families can apply to receive

Thanksgiving meal boxes that contain all the elements of a multi-course holiday feast, from turkey to pumpkin pie. Boxes will be distributed on Nov. 18 at the Harbor Light Church from 10 a.m. to 4 p.m.

Those wishing to support the program can donate to the Salvation Army, though Tollerud prefers cash donations to food donations. Food donations make it difficult to keep each meal box identical.

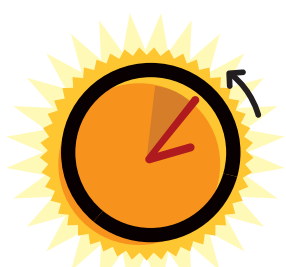
On Nov. 1, the Salvation Army's "Angel Trees" will appear at First Bank, Wells Fargo, Ottesen's, Sentry Hardware and the Salvation Army office. The trees will be covered in paper tags, with the Christmas wishes of an anonymous child written on each tag. Community members who want to participate in the Angel Trees

program may select a tag, purchase all or some of the items listed on it and return the items to one of the tree locations by Dec. 9. The Salvation Army recommends spending between \$25 and \$50 on new items for an Angel Tree box.

For those hoping to give even more, the Salvation Army will offer its Adopt-A-Family program for the third year in a row. Community members can sponsor an anonymous family's entire Christmas celebration, including food and gifts. Last year, residents sponsored three Wrangell families; the year before they sponsored seven.

Since the Salvation Army's holiday assistance programs rely entirely on church funding, community members

Continued on page 6



**DAYLIGHT
SAVING TIME
ENDS
SUNDAY**

Birthdays & Anniversaries

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

- Wednesday, Nov. 2:** Kyna DeBoer, Haig Demerjian.
- Thursday, Nov. 3:** Kitty Angerman, Arabella Lea Nore.
- Friday, Nov. 4:** Deano Barker, Ayla Harris, Olga Norris, Claire Rooney; Anniversary: Jeff and Pam Wiederspohn.
- Saturday, Nov. 5:** Mark Davidson, Kaylauna Warren; Anniversary: Adan and DeeDee Sprehe.
- Sunday, Nov. 6:** Betsy Golding.
- Monday, Nov. 7:** Erik Gile, Jean-Luc Lewis, Pam McCloskey, Garrett Miller, K.D. Roope-Strasburger, Frank Simpson.
- Tuesday, Nov. 8:** Taylor Carey, Wilder Todd Harding.
- Wednesday, Nov. 9:** Ava Lawrance, Sawyer Rooney, Kimberly Szczałko.

Senior Center Menu

*Open for in-person dining.
Must be fully vaccinated.*

- Thursday, Nov. 3**
A-1 meatloaf, peas, creamy coleslaw, mashed potatoes
- Friday, Nov. 4**
Ham and bean soup, tomato sleeves with cottage cheese, cornbread
- Monday, Nov. 7**
BBQ chicken, mixed veggie, sunshine salad and herb biscuit
- Tuesday, Nov. 8**
Turkey with gravy, mashed potatoes, green beans, apple salad, buttermilk biscuits
- Wednesday, Nov. 9**
Turkey pot pie, romaine and radish salad, herb biscuit

Please call the senior center at 907-874-2066 24 hours in advance to reserve a seat at lunch at the center or to request delivery. The senior van also is available to transport seniors to medical appointments, reasonable errands such as collecting mail, getting prescriptions or other essential items.

Ferry Schedule

Northbound

- Friday, Nov. 4**
Kennicott, 6:30 p.m.
- Tuesday, Nov. 8**
Kennicott, 8:45 p.m.
- Saturday, Nov. 12**
Kennicott, 2:30 a.m.
- Friday, Nov. 18**
Kennicott, 4:45 p.m.

Southbound

- Monday, Nov. 7**
Kennicott, 5 a.m.
- Friday, Nov. 11**
Kennicott, 8:15 a.m.
- Monday, Nov. 14**
Kennicott, 5:45 a.m.
- Monday, Nov. 21**
Kennicott, 4 a.m.

All times listed are scheduled departure times.
Call the terminal at 907-874-2021 for information or call 907-874-3711 or 800-642-0066 for recorded information.

Tides

	High Tides		Low Tides	
	AM Time	PM Time	AM Time	PM Time
Nov. 3	09:58	10:05	03:11	03:57
Nov. 4	10:48	11:06	04:17	05:00
Nov. 5	11:32	11:58	05:10	05:50
Nov. 6	11:12	11:45	04:55	05:32
Nov. 7	11:49	05:34	06:09
Nov. 8	00:28	12:23	06:09	06:44
Nov. 9	01:08	12:56	06:42	07:18

Wrangell Roundup: Special Events

THE AMERICAN LEGION will hold a Veterans Day dinner on Nov. 11 at the Cedar House Inn. This free dinner is for Veterans and one guest. Doors open at 4:30 p.m. and dinner starts at 5:30 p.m. There is limited seating so call Marilyn Mork at 907-470-0085 to be put on the list.

WRANGELL MINISTERIAL ASSOCIATION Thanksgiving box sign-up is open and runs through Nov. 11. Sign up at the Salvation Army for a holiday food box, and distribution day is Nov. 18 at Harbor Light Church. Call 907-874-3753 for more information.

NOLAN CENTER THEATER is showing "Lyle, Lyle, Crocodile" rated PG, at 7 p.m. Friday and Saturday; the animated adventure comedy film runs one hour and 46 minutes. Tickets are \$7 for adults, \$5 for children under age 12. Children under 12 must be accompanied by an adult.

CHRISTMAS TREE LANE is coming to town, and trees will be accepted Nov. 26 and 28 at the Nolan Center. Each entry goes up for a silent auction to support the Hospice of Wrangell. Be creative and beautify the Nolan Center lobby. For more information, call Alice Rooney 907-305-0007.

BRAVE is hosting its fifth annual Family Resilience Fair from 2 to 4 p.m. Nov. 19 at the Nolan Center. Learn how your community can help your family. For more information email BRAVE.Wrangell@gmail.com, or call 907-204-0530.

PARKS and RECREATION is offering multiple activities and programs to get your body moving. For more information on any of the activities visit www.wrangellrec.com or call 907-874-2444.

Want more attendance at your meeting or event? Send information for Roundup to wrgsent@gmail.com or call 907-874-2301.

Continuing Events

PARKS and RECREATION www.wrangellrec.com

Open swim is open by appointment, at reduced capacity. Locker rooms are available.

Arthritis class, 8:30 - 9:30 a.m., Monday, Wednesday, Friday

Lap swim, 6 - 7:30 a.m. Monday, Wednesday, Friday

Lap/tot swim, 11:30 a.m. - 1 p.m., weekdays, 5:15 - 6:15 p.m. Tuesday, Thursday, and 11 a.m. to 12:30 p.m. Saturday

Open swim, 6 - 7 p.m. Monday and Wednesday; 6:30 - 8 p.m. Friday; 1 - 2 p.m. Saturday

Water aerobics class, 10 - 11 a.m. Monday, Wednesday, Friday

Weight room: 6 a.m. - 1:30 p.m. and 3:30 - 7:30 p.m. Monday through Thursday; 6 a.m. to 1:30 p.m. and 3:30 - 8:30 p.m. Friday; 10 a.m. - 2:30 p.m. Saturday

AA Meetings: North Star Group meets from 7 to 8 p.m. Tuesdays and Fridays, St. Philip's Episcopal Church.

The Way We Were In the Sentinel 100, 75, 50 and 25 years ago.

Nov. 2, 1922

The Civic Club held its monthly meeting last Saturday at the library and went on record in favor of legislation giving women the right to serve as jurors. All women voters of Wrangell are urged to go to the polls at the coming election to express themselves for or against such legislation, and if a bill is favored it is understood that the presidents of the Alaska Federation of Women's Clubs and the Alaska Woman's Christian Temperance Union will ask that jury service for women be made permissible but not compulsory.

Oct. 31, 1947

At a meeting of the Territorial Road Board this week in Juneau, \$15,500 was approved to be spent in Wrangell for harbor improvements. They

include the dock approach to the shrimp cannery, repairs to pilings, etc, \$5,000; for construction of a new small seaplane float and approaches, \$4,000; and for purchase of creosote pilings to replace a float dolphin, \$6,500. The money comes from funds collected by the territorial gasoline tax which is earmarked for harbor, road and airfield work. On Territorial Highway Engineer Frank Metcalf's recent visit to Wrangell, Mayor Doris Barnes and members of the city council, took Mr. Metcalf on an inspection trip of the local harbor and later drafted a brief of the most pressing needs of the town. The result was the \$15,500 approval for funds granted the town of Wrangell this week.

