March 9-22, 2017

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: 888-897-9397 • SHOP@SITKASOUP.COM

HOMES • LOTS • ISLANDS • COMMERCIAL

CONNECTING BUYERS & SELLERS
with Knowledge, Dedication, and Expertise.

Sign Up for the **CONNECTION**
Newsletter Online for Local Market Updates!

Middle Island B3, L10 $439,000

717 Alice Loop $499,000

3005 Barker Street $359,000

112 Toivo Circle $619,000

2507 SMC Rd. NOW $389,000

103 Rands Drive

Galankin Island L5 $169,000

2005 D SMC Rd. $69,000

2002SMC Rd. $159,500

120 A Harvest Way $199,000

Maude Island $1,499,000

1302 Edgecumbe Dr.

1802 A Alderway NOW $185,000

729 Alice Loop $225,000

108 Jewells Ct. $879,000

3507 HPR $669,000

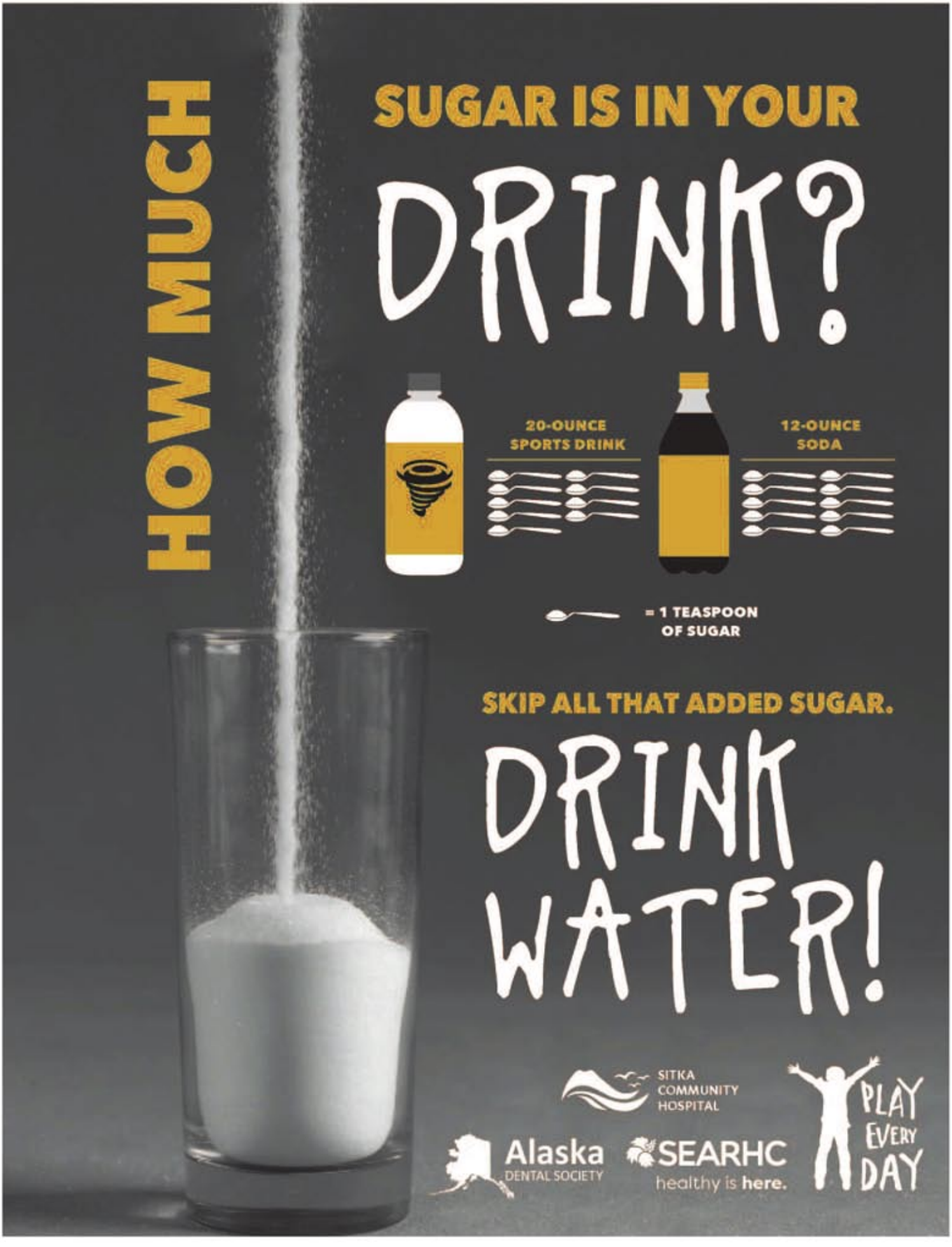
Davis Realty

See Photos & Details of ALL Sitka Properties
www.DavisRealtySitka.com

208-D Lake St. Sitka, AK 99835
(907) 747-1032 or 866-747-1032 toll free

Nancy Davis
Owner & Broker
Kerri O'Toole
Licensed Real Estate Agent

WE CAN ASSIST YOU WITH ANY SITKA PROPERTY. GIVE US A CALL TODAY TO START YOUR HOME SEARCH.


HOW MUCH
SUGAR IS IN YOUR
DRINK?
20-OUNCE SPORTS DRINK
12-OUNCE SODA
= 1 TEASPOON OF SUGAR
SKIP ALL THAT ADDED SUGAR.
DRINK WATER!
SITKA COMMUNITY HOSPITAL
Alaska DENTAL SOCIETY
SEARHC
healthy is here.
PLAY EVERY DAY

Our Town March 9, 2017

Originally published Feb. 26, 2004

The Soupster discovers that he who smelt it has not, in fact, dealt it.

"Ouch," said the Soupster, as gaseous billows reached him. "You cut the cheese, Doc?"

"Beg pardon?" said the esteemed doctor of philosophy, Gerrit van Schmenken, visiting the Soupster from South Africa. "Cut what cheese?" van Schmenken said, looking around the Soupster's study, where he saw there comfortable chairs, walls of books, a sleeping cat and a half-sized statue of W.C. Fields. Certainly no cheese.

