emotionally, and I wanted to be with life, physically, mentally, those adventures because I've gotten to the other side of the adventure of grit comes in. You need to get to the other side of the adventure. You need strength, determination, courage, that heart to make it through. And you've always sought out those adventures because I needed that grit in order to help me ensure I'm always fully engaged with life, physically, mentally, emotionally, and I wanted to be alive in the fullest sense of the word.

The adventures in the wilderness settings of Alaska—the beauty is just intense. The mountains and alpine environments are intense and awe-inspiring. It's just such a real and amazing place to be. Those adventures allow you to generate grit, which will lead to this successful beauty, both in the moment when you're out there and then which carries over to your life at large. But they are not easy. If you're doing it right, they're never easy, but they should always be extraordinarily rewarding and lead you to extreme fulfillment.

Q: I wanted to talk to you a little bit about some of the loss in your book. When we experience these incredible losses, can you tell us a little bit about how you envision that our lives will look different on the other side. How has your life changed since the loss of your daughter, Madi, and your husband, Dave?

A: "I can say without any hesitation that I am not the same person. I was never. I am intrinsically changed from that day on. There is no way—there is no going back. People say there is nothing like the loss of losing a child. Every loss is very hard and difficult. But I think it's the way we are wired. You can be healthy and you can do all of the work but it does absolutely change your personality. That being said, there are some ways that I've worked hard to strengthen myself in areas that were weak before. I've worked hard to build myself to be a much better person than I think I could have been otherwise. I could have been complacent. I could have been a complacent person and I think those losses forced me to do the thing that I've worked on where it's led me to today.

There are reasons why I can't sit down in a quiet space and have to keep moving. I don't want to lose life. I don't want to let life go by. I've learned that you just never know what's going to happen in life, so you've got to take advantage of the time you have with people around you and the life that you have."

Q: When you're going through your life and the adventures that you set out before you, what do you come to realize about yourself?

A: "Well, one of the things that grounds me the most is my daughter Amelia. She helps me tremendously to focus on what's important. It would be easy to get very overly excited and want all the wonderful things that can be found in the world, but Amelia is always there to remind me that she is the most important thing. She's the one that I can always be there to focus on. I can always come home to.

The second thing is my writing. I write a lot, even now. I spend a couple hours a day writing different things. Being able to come back and write is really great. It's very exciting and pondering different things. That's a wonderful way to help (me think about) what was I just doing outside or working on and helping me put that down into the context of the universe.

The other thing is just being outdoors in nature. It's healing in itself. There's so many ways in which just being outside is so healing and rejuvenating. It's a miracle drug. It's scientifically proven that spending time in nature improves your health. It's the process of being outside in nature and (most) people notice an improvement in mood. Just being outside is an amazing thing.

So, there's a lot of things just in day to day life that continually allow myself to always just feel grounded and connected, regardless of what comes up."

Q: For someone who may be going through a hard time themselves and is reading your book, what would you like to say to them or what would you like them to keep in mind?

A: "Search out their own answers. Somebody reading my book would see that I took a certain path, but they should seek out their own path. And you have to seek one out. Your life really does depend on it. On a deep level, your soul knows what's true for you. Contentment is hard to find. You have to be authentic and find it. That's one message that I would like to pass on. They have to seek out their own answers."

Q: I know you get interviewed a lot and have had a lot of stories written about you. What was it like to write your own story this time and tell it in your own words?

A: "Moving forward from here, one thing I'm working on is I'm going to start offering these "Finding Wilderness, Finding Wellness" workshops. I want to start connecting people with nature through adventure for increased wellness. I don't think people are getting outside enough. Through all the research I've been doing, it's so critical that people get outside. For physical health, for mental health, for creativity, for memory, for everything 120 minutes per week is what people need to spend outside. It's something that I'm working on and I'm very passionate about that."

You can find out more about Katherine Keith's book, "Epic Solitude: A Story of Survival and a Quest for Meaning in the Far North," on her website, katherinekeith.com. That's also where you can find out more about her new wilderness and wilderness workshops.

