Oct. 20-Nov. 2, 2016

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Our Town Oct. 20, 2016

The Soupster sees a woman whose reunion with her daughter compels her to cut cheese.

Linda Castille tapped her foot nervously and hugged her arms around herself as she waited for her daughter Daisy to come down the ramp at Our Town's airport. The 33-year-old mother and the five-year-old had been apart for most of the past year while Mom finished a course in medical imaging. Daisy had lived with Linda's *own* mom, who made the worst grilled cheese sandwiches in the world (more on this later).

There she was! Daisy broke free of the flight attendant, ran across the lobby and jumped up into her mother's arms. Linda hugged Daisy and started crying.

Daisy sniveled a little, too, but said, "Don't be sad, Mommy."

"Oh, no, I'm so happy," Linda said. "I'm so happy we're together!"

Walking briskly by with his carry-on, the Soupster smiled at the hugs and kisses of the warm reunion. Hand-in-hand. Daisy and Linda went home.

***

"Romeo!" Daisy squealed with delight as she leaped through the front door ahead of her mom and lifted up their overweight orange tabby. The cat looked unruffled and started purring.

"Romeo is purring," Daisy happily told Linda.

"He's pleased that you're back," said Linda.

"I want to see all of them!" squealed Daisy, referring to her large collection of stuffed animals. She set down Romeo, who scampered off. Daisy scampered, too, into her room and plush menagerie.

Linda took the opportunity to let her mother know that Daisy had arrived safely in Our Town. "Thanks, Mom!" she said into the phone.

"Me and your father are very proud of you for sticking it out in school and we were only too happy to have your lovely girl stay with us," said Linda's mom. "With your new job and better salary, things should be looking up!"

Linda's mom told her that Daisy was fun to have, except on the subject of eating. "I thought she was supposed to love grilled cheese sandwiches?"

Linda winced, remembering all the unappetizing food served throughout her childhood. Linda loved her mother – an excellent seamstress, nurse, an accomplished painter and an athlete – but a terrible cook.

As Linda reminisced her taste buds ached. And then she went and got the cheese (which she cut), the butter and the bread. She heated up a frying pan and prepared two sandwiches.

Daisy came in and sat at the kitchen table. Linda put a grilled cheese sandwich in front of her. Daisy made a horrified face, "I hate grilled cheese!"

"No, honey," said Linda, "you love grilled cheese. Try some."

Daisy looked skeptical, but took a tiny bite. Her face brightened like the sun. "You're right, Mommy," she said. "I hate grilled cheese. But I love *your* grilled cheese!"

Where's The Soup?

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

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AC Lakeside	Harbormaster's Office	Westmark Sitka	Cascade Convenience
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Kenny's Wok & Teriyaki	Super 8 • McDonald's	Stereo North • Agave	First Nat'l of Anchorage
Pioneer Home • SEARHC	Baranof Realty • ACS	City Utilities Office	SeaPower Marine

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Arts & Music

Sitka Fine Arts Camp presents a **staged reading of HARRY POTTER AND THE CURSED CHILD PARTS I & II.** Part I will take place Oct 28 and Part II will take place Nov 17; both will be in Odess Theater at 7m. No charge for the event but the suggested donation is $5. There will be Harry Potter themed concessions. All proceeds will go to the Young Performers Theater. Ad#16057f

It's no trick! Pull out your red jacket, dancing shoes, and one glove. Public Library's Club 33 1/3 vinyl revival group offers you a Halloween evening treat on Mon, Oct 31 at 6pm as it **showcases Michael Jackson's monster 1982 release Thriller.** As an added bonus, we will also screen the 14 minute short film "creature feature," directed by John Landis, that includes the video for the title track. Everyone is invited to attend, but parental guidance is suggested for the film. For further information, please contact Robb at 747-8708 or robb.farmer@cityofsitka.org. Ad#54557f

On Sat, Oct 22 at 7pm, join Sitka Public Library as it hosts a screening of Young Frankenstein. Not only is this Mel Brooks/Gene Wilder parody so funny it's scary, it is a beautiful tribute to the classic Universal monster films that inspired it. Light snacks will be served. For further information, please contact Robb at 747-8708 or robb.farmer@cityofsitka.org Ad#39657f

Children

The 3 to 5 Preschool's 4th annual Pumpkin Patch Fundraiser is Sat Oct 22 from 10-1pm at the Rasmuson Building on the Fine Arts Campus. Purchase your pumpkins in friendly Mr. Scarecrow's PUMPKIN PATCH. A percentage of the sales will be donated to the preschool by AC Lakeside.