"You know, did you send me `a message from below?'" the Soupster pressed.

"What?" said van Schmenken.

"A `bottom belch?'" the Soupster continued, unabated. "`Did you `step on a duck?' Are you `starting a vapor feud?'"

"Oh, `Baff,'" said Dr. van Schmenken.

"I don't know what that means, but I don't like it," said the Soupster.

"No, you don't understand," said van Schmenken.. "In Johannesburg, we say `baff' for a `trump.' No -- `trump' is the British term. I've got it -- `farting' – that's what you Yanks and Aussies say, isn't it?"

"Not in polite company," said the Soupster.

"What do you say in polite company?"

"Well, `breaking wind' or `passing gas' are the most acceptable terms here," the Soupster answered. "If you were in the right crowd you could also say `Oops! I just let Fluffy off the leash.'"

"And the less polite?" van Schmenken asked.

"Revolting release," said the Soupster. "Creaky floorboards. Thunder from Down Under. The Y2K Problem."

"So these colorful American names can be attached to your `imposition on the atmosphere?'" van Schmenken said.

"Good one," said the Soupster.

"He who smelt it, dealt it," countered van Schmenken.

"I thought you didn't know American," said a surprised Soupster.

"We have the roughly the same saying – it's the same idea anyway," said van Schmenken.

"Don't try and shift the blame, Doc," said the Soupster. "That was your `gut bubble' wasn't it? Didn't you have to take some kind of oath of truthfulness to be a philosopher?"

"We're still arguing about what truth is," said van Schmenken.

"Well, if it wasn't my `Little Orphan Onion' and it wasn't your `bench warmer,' whose was it?"

"Not W.C. Fields," said Dr. van Schmenken.

"There's no one else here, but..." said the Soupster -- then he and van Schmenken realized immediately.

"Cat baff!" said van Schmenken. "Gross!"

Where's The Soup?

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

Market Center • Ernie's	Sitka Comm. Hospital	Davis Realty	Petro Marine
AC Lakeside	Harbormaster's Office	Westmark Sitka	Cascade Convenience
True Value • Sea Mart	Sitka Airport • Schmolck	Murray Pacific	The Pub • Back Door
GCI • Little Tokyo • UAS	Ferry Terminal • Subway	Asian Palace • First Bank	Alaska Computer Ctr.
Harry Race	Bev's Flowers & Gifts	Pizza Express	Northrim Bank
Sitka Realty • ALPS	Highliner Espresso	Center for Community	Wells Fargo Bank
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

The Sitka Soup is published bi-weekly by Will Swagel Ink, LLC, Box 2844, Sitka, Alaska 99835. No part of this publication may be reproduced without permission of the publisher. We reserve the right to revise, edit or reject any advertisement that does not meet our standards. It is the responsibility of the advertisers to check their advertisement upon the first insertion. Will Swagel Ink, LLC will not be responsible for errors or omissions that are not brought to our attention after the first insertion. Thank you for reading the Sitka Soup!

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
Up to 3 photos free

Annoucements
Events
Free Items
& Wanted Ads
are all FREE!

Featured Ads
Add $3
Ads will appear in the rotating band at the top of our website and in our e-newsletter!

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
(888) 897-9397

MAIL
Sitka Soup
PO Box 6353
Sitka, AK 99835

Deadline to Submit Your Listing
One week before the Printed Soup

SitkaEats.com
GPS for your appetite!
FREE DELIVERY

Complete menus a click away!
KENNY'S WOK & TERIYAKI
Asian Palace
A Delicious Healthy Selection
Little TOKYO
PIZZA EXPRESS

GARY'S OUTBOARD
MERCURY
OUTBOARD SALE!

	Reg.	SALE
Mercury 3.5HP 3.5MLH	$1,240.00	$1040
Mercury 4HP 4MLH	$1,595.00	$1350
Mercury 6HP 6MH	$1,850.00	$1699
Mercury 8HP 8MLH	$2,125.00	$1925
Mercury 9.9HP 9.9MLH	$2,510.00	$2199

Mercury 240 Air Deck Inflatable
Reg. $2,035.50 Sale $1350
747-9399 • GARYSOUTBOARD.COM
Mon-Fri 9am -5pm • 224-B Smith St.
YAMAHA MERCURY #1 On The Water

Art & Music

The Sitka Monthly Grind announces Original Grind to be held Sat Mar 18 at the Performing Arts Center. **The theme is all Original Works.** As always the philosophy of the Monthly Grind is affordable, non-political, and family entertainment. Tickets must be purchased in advance at Old Harbor Books. Cost is $5 for adults $1 for children or free with a plate of homemade desserts. For those bringing a dessert you must purchase a ticket in advance and will be reimbursed at the door. We encourage you to bring a cup to help reduce the trash. Doors open at 6:30pm show starts at 7pm. For more info call Jeff at 747-4821. Ad#37858a

Sitka Public Library will pay tribute to the women who have played an essential role in shaping the history of our country with a **free screening of the historical drama film Iron Jawed Angels by Katja Von Garnier.** The film starts at 6:30pm Fri, Mar 10. The 2-hour long film focuses on the American women's suffrage movement during the 1910s, and follows women's suffrage leaders Alice Paul and Lucy Burns as they use peaceful and effective nonviolent strategies, tactics, and dialogues to revolutionize the American feminist movement to grant women the right to vote. The film contains mature contain not suitable for children. Refreshments will be provided and a reading by Blossom Twitchell will also be part of the celebration. For more information call the library at 747 8708. Ad#27858a

Children

The Library celebrates Dr. Seuss with a Grinch-Mas month of One Good Deed a Day, beginning Mar 15 and running through Apr 8. Children 5-11 can ask for a Grinch Grow Your Heart Bingo card at the circulation desk and start doing good deeds. When they complete 20, they will receive a small gift and an entry to a drawing contest. For more information call the library at 747-8708. Ad#80858b

