

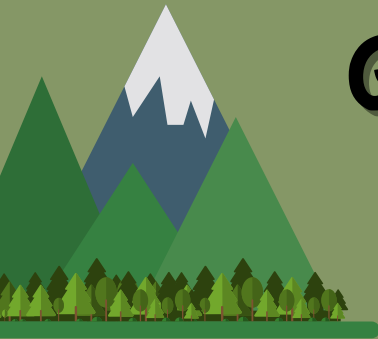


# ALASKA FELLOWS PROGRAM

Anchorage • Fairbanks • Juneau • Sitka



**FALL 2023 NEWSLETTER**



# Greetings from the 49th state!

And welcome to the '23-'24 Alaska Fellows fall newsletter! 3+ months into the fellowship, we have plenty to share. With Fellows at 4 different sites across the state, you'll find there's been no lack of outdoor adventure, community engagement, and personal reflection.

What follows is a collection of photos, short stories, poems, and other creative works that will introduce you to this year's cohort and the unique, individual character of each site. Best enjoyed with a warm drink!

Be well,  
Sean McDowell & George Kosinski  
Co-editors

**1 – Anchorage**

**13 – Sitka**

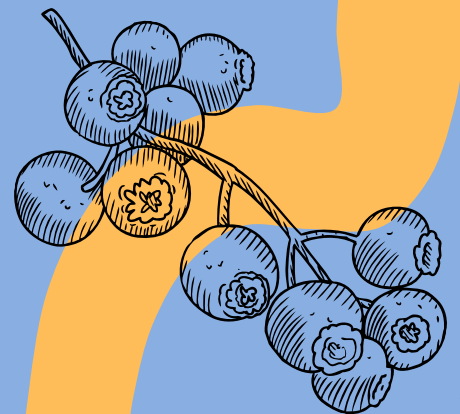
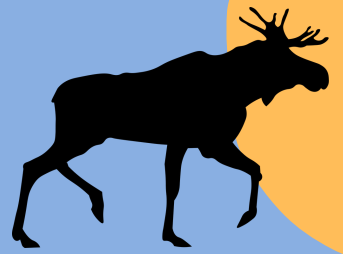
**19 – Fairbanks**

**25 – Juneau**





# ANCHORAGE





## Josie



Josephine (Josie) Blumenthal is a recent graduate from Grinnell College (class of 2023). Holding a liberal arts degree with a major in Studio art and a minor in Science, Medicine, and Society, she has enjoyed the freedom to pursue a broad range of topics in academia and is excited to continue to learn new ways to apply that knowledge and her various experiences to the real world. Josie is driven by the communities that surround her and is excited to connect with those in Alaska that she'll be working and living with for the next 9 months. Josie loves exploring new hobbies while committing time to some of her favorites, which include: art, tennis/sports, music, movies, and spending time with others.

## Marta

Marta Ditzler graduated from the College of St. Benedict and St. John's University with a degree in environmental studies. Many things have shaped her understanding and involvement of politics from attending the United Nations Federations Conference on Climate Change in Egypt to interning at the Alaska State Federation of the American Federation of Labor. She will begin working with The Alaska Center in September through the Alaska Fellows Program. Marta is excited for the opportunity to work with The Alaska Center as she has wanted to work with the organization for years. Growing up in Alaska has helped shape her political understanding of Alaska and her connection to the environment.



## Kayleigh



Kayleigh Hamernik has been engaged in sustainability work and team-building since freshman year of her undergrad studies where she helped found UBReUSE, the zero-waste move out program at the University at Buffalo. A former Boren Scholar, Hamernik is passionate about environmental security and became interested in policy work after interning with the New York State Office of the Attorney General, where she worked on expanding state-level environmental policy.

Apart from environmental policy, Hamernik is passionate about US-India relations and has been studying Hindi for several years as a Foreign Language and Area Studies Fellow at Syracuse University and as an American Institute of Indian Studies Language Fellow in Jaipur, India. A Central New York native, she's been hiking the Adirondack High Peaks for several years now and is excited to work on protecting Alaskan wilderness as well as hiking in it! She holds a master's degree in Public Administration with a concentration in environmental policy, a master's degree in International Relations, a Certificate of Advanced Study in South Asian Studies, and a Bachelor of Science in Environmental Studies.



# Lauren

Lauren Hudson grew up in Northern California and went to school in the central valley where she studied International Relations, Political Science, Economics, and Anthropology and was an active participant in Model United Nations. She spent her undergrad summers interning at a variety of organizations and working at a Girl Scout camp in the Sierra Nevada Mountains. After studying in the Czech Republic and finishing her degree, she lived in Nevada where she spent her weekends exploring the area while working at a non-profit study abroad organization helping over 600 students study abroad. She loves spending time outside with friends and trying new things! You can find her at a new restaurant, reading in a hammock, or practicing yoga.



# David

David liang graduated from Tufts University in Spring 2023 with a double major in International Relations and Environmental Science. These two disciplines have informed him in how climate change adaptations and the clean energy transition impact geopolitical matters. Alaska's growing geopolitical importance as well as the state's unique vulnerability to the impacts of climate change are topics of great interest to David, and he looks forward to exploring them more deeply upon his move to the state.

During his university years, David has interned at Northeast Clean Energy, an organization that advocates for clean energy companies in state legislatures in New England and New York. He has also worked as a Research Assistant at Applied Economics Clinic, a mission-based consulting group that provides expert services in energy, environment, consumer protection, and equity. He is eager to explore his new role as a Program & Policy Fellow at Arctic Encounter in Anchorage.



# George

Hailing from New Haven, Connecticut, George Kosinski is a recent graduate from Grinnell College where he earned a BA in English with a particular focus on the environmental humanities. Passionate about literature and its role in community, he has previously interned at the Yale University Press and worked at the Scarlet & Black, Grinnell's independent, student-run newspaper, writing about local arts and culture in rural, small-town Iowa. He hopes to pursue a career in the field of education, sharing his love for literature and its ability to foster new, more sustainable ways of living.







## Sean

Hailing from Asheville, North Carolina, Sean McDowell is a life-long learner, aspiring writer, and outdoorsperson with a penchant for travel. His childhood in Appalachia has given him an enduring passion for the mountains that he carries everywhere he goes. After graduating from The University of North Carolina at Chapel Hill in 2022 with degrees in Political Science and International Relations, Sean worked as a youth backpacking guide and then spent a year teaching English in southern Spain. He is deeply interested in issues pertaining to education, the environment, and securing a more equal society for all. Sean is a Fellow at the ACLU of Alaska.

## Sarah

Sarah, a recent dual Bachelor of Arts graduate from Columbia University and Sciences Po Paris University, is passionate about sustainable development and employs a multidisciplinary perspective to tackle societal, infrastructural, and environmental challenges. With a penchant for adventure, she has embarked on educational pursuits far from her equatorial roots, culminating in her selection for the 2023–2024 Alaska Fellows cohort in Anchorage. As an Energy Transition Fellow at Alaska Venture Fund, she will work to promote clean energy adoption, partnering with policymakers and communities to craft a comprehensive transition strategy. Sarah is poised to take on this role with the knowledge acquired from Energy and Community Development policy classes and Environmental Biology and Climate Science coursework.



## Alaina

A community advocate passionate about urban design, local food systems, and the climate crisis, Alaina Plauché is excited to spend the year as an Alaska Fellow working with the Alaska Community Foundation. She is a double graduate from the University of North Carolina at Chapel Hill, with her B.A. in Public Policy and City Planning as well as her Master of Public Policy (MPP). Alaina is dedicated to a life of service and innovation in the public sphere with work experience at local and international non-profits as well as for the U.S. House of Representatives. Outside of her academic and professional interests, Alaina loves reading, spending time exploring the outdoors (especially near water), seeing live music with friends, gathering community around food, and drinking/making coffee at local coffee shops!





# Austin

Austin Todd (they/he) grew up in Northwest Arkansas, and fell in love early on with the natural world. In AR they'd often hike, or, in the summer, go swimming in the lake. After graduating high school, Austin moved to New Haven to study Comparative Literature at Yale. There, he learned a couple languages, nurtured interests in historical and contemporary fiction, and became a tiny bit more knowledgeable. In addition to their interest in books and language, Austin has also worked in ceramics for four years now, and when some free time presents itself, they enjoy making great coffee (or other warm drinks), doing their nails, trail running, or experimenting in the kitchen. Austin hopes to be an asset to the broader Alaska community in his work in digital equity at AKPIRG, and to continue growing, personally and professionally, during the upcoming year.

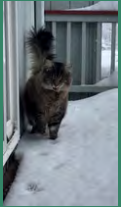
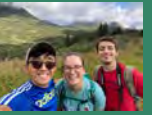


# Eva

Eva White is originally from outside of Baltimore, Maryland, and spent her undergrad outside of Philadelphia at Haverford College. She loves to spend time with friends, family, and trees, doing any number of activities like geocaching, climbing, hiking, running, passing time in coffee shops, and cooking. Always in pursuit of a laugh, she welcomes your best (worst) joke or the most absurd thing you've seen recently. Additionally, she loves to create in whatever way possible - sculpting, drawing, painting, and writing are some of her go-tos. Most of all, she's curious, and always excited about learning new skills or facts, and meeting new people!