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There will be lots of harvest theme games for young children, pumpkin roll race, face painting, a bouncy house, a hay ride and sing along, and photo booth. Enjoy empanadas, fry bread, walk-away tacos at the food booth and stop by the yummy bake sale table, too. $5 per person, $20 for family of four or more. Ad#38857f

Pumpkin is up to something at Sitka Public Library. But what??? There's a fun scavenger hunt for children at the library. It's called **"What Will Pumpkin Be for Halloween?" In the library's children's room,** kids look for the 12 Halloween costumes that pumpkin is trying on. The lucky winner gets a prize. Starting on October 15 through Halloween, at Sitka Public Library. For 12 & younger. For information, call the library at 747 8708 Ad#65357e

Sitka Babies and Books will host the annual TRICK OR READ free open house program at Sitka Public Library on Sat, Oct 29 at 10:30am. The featured book will be Little Blue Truck's Halloween. Children are invited to wear their Halloween costumes. This is a program for babies, toddlers and preschoolers. Please notice that registration is required to receive a copy of a free board book. Everybody welcome. For more information call 747-8708 Ad#41457e

Youth of all abilities, grades 2nd-8th, are invited to join SAIL's ORCA Youth Adventure Club! Our focus is on socialization, team building, & having fun outdoors & the community. **This month we will get together on Thurs, 10/27 from 3:30-5pm for a Halloween party!**

Ed. Note: Classified Ads & PSAs often are edited in the printed Soup, but the full ad or PSA is listed online. See Ad#s at the end of nearly all the ads.

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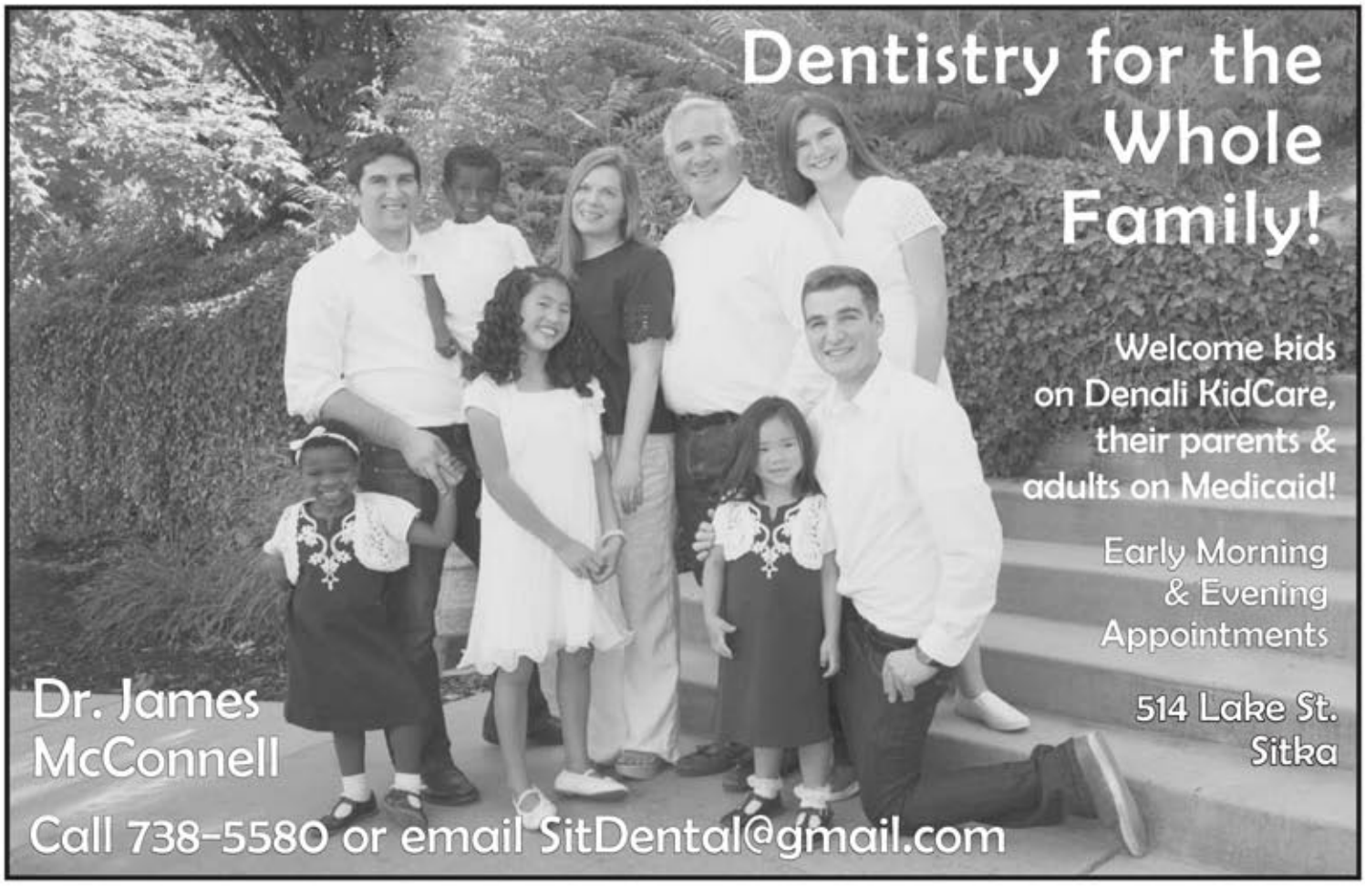

