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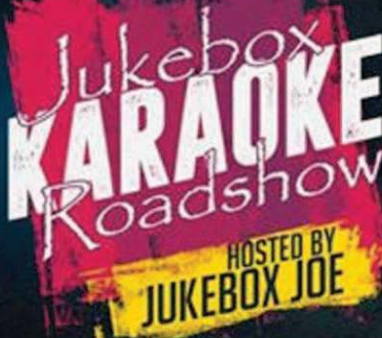


The Good Fight

A dream 20 years in the making, 907 Pro Wrestling is more than just entertainment — Page 10



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Sometimes things don't go to plan



BY O'HARA SHIPE
MANAGING EDITOR

Originally, I had planned my first Editor's Note to be something grand. Perhaps a soliloquy about Alaska's elusive spring and how it's a fitting metaphor for my transition from being a freelance writer to an editor. In theory, it was going to be elegant. In reality, not so much.

As I quickly try to pull together something inspirational, my Google Chat is pinging with frantic messages from our design team letting me know that I am already past my deadline. Thinking about it now, what are metaphors if not confusing? The truth is, I've been awake for 48 hours in a mad dash to make sure my first edition is something special and I feel like I've accomplished that.

My intention with the Press is to highlight the people and places that make Anchorage amazing—from

the professional wrestlers who found home inside of the ring to the hole-in-the-wall restaurants that deliver amazing noodle soup.

So, I invite you to pour a cup of coffee, find a comfy chair, and read about your city. Minus the April snowstorm, it's a pretty cool place.

Until next week,
O'Hara Shipe



The Press' new mascot, and an editor's best friend, Luke.

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It's Sockeye Season!

I'm probably dating myself, but here's a trivia question for you. What is the origin and story behind Midnight Sun Brewing Company's Sockeye Red India Pale Ale? Sockeye is certainly a beer that came before its time.

If you're younger, this is a good spin-up for what's still today a flagship beer at one of our heritage breweries. But, if you're my age and have been in the craft brew scene all along, you'll chuckle at this recount, just like I am.



BY JAMES
"DR. FERMENTO"
ROBERTS

At the same time, Midnight Sun Brewing Company was in its formative years. Both making great beers, the connection between Humpy's and Midnight Sun was destined and natural.

Opinsky was the most studious craft beer aficionado I'd ever met. He opened an unlikely venue in what was a dark downtown corridor at night back then. He chased his livelihood with passion. I was lucky enough to be a part of it all, but this isn't about me. This is a recount of beer history.

North Coast Brewing Company's Red Seal Ale, a stalwart Pacific Northwest hoppy but malt forward and balanced beer, was brought to Alaska by Inlet Distributors. Opinsky loved this beer and chased it down at the Northern California brewery.

Something was different in this American amber-red ale that appealed to him. It had a lot to do with hops.

Red Seal wasn't exactly an IPA, but it had a solid malt foundation, and the hop profile impressed Opinsky.

I asked the brewers why the beer was so different from other IPAs on the market. It had some malt background to it compared to the thinner, straw-colored IPAs from the Northwest at the time. Maybe it was because the beer was brewed in a really old shed behind the brewery. Or, maybe it was because when they opened the barrel, whole flower hops came pouring out of it. For comparison, most breweries at the time were using pellet hops, not whole flower hops. Not to mention the fact that the hops were grown right there in Mendocino. "That's the difference in the damned beer," I said. "It has to be."

Billy wanted something like Red Seal Ale for Humpy's, but hoppier. Moreover, he wanted Midnight Sun to make it. So he approached Mark Staples, then owner/brewer, about brewing a house beer.

According to Staples, "It was the hardest beer we ever made at the time. We did test beers and brought them down to Humpy's, and he'd say: 'Not enough hops,' and we'd go back and try again."

"Everything Mark said is true and accurate," says Opinsky. "We did exactly 10 experimental batches, and I sent them back every single time for them not having enough hops."

Opinsky pushed Staples and the Midnight Sun brew crew into the toilsome process of creating a beer that seemed foreign to the palate, and certainly the fledgling Alaska craft beer market back then.

"Every time we'd make a test brew and take it down to Humpy's, Billy would say 'not enough hops,' and send us back. Back then, making a beer that hoppy that doesn't taste like complete shit was hard," concedes Staples.

"Mark thought I was nuts," says Opinsky.

When the beer was done, Staples was skeptical. "Are you kidding me? You can actually sell this?" he asked Opinsky.

Recounting the experience, Staples told me that he thought the beer tasted like shit. "Well, we couldn't even sell it at the brewery for the longest time. You couldn't give that shit away. Everyone was like, 'oh, my God! Gaaak! It was the bitterest thing I'd ever tasted.'"

According to Staples, adjusting the brewing water to emulate the water quality at Burton on Trent was the key to taming the hops and making the beer palatable.

Opinsky was indeed serious. "It sold very well at Humpy's. Two years later, it won the Alpha King Challenge. This was only the second year the beer was out. The Alpha King Challenge was a national competition about hoppy beers with balance. All of a sudden, Sockeye was on the map. We'd been doing it as a house beer all along, says Opinsky.

Opinsky admits that the beer is a little different than Red Seal, but it's a malt-forward, very hoppy, somewhat bitter beer (although not so much by today's standards) but incredibly well balanced. He loved it back then, and apparently, so did the other discerning craft beer aficionados, including me, that frequented Humpy's as Alaska's destination for the best local, national, and global suds you could find at the time. Sockeye Red IPA was on its way to stardom.

"As for the name, initially, it was called Humpy's Sockeye Red. The name is pretty much my name," says Opinsky. "Think about it. We're Humpy's. Sockeye is a red salmon, and this was kind of a red beer or a red IPA. 'Let's call it Sockeye,' I said. Now it's just Sockeye Red."

Barb Miller was another principal at Midnight Sun at the time. "Barb took it way further with CoHoHo," says Opinsky.

CoHoHo is a seasonal winter beer. It's Sockeye's bigger, boozier brother. It's spiced with juniper to give it a unique holiday twist.

"That was brilliant. That was all Barb," says Opinsky. "A Coho salmon is a silver salmon. The first time it came out, Midnight Sun hit it spot on. There was no ten tries on that one. They nailed it right off the bat. Think about it. It's all kind of a fish theme, the salmon thing, Humpy's, Sockeye, CoHoHo. It's so totally Alaska all the way around."

If you haven't tried this beer, you need to. It's noteworthy and a true nod to Alaska's craft brewing history.

Right now's a great time to go get a whole case of it because for every case purchased, Midnight Sun's donating a buck to the Food Bank of Alaska, and that's being matched, dollar for dollar, by the brewery's distributor, Specialty Imports.

"Generally, we do a philanthropy event once in the fall and once in the spring on schedule," says Midnight Sun's Media and Marketing Director Grant Deussing



of the annual event that took place in April instead of March this year. "It's like having A Fish Story Worth Telling; it's like Fishing For the Food Bank," says Deussing of Sockeye being the beer of choice to fund the donations.

"It's been a really good program," says Rob Weller, the 22-year beer guru at Specialty Imports. "Both Brown Jug and Three Bears are doing a matching contribution as well. Both Safeways are putting up big beer displays in their stores to promote it, and Alaska Commercial Company has been very good at supporting the program too," he says. "For us, it's one of the things we do that raises the most money out of all of the events we do, and we're very happy to be a part of it."

Fishing season is still a ways off, but Sockeye Red IPA is always a great catch, and proceeds go to a good cause through the entire month of April.

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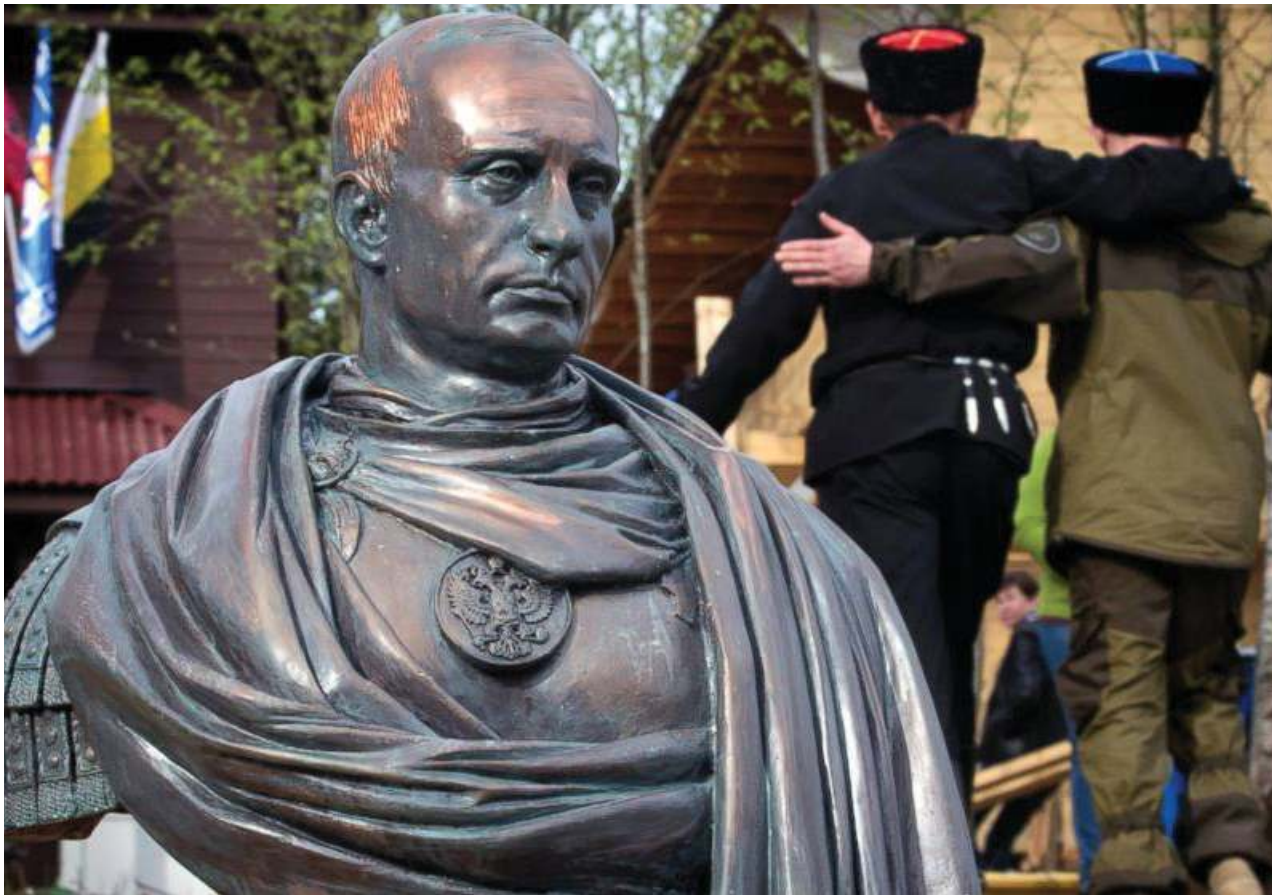


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Putin’s War with Ukriane through ‘Twelve Caesars’ by Mary Beard



ART SLEUTH
BY JEAN BUNDY

With the unimaginable Russian invasion into Ukraine, ‘Twelve Caesars, Images of Power from the Ancient World to the Modern’ by Mary Beard becomes a poignant read to understand where contemporary power-mongering originated for the West’s aesthetic canon to process. Beard writes, “Inside and outside royal palaces, and for a wider audience, images of the power of Roman emperors have always gone hand in hand with the portrayal of their vices—and with the hint of the systematic corruption of the imperial regime of which those vices were a symbol (212).”

Sound familiar?
After reading ‘Twelve Caesars,’ you’ll never walk through a museum, library, or park without questioning the alleged democratic themes exuding from statues, or pondering whether the visage staring at you is who is described on the plinth. Beard regales, “for hundreds of years after the European Renaissance, images of Roman emperors—on museum shelves and far beyond—roused intense passions. Recaptured in marble and bronze, in paint and on paper, turned in waxwork, silver, and tapestry, displayed on the backs of chairs, or porcelain teacups or stained-glass windows, emperors ‘mattered’ questioned as dubious role models or deplored as emblems of corruption (274).”

Since the fall of Rome, emperors have been misconstrued, re-chiseled, relabeled, and mythologized in fine art, theatricals and Kitsch. Beard writes, “Except for the tiny images in coins, there is hardly a single surviving ancient imperial portrait that comes with a reliable name attached (42).” However, we do have Gaius Suetonius Tranquillus (c. 69-122 AD) to thank; He was Hadrian’s librarian and author of ‘The Lives of the Twelve Caesars.’ According to Beard, “These ‘Lives’ were among the most popular history books of the European Renaissance...detailed physical descriptions of the individual rulers were found, and many of the anecdotes about them that provided inspiration for artists over the centuries (37-38).”



Portrait of a Man with a Medal of Cosimo the Elder by Boticelli (1475).

