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Tartan Tourney Golf Extravaganza
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2024 Mat-Su Chess Classic
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Family Promise Mat-Su: Cardboard City
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The People's Paper

MID-MAY 2024 **FREE**

WRITTEN BY THE COMMUNITY ALASKAN OWNED & OPERATED

Alaska Raceway Park 60th Anniversary



Contributed by Morgan Carter

Alaska Raceway Park is proud to announce the opening of its 60th anniversary season. Located in Butte, Alaska, the racetrack has been a cornerstone of motor sports entertainment for six decades, delighting fans with adrenaline-pumping races and family-friendly events.

"We are thrilled to kick off our 60th anniversary season," said Michelle Lackey Maynor, Lady Track Boss at Alaska Raceway Park. "This milestone season is only possible due to the dedication of our racers, employees, fans, and sponsors who have supported us over the years. We look forward to creating more memories with our community and continuing to provide top-notch motorsports entertainment."

In addition to the exciting races, fans can look forward to delicious food, refreshing beverages, and a festive atmosphere that captures the spirit of Alaska Raceway Park.

Don't miss out on the action-packed fun at Alaska Raceway Park's Memorial Day Weekend three-day event. The weekend kicks off May 25th on the NASCAR oval track and is followed by two days of Top Eliminator action on the NHRA drag strip May 26th and 27th, with tickets available for purchase online at www.alaska.tracksideapp.com or at the gate. For more information, visit www.raceak.com or follow us on Facebook, Instagram, and YouTube @ [alaskaraceway](https://www.instagram.com/alaskaraceway).

About Alaska Raceway Park: Alaska Raceway Park, located in Butte, Alaska, is Alaska's premier motorsports entertainment destination. Since 1964, the racetrack has been providing fans with high-speed racing action with a family-friendly atmosphere. With a commitment to our community and a passion for motorsports, Alaska Raceway Park continues to be a favorite destination for racing enthusiasts of all ages.

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COMMUNITY *The People's Paper*

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2024 Law Enforcement Torch Run and Pledge Drive for Special Olympics Alaska Mat-Su Community

Contributed by Danielle Sherrer

The 2024 Mat-Su Law Enforcement Torch Run and Pledge Drive for Special Olympics Alaska Mat-Su Community is May 18th at Wonderland Park in Wasilla. Registration opens at 9am.

The 5K Run will begin promptly at 10am with a local Mat-Su athlete & Law Enforcement Officer bearing the torch & leading the way. The \$35 minimum pledge gets you a Torch Run t-shirt as well as a delicious BBQ lunch! All funds raised at our Mat-Su LETR, will stay within our community, and benefit our 250+ Mat-Su athletes. Register today at www.specialolympicalaska.org.

What makes the Law Enforcement

Torch Run and Pledge Drive so incredible, is that 14 statewide communities throughout Alaska will simultaneously begin their local Torch Runs for Special Olympics Alaska on May 18th at 10am. This is the only synchronized run in Alaska!

For our Mat-Su Torch Run, we have lots of fun activities happening. We will be joined by Palmer Police Department, Wasilla Police Department, Alaska Police Officers Association, Patrol Officers, Division of Forestry, Alaska State Troopers, Fire & Rescue. We heard Sparky the dog and Smokey the Bear might even be in attendance!

We will have Coca-Cola Bottling of Alaska, LINKS Resource Center, &

Raising Canes, passing out goodies for everyone. The above supporters, Franz Bakery Outlet & Jersey Mike's are also contributors to our BBQ.

Special Olympics Alaska Mat-Su Community program would like to thank our Mat-Su Community for their continued support over the many years. Without your generosity, our Special Olympics Mat-Su programs would cease. Our Mat-Su Community program is run by only 8 valley volunteers. These volunteers dedicate a lot of time and effort into organizing our sports programs and fundraising events. Without fundraising they would not be able to purchase or plan the equipment, rent venues, uniforms, or social events for these local



athletes. Everyone who participates in Special Olympics Alaska sports pay nothing, everything including the uniform, travel, and equipment is free! Thank you, Mat-Su for all you do!

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ATV Adventures Ahead



ALASKA SAFE RIDERS TRAINING CLASS
PHOTO BY MIKE BUCK

Contributed by Debra McGhan
Alaska Safe Riders

Sometimes a simple thing, like wearing a proper fitting and secured helmet, can save your life. That's what happened to 10-year-old Peyton Sliker of Talkeetna. He won his motocross style helmet while attending the Iron Dog race's half-way banquet in Nome on February 21st 2024.

A few days later on March 3rd, Peyton was wearing the helmet while practicing on a course he and his dad built near their home. His mom, Heidi Sliker, said he'd taken off his goggles but fortunately still had the helmet on and buckled.

"I was going like 20 mph and the lake was super windblown and hard crusted," said Peyton. "I was turning a corner, hit a bump and flew off and hit the ground face first. My dad didn't really see too much but my sister was there and she saw it."

Fortunately for Peyton, the helmet took the majority of the impact, but he said he knew right away that he'd hurt his eye. Although he did sustain serious enough injuries to require eye surgery, he survived and is already making a full recovery and back racing. Without the

helmet, the outcome could have proven fatal.

As roads and trails emerge from the snow and begin to dry, you can expect to see lots of all-terrain vehicles (ATVs), motorcycles, side-by-sides, and other all-purpose vehicles (APVs) come out in force. Roaring engines and clouds of dust mark the start of off-highway riding season. With the vast terrain of Alaska to explore, these APVs, like snowmachines, provide some of the best ways to get out and adventure. But they have also proven to be causing an alarming number of emergency room visits.

"These vehicles are a blast to drive and ride. And you can travel a lot further into the backcountry than walking so it makes sense they would be so popular in Alaska," said Jim Whisman, a lifelong Alaskan driver and off-road enthusiast. "Not to mention their usefulness in hauling gear and equipment to remote areas for work, hunting and recreation. In most villages these machines are a critical part of everyday life. There are more all-purpose vehicles than cars or trucks in a lot of these communities."

Alaska Safe Riders Executive Director, Mike Buck agrees. But Buck is also quick to point out the potential danger and need for training. "Alaska has the highest rate of unintentional injuries and deaths in the nation for ATVs. The numbers are huge. And many of these injuries and fatalities could have been prevented with some basic training and safety equipment."

According to Katherine Newel, PhD and Career Epidemiology Field Officer at the Alaska Section of Epidemiology, in her study on Traumatic Brain Injury (TBI) in Alaska, found that during 2016 through

2021 Alaska's TBI related mortality rates were the highest in the nation and more than double the national average.

With statistics like that, Buck said he cannot understand why anyone would take the risk of riding without a helmet.

"And just putting on a helmet is not enough," said Buck. "You have to be sure you have one that fits properly and is buckled securely before you ride. And you need gloves, over the ankle boots, long pants and long sleeved shirt. Accidents involving people on ATVs can be pretty brutal resulting in a lot of ripped skin and torn up flesh if you're not protected." These accidents happen in a split-second. It doesn't matter how long you have been riding. And young, novice riders are especially at-risk.

Karen Stewart, at age 64, was hardly a novice the day she set out alone on her ATV to look at property near her home in Valdez. She'd done this many, many times before but this day something went terribly wrong. She rolled the machine while climbing a hill and was crushed from the impact. She was found sometime later by a group of teenagers.

Even years later the ache caused from her death still haunts friends and family. Dori Dawkins McGhan was just 12-years-old when she nearly died in an ATV crash on Knik-Goose Bay road in Wasilla. She and her friend were making a quick run to the store when their machine hit a stump on the trail and flipped.

"The only thing that saved me was the man who stopped when he saw the accident had medical training and knew to stabilize my neck," said McGhan. "Otherwise I'm sure I would have died."

Peyton, who hopes to race the Iron Dog with his dad one day, said he was sure glad he was wearing his new helmet when he crashed. He plans to tell all his friends that ride any APV, "always wear a helmet that is buckled, goggles, chest protector, all the safety gear," he said. "It's

worth it if you like to ride because when you get hurt, you don't get to ride."

Before you or your children set out on any all-purpose vehicle, it's worth your time to get some basic instruction and know the laws.

"We are adding more training programs to our schedule all the time," said Buck, "but you don't have to wait. There are free online training classes on our website you can do right now so you'll be ready to take a riding class in the future. And you also need to learn the laws for each community where you plan to ride."

According to Alaska State Law, most APVs are now legal to operate on roadways that have a speed limit of under 45-miles-per-hour in towns that allow that. Not all towns do. You need to know what the restrictions are for your community.

To learn more, take an online training class, register for an upcoming class, or review state and local laws, visit alaskasaferiders.org. Make this summer one filled with great adventures you'll cherish for a lifetime. Take the time to get yourself and your children informed and educated.

Upcoming ATV Safety Courses:

May 23, 2024 10am - Hands on ATV training course - Free to the public with a completed on-line course certification. Location: Jim Creek, Palmer. Learn more and sign up at alaskasaferiders.org

June 1, 2024 - 10am - Hands on ATV training course - Location: Delta PowerSports, Delta, Jct. Free to the public with a completed on-line course certification. Learn more and sign up at alaskasaferiders.org

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Free Boat Safety Checks

Contributed by Doris Thomas

Free Vessel Safety Checks will be offered by the U. S. Coast Guard Auxiliary on Sunday, May 12 at the Eagle River Walmart and on Saturday, May 18 at Eagle River Fred Meyer. Both exam stations are from 11 a.m. to 3 p.m.

Any boater interested in knowing more about their power or paddle craft's condition before launching can bring the boat by for a check of its systems and safety gear. These checks are completely voluntary and there is no penalty for not passing the check. Many insurance companies offer a discount for boats

that earn the "Seal of Safety" from the Auxiliary. For additional information or to arrange for an examination on a different day, call Mel Kalkowski at (907) 694-5203.

The Auxiliary is also accepting serviceable used adult and children's flotation devices for donation to the Kids Don't Float life jacket loaner program.

The vessel safety checks are part of kickoff events for the 2024 North American Safe Boating Campaign, May 18-24, being observed throughout Alaska, particularly in the 10 communities served by Auxiliary flotillas. For more details about the VSC program, go to www.cgau.org/vsc/.



The U.S. Coast Guard Auxiliary is the uniformed civilian component of the United States Coast Guard. Created by an Act of Congress in 1939, the Auxiliary directly supports the Coast Guard in all missions, except military and direct law enforcement actions. The Coast Guard Auxiliary is an integral part of the United States Coast Guard. For more information visit www.cgau.org

Cardboard City, with a Twist!

Contributed by Ginger Bear
Family Promise Mat-Su

Join Family Promise Mat-Su at HOPE House, 2700 East Broadview Ave, Wasilla, AK, on Saturday, June 29, from 12:00 PM to 8:00 PM for an impactful event showcasing how we support families experiencing homelessness.

This year's event will utilize both the interior and exterior of Hope House to demonstrate our comprehensive approach to assisting the homeless. Upon arrival, each guest will receive a card detailing a specific homeless scenario—whether it be a single parent with children, a pregnant mother, or a single adult. Attendees will navigate through various rooms, each tailored to provide guidance and services as if visiting actual aid agencies.

We invite our partnering agencies

to set up tables inside our facility, representing your organization as one of the stops in our scenario-based tour. You will have the opportunity to interact with participants, explaining your services and how you can assist them. Tables can be manned in two-hour blocks or throughout the entire event duration.

Volunteers from congregations can also participate by manning a table to discuss how their groups contribute through meal provision and hosting services.

This event is a vital part of our mission at Family Promise Mat-Su to engage the community and enhance our network of volunteers and community partners in meeting the needs of our homeless population. **For those interested in representing their agency or volunteering at the event, please contact Ginger at 907-357-6160 ext. 4.**



Open House at Mat Valley Man Caves

Contributed by Michelle Nelson and Emma Shibe

On a beautiful sunny Saturday, April 27, residents from all around the Mat-Valley were invited to come out to visit the new garage condominium project, Mat Valley Man Caves, located off N. Hyer Spur Road in Wasilla. Against the backdrop of the Chugach Mountains, this open house event offered a glimpse into the unique and versatile spaces designed to accommodate a variety of needs, from workshop space to boat and RV storage.

The event was an ideal opportunity for attendees to swing by and explore the five units currently for sale, one of which is already under contract, through RE/MAX Dynamic Properties. Each unit measures 25 feet by 55 feet, with a 16 foot ceiling height to accommodate the oversized 13-14 foot garage doors. Each interior boasts a bathroom complete with a sink, toilet, and shower, along

with a utility sink and an RV outlet for additional convenience. The project also includes an RV dump station on-site, 24/7 secure access for owners, and extra-wide turning radiuses between buildings.

The all-steel construction with insulated panels provides superior protection against Alaska's harsh elements, ensuring that these garages remain warm during winter and resilient in all weather conditions. The spacious interiors and high ceilings offer endless possibilities for customization, whether for personal hobbies, vehicle storage, or a traditional man cave (or she shed).

We want to thank everyone who stopped by. It's clear that the Mat Valley Man Caves offer a unique solution for those seeking extra space, and we look forward to welcoming more visitors to see these incredible units in person. If you missed the open house, don't worry—these units are available for



private tours, and we'd be happy to show you around.

For more information or to schedule a tour, you can contact us through MatValleyManCaves.com.

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Mat-Su Chess Classic: How the Pieces Start Moving

Contributed by Samuel Hada

"Nobody knows, even roughly, how many people play chess, and nobody should pretend to know" (Edward Winter, chesshistory.com) but in 2012 some pretended to roughly know that it was double the population of the United States of America, minus New York City. Using that number, one sixth of chess players are on Chess.com, and 0.0001 percent are using Lichess, the vast majority play in person, including those unknown beyond the suspected six hundred million.

Often the first people that one learns chess from is family. Hikaru Nakamura is one of the top chess players in the world as of the writing of this essay, and he started learning from his brother and sister. Hikaru has since set a world record for winning the most "bullet" games in an hour, as well as winning the most Titled Tuesday tournaments of anybody, and all of it started with the most fundamental community, that of family.

The greatest chess player of the current generation is Magnus Carlsen: He captured the world number-one ranking in 2011 and still hasn't let go of it as of May 2023. He won the world title in 2013 and has successfully defended it four times (2014, 2016, 2018, and 2021). Additionally, he has won multiple world titles in rapid and blitz time controls, achieved the highest rating ever, and racked up several elite tournament wins, including four Norway Chess victories and seven in Wijk aan Zee. (Chess.com)

And where did his chess journey begin? With Henrik Carlsen, his father, and with the encouragement of the rest of his family. For a while they traveled together, going to various tournaments throughout Norway, but now Magnus has stepped out into his own. He has played in chess tournaments in Asia, Europe, America, and Africa. He continues to pursue the game that he learned to love from his father.

Back in 2023 Palmer Chess Club hosted their second ever tournament, the



THIRD ANNUAL MAT-SU CHESS CLASSIC, PHOTO COURTESY OF CAROLINE HULING

Mat-Su Chess Classic, they had a turnout of twenty-six participants from all ages. One of the youngest competitors, Henry Rockey, said that he "learned from his grandpa and older brother" (Amber Godin, People's Paper, May 2023) his first opponent, Casey Hendrickson, had "started learning chess through YouTube with the help of his dad" (Ibid.). Both people had started with the family unit and were now stepping out into another community, one that built and grew on the foundations that were laid by their families.

Now it is 2024, and the 3rd Annual Mat-Su Chess Classic just came and went. On April 27th twenty-six players gathered once again, some old, some new, some local, and some as far away as Fairbanks to compete in the royal game. There were a few returning players, but the majority were all new faces, putting their opponent's skills to the test, and being tested themselves. After each game they would shake hands, report the results, and many of them stepped out of the room to talk about key moments in their game, discussing with their opponent ways to improve, or admiring the clever traps that were played. Everyone walked away with an appreciation for the acquaintances they had just met, and for those whose friendships were further strengthened.

Anthony Irsik, one of the club leaders,

was pleased with the outcome, it was his first time organizing the tournament. "The guy who founded the club, Lehti Minder, was an important part of my life, and it was a blessing to see a community he started thriving" (Personal Interview). Anthony Irsik has been a part of the Palmer Chess Club since it was started back in 2021 "Lehti stressed the idea of the community when it came to the club. . . we have had a few people come in and play who really benefited from some time playing some friendly chess" (Ibid.). He went on to talk about how some of the players use their time at the club to remember and honor their parents, who were the ones that initially showed and taught them chess. It has also been an opportunity for people to come together who would never have met otherwise, and that they are all the better for it.