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Young Performer's Theater Presents: The Trials of Robin Hood Part of the Fine Arts Camp Youth Performance Theater. Children 7-18 are performing. A comedic retelling of the story of Robin Hood. It is told from three very different perspectives and you have to decide whether you believe he is a hero, a hopeless romantic, or an idiotic criminal. The show will be Fri Oct 21, 7pm; Sat Oct 22, 2pm & 7pm; Sun Oct 23, 2pm at Odess Theater. Ad#55757f

Cooking

Are you interested in learning how to preserve beans and bean dishes? Join Callie Simmons as she teaches Sitka residents how to can and pickle beans so they can use them throughout the year. Callie will teach the Preserving the Harvest series class "All Beans Considered" from 6-8: 30 p.m. on Tues, Nov. 1, at the Sitka Kitch community rental commercial kitchen (located at the First Presbyterian Church, 505 Sawmill Creek Rd). This class costs $27.50 per student, plus a food/supply fee that will be split among all students in the class. Space is limited, so register early to guarantee your spot in the class. The registration deadline is the night of Sat Oct. 29. For more information, email sitkakitch@sitkawild.org. Ad# 728580

Health & Wellness

The SouthEast Alaska Regional Health Consortium (SEARHC) would like to remind everyone that **now is the time to get vaccinated against the influenza virus.** The influenza virus, commonly referred to as "the flu" is much

more severe than an average cold. Each year, an average of more than 200,000, people in the U.S. are hospitalized from the flu, and nearly 3,600 people die as a result. SEARHC and the Centers for Disease Control and Prevention (CDC) recommend that individuals six months of age and older receive a flu vaccine. It is especially important if you are at higher risk for developing complications from the flu due to pre-existing medical conditions. Others at greater risk for complications from influenza virus are pregnant women, children younger under five, people 65 and over as well as Alaska Natives and Native Americans. Getting vaccinated can reduce doctors' visits, missed work and school, as well as prevent flu-related hospitalizations and community-level outbreaks. If you have flu symptoms, it is important to avoid public spaces like work or school and see your healthcare provider quickly.

SEARHC has a supply of the vaccine at each of our clinics. Please contact your local clinic to make an appointment to be vaccinated. To learn more about the flu, visit www.cdc.gov/flu or call 800-CDC-INFO Ad#70957f

Open enrollment for the Health Insurance Marketplace begins Nov 1 and ends Jan 31. This year, Moda Health will not be available in Alaska so those insured by that company will need to move to a Premera Blue Cross plan. Additionally, grandfathered plans in Alaska will be ending this year. Grandfathered plans had been exempt from many changes required under the Affordable Care Act for a limited amount of time. Alaskans with one of these plans must switch to other health coverage during this open enrollment period to remain covered in 2017. People losing their insurance and those currently without health insurance will

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SHEILA FINKENBINDER for STATE HOUSE
LEADERSHIP ~ EXPERIENCE ~ INTEGRITY

We must and can Grow Southeast Alaska's Economy!

I have the experience and leadership skills; through my work with the Alaska legislature, as Executive Director of the Sitka Chamber of Commerce, Founding Director of Sitka Works, and as a small business owner.

I 'get' what you're dealing with; as a homeowner, USMC veteran's wife and mother of two grown children.

I will listen to your concerns and speak with a strong voice, as a member of the House Majority and chair of at least one committee. I can get things done in Juneau!

I look forward to working as a team in the legislature with Senator Bert Stedman.

Vote for Sheila for State House on November 8

It's time to make a change with someone who can make a difference!

(907) 738-3098 ~ www.Sheila4StateHouse.com ~ Sheila4StateHouse@gmail.com

Paid for by Sheila Finkenbinder for State House 415 DeArmond St. Sitka, AK, 99835

Appetizers

1. Spring Rolls (2) $2.50
2. Fresh Rolls (1) w/Peanut Sauce..... $2.95
3. Crab Wonton (6) w/Plum sauce. $8.95
4. Fried Chicken Wings (8) $7.95
5. Egg Roll (1) $2.25
6. Tofu Tod Fried w/House Sauce $7.95
7. Coconut Prawns (5) $9.95
8. BBQ Slices $8.95
9. Pot sticker (10) $7.95
10. Combo Platter $12.95
Spring roll, crab wonton, chicken wing, coconut prawns, BBQ pork, fried pot sticker, fried tofu.

Korean BBQ

Served with steamed rice and salad

1. Kal Bi $14.95
Broiled beef short ribs in special sauce.
2. Bul Go Ki $13.95
Sliced beef marinated & broiled in our own sauce.
3. Chicken Bul Go Ki $11.95
Sliced chicken marinated & broiled in our own sauce.

