

SOUTHSIDE

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Meet Erin & Sean

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A Taste of
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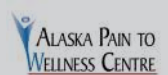
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SOUTHSIDE *Neighbors*

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Dear Residents,

Our days are getting shorter, but if you're like me then that's no big deal. I love dressing in layers and the warm glow of bonfires, candles and twinkling lights. If that's not your cup of tea, hopefully, you've got your warm vacation planned already. With all the rain we had during "summer," I suspect we will have a snowy winter.



Illustration by Amelia Wiandt

This month's *Southside Neighbors* features local high school sweethearts **Erin and Sean**. After 25 years together, they've built a legacy of volunteerism in our community. May their kind-hearted example be an inspiration to us all. I hope you enjoy reading about them as much as I have!

Discovered a recent draft coming from a window? Have the heat turned on more often than you'd like? Scott Oldani of **Window Medics** has some great solutions for us in his article *Preparing for Winter in Alaska*. Be sure you check it out.

It may be the month for turkey, but sometimes we need a momentary change of pace. If you've got some salmon still in the freezer, then you won't want to miss *A Taste of China* this month. My mouth is watering just thinking about the sweet and spicy salmon and fried rice! If you appreciate these recipes, be sure to let our friends at **Value Liquor** know.

For our expectant mothers out there, we have an excellent article just for you. Our 'Ask a Doc' feature covers the benefits you can receive from physical therapy during pregnancy.

Last, but definitely not least, our **Kid of the Month** is future Olympian **Olivia Soderstrom**.

As always, it is a pleasure to bring you this publication each month. I look forward to hearing from you with your ideas, suggestions and stories that you'd like to share in future issues.



All the best,
Nicholas Wiandt
Publisher

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National Adoption Month

By Victoria Ross, LCSW | Photo courtesy of Alaska Adoption Services



Did you know that November is National Adoption Month? This is a month set aside each year to recognize, celebrate and support families who have chosen to provide a safe and supportive home for children in need. Additionally, it promotes awareness of the thousands of children in the U.S. who are still waiting for permanency. Adoptive families are unique and special and look different than the traditionally grown family. They are built through love rather than blood ties.

While adoption can be a happy experience, we need to acknowledge that adoption can also be built under difficult situations including loss, hardship and trauma. Adoption may be a one-time event but the grief and circumstances surrounding the adoption can last a lifetime, so it is important for adoptive families and adoptees to have good support systems.

There are many paths to building a family through adoption, whether through international adoption, domestic, private, kinship or foster care, and we want to honor these families who have chosen this journey. No matter the route, adoption is an emotionally filled and challenging journey. As a community, we must come together to support adoptive families. Do you know a family in your social circle that has chosen to grow their family through adoption?

Ways you can celebrate National



Adoption Month:

- Support adoptive families you know by bringing them a meal or offering to babysit.
 - Talk to your family about what adoption means.
 - Watch movies about adoption.
- A couple of our favorites are *Instant Family* and *Meet the Robinsons*.
- Read books about adoption

or stories of youth who were adopted.

- Volunteer at or give support to a local adoption organization.
- Consider if your family would consider growing through adoption. ■

Alaska Adoption Services (AAS), a 501(c)(3) nonprofit organization in

Anchorage, exists to help families grow through domestic infant adoption. Since opening its doors in 2019, AAS has had the honor of helping 31 families grow through infant adoption. If you are interested in learning more about the services AAS provides, visit our website at www.alaskaadoptionsservices.org. We believe every Alaskan baby deserves a forever family.



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KID OF THE MONTH

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OLIVIA SODERSTROM AGE: 15

By Amy Newman
Photo courtesy of Donald Wade

Olivia Soderstrom is a sophomore at Service High School and already a standout skier. We asked the 15-year-old about her love for the sport and her plans for the future.

When did you start skiing?
I have been skiing ever since I could walk.

Who taught you how to ski?
My mom skied and she's the one who taught me.