Beard relates, “A tradition of portraiture at Rome went back long before Caesar...[who] was the first to go beyond this and to engineer the widespread replication of his image (49).” She muses, “Julius Caesar is one of the most easily recognized of all Roman rulers in the art of the modern world, in painting, sculpture and ceramics, cartoons and films as well as in fakes and forgeries (62).”

Walk through any museum’s Greco-Roman section and you’ll find cases of Roman coins. Most visitors, including myself, bypass these tiny treasures and head straight to the colorful paintings. It may surprise you to learn that silhouettes imprinted on coins are the most accurate visual descriptions of emperors. Beard reports, “Every Roman emperor, no matter how short his reign, issued coinage because he needed ‘his’ cash to pay ‘his’ soldiers (74).” Beard continues, “Between the fourteenth and sixteenth centuries, these miniature heads were far more than aids to the identification of large-scale portraits...Coins also provided an important model for re-creating emperors on paper, in paint, and in stone, as well as a template for modern portraiture (77, 83).” Coins were collected, worn as jewelry and medallions, and pressed into furniture. During the Renaissance, coin-shaped paintings, often with heads in profile and lettering or flourishes on the circumferences, appeared on walls and ceilings (93-94).”

Romans were the first to allow “a marble head to stand for the whole body.” They also took pride in statuary as “images of ancestors were displayed at the funerals of the elite and were part of the furniture of their houses; statues of prominent individuals, bigwigs, and benefactors, had for centuries stood in the public squares, temples and market places of the Roman World (49).”



Two verisons of Prince Albet by Emil Wolff (1849).

Since the Renaissance, statesmen have been portrayed in Roman dress. Beard writes, “It is hard to escape the awkward fact that to be represented as a Roman in the modern world is almost bound to carry with it whiffs of autocracy...portraits could act as a mirror of—or a template for—the gentleman (105,111).” World travelers encountering art depicting renowned politicians,



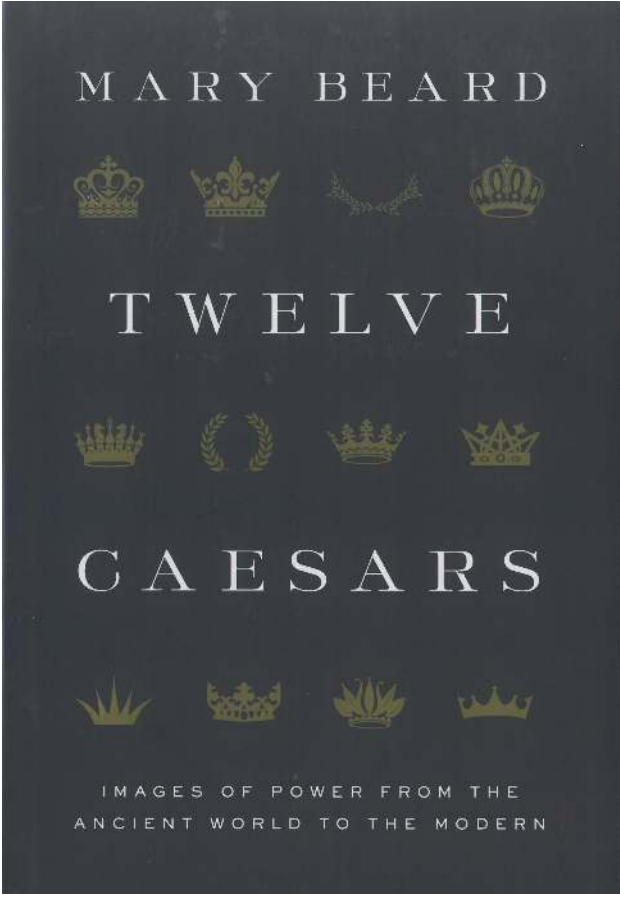
Portrait of a Man with a Medal of Cosimo the Elder by Boticelli (1475).

generals, or monarchs in actual or allegorical Roman dress is very common. Beard tells about Prince Albert, who commissioned a statue of himself in imperial garb as a birthday present for his wife, Queen Victoria. Not pleased, she had the sculpture relegated to a back passageway at their Isle of Wight digs. Another statue with a longer toga and sandals was accepted and placed in Buckingham Palace.

Caesars were woven into tapestries, and Henry VIII had over 2500 throughout his residences as wall hangings and bedspreads. While paintings featuring Roman-esque costuming were popular in the eighteenth and nineteenth centuries, others like author William Makepeace Thackeray (1811-1863) questioned the brutal spectacle of these paintings.

This becomes important in contemporary Russia, where statues depicting Putin as a faux Roman emperor dot the landscape. The role of these self-serving monuments will be something humanity, and the art world will be unpacking for decades.

Mini Sleuth: ‘Twelve Caesars,’ Mary Beard on Amazon; thank you, Jodi Price at Princeton Univ. Press.
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SHIPE SHOTS PHOTOGRAPHY

Darby Andrews displays comissioned glass pendants containing ashes.

Backstories

Girdwood’s Medicine Man

BY O’HARA SHIPE

In the early 90s, Darby Andrews’ life looked a lot different than it does now. The Cold War had just ended, and the US was bracing itself for the Gulf War. At the time, Andrews was stationed in Germany, where he worked as a Heavy Wheel Mechanic. Soon he found himself deployed in Saudi Arabia, and that’s when his life changed forever. “I developed a massive blood clot in my leg. At first, I thought it was just dehydration, but within a few weeks, the clot had moved up my to my groin, and that’s when I knew it was serious,” said Andrews.

The threat of impending death if the clot were to move to his brain changed how he saw the world. “Being in Desert Storm taught me how little people really need to live. It also taught me how little life can be worth. So, I figured I should probably start trying to live a life I loved,” said Andrews. Officially a disabled vet, Andrews returned home to Girdwood, intent on discovering his passion. He tried everything from working in a restaurant to leatherworking and bookbinding. But nothing captured his imagination quite like glass. So, armed with only his curiosity, Andrew apprenticed with master glassblower Jamie Meeks. His first iterations of glassblowing were making beads and pendants for hemp bracelets that he would sell at the Girdwood Forest Fair. They sold well and cemented his love for the medium. But with Cannabis becoming an increasingly important part of Andrews’ self-care routine, he found himself transitioning into making pipes and bongs. “I used Cannabis to ease myself and other vets off of the massive amounts of oxycodone the VA was providing. It worked for a while, but you get to a point where you

can’t smoke enough to keep up with the amount of pain you’re in. There’s really only so much smoke a human can inhale,” said Andrews. Looking to find a solution, Andrews began creating homemade edibles, tinctures, and creams. As word of Andrews’ miracle products spread, he found himself transitioning again—this time, the focus would be on easing others’ pain. “I shifted what I was doing with glass, too. People wanted ways to memorialize and keep their loved ones with them after they passed. So, I started making cremation pendants. Sometimes, it’s hard-working with ashes because you can still feel the person’s soul. But I focus on creating something lasting, something beautiful in honor of the deceased,” said Andrews. Though Andrews’ glassblowing focus has changed over the years, one thing has remained constant—his love for caring for others. “I focus on intention and energy transfer in everything I make. That love and intention is what makes my work uniquely mine, and that’s something I’m proud of,” said Andrews.



SHIPE SHOTS PHOTOGRAPHY

Darby Andrews pours melted Chronic Cream into tins in his Girdwood kitchen.



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Alaskans deserve to know who's paying the extravagant legal bills for Sarah Palin

Former Gov. Sarah Palin's lawsuit against the New York Times could ultimately cost \$5 million.

So who is paying her legal bills and why?

In February, Palin lost her five-year-old defamation case, but her Florida attorneys are just getting started. They are seeking a new trial and have moved to appeal to the Second Circuit of the U.S. Court of Appeals.

The Palin lawyers are on a trajectory that could end at the U.S. Supreme Court, where Justices Clarence Thomas and Neil Gorsuch are already on record suggesting that the court needs to weaken First Amendment rights.

Now that she is a candidate for the only U.S. House seat from Alaska, Palin should be more forthcoming about who she is beholden to in this matter.

It is impossible to believe that Palin has the personal appetite or energy to pursue the case using her own money. Just as it is impossible to believe that an error by the Times, which was quickly corrected, did the grave and lasting damage to Palin that her attorneys claimed in court.

In 2008, when Rep. Don Young refused to say why he had spent more than \$1 million on attorney fees, Palin called on Young to explain what the money was for. At the time, Young was under federal investigation and said it was not the public's business how he spent campaign funds.

"Personally, I would like to see more information not less," Palin said at the time.

One of the main reasons to believe that Palin isn't using her own money in the Times case

is that the lawyers hired for her lawsuit are the same guys who helped get a \$115 million verdict against Gawker on behalf of former wrestler Hulk Hogan, a decision that put the website out of business.

Only after that lawsuit did the public learn that Hogan's estimated \$10 million in legal bills had been secretly paid by billionaire Peter Thiel, a co-founder of PayPal, an early investor in Facebook and an ally of former President Donald Trump.

Thiel's lawyer was Charles Hard-

er, who sat in the courtroom in Palin's case taking detailed notes. Harder was not working with Palin's attorneys—Shane Vogt and Kenneth Turkel—but he did work with them on the case that put Gawker out of business.

Harder, who has also worked for Trump on defamation suits, wrote after the Gawker case that institutions should "Think twice before you invade someone's privacy or violate their rights."

Reporter Seth Stevenson, writing in Slate about the Palin case, said he asked many questions of Harder during breaks in the trial. Harder said the case had probably cost Palin's side \$1 million so far, and a trip to the Supreme Court could push that to \$5 million.

"When it comes to this trial, I just can't bring myself to believe that Palin paid for it out of pocket. If indeed she didn't, and someone else was funding this, I wondered where that money was coming from. I asked Harder if he knew. He said he didn't," Stevenson wrote.

Writing in Politico, Jack Shafer, said, "Substitute gym teachers put more industry in their work than Palin did in her testimony. What gives in a case that may have already cost Palin's side up to \$2 million in legal fees?"

"Libel suits are always big news, but the identity of their financiers could turn out to be the bigger story," Shafer said.

The Daily Mail said Palin's attorneys did not respond to a question about who is paying her bills.

Stevenson, who provided some of the best coverage of the Palin trial, wrote that Harder told him he attended the Palin trial to "observe and learn."

"That was the most chilling thing I heard in that courtroom," Stevenson wrote. "What exactly did he learn from Sarah Palin's (so far) failed effort to sink the Times? How exactly is he planning to apply those lessons? My fear is that, before long, we'll all find out."

Alaskans need to know who is paying Palin's legal bills for this lawsuit and why.



BY DERMOT COLE



Gov. Mike Dunleavy

Governor introduces appropriation bill for initial \$1 billion federal infrastructure funding

Gov. Mike Dunleavy submitted a bill to the Legislature April 4, to appropriate \$1.004 billion in initial funding anticipated to be received by the state from the 2021 federal Infrastructure Investment and Jobs Act, known as the IIJA.

Most of the money to be received by Alaska and to go through state agencies must be approved by the Legislature in an appropriations bill. Of the \$1 billion, \$868 million will come from the federal government; \$79.5 million from state Undesignated General Funds and \$56.38 million from other sources.

The governor's bill appropriates capital and operating funds to state agencies and to some non-state organizations that will partner with the state, along with local governments and Alaska Native entities, to implement the federal funding.

"While the federal infrastructure bill doesn't provide the state with pots of unrestricted infrastructure funds that Alaska can spend as we see fit, it does contain substantial funding to improve our roads, airports and water infrastructure, and new investments in bringing broadband to the state," the governor said.

"In addition, the bill provides competitive opportunities for Alaska to modernize our elec-

tric grid, pursue clean energy technology, to develop our substantial critical minerals and rare earth elements," he said.

The bill was introduced following the passage of the IIJA by Congress in November, which was followed last month by passage of the federal Fiscal Year 2022 omnibus appropriation bill. It's expected that 60 percent of the 5-year federal authorization will be allocated by formula with the remaining 40 percent expected to be awarded through competitive grants

administered by federal agencies. Funds distributed by formula will go through existing federal programs such as the long-standing federal surface transportation program, which funds highway and airport construction in Alaska. For the 40 percent in grants, state agencies and municipalities will develop proposals that will have to compete with those from other states. Non-profits and tribes will also be submitting competitive grant proposals.

Here are some highlights in the governor's bill:

- \$560.2 million in additional federal funds will be available for surface transportation, rural water and wastewater programs, veterans services and cybersecurity grants.

- \$37.4 million will be available for federal weatherization programs and the Alaska Low Income Home Energy Assistance Program. The state's Alaska Housing Finance Corp. will play a central role in this.

- \$28 million will be available for investments to modernize the electric grid, developing clean hydrogen and to develop a research demonstration facility for critical and rare earth minerals in Alaska. The state's Alaska Energy Authority, the Department of Natural Resources and the University of Alaska will play a role in these \$5 million to stand up the State of Alaska Infrastructure Office to coordinate and consolidate efforts with all recipients of IIJA funds

- \$4 million will be available to construct housing for teachers and public safety personnel in rural communities not connected to the road system

- \$2.5 million will be available to the Alaska Federation of Natives to continue the navigator program, a joint effort with the state that helps to secure funding available in the IIJA legislation for tribes and rural communities

The governor is ready to engage with lawmakers, local governments and non-state organizations on maximizing the value of the IIJA bill, the governor's office said in a statement.