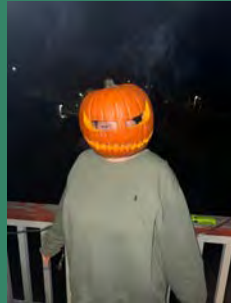
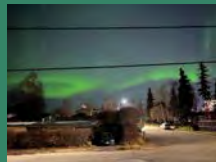






# What have the Anchorage Fellows

## been up to?



# It's Winter Already?!

Josie Blumenthal



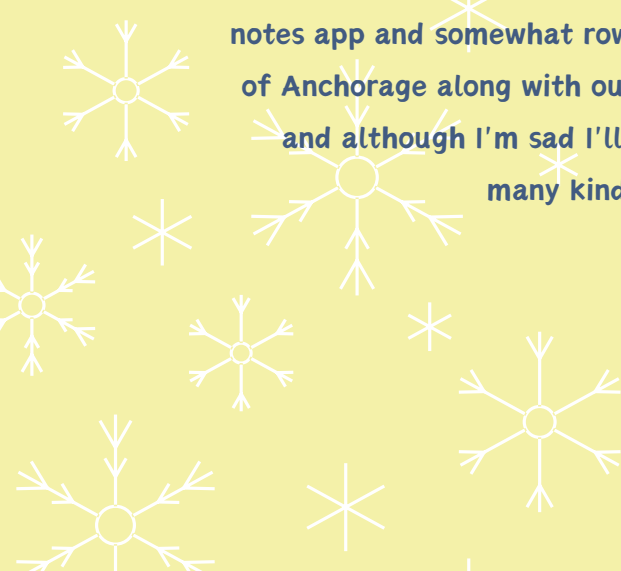
Alaska's changing seasons have basically felt like the scenery is giving us one catwalk after another... in super glamorous high heels that demand admiration and awe but also will not hesitate to kick you in the face if you don't respect its conditions and act accordingly. You might get kicked in the face either way though, so it's good to at least stay humble around it.

I think most of us (if not all?) have experienced at least one slip, trip, or straight up crash (not in a car btw!) into this rugged terrain- whether it be by the forces of the thickly iced sidewalks, chunky roads that were plowed long after the disheveled snow froze, or the slippery slope of the nearby mountains during some long, daytime hikes. I'm feeling more and more eternally grateful for the leftover supplies, gear, and advice that have made this Alaskan life easier (and safer) to adjust to- many thanks the previous fellows who live here, our program director- Tina, and many friends, co-workers, and supervisors of our fellow fellows.

Now back to the Alaskan scenic catwalk... I don't think there's much I can (or should) try to put into words to describe the magnitude of how beautiful this state is, and I'd rather not try, so here are some photos instead!!

The abrupt seasonal changes, record-breaking November snowfall (28 inches!), and darker days all come in exchange with breathtaking window views, outdoor ice skating, xc skiing, and cozy nights inside watching movies, crafting, dancing, and sharing stories of new and old adventures, along with some other stuff.

The Anchorage cohort has made sure to soak in everything we can with our handy shared notes app and somewhat rowdy group text that contains everything we want to do in the city of Anchorage along with our immediate reactions to all of it. Thanksgiving is also coming up and although I'm sad I'll be missing my family this year, I feel incredibly lucky to have so many kind and goofy people here to make this place home for the holiday.

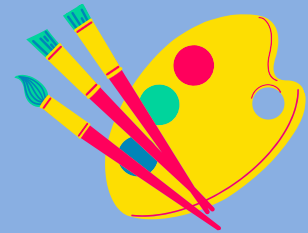




# Artists of Anchorage

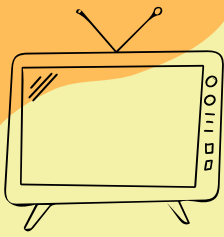


**First Snow by Josie Blumenthal**



**Evergreen by Marta Ditzler**





# What We're Watching

## 'Utopic' Fashion in Season 4 of Sex Education

a review by Austin Todd

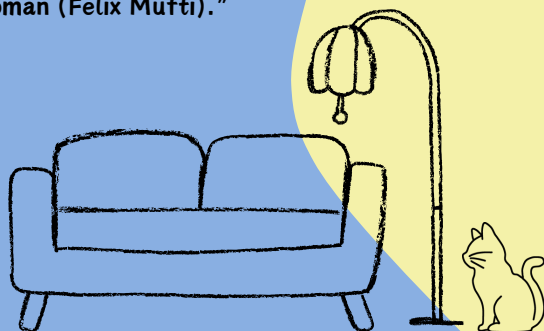
In Jean Rhys' 1934 novel *Voyage in the Dark*, narrator Anna Morgan laments:

About clothes, it's awful. Everything makes you want pretty clothes like hell. People laugh at girls who are badly dressed. Jaw, jaw, jaw ... 'Beautifully dressed woman ...' As if it isn't enough that you want to be beautiful, that you want to have pretty clothes, that you want it like hell. As if that isn't enough. But no, it's jaw, jaw and sneer all the time. And the shop-windows sneering and smiling in your face. And then you look at the skirt of your costume, all crumpled at the back. And your hideous underclothes and you think 'All right, I'll do anything for good clothes. Anything, - anything for clothes.

This scene comes pretty early in the novel, as Anna is acclimating to life in early 1900s London after her father's death forces her to leave their family home in the Caribbean. It prefigures her psychological and material descent as she loses financial support from her stepmother, becomes a rich man's "kept woman," and, finally, nearly dies in an illegal, botched abortion. The book is a semi-autobiographical tale of one woman's crumbling in a society where, as the feminist maxim goes, every woman is one man away from welfare, and there is, in fact, little to no welfare.

As Anna's circumstances worsen, she is repeatedly classed by markers such as her West Indian accent and her clothes. Her othering in this way is both materially harmful (by circumscribing the work she is seen as "fit" to do) as well as psychologically damaging. She wishes to be perceived as a "normal" Englishwoman—verbose, cool, chic. Instead, she becomes "exotic," a "rum devil" who can be used and discarded, not meriting any real human-to-human empathy from the men in her life.

Watching the highly-anticipated final season of *Sex Education*, I couldn't help but notice, over and over again, the costume design. In this season, the characters move to a new, hyper-progressive school (Moordale's reputation being irrevocably tarnished after S3's sex revolution). To get a feel for Cavendish College, one critic asks us to imagine, "a hyper diverse Gen Z wellness space meets Goop-era luxury." The school has a non-hierarchical teaching model, free speech corners, and a massive slide in the middle of its open floor plan. In contrast to Moordale, where Ruby Matthews (Mimi Keene) and other "untouchables" ruled the social hierarchy, at Cavendish a group of queer students—the "Coven"—now sit atop this ladder. As Slava Greenberg summarizes, there's "Abbi, a white transfeminine student (Anthony Lexa); her Black, Deaf, queer, and polyamorous confidante Aisha (Alexandra James); and her transmasculine POC boyfriend Roman (Felix Mufti)."





Slava Greenberg works across disability, trans, and feminist studies, and in his superb LARB review of *Sex Education* S4, he points out that while the final season showcases a wealth of talented trans, nonbinary, Deaf, and disabled actors of color, the show falls short when, through the character of Cal, it comes to representing actual nuances of gender dysphoria. While every other character ultimately finds peace and self acceptance (the therapeutic journey to these being the hallmark of the show), Cal, “despite vocalizing that ‘I don’t think the world really wants people like me in it’ and acknowledging their dysphoria, [...] remains trapped in the same mental anguish.” Their one-dimensional storyline, Greenberg writes, represents an attempt “to bring a dose of dark realism to the utopic vision of *Sex Education*,” and ultimately replicates “familiar and deeply conservative melodramatic conventions around race and disability.”

I think Greenberg is brilliant in his piece. I also think that there is something more to be investigated in most critics’ popular hailing of *Cavendish*, and *Sex Education*, as “utopic.” If we take the costuming of the series as a loose thread and pull, perhaps things will begin to unravel. [Continue reading the rest of Austin’s review here.](#)



# ANC Takes On Snowmageddon 2023

Alaina Plauché

The beginning of the fellowship was filled with settling in activities, getting to know yous, finding a routine, and weekend retreats out of town. After many weekends spent recovering in town, going on long hikes in Chugach and getting to know Anchorage, I was itching to get out of town. Lucky for me, there was a 3 day weekend coming up with the celebration of Veteran's Day. I hurried onto the website for Alaska's Public Use Cabins naively hoping I had beat others to realizing their opportunity to head into the woods for a long weekend—on the Monday before it began... All the cabins accessible by anything except boat or plane were booked out. (Insert here a shameless plea for a boat or plane shared amongst the fellows). Yes, I checked the Cabin Cancellation Facebook page too. Alas, there was nothing left. Until! I narrowed my search to a single night stay and saw one available for Friday night, and Friday night only: Byers Lake Cabin #2. With three other Anchorage fellows on board and the weekend quickly approaching, I booked the cabin. A breezy 2.5 hours drive north on Friday morning, and we would have a full day to chill in the toasty cabin surrounded by wintry woods. And then, the snow came ...