What type of skiing do you do?
I do cross-country skiing.

When did you begin skiing competitively?
I skied my first race when I was 4 years old but actually started to be serious when I was 8.

What do you like about skiing competitively?
I like skiing competitively because I enjoy the training and it's fun to go fast.

What ski clubs/teams have you been a part of?
The first club I skied with was Fairbanks Cross Country. Since I moved to Anchorage, I now ski with Alaska Winter Stars. I'm also a member of the Service High School Cross-Country Ski Team.

What awards/competitions/honors have you won?
Some of my best competitions were last year. I was the Alaska State Skimeister as a freshman, which has only happened one other time. [The Alaska School Activities Association awards the Skimeister to the male and female skiers with the fastest combined times during the first two days of competition at its annual state ski championship.] Last season I was also the U16 Sprint National Champion at Junior Nationals.

What is your favorite thing about skiing?
My favorite thing about skiing is going for long-crust skis in the springtime.

What are your future plans when it comes to skiing and school?
My future plans are to eventually ski professionally and go to the Olympics. I am not sure what my future plans for school are yet. ■

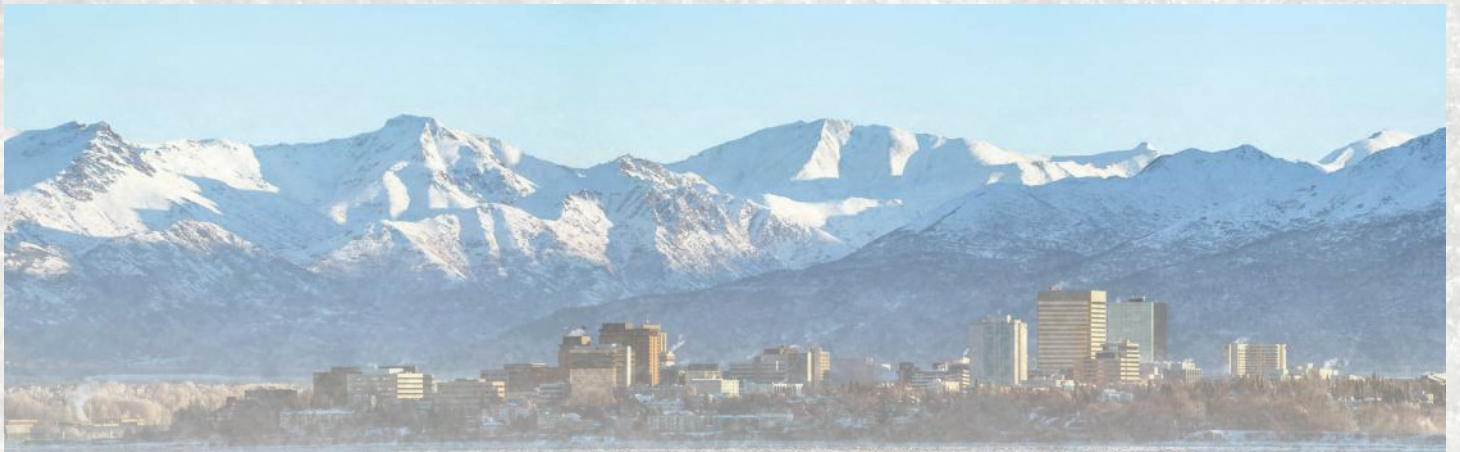
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Preparing for Winter in Alaska

Content and Photos Provided By Scott Oldani & Matt Pennington | The Window Experts



Winters in Alaska are beautiful but unforgiving, old and drafty windows just won't do. Window replacement is an option, but window inserts made by Indow are a non-permanent solution at a more affordable price.