Nature Journaling Series. Sitka Spruce 4-H Club. Prepare for spring and summer explorations by **creating a nature journal to jot down observations and memories of the beautiful Tongass National Forest.**This series in 6 sections – 2 sessions will be indoors creating the journals and the lst 4 exploring

local ecosystems practicing nature journaling. Held on 3: 30-5pm Mondays, for age 9 starting 3/20 and Tuesdays starting 3:30-5pm 3/21 for ages 5 to 8. To register: email julia@sitkawild.org. There is a $5 supply fee. Scholarships available. You must be a 4-H member to participate. Ad#51958b

Environment

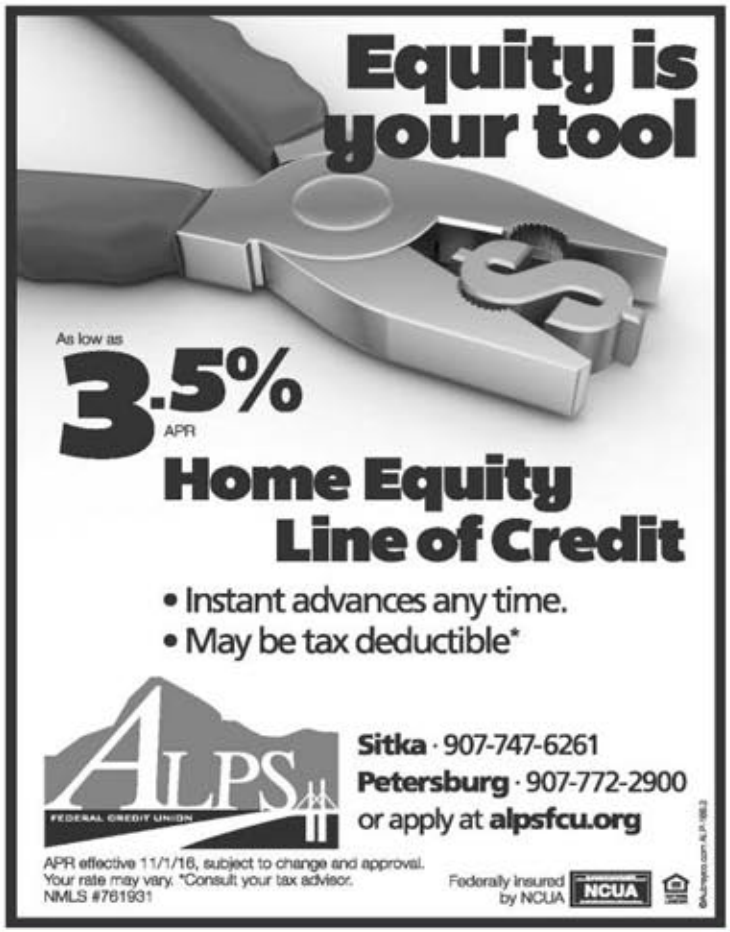
Be Bear Alert! A Community presentation about bears will be held 5:30-6:30pm Wed Mar 22 at the Sitka Library. Stephen Bethune (ADF&G biologist) will present on **bear awareness, safety and garbage control**. Come and learn how to be safe around bears and ask questions about bears in Sitka!.

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.

Call the Sitka Conservation Society at 747-7509 or email jolia@sitkawild.org. Ad#75258b

On Tues, Mar 14 at 6pm, Sitka Public Library will host a presentation by Dr. Michael Fenner, author of the book, Crossing Denali: **An Ordinary Man's Adventure Atop North America.** Dr. Fenner will share his stories, visuals, and takeaways from his experiences as a novice mountaineer climbing North America's highest peak. For further information, please contact Robb 747-8708 or robb.farmer@cityofsitka.org. Ad#87758a

Have you got extra reusable bags bursting out of your closets, car or garage? A local volunteer group, Bags for Change, is doing a **REUSABLE BAG ROUND-UP! until St. Patrick's Day (March 17)**, please donate your unused, clean, reusable bags made of fabric, mesh, canvas, and heavy-duty plastic by putting them in the bin or box at: Sitka



• Available March 1st
• 2,000 Sq./Ft (1,500 main floor, 500 mezzanines)
• $2,000 month + utilities
• 1 Bathroom per unit
• 3 phase power (100 amps per unit / 800 amps available)
• Heat pumps in every unit

For more information contact:
Schmolck Mechanical 907-747-3142
e-mail - gary@schmolck.onmicrosoft.com

Arctic Chiropractic Sitka

315 Lincoln St. Suite 207

- Chiropractic adjustments
- Massage
- Physiotherapy
- Nutritional & Weight Management
- Counseling
- Therapeutic Exercises & Rehabilitation

Dr. Jeffrey Reinhardt

Call for an Appointment:

747-2726

9am-6pm Mon-Fri • 9-noon Sat

Public Library, UAS, Hames PE Center, Chamber of Commerce, Sitka Community Hospital, Spenard Builders Supply, City Hall, St. Peter's Episcopal Church, Sitka Lutheran Church, Church of Jesus Christ of Latter-Day Saints, or Unitarian Universalists Hall. Bags for Change is gathering reusable bags so they can be given to Sitkans who need them. More information is available at 747-2708. For our health and our environment, Bags for Change encourages you to bring and use your reusable bags every time and everywhere you shop. Ad#529589

Spring is almost here and we're celebrating with our annual **Food Web Cruise of Sitka Sound!** From spawning herring to feeding whales, you will enjoy an exciting and up-close experience with the incredible marine food web at this time of year. Hear from marine mammal biologists, historians, researchers, and other experts while enjoying a fresh, European-style breakfast buffet, donated by local businesses and friends of the Sitka Sound Science Center. This event is an annual fundraiser for Sitka WhaleFest, a unique science festival held each fall to celebrate the rich marine environment around us. Aboard a catamaran from Allen Marine, we depart Crescent Harbor on Sat, Mar 25 at 8:30am and return by 11:30 am. Tickets are $55/person and are NOW AVAILABLE our SWF website and will be available at Old Harbor Books on Mar 11. For more information, contact Sitka WhaleFest at 747-8878, ext. 2 or whalefest @sitkascience.org Ad#23958b

Health & Wellness

SouthEast Alaska Regional Health Consortium will host **new free "Doc Talks" presentations each Wednesday evening at the Hames**

MURRAY PACIFIC

SUPPLY OF ALASKA - SITKA
A Division of LFS, Inc.