If you have been wanting to be a part of something like this, the Palmer Chess Club meets every Tuesday night from 5:30 to 8:00pm at 203 Kombucha in Palmer Alaska. There is no sign in or entry fee, all are welcome and encouraged to come and play a few games at their leisure.

If you have more questions, you can contact them through email: palmerchessclub@gmail.com or through their Facebook page: Palmer Chess Club.

Experience the Thrill of Volunteering at the Alaskan Scottish Highland Games



Contributed by Jeni McDaniel

Are you ready to be part of something truly epic? The Alaskan Scottish Highland Games are calling for volunteers to join the adventure and help bring a slice of Scotland to Alaska. Saturday and Sunday June 29 and 30 at the Alaska State Fairgrounds. This vibrant event is powered by the enthusiasm and dedication of its volunteers, who form the backbone of the Alaskan Scottish clan.

With over 200 volunteer positions available, there's a role for everyone. From setting up the grounds to managing activities, every volunteer plays a pivotal role in the success of the Highland Games. Whether you're

available for just a day or can commit to the entire weekend, your contribution is invaluable.

In appreciation of your time, all volunteers who dedicate at least three hours of their effort receive fantastic perks. You'll be granted a 2-Day admission ticket, giving you full access to the games, and a stylish Volunteer T-Shirt. It's our way of saying thank you for being a part of our community.

Signing up to volunteer is straightforward. Simply choose from various teams like Set-Up, Tear-Down, Athletics, Merchandise, and more. It's an organized and seamless process, ensuring you get the most out of your volunteering experience. Registration at: alaskanscottish.org/fox.com/ashgvolunteers

Here's a glimpse of some teams you can join:

- Set-Up and Tear-Down: Help prepare or wrap up the festivities.
- Historical and Membership Tents: Engage with visitors about Scottish heritage.
- Athletics and Children's Games: Manage traditional and fun games.
- Gates and Kilted Mile: Ensure a smooth entry and coordinate races.
- Merchandise and Midnight Sun Spurtle Challenge: Assist in sales and unique contests.
- Scotch and Mead Tastings: Set up tastings for attendees aged 21+.
- Volunteer Check-In and Welsh Cakes Sales: Offer support and delicious treats.

Questions or need assistance? Our dedicated team is ready to assist you at volunteers@alaskanscottish.org.

Volunteering at the Highland Games is not just about helping out; it's about experiencing the camaraderie, the festive atmosphere, and the unique cultural heritage. It's an opportunity to meet new people, enjoy lively performances, and participate in traditional Scottish games and customs.

Join us and discover the thrill and pride of contributing to one of the most cherished cultural festivals in Alaska. Your journey with the Alaskan Scottish Clan awaits, filled with fun, friendship, and unforgettable memories. Sign up today and take your place in this grand celebration!

7th Annual Taps & Apps Fundraiser



Contributed by Tabitha Karpow

Step into a galaxy far, far away and join us at the 7th Annual Taps & Apps, a

fundraiser in support of American Cancer Society Alaska, with a cosmic twist.

Come as you are, or embrace your inner Jedi, as you embark on a culinary adventure featuring five appetizers curated by five different dining establishments from across Anchorage. Each appetizer will be expertly paired with hand-selected beers by a well-known local brewery, Alaskan Brewing Co., ensuring an out of this world taste experience.

'May the Force Be with You' as you & your friends enjoy the evening's epic

festivities with great music, silent auction, and fun "games of giving", all in support of the American Cancer Society's lifesaving mission, to ensure everyone has an opportunity to prevent, detect, treat, and survive cancer.

Doors open at 5:30 PM and the event concludes at 9:00 PM. So come join us at the Aloft Hotel on May 4th. We look forward to seeing you there! Tickets can be purchased at: Home - Taps & Apps: [Taps & Apps \(acsgala.org\)](http://Taps & Apps (acsgala.org)) and you can follow the event on Facebook: 7th Annual Taps & Apps | Facebook.



Our Commitment

The Alaska Warrior Partnership™ (AKWP) is committed to improving veterans' quality of life in the state of Alaska through the coordination of local services and opportunities; from housing and employment to enrollment in VA ebenefits, healthcare, recreation, and more.

Our Goals

The goal of The Alaska Warrior Partnership™ (AKWP) is to build a partnership of local Alaskan resources, improve the quality of life for all veterans, their families, and caregivers, and end veteran suicide. More info available at alaskawarriorpartnership.org or 907-312-7229.

WARRIORS' CORNER

WRITTEN BY THE COMMUNITY www.makeascene.media PAGE 5

The Fight to Save Our Veterans

Contributed by Josh Brown & Kris Fager
The Chris Kyle Patriots Hospital

To become a veteran of the United States of America's military forces, one must have served in some capacity. Prior to that, however, they had to have the desire to join, go through the testing and extensive background checks and paperwork, be accepted, and then make it through boot camp. This is not an easy process nor is it without pain and sacrifice of the individual entering service. They leave the life they have always known and, while this is a bonus for some, for many it is heartbreaking. They leave the friends they went to school with and learned how to navigate life with. They leave the family who nurtured them and taught them...who loved them. They then travel to the nearest Military Entrance Processing Stations (MEPS) where they are poked and prodded and forced to walk like a duck in their underwear before being shipped off for months of education and training while their drill sergeant breaks them down and rebuilds them. They become different people entirely, they become warriors.

They are then scattered to the corners of the earth to do whatever day job they have been assigned, keeping in mind that the primary job of each of them is to be a warrior when a warrior is needed. Many never see direct combat, many are in combat zones in support roles and see violence all around them, and many are called to lead the charge and kill to defend our country and those we help to watch over. These modern-day knights serve with valor, often losing their lives

or the lives of those they called brothers, with little expectation other than to complete their mission. Those who live often come home broken and battered and, far too often, those wounds are buried deep and invisible. These are the wounds we are going to talk about today. These wounds lead our sons and daughters, our brothers and sisters, our mothers, and fathers to make the decision that their life is no longer something they wish to continue experiencing and to attempt to end it prematurely.

Thankfully, many are not successful. This gives them time to get help, to reach out, to change the narrative of their story. Unfortunately, many are successful and are never able to get the help they so desperately needed. We have all heard the number...that dreaded number... twenty-two a day. Twenty-two men and women who served this country end their lives daily. Let that sink in a moment. Now add to that those the deaths which are listed as strongly probable suicides and inconclusive or undiscovered and the number more than doubles with 45-50 a day suspected veteran suicides. That is somewhere between 8,030 and 18,250 veteran suicides each and every year. Today, as I write this, it is the 49th anniversary of the end of the Vietnam War. At these rates, that is between 393,470 and 894,250...now let that sink in as well. We owe them better...we owe them more.

By utilizing the core modalities of CBT and DBT with the addition of specialized trainings such as Accelerated Resolution Therapy and Military Sexual Trauma Training, the team here at Chris Kyle

Patriots Hospital (CKPH) is working with this special group of warriors to provide them exactly the help that they need to begin their journey back to a life they feel is worth living. The staff at CKPH is largely military affiliated and are either veterans or dependents themselves. This, in combination with their passion to help those in need, creates a holistic healing environment which allows our patient population (active duty, veteran, military dependent, and 1st responders) to learn, to process, and to heal. The name on our building is not lost on us and, for those of us who are honored to work here, the Chris Kyle Patriots Hospital is not just a building; it is a symbol of honor, sacrifice, and dedication to serving those who have bravely served our country. Named after the legendary Navy SEAL sniper, the hospital embodies the values that Kyle held dear throughout his life.

In memory of his legacy and in recognition of his service, the Chris Kyle Patriots Hospital was established to provide top-notch medical care and support to veterans and their families. Our mission is to honor Chris Kyle's memory by continuing his mission of service and sacrifice and ensuring that those who have served our country receive the care and support they deserve.

Because it is not always just the trauma or the addiction or the loss of the mission that is keeping our warriors down, Chris Kyle also provides a range of support programs aimed at helping veterans transition back into civilian life. From job training and education assistance to counseling services and support groups,



the hospital offers a holistic approach to supporting veterans in all aspects of their lives.

The Chris Kyle Patriots Hospital stands as a testament to the spirit of patriotism and service that Kyle embodied. It serves as a reminder of the sacrifices made by our brave men and women in uniform and honors their commitment to protecting our freedoms. Through its work, the hospital continues Kyle's legacy of service and ensures that his memory will never be forgotten and that those he loved and lived to protect get the help he died striving to provide.

Suicide in our nation is a pandemic and is one of the primary causes of death amongst our citizens. Add to this the additional trauma and experiences that many of our US Military have faced and the situation becomes ever more bleak.

Programs such as the Patriot Support Programs (of which Chris Kyle Patriot Hospital is a Service Center of Excellence) and other throughout the United States are so vital in providing quality services to our warriors both active and prior service and giving them a mission back, giving them the help that was promised to them when they signed on that dotted line so passionately years before. Twenty-two+ a day is twenty-two+ a day too many.

Let's do better. We owe it to them.

 "Please don't treat me like trash" - read them **RECYCLE!** *The People's Paper* WWW.MAKEASCENE.MEDIA | 907-373-2698

The Little-Known Story of the Women Airforce Service Pilots (WASP)



FOUR WASP PILOTS IN FRONT OF THE B-17 PISTOL PACKING MAMA. US AIR FORCE PHOTO

Contributed by Col Suellyn Wright
Novak, Alaska Veterans Museum

Did you know that female pilots were serving as contract civilian pilots for the Army in World War II? They performed

many duties such as instructor pilots, aerial target towing for gunners, transportation of personnel, ferrying new aircraft from manufacturer to Army bases, and even ferrying the latest fighters and bombers to England.

One of the early volunteers for what was then known as the Women's Auxiliary Ferrying Squadron (WAFS), was Cornelia Fort. She had been instructing a student when they were enveloped with the melee of the opening salvo of WWII, the Japanese attacking Pearl Harbor. The head of the WAFS was Nancy Love and since women in aviation

was a small, select community she had her choice of the best. Qualifications were a high school diploma, age between 21-35, commercial pilot license, 500 hours flight time, and a 250 hp rating. Cadets were to report at their own expense, for interview and flight check, and provide two letters of recommendation, proof of education

and flight hours. Nancy and Col Robert H. Baker of the US Army Air Forces' Ferrying Command, formed the WAFS at New Castle Army Air Force Base in Wilmington, DE.

Nancy Love (a prominent name in aviation, she was the youngest American woman to have earned her private pilot's license until that time), was joined by Cornelia Fort, Teresa James, and a hand-picked cadre of women pilots totaling 28. Keeping the program small, allowed Nancy to be highly selective; the women's flight time averages 1,162 hours, far exceeding the initial 500 hour requirement.

Jacqueline "Jackie" Cochran, a female aviation giant with dozens of aviation trophies, sought to take over from Nancy Love. But the Army Air Force Ferrying Command was impressed by Nancy Love's pilots and initially wouldn't budge.

So, Jackie started her own pipeline training school, named the Women's Flying Training Detachment. Therefore, for a period of time, there were two female led programs in WW II. Jackie had

already shown the feasibility of women ferrying aircraft by flying a lend-lease bomber to England and organizing a group of female pilots for war transport service as part of the British Air Transport Auxiliary. Jackie, ever the self-promoter and aviation living legend, had the ear of General Henry H. "Hap" Arnold, and in 1943 Hap placed Jackie in charge of all women pilots, to hereafter be known as Women Airforce Service Pilots (WASP).

In December 1944, after logging more than 60 million miles at the cost of 38 lives, the WASP program quietly disbanded. Although repeated attempts were made in WWII to make them veterans, they were not officially recognized as such in 1977, due to a herculean effort by the WASPs themselves with the aid of Senator Barry Goldwater, a fellow ferry pilot.

In 2010, President Obama awarded the Congressional Gold Medal upon the more than 200 surviving WASP.

More information available at Alaska Veterans Museum, visit us online at www.alaskaveterans.org.

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Anchorage Chamber Military Appreciation Picnic Returns June 7th

Contributed by Kendall Stewart
Anchorage Chamber
Membership Development

For over 30 years, the Anchorage Chamber, along with 150+ volunteers, has served over 6,500 local service members and their families. This year, the appreciation picnic returns to Buckner Field on JBER from 11 am to 3 pm on June 7th, 2024. The Anchorage Chamber works closely with JBER, USO, ASYMCA, and other organizations to provide a variety of fun, family-friendly activities during the picnic, including live music featuring a local favorite, H3 Hawaiian Reggae Band, to show our support of the military presence in Anchorage.

The Anchorage Chamber's Military Committee plays a leadership role in strengthening the relationships between the local military and business communities by hosting the largest military appreciation event in the state. Military Appreciation Week, funded in-part by the annual Bowl-A-Thon fundraiser, provides the local business community an opportunity to thank and show their support for service members in the Anchorage area.

SIGN UP TO VOLUNTEER! Whether you have base access, or need base access, register to volunteer at anchoragechamber.org by Wednesday, May 22nd.

The picnic takes place at Buckner Field on JBER from 11 am to 3 pm on Friday, June 7th.

Other Upcoming Events for the Anchorage Chamber of Commerce:

Ribbon Cutting- Buzzed Beetle
Friday, May 24 - 3:15 pm to 4:30 pm
Ribbon Cutting: 3:30 pm

Business After Hours - Aspire Med Spa
Thursday, June 20, 2024, 5 to 7 pm

"Make it Monday" Forums
May 20 - JBER Update at the Petroleum Club of Anchorage

May 29 - No Monday Forum - Memorial Day

June 3 - 2024 Summer Construction Update

Welcome, New Members! AK Promo Co; Fitness Flex LLC; First American Baptist

Church; Eva's CupCakery; Buzzed Beetle; Nuna LLC; Diana Rogers; Peppercini's Catering; Garcia's Cantina & Cafe

For over 100 years, the Anchorage Chamber has served as an important resource for members to gain business knowledge, insight, and strength as business professionals. Joining the Anchorage Chamber provides instant access to an exclusive network of nearly 800 members. With membership, your company or organization can utilize broad marketing opportunities, connect with key policy-makers, and enjoy discounted programs and events. For more info, visit anchoragechamber.org/membership-benefits.

Dealing with Death - Self Sacrifice vs. Self Interest

Contributed by Doug Ferguson

Last month I wrote an article "American Heroes" about leaders and patriots who were willing to risk their life for their country. The theme of putting one's life on the line for a cause greater than yourself, whether the cause be a family member's life or one's country, continues this month.

Recently I have been witness to some intense "end of life" discussions a group had that just lost a well-known and well liked member. This, in turn, has re-enforced my conviction that there is a huge cultural gap in our modern American society. This gap is between the average citizen who rarely has to deal intimately with physical death on a personal level, and those who have done so like combat veterans and those who continue to do so like those in the most critical medical and emergency fields.

In the first case, at the start of life in our modern medical high-tech world, there is an extremely low rate of infant mortality compared to over half a century ago. For example, from CDC data, in 1950 the rate was 17.8% and in 2023 it was 5.6%.

Also, the percentage of people either married or not married who never had children has increased dramatically. The U.S. birthrate in 1950 was 2.4%. Even after a recent rebound due to Covid restrictions being lifted, currently it still is only 1.2%, just barely enough to sustain our population totals. Even much of that is due to the huge influx of migrants in recent years.

Therefore, fewer have actually even experienced the loss of an infant or child. Also, the widespread public acceptance of abortion, that regardless of your religious views, really is the death of the "unborn", has sanctified self-interest while reducing the emphasis on one's mourning such a loss and thus minimized closure on it's personal emotional cost.

At the other end of life, fewer people in our country now take care of their aging relatives in their home, a situation that again was routine over a half century ago. So, when one of them dies, the immediate physical details are typically handled by non-family, such as senior living facility and/or medical staff, and then mortuary staff. The actual family members remain far more detached from the process than

they used to be when the relative was actually living with them and, in many cases, the wake or funeral was held in the home.

Also, since WWII, more and more people do not even live in the same town, city, or state as their parents or relatives and many choose not to have a funeral at all, which in all previous times provided memory and closure of the deceased one's life for the living family and friends.

And last, we have finally moved from a semi-rural culture to an almost totally urban culture. In 1960 there was still 30% of the population living in areas designated as rural. In 2024 this has dropped to 16.9%. As this has happened, fewer and fewer of our youth and young adults have had the experience of dealing with the previously common farm animal, hunting and wildlife deaths at the same physical level as they do today. Pet keeping today is dependent on the modern veterinary services that take care of everything at your animal's end of life. Cremation of animal pets is becoming almost as common as for humans!

