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## Dredging Studied for Anchorage

ANCHORAGE (AP) — A shoal perched on the edge of the natural ship channel leading to the Port of Anchorage could trigger a $50 million dredging project, the U.S. Army Corps of Engineers says.

To study the potential effect of the 2½-mile shoal near Fire Island, the corps wants to build a scale model of Cook Inlet and the Kink and Turnagain arms.

The corps has requested $625,000 for the sediment and navigation study.

"We are in the feasibility stage of a study authorized by Congress in 1970, and we are working with city and port authority officials on cost projections and future needs of the Port of Anchorage," Joseph Weber Jr., the corps' district hydrologist for Alaska, said this week.

## Here's to Your Better Health

by Dr. Michael Young, D.C.

**"HYPOGLYCEMIA", AND "SUGAR HANDLING STRESS"**

"I'm just so tired all the time. I don't seem to have any pep. What makes me so nervous? I think I'm going crazy. I'm always depressed, even when things are ok. I've tried every medication and doctor around, but they can't find out what's wrong with me."

The above comments are constantly heard, not only by doctors, but by lay people as well. Hypoglycemia can often be the condition that seems to evade the diagnostician, because until recently, it was not considered a serious possibility or disease.

Various authorities have estimated that up to 100 million persons in the United States suffer from this condition in different degrees. Such a high incidence of hypoglycemia (almost one out of 2) may be a significant factor contributing to our country's woes, since hypoglycemics are not always operating at their highest potential. During the times when their blood sugar is low, their working efficiency can be drastically reduced, they can be involved in needless arguments because of hyper irritability, and also can have many severe mental and physical problems.

More and more physicians are finding that many of their real problem patients are actually hypoglycemic.

It only takes a minute to look at the myriad of symptoms to understand why this disorder can be masked and misdiagnosed: headaches, sudden fatigue, irritability, insomnia, forgetfulness, anxiety, depression, crying spells, feelings of faintness, sudden hunger, exhaustion, inability to concentrate, easily angered, dizzy, cold sweats, feel shaky, edema, dry mouth, uncontrollable weight gain, overactive child, seizures, asthma, hay fever, eczema, hives, sinusitis, stomach pain, reduced sex drive, digestive disorders, colitis, fearfulness, blurred vision, shortness of breath, cold extremities, craving for sweets, alcohol, coffee, coke.

Eating sweets or smoking will temporarily relieve symptoms. A tremendous number of people are hypoglycemic and never know it. They mask the symptoms by excessive eating of sweets, drinking alcohol, consuming large amounts of coffee or smoking continually. Others are being treated for ulcers, gastritis, nerves, mental problems, heart disease and any number of other misdiagnosis.

Although sugar is the fuel on which our entire body runs, the use of a concentrated form such as pastries, pies, sugar coated cereals, candy, refined foods etc. over loads the delicate control mechanism and the pancreas overreacts by producing too much insulin which leads to hypoglycemia.

The test for hypoglycemia is fairly simple. Approximately 100 grams of glucose (sugar) is administered after a fast of at least 12 hours. A blood sample is taken before the sugar is taken and again each hour for a period of 5 to 6 hours. The most effective treatment for hypoglycemia has proven to be diet, supplementation, and chiropractic.

If you have any questions regarding Chiropractic, write to Dr. Young, P.O. Box 2444, Sitka, 99835. Presented as a public service by

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## Audit Requested On DOT Hiring Policies

By BRUCE SCANDLING
Associated Press Writer

JUNEAU (AP) — An Anchorage lawmaker wants an audit of minority hiring and promotion practices in the state's largest agency.

Rep. Rick Uehling has asked the Legislative Budget and Audit Committee to launch an audit of the Department of Transportation and Public Facilities.

Besides hiring and promotion procedures, Uehling said he also wants the committee to investigate how contracts for minority and female business are awarded and reported.