Soups

1. Chicken & Corn Soup $6.95
Chicken, sweet corn, egg.
2. Wonton Soup $6.95
Stuffed wontons in a light broth, w/spring onions.
3. Tofu Soup $8.95
Tofu & ground pork in a light broth, w/spring onions.
4. Tom Yum Goong $9.95
The most popular soup in Thailand (a bit hot, so watch out). This is a light, but spicy, hot & sour soup w/prawns, lemon grass, kaffir lime leaves, straw mushrooms, chili & lime juice.
5. Tom Yum Gai $8.95
Thai hot & sour soup, w/chicken, lemon grass, kaffir lime leaves, straw mushrooms, chili & lime juice.
6. Tom Yum Talay $10.95
Thai hot & sour soup, w/seafood, lemon grass, kaffir lime leaves, straw mushrooms, chili & lime juice.
7. Tom Kah Gai $8.95
A rich-flavored Thai hot & sour soup, w/coconut milk, chicken, mushrooms, galanga root, lemon grass & lime juice.

Salads

1. Prawn Salad $8.95
Grilled prawns w/cucumber, lettuce, tomatoes & onions, tossed w/light & zesty chili-lime dressing.
2. Yum Nua (beef salad) $8.95
Grilled beef w/cucumber, lettuce, tomatoes & onions, tossed w/zesty chili-lime juice dressing.
3. Chicken Salad $8.95
Grilled chicken or pork w/cucumber, lettuce, tomatoes & onions, w/zesty chili-lime dressing.
4. Thai Salad $7.95
Fresh cucumber, onions, lettuce, tomatoes & boiled egg, topped with our Famous Peanut Dressing.
5. Chef's Salad $9.95
Shredded chicken, prawns, fresh mixed vegetables, ground cashew nuts, w/homemade green dressing.

Thai Curries

Served with steamed rice. Curries come with choice of chicken, beef, pork, prawns or tofu.

1. Red Curry $10.95
2. Yellow Curry $10.95
3. Green Curry $10.95
4. Mas-sa-man Curry $10.95
Stewed w/ coconut milk, onion, potatoes & peanuts.
Add $2 for prawns

Noodles

1. Pad Thai $10.95
Oh my gosh, these are the most popular Thai noodles! Stir fried thin noodles w/egg, ground peanuts, tofu, bean sprouts & your choice of chicken, beef, pork or tofu. ***Add $2 for prawns***
2. Pad Sei-iew $10.95
Wide rice noodles stir fried w/broccoli, egg, soy sauce & your choice of beef, pork or tofu.
Add $2 for prawns
3. Lo Mein
(Soft steamed noodles mixed w/ meat & vegetables)

Vegetable Lo Mein $9.95
Chicken Lo Mein $10.95
Roast Pork Lo Mein..... $11.50
Beef Lo Mein $11.95
Shrimp Lo Mein $12.95
House Special Lo Mein $14.95
(Chicken, roast pork & shrimp)

Rice Dishes

Veggies & choice of chicken, beef, pork, prawns or tofu.

1. Fried Rice $8.95
2. Yellow Curry Fried Rice w/pineapple ... $9.95
3. Pineapple Fried Rice $9.95
4. Chili Fried Rice $9.95
With red & green chili, basil ***Add $2 for prawns***

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Pho Vietnamese Noodle Soup

1. Beef Brisket Pho Chin Nac $9.50
2. Meat Balls Pho Bo Vien $9.50
3. Shrimp $10.50
4. Beef Tendon Pho Gan $10.50
5. Vegetable & Tofu Pho Tau Hu $9.50
6. Vegetables Only Pho Khong Thit $8.95
7. Chicken Pho Ga $9.50
8. Seafood (Shrimp, Scallop, Squid) ... $12.95
Pho Do Bien

Seafood Dishes

1. Garlic Prawn $13.95
Stir fried prawns w/garlic & vegetables.
2. Fried Prawn $13.95
Deep fried prawns served w/plum sauce.
3. Sweet & Sour Prawn $13.95
Deep fried pork topped w/pineapple, tomato, onion and sweet & sour sauce.
4. Spicy Prawn $14.95
Stir fried prawn w/vegetables & chili paste.

Lunch Specials
(11am-3pm only)
Served with Steamed Rice

1. Pad Thai $8.95
The most popular Thai noodles! Pan fried thin rice noodles w/egg. ground peanuts, bean curd, bean sprouts & your choice of chicken, pork, beef or tofu.
Add $2 for prawns.
2. Pad Sei-lew $8.95
Dried, fried wide rice noodles w/broccoli, egg, soy sauce & your choice of chicken, pork, beef or tofu.
Add $2 for prawns.
3. Red Curry $8.95
Your choice of chicken, pork, beef or tofu cooked in red curry w/coconut milk, bamboo shoots, basil leaves & bell pepper. ***Add $2 for prawns.***
4. Yellow Curry $8.95
Your choice of chicken, pork, beef or tofu cooked in yellow curry w/coconut milk, onion, potatoes & peanuts. ***Add $2 for prawns.***
5. Garlic Chicken $9.50
Stir fried chicken, pork or beef marinated w/garlic & white pepper sauce. ***Add $2 for prawns or squid.***
6. Cashew Nut Chicken $9.50
Sautéed chicken with cashew nuts, red & green pepper, onion, carrots, celery & chili paste.
7. Sweet & Sour $8.95
Stir fried cucumber, onion, tomatoes & pineapple w/choice of chicken, pork, beef or tofu in sweet & sour sauce.
8. Mixed Veggie Deluxe $8.95
Stir fried mixed vegetables with your choice of chicken, pork, beef or tofu in oyster sauce.
9. Ginger Beef $9.95
Stir fried beef, fresh ginger & onion in brown sauce.
10. Kal Bi $10.50
Broiled beef short ribs in special sauce.
11. Bul Go Ki $9.95
Sliced beef marinated & broiled in our own sauce.
12. Chicken Bul Go Ki $8.95
Sliced chicken marinated & broiled in our own sauce.