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| 10111 ESHAMY BAY DRIVE | \$569,000 | 3 | 3 | 2,022 | 0 |
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| 3723 W 100TH AVENUE | \$1,275,000 | 4 | 4 | 3,863 | 81 |
| 4561 MONTROSE CIRCLE | \$485,950 | 3 | 2 | 2,634 | 2 |
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MEG SMITH: A Lifetime of Creating

By Amy Newman

Photos courtesy of Meg Smith

MEG SMITH'S paintings recreate the feeling of being in a certain place at a certain time, whether that's being surrounded by deep snow in the mountains or the flowing waters of a river.

But her style defies classification.

"Sometimes realism, contemporary, abstract...it's not one particular style," she says. "It's whatever I'm feeling. I like to challenge myself by trying new things."

Meg has tried a lot of things throughout her lifetime of creating. As a child, she loved collecting and painting seashells. A Bachelor of Fine Arts turned into a career as a commercial graphic designer, artist and painter. Her depictions of Alaska's wild places have served as logos for Girdwood Brewing and the Hoarding Marmot, even a credit card for the former AlaksaUSA Federal Credit Union.

Being an artist, Meg says, is as much what she does as who she is.

"Creating art is something that flows through me," she says. "It's soul-fulfilling. Time slows down and I am fully in the moment. It is almost a meditative state of mind. ■"

To view more of Meg's work visit megsmithdesign.com or follow her on Facebook @megsmithdesign or Instagram @megsmith.art.design.

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Benefits of Physical Therapy for a Healthier Pregnancy

By Dr. Alona Stein, PT, DPT, PRPC, COMT

Pregnancy brings significant changes to the body that can cause pain or discomfort. Luckily, there are safe and effective exercises to alleviate that discomfort, including physical therapy. Here's how physical therapy can promote a healthier and more comfortable pregnancy and improve your overall well-being.

Reduce Back Pain

Back pain is probably one of the most common pregnancy complaints and is often caused by the weight gain of carrying a growing baby. Pelvic floor exercises, Kegel exercises and glute bridges can strengthen the back and core muscles, which will help reduce discomfort and tension. A physical



therapist can help you find exercises that fit your body and help relieve pain.

Improved Flexibility and Range of Motion

As your body changes, you may find it difficult to move the way you used to. Decreased flexibility and range of motion can unfortunately lead to injury or discomfort during daily activities. Physical therapy exercises and stretches can help maintain your flexibility and reduce the risk of injury.

Reduce Swelling by Improving Circulation

Pregnancy can bring on uncomfortable swelling and the risk of blood clots in the

feet. Physical therapy exercises can help improve circulation, which can reduce swelling in the feet and ankles and the risk of developing blood clots.

Strengthens the Pelvic Floor

The pelvic floor muscles are an important part of a healthy pregnancy and delivery. Physical therapy exercises can help strengthen these muscles, which reduces the risk of incontinence and pelvic pain and improves the pushing phase of labor.

The Role of Physical Therapy Programs During Pregnancy

Physical therapists play a critical role in promoting a healthy pregnancy. They provide assessment and evaluation to identify areas of concern and then develop an exercise plan to address them. Physical therapists can also provide instructions on proper body mechanics and the use of modalities to relieve pain and discomfort. ■

Dr. Alona Stein is a certified orthopedic manual therapist and pelvic rehabilitation practitioner with Drive Wellness in Anchorage. She holds a bachelor of science in clinical science and a master of science in physical therapy from Ithaca College. Learn more at desirewellness.com.

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Tips for Maintaining Peace this Holiday Season

By Beth Grusenski

ARE YOU LIKE ME? You think of great gift ideas year-round, and then when it is time to buy a gift, you cannot think of a thing that would be useful or meaningful. When I need ideas (for cooking, gift-giving, decorating, or party planning), it feels like my brain flies out the window. Here are some ways to prepare for the holidays early so you can truly enjoy the season without the stress that can (and often does) come with it.

