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WRANGELL SENTINEL

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3 pounds of cigarette butts cleaned up for Great American Smokeout last week

By CALEB VIERKANT
Sentinel writer

Last Thursday, Nov. 19, Wrangell secondary school

students with the BASE student group participated in the Great American Smokeout by going around town cleaning



PHOTO COURTESY OF TAMMI MEISSNER)

Natalia Ashton helping to clean up Front Street, on Nov. 19.



PHOTO COURTESY OF TAMMI MEISSNER)

Members of the BASE student group helping clean up Front Street (back row): Alana Harrison, Sophia Martinsen, Brody Hommel, Jackson Carney, Jackson Pearson, (middle): Daniel Harrison, Natalia Ashton, Jacob Allen, (front): Robyn Booker, Terra Hoyt, and Madelyn Davies.

up cigarette butts. In less than an hour, according to SEARHC Health Educator Tammi Meissner, the students managed to pick up 2.8 pounds of cigarette butts outside of bars and along Front Street. Back in 2019, according to past reporting in the *Sentinel*, Wrangell High School students cleaned up over 13 pounds of cigarette butts. In 2018, they cleaned up six pounds of cigarette butts.

The Great American Smokeout is sponsored by the

American Cancer Society, to encourage people to give up the habit of smoking. According to their website, about 32.4 million American adults smoke and smoking remains the largest preventable cause of death and sickness worldwide.

The BASE student group (Building A Supportive Environment) is a student organization for both Stikine Middle School and Wrangell High School students. It was formed

last year in an effort to create positive changes in the school climate and promote student leadership.

Eleven students participated in the cleanup efforts, according to Meissner. The students are Alana Harrison, Natalia Ashton, Jackson Carney, Robyn Booker, Madelyn Davies, Terra Hoyt, Jacob Allen, Jackson Pearson, Sophia Martinsen, Brody Hommel, Daniel Harrison, and chaperone Katelyn Reeves.



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

The Wrangell Public Safety Building.

Public Safety Building repairs covered in special assembly meeting

By CALEB VIERKANT
Sentinel writer

The Wrangell Borough Assembly held a special meeting last Thursday night, Nov. 19, to discuss the Public Safety Building and its needed repairs. The Public Safety Building houses Wrangell's court, police department, fire department, and DMV. It was first built in 1987, and is in need of renovation in many areas.

One such area was the main topic of discussion in the meeting: The need for a wall shoring project.

A few months ago, structural instability was discovered in the Public Safety Building's courthouse. Borough Manager Lisa Von Barga, in a past email to the *Sentinel*, said that the issues were noted around

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Assembly

Continued from page 1

mid-September by engineers who were conducting an assessment of the building. The engineers reported that there was rot in the beams and possibly in the floor joints around the court office area.

"The engineer recommended that a 36' section of

the exterior wall be shored, as soon as possible (and before significant snow fall), to support the second level floor and second level roof," the meeting's agenda packet reads. "The section of wall of concern is a 36' wide length of the parapet-style wall on the backside of the building with structural

glulam rot and deterioration on the ends of the floor and roof joists."

During their meeting, the assembly voted to amend the FY 2021 budget by transferring \$58,500 from their general fund reserves to the Public Safety Building maintenance and repair account for a

shoring wall project. They also approved a contract award to Johnson Construction & Supply, in the amount of \$35,750, for said project. According to the agenda packet, costs break down as \$35,750 for shoring wall framing and construction, \$5,260 for concrete footing construction, \$11,023 for heavy

timber acquisition, and \$6,000 for engineering design.

The assembly was also going to hold a discussion over an executive summary of an assessment report of the Public Safety Building, but Borough Clerk Kim Lane said that they decided to cover this in a separate workshop at a later date.

Birthdays & Anniversaries

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

Wednesday, November 25: Shawn Curley, Bryan Ottesen, Bianca Smith, Darin Floyd, Joel Smalley, Clay Hammer, Terra Hoyt, Janet Bunes. **Thursday, November 26:** Alyssa Southland, *Anniversary:* Aaron & Megan Powell. **Friday, November 27:** Lovie Brock, Rhiannon Wiederspohn, Cinda Stough, Kerry Byford, Gus Brock, *Anniversary:* Dennis & Carmen Pavlina. *Anniversary:* Jon Cornelius and Jenifer Davies **Saturday, November 28:** Hailey Cook, Rylan Shilts, Arlee Haggard, Kaden Comstock, *Anniversaries:* Levi & Kathy Dow, Scott & Becky Thomas, John & Karen Morse, Paul & Victoria Southland, Iver & Diana Nore. **Sunday, November 29:** No birthdays. **Monday, November 30:** Ben Bowman, Kogan Brown, Nala O'Brien, Warren Edgley, Jr. **Tuesday, December 1:** Ethan Gassaway, Scott Angerman. **Wednesday, December 2:** Chris Royster, Candice Wilsie, Lester Kuntz. **Thursday, December 3:** Kathy Blackburn, Marilyn Mork, Erika Riley, Chuck Traylor, *Anniversary:* Chris & Kathy Blackburn.