Lunch Combinations
All Lunch Combinations Served with Steamed Rice & Soup of the Day

#1 Pad Thai Chicken w/ Cashew Nut $10.95	#2 Pad Thai & Red Curry Chicken $10.95
#3 Pad Thai & Garlic Chicken $10.95	#4 Pad Thai Sweet & Sour Chicken OR Sweet & Sour Pork $10.95
#5 Pad Thai & Ginger Beef $11.50	#6 Pad Thai & Vegetables $10.95

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Noon - 9pm

5. Spicy Squid $14.95
Stir fried squid w/vegetables & chili paste.

6. Spicy Scallop $15.95
Stir fried scallop w/vegetables & chili paste.

7. Kung Pao Shrimp $13.95
Diced shrimp w/diced vegetables in spicy sauce.

8. Szechuan Shrimp $14.95
Shrimp, gr. pepper & radish sauteed in spicy sauce.

9. Cashew Shrimp $13.95

10. Diced Veggie Shrimp $16.95
Shrimp, diced veggies, cashew nuts w/brown sauce.

11. Happy Family $15.95
Chicken breast, pork tenderloin, scallops, shrimp & top pick vegetables in house special brown sauce.

Beef Dishes

1. Beef with Oyster Sauce $12.95
Stir fried beef w/broccoli & oyster sauce.

2. Beef with Orange Sauce $13.50
Stir fried w/vegetables & orange sauce.

3. Sweet & Sour Beef $12.95
Fried beef w/pineapple, onion, sweet & sour sauce.

4. Kung Pao Beef $13.50
Diced veggies, beef, spicy sauce, w/toasted peanuts.

5. Cashew Nut Beef $12.95
Diced vegetables, beef, brown sauce, topped w/ toasted cashew nuts.

6. Beef with Basil $13.50
Stir fried beef w/vegetables, basil & chili.

7. Ginger Beef $13.50
Sliced beef, sliced ginger, onion & green peppers sautéed in spicy sauce.

8. Mongolian Beef $13.50
Sliced beef w/onion sautéed in spicy sauce.

9. Szechuan Beef $13.50
Shredded beef, green peppers & radish w/spicy sauce.

10. Pepper Steak $12.95
Sliced beef sautéed w/green peppers.

11. Tomato Beef $13.50
Beef & fresh tomato w/our special tomato sauce.

Vegetables & Tofu

Served with steamed rice.

1. Mixed Veggie Deluxe $9.50
Fresh mixed veggies sautéed in zesty oyster sauce.

2. Broccoli with Oyster Sauce $9.50
Stir fried broccoli, carrots, onions & oyster sauce.

3. Cashew Nut with Tofu $10.95
Stir fried tofu w/vegetables & cashew nuts.

4. Vegetable Curry $9.50
Mixed vegetables w/curry & coconut milk.

5. Ginger Tofu $9.95
Stir fried tofu w/ginger and vegetables.

6. Sweet & Sour Tofu $9.50
Deep fried tofu w/sweet & sour sauce and veggies.

7. Spicy Tofu $10.50
Stir fried tofu w/chili paste & vegetables.

Dinner Combinations $13.95

Served with Steamed Rice & Soup of the Day

Combo A Egg Roll • Pad Thai Sweet & Sour Chicken	**Combo B** Egg Roll • Ginger Beef Sweet & Sour Chicken	**Combo C** Egg Roll • Pad Thai Thai Curry Chicken
Combo D Egg Roll • Cashew Nut Chicken • Sweet & Sour Pork	**Combo E** Egg Roll • Thai Curry Chicken Sweet & Sour Pork	**Combo F** Egg Roll • Chicken Lo Mein Sweet & Sour Pork
Combo G Egg Roll • Pad Thai Cashew Nut Chicken	**Combo H** Egg Roll • Vegetable Deluxe Sweet & Sour Chicken	

