August 11-24, 2011

THE Sitka Soup

HEARTY INGREDIENTS • TASTY LEFTOVERS • A DASH OF SILLINESS

CONTAINS 30% POST CONSUMER RECYCLED FIBER

Sitka
Port Alexander
Tenakee Springs
Angoon
Pelican
Kake

SITKASOUP.COM • P: 747-7595 • F:747-7596 • SHOP@SITKASOUP.COM

OUR ANNUAL INVENTORY REDUCTION SALE!

MOST ITEMS 20%-40% OFF

MAJOR DISCOUNTS THROUGHOUT THE STORE

SATURDAY, AUG. 13TH - SUNDAY, AUG. 28TH

Limited to stock on hand • While supplies last!

MURRAY PACIFIC

Supply of Alaska, L.L.C.

M-F 8-6 • Sat 9-5 • Sun 10-4 • 475 Katlian St • 747-3171 • 800-478-3171

Absolute Tree Care

27 Years Experience
All Stages of Tree Work
Topping • Trimming
Removal • Full Cleanup
Power Line Certified

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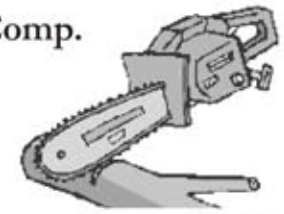
Marshall Albertson

Senior Discounts
Licensed, Bonded & Insured
Workman's Comp.



BBB Member of Better Business Bureau

738-2616 • 747-7342

GARY'S OUTBOARD

We're here for your outboard needs, so you can stay on the water and fish all summer!

Inflatables on Sale!!

		Reg.	SALE
240	Roll-Up 7'10" PVC	990.00	*790.00*
240	Air Deck 7'10" PVC	1399.00	*1199.00*
~~270~~	~~Air Deck 8'10" Hypalon~~ **SOLD**	2299.00	*1870.00*

Mercury Outboard Sale!!

		Reg.	SALE
~~3.5 ML 3.5HP~~	**SOLD**	~~1175.00~~	~~*970.00*~~
4HP		1505.00	*1310.00*
6HP		1980.00	*1685.00*
8HP		2225.00	*1870.00*
~~9.9HP~~	**SOLD**	~~2485.00~~	~~*1995.00*~~
40hp		6125.00	*5250.00*
60hp		7500.00	*6395.00*

More great deals!

Call for details or go to our website for a complete listing!

747-9399 • GARYSOUTBOARD.COM
Mon-Fri 9am -5pm • 224-B Smith St.

Bayview Pub

407 Lincoln, Upstairs • 747-5300
sitkabayviewpub.com

Monday 4pm 'til Late
Tues - Sun 11am 'til Late

Delivery Available!
Mon - Fri 4pm-9pm & Sat/Sun 11am-9pm

DAILY SPECIALS!

- Best Selection of American Craft Beers in Town
- Fantastic Wine Selection
- ALL Seafood is fresh, locally caught and NEVER frozen
- Best Burgers in Sitka

Late Night Menu: Thurs-Sat 10pm-2am
Al Pastor Tacos, Sliders (mini-burgers) and hand-cut fries.

Keep up on News & Specials by following us on Facebook!

COMING SOON! FULL HICKORY SMOKED BBQ MENU, SAT/SUN FOOTBALL BREAKFAST & FULL LIQUOR BAR!

Our Town August 11, 2011

The Soupster spied NuBuck, one of the three Bucks in Our Town, along with "Red Buck" and plain "Buck." NuBuck was named for the short, velvet-like whiskers that upholstered his cheeks and chin. The Soupster didn't know how the brown-haired Red Buck got his name and regular Buck would just glare at you if you asked how he got his.

NuBuck was sitting on a bench outside City Hall, shuffling through some official-looking papers. "I'm catching up on the plans for the Maritime Society to install a ground-source heat system at the Old Boathouse and save lots of money and energy," said NuBuck. "It's one of the best ideas to come down the pike – if Our Town had a turnpike."

"I've always thought the people who owned boats together were kind of brilliant," said the Soupster. "People often use their boats less than they think they will and no one will turn down help with an oil or prop change."

"Herring roe-on-kelp in pounds is also brilliant," said NuBuck. "You get the herring roe and it doesn't kill the fish."

"How about the City Permanent Fund?" said the Soupster. "We got that by investing grant money until it was actually paid out and banking the interest.

An idea so good they changed the rule to make sure other towns couldn't imitate Our Town."

"That's it!" cried NuBuck. "Our Town is so unique that things will work here that don't work in other places."

"I always imagined big floating trailer parks, like the old floating logging camps," said the Soupster, "But with manufactured homes. Affordable housing."

"Tidal energy," said NuBuck. "Big wind-turbine-like gizmos placed in parts of No Thorofare Bay and Sergius Narrows to catch the strong tidal currents and make electricity."

"We should encourage hitchhiking," said the Soupster. "Save money on gas."

"Feed our food scraps to the fish," said NuBuck.

The two men breathed heavily.

"For brilliant, how bout the Monthly Grinds and the Seafood Festival?" said NuBuck, starting up again. "Seafood subscriptions and the Farmer's Market."

"What I'm trying to figure out," said the Soupster, "is a way to have our cake and eat it, too."

Would you like to write an Our Town based on your experiences? The story must be 450-500 words long and be closely connected with the life of Sitka and its people. The Soupster must make an appearance in the story – no matter how minor. If we run your story in the Soup, we will pay $50. To submit: Email the story to: shop@sitkasoup.com and put "Our Town" in the Subject line. You can also call Will at 747-7595 to make other arrangements.

Where's The Soup?