Contrast all that about average citizens today with those veterans and medical

people who have seen death up close, especially veterans whose close companions were often violent death victims. They have had to deal with death firsthand and have a much better sense of what it means to "put your life on the line". If you get to know any combat veteran well, you will realize this. If you don't have that experience of knowing one, just watch the famous TV series, "Band of Brothers" that was based on an actual WWII platoon's journey through the war to get this sense.

Is it any wonder then that our cultural emphasis in our most prosperous and protected society in the history of the world has shifted from a "self-sacrifice" based one for family and country to a "me" generation of "self-interest"? This significantly contributes to the current dispassionate attitude toward other's lives, and often the downright corruption that affects much of our leadership and many others when it comes to making moral decisions that require some form of "putting your life and others on the line."

Also, at the very least it helps to explain the uncomfortable emotional conversations I observed recently that occur among friends and family these days when a friend or loved one passes!

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VFW Susitna Post 9365 Honors Local



Contributed by Susitna Post 9365 Senior Vice Commander Adrian A. Hart

On April 12, 2024, VFW Susitna Post 9365 awarded Wasilla High School's Air Force JROTC Cadet Major Maddison Beard with this year's VFW Susitna Post 9365 JROTC Cadet of the Year. Congratulations Maddison!

On May 4th, 2024, VFW Susitna Post 9365 conducted its first-ever participation in conjunction with the VFW National Day Of Service, in which posts nationwide

complete community service projects to # still serve their communities. For Susitna, its participation meant cleaning up the presents left from last winter's snow. Over 13 post and auxiliary members gathered several bags of trash, enough to fill a truck bed. The Post serves the entire Mat-Su Borough. In addition to beautification, the Post sponsors several Youth sports and community service activities every year. Several other Programs are our youth programs, providing several scholarship opportunities, visit: www.VFW9365.org.

VFW Susitna Post 9365 will Honor our Fallen on Memorial Day, May 27, 2024, starting at 10:30 AM with our Annual walk from the Mat-Su Veteran Wall of Honor Located at 801 Wasilla- Fishhook RD Wasilla, AK, to the Aroua Cemetery Located at 1096 Wasilla- Fishhook RD Wasilla, AK with the Service starting at 11:00 AM.

Following the graveside service will be the Annual MAT-SU Veterans Wall of Honor Memorial Day Service starting at 1:00 PM; following the service will be Memorial Day Lunch consisting of Hamburgers and Hot Dogs at the Post home located at 301 E Lake View Ave Wasilla, AK all events are open to the Public.

A Legacy of American Militia Service

Contributed by Alaska's Kentucky Colonel

On a cold winter day, December 13, 1636, the American militia tradition took root in Salem, Massachusetts. This genesis marked the beginning of a longstanding heritage of voluntary military service by American citizens. The volunteer militia has not only been a cornerstone of defense but also a reflection of the community spirit that defines the nation.

Carrying forward this proud legacy, the Alaska Territorial Guard (ATG), also known as the "Eskimo Scouts," was formed during World War II. Collaborating closely with the U.S. Army, the ATG played a pivotal role in defending Alaska against invasion. However, by 1947, with the conclusion of the war, the Alaska Territorial Guard was

disbanded.

The spirit of the ATG was reignited in 1984 when Governor Bill Sheffield and the Alaska legislature established the Alaska State Guard, which was later renamed in 1987 as the Alaska State Defense Force (ASDF) to more align with the language of Title 32 United States Code (USC). Today, the ASDF continues to honor the traditions set by its predecessors, dedicating itself to the security and welfare of Alaska and its citizens.

Legal Foundations of the Alaska State Defense Force: The establishment and operation of state militias like the ASDF are grounded in federal legal authority. The United States Constitution, specifically Article I Section 8, along with 32 USC SS 109, empowers states to maintain a

state military militia known as a State Defense Force. Further authority is provided by the Constitution of Alaska, Article III, Section 19, and Alaska Statute 26.05.100. Within this framework, the Governor of Alaska serves as the Commander-in-Chief, exercising authority through the National Guard Adjutant General.

The 49th Brigade, Alaska State Defense Force exemplifies a trained and organized state military reserve, tasked with supporting homeland security and civil support operations such as the Defense Support of Civil Authorities (DSCA).

Benefits of Service in the ASDF: Enlisting or receiving a Warrant/Commission from the Governor of Alaska within the ASDF

offers numerous benefits, including serving the community and state, enjoying camaraderie, and enhancing leadership skills through professional military education. Members are compensated during military State Active Duty (StAD) and have access to benefits such as life insurance through the Alaska National Guard Association and tuition assistance through the State of Alaska National Guard when funds are available.

Commitment to the Community: ASDF soldiers typically train one weekend a month and participate in an annual field training exercise lasting 3-5 days. For those new to military service, initial intake training is required to ensure readiness to serve Alaska and its citizens effectively. This enduring tradition of militia service, from the historic fields of Salem to the rugged terrains of Alaska, continues to exemplify the American spirit of duty, honor, and community defense.

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Ken's Cast Iron Kitchen: Roman Spaghetti

Contributed by Ken Hagler

Enjoy some spaghetti that is quick, filling and delicious! It will adapt easily to a low-carb option as well. And NOTHING says you can't add MORE BACON!

You're gonna need:

1/2 pound of bacon, diced
1/4 cup of butter/ghee
1 pound o spaghetti noodles (Low carb:
Zucchini Spaghetti Noodles or
Spaghetti Squash)

2/3 cup of Romano cheese
Melt butter/ghee in saucepan and cook bacon until crisp. Remove bacon and dice once cooled. Save the bacon grease and butter. Prepare spaghetti noodles to your preference. Place noodles in a serving

bowl. Toss half (or amount that works best for you) of the bacon grease and butter/ghee with the spaghetti. Then add the diced bacon and cheese to the noodles and serve! OH YESSSS!

Kickstart Your Morning with Your Local Subway

Contributed by Dee Buchanon

Subway is now delivering an exciting breakfast option that's sure to wake up everyone's taste buds and kickstart their morning with energy! Introducing Breakfast for Businesses, now featuring our new Lavash bread!

All sandwiches are served on our new Lavash bread, creating the perfect healthy

start to your day. And, because we know everyone has their own favorite, toppings are served on the side, allowing your team to customize their breakfasts.

Why Choose Subway Breakfast for Your Team? Variety & Quality: With a range of toppings and fresh Lavash bread, there's something for everyone.

Convenience Delivered: Delivered right to your business, our breakfast options

save you time while providing a nutritious start to the day.

Appreciation Through Nutrition: Show your team how much you value their hard work and dedication by treating them to a Subway breakfast once a month.

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workday. Whether it's a monthly treat or a special occasion, a Subway breakfast is the perfect way to say "thank you" to your team for all their hard work. Interested? Let's tailor a breakfast menu that suits your company's tastes and needs.

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11th Annual Rally 2 the Ranch

Contributed by Glen "The DUDE" Butts

Saturday June 1st, 2024 we will be having a fundraiser / support rally for Alaska's Addiction Rehabilitation Services - "AARS" formally- Nugen's Ranch, "Adult Long Term Recovery Center". It's a great way to show support for the recovery community and have a good time while doing it. So, get

your bike ready (even your car, or truck/van), and come out to Anchorage Alano Club to ride with us.

We meet at 10AM at Anchorage Alano Club, and kick stands go up at 10:30 out to the Ranch. CMA's- Midnight Son Riders chapter 801, thank you for correlating the event.

Anchorage Alano Club - Arrives at 10AM

/ Leaves at 10:30AM

1st stop - Denali Harley Davidson - Arrives at 11AM / Leaves at 11:30AM

2nd stop - MatSu Alano Club - Arrives at 11:45AM / Leaves at 12PM

3rd stop - Knik Three Bears Gas Station - Arrives at 12:15PM / Leaves at 12:30PM

Arriving at Nugen's Ranch Center at 1PM

This is going on to coincide with the Ranch's Open House / Fun Day! There will be food, fun, games, and great sobriety testimonies from clients and staff. So come out, have an awesome time, and find out more on this terrific place for recovery! Help to "shine a light into the darkness of addiction".

For updates..... RALLY 2 the RANCH @ Facebook. T-shirts may be available for purchase.

3rd Annual Rally Recovery Ride

Contributed by Glen "The DUDE" Butts

This community awareness event is designed to inform people in our state about the challenges and process of recovery from drug and alcohol addiction.

Event Details:

Time - Starts at 1 PM (following the rally ride) and ends at 3 PM

Activities - Musical entertainment, speakers, and a BBQ

Location - Anchorage Alano Club, 3103

Spenard Rd, Anchorage, AK 99503

The event is family-friendly and concludes with a 12-step meeting for those interested in participating. All vehicles including motorcycles, cars, trucks, and vans are welcome to join the procession (with vehicles following behind motorcycles).

Important Notes:

Safety - All drivers and motorcycle riders participate at their own risk and

are expected to have a valid license and insurance. They are also responsible for the safety of any passengers.

Social media - Updates can be found on our Facebook page @RALLY RECOVERY RIDE.

Route Information:

Start - Meet and greet at 9:30 AM at Anchorage Alano Club.

First Stop - Volunteers of America, 8012 Stewart Mountain Dr, Eagle River, AK at approximately 10:30 AM.

Final Stop - True North Recovery Center, 591 S Knik Goose Bay Rd, Wasilla, AK at approximately 12:50 PM.

Each stop will showcase the solidarity of the recovery community as clients and their staff join the rally.

Closing Remarks:

Invitation - Open to all

Message - Alone recovery is almost impossible, but together "WE CAN" break the cycle of addiction.

Gratitude - Thanks to all participants and organizers, and God Bless!

AARS Expansion



Contributed by Alaska Addiction Rehabilitation Services

Alaska Addiction Rehabilitation Services, Inc. (AARS) has long been a beacon of hope for adults grappling with substance use disorder (SUD) in the Mat-Su Valley – as well as the entire state.

Since 1982, AARS has helped more than 3,300 addicts and alcoholics find recovery and has been at the forefront of serving adults struggling with SUD through its high-quality, clinically managed residential treatment facility. As one of the state's longest running treatment programs, AARS currently houses up to 26 residential clients, as well as ten outpatient clients who reside in nearby transitional homes.

Clients at AARS receive a combination of evidence-based practices, 12-step recovery, and counselor led sessions along with managed work therapy and vocational opportunities at its 116 acres of working farm—Nugen's Ranch.

With an average treatment stay of nine to 12 months, clients accepted into AARS can expect nothing short of a life change. But for those looking to get help, finding them a treatment bed has become increasingly difficult.

AARS receives more than 300 statewide referrals a year for levels 3.5 and 3.1 treatment and can treat roughly 40 residential clients a year. However, as alcoholism and addiction in Alaska continues to grow, so does the organization's waiting list.

"The hardest part of my job is telling someone who is ready to receive help that we don't have a bed for them," said Bryan Brandenburg, Executive Director of AARS.

"So, we made the decision to expand and give more people an opportunity to recover."

In 2022, AARS' Board of Directors contracted ECI Architects to design an additional 26-bed facility (for a total of 52 beds), including additional staff offices, a community center and gym, with extended parking areas. The total cost of AARS' Expansion Project is roughly \$28 million.

In March, AARS was awarded a \$3 million appropriation from U.S. Senator Lisa Murkowski to aid in the organization's expansion efforts of their facility on Point Mackenzie.

"These funds will allow us to begin our expansion efforts and open the door for more funding," said Bryan Brandenburg, Executive Director of AARS. "Our number one priority remains assisting even more Alaskans living with SUD. These funds bring us one step closer to achieving this goal."

The \$3 million appropriation from U.S. Senator Lisa Murkowski will pay for Phase I of AARS' Expansion Project, covering the cost of site preparation and design services, construction administration, and initial contractual services. Execution of Phase I is expected this Fall.

Brandenburg said that Phase II of AARS' Expansion Project will cost \$14 million and includes the actual construction of its new facility. This year, AARS' leadership team has made several trips to Juneau to work with Alaska's legislators, including members of the Mat-Su delegation, on funding Phase II through the upcoming Capital budget.

"We hope these funds pass through the Capital budget and our legislators see the importance of the work we are doing," said Brandenburg. "The more we do as a community to battle SUD, the better future we will have for Alaska."

Brandenburg said that by improving access to treatment, more individuals can begin their journey to recovery sooner, reducing the long-term health, social, and economic impacts of substance use disorders. Early and accessible intervention can decrease the incidence of overdose deaths, reduce transmission rates of infectious diseases associated with drug use, and lessen the burden on the criminal justice system.

"Expanding services would also contribute to destigmatizing addiction in the community," he said. "By providing more accessible and culturally sensitive treatment options, the message is clear: addiction is a health issue that deserves compassionate, professional care, not moral judgment."

For Alaskans living with substance use

disorder, the expansion of services at AARS is not just important—it is essential. It represents a path to recovery that acknowledges and respects the unique challenges faced by individuals in this vast and diverse state. Through expanded access to comprehensive, culturally sensitive care, AARS can better serve its community, offering hope and healing to those in need.

AARS is hosting their annual Fun Day event from 11 am to 5 pm on Saturday, June 1. This event invites the community to its Point Mackenzie property for a free BBQ, activities for the entire family, produce and flower sales, farm tours and this year's Fun Day Raffle drawing.

"We hope community members join us for a day of celebrating recovery, and the work our staff and clients do on a daily basis," Brandenburg said.

For more information on AARS and its treatment services, Fun Day, the purchase of Fun Day raffle tickets and merchandise, visit aarsrecovery.org.



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THE CHICKALOON VILLAGE TRADITIONAL COUNCIL

Our mission is to perpetuate our ancestors' beliefs, customs, traditions, values, and steward our environment to help our community thrive. The Health and Social Service Department, Tribal Opioid Response Team actualizes the mission by providing services to anyone in the community that include case management/ care coordination, referrals to treatment that best fits them, assistance with basic needs, transportation, housing assistance, wellness check-ins, harm reduction, naloxone training, as well as, distribute naloxone kits we receive from our collaboration with Project Hope.

Please reach out to us if you or someone you know may benefit from our Tribal Opioid Response (TOR) Program. The TOR Program services are open to all members of our community.

PHONE: 907-745-0704.
EMAIL: SKOLSON@CHICKALOON-NSN.GOV
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TRUE NORTH RECOVERY INC.

As a leading Alaska drug and alcohol treatment center, True North Recovery Inc. is on mission to provide our community with client centered, culturally competent behavioral health treatment with same day access to services through: Evidenced based best practices, partnerships, and authentic community-based recovery support services for alcohol addiction, drug addiction, and treatment for other addictive lifestyles.

We work to foster a safe and supportive environment for peer-centered education, services and engagement. Our programs and partnerships open pathways to recovery by removing social barriers and creating opportunities for those seeking and maintaining long-term recovery.

PHONE: 907-313-1333
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MYHouse is a homeless youth drop in center with two for-profit businesses that train and employ homeless youth. Gathering Grounds Cafe is a coffee shop with homemade soups, sandwiches, salads, and baked goods.

SteamDriven is a trendy thrift shop featuring Steampunk items made from repurposed donations by our youth designers. True North Recovery and Young People in Recovery offer support for substance abuse recovery with activities and events. We offer transitional housing for qualified 18-24 year olds, outreach services to connect homeless youth, organizations and groups to services, and access to public health and job education services on site.

PHONE: 907-373-4357
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HEALTH & WELLNESS WRITTEN BY THE COMMUNITY WWW.MAKEASCENE.MEDIA **PAGE 9**

Insurance and Massage

Contributed by Jamie Kraft

After 7 long months, I have recently become credentialed with the VA and BCBS insurance companies. Aetna next! It was frustrating with repetitive submissions, having multiple contacts and

being dropped by my biller at the time, I thought it was never going to happen, but here I am! Check your plan to see if a massage is included!

I have Been open a year at my location and am feeling the pull of the therapeutic massage path. I find myself more pas-

sionate about the mental/emotional/ pain relieving effects of massage. Seeing the difference of before compared to after is what keeps me going. I'm very excited about what taking insurance will do for the future of my business. I am also relieved that as time goes on, massage is starting to be viewed as an important part of health care. I am renting a space out of Palmer Spa, upstairs in the koslosky building across the hall from Body and Balance.