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

Absentee ballots counted for District 36

By CALEB VIERKANT
Sentinel writer

As of last Wednesday, Nov. 18, all absentee and early ballots have been counted for District 36. According to unofficial results for the Nov. 3 election, there were 3,748 absentee ballots cast this election, as well as 10 early votes and 458 questioned ballots.

"All the eligible ballots have been counted," Tiffany Montemayor, with the Alaska Division of Elections, said. "Every dis-

trict, every precinct."

District 36 covers the communities of Wrangell, Ketchikan, Metlakatla, and others. Montemayor said that they had the absentee ballots broken down by districts. However, they did not break them down into individual precincts. Sarah Whittlesley-Merrit, in the Wrangell Legislative Information Office, told the media that there were 316 votes cast early in Wrangell this election. Wrangell's turnout

Continued on page 3

Wrangell Roundup: Special Events

Monday, November 30

Wrangell Public Special School Board: 6:30pm via Zoom. Join Zoom Meeting: Meeting ID: 910 3326 8603. Passcode: 901720 Web: zoom.us/j/91033268603?pwd=OVBOWG9XY0grOUZVSE5zQUFWMnBWQT09

Jury duty for November. You will be receiving notices in the mail in the next few weeks. Court number: (907) 874-2311.

The Wrangell Court is open by appointment only November 18, 2020 - December 7, 2020. Call: (907) 874-2311. Persons wanting to apply for a Stalking/ DV Protective Order will be given priority. To appear for a court hearing, please call: (800) 768-2983 Code: 874 2311. Court filings can be emailed (in a PDF format) to: 1wrmailbox@akcourts.us or faxed to: (907) 874-3509 or mailed to: PO Box 869, Wrangell AK 99929. For Emergencies, please contact the Police Department: (907) 874-3304

Senior Center Meals Menu Delivery Only

Thursday, November 26
Thanksgiving Day- Closed

Friday, November 27
Baked Fish, Peas & Carrots, Salad & Cornbread

Monday, November 30
Fish Chowder, Tomatoes Rockefeller, Honey Mustard Slaw

Tuesday, December 1 and Wednesday, December 2
Unavailable

Please call Wrangell Senior Center at 874-2066 by 10 a.m. for delivery.

Senior van also available to transport seniors to medical appointments reasonable errands like collecting mail, getting prescriptions at pharmacies or other essential need items.

FERRY

November Sailings CANCELLED

Call 874-2021 for information or call 874-3711 or Toll Free 800-642-0066 for recorded information.



TIDES November 26 - December 3

	High Tides		Low Tides		AM	PM	Ft	Ft
	Time	Ft	Time	Ft				
Nov. 26	10:18	15.9	10:51	13.9	03:56	2.7	04:43	1.2
Nov. 27	10:54	16.5	11:33	14.4	04:36	2.7	05:18	0.2
Nov. 28	11:27	16.8	05:12	2.7	05:50	-0.7
Nov. 29	00:12	14.6	11:59	17.0	05:45	2.8	06:21	-1.1
Nov. 30	00:49	14.6	12:30	16.9	06:16	3.1	06:52	-1.4
Dec. 01	01:24	14.5	12:59	16.6	06:46	3.4	07:23	-1.4
Dec. 02	01:59	14.2	01:29	16.3	07:18	3.8	07:56	-1.2
Dec. 02	02:35	13.8	02:01	15.9	07:52	4.3	08:33	-0.9

Continuing Events

AA Meetings: North Star Group Meeting Tuesdays and Fridays 7 - 8 p.m at St. Philips Episcopal Church.

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

November 25, 1920

When Walter Woodbridge went south last Thursday he took with him some of the most beautiful specimens of decorative marble ever seen in Alaska or anywhere else. The specimens were taken from Mr. Woodbridge's claims near Wrangell and were polished by him. The specimens seen by the reporter were not only surprisingly rich in coloring, but took on a polish as smooth as glass, no pores being discernible even when the specimens are held under a magnifying glass.

November 23, 1945

Larger and heavier packages may now be sent to American troops outside the United States, according to Postmaster E. R. Sharmbroich. The War Department will now accept packages up to 42 inches long or 72 inches in length and girth combined and weighing up to 11 pounds. Previous regulations set a limit of 15 inches in length, 36 inches in length and girth combined and a maximum weight of 5 pounds. It still is necessary to have a specified request from a soldier overseas presented to the postmaster in order to send any package weighing over 8 ounces. The War Department advises that Christmas Cards sent to the armed forces overseas must be in sealed envelopes and sent at

the first class postage rate of 3c per ounce. They urge early mailing of these cards in order to insure their delivery by Christmas.

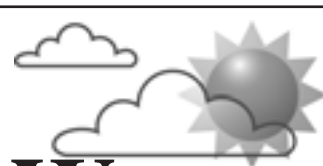
November 25, 1970

Wrangell will celebrate the 350th anniversary of the first Thanksgiving tomorrow with good food, good fellowship, frost on the windows and a chill in the air. It will be a time for leisure and a time for families, as workers take a holiday and stores and businesses close in commemoration of the founding of the United States by a band of hardy pilgrims. The weatherman predicts continued chill weather that has had lows

in the low and below 20s and ice in the harbor and on the ponds. Some churches have scheduled special Thanksgiving services and dinners.