Some have called it "snowmageddon" or "snowpocalypse." When Alaskans are calling it that, you know it's bad. Basically, we've gotten 39.1 inches of snow this month, making it Anchorage's snowiest November on record. Most of that fell in the week before we planned to go to the cabin. Now, I'm from North Carolina where schools delay starting or shut down when it's 15° or there's an inch of snow. So, the expectation that I'd be able (and willing) to drive any amount of distance outside Anchorage and make it to a cabin in the woods sounded a bit far-fetched. But, everyone promised we'd be fine. And if there's one thing I've learned since being here, it's to trust Alaskans on Alaskan matters.

The plan was to leave at 10:30am, stop by the grocery to pick up ingredients for dinner, get there by 1:30pm, hike 1.7 miles to the cabin, and settle in before the sun sets— with plenty of extra time and sunlight to account for slow driving or glitches along the way. Naturally, we mobilized at 12pm. All four of us plus our gear packed in our modest Mazda 3, aptly named Samwise for being good ol' reliable. We headed to the store and got plenty of firewood. And then, we hit the first bump in the road—at least proverbially, because Anchorage's roads were bumpier than a washboard. Samwise alerted us to low tire pressure. We went to not one, not two, but FIVE separate gas stations across town looking for one with a working air pump. Not a one had an operating apparatus to help our situation. Luckily, Midas let us swing by and fixed us right up with some air—for free! (Insert here an obscenely obvious product placement ad). We slipped and slid our way out of Anchorage with peace of mind that our car would carry us safely on the journey ahead. Only 3.5 hours behind schedule.



Once outside of the Anchorage metropolitan area, the roads were drastically better. Thanks, Bronson! Moving between music genres, cat naps, and quiet conversations, we carefully moseyed along. About halfway through the drive, a conversation arose about whether we should continue due to the worsening road conditions and soon-to-be setting sun. I was eager to push on, but another fellow brought up the sunk-cost fallacy and how all of the hardship of the morning might persuade us to continue on, unnecessarily putting ourselves in harm's way. Can you tell we're all liberal arts grads? We decided it was safer to make it to the cabin with a bit of daylight to spare and that we were prepared for the worst case scenario.

A quick sidebar: all these trials and tribulations might sound silly for just a single night in a public use cabin, but we are all East Coasters and respect the tremendous power of Alaska's wilderness to remind you of your place in the world very quickly. Whether you're going out for 20 nights, a week, or just one, preparedness is a lifesaver.

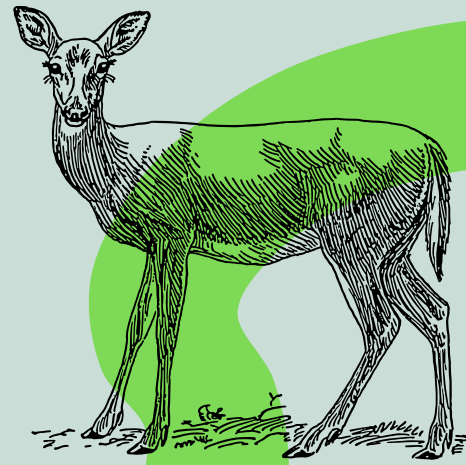
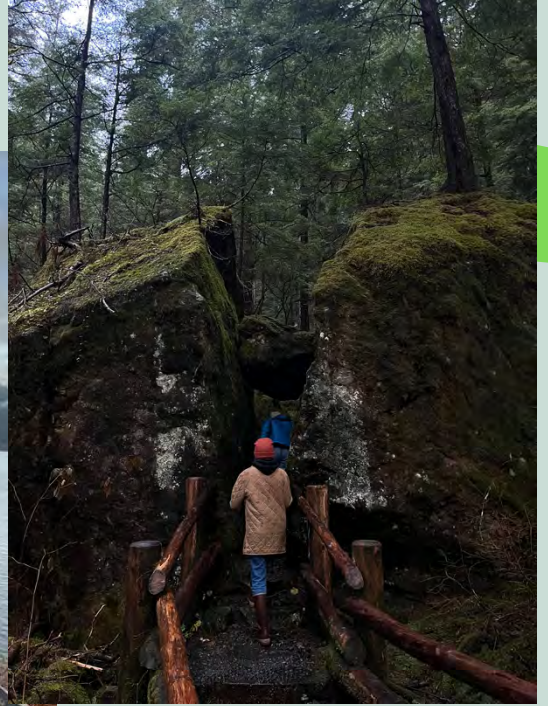
On the final approach to the Byers Lake area, we made our last turn and all gasped. The fog from the snowstorm had cleared and the Alaska Range appeared in front of us. We had been transported from a stressful winter city hell-scape to a magically peaceful winter wonderland.

The hike into the cabin was relatively uneventful—although our jerry-rigged plastic sled found in Virginia Court's garage kept tipping all our firewood and dinner supplies into the snow. It was dark when we made it to the cabin. A toasty fire, yummy camp dinner, inside-warming bourbon, and lovely conversation kept us cozy and entertained for the night.

The next morning, I woke up with the anticipation of a child on Christmas morning hoping they had beat Santa's schedule. Instead of Santa, I was hoping to beat the sunrise. I rolled over, opened my eyes, and saw Denali, lit by the twilight before dawn and perfectly framed in the triangular window of the cabin's sleeping loft. I hastily put on all my layers and scurried outside to the frozen lake where we spent the morning watching the sunrise over Moose's Tooth, Foraker, and Denali.



# SITKA





# Gabrielle



Gabrielle Eggli (they/she) is from Salt Lake City, Utah. They just graduated from the University of Utah with a degree in Gender Studies and a double minor in Health Education and Family Sciences. They also recently completed 2.5 years of teaching at an after school community center teaching sexuality education to K-5 grade refugees. Previously, they spent a summer teaching and doing crisis relief in Lesvos, Greece refugee camps in 2019. They will be working as a peer educator for Sitkans Against Family Violence in Sitka, Alaska. Gabrielle is passionate about EDI, education, community outreach and queer history.

# Grace

Grace Fluharty is from Alexandria, Virginia. She attended the University of Virginia, where she received her Bachelor's in Economics in May 2022 and Master's in Public Policy in May 2023. Professionally, her interests lie at the intersection of education, public health, and urban policy. Her hobbies include running and hiking, and she is excited to continue exploring those in Sitka. Grace is also a huge fan of podcasts, and produced a podcast for her student newspaper while at UVA (she is always looking for podcast recommendations to listen to while running!). She also loves coffee, and her caffeine addiction was enabled when she worked as a barista in Charlottesville.



# Shaelene



Shaelene Grace Moler is a Tlingit writer and editor from Kake, Alaska. She is a recent graduate from the University of Alaska Southeast with a bachelors of arts in English and a bachelors of arts in environmental studies emphasizing in creative writing. Passionate about contributing back to her home region as well getting to know all the beautiful towns that occupy it through community development and storytelling endeavors, she is more than excited to join the Spruce Root team. In the Alaska Fellows Program, Shaelene will work as Spruce Root's community economic development fellow hoping focusing in grant writing and continuing to support storytelling and engagement for the Sustainable Southeast Partnership.



## Tate

Tate Munnich grew up in Port Townsend, Washington, and he later attended Macalester College in Saint Paul, Minnesota, earning a degree in math and computer science. With experiences in consulting, outdoor leadership, and software development, Tate strives to make a positive impact in others' lives.

## Jason

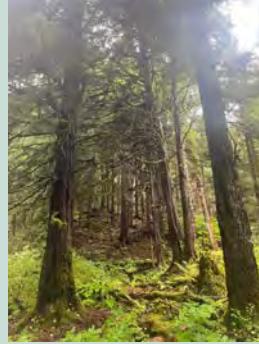
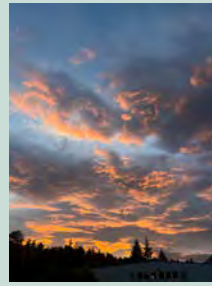
Jason Own (he/him) is a recent Yale College graduate from the lively town of Vallejo, California. His academic interests revolve around mental health, health education and equity, innovative drug design, and business development at the intersection of healthcare and technology. Jason has conducted research in over five different academic laboratories and has worked for several biotech startups across the United States. Most recently, he completed his senior thesis in the lab of Dr. Jane Taylor at the Connecticut Mental Health Center. There, he designed and spearheaded cutting edge research investigating the behavioral and molecular effects of psilocybin on the drug decision-making paradigm. Jason is excited to return to a community, clinical setting and work towards improving mental health outcomes for racial/ethnic, gender, and sexual minorities while working for Sitka Counseling. In his free time, he enjoys surfing and making printed art.