Nov. 2, 1972

A small boat harbor with space for 150 boats and estimated to cost approximately \$1.7 million to develop is being proposed at Shoemaker Bay four miles south of Wrangell. Plans call for the construction of a breakwater, dredging of the harbor area and the building of access, parking and harbor and dock facilities. Development of the proposed small boat harbor will be accomplished without cost to the City of Wrangell, Dick Ballard said. The federal contribution to the project is \$1 million and the state's share is \$700,000.

This funding is included in a state bond issue that will be voted upon this coming Tuesday. Of the \$700,000, \$400,000 is earmarked for basin dredging and \$300,000 for harbor and dock facilities, according to a report made recently to the Southeast Conference by Don Statter, Alaska's director of waters and harbors. If the necessary state bonding is approved, it is anticipated that the harbor could be completed within two years.

Oct. 30, 1997

At the city council meeting Tuesday night, City Manager Scott Seabury described the proposed use of the logs taken down on the Spur Road. On Nov. 7, the city will take over the ownership of the extension of the Spur Road and trees taken down for right of way will be offered to the public. Once hauled to the new fill by Benjamin's, the logs will be available for free-use firewood. More choice logs will be scaled and graded for sale. The city received a small grant from the U.S. Forest Service for log sales. Seabury says a harvest plan will be formulated and there will be logging on the uphill. The public is reminded to not take or cut wood on the Spur Road. The road will be closed until they can get wood out and available to the community.

Daylight Hours

Date	Sunrise	Sunset	Hours
Nov. 2	8:00a	5:04p	09:03h
Nov. 3	8:03a	5:02p	08:59h
Nov. 4	8:05a	5:00p	08:54h
Nov. 5	8:07a	4:58p	08:50h
Nov. 6	7:09a	3:55p	08:46h
Nov. 7	7:11a	3:53p	08:42h
Nov. 8	7:13a	3:51p	08:38h

Firearms safety class moves from classroom to shooting range

Wrangell youth learn hunter safety

By CAROLEINE JAMES
Sentinel reporter

After two months of book work, lectures and practice with plastic replicas, Winston Davies' sixth grade Alaska Skills class headed to the shooting range last week to continue their training in hunter safety.

"This is a state curriculum," explained Davies, who has been drilling safety rules with his students "almost every day" to prepare them to shoot live firearms at the range. "The kids walk around the shop (with dummy firearms) and they practice carrying them, working the actions on them." Davies ensures that his students know how to carry the guns safely and that their fingers stay off the triggers until they're ready to shoot.

Davies believes that understanding the tenets of gun safety is critical for Alaskans, regardless of whether they hunt or shoot recreationally. "Even if you're not in a hunting family, in Wrangell or in Alaska in general, the chances of you getting into a vehicle with a firearm are very high," he said. "You need to know how to use firearms safely and know when others aren't using them safely so you can call them out."

"In Alaska," he added, "it's definitely a life skill. ... You walk into a home and there are going to be firearms."

In addition to learning life skills, Davies' class is working toward state hunter certification. The Alaska hunter safety program is recognized in all 50 states and if students pass a final test, they will be able



PHOTO BY CAROLEINE/WRANGELL SENTINEL

Winston Davies helps Delilah Roane load, aim and fire her .22 rifle during hunter safety training at the indoor shooting range on Oct. 25. In the background, Jackson Carney kneels to fire his rifle while Terry Courson assists Jenna Meissner.

to go hunting in states with stricter requirements. To certify, each hunter-in-training must put four out of five shots within a three-inch area from 50 feet.

Prior to the pandemic, Davies taught the class to high schoolers, and many of them struggled to achieve this high level of precision. "It definitely takes some practice," Davies said. This year, he is teaching the material to sixth graders for the first time.

Most of Davies' students – about

10 out of 13 – have prior hunting or recreational shooting experience, but for a few, the class was the first time they had ever shot a firearm.

On Oct. 24, the first day at the indoor range, Davies and range master Terry Courson introduced students to the space and reviewed safety fundamentals. Courson started off the class with four essential rules for gun use: Treat every firearm as if it were loaded, never point a gun at anything you aren't willing to destroy, keep your finger off

the trigger until ready to fire and be aware of your target, including what is behind it.

"I'm emphasizing to the kids 'these are not toys,'" said Courson. "They will kill you." He also touched on a few items of gun-related trivia, including the differences between clips and magazines, bullets and rounds.

On the second day at the range, Courson unlocked the gun cabinet. He and Davies moved from student to student, offering encouragement and support as each student shot five rounds.

After reeling in her target, class member Bella Ritchie inspected her shots and declared her performance adequate.

"I go hunting a lot," she explained, "and to the shooting range." She is most experienced with .22s and enjoys hunting deer with her family.

Davies didn't know what to expect teaching hunter safety to sixth graders, but has been impressed with the maturity of the group. "I know the kids respect the firearms," he said. "As soon as Terry (Courson) took the rifles out of the cabinet ... you could just tell the kids were taking this seriously. They ... knew the gravity of the situation."

"It's a Wrangell thing," added Courson, who also appreciated the class's sense of responsibility. "A lot of them have been trained by their fathers. These aren't city kids."

Because of high demand for hunter safety training, Davies hopes to hold a class for community members. "There's adults that want it, there's kids who weren't able to take the class," he said. He will advertise once he is more certain of the details but anticipates holding a community certification program some time in December or January.

Funding would be needed to bring back Wrangell-Petersburg Inter-Island Ferry

By LARRY PERSILY
Sentinel writer

Restoration of Inter-Island Ferry Authority service from Coffman Cove on Prince of Wales Island to Wrangell and Petersburg would take money. The service ended in 2008, and the two communities will talk about what it would take to bring back the run, how much it would cost and who would pay.

The Petersburg borough assembly last month voted unanimously to send a letter to the Wrangell assembly to start talks on possibly restoring the route.

Wrangell assembly members at their Oct. 25 meeting directed Borough Manager Jeff Good to talk with his counterpart in Petersburg and report back.

"What kind of passenger load would they need to make this work, how many vehicles," Wrangell Mayor Patty Gilbert asked about the finances of restarting the route in an interview a few days after the assembly meeting. There was not enough ridership to cover the costs when the small ferry operation served the two communities 2006-2008, she said.

"I have some concerns," Gilbert added.

In addition, she said, "We cannot ace out our own private enterprises in town." Muddy Water, a Wrangell-based tour and charter boat operator, has a new 38-foot-long catamaran that it is running occasionally from Wrangell to Banana Point, at the southern end of Mitkof Island about 28 miles highway miles south of Petersburg.

The Inter-Island Ferry Authority operates two ships, each with room for about 190

passengers and up to 30 vehicles, providing daily service between Ketchikan and Hollis, on the east side of Prince of Wales Island. The drive between Hollis and Coffman Cove covers about 75 miles. The Alaska state ferry does not serve Hollis or Coffman Cove.

The Inter-Island Ferry Authority has been operating for 20 years, and carries about 40,000 passengers and 10,000 vehicles a year between Ketchikan and Hollis. It receives \$250,000 a year from the state,

and covers the rest of its million-dollar budget with fare revenues, said Ron Curtis, general manager. It receives federal funding for ship maintenance, he said.

Former Gov. Frank Murkowski initiated the Wrangell-Petersburg discussion after he visited Petersburg in September to discuss the area's unmet transportation needs, and then spoke later in September at an economic forum in Wrangell. He has advocated for restarting the run between Coffman Cove

to Wrangell and Petersburg, particularly in the summer to help promote tourism.

It would cost about \$9,000 a day in fuel and crew expenses to operate the route, Curtis said, not counting any maintenance or other expenses.

Back 15 years ago, the inter-island ferry carried an average of 16 passengers on each segment between the three communities, he said.

"Wrangell and Petersburg would need to get together and say, 'We want to do something,'" Curtis said, which

would include some sort of commitment to cover costs if passenger revenues come up short.

The ferry authority has been brainstorming ideas, and maybe summer-only service would help hold down expenses, he said.

Perhaps federal money for ferry systems, included in last year's infrastructure spending bill, could help subsidize the service, Petersburg Assembly member Dave Kensinger said at the borough assembly's Sept. 22 meeting.

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EPA sewage

Continued from page 1

further increase utility rates to bring the wastewater plant into compliance, but he can't be certain until he knows the cost of the project.

"We've already raised the water rates and we also raised the sewage rates," he said. "We would have to go back and calculate. I'm hoping that ... we would be able to cover any debt based off of those new rates that we have in place."