WELCOME BACK SEINERS!

CANADIAN RELEASES, BOSS SNAPS, PURSE LINE, & MUCH MORE!

GREAT SELECTION OF HYDRAULIC FITTINGS - NOW CARRYING 10-INCH TRANSVAC HOSE & PARTS

Mon-Sat 9-5 • Sunday 10-4

475 Katlian St. • 747-3171

SITKA BINGO

EVERY THURSDAY, FRIDAY & SATURDAY

TRY OUR 50¢ & $1 PULL TABS

MUST BE 19 TO PLAY BINGO & 21 TO PLAY PULL TABS.

ANB FOUNDERS HALL • 235 KATLIAN ST

Center through April 5. SEARHC medical providers and health educators firmly believe the best way to prevent illness and injury is through education. Reaching out to the community with a variety of topics presented by Mt. Edgecumbe Hospital's medical providers is an excellent way to give Sitkans the opportunity to learn more about health-related issues that interest them. Some topics presented may affect an individual personally, or someone close to them. So, beyond listening to the presentations, attendees will have the opportunity to have their questions answered by the presenters. Hosted by SEARHC Health Promotion, "Doc Talks" is offered at no cost to ensure valuable health-related information is accessible to everyone in the community. As an added convenience, there is no need to register or sign up in advance. Attendees can also look forward to healthy snacks and refreshments before each presentation. This spring's "Doc Talks" are Wednesdays from 7pm–8pm at the Hames Center. The dates and topics are: Wed, Mar 15: "Robotics and 3D Technology in Surgery Today" (Dr. David Brown, MD; Board-certified orthopedic surgeon) Wed, March 22: "Put Your Best Fork Forward: Well-balanced food choices for a healthy lifestyle" (Jessica Holland, RD, LD) Wed, March 29: "Life-Long Effects of Childhood Trauma" (Dr. Eula Crippen, Ph.D., LCP) Wed, Apr 5: "Rethink your Food and Drink: Be sugar savvy" (Dr. Kimberly Capp, DO) All Sitkans are invited to attend "Doc Talks." Those who would like more information are encouraged to call 966-8938. Ad#99958a

Sitka Kitch offers series, 'Nourish: Using Food As Medicine For Optimum Health' Unlock the power of food as a pathway toward optimum health and well-

FUELING ALASKA SAFELY
DELTAWESTERN™ PETROLEUM
QUALITY FUELS AT COMPETITIVE PRICES
Healthy Discounts on Heating Oil & Vehicle Fuels for our Auto Fill Customers!
CALL US AT 747-4999 FOR DETAILS
Fueling Alaska Safely: Auto/Boat/Home

PIZZA EXPRESS
Hand-Made Pizza & Authentic Mexican Food
in Sawmill Creek Plaza 1321 SMC-I
FREE DELIVERY • 966-2428
Mon-Thurs & Sun 'til 9pm
Fri & Sat 'til 10pm

DINING ROOM OPEN:
MONDAY - SATURDAY 11AM-9PM • SUNDAY NOON-9PM

SITKA COMMUNITY HOSPITAL

A healthy community *is possible together.*
907.747.1725 | www.sitkahospital.org

NMS
Now Hiring!
SEARHC Food Service
****Experienced Cook Supervisor & Weekend Patient Cooks****
The culinary team at SEARHC is working on new menus and new programs for its patients and customers.
If you are an experienced chef/cook and are interested in joining Executive Chef Lexie Smith's culinary team, then please apply today!
We are rolling out exciting culinary options for the newly remodeled cafeteria!
WE WANT YOU!
Apply online www.nmsusa.com/employment
Or call 907-265-3774

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***

THAI • CHINESE • VI
Order to Go Free Deliv
966-4600 327

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-iew $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

ETNAMESE • KOREAN BBQ
ery ($20 min)
Seward St.

Asian Palace
A Delicious Healthy Selection

Now Open!
Monday - Thursday
11am-9pm
Friday & Saturday
Noon-9:30
Closed Sunday

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

Combo G	Combo H
Egg Roll • Pad Thai Cashew Nut Chicken	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

Try our other restaurants:

Little Tokyo
Sitka's Best Sushi
315 Lincoln • **747-5699**
Mon-Fri 11am-9pm • Sat & Sun Noon-9pm

FREE DELIVERY ($15 min.)

Kenny's Wok & Teriyaki
Chinese & Japanese Food
210 Katlian • **747-5676**
Mon-Fri 11:30am-9pm • Sat & Sun Noon-9pm

Complete menus @ SitkaEats.com

Watson Point Liquors
Growler Station

NOW OFFERING
32 oz Squeelers at
half the price of a Growler!

Empty Growlers are $7.49
Refills run from $9.99 to $16.99
We will fill any growler! (just bring it in clean!)

8 taps

Currently On Tap:
Alaska Pilot Series Grapefruit
Baranof Island Brewing Halibut Point Hefe
Kona Big Wave • Pyramid Outburst
Alaskan Wet-Hop Pale Ale • Iron Horse Irish Death
Denali Single Engine Red
Sierra Nevada Wet-Hop IPA

Weekly Specials!
Fill your Growler on "Thirsty Thursday"
for $2 Off on any refill!

"LIKE" us on Facebook
for a current list of beers on tap

1867 HPR • 8am-Midnight • 747-3333

Q. How can I submit my PSA or classified ad to the Sitka Soup?

A. Submit your ad at SitkaSoup.com or by email, fax or snail mail.

THE SitkaSoup.com

Welcome Aboard
Alaska Boat Broker

If It Floats, We Will Sell It!