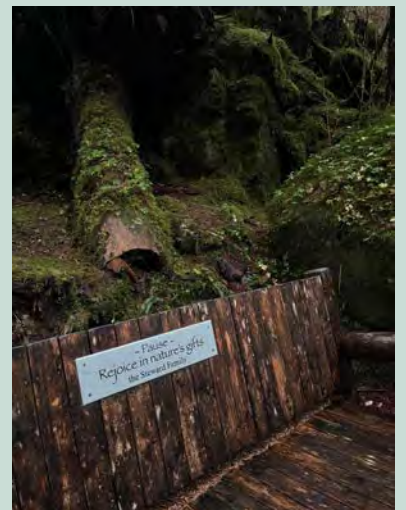
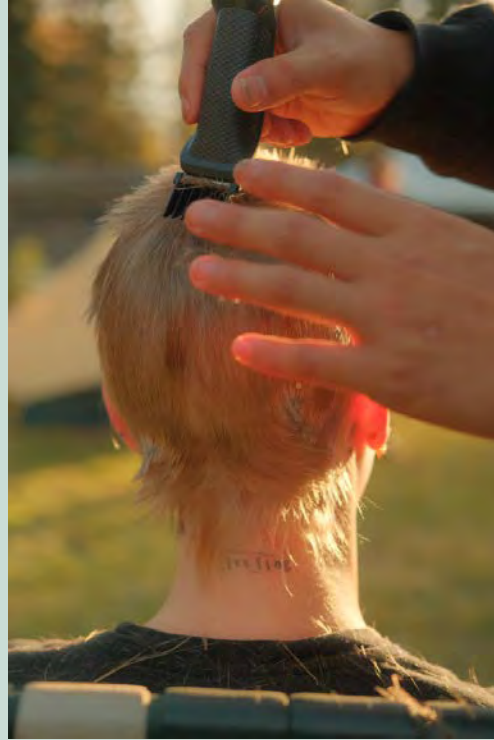
## Emily

Emily Tian is the 2023–24 Alaska Fellow for Outer Coast. She was raised in Rockville, Maryland, and graduated from Yale in 2023 with a B.A. in Philosophy, where she wrote her thesis on Iris Murdoch's theory of moral attention. She is also interested in poetry.





# What have the Sitka Fellows been doing?



# Sitka Fellows Crossword

## Challenge



Answers at the end!

### Across

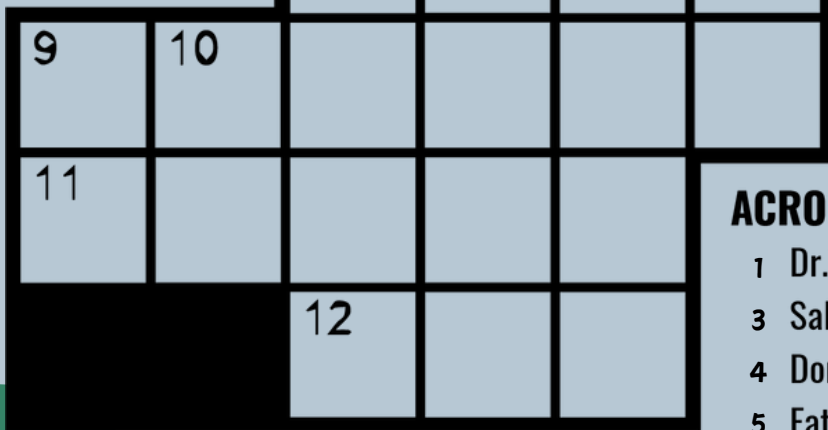
- 2. The \_\_\_\_\_ fellowship site is the largest city in the United States by land mass
- 5. Jason's recently retired catchphrase in Sitka has been "Let's go \_\_\_\_\_!"
- 8. This type of tree is common across Southeast Alaska
- 9. The Sitka \_\_\_\_\_ society is the oldest organization of its kind in the state of Alaska
- 10. Grace has yet to see one of these animals in Sitka
- 12. Rebecca was the first fellow of the group to climb what notorious Sitkan mountain
- 14. Tate dressed as this infantile executive for the Stardust Halloween Ball

### Down

- 1. Sitka was featured in this hit US movie featuring Sandra Bullock "The \_\_\_\_\_"
- 3. Apt call letters for Sitka's Raven Radio
- 4. Emily recently watched this teenage classic for the first time
- 6. Gabrielle has a \_\_\_\_\_ named Jupiter
- 7. The (only) late night dining staple in Sitka
- 11. A mostly inactive volcano that can be seen from Sitka
- 13. Shaelene's favorite animal is the \_\_\_\_\_



# Part 2



## ACROSS

- 1 Dr.'s winter diagnosis in Sitka
- 3 Salt, in Cabo
- 4 Donation to Russian Orthodox Church
- 5 Fat Bear's dinner, say
- 7 Putrid Sitkan September smell
- 8 Nut that won't kill Tate
- 9 Sitka Sound Science Center focus
- 11 The famous Greek hero is named after this Fellow
- 12 Alaska Department of Fish \_\_\_ Game

## DOWN

- 1 "But we just had \_\_\_ for dinner last night!"
- 2 Grace's choice of milk in Sitka
- 3 What the Fellows' freezer is full of
- 5 "Eat Wild \_\_\_" – Ray Troll shirt
- 6 It takes one gallon of water to grow one of these
- 7 **JUANITA'S** best friend
- 9 Outer Coast campus, familiarly
- 10 Xbox controller battery



# Our Past Three Months in Sitka

By Jason Own

Hi, my name is Jason. In my free time, I document the people and places around me. I like photography because it allows me to not just see the world around me in a new way but it also allows me to find what is important to me.

When I first arrived at Sitka, I was so eager to photograph the vast, beautiful landscapes and all of the unique locals that occupied this town. However, over time I realized what mattered to me the most was my newfound friendships. I found myself enjoying taking pictures of the other fellows, documenting our little adventures together, and recording our reactions as we learned more and more about this little town that we now call home. As much as I can go on, about how amazing the past few months have been, I'll let the photos do most of the talking.



^This is me at Harbor Mountain



As some of you may know, Sitka is located in a rainforest very typical of southeast Alaska. It rains about 70% of the year. Here is Gabrielle's first time experiencing Sitka's rain!



Ocean dip ft. our lovely site coordinator, Izzy!



The water was quite cold to say the least.





The fellows in Sitka are super lucky to all share a beautiful home on Etolin St. together. We're even luckier to each have our own bedrooms. The basement (Tate's room) made an appearance in last year's newsletter and was said to be hotly contested as either the best or the worst room depending on who you ask. I am here to clear the air and say that the competition isn't even close. The porch room (Grace's room) is epic! The "cabin in the woods" vibe is immaculate- Jason.

After a typical workday, most people either hit the gym or watch some TV. Not the Sitka Fellows. One Tuesday evening, some of us got out of work early. It was such a beautiful Fall day, and we knew that sunset was going to be spectacular. On a whim, we decided to hit the Mt. Verstovia trail and climb to the top of Picnic Rock. After a steep, 2-hour hike up, we finally made it to the top and, lo and behold, we were greeted with the most insane view of Sitka. Here is a photograph of Emily soaking it all in.



Photo of Shaelene in her natural habitat. Can you guys guess where she's headed?



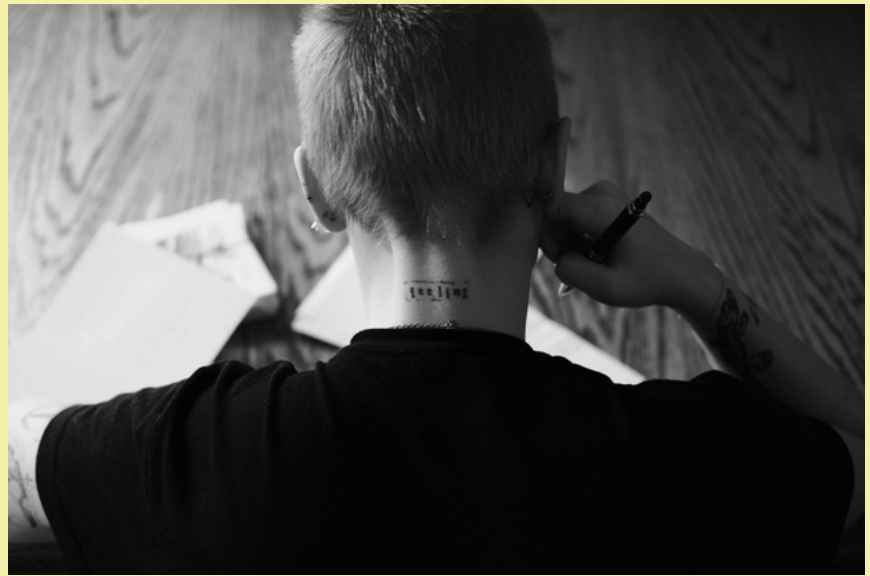
Tate admiring the panoramic view at the end of Sawmill Creek Rd. Also repping the AFP drip!



Rebecca is the resident chef of the group. She's always in the kitchen whipping up a storm, whether that's baking a fluffy loaf of bread or making some bussin\* mac and cheese. The best part is Rebecca shows her generosity and care through food, so there's always tasty eats to share. Here, Rebecca looks out at the first snow on top of the resident volcano- Mt. Edgecumbe. Fun fact: this picture was taken at a parking lot. Shout out Sea Mart. We <3 you, but please change back your chicken tender prices...