Committees in the House and Senate bill take up the appropriation bill, in House Bill 414 and Senate Bill 241, beginning this week.



TIM BRADNER FOR THE FRONTIERSMAN



Sarah Palin

A BROAD APPROACH TO ASIAN CUISINE

A ride-along with Rickshaw

RESTAURANT REVIEW
BY JIN CHONG

I don't spend very much time on Yelp these days, but I still like to get a sense of what I'm in for before going to any new restaurant. Whether that means reading up on other people's experiences or looking at photos of their food. And prior to trying Rickshaw for the first time, I found that this former fixture of the Alyeska ski lodge features a broad spectrum of dishes stemming from all sorts of Asian cuisines—Thai, Japanese, Korean; you name it.

But for whatever reason, my undying pessimism led me to believe this jack-of-all-trades approach would amount to nothing more than an average experience. Add to that, the fact that their hours are limited to a brief window on weekdays, which made it easy to postpone coming here for quite some time. Though from what I hear, they've recently been experimenting with late-night hours via DoorDash.

Well, an opportunity finally arose for me to visit this past week—a decision primarily influenced by my craving for ramen, which looks to be the most promising item on the menu. My wife joined me as we met for lunch in a spartan dining area that was a little lacking in atmosphere. Still, the service was friendly and efficient with doling out menus, but I already knew exactly what I wanted.

Described as being made from a pork bone broth and topped with an egg, chashu pork, bok choy, and bean sprouts, Rickshaw's ramen is one of several entrees found under the "cooked to order" side of their menu. There are also several "express" options, made up of even more entrees which I presume have had much of the prep work done in advance. Those who prefer variety or have trouble making up their minds should consider opting for their lunch special, which allows diners to combine two of the express entrees on a single plate along with rice and steamed veggies.

My wife opted to try said combo with butter chicken and the wine-braised beef. Never in a million years would I have thought to see Indian food lumped in with a predominantly East Asian selection, but here we are. This popular Indian curry actually turned out to be the strongest of the two options, with a foundation of onions and spices swirled in a velvety sauce with a hint of acidity from the tomato. The chicken was surprisingly tender, and though I would stop short of calling it the best I've ever had, there were really no qualms here.

That was not at all the case with the braised beef, which was a significant decline in quality. What sounded promising on paper, and evoked images of a thick, hearty stew ended up looking regrettably like canned dog food. While the chunks of beef were indeed tender, the flavors lacked depth and the beef was somehow the only inclusion in a watery, insipid liquid begging for a reduction (or anything to help bolster this sad letdown).

Thankfully, I still had my ramen to look forward to, which looked comparatively stunning. Upon digging in, I thought the best part was the fresh, bouncy noodles which had a distinct egginess that enhanced the whole



experience. While the broth wasn't remarkably explosive in richness or flavor, it was fragrant, meaty and slurpable nonetheless. The egg yolk had a nice jammy consistency, while the chashu pork was fatty, charred, and slightly smoky. The vegetables lent a pleasant crunch, and with a few dashes of some optional chili oil, it wasn't long before I finished the entire bowl. Not only did this check all my boxes, but this could also potentially be one of the better bowls of ramen this city currently has to offer, despite its relative simplicity.

But two great entrees and one not-so-great didn't feel like enough to make a determination either way. To their credit, Rickshaw does appear to tackle an entire continent's worth of cuisines, and that's no easy feat. So, a few days later, I returned to try their Korean spicy pork and Thai red curry as part of a lunch combo along with an order of curry fried rice. I know good spicy pork bulgogi when I see it, and I was happy that this one satisfied my expectations. The pork and onions were deeply marinated in gochujang among other sweet and savory components to make for an authentic reproduction of this Korean BBQ staple. Another plus is that it doesn't cost nearly as much to enjoy this here than at one of many Korean restaurants in town, where you're otherwise expected to spend an arm and a leg.

The red curry was also good, though nothing you couldn't find anywhere else. I appreciated the large chunks of chicken and mushroom that remained tender while the curry was thick and creamy with an appreciable level of heat. But the dominant feeling was that of relief as neither of the two express options were flat-out disappointments this time around.

In fact, the curry fried rice was anything but. I was



expecting something comparable to the one served at Ray's Place and found that to be largely true; from the crisp wok-fried bits to the heavy dose of curry powder staining the plate yellow. It was loaded with chunks of pork, plenty of veggies, and—as an added bonus—could easily feed 2-3.

Perhaps I was being too harsh with my initial assessment of Rickshaw and their wide net approach. It's not uncommon for restaurants to feature multiple cuisines, and after all, rickshaws are a beloved method of transportation for people all over the world—why should they limit their culinary offerings to a single destination? Despite some bumps along the way, count on Rickshaw to provide a one-stop tour of some of Asia's best eats.



Interior Secretary Haaland to visit Alaska this month

BY AP-AK--INTERIOR SECRETARY-ALASKA, 1ST LD-WRITETHRU

JUNEAU, Alaska (AP) — Interior Secretary Deb Haaland plans to visit Alaska this month, a trip that is expected to include a visit to community at the heart of a long-running dispute over a proposed land exchange aimed at building a road through a national wildlife refuge.

Haaland had planned to visit King Cove last year, but the trip never materialized.

The Interior Department on Monday said Haaland planned to visit “several communities and sites” in Alaska the week of April 17, including Anchorage, Fairbanks and King Cove.

Residents of King Cove have long sought a land connection through Izembek National Wildlife Refuge to Cold Bay, which is about 18 miles (29 kilometers) away and has an all-weather airport. They call it a safety issue.

The refuge, near the tip of the

Alaska Peninsula, contains internationally recognized habitat for migrating waterfowl.

In 2013, Interior Department officials declined a land exchange, and efforts to move forward with one under the Trump administration faced legal challenges. A U.S. Justice Department attorney, in arguing a position taken under the Trump administration, last year told a federal appeals court panel that Haaland planned to review the record and visit King Cove before taking a position herself on the issue.

Interior Department spokesperson Tyler Cherry did not respond to questions about whether she was still weighing a decision. He said by email that he had no further details to share about the trip beyond those in the announcement sent Monday.

A federal appeals court panel last month reversed a decision that rejected a land swap and sent the decision back to a federal judge in Alaska for further consideration. Conservation groups had sued over the proposed swap.



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Thu 4/07

Featured



Healthy Cooking Date Night April 7th
@ 6:30pm / \$45
The Rickshaw, 142 West 34th Avenue, Anchorage



Featured



The Brothers Grimm Spectaculathon
@ 7pm / \$10
Apr 7th - Apr 9th
A live theatrical production presented by BDEAHS Thunderbird Theatre! Bettye Davis East Anchorage High School, 4025 East Northern Lights Boulevard, Anchorage

Fri 4/08

No More Harveys

@ 7pm / \$30
World Premiere at Cyrano's! NO MORE HARVEYS follows the migration of females – both human and animal – against a backdrop of climate change. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Featured



Burlesque Amateur Night

@ 8pm / \$12.50
Check out the best amateurs this side of Canada! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com



For event details and even more listings visit us online!

Sat 4/09

Cold Frame Gardening

@ 1:30am
Apr 9th - Apr 8th
Dr. Lidia Selkregg Chalet, 1600 Lidia Selkregg Lane, Anchorage. 907-343-4355

Healthy Cooking Date Night April 9th

@ 6pm
The Rickshaw, 142 West 34th Avenue, Anchorage

Michael Grimm

@ 6pm
Main Event - Club Room, 1041 E 76th Ave, Anchorage

Featured



WrestlePro Alaska

@ 7pm / \$35-\$75
William a Egan Civic and Convention Center, 555 W 5th Avenue, Anchorage



No More Harveys

@ 7pm / \$30
World Premiere at Cyrano's! NO MORE HARVEYS follows the migration of females – both human and animal – against a backdrop of climate change. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Featured



Sassy Saturdays Cabaret

@ 8pm / \$20
Come see why we have been voted Best Burlesque Show 3 years in a row! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com



Jono Zalay: B4UDie Festival

@ Chilkoot Charlie's
@ 10:30pm
Chilkoot Charlie's, 2435 Spenard Rd, Anchorage



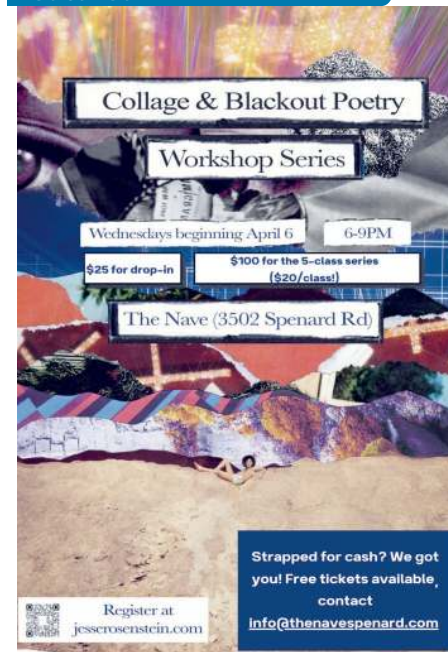
Sun 4/10

No More Harveys

@ 3pm / \$30
World Premiere at Cyrano's! NO MORE HARVEYS follows the migration of females – both human and animal – against a backdrop of climate change. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Wed 4/13

Featured



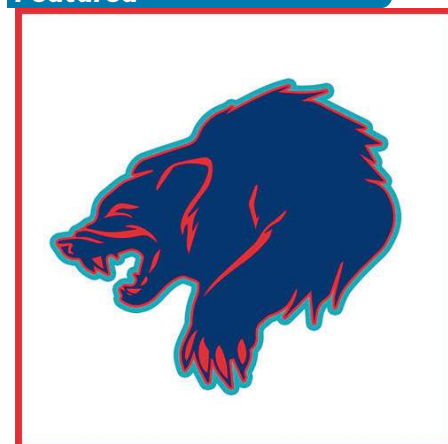
Collage and Blackout Poetry Workshop Series

@ 6pm / \$25
Local Artist Jesse Rosenstein will lead a 5-week series where participants can make their own blackout poetry and collage board book and socialize safely with neighbors. The Nave, 3502 Spenard Road, Anchorage. info@thenavespenard.com, 907-793-1393



Thu 4/14

Featured



Anchorage Wolverines | April 14
@ 7pm / \$20-\$25
Ben Boeke Ice Arena, 534 East 16th Avenue, Anchorage



Sat 4/16

Salsa Saturdays at Williwaw Social

@ 6pm / \$10-\$35
Williwaw, 609 F Street, Anchorage

No More Harveys

@ 7pm / \$30
World Premiere at Cyrano's! NO MORE HARVEYS follows the migration of females – both human and animal – against a backdrop of climate change. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Sassy Saturdays Cabaret

@ 8pm / \$20
Come see why we have been voted Best Burlesque Show 3 years in a row! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com

Arctic Outlaws @ Moose Lodge

@ 10pm
Anchorage Moose Lodge No. 1534, 4211 Arctic Blvd, Anchorage

Featured



Spring Garden Show

@ 10am
Join us for our annual Spring Garden Show at the mall. Our main mall hallway will be full of plants, garden art and décor, seeds and info from various groups, clubs, nonprofits and Alaskan businesses! 600 E Northern Lights Blvd, 600 East Northern Lights Boulevard, Anchorage. amber@midtownmall.com, 907-602-6225

Featured

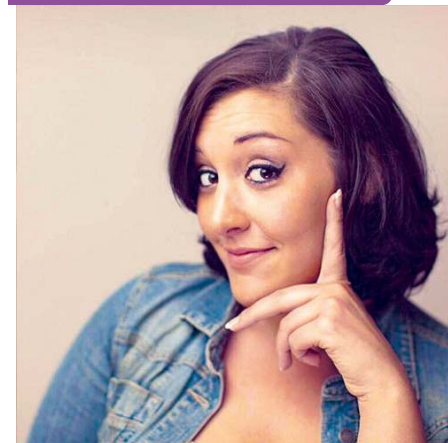


Bag Boy Nation Presents: SOB with Duckman & Friends

@ 7pm / \$50
William a Egan Civic and Convention Center, 555 W 5th Avenue, Anchorage



Featured



Comedian Reena Calm
@ 7pm / \$20
Koot's, 2435 Spenard Rd, Anchorage



Sun 4/17

Rise & Shine Easter Brunch

@ 1pm / \$20
He is Risen! Celebrate everything "holy", easter, and springtime with your favorite resurrected deity, Hank Jesus! Sweet Cheeks Cabaret at The Cheeky Room, 535 West 3rd Avenue, Anchorage. sweetcheekscabaret@gmail.com

No More Harveys

@ 3pm / \$30
World Premiere at Cyrano's! NO MORE HARVEYS follows the migration of females – both human and animal – against a backdrop of climate change. Cyrano's Theatre Company, 3800 Debarr Road, Anchorage. alexis@cyranos.org

Tue 4/19

Deck Construction: 101

@ 6pm / Free
Learn the basics of designing and constructing a deck on your home. Treeline Construction, 6511 Brayton Drive, Anchorage. admin@alaskatreeline.com, 907-333-7132

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The Good Fight:

A dream 20 years in the making, 907 Pro Wrestling is more than just entertainment

PHOTOS AND WORDS BY O'HARA SHIPE

There's only one place you will find JT West on Tuesday nights—in the ring. Or, more specifically, in the makeshift wrestling gym that represents two decades worth of dreams. Scarcely big enough to house the requisite 16'x16' ring, the gym isn't much to look at. A few old photos of West's heyday as a professional wrestler hang on the badly battered white walls. Rolled-up carpets and forgotten boots are strewn underneath the ring alongside a few brightly colored out-of-place children's toys. Down a short, dank corridor, West's wrestlers change into their training gear before their 6pm session. It's a scene reminiscent of a Rocky Balboa training montage. Although West doesn't have the same enigmatic presence as Balboa's iconic trainer, Mickey, he is nonetheless awe-inspiring as he shouts commands from the side of the ring. Each demand is met with an enthusiastic “yes, coach!”