Shady Grove Oliver can be reached at sgroveol@gmail.com.
January 23, 2020

IN THE SUPERIOR COURT FOR THE STATE OF ALASKA AT UTTIAGVIK

IN the matter of the Estate of
Douglas Max Edwardson (Decedent)

Date of Birth: 02/16/1945

CASE NUMBER 2BA-19-00044PR

NOTICE TO CREDITORS

You are notified that the court-appointed
Donn M. Knodel as personal representative of this estate. All persons
having claims against the person who died are required to present their
claims within four months after the date of the first
publication of this notice of the
claims will be forever barred.

DATED this 7th day of January 2020

To: Donn M. Knodel
PO Box 571
Anchorage, AK 99506

IN THE SUPERIOR COURT FOR THE STATE OF ALASKA AT UTTIAGVIK

IN the matter of the Estate of
Alice Mae Ipalkok (Decedent)

Date of Birth: 01/08/1933

CASE NUMBER 2BA-19-00003PR

NOTICE TO CREDITORS

You are notified that the court-appointed
Alberta Ipalkok and Edna Syfko as personal representatives of this estate. All persons having claims against the person who died are required to present their claims within four months after the
date of the first publication of this notice of the
claims will be forever barred.

DATED this 23rd day of January 2020

To: Edna Syfko
PO Box 665
Utqiagvik, AK 99723

January 23, 2020

Directory, gordon.brower@north-slope.org,
der, Land Management Administrator and
issues for Latitude 71 LLC Bed & Break-
Community Services Department invites
The North Slope Borough Planning and
Assembly Chambers at 1274 Agvik Street
in Utqiagvik, Alaska
The Regular Utqiagvik Zoning Com-
in Utqiagvik, Alaska
Assembly Chambers in Kotzebue, Alaska:

The North Slope Borough Planning and

The North Slope Borough is seeking proposals for design services for the Alak School in Wainwright, Alaska.
The work includes providing design, bidding, and construction administration services. The project is known as
Alak School Renovation & Upgrades - Design, CIP # 06-203.
Deadline for proposal submittal is on or before February 13, 2020 at 3:30 p.m. Proposals will be opened and
publicly read aloud at 4:00 p.m. at the upstairs CIPM conference room at 1689 Okpik Street, Utqiagvik, AK. The
project title/CIP number, your vendor/firm's name, the words "Proposal Enclosed", bid date and name of Project
Administrator must appear on the outside envelope of all proposals.

Proposers are responsible for the timely delivery of proposals to Sophia Amling, Contract Administrator at the
physical addresses. If using USPS, items may be sent to our mailing address: PO Box 1050, Utqiagvik, Alaska
Please be advised that the United States Post Office Administrator or designee.

Proposers are responsible for advising their courier companies of the instruction above to avoid misplacement of their proposal submission. Delays due to weather, airline schedules or other unknown variables will not be considered an exception to the deadline requirements.
Proposals are received when date stamped and time marked on your submission by the Contract Administrator or designee. Please be advised that the United States Post Office does not make deliveries to physical addresses. If using USPS, items may be sent to our mailing address: PO Box 1050, Utqiagvik, Alaska 99723, addressed to the North Slope Borough Dept. of CIPM attention to the Contract Administrator, with the sealed proposal envelope inside of the mailing envelope. However, you are still responsible for ensuring your proposal is timely received at the physical address. Proposals received after the time announced for the bid closing, unless otherwise specified, will not be considered.

Interested parties can view and download the Request for Proposal for this project at no cost from the North Slope Procurement Website at http://www.north-slope-procurement.com.

Questions are to be emailed to the CIP Project Administrator Sean Gueco at sean.gueco@north-slope.org. The final day for submittal of questions is February 4, 2020 at 12:00 p.m. local time.
The Borough reserves the right to reject any or all proposals and to waive irregularities or irregularities in any of the proposals. Bids may be awarded in accordance with the Borough’s preference policy, a copy of which is available upon request. Each proposal shall be submitted only on the prescribed proposal forms included with the contract documents.