November 23, 1995

The new interim pastor at Harbor Light is the Rev. Agnes Rodi of Sulton, Washington. She has spent most of her life as a missionary in northern Alaska and Greenland, lately being involved in service in Russian. Semi-retired, she says, "I'm old enough to be [retired] but I keep going to fill in wherever needed." As an interim pastor she says she usually stays several months but is never sure how long.



Wrangell Weather

Date	High	Low
Nov. 16	37	29
Nov. 17	37	33
Nov. 18	36	33
Nov. 19	36	32
Nov. 20	34	26
Nov. 21	43	30
Nov. 22	40	31
Nov. 23	40	33



Daylight Hours

Date	Sunrise	Sunset	Hours
Nov. 26	7:46a	3:24p	07:38h
Nov. 27	7:47a	3:23p	07:36h
Nov. 28	7:49a	3:22p	07:33h
Nov. 29	7:51a	3:21p	07:30h
Nov. 30	7:53a	3:20p	07:27h
Dec. 01	7:54a	3:19p	07:25h
Dec. 02	7:56a	3:18p	07:22h
Dec. 03	7:57a	3:17p	07:20h

P&R considering options for winter programming

By CALEB VIERKANT
Sentinel writer

Wrangell Parks and Recreation has learned a lot about adaptability this past year, P&R Director Kate Thomas said. With the COVID-19 pandemic, she said that things could change quickly and her department would need to change their operations to meet them. As the year is coming to a close, Thomas said they are looking at their options for winter programming.

In a previous meeting on Nov. 11 the Parks and Rec Advisory Board decided to maintain a moratorium on travel for youth programming through to the end of winter. The level of programming offered in the new year, it was also discussed, would largely depend

on the COVID-19 risk assessment.

"Many communities ... have halted in-person programming," Thomas said in an interview with the Sentinel. "But Wrangell is trying to strike a middle ground."

Thomas said that the public can expect a variety of virtual programming opportunities to pop up throughout the winter. These will be things similar to their Pups in Parks contest they held back in October, where people could photograph themselves and their pets enjoying the great outdoors. Thomas also said that Parks and Rec will be looking at a variety of outdoor opportunities for programming this winter. They are in the middle of decorating shelters at several of the city's parks to encourage their use, she said.

"It's definitely one of the safer options we have," she said.

For indoor programming, Thomas said they are looking at several options. Some pro-

posed ideas she mentioned include karate classes, volleyball, or "parent and me" swimming lessons. They will not be doing any wrestling programs this winter, she said, as a sport involving that much contact could be risky during a pandemic.

Whatever programming they go with, Thomas said they have a good framework to go off of to keep everyone safe. They will be following

mitigation protocols similar to what they used during their youth basketball program. Mainly, this would involve having small numbers of participants, a very limited amount of spectators, and other safety precautions like wearing masks and hand sanitizing stations.

As of right now, Thomas said that there are no concrete plans for winter programming in place. Parks and Rec is in a

bit of a holding pattern, she said, to see what decisions the city makes regarding reopening municipal buildings after Dec. 7. They are waiting to see what the near future holds, and after that will start getting things organized.

"We're good at what we do," she said. "We're quick to mobilize programs ... It's just a matter of what particular model of programming you go with."

District 36

Continued from page 2

for the election is roughly 54 percent, counting early votes. Turnout for all District 36 is roughly 61 percent.

Across the district, for president, Joe Biden received 1,969 absentee ballots, four early votes, and 181 questioned ballots. Donald Trump received 1,613 absentee ballots, six early votes, and 242 questioned votes. Total votes were 3,795 for Biden, and 5,112 for Trump.

For US Senator, Al Gross received 1,927 absentee ballots, four early votes, and 147 questioned votes. Dan Sullivan received 1,610 absentee ballots, four early votes, and 204 questioned votes. Total votes were 3,678 for Gross, and 5,003 for Sullivan.

For US Representative, Alysse Galvin received 1,980 absentee ballots, four early votes, and 157 questioned ballots. Don Young received 1,680 absentee ballots, six early votes, and 230 questioned votes. Total votes were 3,880 for Galvin, and 5,207 for Young.

For State Senator, Bert Stedman received 2,663 absentee ballots, 10 early votes, and 271 questioned ballots. There were 186 absentee ballots and 16 questioned votes for write-in candidates. Total votes were 7,068 for Stedman, and 450 for write-ins.

For State Representative, Dan Ortiz received 2,395 absentee ballots, five early votes, and 205 questioned votes. Leslie

Becker received 1,171 absentee ballots, five early votes, and 124 questioned ballots. Total votes were 5,409 for Ortiz, and 3,514 for Becker.

On retention of Susan Carney to the Alaska Supreme Court, there were 2,453 absentee ballots, six early votes, and 234 questioned ballots for "yes." There were 825 absentee ballots, four early votes, and 112 questioned ballots for "no." Total votes were 5,772 for "yes," and 2,528 for "no."

On the retention of Tracey Wollenberg to the Alaska Court of Appeals, there were 2,468 absentee ballots, eight early votes, and 240 questioned votes for "yes." There were 729 absentee ballots, two early votes, and 95 questioned ballots for "no." Total votes were 5,899 for "yes," and 2,190 for "no."