- Have conversations well in advance with extended family about gift exchange. Pare down if it's an option. Decide that adults don't need to exchange or do a Secret Santa so that each person only buys for one other. Set clear expectations so there are no surprises or stressful last-minute buying.
- Keep a list of gift ideas year-round. Having an ongoing list of excellent views, topics of interest, conversation, etc., for all the people you typically buy gifts for using a note-taking app on your phone will leave you with a stockpile of good ideas for when the time is right. Add to these lists frequently and consult them around birthdays and gift-giving holidays.
- Go through the decorations as soon as cold weather arrives. Decide what to keep, what you will use, and what you might want to donate and give away. Having an idea of what you have and knowing what you want to use will save you so much time. As you add new decorations to your collection, think about paring down things you aren't crazy about anymore.
- If you can, plan, bake, and freeze ahead of time. Cookies are preserved well in the freezer and used as needed. Better yet, host a cookie exchange the month before. Everyone brings a certain number of dozen cookies, and then you swap. It's a fun and easy way to bake once and end up with an

assortment of baked goods.

- Get rid of things you don't need before the holidays. Go through a few closets and drawers and pack your car with the "donate" pile that has been staring at you for too long. Knowing that more things are likely to come into the house during these seasons, purge and clean out beforehand to avoid the claustrophobia of adding stuff on top of things.
- Meal plan once and use it again and again. Thanksgiving is the biggest holiday we host at our house. There is usually family in town for the week surrounding the holiday. One year, I made a detailed meal plan for all three meals on all the days we would have company and a grocery list to go along with it. That one serious meal-planning and grocery list-making session is the gift that keeps on giving. I saved this list in my email and referenced it every year. It has my shopping list for the Thanksgiving feast and all the other meals we may have company for. I update, add new things, and make changes, as necessary by the year, but the general idea and quantities are all there for my reference.
- If you are sending cards for the holiday, input names and addresses and make printable labels. Update the list throughout the year and print it in November. The list acts as a countdown of how many cards are still ahead to write and also saves you the time of writing out every address. The more you can do ahead of time, the more likely you will enjoy the moments and memories as they come. Give yourself the ability to change your mind. Be willing to reevaluate things that are not working. Don't get stuck doing the same old things that stress you out because you always have. Give yourself grace. ■

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HIGH SCHOOL SWEETHEARTS

Erin and Sean Have a Passion for Life...and Alaska

By Amy Newman

RENEWAL BY ANDERSON IS THE PROUD SPONSOR OF OUR RESIDENT FEATURE

Erin Barry and Sean Brean are high school sweethearts. Close enough, anyway.

“We both went to Chugiak High School and started dating when I was a senior,” Erin says. “We broke up for a little bit, then got back together a few years later. So, we sort of are high school sweethearts.”

Twenty-five years later, Erin and Sean have created a rich life in Anchorage, full of friends,

volunteering, and three sons – Brendan, 25, who is married and living in Austin, Texas; Aidan, 18, a freshman at Southern Oregon University, and; Logan, 15, a sophomore at Dimond High School.

Time With Friends and Family

Erin and Sean’s roots are firmly planted in Alaska. Born in Anchorage, Sean grew up in Tok until he was in middle school,

when his family returned to Southcentral and settled in Eagle River. Erin’s family moved to Eagle River from Colorado when she was a toddler.

After finding their way back to each other, Erin and Sean moved to Anchorage and began working at what wound up becoming long-term careers for them both. Sean has worked at Southcentral Foundation for almost 24 years; he’s currently the facilities

manager and handles outpatient care for the Alaska Native Medical Center and other health clinics across the state.

Erin was the project manager of Wells Fargo’s personal banker development program for 22 years until she took early retirement several years ago due to health issues. It’s something she tries not to dwell on.

“I just try to enjoy my life

continued on page 14

continued from page 13

without stressing about it too much," she says.

What they enjoy is spending time with each other and getting together with friends.

"Erin and I enjoy traveling when we can, though we don't do nearly as much as we used to," Sean says. "We enjoy going to concerts, we like to go fishing, we do like to use our motorhome."