The borough assembly raised sewage rates by 21% this summer, after going seven years without an increase.

The state provides "low-interest loans for communities like Wrangell to take on a project like this," said Gene McCabe, wastewater treatment program

manager with the state Department of Environmental Conservation. McCabe also indicated a high likelihood that portions of the community's loan debt would be forgiven by the state. "They borrow \$2 million, we forgive half of that, so it's a payback of a million dollars," he said.

Wrangell is one of nine Alaska communities that have been operating under a federal Clean Water Act waiver, which allowed them to discharge wastewater into the ocean that had undergone less than full secondary treatment. The discharge pipe from the Wrangell plants extends about 1,700 feet into deeper water.

As the EPA and DEC reevaluate these waivers, they are bringing area communities up to date on current water quality standards. DEC Water Division Director Randy Bates said the changes are the result of "20

years of improvements" and "20 years of data."

"There are improvements that we can and should make based on current information that's out there," he said. "The better the treatment, the better the water. The better the water, the better the recreational opportunity and less impact folks are going to feel."

Other Southeast communities, including Haines, Ketchikan, Petersburg, Sitka and Skagway, will be receiving new permit requirements from the EPA in the coming months. Like Wrangell, these communities will all be required to meet new disinfection standards in the next five years.

Of the remaining 45 permit waivers nationwide from secondary-treatment standards, nine are in Alaska, Bates told state legislators earlier this year.

Water therapy

Continued from page 1

down to the toes," Covalt said. "It's all low impact. I haven't had anybody who has taken the class that hasn't enjoyed it or at least gotten something out of it."

Covalt said his class is usually attended by anywhere from five to 10 people, typically older adults.

Olinda White, who's been attending the class for 10 years since she retired, said the therapy has made a big difference in her mobility.

"I really notice it if I don't come, like if I travel. I just love it," she said. "It just makes you feel so much better. It's a great start to the day."

White said she has arthritis "pretty much everywhere." She believes the class helped her to stay limber a few years ago

when she had her hip replaced. She tries to walk as much as possible, but that can depend on the severity of the weather.

Prysunka said the class also provides a social outlet, much like mall walking does for seniors who have access to a shopping mall or similar venue.

"There isn't a mall for people to go mall walking in, but (the class is) an extra benefit for the group of older adults who do it," she said. "The physical can't be underplayed for the arthritis, but the emotional (aspect) for some of those older adults to get out and have that connection with each other is really equally beneficial."

Prysunka said social interactions help increase positive emotional health, which allows people to be more physically active. "There's good evidence it fends off

cognitive decline," she said. "It's probably one of the few things they found clearly makes a difference in age-related cognitive decline."

Retiree Dana Rowlett, who moved to Wrangell from Arkansas in March, said she doesn't have arthritis, but the class does fill the social and other needs. She was looking for interesting things to do after retirement.

"I'm just doing this for balance and strengthening," she said. "It does loosen up. You know, they say motion is the lotion."

Prysunka said as people age it's important to work on cardiovascular exercise, strength training and balance.

"You also want to add in resistance training, and the water aerobics course and the arthritis course has that resis-

tance. The water does it," she said. "That helps strengthen bones and improves muscle mass. That actually is probably more beneficial than the cardiovascular activity, ironically."

The arthritis class is held Monday, Wednesday and Friday from 8:30 to 9:30 a.m. Water aerobics is held the same days from 10 to 11 a.m. The cost of the classes is included with membership or punch pass fees. Those without a punch card or membership pass can pay \$3 per class for seniors and \$5 for anyone 64 or younger. More information can be found at wrangellrec.com.

"Each person it affects a different way," Covalt said. "It makes them feel better, that's the main thing. Moving keeps you from losing. You got to keep moving. It beats the alternative."

Bullying prevention

Continued from page 1

something or somehow help the situation get better or help the person that might be the victim," Burkhart said.

So, what is bullying?

Simply defined, it is unwanted aggressive behavior or a perceived power imbalance that is likely to repeat if not interrupted. What leads a person to being a bully can tend to be a little more complex.

"It varies. It can be watching bullying and saying, 'That works for them, and I can do that too,'" said John DeRuyter, a clinical psychologist based in Wrangell. "It can be the result of being bullied, then bullying others gives them the release from what they've experienced. It can be, frankly, watching bullying at home, being bullied at home or in some other venue, some other situation."

DeRuyter said bullying comes down to a cost-versus-value equation, with those doing the bullying getting more from the experience than it costs them. That equation motivates every situation in life, he said, as we weigh the pros and cons of each decision.

The cost-value equation can give insight into how to fix bullying.

"We'll do what we're rewarded for," DeRuyter said, even if it's the bully feeling like the act gives him or her a sense of power that's otherwise lacking. The response, he said, could be met one of three possible ways: Positive reinforcement, negative reinforcement or consequence.

Positive reinforcement is the most positive response. If a child stops bullying behavior, it's followed up with a positive response. "Good job! You didn't bully," DeRuyter said as an example.

When it comes to negative reinforcement for bad behavior, "The adults in charge need to shut it off," he said. "Knock it off. You're done. Stop it. You don't get to be benefited by what you're doing."

Consequence is the least effective of the three responses as they tend not to have lasting ef-

fects, DeRuyter said.

Burkhart said he and Williams have been researching possible programs to use, the most popular of which is the Olweus Bullying Prevention Program, which most simply refer to as OBPP.

After years of research, Dr. Dan Olweus, a Swedish-Norwegian research professor of psychology, in the 1980s implemented the OBPP based on four key principles: Adults in a school setting should show warmth and positive interest and get involved in student's lives, they should set firm limits on unacceptable behavior, they should consistently use negative consequences that are neither hostile or physical when rules are broken, and they should be positive role models and show authority.

The program also sets forth four rules: "1. We will not bul-

ly others; 2. We will try to help students who are bullied; 3. We will try to include students who are left out; 4. If we know that somebody is being bullied, we will tell an adult at school and an adult at home."

Much of that behavior comes from modeling by adults, whether in the school, at home or the community at large, Williams said. She, too, used the adage of "It takes a village to raise a child."

"If you don't want kids to spend their time not focused on education, don't model it," she said. "If you want to have kids that get along with each other and don't feel like they need to ostracize each other, don't do it. ... They pick it up. Normal doesn't just pertain to these walls where we have kids six to eight hours a day. They pick up normal everywhere they go, so we need to make sure as a com-

munity that we're not modeling those unhealthy behaviors and tendencies to ostracize each other."

Burkhart said the OBPP is delivered by a trainer, one of which is based in Anchorage. The cost to the school district would be about \$6,000, which would include an assessment of the schools and community to see what stage of bullying exists. With that assessment, school staff, students and community leaders would go through a training.

"It would involve everybody to once more put the emphasis on respect instead of what bullying is and how do we prevent it, how do we stop it, how do we recognize it and the steps we take to eliminate it when we see it," Burkhart said. He is currently working on finding funds through grants and any other available sources to pay for a program once they've settled on

one, of which OBPP is the strongest contender.

When the program was first used in Norway in 1983, reports of bullying and antisocial behaviors dropped by 50%. In the mid-1990s, OBPP was used in South Carolina schools, in which large reductions in school bullying were reported after one year.

Williams said there is also an emphasis on redirecting focus and setting up students for success.

"In a public school setting, you focus a lot on education and teamwork, and then really establishing what norms you want to have in your community," she said. "What do you want to be normal? How do you define that? Making sure that the messaging of that and the interactions of that are consistent. What adults model, and what kids are allowed or initiate, really becomes your cultural norms."

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SENTINEL SPORTS

Wrestlers slam competition in Sitka over weekend

BY MARC LUTZ
Sentinel editor

The Wrangell High School wrestlers traveled last weekend to compete in the Sitka Slam, with many team members placing high and turning in fast pin times.

Although team scores weren't kept at the tournament, the number of pins were tracked, with the Wolves turning in the second-highest number at 48 pins. Mt. Edgecumbe had the most with 52.

Randy Churchill led the Wrangell

team, winning first place in his weight class and placing third overall in the competition with five pins. Ethan Blatchley and Vanessa Barnes also won first place in their weight classes.

Aiden Clark of Mt. Edgecumbe and Angus Olsen of Petersburg placed first and second, respectively, overall in the competition.

Della Churchill and Boomchain Loucks both won second place in their weight classes, while Cody Barnes and Clara Waddington won third place.