On Ballot Measure One, there were 2,008 absentee ballots, five early votes, and 165 questioned ballots for "yes." There were 1,541 absentee ballots, five early votes, and 211 questioned votes for "no." Total votes were 4,158 for "yes," and 4,739 for "no."

On Ballot Measure Two, there were 2,132 absentee ballots, five early votes, and 202 questioned votes for "yes." There were 1,341 absentee ballots, five early votes, and 140 questioned votes for "no." Total votes were 4,508 for "yes," and 4,201 for "no."

Election results can be found online at www.elections.alaska.gov.

POLICY FOR LETTERS TO THE EDITOR

• Letters should be typed or clearly written and no longer than 400 words.

• All letters must be signed by the writer and include a phone number and any affiliation with a group which pertains to the letter.

The Sentinel reserves the right to edit any submissions.

The Deadline for submissions is Monday at 5 PM for Thursday publication.

Letters are run on a space available basis.

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Police report

November 16
Welfare Check
Agency Assist: Harbor Dept.

November 17
Subpoena Service
Unlawful Contact I

November 18
Traffic: Vehicle failed to stop for school bus letting children off.
Traffic Stop: Verbal warning for driving habits.

November 19
Agency Assist: SAR
Juvenile Misconduct
Child Pornography

November 20
Juvenile Misconduct
Agency Assist: DOT
Noise Complaint

November 21
Domestic Disturbance
Agency Assist: Fire Dept.
Paper Service
Animal Complaint
Agency Assist: Public Works
Trespass
Traffic Stop

November 22
Agency Assist: Fire Dept./Line Crew
Injured Deer
Arson
Agency Assist: Ambulance

During this reporting period there were four Citizen Assists calls and two Hoonah PD assist calls.

Christmas Tree Lane, Dove Tree moving forward with some changes

By CALEB VIERKANT
Sentinel writer

While this holiday season may look different with the COVID-19 pandemic, several Wrangell traditions are still going strong. The public will still be able to participate in the annual Christmas Tree Lane, though there will be some changes. The Dove Tree ceremony is still moving forward, as well.

Christmas Tree Lane is a yearly fundraiser for the Hospice of Wrangell. People and organizations across the city donate uniquely decorated Christmas Trees, and then others can place bids on them to take home for the holidays.

Traditionally, Christmas Tree Lane has been hosted in the Nolan Center. However, in response to an increase of COVID-19 cases across the state, the city has temporarily closed all their buildings to the public. This includes the Nolan Center. Alice Rooney, one of the organizers behind Christmas Tree Lane, said that Evergreen Elementary School came to the rescue.

Trees can be dropped off at Evergreen Elementary School during normal school hours, Rooney said, but the school asks that people call ahead before stopping by. The trees will be set up in the school, she said, and starting on Dec. 1 the school will post pictures of the trees online for bidding. Rooney said that the relocation was not only good for Hospice of Wrangell, but also for the students at Evergreen Elementary School. A lot of their holiday traditions, such as the annual Christmas concert, have been cancelled due to the pandemic. Having the trees in the elementary school will help bring some holiday spirit to the school.

"This is to brighten their holiday, and the teachers too," Rooney said.

More information about Christmas Tree Lane can be found on Facebook, under "Christmas Tree Lane 2020."

"It is our pleasure to host this event on behalf of Hospice and our hope that it has eased the burden of change," Jenn Miller-Yancey, with Evergreen Elementary, said. "We've emphasized with the students over the last three months that things may not always look the same, or even be the same at all, this school year,

but we are going to find new ways of doing what we have done and/or we are going to show/practice resilience and adaptability by doing new things. We are counting our blessings that we can safely be in school together while making the very best of things under new guidelines, mandates, and procedures. Being able to host this event is one of those things."

Miller also emphasized that, aside from people dropping off and picking up the trees, Christmas Tree Lane will be completely virtual this year. Bidding will open on Dec. 1 or 2, she said.

Rooney added that the annual Dove Tree ceremony will be moving forward, as well, with some changes. The Dove Tree is a way for Wrangell residents to honor the memory of loved ones lost in the past year, with a Christmas tree decorated with doves. Rooney said that radio station KSTK will be hosting a broadcast of the ceremony at 12:30 p.m. on Dec. 5. Those tun-

ing in can expect a half-hour ceremony where the names of those who have passed are read, as well as music. Rooney also said that a physical Dove Tree will be set up in the downtown pavilion, around Dec. 1.



PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

Thanksgiving baskets

The Wrangell Salvation Army passed out the Wrangell Ministerial Association's Thanksgiving baskets last Friday. Lt. Jon Tollerud, with the Salvation Army, said that they had 138 people sign up for baskets, but they were "not turning away anyone who asks." They had enough food to supply 400 Thanksgiving meals in all, he said, just in case. He also pointed out their mitigation plan, having people drive up to Harbor Light Assembly of God while volunteers would put together the baskets for them. Pictured here is Linda Garcia, volunteering to help put together Thanksgiving baskets.