JT West stands in the ring at the 907 Pro Wrestling gym.

The reverence West's wrestlers show him stands in strong contrast to the irreverent, flamboyant, and sometimes confounding personalities, they're known to have as members of 907 Pro Wrestling. “At the end of the day, pro wrestling is about putting on a show. It's meant to take you somewhere where rent isn't due the next day, or the electric company isn't threatening to turn off your electricity because of past-due bills. This is a form of entertainment that is for the blue-collar workers out there who need to escape reality for a little bit,” explains West.

Born in West Memphis, Arkansas, West came from humble beginnings. “I think my graduating class had about 38 people in it. It was such a small place that we didn't even have enough people to form sports teams,” says West. But for a few hours every week, West got to escape his small-town life and become engrossed in something far afield from reality when he watched World Wrestling Federation (WWF) on TV.

Inspired by characters like Ricky “The Dragon” Steamboat and Jimmy Valiant, West envisioned only two possible career paths. “The only two things I wanted to be growing up was a professional wrestler or professional basketball player. But when I figured out I wasn't going to magically shoot up to 6'8” anytime soon, I decided I wanted to do the pro wrestling thing,” says West. However, like most childhood dreams, West's wouldn't come to fruition in the way he imagined.

An Unexpected Turn

At 19, he fell in love with an Alaskan girl from Elim. “I was a freshman at Southwestern University in Waxahachie, Texas, and full of all the bravado and machismo young men are known for. So, when I met my future wife for the first time, and she refused to talk to me, I knew I had to do whatever it took to win her over,” recalls West. His labors were fruitful, and within a few months, the couple married. Not long after, they welcomed their first child. Unfortunately, their infant son would have to battle a slew of illnesses which caused the trio to uproot several times, putting West's dream on hold.

“My oldest son was born with RSV [Respiratory Syncytial Virus] and double pneumonia. He spent the first two months of his life in NICU, and we were giving him seven breathing treatments a day. It was rough all across the board,” says West. The cost of medical treatments took its toll on the young family, and it seemed like a career in professional wrestling was slowly slipping away. Still, West believed he could circumvent circumstance, and in 2000, his chance finally came.

“I was literally going to try and pay my utility bill to keep them from shutting it off. While I was in line, I heard two ladies yelling at each other from behind the counter,” says West. Then, with what can only be described as

divine intervention, West heard the word “wrestling” through the cacophony. “She said, ‘Y’all need to hurry up and flip the switch. This wrestling school was supposed to open yesterday!’ And oh, man, did that catch my ear,” recalls West. Minutes later, he found himself at the corner of Pine and 13th in Memphis, gearing up for a professional wrestling tryout. “I literally did my tryout in a pair of jeans and a t-shirt,” laughs West.

For the next 15 years, West would wrestle professionally around the US until a shattered ankle ended his career in Alaska. “The one thing about when you're doing sports, and it's something that you really love, you can't just walk away. Especially when it's taken from you. That kind of thing can destroy you, and it definitely sticks with you. And that's exactly what happened to me,” he says.

West's Second Act

Not ready to leave wrestling for good, West decided to chase another impossible dream—founding a professional wrestling organization and gym. In January 2015, it seemed like things were moving in the right direction. He had a venue in the Valley and a built-in audience of wrestling fans. That is until an electrical fire decimated the building. West lost thousands of dollars of equipment and would once again find himself on the outside looking in. “There were people who lost their homes that night, so I consider myself lucky. I could always replace equipment. It might take a while, but I knew I could do it.”



Y.T. Jones, Auron West, Kid Money Maurice Mitchell, AJ Radical, and Jennifer Montano rest after practice on March 29, 2022.

In July 2019, West had finally saved enough to repurchase training equipment, and he had worked out a building rental agreement with a silent partner. This time, it seemed like things were going to work out. Then, eight months later, the world shut down. “I mean, what can you do,” asks West with a shrug.

Well, if you're JT West, you keep moving forward one small step at a time. “We're back putting on shows, and all of the bad things have ultimately been worth it. Seeing people get lost in what we're doing and seeing my students excel makes it all worth it,” says West.



His Own Kind of Hero

While West was doggedly pursuing wrestling, 4,000 miles away in Alaska, a young boy was searching for a dream of his own. “I went into foster care when I was 8, and because of everything I went through, I wasn't a ‘go outside’ kind of kid. I was seclusive and really stuck to myself,” explains Y.T. Jones. Spending a lot of time inside, Jones found solace in TV, particularly, The George Michael Sports Machine.

“I actually found out about that show after my foster dad changed the channel because he didn't want to watch a commercial,” recalls Jones. Although Michael mostly covered mainstream sports like football and basketball, on occasion, he would feature a clip from the WWF. “I remember the first time I saw wrestling on the show. It was in 1984, and Hulk Hogan was fighting the Iron Sheik for the championship,” explains Jones. Hulk Hogan would go on to win the match, and Jones would go on to fall in love with WWF's infamous villains.



Manager Y.T. Jones (L) poses with his title winning client Kid Money Maurice Mitchell.

“I'm strong. I'm vocal. And when I talk, people listen.”

“For some reason, I always liked the bad guys. You know, they had so much power over the audience and would get people so worked up. The idea of having an audience in the palm of your hand for those 10 minutes you're in the ring is what made me gravitate towards wrestling,” says Jones. Wrestling represented all the things Jones didn't have as a foster child—undivided attention, adoration, and perhaps most importantly, power. “When you're playing the bad guy, it's almost like you have the privilege to do exactly what you want to do. You can't do that when you're playing the good guy,” he adds.

With a demure height of 5'6” and a slight build, Jones didn't have the body type of a WWF wrestler, nor the outrageous personality of one. And so, his hopes for competing were dashed before they even started. That is until he met West. “When I met him at a training camp, he saw something in me. You know, I didn't have the athleticism to be in the ring, but I did have this Katt Williams schtick that I'd been doing for years. When JT [West] heard it, he said I'd be the perfect manager,” says Jones.

In the world of professional wrestling, managers are considered a vital part of the performance. Their role? To antagonize the audience as much as possible. It's something that Jones does with exceptional skill. “When I'm in character, all that shyness, and pain that I felt as a kid goes away. I'm strong. I'm vocal. And when I talk, people listen,” says Jones.

However, according to Jones, “wrestling doesn't take away everything I've been through, and it doesn't stop me from experiencing all the difficulties someone who was abused as a child goes through. Those memories, they don't go anywhere. But wrestling has given me a chance to be my own kind of hero.”



Wrestler Jerry Bishop is bloody and bruised after a March 13, 2022 907 Pro Wrestling bout. Although pro wrestling is entertainment-based performance theater, featuring partially-choreographed matches the athletes often include moves that can put them at risk of injury,

Following a New Path

Jones is not alone in finding solace in wrestling. Fellow 907 Pro Wrestling star AJ Radical’s story of redemption is also profoundly rooted in wrestling. A California native, Radical was a national-level Greco Roman wrestler growing up. Wrestling was his entire world, and he was good at it. In fact, he was so good that at 15 years old, he claimed a medal at the Junior Olympics in Tokyo, Japan. “I was on top of the world, and then my whole world came crashing down,” explains Radical.

The day he arrived home from Tokyo, his parents announced that they were filing for divorce. His meteoric crash landing led him to turn his back on wrestling. “This great accomplishment in my life was tainted. I was mad at wrestling. It became dead to me,” says Radical. Now aimless, Radical’s life spiraled out of control. “I just started making really bad decisions, and my drug of choice was meth. I overdosed twice and was doing all sorts of bad things. I didn’t like who I was, but I didn’t know how to change,” explains Radical.

Luckily, there was someone in Radical’s life who knew how to help him find sobriety and reclaim his life. “My uncle, who was living in Alaska, called me and told me I should come to live with him. I just thought, well, the way my life is going right now isn’t working. I needed to make a big change, and Alaska was that change. I hit the pipe one last time before my flight, and I’ve been sober since November 9, 2005,” says Radical.

Out of the throes of addiction, Radical began to fill a familiar itch, that of being on a wrestling mat. “Wrestling is kind of like an addiction to me. The camaraderie of being in a locker room, the smell of the mat—just the smell of the room. There’s something about it. Plus, I don’t know if it’s a male thing or just a human thing, but I feel like one of the best ways for a guy to meet their best friend is by whooping their ass,” laughs Radical.

For Radical, wrestling has paradoxically nearly ended his life just as much as it has saved it. “As a teenager, it felt like everything went dark, and it kept getting darker after I left wrestling. Now finding it again as an adult has been a kind of redemption, a reclaiming of something I lost. I regret losing those 20 years, and sometimes I wonder where I might have been if I didn’t quit. But then again, I doubt I would be where I’m sitting right now—next to [Kid] Money [Maurice Mitchell], who I consider a brother,” admits Radical.



Kid Money Maurice Mitchell is thrown out of the ring by AJ Radical on March 13, 2022.

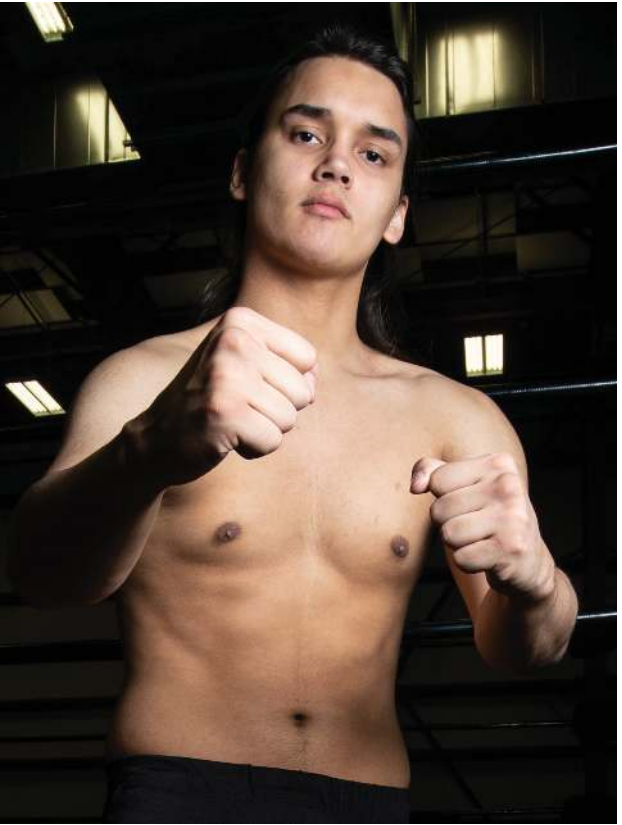


One Last Fight

For West, stories like Jones and Radical’s solidify the importance of following your heart. “There was always something in me pushing me to follow wrestling. It wasn’t easy. But by listening to my heart, I unknowingly created a healing space, and that’s pretty cool,” says West.

The inaugural inductee into the Alaska Pro Wrestling Hall of Fame, West has already accomplished more than most do in a lifetime. Still, there is one last thing on his to-do list. “I want to have a tag team bout with my son, Auron. I mean, how many people can say they got to professionally wrestle with their kid,” he says with a smile.

After donning the boots for the last time, West insists he will finally retire. However, if history is any indicator, West won’t be going down without a fight.



At 17-years-old, Auron West, JT West’s son, is the only Alaska Native wrestler to compete professionally in a WrestePro bout.

907 Pro Wrestling will be hosting two nights of fights this weekend. Catch them in action against WrestlePro-Alaska on Friday, April 8 at 7pm. General Admission is \$20, and tickets can be purchased at 907ProWrestling-Academy.com or at the door (4855 Arctic Blvd). Then, on Saturday, April 9, WrestleProAlaska presents the 3rd Anniversary Supershow at the Egen Center (555 W 5th Ave), featuring visiting pros. Doors are at 5pm, and tickets start at \$35 at TicketMaster.com.