Find us at
WelcomeAboardAlaska.com
or Call 738-2885 for Michael
or 738-2888 for Mim

ness while learning to make delicious, vibrant meals that you can recreate at home. "**Nourish: Using Food As Medicine For Optimum Health" is culinary nutrition** cooking class series led by Holistic Nutrition Coach Holly Marban, MS, at the Sitka Kitch community rental commercial kitchen. You'll explore ways to nourish the body through healthy, delicious whole foods. Each class in this series will combine the science of nutrition with hands-on cooking for a fun, well-rounded experience. All recipes are plant-based and vegetarian, free from gluten and refined sugars, and can easily be made dairy-free. • : Balancing Blood Sugar Using Whole Foods — 6-8pm Mon, Mar 13 o In this class, take the opportunity to explore the immense impact of blood sugar on overall health • Everyday Superfoods — 6-8pm Mon, Mar 20 o In this class we'll take a look at some nutritional superstars of the plant kingdom and explore ways to boost the nutrient content of everyday foods • Foods to Fight Inflammation — 6-8 p.m. on Mon, Mar 27 o In this class, we'll explore the concept of inflammation in the body and how it can impact overall health. Learn what inflammation is, which foods more easily cause inflammation, and how to use food to decrease and/or prevent it. • Spring Detox — 6-8 p.m. on Mon, Apr 3 o Learn how to use whole foods to support the natural detoxification processes in your body. About the instructor: Holly holds a Master's degree in the Science of Nutrition and certification as a Holistic Health Coach. She runs a small nutrition and wellness business, Holly Marban Wellness, where she combines her knowledge of nutrition with skills in counseling and coaching to support individuals in nourishing themselves and reaching their personal health and wellness goals.You can purchase one or more classes individually at $27.50, plus a fee for ingredients and supplies. Registration for individual classes will open two weeks before each class date if space allows. Your spot is not secured until you pay. You can pay through our online registration site, http://sitkakitch.eventsmart.com, using your debit/credit card or a PayPal account. If you would like to pay via check or cash, please call Chandler or Clarice at the Conservation Society at 747-7509 to arrange a payment. Registration closes for individual classes at 3 pm on the Friday before each class. Each class requires a minimum of eight students. Ad#86758a

Learn how to cook a variety of international dishes as the Sitka Kitch community rental commercial kitchen hosts its Cooking Around The World class series. **This series will feature different cooks teaching dishes from Morocco, Chile, Austria, Turkey and Thailand,** with all five classes

New DVD Releases

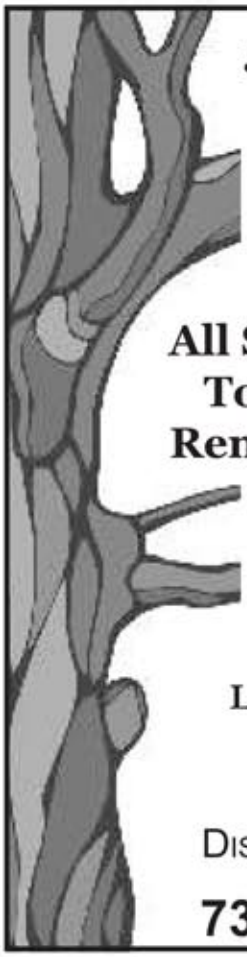
Released March 7

New Life ..... PG	Jackie ..... R
Incarnate PG-13	

To Be Released Week of March 14

Passengers PG-13	Fences PG-13
Collateral	Elle ..... R
Beauty PG-13	

at the Sitka Kitch (505 Sawmill Creek Road, inside First Presbyterian Church). Each class costs $27.50, plus a food/supply fee split between the members of the class. Space is limited, so register early. The April schedule is as follows: Austria — 6-8:30 p.m., Wednesday, April 12, taught by Suat Tuzlak. Suat is the former owner of the Alpine Bakery in Whitehorse, Yukon Territory, and for this class he will teach students how to make a savory strudel with two fillings and a sweet strudel with apples that's great with ice cream. Turkey — 5-7:30 p.m., Monday, April 17, taught by Suat Tuzlak. For this class, Suat, who is Turkish, will teach students how to make a Turkish dinner that is vegan and gluten-free without using sophisticated ingredients. You will learn to make red lentil soup, green beans with olive oil, festive rice pilaf with currants and pine nuts, and a fusion dessert, chia-coconut pudding. Thailand — Time and date TBA, taught by Nancy Knapp. Nancy is a longtime health educator from Sitka who spent several years in Laos and Thailand. She still hasn't announced which dishes she will teach for this class, but she taught a Thai cooking class last year that sold out quickly and had a long waiting list. When registering, students should prepay for the class through the Sitka Kitch online registration site, http://sitkakitch.eventsmart.com, using PayPal. If you need other payment arrangements, contact Chandler or Clarice of Sitka Conservation Society at 747-7509 to pay with cash or check. To qualify for a partial refund, please notify us at least three days in advance if you need to cancel. The registration deadline is three days before each class. Please email sitkakitch@sitkawild.org with any questions. Ad#353589



32 Years Experience

Absolute Tree Care

All Stages of Tree Work
Topping • Trimming
Removal • Full Cleanup

Owned & Operated by
Marshall Albertson

Power Line Certified
Licensed, Bonded & Insured
Workman's Comp.