Sitka • Port Alexander • Angoon • Kake • Tenakee Springs • Pelican

Market Center	Kenny's Wok & Teriyaki	Super 8 Motel	Center for Community
Sea Mart	Re-Max of Sitka	Back Door	Stereo North
AC Lakeside	UAS • SEARHC	Subway • ACS	City Utilities Office
True Value	Sitka Comm. Hospital	Davis Realty	Pioneer Home
Kenny's Roma	Balanced Practice	Westmark Sitka	Cascade Convenience
GCI • Little Tokyo	Sitka Hotel	Ferry Terminal	(both locations)
Harry Race Pharmacy	Sitka Airport	Murray Pacific	Bayview Trading Co.
Sitka Realty	Highliner Espresso	Plus My Size	Alaska Computer Center

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PLEASE RECYCLE
The Soup when you are done reading it.
The Soup is printed on paper with 30% post-consumer recycled fiber

The Sitka Soup Classifieds

For Sale & For Rent Ads
$2 for 2 weeks
Add up to 3 photos for $3

Annoucements
Events
Free Items
& Wanted Ads
are all FREE!

Place Your Listing in The Soup!

All ads will appear both online & in the printed Soup

ONLINE
Submit your Listing!
Add Photos!
Pay by Credit Card!
SitkaSoup.com

EMAIL
shop@sitkasoup.com

FAX
907-747-7596

DROP BOXES
The big green boxes at Sea Mart, AC Lakeside & Market Center
Place your listing in the slot at the top. Include name & address for billing

MAIL
Sitka Soup
PO Box 6353
Sitka, AK 99835

Deadline to Submit Your Listing
One week before the Printed Soup

I've been calling all over for a summer rental and you are the first one that answered...

How many bookings have **YOU Missed?**

15% commission

Includes;
- Webpage with Photos
- Credit Card Processing
- Online Booking Calendar
- Reservation Call Service
- 1-800 Phone Service

I also take reservations for tours!

Family Lodging

Family coming for summer? Need more space?

Studios, 1 br, 2br, 3 & 4br
- Fully-Furnished
- Full Kitchens *many with*
- Downtown Location
- Waterfront Location
- Hot Tubs

Online Booking

Sharon @ Creative Connections
747- 4712 www.sitkatravel.com

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738-1093 Cell

Welcome to

PIZZA EXPRESS

Our Complete Menu is available at Sitka Eats www.sitkasoup.com

in Sawmill Creek Plaza 1321 SMC-H

Sitka's Original & Independent Pizzeria & Mexican Food Restaurant

Dine In, Take Out & FREE DELIVERY

PIZZA SPECIALS

LG. ONE-TOPPING $10.95 plus tax

MEDIUM HAWAIIAN $10.95 plus tax

MEDIUM MEAT-LOVER'S $12.95 plus tax

Offer Expires 8-24-11

To-Go or Delivery Only • Up to five pies per order
Not valid with any other offer • No Substitutions

DINING ROOM OPEN: MON-SAT 11AM-9PM • SUN NOON-9PM

Come See Our New Dining Room Expansion

FREE DELIVERY
Mon-Fri 'til 9pm • Fri & Sat 'til 10pm

966-2428

Classified Ads & PSAs often are edited in the printed Soup, but the complete ad or PSA is listed online. See the AD#'s at the end of nearly all the ads.

Arts & Antiques

Ceramicist Audry Deal-McEver with be presenting a visiting artist lecture, "Botanical Forms in Clay" at Kettleson Memorial Library Sun. Aug. 14 at 5 PM. Deal-McEver is a ceramic and mix-ed media artist who works primarily with botanical forms to focus on problems facing our botanical ecosystems. She is currently teaching ceramics and darkroom photography at Vanderbilt University in Nashville Tennessee. This presentation is sponsored by UAS-Sitka Campus and the Great Sitka Arts Council. 74177 Calendaring Event -- Who - All Sitka event planners, concert promoters, community event organizers, strategist, etc. What – A meeting to work together to plan future events and avoid duplication when possible. Where - Sweetland Hall on the Sitka Fine Arts campus – the dormitory and cafeteria building. When – August 24th 7pm How – By sitting down together and reviewing our future programs, activities, events and their dates/times to avoid stepping on toes as much as possible from September 2011 to August 2012. We recognize that there are many upcoming events that are unknown, or may be too far out to plan, but this will also allow others to see what dates are filled and possibly avoid them. This would include a reasonable target date by which all the big event dates for sum-

SitkaSoup.com

Hearty Ingredients.
Tasty Leftovers.
A Dash of Silliness.

Check out Sitka's local events, announcements, wanted & for sale ads!

SitkaEats.com

Hungry? Busy? Just Lazy?

Sitka Eats is a central place to see online the complete menus of restaurants that offer delivery or will make up orders to go.

SitkaHarborGuide.com

All Things Harbor!

Sitka Harbor Guide is a resource for resident & visiting mariners with information on local harbor rules, services & businesses.

mer 2012 could be set, so that we can work on collaborative marketing with that in mind We look to publicize this information as broadly as possible to the different Sitka Media as well as for the general population to be able to plan in advance. For more information call Jeff at 747-4821. 93087

Call for Artists -- Dear Sitka Artist, Below you will find specifications and a brief history of how we go to this point, that is seeking a logo for a Sitka Loves Art branding campaign. Specifications statement – History - From two Community "Arts Conversation" during early and middle 2011evolved the idea to brand Sitka as a community that loves art – Sitka Loves Art. To that end we are seeking artists to submit a design that can be used on flyers, publicity, banners, decals, and more to get this idea across. We desire the image to create an awareness of Sitka as the Arts Capitol of Alaska (The Paris of Alaska). To help create local interest and awareness of the value of art to Sitka both intrinsically as well as economically a. The logo must use the words Sitka Loves Art in its design. b. We do not want Sitka icons: Mt Edgecumbe, the Russian Orthodox Church, or a heart. c. We desire the design to express the idea of Sitka Loves Art, something new, maybe just the three words or? d. Possibly turn the three words into a graphic image or symbol. e. It is Ok to invent an image, something more unique and different that evokes Sitka Loves Art. f. Possibly a symbol with the words that could eventually stand alone. g. The image needs to be flexible for sizing. h. The idea is to express Sitka as the Arts Capitol of Alaska. To have people aware that when they come to Sitka they are seeing the best of the arts in the state – in the shops as well as in nature. i. The image must be a scannable or be able to use with Vector image. The image should be submitted as a vector image OR be designed so that it can be converted to a vector image and the