Uehling said he is seeking the audit on behalf of the Alaska Black Caucus, an Anchorage-based group which sent a letter of concern to many legislators.

"All I'm doing in essence is acting as a sounding board for their concerns," said Uehling, a Republican. "Anytime something like this comes up, it's important to put it on the table."

In a letter requesting the audit, Uehling repeated allegations made by the black caucus.

"It is unconscionable that a department with nearly 4,000 employees does not have one black person serving in any policy or decision-making capacity," the caucus wrote in a Dec. 17 letter.

"Further, utilization of minority and female businesses at the subcontract level is nearly nonexistent or is inaccurately reported," the caucus said.

Transportation Commissioner Dick Knapp said the agency has worked to improve minority hire and contracting procedures, and has established a new affirmative action plan.

He said the agency recently hired a black supervisor for a middle-management job.

"We welcome an audit at any time," Knapp said. "We might even learn something from it."

It's not the first time the black caucus has asked for a probe of hiring and contracting policy in the transportation department, which employs more workers than any state agency.

"Its spite of a succession of commissioners, deputy commissioners and directors ... this department has proved to be incapable of promoting equity in its internal and external operations," the caucus wrote.

The Alaska Human Rights Commission in the late 1970s filed suit against the transportation department over hiring and contracting procedures, said Mark Ertischek, hearing unit director for the commission.

A settlement in that case resulted in stricter affirmative action and minority contracting regulations for the agency, Ertischek said. But a reporting agreement between the human rights commission and the transportation department expired during the summer, he said.

Those reports detailed how strictly the department forced contractors on state-funded jobs to seek minority and female subcontractors.

"Basically, the question is are you going to allow someone to say, 'I tried,'" Ertischek said. "Or are you going to say, 'We are not going to give you the contract until you proved you really tried.'"

He said minority groups have frequently complained about transportation department hiring.

"I would think it's well known in the minority community," Ertischek said. "There's been continued discontent."

But Knapp said a recent federal audit found no major problem with transportation department contracting policies. The Federal Highway Administration, as a result of the audit, will continue to forward federal funds for road projects, Knapp said.

The legislative budget and audit committee is expected to decide at a meeting Saturday whether to launch the audit requested by Uehling.

## Local Briefs

### Kids Fair Saturday

A children's fair sponsored by The Early Childhood Community of Sitka is slated 10 a.m. to 4 p.m. Saturday at the Centennial Building for parents of children ages 2—7.

The fair's purpose is to share information with parents of young children on health, nutrition, safety and other issues of early childhood.

Learning activities, storytelling, music, science, art, games and puppet shows will also be presented.

Admission is free and children must be accompanied by an adult.

### Winter Herring Fishery Starts

The Alaska Department of Fish and Game today announced the harvest quotas and management details for the Southeast Alaska winter bait herring fishery which will open noon, today in the following areas:

Section 3-B and District 4: will be open in the waters of Ulloa Channel south of a line from Point Cangrejo to Cape Flores and west of the longitude of Turn Point located at the northern entrance of Tlevak Narrows and in those waters of Meares Passage north of a line from Louiana Point to Diver Point for a harvest of 250 tons.

District 12: will be open in those waters of Twakiee Inlet west of a line from East Point to South Passage Point for a harvest of 1700 tons.

Southeast processors are asked to report herring landings as soon as possible to Hair Island ADF&G office. With this announced level of harvest it is anticipated the fishery will be open for several days depending on the availability of the fish to the gear. Area closures will be announced through the kprocessors when the harvest quota in each area has been achieved.

Phone numbers for the area offices are Juneau 586-6508, Sitka 747-6860, Ketchikan 225-5195, Petersburg 772-3881, and Wrangell 874-3822.

### Theater, Dance Workshop Set

The Sitka Community Association announces a workshop on theater and dance taught by Carla Blank. The workshop is open to all persons and will be held Jan. 22—25.