Senior Discounts

BBB Member of Better Business Bureau

738-2616 • 747-7342

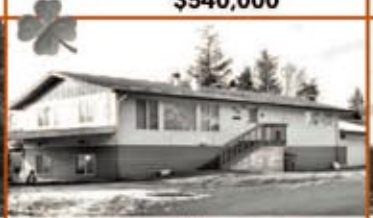
1203 Edgecumbe Drive
$419,000

2405 Sawmill Creek Rd
$540,000

116-A Harvest Way
$199,000

356 Kaagwaantaan St
$254,900

715 Sawmill Creek Rd
$390,000



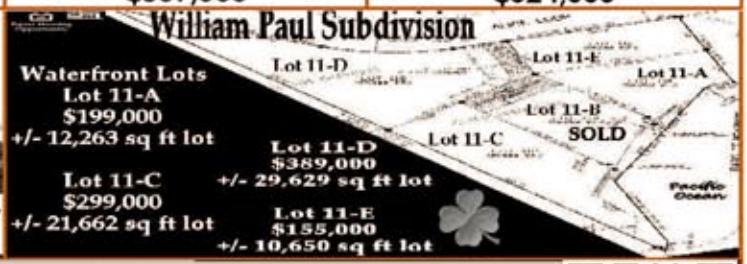
3001 Barker Street
$399,500

103 Toivo Circle
$609,000

Lot 6, Finn Island
$524,000

Building LOTS
106 Kelly Street
$139,000
3108 Halibut Point Rd
$159,000

Rockwell Lighthouse
$549,000



Sitka Realty

Candi C. Barger ~ Owner/Broker
Susan A. Jones ~ Associate Broker
www.SitkaRealty.com

907-747-8922
228 Harbor Drive
Sitka, AK 99835

Household Items & Services

Moving sale Sofa by FlexSteel for sale $30. Brown, good condition. Love seat sleeper with matching storage ottoman, $50 for set. Brownish green, like new condition. Wooden storage / entertainment center $30. Contact Ann at 747-2707. Garage sale next month, but these items will be gone by them. More furniture for sale in coming weeks. Ad#79558b

Marine

Dismantled Boat Items 4-71 Detroit Diesel w/ 509 Gear, good running takeout, 45' trolling poles plus rigging $500ea. 32' mast plus rigging $1000, Kolstrand gurdies 4spool $1000 ea. 8kw Northern Lights generator Lugger engine $2000, located in Pelican. Contact emeraldc85@gmail.com for pictures and leave return phone number. Ad#7058a5

For Decades, Michael LaGuire
Helping Sell & Buy Real Estate in Sitka

Call or Text 738-2885

Baranof Realty LLC
Travis Vaughn, owner/broker
747-5636

The public is invited to "Local Knowledge: Places, Names and Stories," the Sitka Maritime Heritage Society's 2017 Annual Meeting. Doors open at 6 for coffee and treats, and the program is 7-9 p.m. Wed, Mar 15 at ANB Hall. A panel of knowledgeable Sitkans, moderated by Eric Jordan, will tell about places and place names (including the names that aren't on the charts), the stories behind ancient Tlingit names, Russian names and how they got there, and the local vessels and personalities who left their mark in Sitka's geographic lore. In the second half of the program audience members will be able to share their own local knowledge of places, names and stories. For more information, call 907 980-2426 or email sitkamaritime@gmail.com. Ad#19258a

AMSEA will offer a 10-hr Fishing Vessel Drill Conductor workshop in Sitka on Mon, Mar 13, from 8AM-7PM. The workshop will meet at NSRAA,1308 SMC Rd. This workshop is an excellent opportunity for commercial fishermen and other mariners to gain hands-on training with marine safety equipment and learn best practices for surviving emergencies at sea. The workshop covers cold-water survival skills; EPIRBs, flares, and maydays; man-overboard recovery and firefighting; immersion suits and PFDs, helicopter rescue, life rafts, abandon ship procedures, and emergency drills. AMSEA's Drill Conductor workshops meet the U.S. Coast Guard training requirements for Drill Conductors on documented commercial fishing vessels operating beyond the federal boundary line. This workshop is offered to commercial fishermen at no cost, thanks to support from the U.S. Coast Guard, the Alaska Department of Commerce, Community & Economic Development, and the National Institute for Occupational Safety & Health. The cost is $175 for all others. Interested mariners may register online at www.amsea.org or call (907) 747-3287. Ad#1258b1

Where Our Local Commercial Fishermen Go For Financing

FIRST BANK
The one who's here.

- Vessel construction and purchases
- Repairs
- Renovations
- Maintenance
- IFQ's
- Lines of credit

APPLY ONLINE | or talk with one of our loan experts Today!!