PHOTO CREDIT TO NYO GAMES ALASKA

Volunteer Experience Provides Deeper Appreciation of NYO

BY JOE SLOWINSKI

Calls for spectators, families, and friends to clap in rhythm are initiated. Complying earnestly, they start applause slowly in unison as an athlete readies himself. As the tempo reaches a crescendo, the participant begins his run, accelerating like a basketball player ready to dunk. He launches upward off two feet, raising one foot above his head to successfully kick a seal skin ball suspending over 8 feet high. With unabated dexterity, he lands on one leg, triumphant in his conquest. The crowd erupts with a standing ovation.

The Anchorage Native Youth Olympics (NYO) tryouts were held on March 25 and 26. Participants were competing to earn a place on the Anchorage A and B teams who will compete in the state NYO on April 21-23 at the Alaska Airlines Center in Anchorage.

NYO competition consists of ten events: Alaskan High Kick, Scissor Broad Jump, Wrist Carry, 2-Foot High Kick, Kneel Jump, One Hand Reach, One-Foot High Kick, Eskimo Stick Pull, Indian Stick Pull, and the Seal Hop.

“The 10 NYO events are designed to test skills and abilities originally used to maintain fitness for subsistence activities. Student-athletes in grades 7-12, from all cultures, are encouraged to compete in the games and celebrate Alaska’s rich history and diversity,” wrote the Cook Inlet Tribal Council in a February 24 news release.

As a participating official, I observed firsthand how sportsmanship is embedded as a fundamental component of NYO culture. As each athlete finishes their event, they eagerly shake the hand of each official and scorekeeper. Athletes on competing teams aid one another with execution

advice, and the athletes and audience will applaud with zeal for an amazing practice attempt. Everyone seems genuinely pleased when a fellow competitor achieves a personal best. My overall impression is that this culture of sportsmanship mirrors the collaborative nature of Alaska Native communities.

I was born in Maine, so I had never been exposed to the NYO before moving to Alaska. But I was intrigued by the athleticism paired with the connections to subsistence training and communication, and I knew I wanted to learn more.

Late last year, I was informed about an NYO course being taught by multiple World Eskimo-Indian Olympics Gold medalist Kyle Worl. This course offered in-depth insights into each event as well as how to train athletes at different levels, from beginner to intermediate levels. As a result, I was optimistic that I could participate as a coach or official in the future.

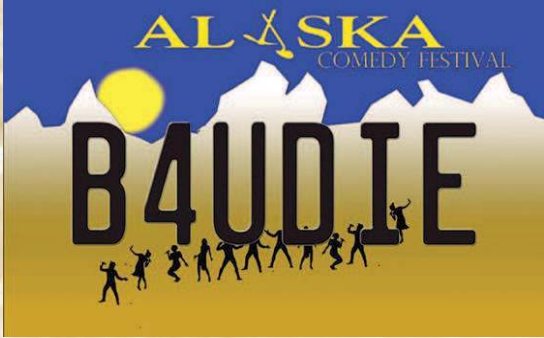
When the organizing body of the State NYO, Cook Inlet Tribal Council, announced a return to in-person competition, I was enthusiastic about volunteering.

Witnessing athletes compete in each of the ten events, one gains a deeper appreciation for the untold years of knowledge on display. There is nothing like experiencing subsistence training and communication methods passed down over millennia through Elders.

From my perspective, I see the shared contributions of games that comprise the NYO event as a shared quilt of Alaska Native culture. The origins of the games come from Aleut, Athabascan, Iñupiat, Tlingit, Haida, Tshimshian, Yup’ik, and other Alaska Native community’s subsistence communication and training activities. Experiencing the games live will awe and inspire.

To learn more about the upcoming games, visit <https://citci.org/partnerships-events/nyo-games>.





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Going “inside the slide” at Earthquake Park

Snow still tenaciously clings to the ground, and flurries have freshly dusted my West Anchorage neighborhood on this first Monday of April, abundant evidence that winter isn’t yet ready to concede the tug-of-war battle it’s playing with spring.

Still, it won’t be long before snowy trails turn muddy and sprouts of green emerge from the ground and local trees. Before that happens, I’d like to celebrate a local trail that, for me at least, is best walked in winter: Earthquake Park’s Inside the Slide Trail.



CITY WILDS BY
BILL SHERWONIT

I first discovered this half-mile or so loop several years ago, not long after it was marked in 2015 with directional signs and natural history panels. As much as I enjoyed walking the trail and learning about the forest through which it passes, it never became one of my regular routes. This past November, shortly after my collie mix, Denali, was severely injured, that changed.

During the weeks that Denali was largely housebound, I, too stayed closer to home when getting out into our city’s wilds. Just about every day I walked to Earthquake Park, not much more than a mile from my house via neighborhood streets and the Coastal Trail.

Inevitably, I began to spend more time exploring the maze of narrow woodland footpaths that intersect the Coastal Trail in Earthquake Park. And before long, I reacquainted myself with the Inside the Slide Trail, which I hadn’t explored in at least a year or two. I also began paying more attention to the natural history interpretive displays that explain many of the features of this landscape which were formed by Alaska’s devastating 9.2 magnitude Good Friday earthquake of 1964.

In Turnagain, a considerable amount of land slid toward the inlet as violent shaking softened and, in places, liquefied clay-rich soils. As Inside the Slide’s Panel 1 explains, a “massive landslide” took “trees, roads and houses with it.”

The “jumbled landscape” through which this interpretive trail passes is “the remnant of the forest that was 25 to 40 feet higher and approximately 100 feet” from where it rests today.

Ten illustrated panels placed along the trail explain in easy-to-understand text and images many of that jumbled forest’s features and how or why they formed. I’ve now walked the trail and read the panels enough

times that I can recall from memory their titles. Among them, “A Wildlife Gathering Station,” “Plant Yoga,” and “Kings of the Forest.”

As other descriptions of the Inside the Slide Trail note, this small loop intersects with the network of other “social trails” that local residents have created over the years in their wanderings. But small directional signs make it easy to stay on the interpretive trail.

Once Denali had recovered enough to go on longer walks, I began bringing her to the loop. And whenever this winter’s frequent storms made for marginal driving conditions, this became our go-to walk.

As the weeks passed, I found myself driving less to hiking destinations and walking around my home more often. Many times, I would find myself Inside the Slide; which is a good thing, especially now knowing that automobile exhaust is a major contributor to the climate crisis. After all, every little bit helps.

One of the things I love about this trail is the variety it offers in its short length, both in the rolling terrain it passes through and the choice of routes it presents, when combined with intersecting trails. Depending on my mood, I can wander through Earthquake Park for an hour or two while moving on and off the interpretive loop.

Getting some daily “uphill vertical gain” has become one of my priorities (and yes, something of an obsession). Though none of the mounds and hillocks along this path are especially high or steep, the winding, up-and-down nature of the trail meets my desire for at least some uphill walking.

One might expect the Inside the Slide Trail to have even greater appeal in springtime and summer, when the forest has greened, and its many small ponds become seasonal homes to a variety of animals, from wood frogs

to waterfowl. Alas, those same ponds produce legions of ferocious mosquitoes, which make the route considerably less attractive to me. Besides that, sections of the trail are often muddy during our warmer months, and because Denali’s long, fine fur is something of a mud magnet, this is another reason to steer clear.

So for me, Inside the Slide is likely to remain a mostly winter trail. I’ll keep walking it a while yet, until the snow melts away, and in fact I think I’ll head there on this fourth day of April, soon after finishing this column.

Anchorage nature writer and wildlands/wildlife advocate Bill Sherwonit is a widely published essayist and the author of more than a dozen books, including “Living with Wildness: An Alaskan Odyssey” and “Animal Stories: Encounters with Alaska’s Wildlife.” Readers wishing to send comments or questions directly to Bill may do so at akgriz@hotmail.com





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Entrance Exam

I am a 29-year-old woman and I have a problem when I have sex or masturbate. I always feel an annoying pain, a stinging sensation in my vulva, at the entrance of the vagina, that does not allow me to enjoy it, as the pain is too overwhelming. Unfortunately, this situation has led me to avoid having sex or masturbating in order not to feel that pain. I have consulted



SAVAGE LOVE BY DAN SAVAGE

several gynecologists, but no anomaly or infection of any kind has been found. With the last doctor we also talked about a possible psychological component but, apparently, even on this level everything seems normal. Do you or an expert have advice for someone with a problem like mine?

— *Lost And Baffled Inside America*

“Vulvodynia, or pain in the vulva, is unfortunately very common, and it sucks,” said Dr. Rachel Gelman, a clini-

cian, pelvic floor specialist, and author based in San Francisco. “But there are a variety of treatment options and providers that could help LABIA out.”

Dr. Gelman says it’s good that you’ve already had infection ruled out as a possible cause. But there are lots of other things that could be going on—nerve irritation, inflammation, hormonal imbalance, something genetic—and she urges you not to give up until you find an answer. And while Dr. Gelman is too polite to say it, I’m an asshole, so I’m just gonna blurt it out: it’s shocking that not one of the gynecologists you consulted referred you to a pelvic floor specialist.

“The muscles inside the pelvis, aka the ‘pelvic floor,’ and the surrounding musculature can contribute to or cause the pain LABIA is describing,” said Dr. Gelman. “Just like tight muscles in the neck can cause pain in the shoulder, arm, or jaw, a tight muscle inside the pelvic floor can cause pain at the opening of the vagina. A pelvic floor physical therapist, like myself, would be able to assess and treat this kind of muscle dysfunction, which would decrease LABIA’s symptoms and get her back to enjoying sex again.”

But don’t stop at just getting a referral to a pelvic floor specialist. “Due to the fact that so many systems live inside the pelvis which impact the vulva, several specialists may be needed to investigate and treat the potential causes of LABIA’s pain,” said Dr. Gelman. So, in addition to seeing a pelvic floor specialist, Dr. Gelman recommends you consult with a vulvar specialist. (You can find a list of vulvar specialists at the website of the National Vulvodynia Association: go to www.nva.org, and click on the link to their “health care provider list.”)

“A vulvar specialist would be able to perform appropriate tests to tease out what is going on beyond what a general gynecologist may look at,” said Dr. Gelman. “And it’s important to note that the tissue around the vaginal opening is highly dependent on hormones to stay happy and healthy. Certain medications or medical conditions can impact hormone levels, which can in turn impact vulvar tissues and lead to pain. There are also underlying inflammatory conditions that could also be causing this pain.”

And even if you don’t have an underlying mental health or psychological condition, LABIA, the pain you’ve suffered—along with the resulting sexual deprivation—sounds like a lot, and talking about it with someone could help you reconnect more quickly with your ability to take pleasure in this part of your body again.

“The brain is powerful and having vulvar pain or any



kind of sexual dysfunction can be mentally draining which can further exacerbate pain,” said Dr. Gelman. “So, a good sex therapist may also be a helpful ally here. Bottomline, vulvar pain is common and typically requires a team of providers—but help is out there.”

I’m a man in his 30s in Boston. I just got ghosted and want some advice on how to handle it. I matched with a woman online, also in her 30s, and the conversation seemed good and we agreed to meet for a drink. On the day of our planned date, I get a text saying, “Hey, I’m having a really bad day and I don’t want that to be your first impression of me, can we reschedule?” That seemed reasonable, so I agreed. Later in the week I asked what she is up to on the weekend. I didn’t get a response until late Sunday: “I thought I replied, I’m so sorry!” I took her at her word that it was a mistake, and we rescheduled drinks. The afternoon before our rescheduled date for drinks, I texted to confirm where and when we were meeting. We agreed to meet at 7 PM. At 6:40 PM, I got a text from her number: “This is Boston EMS. Gertrude wanted us to let you know she won’t make it to the date.” I responded promptly, asking the paramedic what happened and if Gertrude (not her real name) was alright, and the paramedic replied that she was fine and actually more worried about me than herself. In the evening I got a text from Gertrude saying, “OMG! I’m so embarrassed! I’m so sorry!” She explained she had a seizure. I texted her the following day to ask how she’s feeling, but received no answer.

Here is my conundrum. I have no way of knowing for sure if both situations were out of her control (her bad day, her seizure) and she’s too embarrassed to answer my texts right now or if she stood me up twice in really shitty ways and used a health crisis as an excuse the second time. I would love to hear your feedback. I have enclosed screenshots of our text messages for your review.

— *Blatant Lies Or Constant Kerfuffles*

Hm.

The text messages Gertrude sent you were far less interesting—and far less revealing—than the tiny photo of Gertrude at the top of them. The woman in the photo is conventionally attractive (extremely so: thin, toothy, blond, skinny), and she looks more like a teenage girl than a woman in her 30s. (Indeed, a Google image search on the picture didn’t find a match, but all the “very similar images” that came up were of teenage girls.) So, I’m gonna climb out on a very short and very sturdy limb here, BLOCK, and tell you that the person in the photo isn’t the person you’ve been messaging with. That’s why Gertrude keeps making excuses to call off your dates—increasingly ludicrous excuses.