Take Back Control

Contributed by Alexander Harmon

It's a well-documented fact that adverse prescription drug effects and other medical errors are the third leading cause of death in America. Adverse drug events harm 2.7 million hospitalized patients

in the U.S. annually, with over 106,000 deaths and that's just for hospitalized patients. Another 350,00 adverse drug events occur in U.S. nursing homes each year.

Millions of Americans are affected by pharmaceutical drugs, and they have

been told their whole life that's the only option they have for their illnesses and pains. These drugs do not balance our body for optimal health also called "Homeostasis". Instead, they put more strain on the immune system and cellular network and cause more damage which puts you on more medications and leaves you in more pain and an empty wallet.

Natural medicines like naturally derived cannabinoids are a great way to take back your life and find the care you need as the

6 Tips on Foot Health

Contributed by Xavier Lechleiter

Summer is here and that means getting out and spending time with family and friends! It can be hard to do that when your feet are hurting. At AKTive Soles we care about you and your feet and want to help you Get AKTive and Stay AKTive!

Here are 6 Tips on Foot Health:

1. Foot Flexibility:

Focus on the big toe. Flexibility of the big toe is crucial for optimal walking and running biomechanics. Practice spreading your toes in all directions. Also practice keeping your big toe on the ground while raising your other toes and vice versa.

2. Foot Strength: Focus on toes, arches, and ankles, but also hip rotators and hip extensors. Foot intrinsic muscles benefit from strengthen-

ing just like your biceps.

3. Balance: Routinely incorporate ankle stability exercises into your daily program. Vast sums of dollars are spent on treatment following falls. Making a commitment to challenging your balance on a daily basis could save you hundreds of dollars.
4. Correct Shoe Size: Our foot size changes over time. Getting your foot size checked yearly will ensure your shoes fit the length and width of your foot for your activity.
5. Correct Shoe: Review your foot type and choose shoes

Energy Touch Therapy with Salt

Contributed by Daniel N. Russell

Energy touch therapy is introduced as a ministry, so there is no charge! It is an adjunct to both physical therapy and massage therapy because it provides both spiritual and physical health benefits. It moves, balances, and centers a flow of life-force energy (qi) throughout the body. Some religions do not allow direct touch with naked skin. In Energy Touch therapy direct contact with a person's skin is not required, so it is not necessary to remove clothing. So, this type of therapy is an alternative that people of such religions can enjoy. If people can have direct touch, then it is possible, as an option, to apply a super-saturated salt solution of 2/3 magnesium sulfate with 1/3 sodium chloride to the entire body. As the water evaporates from this solution, salt crystalizes in the pores, which pulls out toxins from the body.

The salt solution is applied all over the

body over and over again on as much of the skin surface as possible to stimulate as many nerve endings as possible, because this cancels deep pain by the principle of counter-irritation. This process of application also produces lymphatic drainage to further rid the body of toxins, and it releases endorphins, which help relieve pain and make one feel awesome. Oils and lotions may be applied, afterward, to smooth and sooth the skin

In moving and centering one's qi, one pulls excess energy toward areas of the body where there is not enough energy. This accelerates a flow of life energy (qi) throughout the body, which increases both healing rate and energy level in patients. Sensitive heat sensors are located in the palms of our hands, and just below each lower eye lid. So, by placing one's palms over a patient's body, closing the eyes, and concentrating the mind, one can detect where there is too much energy or not enough energy.

So, it may be determined from where to pull excess energy to center and balance it. One's energy (qi) should be centered at the sixth tsubo (acupressure point) on the Conception Vessel (CV-6), also known as the hara or tandan in Shiatsu and Acupuncture therapy. So, I center the qi or life-force energy there. This tsubo is located 2 finger-widths below the belly button. When a large cold stone is placed on the tandan, or CV-6 tsubo, excess energy moves from areas of excess energy and builds up, quickly, under this cold stone.

The stone acts as a tool and a roadmap to help concentrate the mind to move the energy to the correct place, and to prevent distraction. I ask my patients to use their mind with my mind to move and center their energy. I also, silently, ask God for Holy Spirit to help a patient to heal both body and spirit. So, this is a non-verbal, touch ministry. I use a single, large, smooth, black basalt stone, because these stones are good black-body radia-

tors, which means they absorb a lot of heat and then radiate it. You can find such stones all over Alaska's beaches and riverbanks, where they have been deposited and ground smooth and round by glaciers over tens of thousands of years.

Most types of stones work fine, though, as long as they're not porous. Room temperature is fine for the temperature of cold stones placed upon the body. One may think that it would be uncomfortable to have a cold stone placed on their belly, but it pulls and gathers heat quickly. One can actually feel heat building up under and around the stone! Energy can be moved by conscious intent, alone, without stones and direct touch, but only after years of experience.

All of these alternative therapies avoid the annoying side-effects caused by pharmaceuticals - not to mention their cost. You may contact the author for further information at (907)-444-5647 or by email: dnrussellms@yahoo.com.

Daniel N. Russell, MS is a biophysicist, energy consultant, tutor, and ordained spiritual energy touch therapist in Anchorage, Alaska.

Liberty, Liberally

How To Actually Fix The Government



May, 2018

If the People, (that's us), ever use our Rights to actually, directly engage our civic responsibilities - the real problems that persist in our nation and State would quickly become evident.

You see, each of us have certain Rights that are also responsibilities. We all like the ideas of freedom, and Liberty, and those ideas are made specific in our founding documents as our Rights.

Our Rights are defined in the Bill of Rights. For example, my favorite Rights are amended to the constitution as the 'First Amendment'. This includes freedom of the press - (they were talking about the printing press, by the way) - and that extends to all forms of communication. That does NOT mean the media industry, which has come to be referred to colloquially as 'The Press'. That's a major point of confusion, and if the People ever truly used this Right to it's full potential, it would actually fix things.

No, really, I mean it.

We keep looking for a leader, someone who will fix it for us. We think, falsely, that our civic duty is simply to vote for a candidate. And then blame that elected official for failure to fix it. That is literally the least we can do.

But what about YOUR freedom, YOUR liberty?

What if I told you that you could really, actually fix what is wrong with our government, by simply using your freedom?

There was a time, before electricity, that wanting to use this right required that a person be well-worded, with a command of the written language - and that they have the money to own a printing press - but no more. There was a time where television cameras and multi-million dollar broadcast stations were needed to make use of the freedom of the press, but not anymore.

Today, you literally have the ability to video and broadcast your concerns, right there in your pocket. Almost everyone has a fully functional camera and broadcast system built right into their phone. In fact, calling a cell phone a phone hardly does it justice. It's a work station, a media creation tool. You can publish your thoughts, and public interests, as is your Right. Your Right is your Freedom.

Are you proud to be Free? Do you think you deserve Freedom?

Do you actually use your freedom?

We have given over our civic life to proxies. We think we should only vote, and that everything else should work out, with that very minimal effort on our part.

That's the fallacy. That's why our society is broken, not because our freedoms are being taken from us, but because we

simply do not use them. Freedom of the press is your freedom, not only that of the so-called "professionals".

Your legislators are totally at the mercy of the media industry, which is privately owned and operated by a handful of people who actually use their rights. Do you use yours?

If you are free, and you value your freedom, why not actually use your freedom?

You want your legislators to do something different? Well, perhaps you should do your part to express that to them. Modern technology makes that easier than ever.

Currently, the media industry has the ability to completely derail your efforts, your concerns, just by creating a salacious story about one of your legislators. They can completely undermine the will of the people, because we falsely think that our legislators should be better than average people - that they should fix things for us. But if they try to do something that will upset the apple cart, the media jumps all over them, defaming them, accusing them, turning us against our own elect. They keep them on guard, and in line with the status quo.

Or they just don't report it.

Freedom is a responsibility. It's not something that will sustain itself, it must be utilized, engaged - not given over to corporate proxies.

You have a freedom of the Press. Have you ever used it? Even once?

Most people will go their whole lives never having used their freedom of the press to any real political purpose. You might take a picture of your cat, and put it on social media, and that is certainly your right. However, to what end?

This month marks 11 years (originally written in 2013, so it's now been 17 years) that I've been publishing a newspaper that is open to the public. I've put my money where my mouth is, not only using my freedom of the press, but creating a path for you, my neighbors, to do so at no financial expense. The pages of the People's Paper and Make A Scene Magazine are there for you, for your freedom - and for free!

But maybe you're not a writer. That is a failure of the public education system, not your own (and not necessarily the teachers', either, but that's another topic). But don't let that stop you! You probably have a functional video camera in your pocket, and easy access to social media - and unlike other countries, you can use those resources to express your thoughts and ideas, without fear of imprisonment.

You can contribute to a public dialog that could disrupt the power of the privately-owned media companies that currently scare the sh*t out of your representatives. They aren't afraid of you at all, they are afraid of what the media will tell you.

Think about that.

The Problem With Convenience



April, 2018

Modern convenience has an inherent drawback. While civilization has thrived for centuries because of the convenience of agriculture, allowing for intellectual and artistic pursuits to thrive, it has also allowed for degradation of the human spirit.

Conveniences like a washing machine have opened up hours every day, hours that otherwise would have been taken up by rigorous work, hand washing, scrubbing, and hanging clothes to dry. As I type this, my washing machine is doing that work for me. By the time I'm done with this writing, it will be time to move those clothes to the dryer. That time that would have been used doing physical labor, I'm using it to contemplate life, presumably to improve myself. Through modern technology, people have been given the opportunity to better themselves.

However, that isn't always the case.

What about all the time afforded people that is used for foolish, and even criminal behaviors? For self-destructive endeavors?

Convenience is powerful, because it frees us from the basic tasks that have clothed the human experience for thousands and thousands of years. That time, if used well, would most certainly yield a lot of good. Used poorly, could lead to all manner of evil.

Education and self-reflection is lost today, not because this generation of people is any worse, but because human toil leads to character development. It's not because each generation is genetically less than the previous, but because the previous generation used their intellect to develop convenience.

Think about electricity. Electric power enabled a revolution of convenience, lending motive force to so many witty inventions. These inventions, in turn, gave time to everyone! We marvel at it, this knowledge compounding generation after generation, while the moral predicament of the People seems, in many ways, to worsen.

I'm certainly not against technology. Even now, the sound of my washing machine is drowned out by my Bluetooth speakers, blasting music from a streaming service, on my phone, while I type vigorously on a Bluetooth keyboard, connected to my iPad, so I can share this article on social media. Spellcheck automatically keeps me in line with grammar, allowing me a safety net to type with confidence. My life is an augmented reality. However, the time we are given by the ever increasing technological boon can easily be used for bad intent.

To what degree is convenience responsible for evil? Certainly as much as it is responsible for good. What we do with our time is a choice, and if we choose to waste that time it will certainly be evident in our lives. A life of leisure is often plagued with problems. We see this with the rich and famous, who sometimes seem to throw away their privilege for problems.

It's undeniable that two hours a day washing clothes would distract people from either good or bad. If we all had to wash our dishes by hand, that's less time on our hands to do something else - anything else.

I often think about all the conveniences in my own life. The grocery store, for example. I just hop in my auto-mobile (no walking) and go to the grocery store (no farming or hunting), swipe a card for the exact amount (no making change), and go home and cook it on a stove inside my home (no building a fire). What would have taken all day, just living, has been reduced to less than two hours. The rest of my day is free to do with as I please. I am grateful for this convenience, but I should also be wary. All that extra time can be a blessing, or a curse.

We live in the so-called "first world", where these conveniences are taken for granted, and they are in fact granted to us. Most of these useful things were none of our doing, but these amenities are the product of people before us, who didn't have them. These are the dreams of people who had to spend their time doing things that were rigorous and mundane. These are their dreams made manifest. They exist for us today, because the people who didn't have them had to do grueling tasks. They imagined a way to invent something that would free future generations to spend their time on more sublime pursuits.

However, the creativity of those people is a direct result of the effort they had to muster every day, just living. I wonder if I am fully cognizant of the opportunity that I have, that we have, to make the world better. I wonder if making the world more convenient doesn't need to be coupled with making the world more contemplative. I wonder if we are using our time, extra time that nature doesn't provide, in a way that will truly edify and help humanity, or if we are only freeing ourselves to do things that will ultimately reveal our worldly wisdom to be foolishness.

Well, there's the buzzer. Time to move the laundry over. And maybe change the music. I'm getting bored with John Cougar Mellencamp, but I have the world's music at my fingertips.



From the Journal of Joshua Fryfogle

Civics Vs. Politics

March, 2018

I was talking with my 15 year old son recently, and I asked him if he knew about 'civics'. He spoke up quickly:

"Yeah, we just finished civics!"

Proud to tell me he was familiar, I asked him to define it.

"Uh, government, and uh, politics and stuff..."

I googled the definition for him, and showed him what civics actually is:

"the study of the rights and duties of citizenship."

Simple enough, but he seemed intrigued. He studied the sentence a bit, taking it in.

I asked him, "Isn't it strange that you were confident that you knew what civics was, but then when I asked you to tell me, you didn't know? I'm not trying to shame you, this is a big problem in our country, you're not the only one."

This is something that's been on my mind a lot lately.

I continued, "We have a representative government, you've heard that, right?"- he nods - "So what's the first step for you to engage your government?"

He was silent as he searched his memory for the right answer. I give him a moment, but not so long to make him feel awkward.

"You contact your representative. They represent you. Thus the name 'representative'."

He gets it, I can tell by the relief on his face. He knew that, it just didn't immediately come to mind.

Now, I'm sure that my son has been taught this by his teachers. In fact, I know he has. However, the schools teach this in theory; but in practice, there are all sorts of political mechanisms at play in the political world that obscure this simple system. Private Political Parties are the foremost opponent of a civic life.

Private Political Parties

The reality of the political world is that the parties have overtaken the system. Their voices are so loud, and so powerful, that the single voice of a citizen is barely audible. The media ignores the citizen, the parties ignore the citizen, and as a result the representative does as well. Even if they try not to, they still must respond to the booming voice of the political parties that never stop talking (and the media that amplifies them).

The citizens responsibility isn't removed, but the effectiveness of their effort is diffused. Call your representative all you want, but at the end of the day, they can't even get elected without the support of a private political party.

They can't even get on the ballot!

The reality is, the candidate must swear allegiance to a party before the average citizen will ever hear about them.

And where does the political party fit in to our representative Republic? They don't. They just sort of elbowed their way in. There is nothing in our government structure that demands that we form these other allegiances to private institutions to leverage more power over the outcome of our government. In fact, they directly undo what our representative system is supposed to do, according to our constitution.

So much pretense, pomp and circumstance, surrounding our nation's political system - and it's all nonsense. No wonder my son isn't sure of his civic responsibility.

The political parties, primarily two of them, have taken over the government. Our civic responsibilities are made impotent as a result.

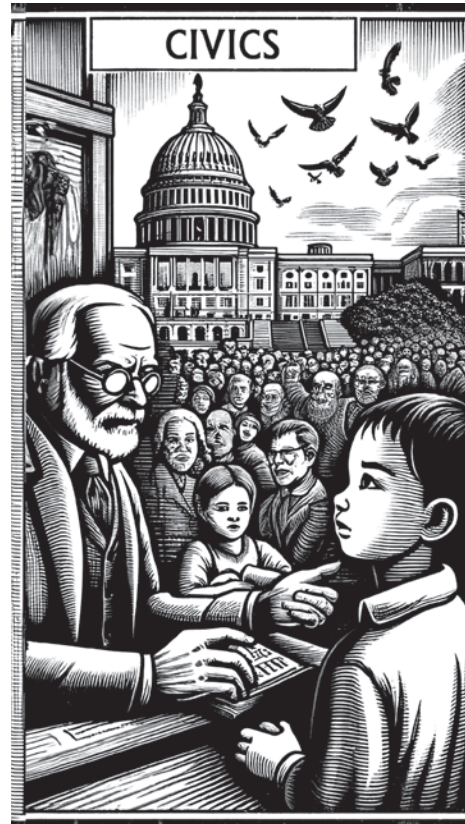
Our children don't get it, and most of us adults don't either. And those adults who are engaged in the system almost always throw their support behind one political party or the other. It's a damn shame, because it only perpetuates the problem.

"Son, you understand that a lot of people blame the government for our problems, but really, we are the government, so the blame is ours. We have to speak up, and the best way to do that is to engage the system directly. Don't give the power of your voice over to anyone who isn't elected. Go directly to your elected representatives, not to a political party. Use your first amendment rights."

That's very similar to what I told him. That's very similar to what I truly believe, too. It's more complicated than that, but that's it in a nutshell.