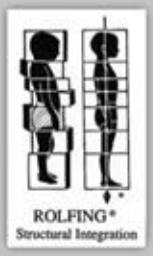
Remodels
Carpentry
Siding, Window & Door Replacement
DANIELS SERVICES
LICENSED • BONDED • INSURED
738-0587

SUP Alaska
Paddle Sitka

Stand Up Paddle Board Rentals in Sitka!
Come join the fun and adventure in one of the fastest growing sports worldwide. While you're paddling any body of water- from open ocean to lakes, harbors and rivers-you will enjoy the unique vantage point SUP offers by seeing deeper into the water and farther across its surface. SUP is easy to learn, great exercise, plus you are outside enjoying nature!
Learn More
www.supalaska.net
'Like' us on Facebook
supalaska@gmail.com
Call Kim @ 738-5466
Check the website calendar for times at the beach!
Rent at your convenience--we deliver or you can pick up!
Rentals & Sales of: Rigid SUP Boards~Blow-Up SUP Boards~Wetsuits~Paddling & Surfing Accessories

What's new at Balanced Practice? PLENTY!

August 19th, 6-8pm: Stop By, Save Big, Feel Better!
Join us at Balanced Practice for an open house and get some answers...



What IS Rolfing®!?
RSVP for this short lecture that will help you understand Structural Integration and how it can help you!

"I've Been Rolfed!"
Hear from those who've experienced the work first hand!

What is the NEW Yoga Union?
Introducing Sitka's teacher-run non-profit yoga studio!

Meet & Greet
Sitka's newest Rolfer & Massage Therapist

Big Door Prizes:
- A Free Rolfing Session!
- 10 Class Yoga Pass!
- Free Private Steam Session!
- Buy 1 get one Free of anything in our Boutique!
- Free month of Judo Practice!
- 10% off your first bulk foods order!

Wellness Boutique offers Everything 20% off for these two hours only!
All Rolfing and Massage appointments made for August 20-26 during our open house receive 20% off (Save $280 on Rolfing 10 Series).

ATTENTION ATHLETES AND ALL SUFFERING FROM CHRONIC PAIN OR TENSION:

Foam Roller Workshop!
August 12th & 26th 5:15-7pm
Learn the art of self massage

BALANCED PRACTICE

15% Off Summer Sale
August 22nd - 26th 1-6pm
manduka

Sitka Food Co-op Meeting
August 13th, 5:00pm

BalancedPractice.com for up to date schedule of events
747.8300 M-F 1-6pm "Supporting Sitka's Equilibrium"

FOR BREAKFAST, LUNCH & DINNER

Westmark SITKA

DINE in the Restaurant, in the Lounge or on the Deck

Serving Food
7 DAYS A WEEK
7AM-11PM

INTRODUCING
CHEF RANDY RICE, C.C.C.
& OUR NEW SUMMER MENU!

Check out our New Lunch Menu, featuring our Hand-Made Ground Chuck burgers, Bison burgers, & Vegetarian & Seafood sandwiches

Try our New Dinner Menu, offering "Sitka's Best Steaks" & Prime Rib *every night,* our Seafood House specialities, appetizers that satisfy & hand-crafted desserts

We Proudly Brew STARBUCKS COFFEE

Alaska Brewing Co. beers on tap!

LIVE MUSIC!
EVERY FRI. & SAT. NIGHT
IN THE KADATAAN LOUNGE

image should convert well to B&W/Greyscale. j. Artist will be required to sign a disclaimer when submitting the art they are donating the work for our use. The image will be donated to the Sitka Arts Council. All copyrights will be owned by the Sitka Arts Counsel and it can only be reproduced by the Sitka Arts Council or with explicit permission. The intent is to make sure that when the image is published, it holds true to the meaning we are conveying. Please submit your design to Sitka Loves Art, PO Box 564, Sitka, AK 99835. Deadline is Sept 15th. Questions call Jeff at 747-4821 80485

Autos & Vehicles

4-Wheeler -- For sale 650 CanAM 4WD 4-Wheeler. Like new, only 15 hours. 738-9256 94053

For Sale: Red LEER Canopy, Model 122 in great shape. Dimensions: 84" x 74" (for 7 foot bed). Comes with clamps and keys. Call 738-1187. 47317

For Sale: 2005 Honda Civic. 4-door. 11,000 miles. $11,500. Telephone 907-738-0100 50430

Children & Childcare

Applications for Reduced Price lunches -- Applications for free or reduced price meals for students attending the Sitka School District are available at All School Offices and district office. Parents are encouraged to apply early to ensure all paperwork is completed prior to the first day of school. If your household was eligible for free or reduced lunch in the past you will need to reapply each year to verify your households continued eligibility. Any questions about the school lunch program may be directed to Dawn Gluth at the district office 966-1249 or 747-8622. 51791

SITKA COUNSELING & PREVENTION PRESENTS: PARENTING CLASSES America's Most Practical and Entertaining Parent Training

Where is the Soupster? Answer on Page 14

Jet Steam
Carpet Cleaning
747-3447

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202 JARVIS ST
"Equipment Rentals"
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Forklifts, Aerial Lifts, Backhoes, Excavators, Scaffolding, Pressure Washers, Heaters, Lawn & Garden, Compactors, Flooring Equip & More
www.sitkareadymix.com