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My friend is getting rich by taking pictures of salmon dressed in human clothes. It’s like shooting fish in apparel.

Did you know? Alaska has about 6,640 miles of general coastline, which is more than the other 49 states combined. Including islands, Alaska has 33,904 miles of tidal shoreline.

TUNDRA by Chad Carpenter

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| DECAGON | TAI | QATARI |
| SIMO | DIL | CAPRI |
| PARES | ELUL | EDDY |
| SCOTT | BILL | ALOE |
| ISNT | TAI | DERN |

My friend is getting rich by taking pictures of salmon dressed in human clothes. It’s like shooting fish in apparel.

Do you have a fun fact? Email them to jhansen@reportalaska.com

Alaska has about 6,640 miles of general coastline, which is more than the other 49 states combined. Including islands, Alaska has 33,904 miles of tidal shoreline.

Do you have a joke? Email them to jhansen@reportalaska.com

That’s A Good One!
Alaska lawmakers consider changes to PFD

**Legislative agreement remains distant**

**BY JAMES BROOKS**

Anchorage Daily News

JUNEAU — An eight-member legislative panel has failed to reach agreement on possible changes to the Alaska Permanent Fund dividend, leaving legislators with no final decision on a formula that is expected to consume their attention this year.

The legislative session begins Tuesday, and lawmakers are again expected to struggle to balance the state budget, which contains a $1.5 billion deficit if legislators and Gov. Mike Dunleavy don’t raise taxes, cut state services or cut the Permanent Fund dividend.

The “Bicameral Permanent Fund Working Group” was created in 2019 to provide policy recommendations to the wider Legislature, and its members were appointed to a “microcosm” of the Alaska Legislature’s 60 members, said its chairs, Rep. Jennifer Johnston, R-Anchorage, and Sen. Click Bishop, R-Fairbanks.

In seven months of meetings, the working group agreed on only one recommendation, which was finalized Monday: The Legislature should not violate a Permanent Fund spending cap approved in 2018. If followed, that could deny any supplemental Permanent Fund dividend payments, such as those proposed by the governor last year. Sen. Shelley Hughes, R-Eagle River, and a member of the working group, said she doesn’t believe the recommendation completely excludes the possibility.

There was no agreement on whether the traditional Permanent Fund dividend formula should change, and if so, how. In failing to reach consensus, the working group’s actions, as well as its membership, are a microcosm of the Legislature.

“Unfortunately, I would agree with that,” said Rep. Kelly Merrick, R-Eagle River, one of the working group’s members, when asked whether its failure to reach agreement is emblematic of the Legislature as a whole.

Rep. Jonathan Kreiss-Tomkins, D-Sitka, said he felt the workgroup limited itself and that its work isn’t a failure.

“It was my perspective that our scope of work was somewhat restrained, so it never felt that we never threw ourselves headlong into looking at new dividend formulas,” he said.

Two years ago, lawmakers capped the amount of money that may be transferred each year from the Permanent Fund to the treasury but didn’t say how much of that transfer should be reserved for dividends and how much should be used to pay for state services.

The capped transfer is not large enough to pay for both government services and a Permanent Fund dividend under the traditional formula used since 1982. But legislators do not agree on a solution. Some prefer to cut services in order to sustain the traditional formula, which they see as different from other expenses. Some contend that taxes must be raised. Others prefer to simply cut the dividend to preserve services while balancing the books.

Arguments over the appropriate size of the dividend have taken place each year since 2016, when then-Gov. Bill Walker vetoed half of it. Hughes said she expects similar arguments this year, but with a different flavor.

“Last year, it was pretty much over budget amount and PFDs. This year, you’re going to hear a lot more about revenues,” Hughes said, adding that debates over a higher gas tax and a school tax are possible.

Further complicating matters is the fact that the 2018 cap can be bypassed if a majority of the House, Senate and the governor agree. That means there will always be pressure to increase the dividend at the expense of the Permanent Fund’s long-term earnings.

“So long as the dividend formula is unresolved, there is going to be political risk to the Permanent Fund,” Kreiss-Tomkins said.