Pork Dishes

1. Sweet and Sour Pork $10.95
Fried pork w/pineapple, sweet & sour sauce.

2. Pork w/ Orange Sauce $11.95
Fried pork w/vegetables & orange sauce.

3. Ginger Pork $11.95
Stir fried pork w/vegetables & sliced ginger.

4. Pork with Basil $12.50
Stir fried pork w/vegetables, chili & basil.

5. Kung Pao Pork $11.95
Diced pork w/diced vegetables in spicy sauce.

6. Szechuan Pork $11.95
Shredded pork, green peppers, radish in spicy sauce.

Chicken Dishes

1. Cashew Nut Chicken $11.95
Stir fried chicken w/vegetables & cashew nuts

2. Orange Sauce Chicken $11.95
Stir fried chicken w/vegetables & orange sauce.

3. Ginger Chicken $11.95
Stir fried chicken w/vegetables & sliced ginger.

4. Sweet & Sour Chicken $10.95
Stir fried chicken w/veggies and sweet & sour sauce.

5. Oyster Sauce Chicken $11.95

6. Kung Pao Chicken $11.95
Diced chicken w/diced vegetables in spicy sauce.

7. Mongolian Chicken $11.95
Sliced chicken w/onion sautéed in spicy sauce.

8. Szechuan Chicken $11.95
Shredded chicken, green peppers, radish in spicy sauce.

9. Moo Goo Gai Pan $12.50
Chicken meat sautéed w/vegetables.

10. Tomato Chicken $12.50
Chicken & fresh tomato w/special tomato sauce.

Kid's Menu

Served with steamed rice

(12 years & younger only, no substitutions allowed)

Chicken Nuggets or Chicken Wings $6.95
Sweet & Sour Pork or Chicken $6.95

Desserts

Cheese Cake $5.95
Ice Cream $3.95
Lychee on Ice or Tempura Ice Cream $4.95

Side Orders & Beverages

Peanut Sauce $2.50
White Steamed Rice $2.50
Kimchi $2.95
Regular Coffee or Hot Tea $2.25
Ice Tea or Hot Chocolate $2.50
Soda, Milk or Juice $2.50

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Complete menus @ SitkaEats.com

be able to purchase health coverage during open enrollment. People applying on the Health Insurance Marketplace may be eligible to receive assistance lowering monthly premiums, co-pays, and deductibles, depending on income, age, and family size. There are three ways to sign up or renew: online at www.healthcare.gov (the official website); call the Health Insurance Marketplace at 1-800-318- 2596, 24 hours a day, seven days a week. SEARHC is a Certified Application Counselor agency offering free assistance to all Southeast residents. SEARHC's Outreach and Enrollment may be contacted at 966-8883, 966-8662 or toll-free at 1-855-966-8684 Monday through Friday, from 8 am -5 pm. ### Ad#79257f

JONATHAN KREISS-TOMKINS
for STATE HOUSE

I'm running for re-election because I love where I'm from. I've worked hard to make it better, but there's still work to be done. After two terms in office, I'm proud of what we've helped accomplish.

- Through Constitutional Budget Reserve negotiations, I secured millions of dollars for what's important to Coastal Alaska, including funding for the ferry system, public media system, and our public schools.
- I secured funding for capital projects across our region, like helping to remodel the Sitka Sound Science Center, refurbishing senior centers in Angoon and Sitka, and improving drinking water infrastructure in Port Alexander.
- I steadfastly support Native issues, language, and culture, and passed into law legislation (HB 216) that enshrined Alaska's 20 Native languages as official languages of the State of Alaska.
- I worked across party lines to reduce, by hundreds of millions of dollars, tax credit subsidies for oil and gas corporations. I support a sustainable fiscal future for Alaska, and a bipartisan coalition in the next session to put legislative dysfunction and inaction in the rearview mirror.

I approach campaigning as a way to celebrate our region, build community, share conversation, and to learn what matters most to our communities.

I'd be grateful for your consideration and even more so for your support to continue to serve on your behalf.

Cell: 738.5581 | jkt@jonathanforstatehouse.com

jonathanforstatehouse.com | facebook.com/JonathanforStateHouse
Paid for by JKT for State House, PO Box 6615, Sitka, AK 99835

"Doc Talks" free speaker series from SEARHC returns to Hames Center in October SouthEast Alaska Regional Health Consortium (SEARHC) will host new free "Doc Talks" presentations at the Hames Center, SEARHC medical providers and health educators believe the best way to prevent illness and injury is through education. Attendees will also have the opportunity to ask questions at each presentation. There is no pre-registration required. Attendees can also look forward to healthy snacks and refreshments before each presentation. The fall 2016 Doc Talks schedule is as follows: "Seasonal Affective Disorder (SAD): It's not just the 'winter blues'" (Dr. Sul-Ross Thorward) Sun, Oct 23, 5: 30–6:30 pm on Oct 23 during a special Women's Night: "To Squeeze or not to Squeeze: Clearing up Confusion on Breast Cancer Screening" (Dr. Valerie Edwards and Dr. Loren Laybourn) Wed, Nov 2, 7–8: "Get Relief for your Aching Knees: Causes and remedies for degenerative joint disease" (Gio Villanueva, PT, DPT, ATC) For more information, call 966-8938. Ad#96157e

The **Fire Department** would like to remind Sitkan in ways they can stay safer as the weather gets cold and they start heating their homes. Cook Safely - Always keep an eye on your cooking . Extinguish all cigarettes completely. Keep combustibles away from heat sources. Use electrical outlets wisely - Don't overload. Keep matches and lighters away from children. Extinguish all candles when leaving a room or going to bed.