I mean, take this paramedic nonsense. Dude. If Gertrude was able to hand her phone to a paramedic and ask that paramedic to find one particular guy in her contacts and then send that one particular guy a message cancelling a date... then Gertrude was well enough to send you that message herself. And even if sending text messages and cancelling dates were services paramedics provided—and they’re not—asking a paramedic to let a date know you’re having a seizure isn’t something a person having a seizure can do because that person is having a seizure.

So, yeah. The problem here is not that Gertrude is too embarrassed to respond to your text messages about finally getting together for that drink, BLOCK, it’s that Gertrude is too non-existent to ever show up for that drink. You most likely won’t hear from her again, but if you do, it’ll be a request for money. I shouldn’t have to say, “Don’t send her money,” but I’m going to say it just in case you’re really as gullible as your letter makes you seem: don’t send her money.

Send questions to questions@savage-love.net

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But whether it’s our time to ferment in the valley of shadows or rise up singing in the sun-splashed meadow, fresh power to transform ourselves is always on the way.



BY FREE WILL ASTROLOGY BY ROB BREZSNY

Our suffering won’t last, nor will our triumph.

Without fail, life will deliver the creative energy we need to change into the new thing we must become.

ARIES (March 21-April 19)

To provide the right horoscope, I must introduce you to three new words. The first is “orphic,” defined as “having an importance or meaning not apparent to the senses nor comprehensible to the intellect;

beyond ordinary understanding.” Here’s the second word: “ludic,” which means “playful; full of fun and high spirits.” The third word is “kalon,” which refers to “profound, thorough beauty.” Now I will coordinate those terms to create a prophecy in accordance with your astrological aspects. Ready? I predict you will generate useful inspirations and energizing transformations for yourself by adopting a ludic attitude as you seek kalon in orphic experiments and adventures.

TAURUS (April 20-May 20)

I love your steadfastness, intense effort, and stubborn insistence on doing what’s right. Your ability to stick to the plan even when chaos creeps in is admirable. But during the coming weeks, I suggest you add a nuance to your approach. Heed the advice of martial artist Bruce Lee: “Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.”

GEMINI (May 21-June 20)

Gemini-born basketball coach Pat Summitt won Olympic medals, college championships, and presidential awards. She had a simple strategy: “Here’s how I’m going to beat you. I’m going to outwork you. That’s it. That’s all there is to it.” I recommend that you apply her approach to everything you do for the rest of 2022. According to my analysis, you’re on course for a series of satisfying victories. All you have to do is nurture your stamina as you work with unwavering focus and resilient intelligence.

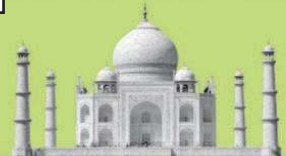
CANCERIAN (June 21-July 22)

In Britain, 70 percent of the land is owned by one percent of the population. Globally, one percent of the population owns 43 percent of the wealth. I hope there’s a much better distribution of resources within your own life. I hope that the poorer, less robust parts of your psyche aren’t being starved at the expense of the privileged and highly functioning aspects. I hope that the allies and animals you tend to take for granted are receiving as much of your love and care as the people you’re trying to impress or win over. If any adjustments are necessary, now is a favorable time to make them.

LEO (July 23-August 22)

TV show creator Joey Soloway says, “The only way things will change is when we’re all wilder, louder, riskier, sillier, and unexpectedly overflowing with surprise.” Soloway’s Emmy Award-winning work on *Transparent*, one of the world’s first transgender-positive shows, suggests that their formula has been effective for them. I’m recommending this same approach to you in the coming weeks, Leo. It will help you summon the extra courage and imagination you will need to catalyze the necessary corrections and adjustments.

Astrology, Continued on A16



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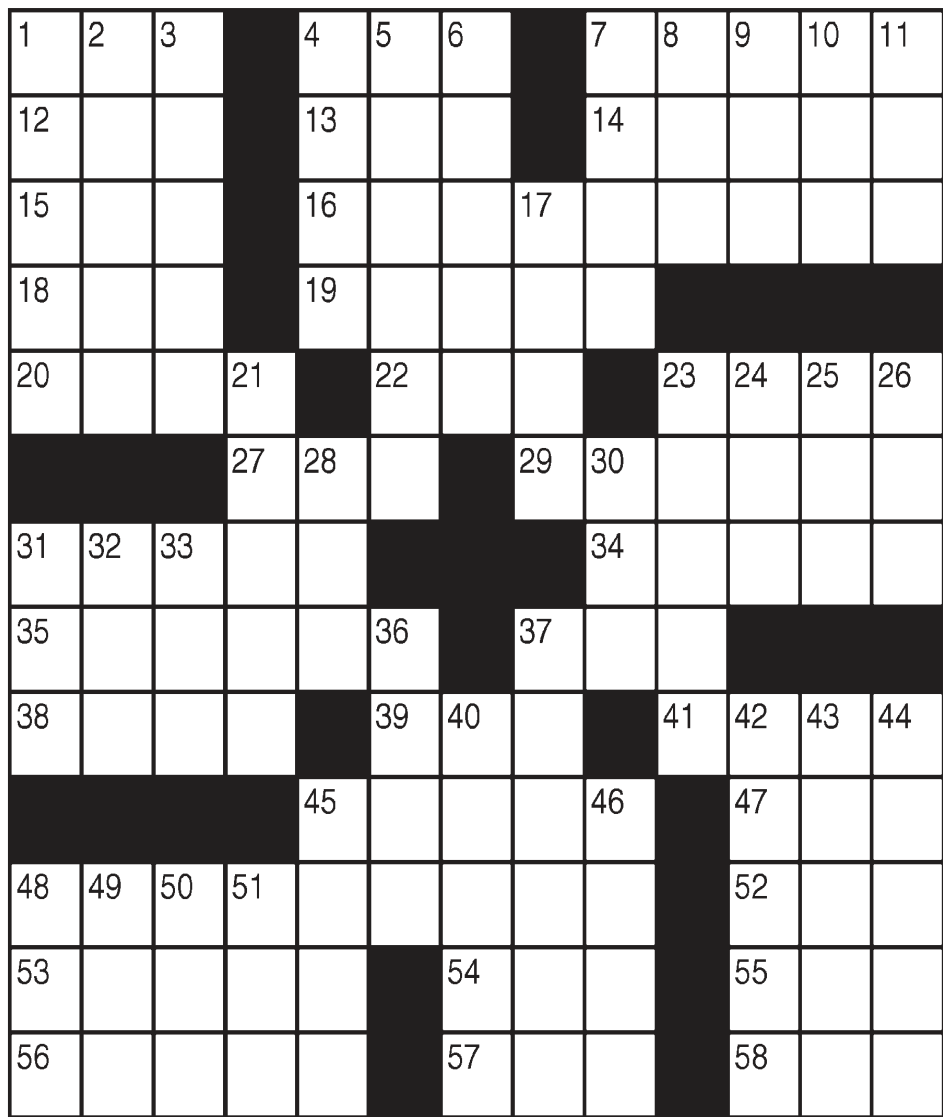
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LEGALS

Firetap Tikahtnu LLC, dba Firetap Tikahtnu located at 1148 Muldoon Road, Pad M, Anchorage, Alaska 99504 is applying for a transfer of a Beverage Dispensary AS 04.11.090 liquor license to Firetap Tikahtnu LLC dba On The Border Restaurant located at 1148 Muldoon Road, Pad M, Anchorage, Alaska 99504. Interested persons should submit written comment to their local governing body, the applicant, and to the Alcoholic Beverage Control Board at 550 West 7th Ave, Suite 1600, Anchorage, Alaska 99501 or alcohol.licensing@alaska.gov
Anchorage Press
Publish Dates 3/31/22, 4/07/22, 4/14/22

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Sail is different. 2. Pocket is different. 3. Headline is different. 4. Glasses are missing. 5. Umbrella is missing. 6. Camera is missing.

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VIRGO (August 23-September 22)

“Find a place inside where there’s joy, and the joy will burn out the pain,” wrote mythologist Joseph Campbell. I don’t think his cure is foolproof. The lingering effects of some old traumas aren’t so simple and easy to dissolve. But I suspect Campbell’s strategy will work well for you in the coming weeks. You’re in a phase of your astrological cycle when extra healing powers are available. Some are obvious, and some are still partially hidden. It will be your sacred duty to track down every possible method that could help you banish at least some of your suffering and restore at least some of your joie de vivre.

LIBRA (September 23-October 22)

You know who Jimi Hendrix was, right? He was a brilliant and influential rock guitarist. As for Miles Davis, he was a Hall of Fame-level trumpeter and composer. You may be less familiar with Tony Williams. A prominent rock critic once called him “the best drummer in the world.” In 1968, those three superstars gathered in the hope of recording an album. But they wanted to include a fourth musician, Paul McCartney, to play bass for them. They sent a telegram to the ex-Beatle, but it never reached him. And so the supergroup never happened. I mention this in the hope that it will render you extra alert for invitations and opportunities that arrive in the coming weeks—perhaps out of nowhere. Don’t miss out! Expect the unexpected. Read between the lines. Investigate the cracks.

SCORPIO (October 23-November 21)

Poet Anne Carson claims that “a page with a poem on it is less attractive than a page with a poem on it and some tea stains.” I agree. If there are tea stains, it probably means that the poem has been studied and enjoyed. Someone has lingered over it, allowing it to thoroughly permeate their consciousness. I propose we make the tea-stained poem your power metaphor for the coming weeks, Scorpio. In other words, shun the pristine, the spotless, the untouched. Commune with messy, even chaotic things that have been loved and used.

SAGITTARIUS (November 22-December 21)

Sagittarius author Martha Beck articulated the precise message you need to hear right now. She wrote, “Here is the crux of the matter, the distilled essence, the only thing you need to remember: When considering whether to say yes or no, you must choose the response that feels like freedom. Period.” I hope you adopt her law in the coming weeks, Sagittarius. You should avoid responses and influences that don’t feel liberating. I realize that’s an extreme position to take, but I think it’s the right one for now. Where does your greatest freedom lie? How can you claim it? What shifts might you need to initiate?

CAPRICORN (December 22-January 19)

I’m glad you have been exploring your past and reconfiguring your remembrances of the old days and old ways. I’m happy you’ve been transforming the story of your life. I love how you’ve given yourself a healing gift by reimagining your history. It’s fine with me if you keep doing this fun stuff for a while longer. But please also make sure you don’t get so immersed in bygone events that you’re weighed down by them. The whole point of the good work you’ve been doing is to open up your future possibilities. For inspiration, read this advice from author Milan Kundera: “We must never allow the future to collapse under the burden of memory.”

AQUARIUS (January 20- February 18)

Aquarian historian Mary Frances Berry offered counsel that I think all Aquarians should keep at the heart of their philosophy during the coming weeks. She wrote, “The time when you need to do something is when no one else is willing to do it, when people are saying it can’t be done.” I hope you trust yourself enough to make that your battle cry. I hope you will keep summoning all the courage you will regularly need to implement its mandate.

PISCES (February 19-March 20)

What’s the leading cause of deforestation in Latin America? Logging for wood products? Agricultural expansion? New housing developments? Nope. It’s raising cattle so people everywhere can eat beef and cheese and milk. This industry also plays a major role in the rest of the world’s ongoing deforestation tragedy. Soaring greenhouse gas emissions aren’t entirely caused by our craving for burgers and milk and cheese, of course, but our climate emergency would be significantly less dramatic if we cut back our consumption. That’s the kind of action I invite you to take in the coming months, Pisces. My analysis of astrological omens suggests that you now have even more power than usual to serve the collective good of humanity in whatever specific ways you can. (PS: Livestock generates 14.5 percent of our greenhouse gases, equal to the emissions from all cars, trucks, airplanes, and ships combined.)



Trump endorses Palin in bid for Alaska’s sole House seat

BY MARK THIESSEN
ASSOCIATED PRESS

ANCHORAGE, Alaska (AP) — Former Alaska Republican Gov. Sarah Palin picked up a prized endorsement from former President Donald Trump in her bid to fill the remainder of the late U.S. Rep. Don Young’s term.

Trump backed Palin late Sunday in a statement from his political action committee. “Wonderful patriot Sarah Palin just announced that she is running for Congress, and that means there will be a true America First fighter on the ballot,” the statement says.

A total of 51 candidates signed up by the Friday deadline to run in a special primary following Young’s death on March 18 at age 88. The top four vote getters will advance to an Aug. 16 special election, in which ranked choice voting will be used. The winner will serve until January, when the current term ends.

Some of candidates who filed for the special primary — including Palin — have also filed to seek a regular two-term House term starting in January.

Candidates had until noon Monday to remove their names from consideration. Three candidates withdrew by the deadline, leaving the field at 48 candidates, Alaska Division of Elections spokesperson Tiffany Montemayor said in an email.