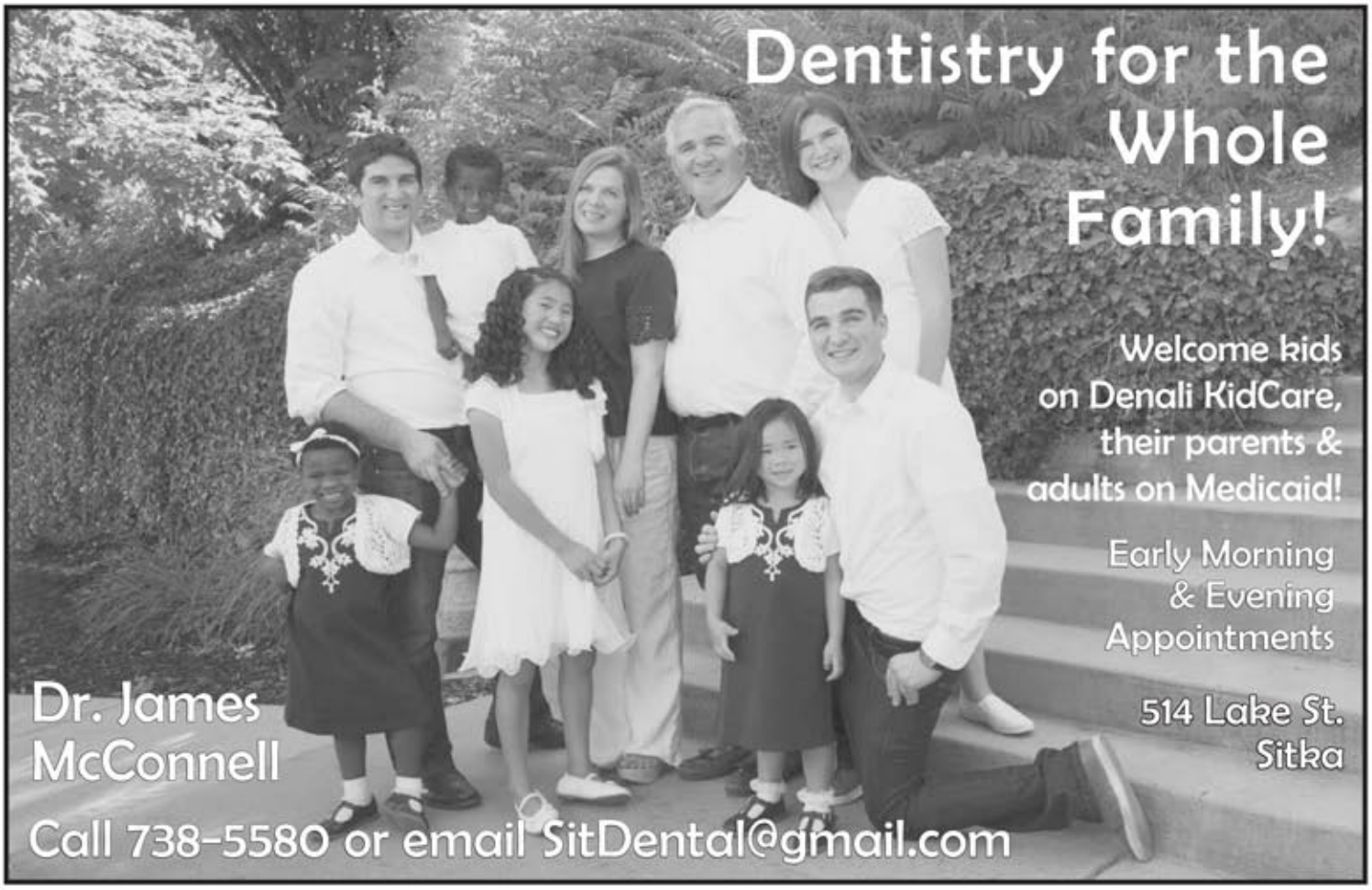
800.478.6101

www.FirstBankAK.com

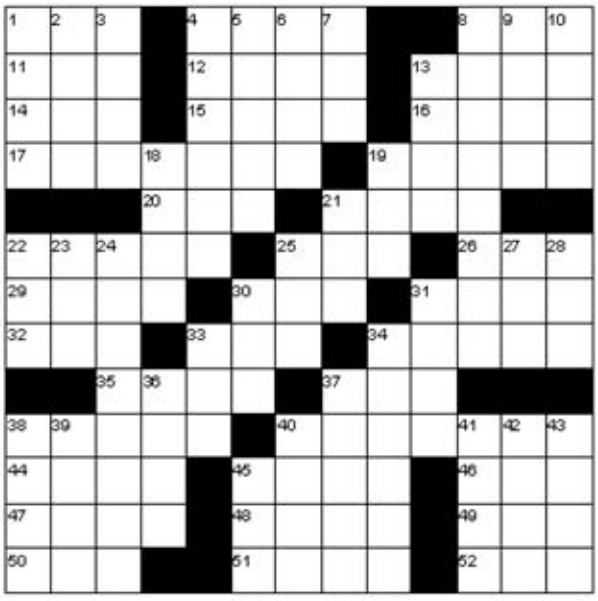
MEMBER FDIC

Miscellaneous

Ultimate Ninja Warrior Competition. Kronos Titan Ninja Training's Inaugural UNAA League Sanctioned Ultimate Ninja Warrior Competition. SIGN UP NOW, to challenge a Ninja Warrior style obstacle course. Youth and Adult division. TOP ADULT competitors can qualify for a regional competition and CASH prize. Registration Fee, Adults $50, Youth $25. Register EARLY fees increase to $60 Adults, $35 Youth the DAY of Competition . Adults MUST register with the league (www.ultimateninja.net) and provide UNAA number to qualify for Regional and CASH prize. Contact Kronos 623-0333 or Email kronostnt54@gmail.com for details. Ad#56358b



SITKA HERRING



Across

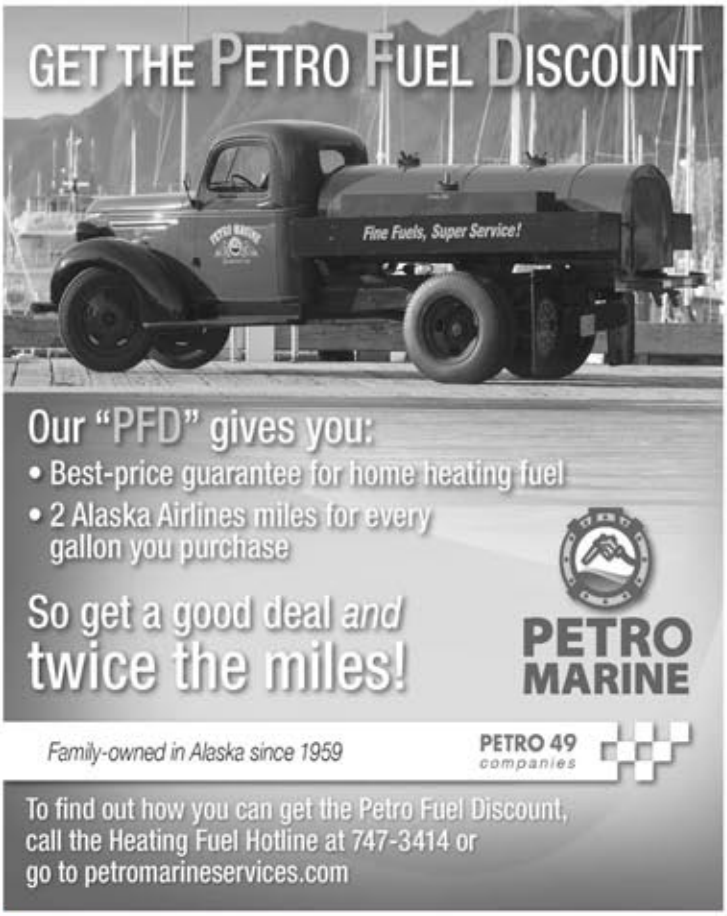
1 Propel with oars
4 Pertinent Regulatory agency
8 ___ Island
11 To be
12 Hulk
13 Dog food brand
14 ___ Mart
15 What some planes do
16 Lager
17 Polka danced
19 Purse ____
20 ___ Straits
21 Greek "B"
22 Myth
25 Catching tool or profit after expenses
26 Pat lightly
29 Zeal
30 Make lace
31 Bingo-like game
32 Rumpus
33 Monosodium glutamate
34 Cantankerous
35 Let go
37 Pain unit
38 Negatively charged particle
40 Tongs
44 Reserve Officers Training Corps.
45 Pliers
46 Regret
47 Robin Williams role
48 Double-reed instrument
49 Miner's goal
50 Heavens
51 A subtance necessary for the eggs to hatch
52 Chinese cooking pan