\*bussin means very delicious in AFP lingo

This is one of my favorite photographs I've taken recently. It's just so intimate. Gabrielle was my first friend in Sitka, and it's been amazing getting to know them and seeing them make Sitka their own. They're one of the most caring people I know. Pictured to the right is Gabrielle carefully finding the words to write in a letter to their friend back home. It was such a beautiful moment. I felt obligated to record it. My favorite part is the subtle added detail of one of their many super cool tattoos- feeling.



One of the Sitka fellows favorite pastimes has been shaving their heads. Any guesses as to who's going to shave their head next?





This photograph just reads poetry to me, which is quite fitting because pictured to the left is one of our resident poet/writer/photographer extraordinaire. Here, Shaelene peacefully looks out at the ocean. However, it was not at all peaceful that day. Shortly after this photo was taken, we were struck by a heavy amount of sleet. Contrary to that, Shaelene is such a calming presence. She's a brilliant conversationalist, and one of the glues that holds our group together. Hailing from Kake, Alaska, it's been a blessing to learn more about southeast Alaska and its indigenous peoples from Shaelene.

I've gotten the pleasure to know Grace as both a friend and as a co-worker (we lead a wellness class at the local high school together). As a friend, Grace has such infectious energy. I love how she's always down to go on spontaneous adventures. The first time we went swimming in the freezing Pacific, Grace was the first person to hop in the water and inspire everyone else to do the same. She's also a great mentor to all of the kids she works with, and I know she inspires them on a day to day basis as well.



That evening we tried looking for a Christmas tree, but instead we found a beautiful sunset over the water



Something about Tate just reminds me of home. On a surface level, it could be due to our shared interests in basketball and board games. However, I like to think that's just how he makes everyone around him feel with his soft-spokenness and gentle smile. This dude's also just genuinely such a great friend. This photograph is a throwback to the time when Tate and I decided to explore Magic Island one evening after work. For those of you that don't know, Magic Island is a tiny island off the coast of Sitka that is only accessible at low tide. I know this sounds like a blast, and it was... but it was also storming. What a crazy day? Here we see Tate exploring the tide pools and poking the anemones.

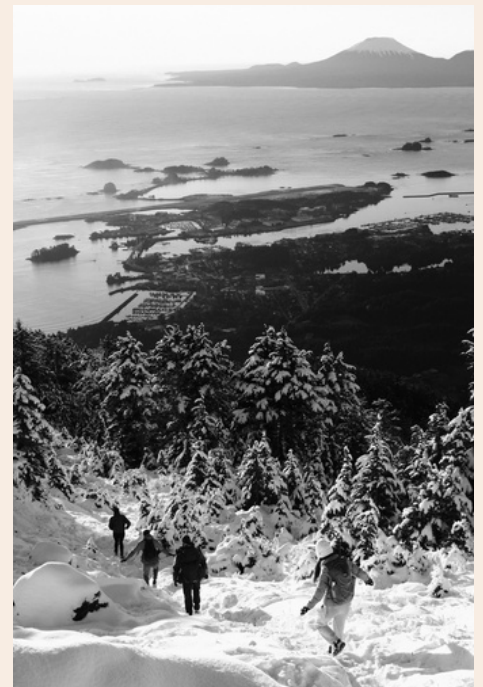
Emily is one of the hardest workers I know... an absolute academic weapon. I actually had the pleasure of knowing Emily before we both came to Alaska. Because of that, it was such a reassuring thing knowing we were in this crazy journey together. I feel that whenever Emily and I see each other, we don't even have to say a word, yet we're comforted by each other's presence... or at least I am. Everyday I am so blown away by Emily's commitment to her community and the amount of intention in which she puts into all of her relationships and actions. Here we are kayaking and giggling on the Sitka Sound.



Rebecca at Harbor Mountain



Had to preview some personal work



Scaling down picnic rock





My personal favorite sight in Sitka has got to be the view of Mt. Verstovia from the top of picnic rock. Can you believe that these photos were taken exactly 2 months apart? It's so crazy to me. I'm looking forward to seeing how much more it changes throughout the Winter and into Spring!

I just had to include this photograph because it's definitely the most #Sitkacore photo I've taken up to date (maybe besides the golden hour light). Anyways, the moss-covered flora and the signature Xtratufs's are such a vibe. Man, oh man these sights will forever remind us of our little home together in Sitka \*sheds a tear\*



And that's a wrap of our last three months together in photos. Stay tuned for future photos in the Spring Newsletter! This is Jason and the Sitka Fellows signing out...



# FAIRBANKS





# Sophie

Sophie Burchell grew up in the Washington, D.C. area and recently graduated from Bowdoin College, where she studied Environmental Studies, Biology, and Anthropology. At Bowdoin, Sophie wrote for the college's newspaper, and she is interested in telling stories about people and their changing environment in the face of climate disruption. In her free time, Sophie loves to oil paint, hike, and listen to podcasts about pop culture. She is looking forward to living in Alaska and learning to cross country ski.



# Mallory

Mallory Durkin graduated from the George Washington University with a B.A. in International Affairs (Global Public Health) and minors in Anthropology and French in May 2023. She is serving as the Career Development Fellow at the University of Alaska across the Fairbanks, Anchorage, and Juneau campuses. She is enthusiastic to integrate into the community, explore to beautiful state, and volunteer with local public health organizations.



# Caroline

Caroline Erickson is a recent graduate from Branford, CT. In college, she majored in Environmental Studies which sparked an interest in the ways that human health and the environment intersect. She went on to earn a Master's Degree in Public Health concentrating in environmental health science. During her MPH, she focused on the contamination of drinking water and the toxicity of emerging water contaminants. In her free time, you can find Caroline hiking, reading, or curling up with a good book.



# Eleanor

Eleanor Gagnon is a highly motivated and curious person. She obtained a masters degree in international affairs from the Hertie School of Governance before joining the Alaska Fellows program as the Economic Vision Fellow with FCAC. While at the Hertie School she specialized in human rights, political economy and climate governance, themes she will continue to engage with at the FCAC. After the program Eleanor plans to continue her educational journey as a PhD student.



# Santosh

Santosh Muralidaran (he/him) is a young professional pursuing a career in sustainability. Originally from California, he recently graduated from the dual degree program between Sciences Po Paris and the University of British Columbia and is interested in transportation, clean energy, climate innovation, and entrepreneurship. Having lived abroad, Santosh was exposed to a variety of different ways cities and communities around the world are responding to climate change and had the opportunity to work on different projects in urban and transportation planning, advancing the energy transition, and more. Now, he is excited to bring his experiences back to the United States and contribute to a greener future in his home country. In his free time, he likes to go running and biking, chase sunsets, and drink pearl milk tea or hot chocolate.



# Faren

Faren Roth is a recent graduate of Yale University with a degree in mathematics and interests in linguistics, philosophy, and using the law for social justice. So far, she has worked for Habitat for Humanity as part of their construction team, the Montana Innocence Project, and two different math research programs. As of now, she hopes to go to law school and become a public defender, although that very well may change. She enjoys backpacking, playing sports of all kinds, and attempting all sorts of puzzles (except jigsaw). She is really excited to join the Folk School as a fellow and learn about Alaska!

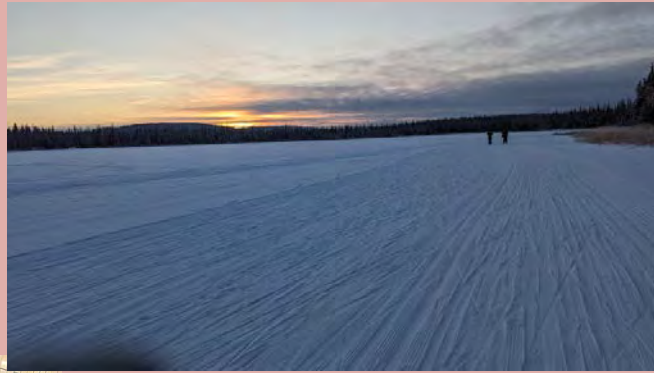
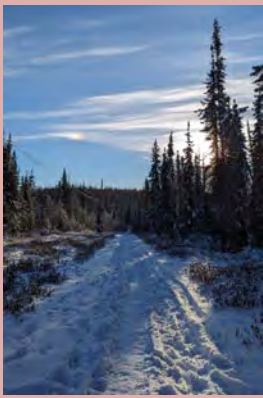


# Stephanie

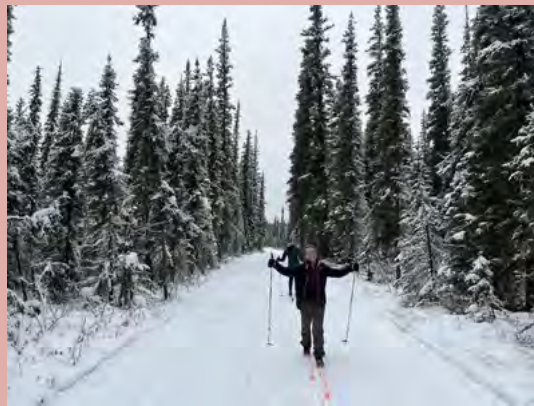
Stephanie Wright is a Baltimore, Maryland native, growing up near the Chesapeake Bay, where her passion for the ocean and marine ecosystems flourished through explorations of marshes and tide pools. Her curiosity for storytelling, people, and the natural world inspired her to pursue a Bachelor's degree in Theater and Philosophy in Kentucky near the Appalachian Mountains. Stephanie's adventurous spirit led her to work on cruise ships, allowing her to sail across four of the five oceans over a span of five years. Recently, she successfully completed a Master's degree in Exploration Science at the University of Miami. Stephanie's expertise and knowledge will now be dedicated to supporting Inspiring Girls\* Expeditions Alaska. With a deep love for outdoor activities such as hiking, freediving, and long-distance running, she is eagerly looking forward to embracing new experiences like cross-country skiing and soaking in hot springs during her time in Fairbanks.