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done in the order they are submitted
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WRANGELL SENTINEL

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Lady Wolves return from regionals

By CALEB VIERKANT
Sentinel writer

The Wrangell Lady Wolves travelled to Prince of Wales this past weekend for regionals. It has been a unique season, with the COVID-19 pandemic requiring schools to organize mitigation plans and to host games with limited access to the public. The Alaska

School Activities Association also decided, back in October, to cancel all state championship events for the year. This meant that regionals would be the end of the season for Alaskan volleyball teams. The Lady Wolves played hard against two teams, the Craig Lady Panthers and the Klawock Chieftains.



PHOTO COURTESY OF KIARA HARRISON

Several of the Wrangell Lady Wolves at regionals (front to back): Kayla Meissner, Brodie Gardner, and Jade Balansag.

Wrangell and Craig faced off against each other in a best two out of three on Friday morning, Nov. 20. Neither

game went well for the Lady Wolves. In the first game Wrangell only managed to score 3 points to Craig's 25.


The second game also went in Craig's favor, but the Lady Wolves managed to put up a tougher fight. The final score was 12-25, a win for Craig.

After these two losses, Wrangell moved along to play against Klawock. The Chieftains came into the games after a loss to the Petersburg Lady Vikings. This set of games, between the Lady Wolves and the Chieftains, was for the best three out of five. The first game was very competitive. While the typical volleyball game will go to a max score of 25, the game was so tight it had to go further than that. Despite a hard fight by Wrangell, the final score was 24-26, a loss for the Lady Wolves. The following game was also close, but not quite as close as the first. The final score was 20-25, another loss for Wrangell. After that, Wrangell turned things around and won two games in a row: 25-17 and 25-19. Things now stood at two games to two games, with the final determining the winner. Once again, it was a competitive game, but Wrangell was stuck behind Klawock by only a few points. The final score was 11-15, another win for Klawock.

With that, regionals and the season were over for Wrangell. The regional championship went to the Lady Panthers this year.


Coach Alyssa Allen said she has seen a lot of growth in her team throughout the season, as well as adaptability.

"The girls stepped up," she said. "They improved a lot through the year and many of them played multiple positions and were able to adapt well."



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Alaska Fish Factor

By LAINE WELCH
Fisheries columnist

Frozen sockeye salmon strips bring tasty nutrition and relief to teething babies

Frozen sockeye salmon strips bring tasty nutrition and relief to teething babies.

The lightly seasoned salmon strips, made mostly from Bristol Bay reds, are the third product made by Bambino's Baby Food of Anchorage that is aimed at getting more seafood into the mouths of babes.

"I always kind of giggle because it's not going to be just for the little ones. I'm sure mom and dad and elder brother or sister are going to be gnawing on those as well," said Zoi Maroudas, Bambino's founder and operator. "I also wanted to honor our indigenous families and traditions and share how natural, nutrient-rich omega strips can be so good for a little one to enjoy. Instead of a cookie or cracker, a frozen salmon strip."

"Seeing our community and friends near and far now having the option to find Pivsi (Inupiaq for "dried fish") at Bambino's is very exciting and a healthy new option for kiddos," said Lars Nelson, president of TRIBN construction company at Utqiagvik, and parent of six.

Maroudas, who was born in Greece and came to Alaska as a child (her family owns Pizza Olympia in Spenard), launched Bambino's first seafood item, Hali-Halibut, in 2017 followed shortly after by a Sockeye Salmon Bisque. The pouched meals feature frozen, star-shaped portions that are perfect for baby-sized hands or for thawing into puree-style meals. Each contains "the perfect balance" of proteins, grains and vegetables for optimal nutritional content, she added.

The baby seafood items are among 20 Alaska grown products that are made in Maroudas' store and production facility in Anchorage.

Bambino's has resonated with some big names and won notable awards. Maroudas has been featured on the Today Show, Fox News, numerous magazines, by hip hop artist Uncle Murda, and she was personally honored by both Martha Stewart (she brought her sockeye salmon) and President Trump. The Bambino's line also won the American Choice Award for Best Organic Brand and Alaska's Top Manufacturer in 2019.

Bambino's is filling a void by America's baby food makers

who continue to completely snub seafood in their protein lines, despite its proven health benefits (they offer seafood items in Asia and Europe). And that is despite the fact that starting in 2021, new federal dietary guidelines go into effect that say along with eating two portions of seafood each week, fish should be included in babies' diets starting at six months old.

"The omega 3s found in seafood are to a developing retina and brain what calcium is to bones. But it is not just the omega 3s, it is these great minerals that are in some cases rare in other foods. The zinc and iron and selenium and iodine...and these are just not as high as they need to be in diets that are missing seafood," said Dr. Tom Brenna, professor of pediatrics, chemistry and nutrition at the University of Texas/Austin and at Cornell University.

Bambino's is now shipped from Anchorage to customers in all 50 states and can be found at all Safeway/Carrs stores, Amazon and at Baby Vend machines at Alaska Airline terminals.

Maroudas said she doesn't strive to be the number one baby food in sales; she aims to be the best on the market. Above all, she said feeding more children with the purest Alaska ingredients is her biggest reward.

"It's an absolute honor to represent our state for its quality, for its nutrition," she said. "And working together with our farmers and our fishermen to create that beautiful plate as an extension of their home, for their families wherever they are, is the most humbling, most rewarding. And at nighttime. I pray that tomorrow's even better for everyone around the world."