Privately Owned Corporate Media

The media is another self-appointed proxy that takes our voice away. For eleven years I've devoted myself to facilitating a newspaper that allows local people to utilize their freedom of the press. But most people simply don't understand that, just as the political parties imitate our political system, the corporate media imitates our freedom of the press. Really, freedom of the press belongs to the individual first. Some individuals who would take that right and leverage it to affect the public process



in an artificial way, well, to hell with them. They aren't representing you, or me, they are representing themselves - and no one else.

Like the political parties, the corporate media is privately controlled. They don't answer to the government (by the people for the people) any more than the Democrat or Republican Parties answer to the public.

Sure, we have representatives that are supposed to proxy for the people, but they are elected. Elected. By the people, for the people. The media and the political parties are not elected. They've taken over the system, and it's up to the individual to take it back.

And finally, the lobbyists...

Privately Controlled Special Interests

Well, the lobbyists are a natural result of the media and the political parties that have run amok in our republic. The lobbyists work for special interests, swaying the political parties and media employees, who are really nothing more than special interests themselves. The lobbyists believe that they are justified in their existence, too. They think that this is the only way to change the system. But they make that same mistake we all make, thinking that what they are engaged in is, in fact, the civic process.

It is not.

What we have today is a bunch of private institutions - juridical persons - that imitate our system, and absorb all of our civic response. They capture the power of our voices, our human voices, and redirect that power in a way that their private interests are served. And we are told that is the only way the system works, and that without them, we don't stand a chance at being heard. And that is true... sort of.

It's only true because they exist, because they do what they do. It's circular logic. It's a pattern of abuse. It's an undermining of our great republic. It's the stealing of our humanity, to be used to affect the outcome in a way that specifically does not represent us, the People.

Still, no matter, we have to consider that definition of civics that I shared with my son:

"the study of the rights and duties of citizenship."

Many people will say that they don't get involved in politics. They don't like to discuss politics. However, civics is not politics. Civics is the responsibility of every citizen. It is not really optional, if you have any sense of patriotism or responsibility for the future.

The political parties and the corporate media have enacted war games into our process. We are pitted against each other, on two sides, constantly. But we are one nation, right? The war strategies of Sun Tzu have more in common with our modern political ethos than does our own system of self-governance.

"The supreme art of war is to subdue the enemy without fighting." -Sun Tzu, The Art of War

I hope that as time progresses, people will become more disaffected from the private parties, the corporate media, and the paid lobbyists, and actually engage their own government in the way it was designed. I have hope that if we simply teach our kids and remind ourselves of the great system we have, we will stop allowing imitations of that system to suck up all of our efforts.

This writing is my effort to affect that system, using the First Amendment.

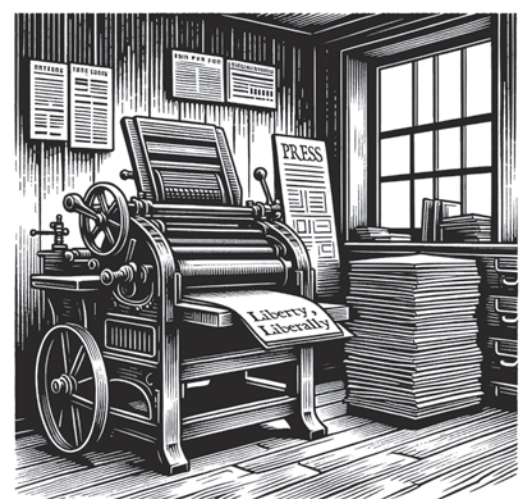


"Again and again I therefore admonish my students both in Europe and in America: 'Don't aim at success—the more you aim at it and make it a target, the more you are going to miss it.' For success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side-effect of one's dedication to a cause greater

than oneself or as the by-product of one's surrender to a person other than oneself. Happiness must happen, and the same holds for success: you have to let it happen by not caring about it. I want you to listen to what your conscience commands you to do and go on to carry it out to the best of your knowledge. Then you will live to see that in the long run—in the long run, I say!— success will follow you precisely because you had forgotten to think of it."

Victor Frankl

Man's Search For Meaning, Foreword 1992 Edition



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We've gotten a surprising number of donations from community members at The People's Paper and Make A Scene Magazine over the years, and recently it's increased with the publication of Liberty, Liberally.

We've also received many requests for subscription services, requests to mail Liberty, Liberally, and our other publications to people near and far...

So we thought, why not make it easier to donate, and get something in return, too? With a minimum \$8 per

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Thanks so much for your words of encouragement and financial support over the years. We take your trust very seriously, as we steward content from you and your neighbors onto the printed page. It's an American tradition which we are blessed to uphold.

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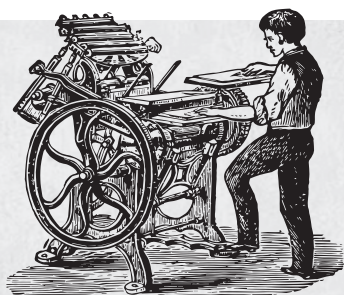
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If You Don't Know Your Rights, You Don't Have Any

Contributed by Vlastic Marek

Events of most recent years lead me to the conclusion that what we have here is failure to communicate – many of our leaders believe they can do no wrong because they are leaders while people tend to favor opinion you have to know right from wrong before you can be leader. Eternal vigilance has had skipped our attention and price of liberty is going up faster than your truck fuel. 35 years ago I was in the streets on the other side of Iron Curtain, as they called it, to take it down. These days I'm getting ready to attend Supreme Court hearing arguing the constitutionality of Supreme Court Order conditioning Grand Jury powers to investigate government on government agreeing to get investigated, among other things. Since any Grand Jury can

subpoena and investigate Governor, DA and/or Supreme Court but not the other way around, this should be memorable experience. Something akin to students ordering teacher what exam can they be given so that they can make sure to pass. The date is July 31, 2024 @ 3:30 pm. The place: Boney Courthouse, 303 K Street, Anchorage, 5th floor. Thomas Garber v. Superior Court, arguing on behalf of Grand Jury Association. If you care for your freedom, bring about some vigilance and remember to smile – it makes those guilty ones nervous.

Vlastic MAREK, Palmer
Alaska's Constitution: "The power of grand juries to investigate and make recommendations concerning the public welfare or safety shall never be suspended."

"The power of grand juries to inquire into the willful misconduct in office of public officers, and to find indictments in connection therewith, shall never be suspended."

The Future



Contributed by
Brendan Johnson

There was a time in America when freedom had a definition, a meaning, and a future. That time is now past. When Paul Revere took off into the night to warn the colonists of the coming British troops, he did so because he believed in freedom. Freedom of man, soul, and country. He had a belief, and he acted upon that belief. He did so because of the simple fact of if not he, then who else? So, it worked. Today, that is not the case. If we pay attention, we can see what our founding fathers and ancestors' actions have led to. The world's superpower that is truly governed by its people. The problem is the people don't want freedom. Freedom isn't a belief anymore, it's a reality, and every citizen has a personal responsibility to adhere to that reality.

Freedom isn't the future, it's the present. Men got us our freedom; we were supposed to maintain it. Well, we have failed. We can't show simple discipline in our daily lives, yet we blame the opposite party for all the problems. We ignore problems of our own and talk about the problems of others. We expect the government to govern us when we can't even govern ourselves. But why would we? There has never been an easier time to be alive. The lazy get fed and paid, the criminals get released. The reward for laziness is an easy life. The reward for hard work is a fulfilling life, not a huge difference, for the individual anyways. As a group the difference is tremendous.

The reward for hard work is freedom and a country that booms because of that freedom. The result of laziness is the slow, falling on the knife death of that same Country. Our country is riding on the shoulder of the giants who built it, and it will soon fall. A small percentage would please old Paul, our founding fathers, Hugh Glass and Jim Bridger, and the countless others who have pioneered this country. A large percentage, quite frankly, would not. What category do I fall into? Someone might ask. Well, it's not my decision to make. It's yours.

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Get Ready for the Mat-Su Republican Women's Club Big Spring to Victory Event!

Contributed by Bly Williams

This year's annual spring event is going to be YUGE! Join the excitement as we rally around making America great again! There will be foot stomping live music and delicious catering by Patriot Barbecue. This year's speaker at the event is President Donald Trump's 2024 campaign chairperson for Alaska, Kelly Tshibaka.

If you want to be in the know, you'll just have to go! The Mat-Su Republican Women's Club, est. 1947's purpose is to promote an informed electorate, to recruit women for elective office (local, state, and national) to promote loyalty to the Republican Party and to work for the election of Republican candidates. We are an affiliate of the Alaska Republican Party. The club additionally has many male members, are

a community of conservative families with a common goal of having a positive effect on our community and government by supporting strong leadership, conservative bills and by distributing information to the general public.

So, come celebrate at the Spring to Victory Event! The Depot will be transformed into a spring extravaganza! Enjoy the food, music, and fantastic speakers. Make

sure to explore great deals at the silent auction and "The WALL OF GUNS". Bring your friends for good times and a great atmosphere. Tickets are only \$40! This don't miss event is Thursday, May 30th, 5:30pm at the Palmer Train Depot. Come get on the Trump Train! Plan on wearing your best Carhartt's, spring gardening outfit or Trump apparel. Purchase your tickets today at matsurepublicanwomensclub.org

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Affordable Housing at What Cost? Are Negligent Out-of-State Stake Holders Fueling Crime in Eagle River

Contributed by Cliff Cook

The issue of affordable housing is a pressing concern that affects communities across the country. While the goal of providing affordable housing is noble and necessary, the methods by which some out-of-state property owners are managing their properties in Eagle River are raising serious questions about the cost of this pursuit.

A troubling trend has emerged in Eagle River, where big out-of-state property owners have failed to fulfill their property management duties adequately. Perceived Negligence on the part of these

owners has resulted in trash accumulation, squatting, and drug use on their properties, turning these locations into hotbeds for crime and endangering the safety and well-being of the neighborhood. It has also been reported that some utilities aren't working properly as well nor is there action when reported. The consequences of this neglect are far-reaching. Trash piling up on these properties not only poses a health and bear hazard but also contributes to a deteriorating quality of life for residents in the area. Squatting and drug use not only attract criminal elements but also create an environment of fear and uncertainty

for law-abiding citizens.

The impact of these issues extends beyond the immediate vicinity of the neglected properties, affecting the broader community of Eagle River. By allowing these properties to deteriorate and become magnets for criminal activity, local and out-of-state owners are undermining the efforts of local residents and authorities to maintain a safe and vibrant neighborhood.

It is essential that ALL property owners be held accountable for their properties and fulfill their obligations as responsible members of the community. Local authorities must work to enforce property

maintenance standards and regulations to prevent these properties from becoming havens for crime.

Moreover, community members must also play a role in addressing this issue. By reporting suspicious activities, working with local organizations to clean up neglected properties, and advocating for stricter regulations on out-of-state property owners, residents can help safeguard their neighborhood and promote a culture of accountability.

Affordable housing is a crucial need, but it cannot come at the expense of community safety and well-being. Out-of-state property owners must recognize their responsibility to maintain their properties and uphold the standards of the neighborhood. By addressing the issue of negligent property management, we can ensure that Eagle River remains a safe and thriving community for all its residents.

Vigilance Produces Peace

Contributed by Brett Ahern

"Eternal vigilance is the price of democracy." -Thomas Jefferson. How does Alaska lay a foundation that curtails the oncoming violence from the growing Anti-Israel movement?

Why do I think this will become violent? It is mainly young people protesting, who are being taught by idealistic professors. Then this will fall into a more powerful anti-Israel movement that has worn a variety of disguises over the centuries. It usually turns violent in its persecution of Jews.

Young people tend to see things as black and white, with little depth of history in their decision-making approach. They don't yet know how complex issues really are. They over-believe what they hold to be true. Currently, they are strongly trusting informational lies, playing into the media's quick routines, which poorly reviews the validity of what it broadcasts world-wide. Even UN leaders are believing media sound bites fed to us by Hamas propagandists.

Idealistic professors have developed a strong history of elucidating the David vs Goliath battle between honest businesses and corporation's greed machine. They highlight that so much of what is wrong stems from this. They articulate how cultural moral campaigns get hijacked by the powerful as battle weapons. They propose an enlist view of higher education transforming the world into an Edenic state. Yet they fail to honor one of the most classic David vs Goliath battles in history: Judaism vs global Antisemitism. They fail to see Israel's struggle to minimize the corporations' attempts to hijack Israel's economic growth and politics. They ignore Israel's noble efforts to build a world-class nation. If we look at the true news of Israel's approach to building battled nations, including its huge support of Gaza; the protestors would fall silent. NONE of

their accusations hold water.

One strategy to silence anti-truth movements is to be more informed than their proponents. Israel has utilized this approach for decades, with a high degree of success. This success led to the current problem: Hamas could no longer influence Arab nations to their side. The light of Israel's truth outshone them. Hamas chose to go for a last-ditch effort to get Israel hated, reviving the global Anti-semitism approach; currently masked as white-man colonialism propaganda. They whitewashed Israel's impressive humanitarian efforts, including brotherly love for Gaza.

We can use true news to silence fake news. My experience is its effective to up the ante in the debate. Ask a few questions, get the full fake news view out on the table, then respond with true news, and a person's story, to touch the audience's heart. For example, the fake news says Israel is starving Gazans, the UN must impose sanctions against Israel. The truth of the matter is, Israel is routinely providing 400 truckloads of food to Gaza. They set up daily distribution points. The UN distribution agency is experiencing poor coordination. And, Hamas hijacks the distribution efforts, steals the food, resells it to local vendors at exorbitant prices, who must resell at screamingly high prices. Here is the story of a local grocery store owner that shows us how terror permeates Gaza's grocery industry.

Another strategy is to fix broken windows. Decades ago, a theory was proposed to police departments that broken windows were a first visible sign of deeper societal problems that were about to show as criminal activity. While this approach has been used with mixed results, it's been effective in several communities' efforts to improve. This approach helps maintain a balanced cultural response atmosphere, instead of festering a wound into sickness that becomes contagious to

an unhealthy portion of the population. We can fix broken windows on various levels: social, religious, news, community, political. Looking through a few web sites dedicated to fighting Antisemitism, we find a variety of good opportunities. Check these out.

With a network of offices across the country and a global presence, ADL (Anti-Defamation League) works in local communities, responding to incidents of antisemitism and hate, advocating with elected officials, and provides education programs in schools and workplaces.

Discover how you can get involved and join us in our fight against hate. Find your nearest regional office. Alaska is in the Pacific Northwest office.

<https://www.adl.org/what-we-do/fight-antisemitism>

The U.S. National Strategy to Counter Antisemitism: Key Actions by 4 Pillars

A multi-level national approach from the White House.

<https://www.whitehouse.gov/briefing-room/statements-releases/2023/06/02/the-u-s-national-strategy-to-counter-antisemitism-key-actions-by-pillar-2/>

The Losing Battle to Beat Antisemitism in the Age of Misinformation

"Antisemitism is like crabgrass," Oskar Knoblauch, a 98-year-old Holocaust survivor, responded. "It always appears after a rainy season. When it's dry, you don't see them. They reappear again. Sometimes, maybe in a small way, sometimes worse. We must control it."

We need to see the misinformation on the internet and neutralize it. Fortunately, systems are in place to do this. We just need more people to man them.

<https://www.politico.com/news/magazine/2024/04/27/misinformation-holocaust-education-00154643>

Our Mission

The Special Envoy to Monitor and Combat Antisemitism (SEAS) advances U.S. foreign policy on antisemitism. Antisemitism is discrimination, prejudice, or hatred toward Jews. The Special Envoy develops

and implements policies and projects to support efforts to combat antisemitism.

Deborah E. Lipstadt was confirmed by the U.S. Senate on March 30, 2022, as the Special Envoy to Monitor and Combat Antisemitism, with the rank of Ambassador.

<https://www.state.gov/bureaus-offices/under-secretary-for-civilian-security-democracy-and-human-rights/office-of-the-special-envoy-to-monitor-and-combat-antisemitism/>

COMBAT ANTISEMITISM MOVEMENT (CAM)

Founded in 2019, CAM has emerged as a leading new voice in the fight against antisemitism. With the Holocaust receding into historical memory and Jews facing a growing proliferation of threats, fresh approaches are needed to confront this age-old societal scourge. CAM fosters groundbreaking alliances that transcend traditional divides, reaches diverse audiences with initiatives geared for specific demographics, and forges relationships with policymakers at the global, national, and local levels.