Della Churchill came in fourth overall

behind Randy Churchill. Lucas Schneider and Ian Nelson won fourth place in their weight classes, Jackson Powers took fifth place, Abree Powers won sixth place, Devlyn Campbell landed in seventh place and Trevyn Gillen won eighth place.

"The wrestlers are looking a lot better than last week's first meet already," said head coach Jack Carney. "They're getting into the swing of the season and their moves are coming more readily."

Carney said he's happy with the progress of the wrestlers in such a short time.

"The team captains, Randy Churchill, Ethan Blatchley and Steven Bales, are doing an excellent job leading the team."

Assistant coach Rolland Wimberley and team volunteer Harry Churchill have helped improve the team's techniques, Carney said.

Carney said the next competition for the squad is this weekend in Anchorage at the Anchorage Christian School tournament. "It's the biggest small school tourney in the state and great for seeing how we match up statewide," he said.

Jack Roberts wins regional swim championship, earns spot at state

BY MARC LUTZ
Sentinel editor

The Wrangell High School swim team returned from Juneau last weekend with plenty of personal bests and one regional champion heading to state.

Junior Jack Roberts won the regional championship in the 100-yard freestyle and will be heading to the state competition in Anchorage this weekend. He also won third place in the individual medley. Each heat was a personal best for the athlete.

"Jack had phenomenal races this weekend," said head coach Jamie Roberts. "He dropped almost seven seconds off his 200-yard individual medley, which is a lot of time for that race. ... He's the first regional champion since I have been coaching."

Coach Roberts emphasized the difficulty of reaching state in swimming, with only 16 swimmers per event

earning the opportunity to compete at state. "That (regionals) takes up four of the 16 spots," she said. "The remaining 12 spots go to the next 12 fastest swimmers from the entire state based on their time they swam in finals at the regional championships."

Out of 11 races Wrangell swimmers competed in, eight personal bests were achieved and the relay team comprised of Max Lloyd, Jack Roberts, Carter Hammer and Nate Rooney had two bests.

"All their efforts in practice really came together this weekend," Jamie Roberts said. "The relay team had their best swims of the season. Alisha (Armstrong) achieved her goal of dropping below 31 seconds in the 50-yard freestyle."

Results

Alisha Armstrong: 50-yard freestyle, 30.98 (personal best) - 14th place; 100-yard backstroke, 1:21.33 (person-

al best) - 11th place

Carter Hammer: 50-yard freestyle, 34.06 (prelims) - 16th place

Jack Roberts: 100-yard freestyle, 49.97 (prelims, personal best), 49.33 (finals, personal best) - regional champion first place; 200-yard individual medley, 2:06.78 (prelims, personal best); 2:03.66 (finals, personal best) - third place

Max Lloyd: 50-yard freestyle, 27.23 (prelims, personal best); 27.42 (finals) - seventh place

Nate Rooney: 50-yard freestyle, 27.60 (prelims); 27.63 (finals) - eighth place; 500-yard freestyle, 6:28.52 (personal best) - ninth place

Men's 200-yard medley relay, (Lloyd, Roberts, Hammer, Rooney) 2:08.78 (team best)

Men's 200-yard freestyle relay, (Roberts, Lloyd, Hammer, Rooney) 1:49.33 (team best)

Forest insect outbreak likely to abate in coming years, says state entomologist

BY CAROLINE JAMES
Sentinel reporter

Since 2018, an ongoing insect outbreak has been killing the foliage of hemlock and Sitka spruce in the Tongass. The Wrangell area is among the most affected.

Though residents have expressed concern at the island's gray and red-spotted hillsides, state entomologist Elizabeth Graham shared reassuring news with the Wrangell and Petersburg communities at an online forum last Wednesday. The hemlock sawfly and western blackheaded budworm populations have likely reached their peak, and though the outbreak is widespread, many affected trees have a good chance at recovery as insect populations abate.

When people see stands of red and pink trees, Graham explained, "people's first thought is 'these trees must be dead.'" But color changes like these are not necessarily fatal. Since sawflies and budworms feed on trees' needles rather than their trunks, many affected trees can survive, as long as they retain enough needles to continue photosynthesizing.

"As long as they hold on to some of that foliage, they have a chance to recover," said Graham. "It's a little less ominous than some other types of insect outbreak." She referred to the outbreak sweeping Southeast as a "defoliation event," since the insects are killing foliage.

Though the current outbreak is severe, it is not unprecedented - the Tongass has recovered from worse. Similar outbreaks occurred in the 1920s, 1950s, 1970s and 1990s. Tree rings and historical accounts indicate that the 1950s defoliation event may have been the severest in recent history.

In a 1958 report, entomologist W.F. McCambridge recorded blackheaded budworm damage impacting "nearly every forested acre in Southeast." The massive insect population

even affected the visibility of pilots flying over the Tongass. After their pupal phases, sawflies and budworms transform into flying insects.

The most recent defoliation event began in 2018 on Admiralty Island and by 2022, 81,000 acres in the Petersburg area and 124,000 acres in the Wrangell area were affected.

Both areas have a light to moderate tree mortality rate. Across Southeast, 73,000 acres of tree mortality have been recorded - 19 of those acres are in the Petersburg area and 9,000 of those acres are in the Wrangell area.

Graham suspects that the defoliation event is nearing its natural conclusion. When sawfly and budworm populations become dense, parasites

and diseases can spread easily from insect to insect. The current insect population levels aren't going to be sustainable and she has already noted a decrease in moth numbers.

"It's not to say that this is over," Graham said, "but we think that it has reached its point."

Deputy Regional Forester Chad VanOrmer hoped the presentation would address "concerns expressed in the community around what they've been witnessing ... this summer" and assured area residents that the Forest Service would "continue to monitor this activity (and) collect the data."

To aid in data collection, he encouraged residents to download iNaturalist, a citizen science app that biolo-



Hemlock sawfly larvae feed on the needles of western hemlock.

PHOTO COURTESY OF ELIZABETH GRAHAM OF THE USDA FOREST SERVICE

gists, outdoor enthusiasts and community members use to share their observations about plant and animal life. If forest visitors notice insects or insect damage, they can take

a picture and upload it to the app. "People can really help us improve our monitoring of the forest and be our eyes on the ground," Graham said in a Forest Service press release.

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WRANGELL SENTINEL

Angoon celebrates first new dugout canoe since naval bombardment in 1882

By CLARISE LARSON
Juneau Empire

Dozens of hands small and large held a firm grip on the 30-foot-long dugout canoe they pushed down Angoon's Front Street despite their shoes slipping on the rain-soaked road.

Neither the potholes on the road nor the rain on Oct. 26 seemed to discourage the more than 50 Chatham School District students and Angoon residents from pushing what was the first dugout canoe made in Angoon since the U.S. Navy bombardment 140 years ago. The 1882 bombardment destroyed all but one of its fleet of dugout canoes and burned the village of Angoon.

When the U.S. Navy opened fire on and burned the village of Angoon, it resulted in the death of at least six children and "countless" more due to its impact during the winter which left the people of Angoon nearly starved to death, according to Sealaska Heritage Institute.

The bombardment was in response to a deadly confrontation by village members with a private whaling and trading company, according to the Na-

vy's Naval History and Heritage Command. The confrontation between the company and the Alaska Natives came after bombs used in whaling accidentally exploded and killed an Alaska Native crew member from Angoon.

In response, the village of Angoon demanded 200 blankets from the private company as payment for the death, along with "seizing the whaling-boats with their equipment, and holding two of the white men prisoners until the amount should be paid," explained a letter from the Navy ship Corwin's commander, M.A. Healy.

But, instead of payment, the private company reached out to the U.S. Navy, which then dispatched ships with marines to Angoon. According to the letters, the hostages were immediately released when the ships arrived but as "punishment" U.S. Navy Captain E.C. Merriman "demanded twice the number of blankets demanded by the Indians, and threatened, in case of refusal, to destroy their canoes and villages."

It was more than the village could provide, and 40 canoes were destroyed, leaving all but one that was away at the time



PHOTO BY CLARISE LARSON/JUNEAU EMPIRE

Children sit in a dugout canoe in Angoon on Oct. 26. The dugout was dedicated to mark the 140th anniversary of the bombardment of the community. In 1882, the U.S. Navy opened fire on Angoon, burning the village and destroying all but one in its fleet of canoes. The new dugout was carved by Tlingit master carver Wayne Price and students in the Chatham School District.

and only five houses survived the burning.

"Once again, Angoon has a dugout — It took 140 years to bring it back — this is the beginning of your survival, your dances, your culture," said Tlingit master carver Wayne Price, who spent more than a year with the

students creating the canoe from a red cedar log shipped from the Prince of Wales Island.