Up next for Bambino's - an Alaska pollock product!

Fishing updates - Lots of fishing updates and wrap ups continue across Alaska from Ketchikan to the far reaches of the Bering Sea. And lots of outlooks for next year's fisheries are starting to trickle in from state and federal managers.

The Pacific halibut fishery for this year, for example, ended on November 15 and early estimates peg Alaska's take at just under 15 million pounds out of a 16 million pound catch limit.

Results from the yearly

halibut survey have raised cautious hopes for a possible uptick in some fishing regions in 2021.

"Pacific halibut appears to be holding its own, with an encouraging - if small - indication that overall weight of Catch Per Unit of Effort (CPUE), a proxy for abundance, went up by 6% coastwide, reported Peggy Parker, executive director of the Halibut Association of North America.

CPUE refers to a standard "skate" of gear that is 1,800 feet long bearing 100 hooks.

Of note, the total weights per unit increased by 24% in the Central Gulf, the largest halibut fishing hole. The other Alaska areas did not fare as well: the WPUE at Southeast was down 5%, the Western Gulf dropped 6%, at the Aleutians, weights were down 2% near Dutch Harbor but up 3% at Adak; and the Bering Sea fishing regions increased by 8%. Coastwide, the WPUEs were up 6%.

The final halibut catch limits for next year will be revealed at the International Pacific Halibut Commission virtual meeting set for January 25-29 and the fishery will open in March. The deadline to submit halibut regulatory proposals is December 26.

Homer held onto its title of America's #1 halibut port for landings, followed by Kodiak and Juneau.

Alaska's sablefish fishery (black cod) also ended on Nov. 15 with 71% of its 31.7 million pound quota crossing the docks. Kodiak, Seward and Sitka were the top ports for landings.

Another blockbuster sockeye run is projected for Bristol Bay next summer, topping 51 million reds if projections by the Alaska Dept. of Fish and Game hold true. That means the fishery will average over 48 million reds annually for the past 10 years. The 2021 forecast calls for a sockeye catch of 36.35 million fish.

ADF&G also is predicting an "average" pink salmon harvest for Southeast Alaska next year of 28 million fish, below the 10-year average of 34 million but better than the 2019 catch of 21 million.

Meanwhile, Southeast trollers are still out on the water fishing for winter Chinook salmon.

A few areas of the Panhandle remain open for pot shrimp and

the harvest had reached 540,670 pounds.

Divers also continue pulling up geoduck clams; they have also taken 1.2 million pounds of sea cucumbers out of a 1.7 million pound catch limit.

The region's Dungeness fishery is ongoing through November 30 and nearly 200 crabbers have landed 6.4 million pounds in the combined summer and fall fisheries.

A sea cucumber fishery at Kodiak and the westward region has a small quota of 165,000 pounds. A herring food and bait fishery opened on Nov. 14 at Kodiak with a 319 ton limit.

The nation's biggest fishery - Alaska pollock - just wrapped up in the Bering Sea and Gulf of Alaska until January 20, producing over three billion pounds of the popular whitefish.

Cod fishing is mostly over for the year except for a small reopener in the Gulf on Nov. 23 for pot or jig boats. Other boats also continue to target various rockfish and flounders.

Catches for 2021 Bering Sea and Gulf of Alaska fisheries will be revealed when the North Pacific Fishery Management Council meets virtually from Nov. 30 to December 12.

Bering Sea crabbers have taken 99% of their 2.38 pound red king crab quota. They also are tapping on over 2 million pounds of Tanners and more than 6 million pounds of golden king crab.

Find links to Alaska fish catches at www.alaskafishradio.com

Sea cuke cures -Sea cucumbers have been considered a delicacy in Asian cuisine for centuries and also have been used in traditional Chinese

medicine to help aid in many different health problems.

In his book *Cancer: Step Outside the Box*, author Ty M. Bollinger calls the spiky, slug-like creates a miracle cure for cancer.

"You can cook them for various dishes, but the way it's found in local health food stores is dried and powdered and in capsule form," he said, adding that dried sea cucumber extract is anti-viral, anti-bacterial and also has anti-inflammatory properties.

"Another of the fascinating things about sea cucumbers is that they are very high in chondroitin sulfate, which is commonly used to treat joint pain and arthritis. To my knowledge, they have the highest concentration of chondroitin of any animal," Bollinger said in an interview.

While customers likely won't see it on the labels, he added that powdered sea cucumbers also have many cancer curing abilities based on studies over the past 15 years.

"Number one, it's cytotoxic, which means it kills cancer cells, and it also is immunomodulatory. So it has both sides of what I call the cancer killing coin," he explained. "If you are going to defeat cancer, you need something that regulates your immune system to where it works properly but you also must have something that is going to kill those cancer cells. The sea cucumber does both."

Sea cucumber extract also is used as an adjunct treatment for those undergoing chemotherapy, Bollinger said, because it's very effective at mitigating the side effects of that cancer treatment.

There are over 1,250 species of sea cucumber in the world.