Socially, Erin and Sean remain close with friends from their younger years.

"We have a really solid core group of friends that we've known for 20-plus years, so we spend a lot of time with them," Erin says.

"We love to socialize with those guys," Sean agrees. "We're all foodies, so we love to get together

and do food pairings and tastings."

Sean also makes time to get out on Anchorage's trails.

"I'm a fairly avid mountain biker," he says. "I love cross-country skiing, downhill skiing. I like to take advantage of all the bike trails and all the single-track trails in town, the Nordic trails. I have enough gear to outfit a small sporting goods store."

Giving Back and Making an Impact

Erin and Sean are big proponents of volunteerism, both to give back to the community and to set a positive example for their children.

"Part of the driver for both Erin and I with community service has just been, if for no other reason, to lead by example to our kids, to teach them the importance of community service and donation of our time," Sean says. "It's a community tie and something that binds and makes a healthy community. I feel like if we don't do those types of things, they will fade out."

Sean parlayed his interest in music - "He can pretty much play any instrument, but he plays guitar a lot," Erin brags - into an eight-year gig as a member of the Anchorage Concert Association's board of directors.

"That love that I've got for music is in part what led me to look at joining the board," he says.

Erin is passionate about youth causes and was a longtime member of Big Brothers/



"It's got a lot of biking trails, and we get lots of wildlife. We love where we're at in the neighborhood." - Erin

Big Sisters of Alaska, including a stint as vice president of the Anchorage chapter. She was also named the Alaska and National Big Sister of the Year in 2017.

When her boys were younger, she volunteered in the school-based program, meeting with her "little" for an hour at school every week; she later transitioned to the



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Dr. Steven Dobson, Dr. Gary Kjome, Dr. Nathan Frank & Dr. Stephanie Berge

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Logan, Erin and Sean

community program, spending more time with her match outside of school.

“I have a lot of love to give, and I think that kids need every opportunity they can to have a better life,” she says of her involvement. “I just think that our youth are the future of our community, so anything we can do to make them thrive, makes our community thrive.”

Settling in Southport

Erin and Sean began looking for a new home seven years ago.

With three growing boys they needed more space than their Abbott Loop home offered and focused their search primarily on the Southside.

“We were looking at Southport, we looked at Bayshore, we looked at Bridgeview, those types of communities,” Sean says. “We really like how some of the older neighborhoods were laid out. There’s a lot of green space. That’s harder to find in Anchorage unless you’re up in the hills.”

The couple was drawn to

Southport as much for the home, which backs up against the Klatt bogs, as the community.

“It’s kind of a community within a community,” Erin says. “It’s got a lot of biking trails, and we get lots of wildlife. There’s a bear roaming around right now with her cubs. We get lots of moose, we used to see the lynx a lot. So, we love where we’re at in the neighborhood.”

With their two oldest sons flown and their youngest just a few years out, the couple has started thinking about how they’ll

spend their years as empty nesters. Erin thinks they’ll eventually move down south to be closer to the children, but Sean doesn’t think they’ll ever completely cut their ties to Alaska.

“It would be hard to leave the area,” he says. “I imagine we would probably snowbird. We absolutely love Alaska in the summer. We’ve got so many ties I can’t imagine that we would not maintain some semblance of connection to the state, to the community.” ■

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1121-065MM_28864-8/15/2023



A TASTE OF CHINA

By Dr. Janelle Havelka



Sweet & Spicy Salmon

Sweet and Spicy Salmon

INGREDIENTS

- 5 6-oz salmon fillets, skin removed
- 2 ½ tbsp flour
- 1 tsp salt
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp paprika
- ½ tsp pepper
- 1 ½ tbsp vegetable oil

Sweet & Spicy Sauce

- ¾ cup Asian sweet chili sauce
- 3 tbsp low sodium soy sauce
- 2 tbsp red wine vinegar
- 1 tbsp honey
- 1 tbsp spicy Asian chili sauce
- 1 tsp sesame oil