"It's bittersweet," Chenara Kookesh-Johnson, Tlingit language teacher for Chatham School District and Goldbelt Heritage Foundation.

The U.S. Navy has never for-

mally apologized to Angoon for its actions nearly a century and a half ago, something Kookesh-Johnson said she thinks the community deserves and would allow residents to fully heal. She said watching Price work with the students as they carved the canoe over the past year made her realize the amount of trauma that still latches on to even the youngest of Angoon residents who might not even fully understand the gravity behind the village's history.

"I think it's brought healing to the kids," she said. "You never think about them needing that healing because they're so young, but watching them throughout this whole process definitely gave them that healing we didn't even realize was needed."

She said commemorating the day is important because it ensures that each generation of the Angoon can know and remember who they are and where they come from even if that means looking back on the trauma of the past.

"We are still here, we are still thriving given the traumatic events that we've been through — want them to know that they do belong here, and this is their home and we're going to do this even after an apology comes," she said. "We can't keep mourning, we can't keep being sad, we have to take what life gives us and make the best of it — and I think that's what we're doing today."

Inside the school's gym, people sat at white tables with turned heads as the Chatham students young and old gathered at the front of the gym to sing and dance in remembrance of the day.

Dressed in traditional regalia, many students were also holding paper art made to represent the blankets the village couldn't give to the Navy to stop them from destroying the village.

Steps toward a formal apology seemed to be coming to Angoon when Air Force Lt. Gen. Tom Bussiere, Commander of Alaskan Command visited the town in February 2020.

Meeting with Native leaders, they discussed U.S. military violence in Southeast and the legacy that comes with it. Kookesh-Johnson said it is a shared experience across other Southeast communities. In 1869, the U.S. military also fired on Wrangell and Kake, according to the Sealaska Heritage Institute.

But, more than two years after Bussiere's visit, the community of Angoon remains empty-handed with no apology.

The U.S. Navy did not return a message seeking comment.

"Our goal was to have a canoe in Angoon — and now we have it," said Frank Jack III, an Angoon resident who was the emcee of the commemoration ceremony.

Kookesh-Johnson said now that the canoe has been handed over to the school, the students will decide what its name will be and announce it in April when the canoe will be launched into the water for the first time. She said the school is working with other Southeast communities and would like to invite other dugout canoes to join the waters on the day of the launch.

NOTICE OF GENERAL ELECTION

Tuesday, November 8, 2022

Polling Places Will Be Open From 7:00 a.m. to 8:00 p.m.

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United States Representative

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State House Representative (All 40 Districts)

Judicial Retention

Measure appearing on the Ballot

Ballot Measure No. 1 – Constitutional Convention Question

To find your polling place, call any Division of Elections office of visit:

www.elections.alaska.gov/election-polls/

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Absentee In-Person Voting will be available at many locations throughout the state beginning October 24, 2022. For a list of locations and information on absentee voting, visit the division's website at <https://AKVoteEarly.alaska.gov> or call your regional elections office below. If you are unable to go to the polls due to age, disability, or serious illness, you may use the special needs voting process by appointing a personal representative to bring you a ballot.

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Report accuses Pebble mine boss of misleading U.S. House panel

By BECKY BOHRER
Associated Press

Backers of a proposed copper and gold mine in Southwest Alaska "tried to trick regulators by pretending to pursue a smaller project with the intention of expanding" after the project was approved, a report released Oct. 28 by a U.S. House panel said.

The report makes several recommendations, including environmental review process changes to ensure a more inclusive review "of cumulative impacts of projects."

Mike Heatwole, a spokesperson for the Pebble Limited Partnership, which is seeking to develop the Pebble Mine, said the company has not had time to fully review the report. But "to the extent the report contains any suggestion that we tried to mislead regulators in any way,

it is categorically wrong and misinformed of the realities of the Pebble permitting process," he said in a statement.

The proposed mine is in Alaska's Bristol Bay region. The U.S. Environmental Protection Agency has said the region supports the largest sockeye salmon fishery in the world and that it also contains significant mineral resources.

The debate over the project has gone on for years and spanned several presidential administrations.

The report, from Democratic Reps. Peter DeFazio of Oregon and Grace Napolitano of California, said that at the same time a now-former top official with the Pebble partnership told a subcommittee there were "no current plans" for expansion of the proposed mine, the Pebble

partnership was seeking to develop an expanded project "and touting that larger vision in pitches to potential investors."

The same week in 2019 that Tom Collier, then the Pebble partnership CEO, testified before the subcommittee, he and other project leaders "pitched a much longer-term Pebble Mine to investors," the report said.

The report cited a similar presentation by Pebble leaders dated months earlier and said the slide deck presentation was also being shown to investors in early 2020.

Collier resigned in September 2020.

The U.S. Army Corps of Engineers in late 2020 rejected a key permit authorization for the project. That decision was appealed by the Pebble partnership, which is owned by Canada-based Northern Dynasty Minerals. The appeal has yet to be decided.

Meanwhile, the EPA is weighing whether to proceed with proposed restrictions that would block mining plans. Pebble has called the EPA's actions premature. But mine opponents have urged the agency to act to stop

large-scale mining in the region.

The report, written by Democratic staff, as part of its recommendations urges updates to project review processes. It recommends the Army Corps' permit application form be updated "to include questions about the envisioned full scope of a project and any anticipated additional permitting." It said agencies should take into account such things as economic feasibility analyses.

The report also says Congress should explore legislative actions to provide protections for the Bristol Bay watershed.

Governor, Peltola request federal disaster money to aid Bering Sea crabbers

By JAMES BROOKS
Alaska Beacon

Gov. Mike Dunleavy has requested a federal disaster declaration and U.S. Rep. Mary Peltola has requested \$250 million in relief funding after the failure of this year's Bering Sea snow crab and Bristol Bay red king crab fisheries.

Last week, Peltola asked Speaker of the House Nancy Pelosi and the chair of the House Appropriations Committee to include relief funding for crab fishermen and the crabbing industry in Congress' year-end appropriation bill.

Disaster relief funding could be available if Secretary of Commerce Gina Raimondo declares a fisheries disaster. A day after Peltola's request, Dunleavy formally requested that Raimondo declare a disaster.

A spokesperson for Dunleavy's office said the timing of the two requests was not coordinated.

The Alaska Department of Fish and Game canceled the crab fisheries earlier this month, citing the low numbers of crab available to catch. This is the second year in a row without a fall Bristol Bay red king crab harvest, and it is the first winter

without a snow crab harvest.

Dunleavy's letter estimates the total lost fisheries revenue will be more than \$287 million, and Peltola's letter said the economic effects will be spread throughout western Alaska.

"Disaster funding is certainly not a long-term alternative to a productive fishery and sustainable harvest, but it is a crucial way to support people, communities and their jobs while we simultaneously support rebuilding the crab stocks," her letter said.

Fishery disaster declarations have become increasingly common as climate change affects fisheries here. In January, Raimondo issued eight disaster declarations covering Alaska fisheries between 2018 and 2021.

Before last week's request, Dunleavy had already asked for five fishery disaster declarations this year, according to a tally kept by the National Marine Fisheries Service. All five are still pending approval.

The Alaska Beacon is an independent, donor-funded news organization. Alaskabeacon.com.

Alaska's minimum wage will inch up to \$10.85 next year

By JAMES BROOKS
Alaska Beacon

Alaska's minimum wage will rise 51 cents, to \$10.85 per hour, starting next year.

The adjustment, announced last month by the Alaska Department of Labor, is intended to compensate for a 5% rise in the cost of living in Anchorage. Alaska law requires the minimum wage to be adjusted each year for inflation.

Despite the increase, the minimum wage remains well below a widely used measure of a living wage in Alaska.

In Anchorage, the median apartment rental cost is \$1,339 per month, according to a survey conducted this year by the Alaska Housing Finance Corp. and the Department of Labor. That figure includes rent and utilities and rose 14% from last year.

Taking into account tax withholding, someone earning minimum wage would have to work 35 hours per week in a four-week month to cover the cost of housing.

Altogether, estimates indicate someone earning minimum wage would have to work 71 hours per week to meet their basic needs of housing, food, transportation and other necessities in Anchorage.

A living wage is defined as the minimum amount needed to pay for basic needs while working a standard 40-hour workweek. In all of Alaska's cities and boroughs, the minimum wage is significantly below the living wage amount.

In the Matanuska-Susitna Borough, someone would have to work 69 hours per week at minimum wage to meet basic needs. In Fairbanks, it's 75 hours. In Juneau, it's 74 hours.