<https://combatantisemitism.org/>
A Society-Wide Guide to Address Antisemitism

To combat antisemitism, one must understand it. AJC's State of Antisemitism in America 2023 Report revealed 30% of Americans are not familiar with the term antisemitism or know what it means. When antisemitism occurs, we all bear the responsibility to decry it. When everyone uses their voices to push antisemitism and those who espouse it to the fringes of society, America becomes a safer place not only for Jews, but for all.

Responding to the complex nature of this hatred requires a multi-pronged approach. AJC's Call to Action Against Antisemitism in America calls for all facets of society to mobilize and unite to combat anti-Jewish hate.

Learn more about how you can understand, respond, and prevent antisemitism.

<https://www.ajc.org/call-to-action>



POLITICS & OPINION

WRITTEN BY THE COMMUNITY WWW.MAKEASCENE.MEDIA **PAGE 13**

Medical Science Says What You Say Is Important

Contributed by Lavon Barve

My favorite testimonial about speaking what you want is about a time a minister was talking to a neurosurgeon. He said the neurosurgeon stated that medical science had just discovered that when a person speaks, their central nervous system does everything it can to comply with what was said. The minister said he already knew that and the doctor asked how is that possible? The minister said that Dr. Luke stated that fact 2000 years ago; it shows us that in the Bible.

Christians who believe in the word of God about "saying what you want to receive," have come up against a lot of resistance, even from fellow Christians, that it sounds just too good to be true. That is why we need to take God's word and believe it; this is where we don't go by how we feel or what we see but by the Bible, the inspired word of God.

Proverbs 18:21 says, "death and life are in the power of the tongue..."

Speaking what you want your body to do is not some way-out kind of teaching.

The Bible says say what you want, medical sciences says when you speak positive or negative about your body, your central nervous system moves to comply.

For Christians believing in God's blessings is the key to receiving, speak life.

Now I'm not saying we are to ignore pain or sickness. Doctors and medicines are here to fight disease and sickness, but speak life, that way if you have to go to the doctor, your body is geared for healing; also, doctors don't want a patient that has given up and thinking the very worst.

As Christians speak life, let the word of God work in your physical body and sometimes a vitamin or herbal additive may be what you need in your diet in this day of advanced technology in fast food growing.

God did not give us His word, the Bible, to pick and choose, we are to believe all his Word.

Speaking to the mountain in your life doesn't come naturally. Everything in your physical senses finds it hard to believe. Mark 11:23 "..., whoever says to this mountain, be removed and cast into

the sea, and does not doubt in his heart, but believes that those things which he says will be done, he will have whatsoever he says." Jesus said here "does not doubt in his heart," your heart, your spirit. Get this truth into your spirit and allow God's word to work in your life.

Tell your body to line up with the word of God, where there is life.

Medical science discovered years ago that about 70% of all sickness comes from what people say or do. That kind of goes along with Proverbs 6:2, "you are snared by the words of your mouth."

Get it into your spirit and study the Word in this area, then you will know the truth of speaking to your body what you want, not what you see or feel.

Christians sometimes have been taught against the very blessings that God gave us. Look at Proverbs 16:24, "pleasant words are like honeycomb sweetness to the soul and health to the bones." Wise words bring health.

When the word of God speaks about the tongue, it not only means how we speak around others but also how we

speak that affects our own physical body.

The Bible says death and life are in the power of the tongue and those who love it will eat its fruit. Allow the fruit of your tongue to work positive in your physical body.

God's word is medicine to the body Proverbs 4:20-22 says "my son give attention to my word"

"...for they are life to those who find them and health to all their flesh." Health is also translated "medicine" here and as we know medicine is not taken one time, you continue to take it as needed. That is what you do with God's Word; you stay in it, allowing it to work in your life. Keep speaking life, not sickness or defeat. God wants you healthy, do not look on how you feel or, even just as bad, dwelling on what you think is wrong, speak life.

A well-known doctor studying in this area called the tongue the royal road to the brain.

There is medical proof that negative beliefs harm your health and as children of God, we have further blessings from God's word and it ensures us of this truth.

Lavon Barve ministers through Cup of Life Ministries in Wasilla, AK. Email: cupoflife@lbcolor.biz

The Big Push: Nuclear Power in Alaska

Contributed by Lawrence D. Weiss

Here's a swell idea. We'll bury a bunch of nuclear bombs on the North Slope right near the Chukchi Sea, detonate them and create an artificial harbor. Not really sure how it will affect people, animals, plants or water in the area...but we'll find out afterwards.

This was seriously advocated in the late 1950s and early 1960s by Edward Teller, "father of the hydrogen bomb." He was not alone in the love of his explosive, radioactive children. Inside the state of Alaska, he was joined by political leaders, newspaper editors and leading members in higher education and religion. Ultimately the lunacy was stopped by a coalition of Inupiaq people in the village of Point Hope, a handful of scientists working with the Atomic Energy Commission, and, increasingly, conservationist organizations across the country.

Now, decades later, we have another experimental radioactive challenge fueled by outside corporate actors and welcomed by Alaska political leaders: nuclear microreactors. At the current rate they'll be popping up around the state in just a few years, but not to worry! According to Mike Shaaqo, a senior vice president with Westinghouse Electric, the eVinci nuclear reactor (one of a number being consid-

ered for Alaska) "...cannot melt. It will not melt. No bad guy can take it and make bad stuff out of it." Comforting if true, but not all parties agree that microreactors are particularly safe.

Early in 2020 the United States Government Accountability Office (GAO) released a fact sheet entitled, "Science & Tech Spotlight: Nuclear Microreactors." Here are a few of the things the GAO had to say about the safety of the new emerging microreactor technologies:

"Many of the designs call for the use of fuel enriched up to 20% U-235 (high-assay, low-enriched uranium, or HALEU), which is currently unavailable in the commercial U.S. market, and may also present proliferation and safety risks."

"...using HALEU or higher enriched fuel in a microreactor makes it a more attractive target for theft or diversion into a weapons program because less work is needed to make it into weapons-grade uranium." "New or novel fuels could present challenges for waste treatment and disposal, similar to or greater than those faced by current commercial reactors."

"Some designs may not be effectively addressed by current regulatory approaches and could require modifying or developing new regulations."

Curiously, the GAO did not say, "No bad guy can take it and make bad stuff out of it."

The non-profit Union of Concerned Scientists was founded by scientists and students at the Massachusetts Institute of Technology in the late 1960s. In 2021, the organization issued "Advanced' Isn't Always Better: Assessing the Safety, Security, and Environmental Impacts of Non-Light-Water Nuclear Reactors." NLWR designs would be used for microreactors. The organization's take on the impacts:

"If nuclear power is to play an expanded role in helping address climate change, newly built reactors must be demonstrably safer and more secure than current generation reactors. Unfortunately, most 'advanced' nuclear reactors are anything but..."

"Based on the available evidence, we found that the NLWR designs we analyzed are not likely to be significantly safer than today's nuclear plants. In fact, certain alternative reactor designs pose even more safety, proliferation, and environmental risks than the current fleet."

We Alaskans have been put on notice that our villages and our people are going to be the testing ground for experimental and potentially extremely dangerous nuclear material. How have our political leaders responded to this extraordinary challenge? They poked out the eyes of Alaska's health and safety institutions. In 2022 the Governor signed off on "SB 177: Relating to nuclear facility siting permits; and relating to microreactors." The

bill specifically exempts nuclear microreactors from requirements that several departments study and make "...the recommendations for the enactment of laws or amendments to law administered by it, and the proposals for amendments to the regulations issued by it that it considers necessary."

The Department of Health is not required to act on "hazards to the public health and safety." The Department of Labor and Workforce Development is not required to act on "hazardous working conditions." The Department of Transportation and Public Facilities is not required to act on "the transportation of special nuclear, by-product, and radioactive materials on highways of the state."

The Department of Commerce, Community, and Economic Development is not required to regulate "the insurance of persons and property from hazards to life and property resulting from atomic development."

The Department of Fish and Game is not required to act on "hazards to the natural resources of the state, including wildlife, and as to the protection of rivers, streams, and airspace from pollution." And this Month, May 2024, the governor is hosting the "Alaska Sustainable Energy Conference." Nice packaging for pushing untested, barely regulated, potentially dangerous nuclear power in Alaska.

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Part One: Eagleexit

Contributed by Forrest A. Nabors, PhD

A borough charter is a form of a constitution, or an organic law of a people by which a government is framed and maintained. The purpose or end of a constitution is the kind of government and way of life that the framers of the constitution wish to have. The general character of a people - their convictions, habits, customs - and the form of their government shape each other and depend upon each other.

Therefore, the framers of new constitutions of all types must consider what kind of government and way of life they wish to have and what kind of government the existing character of their people can support. That is, existing conditions - the existing character of a people - constrain what framers of constitutions can immediately do. The saying, "Rome cannot be built in a day," captures this point. The constitution of a people and the character of a people must fit each other.

However, Rome was built and can be built, albeit over many days. A wisely constructed constitution can cement the pathway of a political society's future development towards loftier achievements. Let us assume that aim of the founding generation of the new borough is that the government will be frugal, fair, and effective in securing the safety of the people. These are simpler, attainable ends, which can be achieved by drawing from

common sense and experience. Prudent institutional devices can be framed that limit future opportunities for corruption, profligacy, injustice, and inefficiency.

It is also within the range of local government to do more in securing the happiness of the people consistent with liberty. This is a harder task than, say, inexpensive and sanitary garbage disposal, but today, is a necessary task, because liberty in our country is fading. As this paper will contend, one of the few powerful resources left to renew liberty in America is local political societies.

A wisely constituted and administered local government can re-animate those virtues from which American government in its original form sprang, and upon which all of our governments - local, state and federal - always depended: intelligence, honesty, industry, frugality, self-reliance, self-respect, courage, good will, modesty, charity, etc.

At its origin, American republicanism was, in fact, the simple government and way of life of one local community. A tiny group of English settlers, far fewer than the population of Eagle River today, formed the nucleus of the colony of Massachusetts Bay beginning in 1620. Led by their faith, those settlers developed a way of life and a style of local government that grew, matured, and then spread. Their small political society became a model, replicated by other townships and other

colonies. The character of the New England people was such that when tyranny violently confronted them in 1775, they could not submit. It was easier for them to die than to surrender their liberty.

Admiring them, the other colonies joined them in rebellion. When the battle was won, the other colonies, now states, adopted New England's system of government. New England republicanism became American republicanism, broadcast across the North American continent, superadding new states, also modeled on the image of the New England, and finally including Alaska in 1959.

Is that character achievable today? Americans look around themselves in 2024 and are mortified. A sense of loss, as if a beloved member of the family had died, cuts into the souls of millions of us. We hear the "mystic chords of memory" within us, but when we look around, the song we hear is a sad dirge for the death of American principles and our old virtues. Many who understand and love what we once were, confess that they can barely recognize our country today.

Yet in reviewing the case of the first shipload of settlers on the Mayflower, we must admit that from little things, great things are born, and from fragile beginnings, strength, and greatness. Hounded by relentless religious persecution, they crossed the dangerous North Atlantic, formed a political compact - a constitution - cut an embryonic republic out of the howling wilderness and entrusted their fate to God. Their only care was to build a "City on a Hill," a model of Christian

charity. Their "City on a Hill" became many such cities, and their systems of government and way of life became the basis for a great nation.

The new borough may be but a small community, but great character is great achievement enough. The regeneration of liberty, even in a small area, is worth the striving. Perhaps a successful founding might one day produce sons and daughters who will spread out into Alaska and America as new apostles of freedom's restoration. Perhaps a successful founding will inspire others in America to copy this one. We cannot know. But we, like millions of fellow Americans, do know that something must be done, and since the people of Eagle River require a new constitution of government, they can do more. In any event, if we honor the character and deeds of our forebears, it is our duty to take substantial steps towards rebuilding a true home for freedom in our locality that rejects encroaching tyranny in our country and our world today, and to entrust the results to God.

If we want to make the best effort we can to establish freedom anew in our small corner of the country, we must understand, especially in these times, so hostile to liberty, how freedom grew from a tender plant and thrived.

The Eagleexit Board would like to thank Forrest Nabors for his support and efforts. Please consider joining the cause and keeping up on our progress at Eagleexit.com. See our website for all contact information.

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What Goodies Are in Kids Kupboard?



Contributed by Melissa Rigas
MatSu Food Bank

Founded in February of 2016 by Lynette Ortolano, KIDS KUPBOARD has always had children at the heart of their operation. They have been preparing and providing fresh and nutritious meals to kids identified as food insecure for almost 10 years. Their mission is to realize the full potential of Alaska's youth by ending child hunger. How, you may ask? With sustainable, grassroots, CHILD-CENTERED strategies and by advocating for these strategies throughout Alaska.

In August of 2023, Milena Sevigny was chosen for the role of Executive Director, when Ms. Ortolano retired. Her passion for and the importance she places on growing food in general comes from the farming environment she grew up in, in Texas. She has seen many other places in both the United States and abroad and naturally, the food systems that exist in those places.

Milena has been in Alaska for 10 years, all of that time in our Valley. She began volunteering at Kids Kupboard in 2017 and was clearly devoted to its cause. She even donated hundreds of pounds of fresh produce from her own home garden! As she says herself so well, feeding kids with fresh, healthy food speaks to her soul (Frontiersman, November 2023). Until that time, Kids Kupboard had focused on getting a lot of children fed in real time and they were successful.

Milena expressed to me that this mission will certainly continue and that she is excited to be in the process of bringing it to the next phase: GROWING! Kids Kupboard has been in their new

locale since 2021 - 43 acres of land was purchased with generous grant monies from the Mat Su Health Foundation and the Rasmuson Foundation.

Her vision includes using this land for every aspect of food growth and preparation for children's meals. What is critical for her and Kids Kupboard is that children are a part of EVERY step. This is teaching kids self sufficiency, like we teach them to tie their shoes or learn their ABC's.

Considering the state we live in, it is truly a necessary skill that all our young folk should be comfortable with. As Alaskans, self sufficiency is part and parcel of our very beings.

Some of the other projects that she and Kids Kupboard envision are:

Offer on-site Summer Farm Camps (slated for Summer 2025) and After-School Programs; Create a food forest that would favor growing fruits and berries; Use the trail system they have throughout the property to host sustainable foraging classes for kids as well as Native/indigenous plant opportunities.

This vision parallels that of the MATSU Food Bank in addition to many other organizations and farms in the Valley in that the need of increasing food SECURITY and SELF SUFFICIENCY in our great state is NOW.

At the end of our interview, Milena and I spoke about a project that she has embarked on with Kids Kupboard and is very near and dear to her heart - Seed Libraries. During COVID, Milena's family invested in and established the Mat-Su Seed Library - times were rougher than they currently are and if we were threatened by a lack of food being able

to make it up here, we needed to start with seeds. We cannot break down food any smaller!

When she took on the directorship, Kids Kupboard became the fiscal sponsor of the Seed Libraries. It is a magnificent project that is unique to them and it is a beginning for us all. There are currently 6 Seed Libraries in our Valley. They are located at Big Lake Library, Wandering Cafe in Wasilla, Talkeetna Library, Sutton Library, Trapper Creek Library and the latest one that went up at the end of March of this year is at the MATSU Food Bank. It is the largest one to date and the clients absolutely love it and are grateful to be able to get seeds and grow portions of their own food. They are also appreciative of the wide range of information supplied to them by the Matanuska Experimental Farm.

Interviewing and speaking with Milena was a joy and she gave me hope that when we all work together as a team, we become each other's support systems so that no one falls through the food security cracks. And not just 'food', but healthy, nutritious, locally-grown and raised food.

The core of Kids Kupboard's mission is to feed and teach our young how to grow our own food here. Their spacious property brings the potential to achieve steps towards this and ultimately, self sufficiency. After all, isn't that what our next logical step should be? Collaborative partnerships are the name of the game and we are definitely on that road with Kids Kupboard and will stay on it until we can quite literally, feed ourselves.

More information about Kids Kupboard at www.kidskupboard.org

Valley Charities Housing Assistance Program Helps in Hard Times



Contributed by Randi Perlman

The twists and turns of everyday life can sometimes take a toll on families and individuals residing in the Mat-Su Valley, unexpectedly and through no fault of their own. Just paying the bills to keep utilities on and prevent eviction can become a serious challenge at times. Are you aware of a program right here in the Valley that can provide financial housing assistance during those low times?

Since 2012, the primary purpose of Valley Charities, Inc. (VCI's) Housing Assistance Program (HAP) has been to help folks remain in housing, in other words, to prevent homelessness. That led to an awareness of grants that would help people re-enter from situations such as incarceration, as well as grants to help families transition slowly into sustainable, independent housing arrangements.