Blank has a B.A. in dance and has been involved with arts for over 20 years. She studied with noted choreographers such as Martha Graham, Anna Halprin and Carlo Maxzone and is listed in the "International Who's Who in Music."

The workshop will be held at the SCA building from 5-8 p.m. Thursday and Friday.

The final workshop session will be 10 a.m. to 5 p.m. Saturday in the Harbor multipurpose room.

For further information, call the SNEP office 747-8541 or 747-8181. Funding is from Alaska State Council on the Arts.

### Workshop for Parents Listed

The Islands Community College Adult Education Program will offer an evening workshop for parents titled "Teaching Personal Safety to Children."

The program will be presented by Becky Taylor from SAFV from 7-9 p.m. Thursday in room 115 at Blatchley Junior High School.

A variety of topics will be covered including the myths and facts involved in personal safety, the how and why to talk to children, safety techniques involving the best ways to handle assault and support services available.

The workshop is free. For further information, contact ICC at 747-6653.

WILD STRAWBERRY

*Evening Menu for January 21 - January 25*
*Serving from 5:00 p.m. to 8:30 p.m.*
**DINNER ENTREES**

TUESDAY: **Ham & Mushroom Quiche; Linguine al Burro; Chicken with Mustard Sauce.**
WEDNESDAY: **Fettuccine al Pesto; Rockfish with Creme Fraiche & Almonds; Chicken with Honey-Pecan Glaze.**
THURSDAY: **Bacon & Spinach Quiche; Calzone; Chicken with Peppers & Madeira.**
FRIDAY: **Manicotti; Blackened Redfish; Chicken with Apricots & Currants.**
SATURDAY: **Lasagne; Chicken Marbella; Fettuccine Alfredo.**

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## New Bills Introduced:

JUNEAU (AP) — Here is a list of bills and resolutions introduced Friday in the Alaska House and Senate, the fifth day of the second session of the 14th Alaska Legislature.

HOUSE

—HB482: Relating to the protection of natural rangelands; introduced by Rep. Jack Fuller, D-Nome.

—HB483: Relating to a change in wording on an advisory question in the 1986 general election pertaining to the Longevity Bonus Program; introduced by Rep. Rick Uehling, R-Anchorage.

—HB484: Would make a $243 million appropriation to the Alaska Permanent Fund; introduced by Rep. John Sund, D-Ketchikan.

—HB485: Relating to the powers and duties of guardians; introduced by Reps. John Sund, D-Ketchikan, and Max Gruenberg, D-Anchorage.

—HB486: Would appropriate money for the state's fiscal 1987 operating budget; introduced by the House Rules Committee at the request of the governor.

—HJR60: Relating to the International Year of Peace; introduced by Rep. Mike Miller, D-Juneau.

SENATE:

—SB247: Would allow state employees to take Jan. 15, "Martin Luther King Day," as a legal holiday in place of another holiday; introduced by Sen. Vic Fischer, D-Anchorage.

—SCR29: Relating to designating February 1986 as Community College Month; introduced by Sen. Jay Kertula, D-Palmer.

—SJR31: Inviting President Reagan and Soviet leader Gorbachev to meet in Alaska in 1986; introduced by Sens. Tim Kelly, R-Anchorage, and Vic Fischer, D-Anchorage.

## Teen Pleads Innocent in 3 Murders

ANCHORAGE (AP) — A 14-year-old girl accused of murdering three elderly Anchorage residents entered pleas of innocent Friday to three counts of first-degree murder.

"We will waive reading and advisement of the indictment and enter a plea of not guilty," said Louise Ma, the attorney representing Winona Fletcher.

The teen-ager was indicted Thursday, one week after Superior Court Judge Karl Johnstone ruled she should stand trial as an adult. Johnstone concluded that Fletcher could not be rehabilitated by the juvenile justice system.

As a juvenile, Fletcher would have been released from custody on her 20th birthday. As an adult, she faces up to 297 years in prison.