Based on current estimated costs, the minimum wage would need to be above \$18.08 per hour in order to be a living wage in Anchorage. Amid tight labor market conditions, many employers are advertising starting wages of \$15 an hour, or even more, though some are still around \$12 an hour.

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WRANGELL SENTINEL

Tshibaka continues attacks on Murkowski in final debate

By JAMES BROOKS
Alaska Beacon

In the final debate of Alaska's U.S. Senate election, incumbent Republican Sen. Lisa Murkowski and her principal challenger, Republican Kelly Tshibaka, argued about contentious issues including abortion and gun control, but their biggest difference was one of strategy and bipartisanship.

During a fast-moving hour Oct. 27, Tshibaka criticized Murkowski for working with Democrats and the administration of President Joe Biden during her latest term in Congress, while Murkowski defended her choices and said they allowed her to deliver results on Alaska priorities, including infrastructure spending. Tshibaka would be unable to do the same, Murkowski argued.

"This Senate race is really about who can best deliver for Alaska, and the record is out there in terms of what I have done for Alaska every single day. Every single day," Murkowski said.

Democratic candidate Pat Chesbro, trailing the two Republicans in opinion polls and fundraising, answered questions calmly but was somewhat of an afterthought as the two Republicans directed questions at each other.

A fourth candidate, Republican Buzz Kelley, is on the ballot but has suspended his campaign and has endorsed Tshibaka. He did not participate in the debate.

Appointed to the Senate by her father, then-Gov. Frank Murkowski, in 2002, Murkowski earned a reputation for pragmatism in her latest term, working with Democrats and moderate Republicans to write a \$1.2 trillion infrastructure bill that includes billions of dollars in Alaska-related provisions.

All three members of Alaska's congressional delegation voted for the bill.

"Anybody who says they wouldn't vote for that bill is not from the state of Alaska, unless you like these potholes around here," then-Congressman Don Young said in a speech three



AP PHOTO/MARK THIESSEN

U.S. Senate candidates, from left, Republican Sen. Lisa Murkowski, Republican Kelly Tshibaka and Democrat Pat Chesbro were on stage for the election's final debate on Oct. 27, televised statewide.

weeks before his death earlier this year.

During this year's campaign and at last week's debate, Tshibaka criticized Murkowski's role in drafting and supporting the bill.

"Alaskans are paying for inflation from the infrastructure bill," Tshibaka said.

Tshibaka also has repeatedly criticized Murkowski for voting in committee to support the nomination of Interior Secretary Deb Haaland, the first Native American in the role, and she did so again in the televised debate.

"One of the chief things we've got to pick up in this next session is clearing away these regulatory hurdles that the Biden administration — through the nominees that you confirmed — have set up to block our access to infrastructure," Tshibaka said.

Haaland's nomination would have advanced without Murkowski's "yes" vote, and Murkowski noted that millions of dollars have already come to the state, including \$30 million announced that day for Tanana Chiefs Conference to install high-speed internet in parts of rural Alaska.

"It is funding that is coming out to the communities literally as we speak today," Murkowski said.

Chesbro said she supports in-

frastructure funding and thanked Murkowski for her role in helping the bill go through Congress.

In a series of questions focused on social issues, Tshibaka and Murkowski differed on abortion access and the rights of LGBTQ Alaskans.

Murkowski supports putting abortion rights in federal law and has proposed legislation to do so, while Tshibaka labels herself "pro life" and said she supports a federal law that would ban abortion under some circumstances.

She said she supports proposals to allow birth control without a prescription and through the mail. Tshibaka opposes medications that cause abortions. She includes the "morning-after" pill, which most medical groups

have said work as emergency contraceptives.

Asked about the treatment of LGBTQ youth in Alaska, Tshibaka said she wants to "ensure the dignity and safety and rights of all Alaskans. And we need to do that without jeopardizing and undermining the dignity and safety and rights of other Alaskans. So, for example, I would protect the rights of women to compete against biological women in their sports."

She said she might support segregated sports teams for transgender men and transgender women.

That is a position that supporters of transgender rights say is discriminatory.

"There should be no discrimination against anyone at any time," Murkowski said. "That is bullying and villainizing young people at a time in their lives when that is highly destructive, when people like Kelly Tshibaka preach conversion therapy."

Murkowski's comment referred to an article Tshibaka wrote in 2001, while a college student, in which she said, "unlike race or gender, homosexuality is a choice."

Tshibaka has since said she no longer holds that view.

Chesbro said she recently attended the funeral for her son-in-law, a transgender man, and said "one of the things that we had at his memorial service was the group of people who had obviously been ... marginalized, bullied throughout their entire lives. You couldn't have asked for a better group of people. I would

support the LGBTQ group forever as a principle," she said.

Murkowski and Tshibaka also differed on a question about whether former President Donald Trump should testify in front of the committee investigating the Jan. 6, 2021, insurrection at the U.S. Capitol after that committee issued a subpoena.

Murkowski, who voted to convict Trump in the post-insurrection impeachment trial, said Trump should testify under oath but she doubts he will.

Chesbro also said she believes Trump should testify.

Tshibaka did not answer the question, saying instead that "the legality of this subpoena is being adjudicated in the court system now, and that's the proper place for it to be determined."

She added that she hasn't heard about the Jan. 6 committee when she talks to voters.

Nineteen candidates competed in Alaska's Aug. 16 primary for U.S. Senate. Under Alaska's new voting system — installed by a 2020 ballot measure — four candidates advance from the primary to the general election, where a winner will be chosen by ranked-choice voting.

The four finalists this year were Murkowski (45% of all votes), Tshibaka (38.6%), Chesbro (6.8%) and Republican Buzz Kelley (2.1%).

Soon after the results were announced, Kelley — who raised no money and was a surprise top-four finisher — said he would suspend his campaign and endorse Tshibaka.

Pierce's running mate quits, decides to endorse Dunleavy

Anchorage Daily News

Republican lieutenant governor candidate Edie Grunwald is withdrawing from the Nov. 8 election after her running mate, former Kenai Peninsula Borough Mayor Charlie Pierce, was sued over allegations he sexually harassed a former borough employee.

Grunwald encouraged Alaskans to vote for fellow Republican Gov. Mike Dunleavy. She said "recent circumstances" surrounding Pierce had led her to make the decision to step aside.

"I support and advocate for the respectful treatment of women in politics, the workplace and the world in general," Grunwald said in a prepared statement. "I believe my stepping down at this time is in the

best interest of Alaskans and a demonstration of my support for all women, regardless of political affiliation."

In an email, Grunwald said that her stepping aside does not mean that she is calling on Pierce to withdraw.

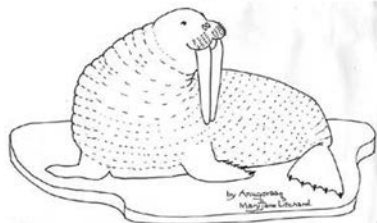
"Absolutely not," she said. "That is his decision. He believes and pushes for liberty and has many accomplishments. This is all very unfortunate. My withdrawal is in no way a reflection of guilt or innocence. It was a difficult decision because people may think it is."

Pierce and Grunwald will remain on the ballot for the Nov. 8 election after the state's withdrawal deadline passed two months ago.

Vote "Yes" For Judges on the Ballot

The Alaska Judicial Council, a nonpartisan state agency required by law to evaluate judges standing for retention, found that all judges met performance standards, and is therefore recommending a "yes" vote.

Find the Council's full report at knowyouralaskajudges.org or consult the Official Election Pamphlet.



knowyouralaskajudges.org
Alaska Judicial Council

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PHOTOS FROM THE ALASKA BEACON

Gubernatorial candidates, from left, Gov. Mike Dunleavy, former Gov. Bill Walker, former state Rep. Les Gara and former Kenai Peninsula Borough Mayor Charlie Pierce.

Gubernatorial candidates disagree on budget, school funding, abortion access

By IRIS SAMUELS
Anchorage Daily News

Alaska's four candidates for governor sparred over crime, education, abortion access and the state budget on Oct. 19 in the only live televised debate ahead of the November election.

Independent former Gov. Bill Walker and Democratic former state legislator Les Gara devoted much of their responses to attacking Republican incumbent Gov. Mike Dunleavy for his record. Meanwhile, Dunleavy and fellow Republican candidate Charlie Pierce, former mayor of the Kenai Peninsula Borough, appeared to agree on most issues and urged their supporters to rank the other candidate second in the state's first ranked-choice general election.