VCI provides financial/rent assistance to individuals and families that meet the required grant criteria. Details on eligibility can be found on the VCI website (www.valleycharities.org) or by calling 907-354-4660. A short voice message from the caller briefly explaining their basic need, for example eviction prevention, behind on utility bills or rent payments, or something else, is then screened by VCI's case worker. Most grants funnel in from the Alaska Housing Finance Corporation (AHFC), so income requirements are part of the screening process. Applicants at 30% of the median household income (which is considered below the poverty level), depending on how many people are in the family, may then be eligible for assistance with their utility bills, first month's rent getting into a new home, etc.

HAP does NOT provide housing. The program DOES provide financial assistance to help folks get over the

immediate 'bump in the road' and get back on a sustainable path on their own. The HAP case manager is a strong information resource and referral advocate for all sorts of helpful governmental programs and partnerships and can point folks in the right direction for help with a wide range of needs.

VCI has established a great relationship with AHFC over time by demonstrating its ability to provide funding responsibly, which has put VCI in a position to take on additional grants and projects, even assisting people statewide. As another offshoot of the program, VCI began helping with prisoner re-entry. The history and importance of VCI's Re-Entry Assistance Program is closely tied to HAP and will be the topic of a future article in this publication.

Adam Pollock is VCI's case manager for HAP. He has been on board for many years and has a wealth of knowledge and experience to help answer any questions applicants may have. Pollock has worked hard over the years to streamline the process of applying for assistance with three main concepts:

Partnering with six other nonprofit agencies in the Mat-Su, each with different specialties, services, and expertise, and in different locations, in order to cover residents across the entire Valley, from Chickaloon and Sutton on one end through Trapper Creek on the other. These partner agencies are Family Promise Mat-Su, Blood & Fire Ministries, Daybreak, Inc., Salvation Army, Alaska Family Services, and MY House.

Initial screenings to determine eligibility are done over the phone, avoiding the necessity of an extra trip to complete preliminary paperwork. When eligibility has been confirmed via phone, an in-person appointment can be made with full knowledge of additional documents needed. This procedure achieves greater convenience and efficiency for all involved.

Application completion is done in-person at the office of the participating agency, where experienced case workers provide individualized help with appropriate terminology on the required forms.

Over the years, Dave Rose (former Mat-Su Coalition on Housing and Homelessness Coordinator) and Adam Pollock (an army Veteran) have established an excellent relationship with local property managers and landlords, a critical piece of the puzzle in the success of this program. It brings forth an element of trust, cooperation and communication needed to work through the details of each individual circumstance and situation.

If the applicant does not qualify for the program, the folks at HAP do all they can to assist in problem-solving or identifying other agencies and resources that may be beneficial to the client's specific needs, and which they may not even be aware of. In addition to the six specific agencies HAP formally partners with mentioned above, other informal program partners include Veterans programs, public assistance, senior programs, churches, and many others. This enables what is known as a 'warm handoff', where one agency can see a need they may not be able to fill but can refer a client to a partner agency that can do so.

HAP's approach has been to disburse the funding in a manner that allows them to help as many people as possible. The program is always aware of how much is available to make it through the next grant cycle, and VCI meets with its six partner agencies on a monthly basis to compare notes on how the program is going. The amount of financial assistance provided is regularly assessed and adjusted to ensure adequate funds are on hand.

Valley Charities, Inc. is a 501(c)(3) nonprofit organization providing life-changing programs and opportunities to Valley residents. VCI has been quietly serving the Mat-Su Borough for over 60 years. Through their Housing Assistance Program, Mat-Su Reentry Program, Medical Equipment Lending Program, and turn-A-leaf Thrift Store, alongside many strong community partnerships, VCI serves the needs of Valley residents and helps them thrive.

These compassionate programs encompass and fulfill VCI's vision to make the Mat-Su Valley a healthier and happier place to reside for everyone. For more information, visit www.valleycharities.org or call 907-376-5740.

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May 24 9:20 | 10:42

May 31 9:33 | 11:03

June 7 9:44 | 11:16

June 14 9:51 | 11:24

"Kindle the lights of shabbat and you will see the lights of redemption..." - yalkut Shimoni



What are Shabbat Candles? Shabbat candles are lit by Jewish women and girls, as young as the age of three, 18 minutes before sunset or one and a quarter daylight hours before sunset, on Friday afternoon or on the eve of Jewish holidays. They light candles to usher in peace and blessings to their homes and to the world.

PLEASE NOTE: Shabbat candles should be lit before sunset. It is a desecration of the Shabbat to light candles after sunset

Shabbat Candle Blessing

Blessing: Baruch A-tah Ado-nai E-lo-hai-nu Melech Ha-alam A-sher Ki-de-sha-nu Be-mitz-votav Ve-tzi-va-nu Le-had-lik Ner Shel Sha-bbat Ko-desh.

Translation: Blessed are You, Lord our G-d, King of the universe, who has sanctified us with His commandments, and commanded us to kindle the light of the holy Shabbat.



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For more information, visit chabad.org or contact the Mat-Su Jewish Center Chabad 907-350-1787

Light is a compelling force which will always triumph over darkness.

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Volunteers Needed: Week of Caring with United Way of Mat-Su

Contributed by Michele Harmeling
United Way of Mat-Su

Week of Caring is coming up! This year's dates are May 20-24, with different projects each day. We are in need of a few more Good Volunteers to assist some local nonprofits with work that may otherwise not be done.

What IS Week of Caring, you ask? This

is a week-long effort that brings together volunteers from around the community to assist Mat-Su nonprofits in completing spring projects.

You might be raking leaves, trimming hedges and planting flowers. You could paint and repair a local playground. There may be donations in need of sorting and tagging, trails to clean up, and building projects to do.

Every hour contributed during Week of Caring, by YOU, represents invaluable help for our local nonprofits. Week of Caring volunteers dedicate over 500 hours every year across the Mat-Su, bringing helping hands to projects and people who really need them!

Volunteers may opt to work for a longer day (generally 10am-3pm), or can contribute according to their own schedules.

Be prepared to work outside, dress for the weather, and bring a water bottle and sack lunch. United Way of Mat-Su will provide light snacks and other drinks to each project site.

Register on our website: unitedwaymatsu.org by clicking the **Volunteers link at the top of the page.** **Questions? Please call (907)745-5822 or email give@unitedwaymatsu.org.**

Valley Charities Hosts Customer Appreciation Day at Turn-A-Leaf Thrift Store

Contributed by Kimberly Kellar

Valley Charities is thrilled to invite the community to a Customer Appreciation Day at the Turn-A-Leaf Thrift Store, located at 400 N Yenlo Street, Wasilla, AK 99654. The event is scheduled for Saturday, June 8th, from 11:00 a.m. to 1:00 p.m. and promises an array of activities and special offers designed to thank our valued customers and support our ongoing community initiatives.

During this special event, attendees can enjoy a delicious hot dog barbecue while browsing the store's wide selection of items. In a unique twist, shoppers will have the opportunity to "Draw Your Own Discount" on one item, with potential savings of up to 75%. This exciting feature

allows customers to engage directly with our pricing, adding an element of fun to their shopping experience.

In collaboration with the Mat-Su Animal Shelter, the day will also feature "Name Your Price" pet adoptions, focusing exclusively on dogs. This initiative aims to find loving homes for pets in need and encourages community members to consider adding a new furry friend to their family.

For our younger guests, the Turn-A-Leaf Thrift Store is also the place to be for engaging educational activities. Children are invited to sign up for this year's Backyard Birding Challenge. Each participant will receive a journal and goodie bag to kickstart their bird-watching adventures. Additionally,

Shannon Jensen from the Alaska WildBird Rehabilitation Center will be on-site with fascinating bird artifacts, such as skulls, eggs, and feathers. Shannon will provide valuable information about local bird species and discuss opportunities for visiting the center in Houston, AK.

Valley Charities is proud to organize this event as a way to give back to the community and enhance the shopping experience at Turn-A-Leaf Thrift Store.

We are committed to supporting local causes and continuing our partnership with the Mat-Su Animal Shelter and the Alaska WildBird Rehabilitation Center. Join us for a day of fun, education, and community spirit as we celebrate our customers and the local wildlife that makes Alaska unique.



Turn-A-Leaf Thrift Store
400 N Yenlo Street, Wasilla

2024 Anchorage Capital Improvement Program Survey

Contributed by Cliff Cook

Are you passionate about improving our community? Your voice matters! The 2025 Anchorage Municipal Community

Council Capital Improvement Program Survey is here, and we need YOUR input! Community council presidents will be ranking projects and collecting input online until June 15th, 2024.

How can you participate? Attend your next council meeting and share your ideas, reach out to your council president and make sure your voice is heard, and help shape the future of Anchorage by

ranking projects that matter to you. Let's work together to make Anchorage an even better place to live, work, and play!

For more information and to access the survey, visit www.anchoragemcc.org. Your ideas matter, and together, we can make a difference.

Thank You for Shopping Local!

Contributed by Lauren Kane
Frontier Gifts, Talkeetna

A special thank you to all of the Alaskans for shopping local throughout the year! I have a gift shop in Talkeetna,

Alaska and elected to stay open year-round this year! I usually close after the tourist season at the end of September, but I got a pleasant surprise that the locals from Talkeetna, Willow, Wasilla, Houston, Big Lake, Eagle River, and

Anchorage made trips to visit and shop in Talkeetna throughout the year. I feel that I have met new neighbors and enjoyed getting to know new friends. This was truly an eye-opener for me to communicate more and more.

Plus, I had the extra time to rearrange displays, clean, and order many things ahead of time. It has made it much easier

and less stressful to get things in order for the new season this year.

I just wanted to take this time to say a big THANK YOU for taking the effort and time to visit Talkeetna in the winter months and buy LOCAL! We truly appreciate your loyal support.

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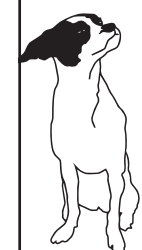
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Carhartt Brothers Band Playing at the Spring to Victory Event

Contributed by Bly Williams

Mark your calendar and get your tickets! The Mat-Su Republican Women's Club is hosting a fabulous evening with great music, food, fun and fundraising.

The Spring to Victory Event takes place at 5:30pm, Thursday May 30th at the Palmer Train Depot. Tickets are \$40.00 and include music by the Carhartt Brothers Band, and a barbecue dinner catered by Patriot Barbecue and speaker. Also, make sure to browse the silent auction items and "The Wall of Guns" as you visit with friends and enjoy some really great music. The Carhartt

Brothers have made quite a splash in Alaska's music scene. They have played at events all over the state and are a favorite at the Alaska State fair. Versatile and talented in several genres, they are always a crowd pleaser. You won't want to miss this opportunity to see Bob, Bob and Bob pounding out tunes in their Alaskan tuxedos as well as Erin, Banjo Bob's guide dog. (To learn more about the life changing impact of guide dogs and Banjo Bob's inspiring story and the loving community behind him, be sure to visit www.alaskafrontier.net).

Tickets available now at matsurepublicanwomensclub.org



The Chocolate Den: Fun Chocolate Facts



Contributed by Alexander Harmon
 The Chocolate Den, Wasilla

Chocolate was once money that literally grew on trees: In Mayan times, cacao beans were used as currency and considered to be worth more than gold

dust. To keep the value of the cocoa bean in check, the cultivation of cacao trees was restricted. Otherwise, it would have been too tempting to just grow your own currency!

Chocolate wasn't always solid, or sweet: Until 1847, chocolate was a delicacy enjoyed in bitter liquid form. The British chocolate company Fry and Sons introduced the concept of "eating chocolate" after combining cocoa butter, sugar, and chocolate liquor. This concoction was more grainy than smooth but was still enjoyed by many.

Chocolate does funny things to our brains: The mere smell of chocolate

increases theta brain waves, which trigger relaxation. In fact, a study conducted at Hasselt University in Belgium showed that when the scent of chocolate was diffused in bookstores, sales of books increased — especially those of romance novels. Relaxation, indeed!

Chocolate also contains tryptophan, which the brain uses to produce serotonin, a hormone that causes generalized euphoria. So, eating chocolate really does make you happier!

The Chocolate Den, on Main Street in Wasilla, is an amazing place to try many chocolate treats to satisfy the palate and help our brains! Come check us out and enjoy a delicious piece of history.

Please don't treat me like trash — read them RECYCLE! *The People's Paper* www.MAKEASCENE.MEDIA | 907-373-2698

Small Group Summer Science Classes for Pre-K–6th Grade

Contributed by Jessica L. Bertram

Welcome to Mat-Su Learn and Inspire, a nurturing educational business dedicated to fostering a love for learning and individual growth in a small-group setting. Let's delve into the story behind this unique venture and the exciting summer classes that await.

Originally from Michigan, I earned my degree in Early Childhood Education from Grand Valley State University in 2015. Passionate about working with children, I've traversed various roles, from nannying and tutoring to volunteering. This journey brought me to the public schools in Alaska, where I taught 4th grade in Homer and served as a trusted substitute teacher and paraprofessional in the Matanuska-Susitna Borough School District. Despite my love for teaching, I yearned for an environment that allowed more personalized interaction, catering to individual needs while fostering peer collaboration. This desire led to the creation of Mat-Su Learn and Inspire, where small-group learning takes center stage.

At Mat-Su Learn and Inspire, my philosophy revolves around the transformative power of small-group learning. I firmly believe that children thrive in an environment that not only addresses their educational needs but also encourages collaboration and friendship.

The mission is clear: inspire a love for learning, cultivate individual growth, and create a sense of community within small groups.

As we transition into the summer months, Mat-Su Learn and Inspire is excited to announce three captivating science courses: Botany, Paleontology, and Marine Biology. Tailored for children from Pre-K to 6th grade, these courses promise a perfect blend of education and fun, ensuring young minds remain engaged and inspired throughout the summer break.

Accelerated Learning: Dive into Captivating Scientific Concepts

Each course spans four days, with Botany running from June 10th - 13th, Paleontology and Archeology from June 17th - 20th, and Marine Biology from June 24th - 27th. Priced at \$200 for Botany and Paleontology, and \$180 for Marine Biology, the fees cover all necessary materials.

What sets these courses apart is the emphasis on a small-group experience, organized by age groups (K-6th grade). This ensures a personalized and engaging learning environment, with sessions lasting an hour and a half. Students can expect hands-on exploration, thrilling experiments, and interactive projects that make science come alive in memorable ways.

Classes will be conducted in small



groups, ensuring every child has the opportunity to explore and learn in a supportive and engaging environment. Meeting times are tailored to different age groups: 9:30am - 11:00am for 4th to 6th Grade, 11:30am - 1:00pm for PreK and Kindergarten, and 1:30pm - 3:00pm for 1st - 3rd Grade.

For more information, visit the website www.matsulearnandinspire.com. Located at 1625 West Edlund Road in Wasilla. Join Mat-Su Learn and Inspire: Where Every Child Learns, Grows, and Finds Inspiration!



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Linda Lockhart's Loving Legacy

Contributed by Randi Perlman, with help from John Erskine

Our dear friend and beloved community member, Linda Lockhart, lost her long and brave battle with cancer on Tuesday, April 9, 2024. Linda lived in the Big Lake community and has had an astounding impact there, and throughout the entire Valley.

Linda did not know how to do things small – everything she produced was HUGE and OVER-the-TOP! She was a skilled master gardener, creating magnificent gardens from barren land at her home on Dollar Lake. She formed the North Root Big Lake Gardeners, producing gardening classes, workshops and symposiums at Houston Middle School, greenhouse gallops, local garden tours, dahlia bulb parties, seed swaps, hypertufa trough/steppingstone pours, and helped beautify the Big Lake Library and Big Lake Elementary gardens, the East Lake Mall planters, and other local community gardens.

She held several benefits for the Big Lake Lions, combining some of those with her penchant for pirates. In October of 2006 she created Pirates of Dollar Lake, a take-off on the Pirates of The Caribbean. This ambitious production was originally staged in her amazing gardens and later moved to the new Lions Recreation Center, filling that cavernous facility with an enormous and energetic cast of larger-than-life pirates, maidens, ships & treasures. For six years, including a 4-day run in mid-September 2011, visitors were awed & enthralled by the pageantry of it all! She did the same sort of thing at Halloween, once again originally amongst her nighttime gardens and later moved to the Lions'

Den, delighting (and scaring!) kids of all ages as giant creatures jumped out from behind bushes, decapitated heads careened down invisible lines, and costumed goblins appeared out of nowhere.