Store flammable liquids in an approved container in secure location. Space heaters need space. Keep your heating system clean and maintained. Ad#81357e

All Sitkans are invited to the **10th Annual Sitka Health Summit Planning** on Friday, October 21st from 8:30 – 4pm at the University of Alaska Southeast – Sitka campus, room 229. The purpose of the planning day is to fairly select two inspiring health goals. The new goals will get $2000 in start-up up funds plus support from the Health Summit coalition. Planners will receive a complimentary lunch in honor of the Fish to Schools program, a health summit goal in 2010. To register or submit an initiative idea go to sitkahealthsummit.org For more information call Doug at 747-0373. Ad#34257f

Sitka Studio of Dance and the Greater Sitka Arts Council will host the 2nd **Sitkans Can Dance!**

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Mercury 8MLH 8HP	$2,125.00	$1925
Mercury 9.9MLH 9HP	$2,510.00	$2199

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Yamaha T9.9XPB 9.9	$3,415.00	$3100

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To Be Released Week of October 25

Nerve PG-13	Captain Fantastic .....R
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event at 7 Sat, Oc 22 at the Performing Arts Center. This has become the event that happens on Nutcracker off years. Dancers in high school and up (not just from the studio, but all Sitkans) are invited to perform a solo. The dancers will be adjudicated and the high score honored. (Dancers can choose not to be adjudicated.) Couples and dance groups will also be performing. Fireweed Dance Theatre members will debut "Dancin Man", which was choreographed by Cady Lynn, and the New Archangel Dancers will perform. Sitka Studio of Dance soloists include Allison Winger, Gavi Stroemer, Camryn Grant, Ali Venneberg, Makyala Murphy, Sienna Reid, Skye Workman, Kincaid Parsons and Jo DiGennaro Bell. Tickets are available at Old Harbor Books two weeks prior to the event and at the door. Adults- $15. Students and Seniors - $10. Children 5 and under are free. Ad#76157f

Marine

Do you own a commercial fishing vessel? Want to save money and fuel? The Alaska Longline Fishermen's Association is hosting a workshop Sat, Oct 29, noon-2pm focused on **practical steps fishermen can take to save fuel and money.** The information in the workshop is based on energy audits conducted on working Alaskan fishing boats over the past three years. All Sitka fishermen are encouraged to come to the Sitka Sound Science Center at Noon on Saturday, grab a snack, and talk to a marine engineer with decades of experience improving the efficiency of systems onbard commercial vessels.This workshop is sponsored by a grant from NOAA and the following groups: Alaska Longline Fishermen's Association , Alaska Fisheries Development Foundation, Sustainable

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SE Partnership, Renewable Energy Alaska Project and SE Conference. Ad#728580

Miscellaneous

Testing for GRE, Praxis, CLEP, TOEFL, GED, Alaska Real Estate, Alaska Insurance, and more available now. Please call 747-7785 for more information. Ad#42257f

Kenwa Karate of Sitka welcomes families and individual students to join our program. Karate keeps you mentally engaged in addition to keeping you active. We offer various class options for youth ages 4+ and adults. The dojo is located at the New Archangel Dancers Studio (208 Smith Street). For more info and to register visit www.sitkakarate.org or call Sensei Laurinda Marcello at 738-2887. Ad#9157fd4

Constant Motion Entertainment presents: California Uncensored the 907 Invasion FT. Baby Bash Along with some of the Best WestCoast Hip hop Artists ! Tickets & VIP Badges Available at The Sitka Hotel 118 Lincoln St VIP includes Meet/Greet Photos with Baby Bash and Any other Artist of your choice! Also includes first entry access to ensure front Stage view. You can visit the Constant Motion Entertainment Facebook Page : www.Facebook.com/constantmotionentertainmentproductions Feel free to email questions to : constantmotionentertainment@gmail.com Ad#89657f

SCS Wild Foods Potluck The Sitka Conservation Society will host its annual Wild Foods Potluck Sun, Nov 13 from 5pm at Harrigan Centennial Hall. Please bring a dish featuring ingredients that were fished, foraged, hunted, or cultivated in SE. This event is open to the entire community. Come celebrate Alaska's wild

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food bounty! Interested in volunteering at the potluck or want more information? Contact Sophie Nethercut at sophie@sitkawild.org or call 747-7509. Ad#9957c2The

General Election will be held on Nov 8.Absentee early voting will be available beginning 15 days prior to the election and will continue through Election Day. Find more information here: https://elections.alaska.gov/ei_general.php. For further information contact the State Division of Elections at 907-465-3021. Ad#86257b