BECOMING A LOVE AND LOGIC PARENT® A six-week parent training program designed by the Love and Logic® Institute, Inc. Would you like to feel more confident as a parent? Would you like to have more fun parenting? Would you like to feel more relaxed at the end of the day? Answers to: ♥ "How do I get them out of bed in time to catch the school bus?" ♥ "How can I stop my children from bickering and fighting?" ♥ "How do I get my children to help with the chores without an argument?" ♥ "Is there a way to discipline my toddler in public without creating a scene?" ♥ "How can I get my teenage daughter to come home at the agreed-upon time?" ♥ "How do I get him to stop spitting his peas and whining at dinner?" And many other day-to-day frustrations. This course in parenting is designed to give you practical skills that can be used immediately. Dates: September 21, 28; October 5, 12, 19, 26. Time: 6: 00 – 8:00 PM Location: The Family Center, Building 141-C (Behind the playground on the Sheldon Jackson Campus Family Housing) Child Care and a dinner meal will be provided. Scholarships available. Cost: $ 50 per person; $60 per couple (please pay early to reserve your seat, space is limited) Contact: Sitka Counseling and Prevention Services Front Desk 747-3636

Commercial Space

FOR LEASE: Heated industrial warehouse space. 2,000 sq. ft. Two large doors and approximately 4,000 sq. ft. of outside parking. Located at 216 Smith St. C. For more information, call 747-4937. 12359

Food

The Sitka Food Co-op is looking for a logo. We're holding a logo contest. Contest ends at the close of Alaska Day. Please email your pdf to sitkafoodcoop@gmail.com or drop off your submission to Balanced Practice. The winner will win a one-year membership to the Sitka Food Co-op. 89497

Sitka's *Newest* Radio Station
89.3 FM
KQQS
Christian music, talk & much more

Hair Loft
Full-Service Hair Salon • Barber Shop
Vanna, Rosemary, Sandy, Tamara, Roger & Steve
Manicures & Pedicures by Norali Brooks
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747-8454

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• Boiler/Furnace Maintenance
• Authorized Toyo Stove Dealer & Service
• Sheet Metal Fabrication & Installation
Sales • Service • Repair
Residential • Commercial • Industrial
Dealer for KitchenAid Whirlpool
Phone 747-3142 / Fax 747-6897
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FREE DELIVERY 11:30am - 8:45pm ($20 min.)
Fax: 966-4601 • *Gift Certificates Available*

American & Italian Cuisine 966-4600

Home-style Cooking Breakfast
Served All Day

With Home-style Potatoes or Hash Browns & Toast

2 Farm Fresh Eggs $7.50
3 Farm Fresh Eggs $8.50
Ham or Bacon & Eggs $9.50
Link or Patty Sausage & Eggs $9.95
Hot Links & Eggs $10.95
Reindeer Sausage & Eggs $10.95
Chicken Fried Steak (6 oz.) & Eggs $10.95
Diced Ham & Scrambled Eggs $9.95
Corn Beef Hash & Eggs $9.95
New York Steak (6oz.) & Eggs $14.95

Omelets
Made with 3 Fresh Eggs, Home-style Potatoes or Hash Browns & Toast - Extra ingredients $1/each

Cheese Omelet $9.50
Ham & Cheese Omelet $10.50
Western Omelet $10.95
Ham, onions, bell pepper & cheddar cheese
Spanish Omelet $11.50
Ham, sautéed tomatoes, onions, bell pepper, jalapeño pepper with Spanish sauce
Denver Omelet $10.95
Ham, onions, bell peppers
Shrimp with Cheese Omelet $12.50
Vegetable Omelet $11.50
Sautéed onion, mushroom, bell pepper, avocado, cheddar cheese & sour cream
Bacon or Sausage & Cheese $10.50
Reindeer Sausage & Cheese $12.50

Pancakes & French Toast
Short Stack of Pancakes (2) $6.95
Stack of 3 Pancakes $7.95
Pancake Sandwich $10.50
2 pancakes, 2 sausage links, 2 bacon strips, 2 eggs
French Toast (3 pieces) $8.50
French Slam $10.50
2 slices French toast, 2 sausage links, 2 strips bacon, 2 eggs
Extra Toppings: Strawberry, Blueberry, Apple $1.50 extra

Skillets
Served with Toast, 2 Eggs & Home-style Potatoes

Ham & Cheese Skillet $10.50
Golden brown home fries topped with diced ham, cheddar cheese with 2 eggs
Farmer Skillet 11.50
Bacon, bell pepper, mushrooms, cheddar cheese with 2 eggs
Frontier Skillet 11.95
Fries, onion, mushrooms, bell peppers, ham topped with home-style country gravy, with 2 eggs

Side Orders
Hot Links or Reindeer Sausage $5.50
Ham, Bacon or Sausage $4.50
Corn Beef Hash $4.50
Hash Browns $3.95

Hamburgers
Fresh Super-lean Hamburger Patty on Baked-fresh-daily Sesame Seed Bun. Served w/French Fries or Potato Salad

Hamburger $7.95
Cheeseburger $8.50
Mushroom Cheeseburger $9.50
grilled mushrooms & Swiss cheese
Bacon Cheeseburger $9.50
Bacon and American cheese
London Burger $9.95
Canadian bacon, American & Swiss cheeses
California Burger $9.95
Roast beef, bacon, American cheese & avocado
Sicilian Burger $9.95
Pepperoni, Canadian bacon, mozzarella cheese, grilled onion & mushroom
Royal Burger $9.95
Bacon, fried egg, American cheese, fresh mushroom with Thousand Island dressing
House Burger $10.95
Ham, bacon, American cheese, grilled onion, mushroom & jalapeno pepper with mustard and sweet relish