Other candidates with name recognition include Nick Begich, grandson of former Rep. Nick Begich, who died in office and held Alaska’s sole seat in the House before Young was elected in 1973; a North Pole City Council member who legally changed his name to Santa Claus; former lawmakers John Coghill and Andrew Halcro; Anchorage Assembly member Christopher Constant; former U.S. Senate candidate Al Gross; Emil Notti, an Alaska Native leader who narrowly lost to Young in the 1973 election, and Josh Revak and Tara Sweeney, who were co-chairs of Young’s reelection campaign.

This is the third time Trump has issued an endorsement in Alaska races. Earlier he backed Kelly Tshibaka, a former state official, in her bid to unseat U.S. Sen. Lisa Murkowski.

Trump has vowed revenge against Murkowski, a Republican, after she voted to convict him in his impeachment trial and also called on him to resign after the Jan. 6 insurrection at the U.S. Capitol.

Tshibaka has trailed Murkowski in campaign funds. Murkowski ended 2021 with \$4.3 million cash on hand, while Tshibaka reported just over \$600,000.

Campaign finance reports are due soon for the first quarter of 2022. Tshibaka’s report will cover a Feb. 10 fundraiser hosted with Trump at his Mar-a-Lago club in Florida.

The other endorsement Trump gave was to Alaska Republican Gov. Mike Dunleavy, but that was conditional. Trump said Dunleavy would receive his blessing if Dunleavy didn’t endorse Murkowski, a condition and endorsement Dunleavy accepted.

Trump, Continued on Page A18

King Crossword — Answers

Solution time: 26 mins.

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Happenings north of the Arctic Circle

NORTH OF COLDFOOT — Though the calendar calls it springtime, the thermometer on the truck reads minus 28 F on this sunny morning a few days past spring equinox.

I am riding shotgun with Knut Kielland, an ecologist at the Institute of Arctic Biology at the University of Alaska Fairbanks. He has invited me to join him for a week north of the Arctic Circle — 66.6 degrees north latitude, about 150 miles from Fairbanks.



NED ROZELL

We have crossed the imaginary line the easy way, by driving three hours north of Fairbanks on the Dalton Highway, built in the early 1970s to enable the construction of the trans-Alaska pipeline.

Kielland is here to live-trap lynx, and to slip collars on them that will enable him and others to see where the boreal-forest cats roam. In this study executed by scientists from several agencies in Alaska and Canada, he and

others have found lynx have mysteriously trotted very far from the valley drained by the middle fork of the Koyukuk River. For example, one lynx trotted to the mouth of the Yukon River, another to northern British Columbia.

Kielland is encouraged today because one of his trail cams outside an open cage trap has a lynx filling a photo frame. Our task for the day is setting the traps using a “concoction” of scent he mixed including fish oil and dried beaver castor (a gland within the beaver that smells surprisingly pleasant).

As we drive north from the truck stop/restaurant/motel at Coldfoot, Kielland slows the Chevy Suburban near a small, frozen creek.

“Keep a lookout for a bear-looking thingy,” he says. “A musk ox has been hanging around in these woods.”

And there it is, a brownish-white lump amid live and dead spruce trees. Though it is 100 yards away, we see the musk ox digging at the ground with its cloven hooves, perhaps in the act of feeding on some vegetation under the snow.

Though he first came to Alaska to work on a musk ox farm near Unalakleet in the 1970s, Kielland says he has no idea what this animal might be doing in the forest so close to all the big trucks bringing stuff to and from the oilfields north of us.

Musk oxen are creatures of the tundra — of which there is quite a bit on the North Slope, just 60 miles away on the other side of the Brooks Range. Locals in Wiseman offered that this musk ox might be a lone bull driven from the rest by a more dominant one who stayed north with his harem.

Survivors from the last Ice Age, musk oxen are huge; even females weigh a quarter ton. The creatures disappeared from Alaska in perhaps the late 1800s, but professionals with the U.S. Biological Survey imported 34 from Greenland to Alaska in 1930.

From that hardy stock that lived and multiplied on Nunivak Island off the coast of southwestern Alaska, biologists transported 51 to Barter Island in 1969 to 1970, and at the same time 13 more near the Kavik River, about 100 miles west of Barter Island.

This musk ox of the northern forest near Wiseman is probably related to those pioneer creatures. In the early 2000s, scientists documented grizzly bears wrestling down, killing and feeding on the far-north musk oxen, putting a dent in their numbers.

Maybe hanging out in the forest by the road is a good way to avoid the only predator that would mess with a musk ox (though grizzlies and black bears are still hibernating). We drive by the lonely animal with the mystery unsolved.

Not much farther north, we see a hillside lobe of soil and drunken trees flowing slowly toward the highway. It is one of 23 “frozen debris lobes” identified by UAF and state-agency scientists. Since I last walked through this area in 2017, workers for the Alaska Department of Transportation and Public Facilities re-routed the highway away from a boreal blob that has oozed downhill more than 30 feet each of the last couple years.

Scientists describe the flows as a landslide in permafrost. They are striking now, in late winter, snowy tongues reaching into the dark green forest.

Next week, I will describe live-trapping lynx with Kielland, and the project in which he’s involved that has revealed so much about the wild cat that roams farthest from the equator.

Since the late 1970s, the University of Alaska Fairbanks’ Geophysical Institute has provided this column free in cooperation with the UAF research community. Ned Rozell is a science writer for the Geophysical Institute.



PHOTO BY NED ROZELL

The boreal blob scientists call a “frozen debris lobe,” a landslide in permafrost. There are more than 20 of these flowing from the hills north of Coldfoot, Alaska.



PHOTO BY NED ROZELL

A musk ox feeds in the forest just north of Coldfoot.



PHOTO COURTESY KNUT KIELLAND

A lynx visits a live trap left open by ecologist Knut Kielland.



PHOTO BY NED ROZELL

UAF ecologist Knut Kielland listens for a lynx he collared last year not far from Wiseman, Alaska. Mount Dillon, part of the Brooks Range, stands in the background.



PHOTO BY NED ROZELL

Snow covers a cabin in Wiseman, Alaska, where local resident Jack Reakoff has measured more than 100 inches this winter.

The Power of “No”

I have a hard time saying “no” because I get so worried that people will be mad at me. What can I do?

I hear you on this. “No” might have been the hardest word I ever learned to say. I had believed that saying yes to everyone was the way I *should be* to be a good person, a likable person, and boy did I want to be liked. So, when I finally said the word “no,” it was terrifying. I thought that my whole world would end—and I guess in a way, it did. But not in the scary way I had imagined: I did not turn into a mean, horrible monster of a person.

Here’s what happened...I was standing in my kitchen, and my husband was talking to me about going to see his sister in Canada, when all of a sudden—with no fear or hesitation—I said, “No, we can’t go.” I was in shock to

hear those words come out of my mouth. I had never said no to my husband before.

We did not have the money to take the trip, but that wouldn’t have stopped me before. I would have found a way to get the money, either by getting more work or putting myself in credit card debt to please him. I had always been motivated by a fear of being “mean” and someone being mad at me. But as I stood there in that kitchen that day, something had really changed. I had finally learned to stand up for myself. I had finally learned to say “yes” to myself.

The more I began to do that, I finally learned something I needed to understand. It’s OK for people to be upset—or any other emotion—with me for saying no. Sometimes a “no” from me brings people to the right “yes” for themselves. Plus, saying no gives *others* permission to say it, too.

After I started saying no to things, some people in my life fell away—especially those people who were only there for me to take care of *them* (like my husband). Some relationships got stronger due to the fact that there was more honesty and trust. I could be honest and say yes when I really could, and I could trust my saying no wasn’t the end of a relationship.

Learning to say no can be tricky as you work your way into this new behavior. So, be gentle with yourself. You won’t get it right every time. Everything in life is a process. Praise yourself for the times you are able to say no when you need to, and when you can’t, praise yourself anyway for being in the process.

Try to know that people are not pleased when we stop pleasing them, so there will always be discomfort at first. Remember that we are in charge of teaching people how to treat us. Although difficult at first, learning to say no is a lifelong lesson of learning to love yourself. After all, we can’t truly love another until we love ourselves—which means loving ourselves is the greatest gift we can give to the world.



ASK OSKAR BY
OSKAR SAVILLE

Trump, from page A18

Palin endorsed Trump early in 2016 before he won the presidency that year.

“Now, it’s my turn,” he said, calling her a champion of Alaska values, energy jobs and its people.

Palin in 2008 was selected by then-Sen. John McCain to be his running mate against then-Sen. Barack Obama. Trump said she “lifted the McCain presidential campaign out of the dumps” — even though they were ultimately defeated by Obama.

Trump said he was “proud to give her my complete and total endorsement.”

Palin thanked Trump on Twitter, saying she was “honored to have your support.”

The June 11 special primary will be conducted primarily by mail, a statewide first, with state election officials citing the tight timeline to hold the event as a major factor. The Aug. 16 special election will coincide with the regular primary.

Voters in 2020 approved a new elections system that ends party primaries and institutes ranked voting for general elections. Those processes will be used for the first time in Alaska this year.

Elections officials are targeting Sept. 2 to certify the winner of the special election.

The regular primary and November general election will determine who represents Alaska in the House for a two-year term starting in January.

West High School Teacher Surprised with \$25K Milken Educator Award

BY KELLY ELLIOTT

ANCHORAGE, Alaska (April 6, 2022) — In a surprise assembly today, West High School’s Temperance Tinker-Kays received the surprise of a lifetime, a \$25,000 Milken Educator Award for excellence and innovation in education. The English teacher was recognized for her outstanding efforts to create a nurturing, supportive environment while encouraging excellence from her students. Milken Educator Awards Senior Program Director Greg Gallagher and Alaska Commissioner of Education Dr. Michael Johnson surprised Tinker-Kays with the honor before cheering students, colleagues, state and local officials, and the media.

“Outstanding educators are role models that provide guidance students carry with them for years after they’ve left that classroom, and Temperance Tinker-Kay’s exceptional leadership and innovation have not gone unnoticed,” said Gallagher. “Her high standards coupled with her ability to challenge her students to take intellectual risks are what make her a Milken Educator Award recipient.”

“Thank you to Ms. Tinker-Kays and the Milken Foundation for giving us another opportunity to celebrate quality teaching,” said Dr. Michael Johnson, commissioner of the Alaska Department of Education and Early Development, who is a Milken Educator himself from Alaska’s 2008 class. “Congratulations Ms. Tinker-Kays for this premier award and recognition.”

Hailed as the “Oscars of Teaching,” the Milken Educator Awards celebrate, elevate and activate the American teaching profession and inspire young, capable people to join it. The Milken Educator Award is not a lifetime achievement honor. Recipients are heralded while early to mid-career for what they have achieved — and for the promise of what they will accomplish given the resources and opportunities inherent in the Award.

Oprah, a longtime education advocate, shared her congratulations to this year’s winners in a video message shared earlier this year *thanking “the most incredible educators around the country” and acknowledging her deep appreciation for the “tireless work” they do.*

More About Temperance Tinker-Kays

Leadership through Innovation and Creativity: Creating a calm, nurturing, supportive environment, Tinker-Kays encourages her students to take intellectual risks and work hard to meet her high standards. She creates “Vocab Slam” events where students use vocabulary words they encounter during literature units to create unique slam poetry and think imaginatively.

As a mentor to many of West High’s National Merit Scholarship semifinalists, Tinker-Kays helps them hone their writing and presentation skills while helping them grow into well-adjusted, compassionate and productive citizens — all while assisting them on that journey. She is a strong role model for her students and emphasizes the importance of thinking outside the box while building their confidence and finding their voice. One example of this is her collaboration initiative with StoryWorks, a local organization that helps students develop and share personal stories. She is an integral part of the West community mentoring new teachers, coaching soccer and serving as a faculty sponsor for the Hammock, Spoken Word and YANA (You Are Not Alone) Clubs.

Tinker-Kays often brings community members into her classroom for career exploration and workshops, eager to help her students find their paths after high school. When the pandemic prevented West’s traditional graduation ceremony, Tinker-Kays penned handwritten letters to each former student and presented them when the graduates arrived at school to pick up their diplomas. She also advised a group of juniors and seniors as they researched, developed curriculum, earned district-level approval and then delivered peer-led education on consent and dating violence. As a lead sponsor for West’s Partners Club, she organized activities like bowling, skiing and an annual “Polar Plunge” for life skills students and teen mentors, as well as taught students how to participate with medically fragile students, while growing the program significantly. Thanks to Tinker-Kays, ESPN named West to its 2019 Honor Roll as part of the Special Olympics Unified Champion Schools National Recognition Program.

Education: Tinker-Kays earned a bachelor’s in anthropology in 2003 from Northern Arizona Univer-



sity; a post-graduate diploma in English in 2006 from the University of Otago in Dunedin, New Zealand; and a MAT (Master of Arts in Teaching) in 2007 from the University of Alaska, Anchorage.

More About the Milken Educator Awards: “*The future belongs to the educated.*”

Along with the \$25,000 financial prize, recipients join the national Milken Educator Network, a group of more than 2,800 top teachers, principals and specialists. The network serves as a rich resource for fellow educators, legislators, school boards and others dedicated to excellence in education.