# What are the Fairbanks Fellows doing?





# THE FAMILY APPLE PIE

Pastry:  
1 lb flour  
10 oz butter  
4-6 spoonfuls of ice water

Mix with your fingertips until the mixture looks like breadcrumbs.  
Add 4-6 spoonfuls (a good sized spoon) of ice cold water and knead gently until the pastry comes together.  
Let it rest for half an hour then roll it out.

This will make enough pastry for two pies.

## Filling:

Lots of apples cut up  
Some sugar over the top  
Some ground cinnamon and cloves

For a thicker filling add about 2 tbsp of Cornstarch.

Cook at 375 for 50-60 minutes

*About 1 cup, depends on how sweet you like your pie!*

*I use 5-6 of a variety. My mom says using different kinds make the pie more flavorful*

*1 tbsp of Cinnamon is good, 1 tsp of cloves, I also have been putting in a pinch of Allspice and Nutmeg!*





# APF Crossword by the Fairbanks Fellows

## ACROSS

1. Acads. and univs.
5. Like many alt. right wives
9. Part of a drum kit used to create the "tsh" of "ba dum tsh"
14. An owl's hello
15. Frost
16. "I'd walk through fire for you, just let me \_\_\_\_ you" (Harry Styles)
17. Norway's capital
18. Inverse of "Uno day" (sorry, this clue is dumb)
19. "Wowie \_\_\_\_!", as Kimberly Finkle would say
20. The only time that Sitka, Anchorage, or Juneau would ever be a better host site than Fairbanks
23. Confused dad? (if you want a real clue, contribute)
24. Bewildered sneer? (if you want a real clue, they're sea eagles)
25. Someone whose pants may be on fire
27. Uses the final dishwashing bucket on retreat
30. Slows down
33. \_\_ Z Mysteries (young adult book series)
34. Nintendo's "The Legend of \_\_\_\_"
37. Scramble to learn by finals? (if you want a real clue, he's the composer of "Over the Rainbow")
38. Physician's Assistant Bachelor's of Arts, initially? (the real clue won't help, but it's a sunscreen ingredient)
40. Argentine dance that rhymes with a fruit
42. Astronaut Gagarin
43. The Fairbanks fellows ROCK at this verb
45. Clean with elbow grease

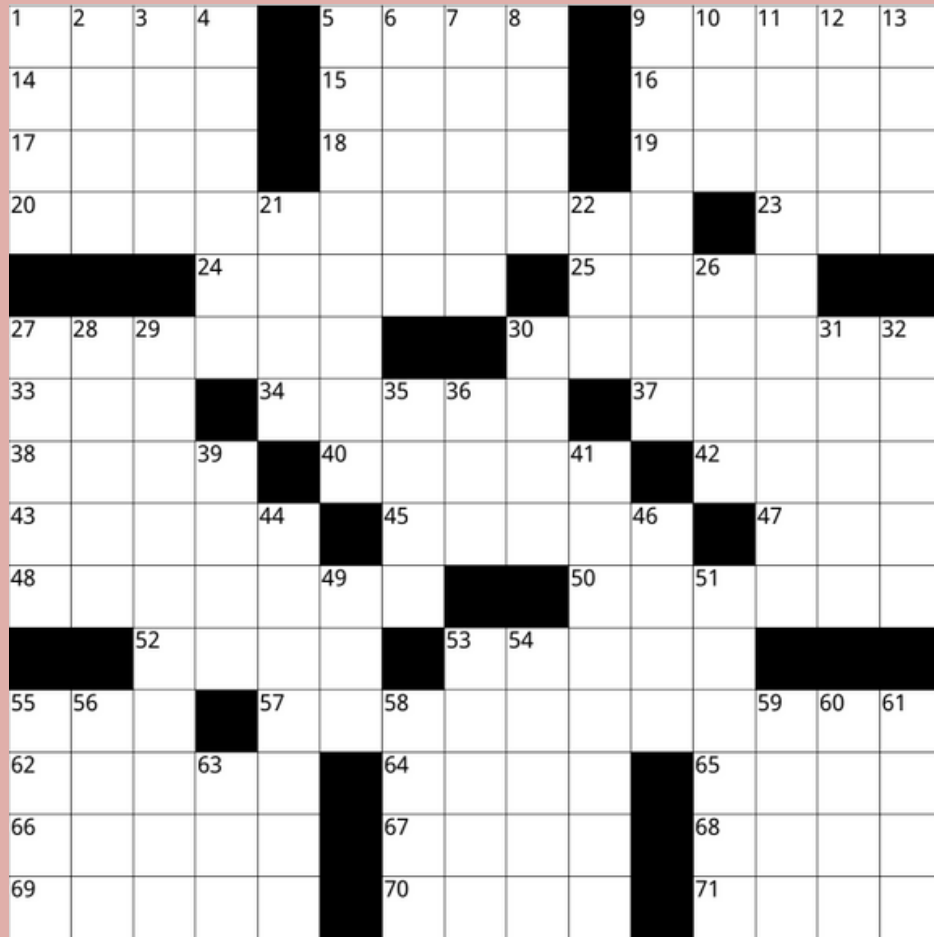
47. "Alright lads, football has me knackered. After this cuppa, I'm having a \_\_\_\_!"

48. Something you (and if not you, then Kerrigan) might give Doska or Sookie for being good puppies
50. Snickers
52. Comes out on top
53. Colombian street food item
55. Equal: prefix
57. Fairbanks fellows got a delicious salmon because of this (we <3 Grazer)

62. Short-legged dog breed owned by Captain Raymond Holt
64. Gain: abbr.
65. How 58-down might write her name with a blindfold on?
66. Eliza, e.g.
67. Drei squared
68. Pop star
69. Acquired \_\_\_\_ (perhaps putting pineapple in brownies, e.g.?)
70. \_\_\_\_ and crafts (Folk School <3)
71. Recycled tins? (if you want a real clue, ain't correct?)

## DOWN

1. Demonstrate
2. Hyperbolic cosine
3. Some of us dug a big one on retreat
4. Sticks' partners
5. Toy store window display
6. "Almost heaven, West Virginia, Blue \_\_\_\_ Mountains"
7. Not quite right
8. Like many signers
9. Microbrew enjoyed by many a fellow
10. Wedding vow
11. Where the Juneau fellows' got their first taste of Alaska
12. Desertlike
13. Prepared to drive
21. Veep's boss



22. South American pack animal letter-ally robbed of its good grades? (or an advanced legal degree, if you want an actual clue)
26. Take the L in a disorderly relay? (or an eagle's mountaintop nest, if you again want a real clue)
27. Hip-hop collection that, funnily enough, would never include Bohemian Rhapsody
28. Author Calvino
29. A saying of Howard that warns against using supercalifragili sticexpialidocious
30. Othello's betrayer
31. Spine-tingling
32. Quick cuts (many were made to Gabrielle's hair)
35. A seal tumbled up by the waves? (if you want a real clue, zap)

36. Political org. with a donkey symbol
39. Prefix with dextrous
41. A randomly selected college grad \_\_\_\_ each of us, in all likelihood ;(
44. Big blaze
46. Not an orig.
49. Code-breaking org.
51. Warm island destination for many seasonally depressed Alaskans
53. Garbled tea-less banter? (per usual, if you want a real clue, "L'il" comic strip character)
54. Split the cards again
55. Rapper whose name sounds refreshing
56. Laos in turmoil? (if you want a real clue, the notes after fa)
58. Queen B of AFP
59. Comes to a close
60. Prep school on the Thames
61. Bagpiper's garb
63. Understand

In the depths of winter  
We look to the big dipper which –  
we learned  
is an asterism in Ursa Major or  
the one that turns over us  
a great bear indigenous to Alaska.



It is formed by seven stars  
pointing to Polaris  
one for each of us  
making up the back legs and tail  
they propel her,  
the one that turns over us, forward in the eternal cosmic  
hunt.