DIRECTIONS

1. Whisk the flour and seasonings together in a large, shallow dish. Pat the salmon dry, then dredge each piece in the mixture, pressing lightly to adhere. Transfer to a plate.
2. Mix sauce ingredients in a separate bowl and set aside.
3. Heat vegetable oil in a large cast iron skillet over medium-high heat. Add the salmon and sear the first side until deeply golden, about 3 minutes. Flip and sear the other side for 2 minutes.
4. Pour the sauce over the salmon and bring the mixture to a simmer until the salmon is cooked, about 2-3 minutes (cooking time will vary depending on the thickness of the salmon).
5. Remove from heat and spoon the sauce over the salmon. Serve with fried rice.



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Fried Rice

INGREDIENTS

- 3 cups cooked, day-old rice
- 2 tbsp sesame oil
- 1 small white onion, chopped
- 1 cup frozen peas and carrots, thawed
- 2-3 tbsp low sodium soy sauce, to taste
- 2 eggs, lightly beaten
- 2 tbsp chopped green onions for garnish (optional)

DIRECTIONS

1. Preheat a large skillet or wok to medium heat. Add the sesame oil, onion, peas, and carrots and cook until tender.
2. Push the onion, peas and carrots to one side of the skillet; pour the beaten eggs onto the other side. Using a spatula, scramble the eggs. Once cooked, mix the eggs with the vegetables.
3. Add the rice and soy sauce to the egg/veggie mixture.
4. Stir fry the rice and veggie mixture until warmed through and combined. Add chopped green onions if desired.

Asian Pear Slaw

INGREDIENTS

- 2 large celery stalks OR 1 jicama, peeled and thinly sliced
- 2 large Asian pears, peeled and julienned
- ¼ cup fresh cilantro leaves, finely chopped
- 2 green onions, thinly sliced
- ½ inch knob fresh ginger, peeled and finely grated
- 2 tbsp freshly squeezed lime juice
- 2 tbsp rice wine vinegar

DIRECTIONS

Whisk together the ginger, lime juice and rice vinegar, then toss with the remaining ingredients. Let stand for a few minutes before serving.



Mango Pudding

INGREDIENTS

- 2 medium ripe mangoes
- 4-oz full-fat coconut milk or heavy cream
- 2 tbsp cold water
- 1 ½ tbsp white sugar
- 1 ½ tbsp gelatin

DIRECTIONS

1. Peel, pit and dice mangoes. Transfer mango chunks to a blender or food processor and blend into a very smooth puree, at least 1 minute. Set aside.
2. In a large bowl, mix cold water and gelatin for 30-45 seconds to thicken. (This happens quickly!)
3. Add sugar, coconut milk or cream, and puréed mango to gelatin. Whisk until smooth and well combined.
4. Transfer mango mixture to a small pot. On medium-low heat, whisk until gelatin has melted and

fully dissolved and mixture is warm, about 4-5 minutes. The mixture should be completely smooth with a creamy texture. Do not bring mixture to a simmer/boil.

5. Once the mixture is smooth, pour into four individual serving bowls or a greased silicone mold. Refrigerate for at least 6 hours or overnight until set. Serve with whipped cream or flavored ice cream. ■





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2023

November Calendar

FRI. & SAT., NOV. 3 & 4

Anchorage Clay Arts Guild Fall Pottery Sale

@MIDTOWN MALL

Anchorage potters gather to sell hand-made cups, bowls, platters, vases and other decorative items. You can also bid on items at the silent auction.

TIME: FRI., 10AM-8PM; SAT., 10AM-7PM

COST: FREE

SAT., NOV. 4

Annual Moose Holiday Bazaar

@ANCHORAGE MOOSE LODGE, 4211 ARCTIC BLVD.

Shop food, arts and crafts, and more from local vendors.