Walker and Gara's attacks centered on Dunleavy's record of slashing state spending on services and failing to advance a fiscal plan to provide a dependable calculation for the Permanent Fund dividend and covering the cost of running state programs such as education.

The debate came a day after expected news broke that the Anchorage School District is considering closing six elementary schools in light of budget shortfalls, after the per-student state funding formula increased by only 0.5% since 2017, far be-

low the 15% rate of inflation in the same time frame.

Gara blamed Dunleavy for creating what he called "the worst crisis in Alaska history" and argued in favor of providing teachers with a pension program to make the state more competitive in attracting teachers. Walker said the state should "fully fund education and make it the priority that it used to be."

Dunleavy met the criticism by pinning school districts' budget shortfalls on district budget management.

Dunleavy painted a rosy picture of the state, saying Alaska crime is lower than before his tenure, the operating budget has been reduced, the dividend this year is one of the highest ever, and state debts this year were paid off.

Walker and Gara had a more grim picture in mind. While crime may be lower, key crime statistics still put Alaska as the most dangerous state for women; the larger dividend and debt payoffs this year were only possible thanks to temporarily high oil prices; and the state still lacks a fiscal plan to create long-term stability for services like education, they said.

Dunleavy touted the dividend payments this year — one of the largest sums in the state's history — as a victory. But his opponents pointed out that the dividend amount and

the state savings that Dunleavy also touted were only possible due to higher oil prices largely driven in part by Russia's war in Ukraine.

Gara promised to solve Alaska's budget challenges by doing away with \$1.2 billion in tax breaks to oil companies — a promise that has been fundamental to his campaign. Gara said by doing that, the state would be able to afford a dividend and full funding of schools, including indexing the per-student funding formula to match inflation, which Gara said is necessary.

Walker said the formula used to calculate the dividend should be changed but didn't commit to a particular path, instead saying he would work with the Legislature to come up with an alternate calculation and a fiscal plan for the state.

"With a high dividend, right now we've been put on the express lane for high taxes in Alaska, and that's what I don't want," Walker said.

Dunleavy also said he favored a new dividend formula, and also a constitutional spending limit that would put guardrails on the state's expenses for public services.

Dunleavy blamed Walker for "breaking" the dividend formula under his term as governor, referring to a 2016 decision by Walker to veto part of the dividend in order to cover the

cost of public services in light of a multibillion-dollar budget deficit. Dunleavy, as a state senator, voted at the time in favor of the smaller dividend.

Asked about abortion access, Gara said he is the "only pro-choice candidate" in the race. The question has become a sticking point for Gara and Walker as they try to court voters for whom abortion has become a key issue after the U.S. Supreme Court this year did away with federal protections for accessing the procedure.

Gara is the only candidate in the race endorsed by Planned Parenthood. Walker, who has called himself "pro-life," promised he would maintain the protections for abortion access currently guaranteed under Alaska's state constitution. He said he would veto any legislation "that comes between a woman and her doctor."

Dunleavy tried to sidestep the issue, accusing Walker and Gara of "fear mongering." But Dunleavy is already on the record as opposing abortion access. After the Supreme Court's decision overturning federal constitutional protections for abortion, he called for a vote on an amendment to the state constitution to remove statewide protections for the procedure. Ahead of the 2018 gubernatorial election, Dunleavy said he opposed abortion access in all cases, including in cases of rape and incest.

Asked about Alaska's high rate of violence against women, Dunleavy responded by saying the rate of rape had gone down by 6% in a single year, thought that is inaccurate. The rate of rape has gone down by that percentage between 2018 and 2021, from 1,188 to 1,115. Alaska's rate of rape remains significantly above the national average.

While Dunleavy has touted his record on reducing violent crime in the state during his tenure, critics and experts on criminal justice have pointed to the Alaska's rate of violence against women, which remains shockingly high when compared to the rest of the country.

"The long term trend for rates of rapes, no matter how it's measured in the state of Alaska, is that it is very much higher than the national average," Troy Payne, an associate professor at the UAA Justice Center, said this month. "And it's not by a little bit, it's by a whole lot. Quite frequently it's by a factor of two or more. So, that is an important part of any story where you're trying to describe what's going on in the past year or two."

As he did on the question of abortion, Dunleavy tried to evade providing details on his positions on the constitutional convention and ranked-choice voting.

"The people put this into law so we have to respect that," Dunleavy said on ranked choice voting. One of Dunleavy's closest advisers, Brett Huber, ran the campaign opposing ranked-choice voting before it was narrowly adopted by voters in 2020.

"I think people should decide what they want to do and not listen to the fear mongering being paid for out of Washington, D.C.," Dunleavy said of the constitutional convention, referring to Outside funds raised by a group opposing the convention. Dunleavy's comment is noteworthy because his own campaign is boosted by millions in Outside funds, including \$3 million from the Washington-based Republican Governors Association.

At a recent candidate forum hosted by a resource development group, Dunleavy indicated he supports holding a constitutional convention and that he opposes Alaska's new ranked-choice voting laws.

Gara and Walker both said they support ranked choice voting and oppose a constitutional convention.

Daily News reporter Sean Maquire contributed.

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U.S. House candidates talk in TV debate about partisanship

By BECKY BOHRER
Associated Press

Alaska U.S. Rep. Mary Peltola in a televised debate Oct. 26 called partisanship a threat to the country as the Democrat sought to make the case for reelection to the seat she's held since September against challengers including Republican Sarah Palin.

Peltola beat Palin and Republican Nick Begich in a ranked-choice August special election to fill the remainder of the late Republican Rep. Don Young's term. Those three, along with Libertarian Chris Bye, are running in the Nov. 8 election for a full two-year term that starts in January. This election also will be ranked choice.

Palin and Peltola have been cordial to one another; Peltola's time in the state House overlapped with Palin's time as governor, and the two had kind words for each other at the Oct. 26 event. But Palin has railed against Alaska's ranked-choice voting system, approved by voters in 2020 as part of an elections overhaul.

Palin, in an opinion piece published by the Anchorage Daily News this week,

said the system, used for the first time in the special election won by Peltola, had "produced the travesty of sending a Democrat to Congress to represent Alaska, one of the reddest states in the country."

Palin has joined Begich in urging voters to "rank the red," or the Republican candidates.

The voting system was not among the topics raised during the debate, which touched on issues such as inflation concerns, suicides among military veterans and the pandemic.

When asked if the government should be able to mandate vaccinations, Begich, Bye and Palin said no. Peltola said she did not think they should be required "nationally" but said she has concerns about pandemics.

Peltola, who has cast herself as a coalition builder and called for more civility in politics, said partisanship "is the No. 1 threat to our country both in terms of foreign policy and domestic policy." She said policy makers should work together on those issues. But she said there is "a tradition now in America of tearing one

another down, just to get into office."

Begich said political division is an "outgrowth" of the differences in philosophy of the Republican and Democratic parties. He said having those discussions is good.

Peltola later praised Palin's willingness to work across party lines while governor. During a portion of the debate in which candidates asked each other questions, Peltola asked Palin how she might work with the Biden administration and Democrats in Congress.

"Hopefully my track record proves that, again, I'm able to play as a teammate. I know what it takes to win," Palin said. The 2008 Republican vice-presidential nominee, who stood next to Peltola on the debate stage, said this is a period in which there is "politics of personal destruction and lies, in campaigns especially."

Bye said many Alaskans are "terrified when they hear bipartisan because what that really means is both parties are getting together to gang up on taxpayers."

Begich said it's "important that we communicate with one another but I'm not about to hold hands while we go over

the fiscal cliff."

He added, "Sometimes you've got to be difficult, you've got to be tough, you've got to be firm, and those are the things that we need as a nation."

Begich came out hard against Palin ahead of the special election, questioning her seriousness as a candidate and casting her as quitter. Palin resigned as governor partway through her term in 2009. Palin's is a household name; she is well known in conservative politics and has appeared on reality TV programs. She has argued that she would use her profile to the benefit of Alaska.

Begich has also taken aim at Peltola, seeking to tie her to House Speaker Nancy Pelosi, a California Democrat, and President Joe Biden.

Peltola wore one of Young's bolo ties, which was presented to her at the Alaska Federation of Natives convention in Anchorage by one of Young's daughters.

Young held Alaska's only House seat for 49 years. He died in March. Begich's grandfather, the late U.S. Rep. Nick Begich, a Democrat, held the seat before Young.

State Supreme Court explains decision upholding ranked-choice voting

By SEAN MAGUIRE
Anchorage Daily News

The Alaska Supreme Court issued a full opinion on Oct. 21, explaining why it upheld the state's new ranked-choice voting and open-primary system as

constitutional in January.