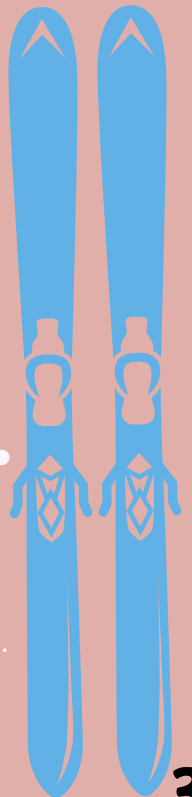
As she travels through the sky the one that turns over us first runs  
along the horizon then stands up on hind legs to leap into the dark  
blue and cross the sky once more.

We watch as she makes her great journey through the long night –  
keep an eye for the North Star

and remind ourselves that, like those who came before  
the Bear teaches us that the earth will keep turning  
and night  
will turn to day.

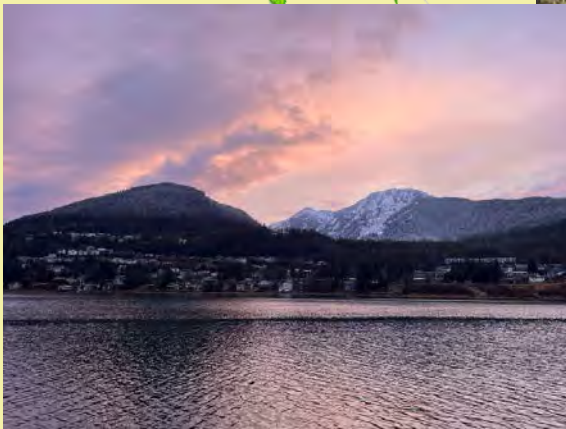
And so,  
at lunch we –  
seven stars  
take out our skis and run with the Bear along the horizon  
standing up, we go back to work as the one that turns over us  
leaves the sky edge  
and begins her long journey  
across the heavens  
and after  
we go home and laugh and talk and learn to knit and cook and to  
build fires and string dried orange slices along our windows.

Creating the light that winter in the interior lacks –  
seven parts, transformed.





# JUNEAU





## Abby

Abby Barton is from Chicago, IL. While earning her undergraduate degree in Public Policy and American Studies at Brown University, Abby worked to provide for the immediate needs of the unhoused community in Rhode Island while fighting to dismantle the structural causes of housing insecurity. Serving as Co-Director of a student-run housing justice organization, she helped lead the largest street outreach program in the state as well as spearhead a state-wide effort to inform tenants of their rights under the CDC eviction moratorium. Additionally, Abby is a nationally certified EMT who provided prehospital care, managed mass casualty events, and drove the ambulance for Brown EMS. After graduating, Abby studied housing and human rights at the University of Galway on a full scholarship from the U.S.-Ireland Alliance. Abby's dedication to creating a more just future is guided by reciprocity. She's always looking for new and creative ways to show up for her community and looks forward to learning from and working with the Alaska Municipal League.

## Rachel

Rachel is a photographer, writer, and filmmaker with a degree in Environmental Science and Public Policy from Harvard.

After graduating in 2022, Rachel went to Tanzania and produced a documentary titled "Hidden in Plain Sight" about the modern-colonial framework that shapes Tanzania's safari industry. This is her second documentary, her first titled "Starving in Paradise" is about how Indigenous farming techniques can decrease food sovereignty and address colonial legacies throughout Hawaii.

An avid writer, Rachel has been featured in various publications and focuses many of her journalistic endeavors on topics relating to environmental justice, eco-tourism, and spirituality.



## Alex

Alex Pear graduated from Williams College in 2022 and is passionate about community building and adventure seeking. She also holds a strong preference for windy roads with surprising detours over straight and narrow ones. She's a proud Philadelphian although is woefully uninformed about Philly sports, and holds a lasting affinity towards Quaker meetinghouses and the city's cobblestone roads. She loves backpacking and walking somewhat aimlessly through the woods, and is infinitely amazed by the stars and moon glittering through the sky. She is grateful for the opportunity to live in Juneau and work with the Southeast Conference, and is stoked to soak up the region's bountiful natural splendors.







## Kerrigan

Kerrigan Ponsart will be the Community Coordinator for Big Brothers Big Sisters in Juneau! Originally from Cleveland, she is excited to call Juneau home! She graduated from Baldwin Wallace University in May 2023 with a degree in Political Science and International Studies. During university, she interned with several non-profits, including the May Dugan Center, Magis Americas, and the Cleveland Council on World Affairs. She is an avid traveler; she backpacked through Europe during her semester abroad in Seville, Spain, visiting 23 countries in six months, and just finished a three-week road trip through British Columbia and Alberta! In her free time, she enjoys reading (a hobby that takes up an inordinate amount of her time), playing tennis (which she has played since she was five), spending time with her dog (the cutest black lab), and drinking (way too much) coffee!

## Eshita

Eshita Rahman (who also goes by Esh) is from Connecticut. They graduated from Boston University with a B.A. in Political Science and a minor in Deaf Studies, and have completed internships in journalism, Congressional offices, and nonprofits. Esh is excited to be a fellow for the Alaska Council of School Administrators (ACSA) in Juneau. With experience working with disabled youth and in special education spaces, and an interest in education policy and making schools a safe, supportive, and inclusive space for all students, they are excited to bring that passion to ACSA and learn from the community around them. In their free time, Esh likes to read, scrapbook, travel, write, take photos, act, or try something new! Though they've traveled outside of the Northeast, their travels in the U.S. have never gone beyond the East Coast -- so this will be their first time in Alaska! They look forward to the adventure ahead.



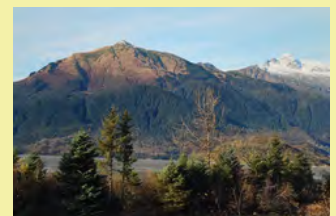
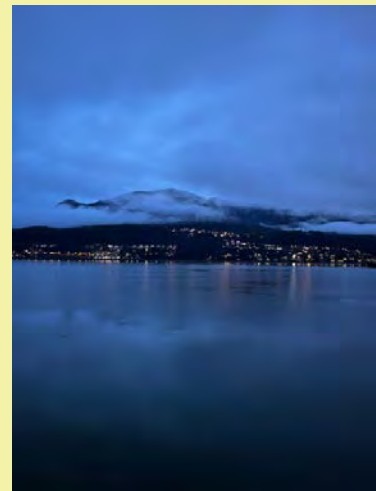
## Luka

Luka Silva (he/him/his) will be working as an Education Fellow at Sealaska Heritage Institute in Juneau this year. He is Brazilian and moved around a lot growing up, and is a recent graduate from Yale University, where he studied Global Affairs and Comparative Literature. Luka is interested in community-level restorative justice and healing, and how these mechanisms can intersect with climate justice. He loves non-dairy yogurt, over-caffeinating, and live music, and he is so excited about all the people he will meet and things he will learn as an Alaska Fellow this year.





# What have the Juneau Fellows been up to?





# A Hungarian Paprikash Recipe

by Kerrigan Ponsart



The largest population of Hungarians outside of Hungary is in Cleveland, Ohio. This is a cultural epicenter that I was unknowingly a part of, but it was a common identity growing up in Cleveland, and the traditions and culture of Hungary bled into almost every aspect of my life. I worked with an intern at the Cleveland Council on World Affairs who spoke fluent Hungarian, led the Hungarian Model NATO team at the International Model NATO conference in D.C., and knew many people of Hungarian descent throughout my life. This was just the backdrop of my childhood in Cleveland, and I honestly never gave it much thought.

Flash to: we are all given a random fun fact question to introduce ourselves at the Fairbanks Alaska Fellows Program opening retreat in September. Mine was, “What is the strangest food you have ever eaten?” Although I am a city girl through and through, you’re never far from the country in Ohio, and every year, my cousin held a “game dinner.” This dinner did not, in fact, boast board games and charades but rather the game that hunters had killed that year, which was then prepared into a variety of meals and snacks. Everything from turtle soup to bacon-wrapped goose was on the menu. However, my strangest dish was pheasant paprikash—a mix of the Hungarian and hunting cultures of my home.

As I was giggling to myself over the absurdity of such a dish, I looked up to realize nobody was laughing. Instead, I was met with complete and utter silence. A comic’s worst nightmare. I looked around to see confused expressions and honestly started brainstorming how to explain what a pheasant was, for that was the more likely unknown part of the meal to me. It’s a bird, I thought... only to be told that paprikash was the issue. I had no idea how to explain the meal. It’s a sort of dumpling with a lot of paprika and cream.

At that moment, I looked to Abby Barton, my fellow Midwestern Juneau fellow, and just thought... we’re not in Kansas anymore.

If anything, moving away from Cleveland gave color to my childhood and made me realize what was unique to my experience; the lived experience that I brought to this place is full of culture and history, and I was excited to not only share a small part of my story but learn more about those I am now a part of in Juneau.