CITY AND BOROUGH OF WRANGELL In House and Public Announcement ADVERTISEMENT FOR THE POSITION Custodian-Light Maintenance PARKS & RECREATION DEPARTMENT

The City and Borough of Wrangell is recruiting for a Custodian-Light Maintenance staff to join the Borough's Parks and Recreation Department. Parks and Recreation will accept applications until the position has been filled, with an initial review of applicants on December 2, 2020.

The Custodial-Light Maintenance worker is responsible for the upkeep of Wrangell's Parks & Recreation Facilities. This position performs light maintenance and custodial duties at the swimming pool, community center, and parks. The job involves attention to detail, safety, and a strong sense of teamwork and accountability.

Applicants must be at least 18 years old and hold a current, valid Alaska Driver's License as well as a high school diploma or GED equivalent. This is a full-time (40 hours per week) position with benefits, covered by the IBEW Collective Bargaining Agreement, paid hourly at Grade 15 ranging from **\$20.26 to \$25.49 per hour.**

Applications and job descriptions may be obtained at City Hall or online. To be considered, interested applicants must submit a cover letter and resume along with the CBW employment application to Joyce Mason at City Hall, 205 Brueger Street (P.O. Box 531), Wrangell, AK 99929 or via email at jmason@wrangell.com.

The City & Borough of Wrangell is an Equal Employment Opportunity Employer.

Lisa Von Bargaen
Wrangell Borough Manager

Published: November 26, 2020

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FIRST BANK IS SEEKING a full-time Customer Service Representative. Requirements include basic computer knowledge, cash handling experience, strong customer service skills, reliability and the ability to work well with people. To apply, please contact Rebecca Smith at (907) 874-3363 or email Rebecca.Smith@firstbankak.com. First Bank is an

EOE/M/F/Disabled/Vet Employer. The deadline to apply is: December 11, 2020.2x12-3b65

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Southeast Alaska commercial Dungeness crab fall season closure

The commercial Dungeness crab fishery in Registration Area A (Southeast) will close in most areas by regulation at 11:59 p.m. on Monday, November 30, consistent with 5 AAC 32.110. Districts 1 and 2, and Section 13-B outside of the Sitka Sound Special Use Area [5 AAC 32.150(10)] will remain open until February 28, 2021.

For those areas that close at 11:59 p.m. on November 30, all Dungeness pots must be removed from the water except that pots may be stored on the grounds with all pot doors secured fully open and all bait and bait containers removed for no more than 72 hours [5 AAC 32.052(b)(2)(A)]. Reporting of lost pots, or pots left in a closed area in fishing condition should be directed to the Alaska Wildlife Troopers (AWT) offices in Juneau, Ketchikan, or Petersburg (contact numbers are listed below).

As per 5 AAC 32.031(d), all

crab must be landed within 24 hours of a closure. Vessel operators unable to meet this deadline must contact regional shellfish staff within the 24 hours following the closure to request authorization to possess Dungeness crab for a longer period of time. Additionally, gear storage extensions due to extreme weather or vessel breakdown may be obtained by contacting regional shellfish staff [5 AAC 32.052(c)] before 11:59 p.m., Thursday, December 3.

Contact numbers for requesting extended holding and gear storage extensions are as follows: Adam Messmer: (907) 723-3342, (907) 465-4853; April Rebert: (907) 465-4274; Tessa Bergmann: (907) 772-5236, (907) 518-4421

Under Alaska's Health Orders 5, 6, and 8, commercial fishing is an Essential Business and is part of Alaska's Essential Services and Critical Infrastructure. Commercial fishermen should