Baskets
Served with French Fries or Potato Salad

Fish & Chips *3 pieces deep fried breaded fish* $12.95
Chicken Strips $11.50
4 pieces boneless chicken breast tenderloin
Chicken Nuggets *12 pieces* $10.95
Shrimp Basket *7 pieces deep fried breaded shrimp* . $12.95
Fried Chicken *4 pieces* $11.95

Sandw
with French Frie

Tuna Melt .....
Tuna salad topped with fresh to
grilled to perfection on sourdou
The Veggie Sandwich ....
Avocado, mushrooms, tomatoes
Bacon and Avocado Sand
Bacon, avocado, tomatoes & che
Bacon, Lettuce & Tomato
Club Sandwich .....
Turkey, bacon, lettuce and toma
Tuna Salad .....
Grilled Cheese .....
with Ham .....
Alaska Halibut Sandwich
Swiss cheese, bacon, lettuce & to

Hot
Served with French fries or Po

French Drip .....
Served on grilled French bread, s
Philadelphia Steak .....
Sliced beef, grilled onion and mo
Combo Philadelphia Stea
Sliced beef, grilled onions, green
mozzarella cheese on French bre
Sausage Parmesan Chees
Italian Sausage sautéed w/ pepp
of meat sauce, covered w/mozza
Meatball Parmesan Chee
Our homemade meatballs, slice
perfection

Cold
Served with French fries or Po
filled with meats, cheese, Ita
lettuce &

Roast Beef Sub .....
Turkey Sub .....
Ham Sub .....
Combo Sub Roast Beef, H

Soups &
House Salad .....
Romaine lettuce, mozzarella che
Caesar Salad .....
Homemade Caesar dressing & h
anchovies $2)
Caesar Salad with Grilled
Antipasto Salad .....
Romaine lettuce, garbanzo & kid
tomato, olives, green olives, red c
ham, mozzarella cheese.
Chef's Salad .....
Ham, turkey, Roast Beef, tomato
Shrimp Salad .....
Our Chef Salad topped with gen
Chef's Soup of the Day cu

wiches

s or Potato Salad

..... $9.95
matoes and melted cheese,
gh bread

..... $9.50
, Swiss and lettuce on wheat

lwich $9.95
eese on a grilled bun

.....$9.95

.....$9.95
to

.....$9.95

.....$7.95

.....$9.95

..... $10.95
mato

Subs

tato Salad on 8" French Bread

..... $10.95
tuffed with Roast Beef

.....$11.95
zzarella cheese on French bread

k $12.50
peppers, mushrooms and
ead

se $11.95
ers, onions & a light touch
arella & Parmesan cheese

se $11.95
d & served on roll, then baked to

Subs

tato Salad on 8" French Bread
lian Dressing & mayonnaise,
& tomato

.....$9.95

..... $9.95

.....$9.95

am & Turkey $10.95

& Salads

.....$6.50
eese & house dressing

.....$7.95
omemade croutons (add

Chicken $9.95

.....$10.95
dney beans, pepperoncini roma
onion, Genoa salami, mortadella

.....$10.50
es, mushrooms & cheese

.....$10.95
erous portions of shrimp
up $3.50 Bowl $5.50

Steak & Seafood

Available after 5p.m.
All entrees served with soup or salad and baked potato & steamed vegetables

Rib Eye (12oz.) $24.95
Chicken Fried Steak $18.95
Salmon Steak $22.95
New York Steak (12oz.) $23.95
Halibut Steak $23.95
Beer Batter Halibut $22.95
Prime Rib King (16oz.) $24.95
Queen (12oz.) $22.95

Appetizers

Mozzarella Cheese Sticks $8.50
Calamari Fritti $9.50
Bruschetta $8.95
Mozzarella, garlic, roma tomato, fresh basil served on crusted garlic bread
Sautéed Mushrooms or Jalapeno Poppers ...$7.95
Spicy Buffalo Wings $9.50

Side Orders

French Fries $4.95
Cheese Bread $4.50
Garlic Bread.....$2.95
Onion Rings $4.95
Potato Salad.....$4.95
Pepperoni Cheese Bread $4.95

Beverages

Coffee or Tea.....$1.50
Milk $1.95
Iced Tea.....$2.25
Soda $2.25
Hot Chocolate w/ whipped cream $1.95
Milkshakes *vanilla, chocolate, strawberry* $4.95
Juice $2.25
Apple, orange, grape, grapefruit, V-8, tomato or cranberry

Desserts

Pies.....$4.50
Cheesecake $4.95
A La Mode $5.50
Cakes $4.95
Dish of Ice Cream $3.95

Oven Baked Pasta

Served with your choice of Meat sauce or Meatless Marinara sauce. Alfredo sauce $.50 extra.
All of Our Pastas are Served with Garlic bread & Dinner salad

Oven Baked Spaghetti
with 2 cheeses $10.95
with Pepperoni, Meatballs or Sausage $11.95

Spaghetti
with meat sauce or meatless Marinara sauce $10.95
w/choice of meatballs, mushrooms or Italian Sausage . $11.95

Fettuccine
A thin flat noodle topped with Alfredo sauce $12.95

Chicken Fettuccine $14.95
A generous serving of deboned, skinless chicken, served with our delicious Alfredo sauce.

Shrimp Fettuccine $15.95
A generous serving of delicate Chilean shrimp, served with our delicious Alfredo sauce.

Lasagna
with lasagna noodles with choice of sauce with Provolone & Monterey Jack cheese $14.95
w/choice of meatballs, mushrooms or Italian sausage . $16.95
with skinned, deboned chicken $16.95

Lasagna Primavera (Meatless) $14.95
with lasagna noodles layered with fresh vegetables in season, garnished with Mozzarella and Monterey Jack cheese.