TIME: 9AM-5PM

COST: FREE

www.facebook.com/events/189704510765578

SAT., NOV. 4

Rabbit Creek Christmas Towne Bazaar

@SOUTH HIGH SCHOOL

The 45th annual juried craft bazaar features more than 130 booths selling wood, metal and paper crafts, photogra-

phy, quilted and hand-sewn items, art, clothing, home décor, jewelry, pottery and more, all perfect for holiday gift-giving.

TIME: 10AM-4PM

COST: FREE

www.rabbitcreek.info/ctb

SAT., NOV. 4

Native Peoples Bazaar

@ALASKA NATIVE TRIBAL HEALTH CONSORTIUM, 4000 AMBASSADOR DR.

Shop traditional Alaska Native arts and crafts, including baskets, dance fans, whalebone carvings, jewelry and more.

TIME: 10AM-4PM

COST: FREE

SAT., NOV. 4

Makers Market

@ALASKA PACIFIC UNIVERSITY, ATWOOD CENTER

One stop shopping for handmade items by more than 50 Alaskan artists, plus grab a bite from the food trucks.

TIME: 11AM-4PM

COST: FREE

SAT. & SUN., NOV. 4 & 5

35th Annual Holiday Food & Gift Fest

@DENA'INA CENTER

Kick off your holiday shopping with hand-made arts and crafts, clothing, jewelry, bath products, home decor, gourmet food and more.

TIME: SAT., 10AM-6PM; SUN., 11AM-5PM

COST: FREE

anchoragemarkets.com/food-festival

FRI. & SAT., NOV. 10 & 11

Bad Girls of the North Unique Boutique

@O'MALLEY'S ON THE GREEN, 3651 O'MALLEY RD.

Hand-crafted jewelry, pottery, clothing, glass and metal art, and more from Alaskan artists, plus a chance to win some fabulous door prizes, await at this 26th annual bazaar.

TIME: FRI., 4-9PM; SAT., 10AM-5PM

COST: FREE

www.badgirlsofthenorth.com

SAT., NOV. 11

St. Anthony Catholic Church Christmas Bazaar

@825 KLEVIN ST.

Handmade items, Alaska Native crafts, jewelry, antiques, religious items and a silent auction.

TIME: 9AM-4PM

COST: FREE

SAT., NOV. 11

Guadalupe Parish Holiday Bazaar

@3900 WISCONSIN ST.

Crocheted and knitted items, art, antiques, toys, jewelry and more. Don't forget to take a break from shopping and replenish your energy with a homemade cinnamon roll or warm bowl of bean soup.

TIME: 9AM-5PM

COST: FREE

SAT., NOV. 11

Winterberry Beautiful Bazaar

@WINTERBERRY CHARTER SCHOOL, 4802 BRYN MAWR CT.

Browse finely crafted things of beauty, handmade treasures and local products by local vendors, artists and Winterberry families.

TIME: 10AM-4PM

COST: FREE

www.facebook.com/events/849745979876782

SAT., NOV. 11

Hope's Handmade Holiday Market

@650 W. INTERNATIONAL AIRPORT RD.

Shop handcrafted items from local ven-

dors, grab some food and drink, and check out the Hope Gallery for one-of-a-kind art pieces from Hope artists.

TIME: 10AM-4PM

COST: FREE

SAT., NOV. 11

21st Annual Alaskan Christmas Bazaar

@CHANGEPOINT CHURCH, 6689 CHANGEPOINT DR.

Get in the Christmas spirit while you shop five rooms filled with more than 150 vendors, grab lunch from a lineup of food trucks and bid on silent auction items at one of the largest bazaars of the season.

TIME: 10AM-5PM

COST: FREE

alaskanchristmasbazaar.com

FRI. & SAT., NOV. 18 & 19

Women's Great Alaska Shootout

@ALASKA AIRLINES CENTER

The UAA Seawolves women's basketball team hosts Division I teams from Eastern Kentucky University, the University of Utah and the University of Alabama Birmingham in bracket play.