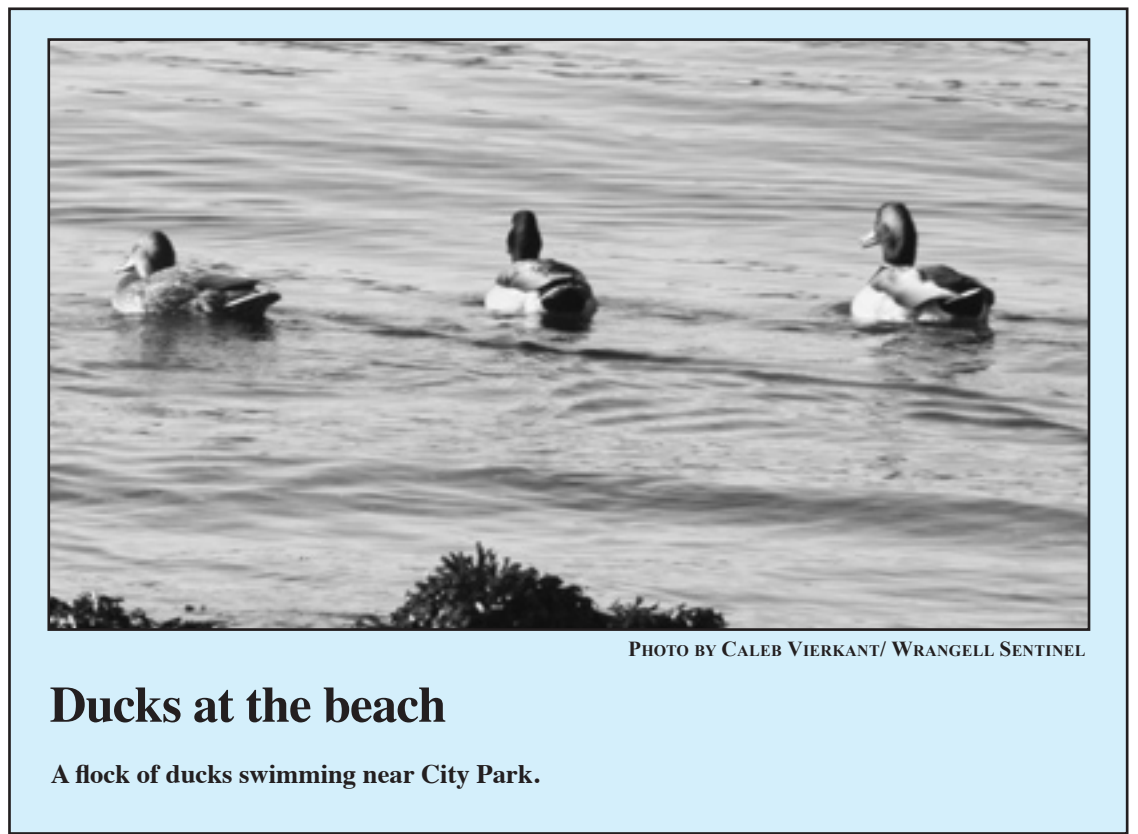


PHOTO BY CALEB VIERKANT/ WRANGELL SENTINEL

Ducks at the beach

A flock of ducks swimming near City Park.

ensure that all travel and other activities in support of commercial fishing operations follow protocols in Alaska COVID-19 Health Orders. COVID-19 Health Orders may be found here: <https://covid19.alaska.gov/health-order/>.

Happy Thanksgiving



We're counting our blessings this Thanksgiving, and we couldn't have asked for a better bunch of neighbors than you! Have a wonderful holiday and please accept our heartfelt gratitude for your most generous support this past year.



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Wrangell Sentinel

Planning and Zoning Commission workshops Institute zoning

By CALEB VIERKANT
Sentinel writer

The Wrangell Planning and Zoning commission met Monday afternoon, to hold a work session on potential zoning of the former Institute Property. The former Wrangell Institute was located on land near Shoemaker Harbor. After the Institute closed down, the city has been trying to work out what to do with the property. It has been zoned "holding" since 2011, according to previous reporting in the Sentinel, and a master plan for renovation was developed in 2017. However, not much progress has been made since then. The city has been working to get the plan moving forward once again, and have held several meetings to discuss renovations and potential development.

Economic Development Director Carol Rushmore explained that right now, the city is considering zoning the majority of the old Institute Property for single family residential development, with a small section reserved for commercial development. Single family residential is different from typical rural residential zoning, she said, as single family residential allows for smaller lot sizes.

"The assembly, back several months ago, decided that they want the north half of the Institute to be all residential, which was not originally in the master plan process or master plan alternative," Rushmore said. "That's gone back now to P&Z to relook at how the master plan should be set up ... They're separating it and they're looking at how they want to restructure the master plan for the Institute Property."

The main focus for the commission that afternoon was commercial development. One big topic of discussion was

what to do about possible educational development. Among the permitted uses and structures the commission already had laid out for possible development included drugstores, dining establishments, laundromats, and others. The main question was whether or not educational facilities like a school building could fit into potential development. After some discussion, it was the general consensus amongst the commission that educational facilities should be removed from possible commercial development. Commissioner Don McConachie suggested putting aside a separate area for educational facilities, and not to lump it into other commercial development.

"My thought was in this small amount of space we're dedicating for commercial, that educational facilities would not be in there," said P&Z Chair Terri Henson. "But I suppose it depends if somebody wants to do some little tutoring place people can go to, or night classes for adults, and they're just using a small storefront facility, it wouldn't really matter. But an educational facility as in building a big building would not fit."

Another topic of discussion was the potential for marijuana facilities to be established in the commercial zone. Marijuana is legal in the state of Alaska, and the commission wanted to consider whether or not to keep the door open for possible development of a dispensary or growing facility. Commissioner Jillian Privett said that if they would allow for the development of a brewery, for example, they should also allow the possible development of a marijuana facility. After some further discussion, the commis-

sion agreed to allow this under potential "conditional use" development.

"If you don't have the facilities out there that they can utilize, it's going to tempt a person to drink and drive, whatever the case may be, to come into town to get that," Commissioner Don McConachie said. "So why not allow the things that we have

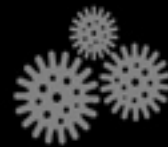
in town in a commercial entity to be allowed in this commercial entity?"

The commission also discussed prohibited uses for commercial areas. Items on the list they were reviewing included Conex/container vans, auto and boat repair services, and trailers. There was some discussion on the final point, and it was agreed by the com-

mission that they needed to better define what they meant by trailers being prohibited.

Other topics of discussion in the workshop included minimum lot size requirements, potential parking needs for the area, and the requirements for food trucks, among other things. As this was only a workshop, no formal action was taken.

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To learn more about COVID-19, testing and SEARHC's safety precautions visit covid19.searhc.org.



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