- In June, the honorees will attend an all-expenses-paid Milken Educator Awards Forum in Los Angeles, where they will network with their new colleagues as well as veteran Milken Educators and other education leaders about how to increase their impact on K-12 education. In addition, they will learn about how to become involved in the Milken Friends Forever (MFFs) mentoring program, in which freshman Milken Educators receive personalized coaching and support from a Milken Educator veteran on ways to elevate their instructional practice and take an active role in educational leadership, policy and practice.
- Over the years, more than \$140 million in funding, including \$70 million for the individual cash awards, has been devoted to the overall Milken Awards initiative, which includes powerful professional development opportunities throughout recipients’ careers.
- Veteran Milken Educators frequently go on to serve in leadership roles at state, national and international levels.
- “We find you. You don’t find us!” Unlike most teacher recognition programs, the Milken Educator Awards initiative has no formal nomination or application process. Candidates are sourced through a confidential selection process and then reviewed by blue ribbon panels in each state. The most exceptional candidates are recommended for the award, with final selection made by the Milken Family Foundation.
- The \$25,000 cash award is unrestricted. Recipients have used the money in diverse ways. For instance, some have spent the funds on their children’s or their own continuing education, financing dream field trips, establishing scholarships, and even adopting children.

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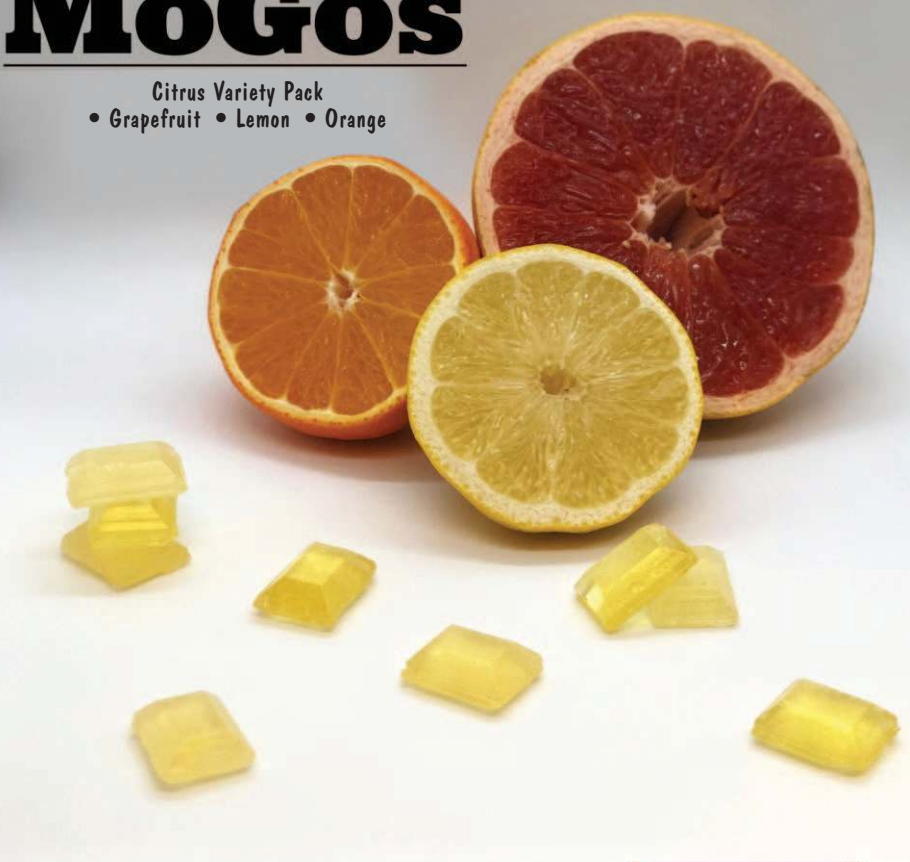
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House Lawmakers Approve Legislation to End Federal Marijuana Prohibition

BY NORML

A majority of the US House of Representatives approved the Marijuana Opportunity, Reinvestment, and Expungement (MORE) Act, or H.R. 3617, in a floor vote on Friday. The MORE Act removes marijuana from the federal Controlled Substances Act, thereby allowing states to legalize cannabis markets free from federal interference.

The Act also provides for the expungement or resentencing of those with non-violent federal marijuana convictions, promotes diverse participation in the state-regulated cannabis industry, and helps repair the racially and economically disparate harms caused by America's past prohibition policies. According to a just-released Congressional Budget Office analysis, passage of the Act would increase revenues by over \$8 billion in ten years and would also significantly reduce federal prison costs.

"This vote is a clear indicator that Congress is finally listening to the vast majority of voters who are sick and tired of our failed marijuana criminalization policies and the damage they continue to inflict in communities across the nation every day," said NORML's Political Director Morgan Fox. "It is long overdue that we stop punishing adults for using a substance that is objectively safer than alcohol, and that we work to address the disparate negative impacts that prohibition has inflicted on our most vulnerable individuals and marginalized communities for nearly a century."

"The time has come for federal lawmakers to put aside partisan differences and recognize that state-level legalization policies are publicly popular, successful, and are in the best interests of our country. Now that the House has once again supported sensible and comprehensive cannabis policy reform, we strongly urge the Senate to move forward on this issue without delay."

This legislation was previously approved in the House in December of 2020, but it did not receive a hearing in the Senate. This is only the second time in more than 50 years that a chamber of Congress has revisited the classification of cannabis as a federally prohibited substance.



Thursday April 7th

Anchorage Folk Festival – (Tyler Grant Guitar Workshop Online) 6:30p-8p
Cyrano’s Theatre – No More Harveys 7p-8:15p
Flattop Pizza & Pool – Jukebox Karaoke Roadshow 8p-11p
Garcia’s Cantina & Café (Eagle River) – Glacier Hoppers 8p-11p
Humpys – Nothin But Karma 7:30p-11p
Koot’s – Alaska B4UDie Comedy Fest 2022 6p-1a
Mad Myrna’s – B4UDie Fest: Queer Comedy Showcase W/ Daymen 8p-10p
The Marlin Bar (Fairbanks) – The Introverts Live 7p-10p
The Marlin (Fairbanks) – Karaoke with Kellie B! 10p-2a
UAA Student Union Den – Karaoke & Comedy Show ft. Corey Rodrigues 7p-9p
Williwaw Social – Press Editor Celebration for O’Hara Shipe 7p-12a
Williwaw Social – Eternal Cowboys, & The Drew Erickson Band 7p-12a

Friday April 8th

American Legion Post 15 (Palmer) – Friday Night Feast w/ 100 Proof Karaoke 5:30p-9p
American Legion Spenard Post 28 – Acoustic Steak Night w/ Bob Parsons 6p-8p
Arctic Valley Ski Area – Uncle Jim Live 4:30p-7:30p
Cyrano’s Theatre – No More Harveys 7p-8:15p
Dave & Busters – Jukebox Karaoke Roadshow 9p-12a
Floaters (Big Lake) – Open Mic Night 7p-12a
The Fraternal Order of Eagles Aerie 4207 – Karaoke Friday at the Eagles! 7p-12a
Humpys – Glacier Hoppers 9p-1a
Koot’s – Alaska B4UDie Comedy Fest 2022 7p-1a
Koot’s – Comedy Afterparty With The Millennial Falcons 11p-2a



Koot’s – Glenn Coco Going Away Show 6:30p-9p
The Marlin Bar (Fairbanks) – Arctic Entry Live 10p-2a
Moose Al’a Mode – Alaska B4UDie Comedy Brunch 2p-4p
O’Malley’s on the Green – Unknowns 6:30p-9:30p
Organic Oasis – John Damberg Jazz Piano Fridays 5:30p-7:30p
PubHouse – Witty Youngman 7p-10p
Schwabenhof (Wasilla) - Variety Playhouse live 7p-12a
Sheldon Community Arts Hanger (Talkeetna) – B4UDie Talkeetna 7p-10p
Sitzmark (Girdwood) – Past Our Prime 6p-9p
UAA Recital Hall – Golden Age of Guitar 7:30p-9p
The UAF Pub – Too Far North 8:30p-10p
Van’s Dive Bar – Kayti Heller and Friends! 9p-12a
VFW Post 9785 (Eagle River) – Danger Money Returns to Eagle River 7:30p-10p
Williwaw Social – Gen X Happy Hour at Williwaw Social 5p-9p
Williwaw Social – Joe Brady’s CLUB Y2K : A 2000’S PARTY 9p-1:30a

Saturday April 9th

Alaska Center for the Performing Arts – Anchorage Symphony: Season Finale 7:30p-9:30p
Alaska Redd – Online Artist Showcase 5p-6p
American Legion Post 15 (Palmer) – Fun and Food w/ 100 Proof Karaoke 6p-11p
American Legion Spenard Post 28 – Saturday Night Karaoke! 9p-12a
Anchorage Moose Lodge – Glacier Hoppers Debut Live at the Moose! 8p-12a
Arctic Valley Ski Area – Merry Marmot Festival w/ MusiCal, Sue Todd & Co, Wiley Post, Matt & Co, and Hwy9 12:30p-3:30p
Broken Blender - Sassy Saturdays Live Cabaret 8p-9:30p
Church of Latter Day Saints (Eagle River) – Daddy Daughter Dance 6p-9p
Cyrano’s Theatre – No More Harveys 7p-8:15p
Egan Convention Center – Wrestle Pro Alaska 5p-10p
The Fairview Inn (Talkeetna) – Leo Ash Blues Band 9p-1a
Fishhook Bar & Grill (Palmer) – Braided River 8p-11p
Humpys – Woodrow 9p-1a
Koot’s – Alaska B4UDie Comedy Fest 2022 1p-1a
Koot’s – Comedian Amy Miller 7:30p-10p
Koot’s – SunDog & New Last Name 11p-2:30a



Pioneer Bar – DJ Joe Brady 9p-2a
The UAF Pub – Tony Taylor The Artist: “Snow and Shine - The Alaska Tour” 8:30p-10p
Van’s Dive Bar – Wash Your Hands, Estate Sale, and Village Mutt! 9p-1a
Williwaw Social – Fan Service & Lloyds Noize Back-2-Back Dance Party 9p-2a
Writer’s Block Bookstore & Coffee Shop – Rubber Ptarmigan Clean Comedy Showcase 4p-6p



Sunday April 10th

Anchorage Lutheran Church - Anchorage Mandolin Orchestra Spring Concert 4:30p-7p
Arctic Valley Ski Area – Six Shots Deep Live 12:30p-3:30p
Arctic Valley Ski Area – Joe Schumacher 4p-7p
Broken Blender - Jameson Unplugged at The Broken Blender 6p-12a
The Carousel Lounge – AK Rockstar Karaoke 8p-2a
Cyrano’s Theatre – No More Harveys 3p-4:15p
Eagle River Nature Center (Eagle River) – Music Hike: April Showers 2p-4p
Humpys - Open Mic Jam 8p-11p
Koot’s – Alaska B4UDie Comedy Fest 2022 3p-9p
Koot’s – Free Comedy Workshop 8p-10p
Mad Myrna’s – Anchorage Cabarets: Villains 7p-8:45p



Mad Myrna’s – Mad Myrna’s Karaoke! 9p-12a
The Marlin (Fairbanks) – Sunday Night Karaoke! 6p-12a
UAF Charles Davis Concert Hall (Fairbanks) – UAF Music Celebration Concert 4p-6p
Van’s Dive Bar – Open Mic! Overlorded by Wash Your Hands 8p-12a

Monday April 11th

Anaya Latin Dance – Beginner Salsa 6p-8p
Koot’s – The Monday Mic at Koots 9p-12a
Van’s Dive Bar – Comedy Open Mic 8:30p-9:30p
Van’s Dive Bar – Mull Over Mondays w/ Ellie Kenealy 9:30p-12a
Yukon Bar (Seward) – Open Jam w/ Ben Sayers 8:30p-12a

Tuesday April 12th

American Legion Spenard Post 28 – Taco Tuesday Open Mic w/Rousted By Bulls! 6:30p-9:30p
The Carousel Lounge – AK Rockstar Karaoke 8p-2a
Koot’s – The Eternal Cowboys 9p-2a
Organic Oasis – Turnagain Blue 5:30p-7:30p
Resurrection Lutheran Church (Juneau) – Alaska Music One Pop-Up Store & Open Jam Session 1p-10p
Trophy Lounge – Jukebox Karaoke Roadshow 9p-1a
Van’s Dive Bar – Open Jam with Spenard Husband 9p-12a
Williwaw Social – Lloyd’s Noize’s Y’allternative Tuesdays 8p-11p

Wednesday April 13th

907 Alehouse – Tyrone Palmer & Friends 7p-10p
The Carousel Lounge – AK Rockstar Karaoke 8p-11p
Eddie’s Sports Bar – Jukebox Karaoke Roadshow 9p-12a
Humpys – Jared Woods 7:30p-11p
Koot’s – Comedy Open Mic 8:30p-10p

ICYMI: Astoria State and Rival Dads Koot’s April 2, 2022



*ICYMI Photos by Shipe Shots