Fletcher is accused of shooting Tom Faccio, 69, his wife, Ann, 72, and her sister, Emelia Elliott, 76, during a robbery of the Faccio's home on April 22.

Fletcher's co-defendant, 19-year-old Cordel Boyd, has pleaded no contest to three counts of murder and is awaiting sentencing. Boyd testified against Fletcher during the two-week hearing to determine whether she should be tried as an adult.

Up until Johnstone's ruling, Fletcher had been only in courtrooms closed to the public. On Friday, she left the privacy shield of juvenile court and walked into adult court where members of the public and television cameras awaited her.

### Emergency Calls

A Sitka Volunteer Fire Department ambulance was called to the Mt. Edgecumbe Coliseum during the Southeast tournament at 9:13 p.m. Friday, but a fan refused assistance, reported a fire department spokesman.

An ambulance was called to a traffic accident at the Indian River bridge at 10:19 p.m. Friday, but no assistance was required.

A patient was transferred by ambulance from 211 Seward Street to Sitka Community Hospital at 2:37 p.m. Saturday.

At 10:10 p.m., firefighters were called to the 400 block of Barranof Street for a fire that instead turned out to be a trash burning fire.

Firefighters were called to Islands Community College at 10:22 a.m. Sunday when either lightning or a power fluctuation caused an alarm to sound

### Sitka Police

Dale Lossolyong Jr., 19, was cited for reckless driving Saturday afternoon near the O'Connell Bridge.

Tony Balovich was cited for reckless driving after a jogger reported witnessing erratic driving on the O'Connell Bridge, with a pickup trying to pass another vehicle and instead hitting the bridge. The pickup then turned around and left the bridge with its lights out. The bridge did sustain some damage, police reported, and the 1975 green pickup sustained $1,000 in damage.

### Sitka Hospital

Jeanne Wood and Marni Jenny and her baby boy were discharged from Sitka Community Hospital Saturday. Deborah Reeder was admitted Sunday.

## Peel Murder Trial Begins In Ketchikan

By PAUL JENKINS
Associated Press Writer

ANCHORAGE (AP) — Far from the quiet cove where the smoldering fishing vessel Investor gave up its cargo of charred bodies, lawyers toay in Ketchikan were to begin assembling a jury to decide whether John Kenneth Peel is a killer.

The 58-foot Investor, from Blaine, Wash., was found burning Sept. 7, 1982, between Fish Egg and Cole islands, near Craig, some 50 miles west of Ketchikan. The Alaska State Troopers say all eight people aboard — including two children — were slain and the boat burned to hide the crime.

At least two of the victims were shot in the head. Investigators sifting through the blackened hull recovered .22-caliber bullets, but no weapon.

The Alaska State Troopers say those aboard the $1.5 million seiner were killed two days earlier, and an attempt was made to scuttle the vessel. When the floating coffin did not sink, it was set afire. A man was seen leaving the Investor in its skiff. People talked to him before he vanished in the tiny Prince of Wales Island community crowded with fishermen.

Peel, 35, a boat builder from Bellingham, Wash., faces eight counts of first-degree murder and a charge of first-degree arson in the case. He was freed on $1.1 million bond raised mostly by neighbors and friends and has been living with his family, awaiting trial.

Prosecutor Mary Anne Henry said lawyers first will try to select 12 jurors and six alternates from a pool of 115 people. If they fail, another pool of at least 100 people is available, she said.

Henry will say little about her evidence against Peel.

"I've taken the position that I'm not going to try the case in the press. It's a circumstantial case, and that makes it difficult," she said. "I feel I have sufficient evidence to convince a jury of his guilt beyond a reasonable doubt."

Anchorage attorney Phillip Paul Weidner, heading Peel's defense team, said he is unimpressed with the state's case.

"Of the many cases that I've encountered in my career, I've never seen such serious charges brought on the basis of the weak evidence reflected by the record in this case," he said. "Although it's unfortunate that there even has to be a trial, I and Mr. Peel, are looking forward to an opportunity to point out to a jury the lack of evidence and the unreliability of the state's witnesses."