The five justices issued a brief order at the time in favor of the new system that was narrowly approved by voters in a 2020 ballot measure. It was issued quickly to confirm to the Alas-

ka Division of Elections that the new voting system would be used this year.

Alaska is the second state after Maine to implement ranked-choice voting, in which voters are asked to rank four candi-

dates — and a write-in option — in order of preference. And it is the first state to couple that with an open-primary system.

Republican Kenneth Jacobus, a longtime Alaska attorney, appeared on behalf of himself, Libertarian legislative candidate Scott Kohlhaas and Bob Bird, head of the Alaskan Independence Party, to challenge the new system.

Former Lt. Gov. Mead Treadwell and former Fairbanks state Rep. Dick Randolph each submitted documents in support of Jacobus. They argued ranked-choice voting violated a constitutional provision that "the candidate receiving the greatest number of votes shall be governor," partly because after multiple rounds of counting, the winner may not have gotten the most first-choice votes.

The justices rejected their arguments. The ranked-choice tabulation process is used if no candidate gets more than half the first-choice votes. In that situation, the last-place candidate is then eliminated and their votes are redistributed to the other candidates based on their supporters' second-choice votes. That process is repeated until one candidate has a clear majority.

In their 57-page opinion, the justices said that the tabulation process would still result in a gubernatorial candidate winning with the greatest number of votes.

They also rejected arguments

that an open-primary burdens political parties' right to choose their own candidates. Instead, it merely narrows the field of candidates by allowing the top four vote-getters, regardless of party, to advance to the general election, they said.

Jacobus argued political parties would be weakened because candidates can appear on the ballot with their party registration, which could imply they had been endorsed by the party. The court said instructions on the ballot made clear that a candidate's affiliation does not necessarily equal an endorsement, and Alaskans would have enough common sense to tell the difference.

Political observers have noted that moderate candidates seem to have benefited from the new open primary system used in August, which allowed voters of any political persuasion to cast a ballot for any candidate they wanted. U.S. Rep. Mary Peltola, a moderate Democrat, also won the special U.S. House race — Alaska's first election to use ranked-choice voting — defeating two Republicans, former Gov. Sarah Palin and businessman Nick Begich III.

Since then, several Republican legislative candidates have spoken publicly in opposition to the new ranked-choice voting system during the lead-up to this year's election. They've pledged to try to repeal it if they are elected.

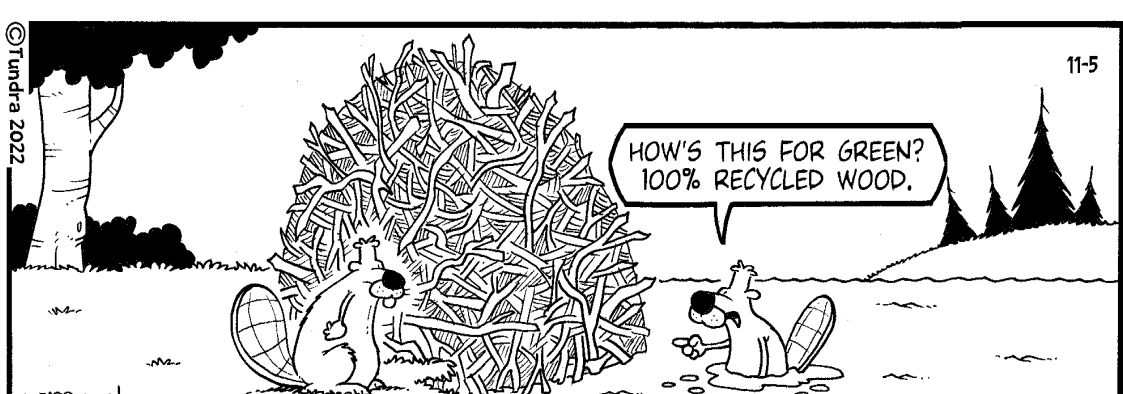
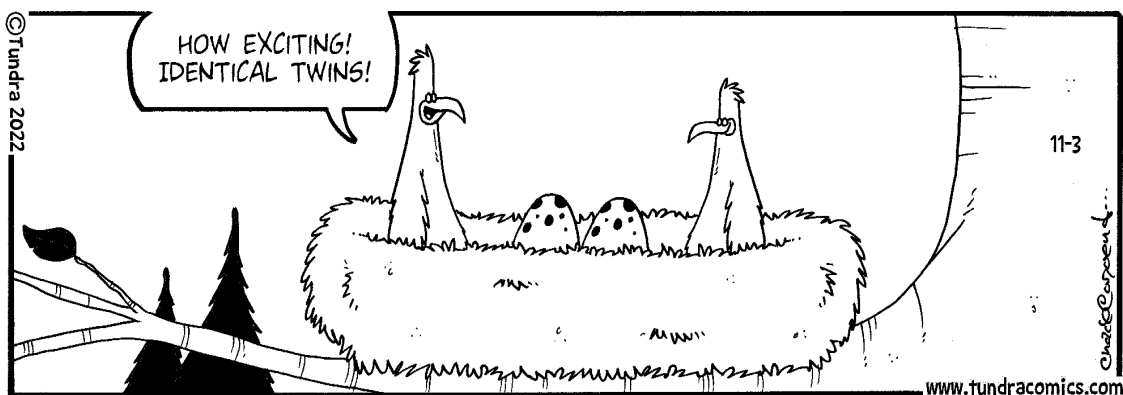
Ritter's River

by Marc Lutz



Tundra

by Chad Carpenter



Police report

Monday, Oct. 24
Agency assist: Hoonah Police Department.
Traffic stop: Headlight out.
Traffic stop: Taillight out.

Tuesday, Oct. 25
Suspicious circumstance.
Traffic stop: Citation issued for failure to provide proof of insurance.

Wednesday, Oct. 26
Animal complaint.
Agency assist: Hoonah Police Department.
Agency assist: Line crew.

Thursday, Oct. 27
Animal complaint.

Friday, Oct. 28
Agency assist: Ambulance.
Agency assist: Fire Department, for fire alarm testing.

Paper service: Child custody papers.
Animal complaint.
Summons service.
Traffic stop: Citation issued for failure to provide proof of insurance.

Saturday, Oct. 29
Traffic stop.
Probation violation.
Citizen assist.
Civil issue.
Traffic stop.
Civil matter.
Traffic stop.
Agency assist: Ambulance.

Sunday, Oct. 30
Agency assist: Hoonah Police Department.
Suspicious vehicle.

There were four subpoenas served.

ALASKA VOTER ADVISORY

November 8 Statewide Election

The **NOVEMBER 8 GENERAL ELECTION** will use ranked choice voting.



THE NOVEMBER 8TH ELECTION WILL BE AN IN-PERSON ELECTION

with polling places open on election day 7am-8pm
elections.alaska.gov/election-polls

Absentee In-Person & Early Voting

begins October 24th. The list of locations is available at elections.alaska.gov/avo

Vote-by-Mail ballots **MUST** be postmarked **ON** or **BEFORE** Election Day.

By-mail ballots must include:

- your signature
- your voter identifier
 Voter No., AK Driver's License No.,
 Date of Birth, OR Last 4 of SSN
- a witness signature

Ballots must be received by the following dates

- **November 18** – Absentee voters within the U.S. and U.S. territories
- **November 23** – Overseas absentee voters

RANKED CHOICE VOTING: HOW TO MARK YOUR BALLOT

Fill in only one oval per candidate, in each column.

You do not have to rank all the candidates, but it won't hurt your first choice candidate if you do.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MISTAKES TO AVOID

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

If you skip a ranking your next ranking moves up. Here, if your first choice candidate is eliminated, your third choice counts as your second choice and your fourth choice would count as your third choice.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Don't give more than one candidate the same ranking. If you do, those rankings and later rankings will not count. Here, only your first choice counts.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Don't rank a candidate more than once. Your vote only counts once, even if you rank a candidate more than once. When a candidate is eliminated in a round, they are eliminated from all future rounds.

State Senator District B					
	1st Choice	2nd Choice	3rd Choice	4th Choice	5th Choice
Larry Doe (Registered Democrat)	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mac Allen (Registered Republican)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
Edna Mode (Undeclared)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tiffany Strait (Nonpartisan)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write-In:	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Don't skip two or more rankings in a row. If you do, only the rankings before the skipped rankings will count. Here, your first choice counts and the fourth choice would not count.

For more detailed information, sample ballots, and explainer videos, visit www.elections.alaska.gov/rcv.php.