Side Order of Meat Ball or Sausage $3.95

House Specialty Pizza

	Small	Medium	Large
Boston Special	$15.75	$19.50	$23.00

Pepperoni, sausage, salami, mushrooms, olives and onion.

Italian Special	$15.75	$19.50	$23.00

Salami, Italian sausage, fresh sliced mushrooms, onion, tomato & fresh ground garlic

Boston Vegetarian	$14.50	$17.50	$21.30

Black olives, green peppers, onion, mushrooms, fresh tomatoes & artichoke hearts

Boston Chicken Special	$14.95	$19.95	$22.95

Chicken, onion, mushrooms & fresh garlic prepared with Alfredo white cream cheese sauce.

Boston Seafood Supreme	$14.50	$19.95	$23.00

This is a new taste in pizza with precise blending of our two famous sauces, white & red zesty, combined w/ fresh homemade dough, crabmeat blend, Chilean shrimp and finely chopped onion. Topped with Monterey Jack & Mild Cheddar cheeses.

Boston Meat Lover's Pizza	$15.75	$19.50	$23.00

Pepperoni, Italian sausage, salami, bacon, Canadian bacon and hamburger

Build Your Own Pizza

	Small	Medium	Large
Cheese	$11.99	$14.99	$16.99
1 Topping	$13.99	$16.99	$18.99
2 Toppings	$15.99	$18.99	$20.99
3 Toppings	$17.99	$20.99	$22.99

Choice of Toppings $2.00

Pepperoni, Hamburger, Bacon, Canadian Bacon, Italian Sausage, Black Olives, Mushrooms, Green Peppers, Garlic, Tomatoes, Pineapple, Jalapeño Peppers, Anchovy

Try our other restaurants:
Kenny's Wok & Teriyaki
Chinese & Japanese Food
210 Katlian • 747-5676
Mon - Fri 11:30am-9pm • Sat & Sun Noon-9pm
Free Delivery ($15 min.)

Little Tokyo ~ Sitka's Best Sushi
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Mon.-Fri. 11am-9pm • Sat. & Sun. noon-9pm
Free Delivery ($15 min.)

For complete menus, visit Sitka Eats at www.sitkasoup.com

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The Sitka Food Co-op is working to provide healthy foods at the most affordable prices possible to Sitkans. We offer bulk ordering through Unified. Our longer-term goal is to open a downtown storefront selling healthy foods and goods with an emphasis on local products. We are in our start-up phase and could use as much help as possible. We meet every second Saturday of the month at 5 PM at Balanced Practice. Email sitkafoodcoop@gmail.com for more information. 86825

Want to get some hands on experience gardening in Southeast Alaska? Why not volunteer an hour or 2 at St Peters Fellowship Farm on non Farmers Market Saturdays (8/20 & 9/3) from 2-4pm? It's a great way to learn how to garden in Southeast and contribute to growing local food. Call Laura Schmidt at 623-7003 for more information. 99600

Household Items and Services

Efel stove $500. Warm, wonderful heat, requires no electricity to run. Call 738-1492 or 747-4673 67583

Commercial grade chest freezer -- Freezer runs at -40 degrees and keeps fish and ice cream well. Good for mail order products. Call 738-1492 or 747-4673 98149

Firewood -- Would like to buy 1-5 cords of seasoned firewood. 907-623-0886 25305

Nice Quality Baby Crib -- Baby crib - very nice quality wood & solid construction. 738-3295 60296

Bricks wanted -- Used fire

New DVD Releases

Released Week of August 9

Mars Needs Moms....PG	Paul.....R
Jumping the Broom.....PG-13	Your Highness.....R
The Last Godfather.....PG-13	Super.....R
	Camp Hell.....R

To Be Released Week of August 16

Hoodwinked Two: Hood Versus Evil.....PG	Jane Eyre.....PG-13
Something Borrowed.....PG-13	The Grace Card..PG-13
Priest.....PG-13	The Ward.....R
The Conspirator...PG-13	Meet Monica Velour.....R
	Gangbang Club.....R

brick wanted. Call 747-6033 69191

Christmas Decorations for Sale -- For Sale: Homemade wooden Santas' Toy Shop with several characters. Outdoor use. Also, 6 llighted metal framed reindeer. Outdoor use. Call 747-7955 or stop by 2407 Halibut Point Road. Also:metal framed Santa sleigh and reindeer. Outdoor use. Wooden Santa Sleigh and 3 wooden reindeer. Outdoor use. Call 747-7955 or stop by Halibut Point Road. 38710

Have a older washer that was working fine until it started leaking last week. Minor leak. I opened it up and found bad hose clamp on one of the hoses. Super easy fix for someone in need of a free washer. My wife already had purchased new one by the time I was able to look at it. Needs to go. Call 907-738-4306 or email if interested.

For Sale: Two plastic garbage cans, 20 and 33 gallon. $4 and $8. Manual push mower. A little rusty, could use sharpening. $10. 747-5341 87520

Wanted: Upright Freezer 738-3295 98623

Housing

Housing Rental Needed -- Two adult professionals moving to Sitka in September. We are looking for a condo, a house, a guest house or house apartment. We just need one bedroom, but will take a larger home. We are non-smokers and are looking to rent either month-to-month or will sign a long term lease. We have two

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$289,000 1602 Haley Avenue

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$235,000 3516 HPR 3bd/1.75ba

$320,000 2310 Halibut Pt Rd

$189,000 120-B Harvest Wy 2bd/1ba

$239,000 1806-C Alder Wy 3bd/1.5ba

$329,000 800 HPR, Unit I 2bd/1.75ba

$205,000 250 Kaagwaantaan 2bd/1.5ba

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$989,000 Rockwell Lighthouse