While Weidner would not comment further on the case, the defense is expected to attack state witnesses, some of whom have recanted their earlier statements. Defense attorneys also are expected to question whether the bodies of all those aboard were accounted for after the Investor blaze.

Henry said more than 100 witnesses, many from outside Alaska, are expected to testify. Getting them to Ketchikan, accessible only by sea or air, is going to be expensive, Henry said.

To get ready for the trial, court officials have spent about $3,000 to enlarge the windowless courtroom's jury box and make more room for teams of lawyers.

Peel will be represented by Weidner, Brant McGee of Anchorage and Michael Tarin of Bellingham. McGee is the director of the state's newly formed Office of Public Advocacy. He took the case after Peel said he could not afford a lawyer. Peel's family is paying the other two attorneys.

Peel is accused of killing Blaine, Wash., residents Mark and Irene Coulthurst, both 28; their daughter, Kimberly Lynn, 5; their son, John Jr., 4; crewmen Dean Moon and Jerome Keown, both 19, Blaine; Coulthurst's cousin, crewman Michael Stewart, 19, Bellingham; and crewman Chris Heyman, 18, of San Rafael, Calif.

Coulthurst was owner and skipper of the Investor. Peel had served as a crew member for Coulthurst, and was a crew member on another boat in Craig at the time of the homicides, the Alaska State Troopers claim.

He was charged on Sept. 10, 1984, two years after the slayings.

Defense attorneys attacked Peel's first indictment, accusing the prosecution of manipulating and intimidating witnesses, deception and misconduct.

Superior Court Judge Thomas Schulz angrily dismissed the indictment in October. Peel was reindicted Oct. 4.

## TOURISM CAMPAIGN: State TV Show Airs

ANCHORAGE (AP) — The parka-clad image of Napoleon Black, an Eskimo from Kotzebue, will be beamed into millions of homes today as the Alaska Division of Tourism kicks off its 1986 national television advertising campaign.

Black is one of a handful of Alaskans who will appear in a six-weeks series of promotional spots designed to lure tourists to the state.

The state will spend another $3.6 million on other marketing efforts, according to Mary Klugherz of the tourism agency.

Last year, an estimated 740,000 tourists spent $748 million in Alaska, said Don Dickey, state director of tourism.

The state hasn't tried to measure how many tourists are attracted by the television ads. But officials believe the flashy spots help dispel myths of Alaska as a land of eternal winter.

Klugherz said this year's campaign will try to convince tourists there is more to Alaska than beautiful scenery. The ads will feature fishing, river rafting and float plane trips, she said.

"The faces of real people" joining Black will be former Nome Nugget newspaper publisher Allen Gregory and Shaaway bar owner Jan Wrentmore.

In 1982, the state made its national television advertising debut with a $325,000, 30-second spot during the Super Bowl. The included pictures of a barefoot couple on a Southeast Alaska beach.

"We went for broke and really got national attention," Dickey said. "But we never wanted to make that (the Super Bowl spot) an annual affair."

This year, the state will concentrate its ads during news and early morning talk shows. Marketing studies show these programs reach what Klugherz calls "mature" viewers who the state thinks are most likely to opt for an Alaska vacation.

Other television ad dollars will buy time in local markets such as Chicago, which send a high percentage of visitors to Alaska, Klugherz said.

The campaign will include ads in National Geographic, the Smithsonian magazine and several major newspapers, she said.

### Charged in Assault

ANCHORAGE (AP) — Longtime Anchorage School Board member Jim Robinson has been charged with misdemeanor assault arising from a domestic dispute.

Robinson, an attorney, is accused of assaulting accountant Russell Minkemann, a friend of Robinson's wife, Gail.

Robinson allegedly smashed a window in a house where his wife and son were staying and attacked Minkemann.

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