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**VIGILS**

From Page 1

amazing people person. People were attracted to her because of her smile and her laughter. She always took a moment to see how you were doing and checked in with her friends and family. She just glowed in so many ways.

She was a really amazing person,” said Adrienne Blatchford, who said Huntington’s family wanted to do something to raise awareness and for accountability and for solidarity is super important.”

Following her death, Huntington’s family wanted to do something to raise awareness about domestic violence and also remember their loved one.

With the help of organizers like Blatchford and Apok, among others, they held candlelight vigils around the state in communities like Anchorage, Fairbanks, Selawik, Ambler and Noorvik.

Huntington’s family comes from the Northwest Arctic, which is where several villages held deeply personal vigils to remember their close friend and cousin.

The intent was to highlight domestic violence and encourage people to speak out in times of need. That might be if they hear their neighbors fighting or if someone in a family knows about something going on.

To show that this movement for change is indigenous-led and what it takes is for community care and for accountability and for a full circle of healing, to help reduce recidivism and to hold our abusers and people that commit
VIGILS
From Page 11

violent crimes accountable in that
healing circle, as well,” said
Blatchford. “And to bring aware-
ness to domestic violence and
abuse by normalizing this lan-
geuage and holding healing ses-
sions and healing circles and cre-
ating safe houses in our
community — not waiting for
funding — but doing it as a com-

munity care.”

The narrative around missing and murdered indigenous women has a complicated history. Media
outlets have contributed to danger-
ous and destructive portrayals of
victims and perpetrators and law
enforcement has often been called
out for not paying enough atten-
tion to these types of incidents.

Now, organizers hope vigils like
these will help reshape the narra-
tive into one that can help the issue
move forward. First, they ask that
people stop using the word ‘epi-
demic’ to describe it; it’s not a com-
municable disease spread among a
community. Organizers also want it
to be known that this is an indige-
nous-led response and that it’s tak-
ing a healing-centered approach.

“In order to move this issue for-
ward, to create action, to create
change, and to demand justice in the
way we are, we have to do the
healing part of the work, too,” said
Apok. “The vigil is very much an
example of that healing-centered
way that we take the time to recog-
nize and to honor and to come
together and to create spaces of
healing for our people at the same
time as demanding systemic
change.”

A candlelight vigil is a visible,
community-based way to high-
light someone’s story, she said. It’s
a way of being present and it can’t
be ignored.

“My cousin was Samantha
Koenig, the barista that had been
kidnapped and murdered. So, this
issue is really near and dear to
me,” she said. “I’ve been a long-
time advocate for women. I’ve
worked in domestic violence and
sexual assault for a long, long
time.”

So, while this is a widespread
issue, it’s one that is built upon
countless individual stories of
women with families and friends
and lives of their own. It’s impor-
tant to remember that and hold
space for healing from their loss,
along with change.

And so, last week, while dozens
of people who do this work
have been personally affected by
it, Apok said.

“My cousin was Samantha
Koenig, the barista that had been
kidnapped and murdered. So, this
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time advocate for women. I’ve
worked in domestic violence and
sexual assault for a long, long
time.”

As she was, as a mother and
friend and someone who didn’t
give up hope for a better future.

“This is not the end of Kristen’s
story, Blatchford said.

“When I continue fighting, I’ll
always talk about Kristen, how
our communities come together,
the strength that we see, the need
that we feel for change to come.
She’s got children. She has a legacy
she left,” she said. “I think a lot of
this is just moving forward and
"When I continue fighting, I’ll always talk about Kristen, how our communities come together, the strength that we see, the need that we feel for change to come. She’s got children. She has a legacy she left,” she said. “I think a lot of this is just moving forward and grief. They feel joy
from knowing that people fought
for change and that safe place. We
used to uplift our women in so
many different ways and this
oppression that we have — even
lateral oppression that we see
amongst our own people — is a
fight. Changing the language, the
actions we take in our communi-
nities, that’s a part of her story. She
would want it. She would want
to keep fighting.”

Shady Grove Oliver can be reached
at sgoarctic@gmail.com.