$649,000 Finn Island Lot 6

$225,000 Middle Island Lot 6

$85,000 each Kasiana Island Lots 3 & 4

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mature, well-behaved golden retrievers. We will post a large pet deposit and will also have carpets cleaned upon move out. We will be in Sitka on August 8th & 9th if you'd like to meet us for an interview. Please email: jonesy.susan@gmail.com. Thank you, Susan Jones 49285

Housing Wanted -- Mature couple moving to Sitka. We are looking for a pet friendly apartment (one small dog-very friendly). Willing to pay additional deposit for dog, we can also consider having carpets/house professionally cleaned prior to move out to remove any pet odors etc. Contact Jamie at 907-209-2041 if you might have anything. or you can email at jamie.l.parker@hotmail.com 72976

Marine

For Sale 30' Armstrong Catamaran -- 2008 30' Armstrong Marine Catamaran w/twin 300 Suzuki Outboards. Excellent condition, less than 900 hours on outboards. Too many extras to list. Please call 752-0786 23976

Wanted: Rubber raft Wanted: Rubber raft. 738-3295 83554

1992 Aquasport,23' Walkaround w/bracket,twin 150 Mercury Optimax Saltwater motors w/ SS props. RayMarine Plotter,GPS/FF/Autopilot & Furuno Radar. Has new antennas, wiper motors & new custom canvas. Comes with tandem trailer w/brakes & 2 new tires. Call Gene 747-8030 or email rodguy@ptialaska.net 23175

Office Space Wanted

Looking for small professional office space for a one person planning office. Window a plus, downtown preferred, but will consider others. Contact: Monique at 230-6003 24098

Sitka National Historical Park

Calling all local photographers! Sitka National Historical Park will be holding a photo contest to celebrate the role of the Indian River ecosystem in Sitka's storied past. As Park Biologist Craig Smith explains, "Indian River is the heart of Sitka National Historical Park. The annual pulse of salmon in the river draws people and wildlife to the area, as it has for generations. Historical events happened where the people were. Without the Indian River, important things wouldn't have happened here, and ultimately Sitka National Historical Park wouldn't be here either." Participating entries will be featured in a juried exhibit, "Reflections of Renewal on Indian River" which will be on display from Aug. 26 through Sept. 30 in the lobby of the Visitor Center. All ages and levels of experience are encouraged to participate. There will be four main categories based upon age and level of experience: Youth

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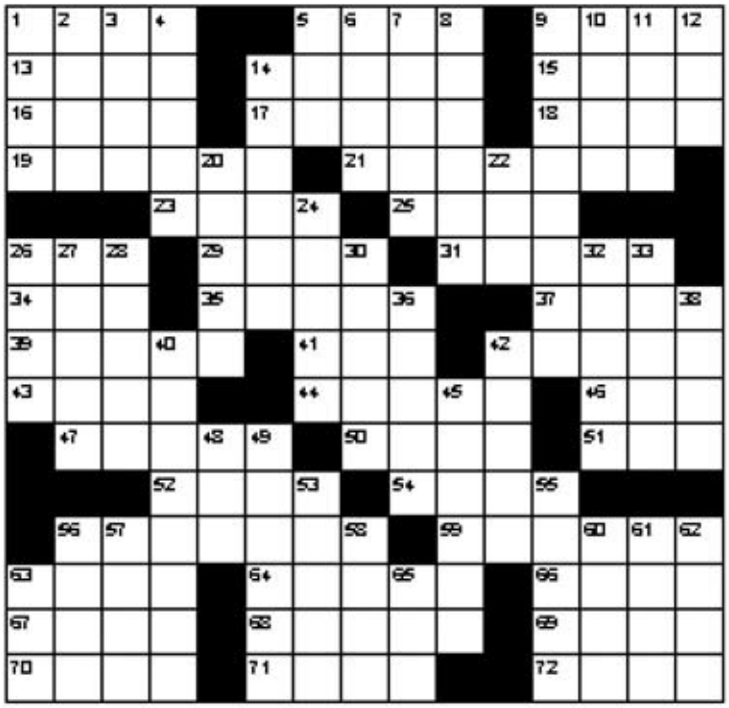
BEARS



ACROSS

1 Unconsciousness
5 Swallow quickly
9 Chicken
13 Voiced
14 Souvenir
15 Off-Broadway award
16 Low-tech bear repellant
17 Household cleaner brand
18 Part to play
19 Ravel piece
21 Licorice flavor
23 Space administration
25 Bear sign
26 Head "bear" at Fortress
29 What a fed bear is
31 Foe
34 Pixy
35 Tapestry
37 Stare
39 Endangered bears?
41 Greenwich Time
42 Feather
43 Male deer
44 Minds
46 Mountain, Mart or ___alaska
47 Looking at
50 Vigorous
51 Finale
52 Lemony
54 Shoe's partner
56 Babyies need
59 Where, poetically
63 Rampage
64 Dewaters skiff
66 Time period
67 Preposition
68 ____ Lauder
69 Writer Bombeck
70 English for Tlingit "Xoots"
71 Slough
72 Did

DOWN

1 Meaty salad
2 Dunking cookies
3 Plaza
4 _____ Marine
5 Gal's pal
6 Latin bear
7 Maned animals
8 Can find bears on this blotter
9 Augur
10 Double-reed instrument
11 Keep Alaska's Bears ___
12 Downwind
14 Nearer
20 Boat location device
22 __ Francisco
24 Express disgust
26 Mouth parts
27 Display emotions
28 Spread out
30 Female knights
32 River
33 Sana'a is capital
36 Stairs
38 Look at a book
40 Washing machine part
42 Outguess
45 Catnap
48 Snooze
49 Loon-like seabirds
53 Bear attractant
55 Made lock openers
56 Have dinner
57 Small particle
58 Location
60 Roman emperor
61 Arrived
62 Epochs
63 A dub?
65 Newish light