Linda met her longtime partner John Erskine in the early 1980s. When she received her first diagnosis of cancer in 2011, they decided that was a good time to tie the knot, so a lovely wedding was quickly planned and held at her hospital bedside on October 14, complete with flowers, champagne and a few close friends. Linda's strong will and determination allowed her to combat her cancer demons and continue helping others for thirteen years before losing the battle.

Linda was extraordinarily generous to both nonprofits and individuals. She held events at, and raised funds for, the Big Lake Lions Club, Mid-Valley Seniors and several other deserving nonprofits and was involved in the early days of the Garden & Art Faire when it was held on the Alaska State Fairgrounds. In 2010, Linda was presented with the Bob Gross Award for her community service in Big Lake. She served as Alaska Magazine's Art Director for five years and as Art Director for Fish Alaska Magazine for twelve years. In May 2014, Linda & John held the Grand Opening of their incredible thrift store Top Drawer on Big Lake Road, selling everything you could ever need and then some... Word about Top Drawer spread quickly, and folks traveled from throughout the Valley and well beyond to peruse the large inventory, make donations or purchases, or attend the many unique events held there. Top Drawer was a benefit to the entire community, where prices were quite reasonable, and the large back area was



available for community use. When the store closed in June 2019, it was missed by many.

Linda was also well known and admired for her extraordinary above-board creativity, and she designed multiple entries each year for the Valley Arts Alliance Wearable Arts Show. Visit the VAA archives to view these eye-catching ensembles. Her last contribution was helping design the costumes for the mascot of the recent Arctic Winter Games, the adorable chickadee. She was an integral part of the design team but had to withdraw from the actual handiwork of the costumes when her hands and fingers refused to obey her and carry out the tasks.

Linda was a force of nature, and her strong, vibrant personality, creative mind, and enthusiastically generous presence will be sorely missed by the community and all who knew and loved her. Donations in her name can be made to Valley Arts Alliance, a 501(c)(3) nonprofit organization bringing the community together through the arts.

Donald "Doc" Earl Burk

Contributed by Jane Henderson



Donald "Doc" Earl Burk Sep 30, 1935 - Mar 20, 2024

Donald "Doc" Earl Burk, longtime Alaska dentist, pilot, outdoorsman and patriarch of the Burk family, passed away

peacefully in his bed, surrounded by family on March 20, 2024. He passed in his second home on Maui, Hawaii, at the age of 88. A lei ceremony was performed the day of his passing at Black Rock on KaaNapali Beach, a place Don had been making an annual pilgrimage to with his family since 1964.

He is survived by his devoted wife and partner of 38 years, Vivienne "Renee" Burk; five children, Kelly Wilcox (Cliff), Dana Burk, Julianne Hinchey (Sean), Guy Burk (Jessica Burk, DMD) and Vivian Burk-Egan (Jim); seven grandchildren Brittany Weber (Keyvin); John, Charles, and Patricia Hinchey; August and Ella Burk, and Vivian

Mairead Egan-Burk; as well as great-granddaughter, Madelyn Weber. He is also survived by Wanda Etzel, 95, his sole surviving cousin on the Burk's side; niece, Lisa Laudon with her children Sydney Laudon, DMD, Piper and Tanner; niece, Diana Hausauer (Brian) her children Valerie and Brooke; and brothers-in-law, Mark Webster, David Webster (Isabel), Dale Avera (Debbie) and Steven Avera.

Donald was a beloved member of the Anchorage and Big Lake communities with a wide circle of friends. He was head of the Alaska Dental Board for many years, appointed by late Governor Bill Sheffield. Don was the first dentist to use a YAG laser in the state of Alaska. He was a naturopath and worked out every morning for most of his career.

Donald was born on Sept. 30, 1935, in Salem, Ore., the only son of loving parents Earl and Eunice Burk. Donald graduated from Salem High School in 1953 and was the quarterback and captain of the football team. He was

raised with a strong work ethic. His father was a successful businessman and a member of the West Salem City Council. His mother was raised on a farm and was no stranger to hard work. Donald started working in a bean cannery to buy his own clothing at 9 years old. He was extremely determined to succeed and wanted to become a dentist from a very early age.

Donald was the first person to become college educated in his family. In 1956, he completed a Bachelor of Science in pre-dental studies at Oregon State College in Corvallis. Donald met Patricia in college. They married, and Patricia helped Donald survive dental school. He graduated in 1960, becoming a dentist when he was just 24 years old.

Donald's daughter, Kelly, was born in July 1960; daughter, Dana, came along in March 1963; and daughter, Julianne, in June 1970. Donald and Patricia went their separate ways after many years and good times raising their three girls.

Donald sewed as a Lieutenant in the United States Navy, joining before dental school, and practiced dentistry in Sasebo, Japan, for two years after graduation. His adventuresome spirit then brought him to Alaska. "Doc" was the first dentist in Kenai, Alaska, and had a line of people waiting to see him upon opening his office at the tender age of 26. In 1963, he opened Anchorage Midtown Dental Center. Don was beloved by all of his employees and patients and loved his work. He had a few very long-term employees, including Sonja Clark and Jackie Carney, who worked by his side faithfully for decades continuing to work with his kids when he retired. He was an excellent 185 pilot and hunted and fished around the world. What he loved most, however, was spending time with family and friends at the family cabin in Big Lake and throwing the decoy for his dog Cubby.

Donald met and married his soulmate Renee and raised son Guy and daughter Vivian. Donald and Renee had a unique bond which permeated the whole extended family with love. Their generosity made it possible for the family, including the children, grandchildren, and great grandchildren,

to be together in Hawaii every year. Donald and Renee joyfully celebrated their children and grandchildren in Hawaii, watching the little ones learn to swim and build sandcastles on the beach. They knew how to have fun and shared their joy with the entire family.

Don was proud to raise five children with a college education or beyond and valued education and work ethic above all else. Kelly completed an MBA and was a healthcare administrator for 35 years. Julianne completed law school, started her own firm immediately and has been practicing with husband Sean for almost 30 years. Donald was thrilled when Guy and Vivian took after him, attending his alma maters and following in his footsteps to become dentists. Guy went on to purchase his practice which celebrated 60 years in business in 2023. Donald's grandchildren have also pursued higher education: Brittany has a paralegal degree and runs a successful business with her husband in Colorado; John is attending law school at Gonzaga; Charles is applying to law school; and Patricia is a biochemistry major. Donald's cherished nephew, Scott Laudon, also became a dentist, and moved to Alaska. Donald loved Scott, his wife Lisa, and their family so much, and thought of Scott as another son.

Donald was proud of his amazing family and so loved his beautiful wife, Renee, his children, grandchildren, extended family, and large group of friends. He was truly blessed and surrounded with love, all his life. Don was extremely generous, always picking up the tab for the group, and putting others before himself. He was a man of few words but was always the most interesting guy in the room. He believed in the golden rule and provided pearls of wisdom, saying "If you can't say something nice, don't say anything at all" and "Don't sweat the small stuff."

Donald was preceded in death by his parents, Earl, and Eunice Burk; sister, Janice Laudon; nephew, Scott Laudon, DMD; sisters-in-law, Sarah Avera, and Linda Webster; and mother of Kelly, Dana and Julianne, Patricia Burk.

The lessons he taught us, and his legacy will be forever cherished. Since his passing we have had many patients and friends reach out about the impact he made on their lives. His family appreciates the outpouring of love we have received.

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Unique Golf Extravaganza: The Tartan Tourney



Contributed by Jeni McDaniel

Get ready to grip your golf clubs and immerse yourself in the Tartan Tourney, Alaska's most exhilarating golf event that redefines the traditional game with a Scottish twist! This isn't just another golf tournament—it's a celebration of Scottish culture and sporting excitement, Satur-

day, July 27 at Settlers Bay Golf Course.

Imagine 30 teams, comprising four golfers each, taking to the greens not just to play, but to revel in a festival of Scottish traditions. The air resounds with the haunting melodies of bagpipes and the rhythmic beats of drums. Amidst this vibrant backdrop, players contend in a golf tournament unlike any other, complete

with Scotch tastings and Scottish-themed challenges that test both skill and spirit.

You have heard of Mulligans, but have you ever heard of Butterscotch Mulligans? These sweet indulgences are not just treats but strategic game-changers, offering players a chance to bend the rules in the most delicious way possible. It's a playful addition that adds an extra layer of fun to every hole.

As the golfing winds down, the excitement does not. Participants and spectators alike are invited to the evening's highlight—a traditional Ceilidh (Scottish party), where the festivities continue. Indulge in authentic Scottish cuisine that dances on the palate and enjoy foot-tapping Scottish entertainment. The night is filled with laughter, music, and camaraderie, concluding with prize giveaways that ensure every participant leaves with memories and possibly a trophy.

The Tartan Tourney offers more than just local fame; it promises an interna-

tional adventure. Hole-In-One Winners will get the chance to travel to Scotland and play at the legendary Home of Golf, St. Andrews. This prize includes a 7-day/6-night journey complete with rounds at the famed Old St. Andrews, the challenging Carnoustie, and other prestigious courses, all while enjoying deluxe accommodations and Scottish hospitality.

The Tartan Tourney is more than a golf tournament; it's a Scottish spectacle that captivates and entertains, promising every participant an unforgettable experience. Whether you're swinging a club or cheering from the sidelines, the Tartan Tourney is the ultimate Alaskan celebration of Scotland's rich cultural and sporting heritage.

Prepare to be swept away by a golfing event that's laced with tradition, excitement, and Scottish flair. Can you handle the excitement? Join us to find out!

alaskanscottish.org/tartantourney

Freedom of the Road



Contributed by Donna Hedden

PICTURE OF MY GRANDSON, ANDREW HEDDEN

Congratulations, teen driver! You've got your new license, and you're ready to go! But you're still just a learner, so please take it slow. You're growing up fast, and we're proud as can be. So, we have 8 little rules you must follow carefully.

1) No texting - or scrolling - or speeding

- or tricks. These are Mandatory Rules that cannot be fixed.

2) Two hands on the wheel - you know what they say. Just do your best, and you'll be okay.

3) Buckle your seat belt every time that you drive. And no substances at all - we need you alive.

4) Take time to adjust each side and rear mirror. You have to make sure everything is seen clearer.

5) Always look Right and Left - and then again - Left and Right, to watch for cars coming that may be hidden from sight.

6) Backing up in a straight line - it's not too hard to do. And driving on the freeway - you'll learn this way, too.

7) Although parallel parking is not always easy. Just take your time and don't go too speedy.

8) Every night during the week, be back home by 8, and 10 on the weekends, please call if you're late.

Yes, we worry a lot, but we have faith in you too. Because you're making good choices of what's right to do. Oh, how EXCITING! New freedom and wings! Now go make the best of what the Road brings.

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PETS & ANIMALS

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Adopt Gouda

Contributed by Kelleigh Orthmann

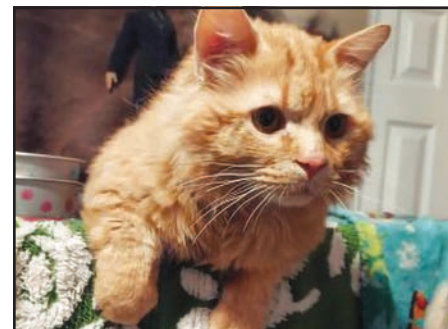
Don't you just love my cheesy name?! I am a sweet orange cuddly guy who gives great hugs and am ready to be a purrfect

companion for you. I don't mind other cats or dogs that don't bother, and I LOVE people!

I am ready for the new adventure of a life with great people and other pets,

warm chairs to nap in on cold winter days, leafy yards to explore on summer evenings, and lots and lots of family time. I am around 3 to 6 years old.

To meet me, please call or text 907-980-8898. To see other adoptable kitties, please visit <https://clearcreekcatrescue.org/> or <https://www.facebook.com/clearcreek.catrescue>.



Adopt Spice

Contributed by Kelleigh Orthmann

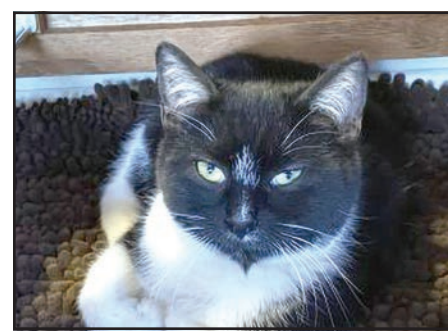
I'm a little soft 6-month-old boy. I am sweet, gentle, and so lovable. I came from a colony of cats and get

along with any feline who is nice to me. I'm still just a kitten, so I love to play and romp around. And I love lots of good pets!

I am ready to be the very best little buddy for a loving family and I will need a cat friend in my new home. I am also tolerant of gentle dogs. And, since I have grown up

with the freedom to be outside, I will need an indoor/outdoor home situation. I have siblings who I love if you are interested in adopting two kitties.

To meet me, please call or text 907-980-8898. To see other adoptable kitties, please visit <https://clearcreekcatrescue.org/> or <https://www.facebook.com/clearcreek.catrescue>.



Adopt Sugar

Contributed by Kelleigh Orthmann

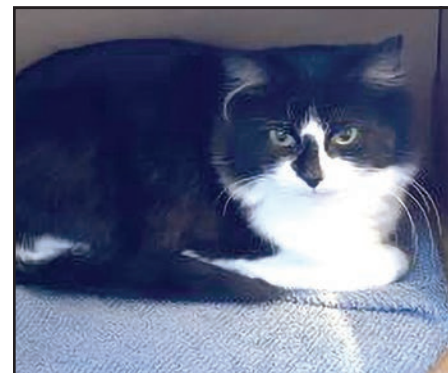
I am soft-as-cashmere Sugar! I am quiet and shy but love cuddles and belly rubs. I spend most of my time cuddling with other kitties, especially my brother Spice.

I am great with other cats and calm dogs and would be the purrfect kitty friend for a lonely, loving cat.

I would do best in a relatively quiet, settled home with people who are willing to give me some time to adjust to a new

home. I am about 6 months old and a sweetheart. I will require a feline friend in my new home, as well as a safe outside area to enjoy the coming summer weather. And life would be perfect if I could be adopted with my brother Spice!

To meet me, please call or text 907-980-8898. To see other adoptable kitties, please visit <https://clearcreekcatrescue.org/> or <https://www.facebook.com/clearcreek.catrescue>.



Adopt Tova

Contributed by Kelleigh Orthmann

Elegance and grace! Kindness and devotion! These are just a few words that describe me. My name means "beautiful" and "be-loved" in Swedish. At just 6 months old, I am full of love and am past the crazy kitten antics of climbing the curtains, knocking breakables off the shelves, and having the zoomies at all hours of the night. In fact, I am very mellow and easy-going. I am a sweet girl who loves to be held

and will do the body flop to lay down and show my belly for some gentle tummy rubs and a kiss or two. I have a purr that is so soft you really must listen for it, and it keeps going and going. When I want you to pick me up, I have the neatest way of asking. I will reach up with my front leg and place my paw on your face, start to purr and gaze at you until you scoop me up! And make sure to hold me close because I will melt right into you.

I am doing great with the other cats in

my foster home, so I will need to have a cat friend in my new home. I am adjusting to being around a big dog and am doing well but am still cautious. A mellow, kind dog that doesn't pay any attention to cats would be good. I would be good with nice kids and would soak up as much attention as they would give.

With warmer days coming, I will need a safe place to spend some time outside with my new family. I would be happy to soak up some sun on the back deck and explore all the hidden treasures in the grasses.

To meet me, please call or text 907-980-8898. To see other adoptable kitties, please visit <https://clearcreekcatrescue.org/> or <https://www.facebook.com/clearcreek.catrescue>.



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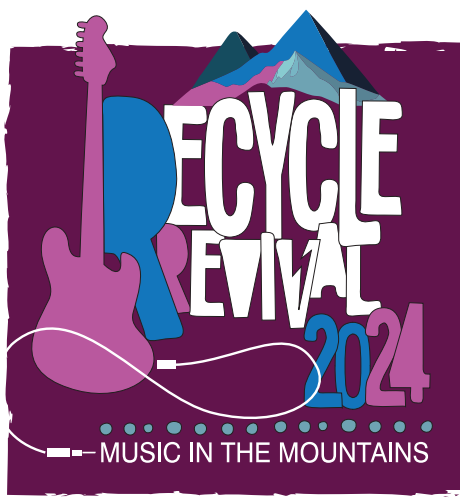
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