



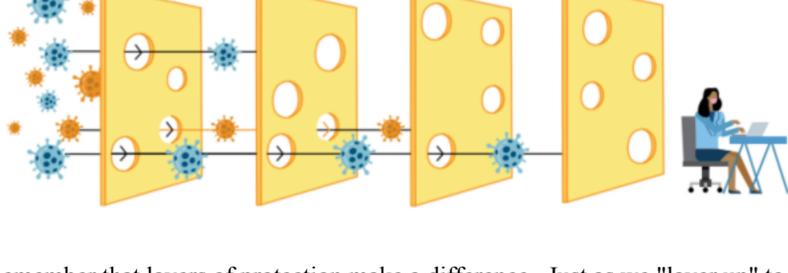
# Senator Cathy Giessel

## District N

Northeast Anchorage, Anchorage Hillside,  
Indian, Bird, Girdwood and Portage

November 18, 2020

Dear Friends and Neighbors:



Remember that layers of protection make a difference. Just as we "layer up" to stay warm in this colder weather, layers of virus protection are effective. Mask, washing hands, distancing. We can all work together.

In today's newsletter you'll find:

- [Alaska's Population and Census Data Presentations](#)
- [Get Tested For COVID-19, Even If You Do Not Have Symptoms](#)
- [Have You Had COVID-19? Blood Bank of Alaska Is in Need of Your Plasma](#)
- [First Alaskans Institute \(FAI\) Indigenous Leadership Continuum \(ILC\) Fellowships](#)
- [Holiday Travel Tips During a Pandemic](#)

Kind regards,

Cathy

[Click here to email me.](#)



### Alaska's Population and Census Data Presentations

The Alaska Department of Labor and Workforce Development is doing a series of presentations on Alaska's population and census data. [Click here to register for any other sessions.](#) You can also view the archived sessions.

This week, on November 17, the session was on "How Alaska's population has changed since 2010". [Click here to view the slides.](#)

- The graph on slide 5 shows the shift in age groups in Alaska today compared to 2010.
- The graph on slide 10 shows the shift in Legislative districts as populations moved between 1990 to 2019. The projection, based on likely census data, shows Anchorage and Fairbanks losing half a House representative, while the MatSu gains one representative.

### Get Tested for COVID-19, Even If You Do Not Have Symptoms

Do you know if you do not have COVID-19? Why not find out?  
JUST GET TESTED.  
There are many FREE testing locations hours and days of operation!

Go go: [AnchorageCovidTest.org](#) to find a free testing site and pre-register.  
**JUST GET TESTED.**

## COVID-19 Pop-up Test Sites

Sites open from 8 a.m. to 7 p.m.

Pre-register at [www.visitheath.covidsecureapp.com](http://www.visitheath.covidsecureapp.com)

- Nov. 13** Muldoon Elementary School  
525 Cherry St
- Nov. 14** Southside Costco  
330 West Dimond Blvd
- Nov. 16** Clark Middle School  
150 Bragaw St
- Nov. 20** East High School  
4025 East Northern Lights Blvd
- Nov. 21** Abbott Loop Elementary School  
8427 Lake Otis Pkwy
- Nov. 23** North Star Elementary School  
605 W Fireweed Ln
- Nov. 27** Central Middle School  
1405 E St
- Nov. 28** Southside Costco  
330 West Dimond Blvd
- Nov. 30** Nunaka Valley Elementary School  
1905 Twining Drive



### Have You Had COVID-19? Blood Bank of Alaska is In Need of Your Plasma

Infection rates for COVID-19 are at an all-time high in our state, and has every indication of continued growth over the holidays. Blood Bank of Alaska is in urgent need of convalescent plasma donors to help patients who have been diagnosed with severe and life-threatening symptoms of Covid-19. If you or someone you know has recovered from COVID-19, please call Blood Bank of Alaska IMMEDIATELY to discuss the possibilities of plasma donation.



As infections rise, so too does the need for life saving Convalescent Plasma. If you, or someone you know has recently recovered from COVID-19, please ask them to contact Blood Bank of Alaska to donate plasma to help those in need. The need is urgent! Give the gift of life this Holiday Season!

For more information, you can visit the BBA website at [bloodbankofalaska.org](http://bloodbankofalaska.org) or call 907-222-5630.

### First Alaskans Institute (FAI) Indigenous Leadership Continuum (ILC) Fellowships

Online applications for the [2021 Al Adams Young Political Leader Fellowship](#), [Public Policy Fellowship](#), and Rural Governance Fellowship are now available.



Applications are due **Monday, November 23, 2020.**

Consider encouraging a student or community doer who you know to consider applying for our Indigenous Leadership Continuum fellowships. Questions can be directed to [sassuuk@firstalaskans.org](mailto:sassuuk@firstalaskans.org) or call 907-677-1700.

**First Alaskans Institute**

### Holiday Travel Tips During a Pandemic

Holiday travel looks a lot different this year. If you must travel, Ted Stevens Anchorage International Airport (ANC) offers the following tips to help your travel plans go more smoothly:



#### Follow the Rules

Travelers should familiarize themselves with their destination's state and local guidelines.

- If there's a mask mandate, wear your mask.
- If social distancing is required, stay at least six feet from others.
- Some destinations may require a travel declaration. All travelers arriving in Alaska must complete one and upload it to the online Travel Portal at <http://covid19.alaska.gov/travelers>.
- Pre-travel testing is a good idea and may be required. Non-residents traveling to Alaska must complete a pre-travel test within 72 hours of departure or test upon arrival in Alaska for \$250.

#### Safety en route

- Carry several masks with you in case of loss or need to replace.
- Review the rules that are specific to your airline. Keep in mind that you may have booked with one airline but are flying on one of their travel partners and they may have different rules.
- Bring sanitizing wipes/spray to clean seating and other surfaces.
- Bring hand sanitizer with you. The TSA is allowing up to 12 ounces of hand sanitizer in your carry-on. The 3-1-1 rule still applies for all other liquids, gels and pastes:
  - Each container must be 3.4 ounces or less.
  - All containers must be in a clear, one-quart size bag.
  - Only one quart-size bag per passenger.

Consider buying travel insurance. If you contract COVID-19 while traveling, you may not be able to return home until you have recovered, or you may need to cancel your trip before you leave.

Check your destination's local news leading up to your travel date for changes in state and local guidelines.

#### Plan for contingencies:

The spread of the virus could impact:

- Available lodging
- Dining options
- Travel rules

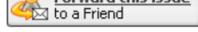
For more information, visit [www.TSA.gov](http://www.TSA.gov) before you travel. For information about returning to Alaska, visit [www.AlaskaSafeTravels.com](http://www.AlaskaSafeTravels.com).

It's a pleasure to serve and represent the wonderful people of District N!

I look forward to hearing your ideas, suggestions and comments.



[To email me, click here.](#)



Anchorage: 1500 W. Benson Blvd.,  
Anchorage, AK 99503  
Phone: 800.892.4843

Copyright © 2020. All Rights Reserved.

#### Staff Contacts

[Jane Conway](#)

[Emmie Jackson](#)

#### Quick Links

[Senate Republican Majority](#)

[Alaska State Legislature](#)

[State of Alaska](#)

#### Congressional Delegation

[Senator Dan Sullivan](#)

[Senator Lisa Murkowski](#)

[Congressman Don Young](#)