Local clues are **BOLD** • **Caution:** Clues May Contain Jokes *Solution on page 14*

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(ages 12 & under), Teen (ages 13- 17), Adult (ages 18 &up), and Professional (anyone who makes any income from their photography). Winners will be chosen in each category by a panel of judges and will be recognized for their achievement during a reception which will be held on Public Lands Day, Sat., Sept. 24. Entries are to be delivered to the Visitor Center front desk and will be accepted no later than 5pm on Sat. Aug. 20. Entry forms will be available at the front desk. Only printed photographs sized 5x7 or 8x10 will be accepted. Entries will be mounted by park staff and will remain on display throughout the duration of the exhibit. Depending upon the number of entries and spatial restrictions, not all entries may be displayed. Entries will be available for pick up from Oct. 1 through Oct. 7 between 8am -5pm. at the Visitor Center.

THE DEADLINE FOR CLASSIFIED ADS FOR THE Aug. 25 Soup is Noon, Thursday, Aug. 18

The Soupster is on Page 11

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SITKA SOUP KID'S PAGE

Presents

Potatoes

ORIGINAL MR. POTATO HEAD

STRANGE POTATO

ONE BIG CHIP!

POTATO CHIP FACTORY

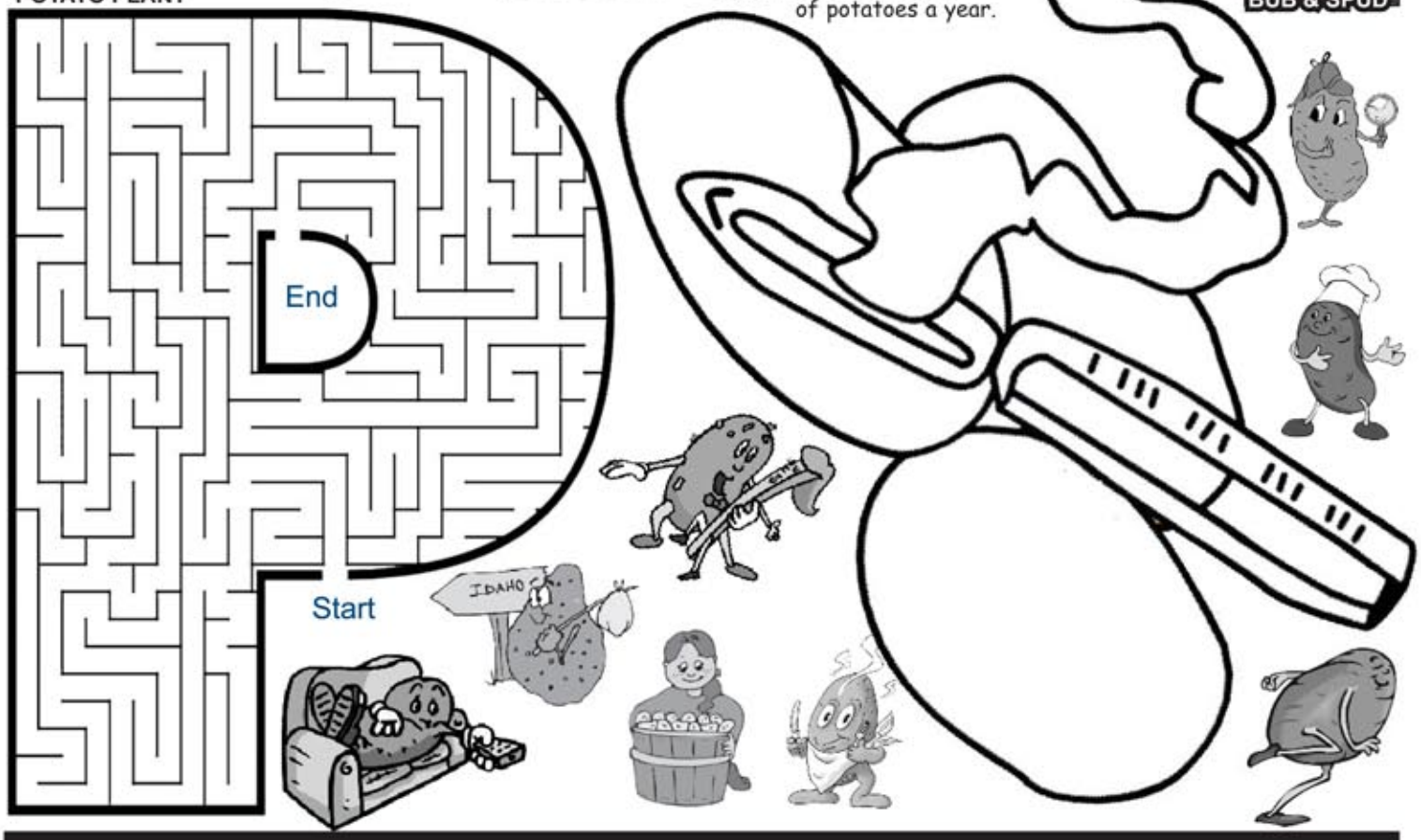
POTATO PLANT

POTATO FIELD

The Potato is a vegetable & was the **first vegetable grown in outer space** · Potatoes were first eaten more than 6,000 years ago by people in the Andes mountains of Peru · Potatoes are the **world's fourth food staple** - after wheat, corn and rice · Potatoes are grown in more than 125 countries · China is the world's largest potato producer · During the **Alaskan Klondike gold rush** of the 1890's, potatoes were so valued for their vitamin C content that miners **traded them for gold** · The average American eats 126 lbs. of potatoes a year.

ONE BIG FRY!

BUB & SPUD



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