For everyone that does not know or would like to try: [A Hungarian Paprikash Recipe](#)

## **Ingredients (Adjusted for a Fellow Budget and Alaskan Accessible Items):**

- 1 ½ Cup of flour**
- 1 medium onion**
- Olive Oil (truly cannot measure how much I added)**
- 3 tablespoons paprika (the main ingredient of this dish is Hungarian paprika, which is -- different, but we must make do)**
- 1 teaspoon salt**
- 1/2 teaspoon freshly ground black pepper**
- 3 chicken breasts (frozen from Costco is more than sufficient)**
- 1 1/2 cups chicken broth**
- 1 cup sour cream**



## **Instructions:**

- 1. Dice the onion and cut the chicken into strips (use the one sharp knife in Apt B to do so)**
- 2. In a large skillet (or skillet which is (1) clean and (2) large enough), sauté the onion in the butter (or oil when you have to make a last-minute hopefully successful exchange) over medium heat until translucent.**
- 3. Coat the chicken pieces in flour mixture (measure with your heart for paprika, salt, pepper, and garlic). Then, toss the chicken into the skillet (cursing that this meal is extremely difficult to make dairy and gluten-free). Stir so as not to burn anything, and set off the fire alarm (again).**
  - a. At the same time, start an alternative for Luka and Abby (the aforementioned gluten and dairy-free meal recipients)**
- 4. Cook your dumplings: combine 1 cup flour, 2 eggs, ¼ cup water, and a pinch of salt. Mix into a batter and spoon into boiling water. Pull out once they start to float.**
- 5. Add the chicken broth to the pan (mixing it with the leftover vegetable broth you have). Cover and simmer on low for 25 minutes.**
- 6. Add one tablespoon of flour and the sour cream to make the sauce thick and creamy (this one pan truly is the savior of this dish; treat it well).**
- 7. After the sauce looks saucy (a true measure of when it's ready), add the chicken back in to coat it.**
- 8. And more seasoning as needed and serve over the noodles.**
  - a. Watch in satisfaction as your roommates enjoy the meal, knowing that you made their lives better by introducing them to Paprikash!**
- 9. Spread the word about this amazing dish so that a poor girl is never so stunned by the lack of paprikash promulgation again.**



Reginald

Luka Silva

In the garbage, a bear.

You have never felt hunger like this. Like thorns in the deep of his stomach, like weeds pulled tight around his ribs. He searches, tongue curving through a cold jar of alfredo sauce, wishing meat or berry or blood into the space between his lips and the gnarled gums underneath. All he can find are chicken bones to suckle the juice from like a dog.

The rustling and the growls. You too have heard this. A flash in the distance, skinny bodies on their hind legs with their knives and their neon cans, cans full of a biting rain that stings in his eyes like smoke. They carry one of those branches, one of the heavy ones with lightning stuck in its cambium, ready to spring out into the black fur of his body like the world's sharpest avalanche.

He remains, his paws hugging onto cardboard like it's bark. Around him, stone and wood have been bent into boxes the size of hills; caves with sharp edges and tight entrances, strange lights flickering from within. It is an aurora that does not dance for him. His bones know only an older name for this place.

This mountain is his kingdom. Its trees, its cliffs, its streams. You too have heard this. He heard this once too. Jaws tangled in plastic, the bear pierces through Keurig cups and milk cartons, the round stubs of his ears poking up towards the sky. He has always been waiting to hear it again.

In the life after this one  
When the warm wax dribbles pools beneath the space  
Where our childish cheeks used to nestle against one another  
And our bodies are nothing more than fumes of methane and happy worms licking  
Our faces, the wounds we tried to kiss away but couldn't heal  
And lichen are slowly sprouting on the rocks nearby  
I want to be reincarnated as a black lab in Lingít Aani

Running fast and wild through the murky swampy muskegs ferociously shaking my fur until drops of water drench the grass beneath me and any human foolish enough to approach. Off leash, I prance around the long, wet fields, panting, rolling my belly in the mud. I can hear the mountains sighing in the distance as an eagle circles above my head, taunting me- I chase it through the damp, dewy weeds before it disappears atop the brambly branches of the Black Cottonwood. I whimper, crestfallen, limited, before giddily spotting two ravens soaring across the sky, I carefully follow their flight to see if they'll swoop down to join me in the valley, sprinting through the ambient abyss following their shrill croaks as they soar into distance.

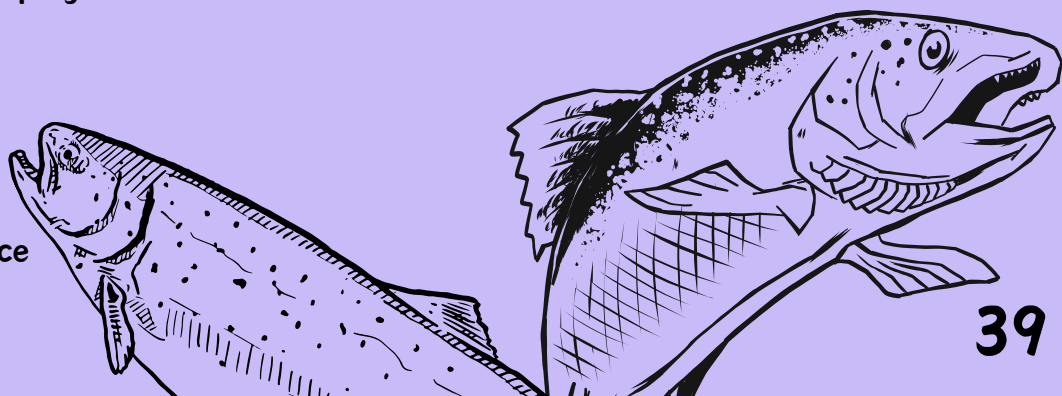
You used to be able to tell a person was alive because they could mold mud out of clay with their bare feet. Sinking beneath the muskegs until their whole body was enveloped in the sappy unrooted weeds- their gills grew just in time, little brown bubbles beneath the surface, moist ground below their fins.

How I long to swim in mud  
Let my slippery soft skin encase itself with dirt  
Clinging to my hips, wrapping itself up my spine  
Grabbing my neck  
Forcibly whispering  
Listen

The sudden splash of a salmon jumping out of the water while the waves violently thrash into the rocks pinned against the beach made of mining dust. Freshly minted sediment for feet to dip under. Salmon are the wise men rabbis told me to worship- returning to the same riverbed they were born in defending their newborns- 'tis a gift to be simple- sacrifice born of love, of duty.

Maybe we can roam the muskegs together, licking each other clean until my last drip of drool is hugging your lips like a salmon gasping for  
One  
More  
Breath

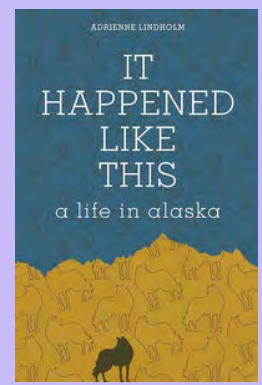
Listen  
The ocean is spitting at the surface  
Little brown bubbles of drool





# The Juneau Book Corner

Alex Pear



In Juneau, one of the first things we did when we arrived was go to the library, conveniently located across the street from our apartment. The section nestled in the back left corner is called "Alaska" where folklore and tales about this mystical place abound. We all picked a book that spoke to our own journeys and dreams in some way, whether it was about learning the basics of sailing to one day imagine the epic journey of the Inner Passage, a family who drove up from the Northeast in a school bus and built their own cabin while learning basic survival skills on the fly, or the history of the Tongass and the complex battles fought over land management.

One book that particularly piqued Kerrigan and my interest was *It Happened Like This: A Life in Alaska* by Adrienne Lindholme. In the book, Lindholme recounts her personal journey from suburban Philadelphia to increasingly western and mountainous landscapes until she finally finds herself as a ranger in Denali. She's gripped by the bounty of the land and surprises herself by how deeply this connection to place changes her trajectory and worldview. Despite a nomadic journey north, she decides to put down roots and build a life in Anchorage, where she learns how to keep an open mind, to find her flow while navigating life's impasses, and how to maintain grace amidst an ever changing landscape, both physically and emotionally. Lindholme's journey resonated with us, so we reached out to her and asked her what advice she would give to her younger self:

You asked about advice I would give my 23-year-old self. That's interesting. I'm not sure I have much wisdom to impart. The main thing I would say to myself is this: This time in your life is absolutely precious. The freedom you have, your wild and open heart, the way you are willing to learn new things and pursue work you care about, the friends you are discovering. I know there is worry and pain in those moments too, but someday you may look back and think about those years as the best in your life. If knowing that gives you a reason to pause and take it in, or feel grateful for a moment that is going well, or to imprint one of your ordinary moments in your memory, do so.

Thank you, Adrienne, and to the Juneau Public Library for such a rich array of Alaska books to choose from.

# Crossword Answers

## Sitka Crossword

### Across

- 2. Sitka
- 5. Swimming
- 8. Spruce
- 9. Conservation
- 10. Otter
- 12. Verstovia
- 14. Boss Baby

### Down

- 1. Proposal
- 3. KCAW
- 4. Twilight
- 6. Gecko
- 7. Pelmeni
- 11. Edgcumbe
- 13. Moose



## Part 2



## Fairbanks

## Crossword

Answers accessible via [this link](#)





**Thank you for reading our  
AFP Winter 2023 Newsletter.  
We hope you enjoyed! Keep  
following along by reading our  
next newsletter this spring!**