Down

1 File
2 Brand of sandwich cookie
3 Welt
4 NE French region
5 Disney Dwarf
6 Grub
7 Greenwich Mean Time
8 Atlas' seven daughters
9 Fishery, maybe for only minutes at a time
10 Had on, as clothing
13 To incite
18 Potter's oven
19 A unit of seining
21 Gamblers placement
22 ___ up
23 Boxer Muhammad
24 Act of stealing
25 Bug
27 Picnic visitor
28 Lad
30 Teaspoon (abbr.)
31 Roe-on-____
33 Day of wk.
34 Loo
36 Herring _____
37 Slobber
38 Torso extensions
39 Cranny
40 Mongolian desert
41 Front
42 European monetary unit
43 Stink
45 Turkey

Local Clues are **Bold**

Solution on page 14



Seniors

If you are 60 or older, and want to stay active out in nature with a group of peers, then SAIL's Senior Hiking Club is for you! For this hike, meet at the Swan Lake Senior Center, at 402 Lake St., at 1pm on Mar 30 and we will decide where to hike as a group! Cost is $5. Transportation, trekking poles, and snack are provided! For information contact Steve at 747-6859 or shutchinson@sailinc.org. Ad#5958b9

Note the new ceramics class for seniors! We have the great opportunity to use the Sitka Fine Arts Camp Ceramics building and will have a six week Beginning Wheel class for adults age 60 and older starting on Mar 24. We are excited to have Auriella Hughes as the instructor for the course! We have a limited number of spots in the class so contact me right away for details and to reserve your spot! Thank you all for your support of SAIL, and I hope to see you on an activity in March! Ad#23458b

R	O	W	■	A	D	F	G	■	■	P	O	W
A	R	E	■	L	O	O	M	■	A	L	P	O
S	E	A	■	S	P	O	T	■	B	E	E	R
P	O	L	K	A	E	D	■	S	E	I	N	E
■	■	■	I	C	Y	■	B	E	T	A	■	■
F	A	B	L	E	■	N	E	T	■	D	A	B
E	L	A	N	■	T	A	T	■	K	E	N	O
D	I	N	■	M	S	G	■	T	E	S	T	Y
■	■	D	R	O	P	■	D	O	L	■	■	■
A	N	I	O	N	■	G	R	I	P	P	E	R
R	O	T	C	■	T	O	O	L	■	R	U	E
M	O	R	K	■	O	B	O	E	■	O	R	E
S	K	Y	■	■	M	I	L	T	■	W	O	K

The Deadline for Classifieds for the March 23 Soup is Noon, Thurs March 16

The Soupster is on page 5

New At Community Schools!

- **CITY LEAGUE VOLLEYBALL:** March 20 - mid May. Adult Co-Ed. Teams and players can sign up online now. Games Monday - Thursday evenings, Sunday afternoons. $300 team fee, $50 player fee.
- **WOODWORKING:** March 1 - April 19. 7pm-10pm Wednesday evenings. Participants should have some experience with woodworking tools and machines. $75.
- **YOUTH ROLLER DERBY:** March 22 - April 29. For experienced players only (no first-timers). Practices Wednesdays and Saturdays. $88.
- **INTRODUCTION TO SAILING:** Class days May 10 or 12. On the water May 13 or 14. Includes introductory sailing terms and concepts, steering, navigation, and conditions found on local waters.
- **YOUTH SOCCER:** March 19 - April 30. For ages 4 to 13. Sundays (except Easter) 2:30 - 4:00 on Moller Field. $25

Get schedules, more information, and register online at
sitkacommunityschools.com

Sitka Soup Kids Page presents

It is hard to imagine life without cell phones, but 20 years ago hardly anyone had one • Before the late 1980's cell phones were big and often lost calls • At top right is Dr. Martin Cooper of the Motorola company, who is given credit for inventing the first "lightweight" cell phone in 1973 • The phone was called DynaTAC 8000X, was 13 inches long and weighed nearly 2 pounds! • In Japan, one popular cell phone is worn as a watch. There are more than 5 billion cell phone subscriptions, although some people may have more than one phone.

The Kid's Page is Sponsored by:

Plumbing Fixture Retail Store

Boiler/Furnace Sales & Maintenance

Sheet Metal Fabrication

Certified Refrigeration Specialists

SMC Schmolck Mechanical Contractors

PLUMBING · HEATING · REFRIGERATION

Sales • Service • Repair
Residential • Commercial • Industrial

Heat Pump Sales Most Major Brands

Heat Pump Installation, Repair or Start-Up

Commercial Refrigeration & Cooler Installation and Repair

Phone 747-3142 / Fax 747-6897 • 110 Jarvis St. (behind the Post Office)

Baranof Realty LLC

SPACIOUS LIVING! VIEWS! 600 VERSA PL.—$439,000

PRIVATE DOCK! 121 KNUTSON DR.—$695,000

112 Shotgun Alley ~ $865,000

101 Shelikof Way - $490,000

Lots for Sale

242 Katlian St.
$150,000

MAJOR PRICE REDUCTION!
4311 HPR—$255,000; 4313 HPR - $265,000. 4311, 4313 HPR—$509,900

4014 HPR - $659,000

livingsitka.com

Call Baranof Realty, 747-5636, for a FREE market price analysis 315 Seward St.