Want Fish? Buy a Ticket in the ALFA Raffle! The annual Alaska Longline Fishermen's Association Fish Raffle tickets are now on sale! Call 747-3400 to buy a ticket for $10 and enter for your chance to win 10 pounds of fresh-frozen, vacuum-packed, locally caught fish! Free FedEx shipping to any U.S. address is included with the winning tickets. You can buy tickets from ALFA board members, by contacting the ALFA Office, or looking for the ALFA table at the upcoming WhaleFest. The winning tickets will be drawn on Nover 6, you need not be present to win. Permit #2655 Ad#22557a

Holiday Shows for Gold Canyon Candles will be held at 414 Hollywood Way in the Commons Hall. Please visit on the following days and times: Fri. Oct. 21 1-4pm and Sat. Oct. 22 9am-5pm; Fri. Nov. 25 1-4pm and Sat. Nov. 26 9am-5pm; and Fri. Dec 16 from 1-4pm & Sat, Dec. 17 9am-5pm. Ad#693580.

The Deadline for Classifieds for the Nov. 3 Soup is Noon, Thurs., Oct. 27

The Soupster lies on the front cover.

The Crossword will return Nov. 3rd.

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SITKA SOUP KID'S PAGE

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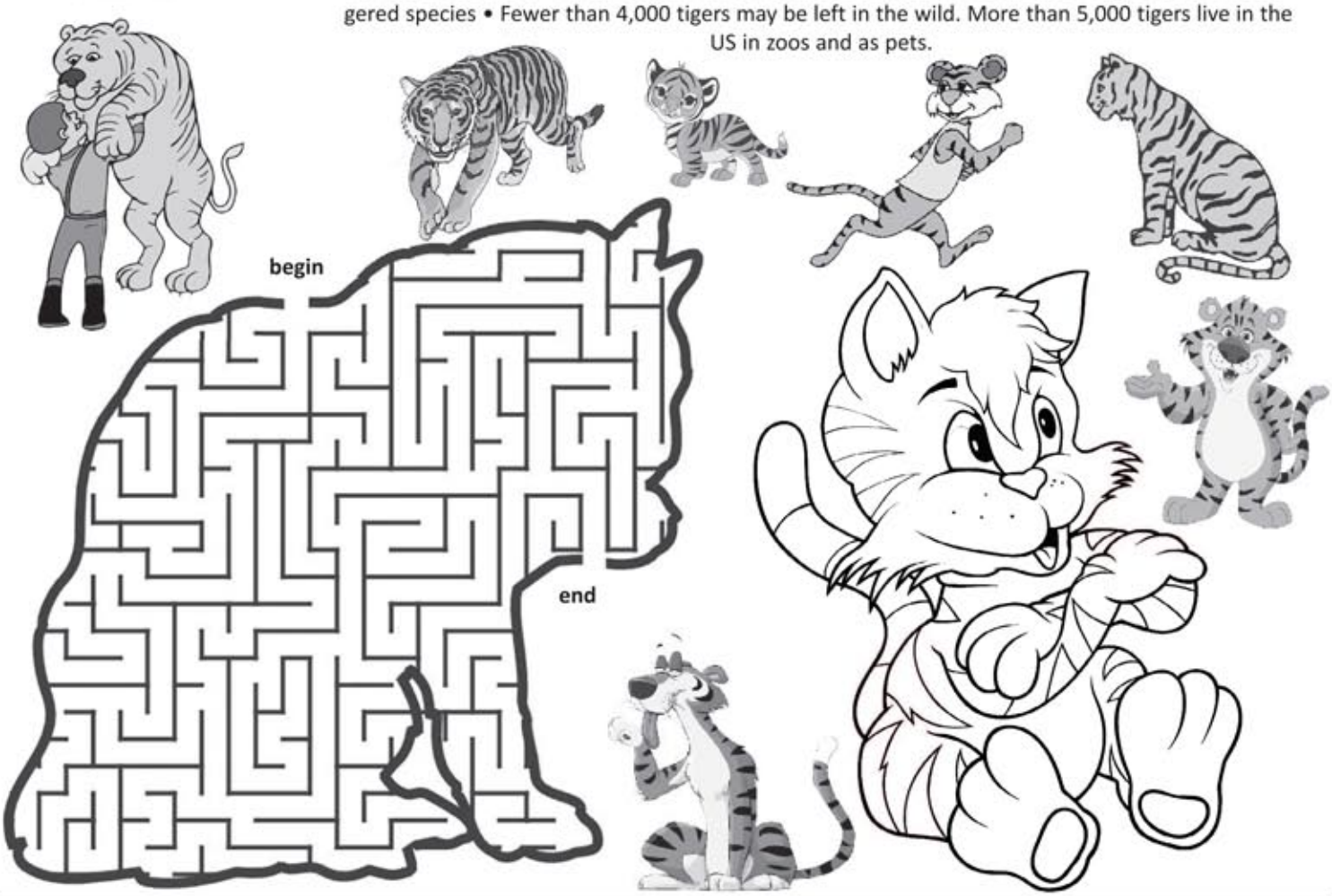

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