TIME: GAMES SCHEDULED FOR 5:15PM &

7:30PM BOTH DAYS

COST: TBD

goseawolves.com/sports/womens-basketball

SAT., NOV. 18

St. Mary's Holiday Bazaar

@2222 E. TUDOR RD.

Find handcrafted jam, salsas and baked goods, knitwear, arts and crafts, and more, all made by members and friends of St. Mary's Church. Don't forget to grab a bowl of soup and cornbread from the kitchen!

TIME: 9AM-3PM

COST: FREE

SAT., NOV. 18

St. Mark Church Holiday Bazaar

@3230 LAKE OTIS PKWY.

Shop handmade crafts and treasures or purchase international foods from church youth.

TIME: 9AM-5PM

COST: FREE

SAT., NOV. 18

Tudor Craft Fair

@TUDOR ELEMENTARY, 1666 CACHE DR.

Shop two rooms filled with local vendors and crafters selling unique gifts, jewelry and more. Stop by the bake sale and support the school's Montessori program.

TIME: 10AM-4PM

COST: FREE

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SAT., NOV. 18

Alaska Teamster Sisters Holiday Bazaar

@TEAMSTERS LOCAL 959 HALL, 520 E. 34TH AVE.
Handcrafted treasures, jewelry, gourmet food, woodwork, self-care products and more from local crafters and independent consultants.

TIME: NOON-5PM
COST: FREE

SAT. & SUN., NOV. 18 & 19

44th Annual Christmas Arts & Crafts Emporium

@DENA'INA CENTER
Take a break from your Thanksgiving prep and head to the Dena'ina Center to shop the largest all-Alaskan and handmade craft show.

TIME: SAT., 10AM-6PM; SUN., 11AM-5PM
COST: FREE

anchoragemarkets.com/arts-crafts-emporium

THURS., NOV. 23

2023 Turkey Trot

@SKINNY RAVEN SPORTS
Work up an appetite for your Thanksgiving meal with a 5k run through downtown Anchorage at the annual Turkey Trot.

TIME: 10:30AM
COST: \$32

runsignup.com/race/info/AK/Anchorage/TurkeyTrotAK

FRI. & SAT., NOV. 24 & 25

Hotel Captain Cook Holiday Bazaar

@HOTEL CAPTAIN COOK
Two days of holiday fun await at the Hotel Captain Cook. Grab a cup of hot cocoa and browse more than 70 booths and vendors in the Discovery Ballroom. Don't forget to marvel at the Gingerbread Village while you're there.

TIME: 10AM-6PM
COST: FREE

FRI. & SAT., NOV. 24 & 25

Crafted in Alaska

@ANCHORAGE MUSEUM
Shop a curated mix of handmade products including jewelry, textile and fabric art, pottery, printed designs and more from Alaska makers, designers and artists. Museum members receive 10% off all purchases.

TIME: 10AM-6PM
COST: FREE

www.anchagemuseum.org/programs/special-events/crafted-in-alaska

FRI.-SUN., NOV. 24-26

Downtown Holiday Market by 49th State Brewing

@3RD AVE. & G ST.
Step into a winter wonderland at the 4th annual holiday market. More than 60 vendors, a petting zoo, a 49th State tasting booth, plus carriage rides and a visit from Santa and his llamas.

TIME: NOON-5PM
COST: FREE

www.49thstatebrewing.com

SAT., NOV. 25

Small Business Saturday & Holiday Tree Lighting

@VARIOUS LOCATIONS DOWNTOWN AND TOWN SQUARE PARK
Participating stores will offer discounts and specials, and any purchase enters you for a chance to win two Alaska Airlines tickets. End the day with the annual holiday tree lighting and enjoy holiday concert performances, hot cocoa and a visit from Santa

TIME: TBD

COST: FREE
anchoragedowntown.org

When this month's issue went to print, all event details were accurate to the best of our knowledge. Please check the event website to confirm details.

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