



CITY & BOROUGH OF SITKA
BOARD/COMMITTEE/COMMISSION APPLICATION

Municipal Clerk's Office, 100 Lincoln Street, Floor 3
Phone: 907.747.1826 Fax: 907.747.7403 Email: clerk@cityofsitka.org

Submit this completed application AND either a letter of interest or resume to the Municipal Clerk's Office by noon on the Wednesday prior to an advertised Assembly meeting.

Board/Commission/Committee Applying For: Health Needs and Human Services

Name: Sophia Schwantes

Phone Number: [REDACTED]

Mailing Address: [REDACTED]

Email Address: [REDACTED]

Length of Residence in Sitka: 22

Registered to vote in Sitka? ☒ Yes ☐ No

Employer Business Name and your position: N/A

Organizations you belong to or participate in:

The two organizations that I belong to are Girls on the Run, where I am an assistant coach, and Sitka Homeless Coalition, where I am a volunteer.

Explain your main reason for applying:

As a prospective doctor and a local to Sitka, I believe joining the Commission of Health Needs and Human Services would provide a unique chance to contribute meaningfully to shaping the future of healthcare and human services in our community.

What experience or credentials will you bring to the board, commission, or committee membership?

While I may not bring any long term experience or credentials, I can bring passion for the future of health in Sitka, and a young person's perspective on today's health issues.

Appointments are typically made during Assembly meeting open sessions. However, Assembly members may vote to discuss applicant(s) in closed executive session. In this case, do you wish to be present when your application is discussed? ☐ Yes ☒ No

Potential conflicts of interest that may arise from your appointment must be disclosed. These may include, but are not limited to, a substantial financial interest of \$1000 annually that could be influenced by your appointment, or an immediate family member employed within the scope of this appointment. **Do you have any potential conflicts of interest to disclose?** ☐ Yes ☒ No

If yes, please explain:

I understand this is a volunteer position appointed by the City and Borough of Sitka Assembly and requires regular meeting attendance. I further understand this application is public information and the merits of my appointment may be discussed at a public forum. In addition, my name may be published in media outlets. If I am appointed to serve, I will follow all laws, procedures, and practices associated with my appointment.

I certify that the information in my application is true and accurate.

Date: 10/02/2025

Applicant Signature: [Signature]

As a recent biochemistry graduate with the ultimate goal of becoming a doctor, I am passionate about contributing to improve the health and well-being of my community. While I may not bring long-term professional experience or an extensive resume, what I can offer is a deep commitment to the future of healthcare in Sitka and a unique, youthful perspective on today's health challenges.

Through my volunteer work with the Sitka Homeless Coalition and Girls on the Run, I am developing a strong sense of the vital role that community engagement and policy play in addressing health issues. These experiences have inspired me to take action and to seek ways to not only support individuals but also to help drive changes that promote long-term health and wellness for all.

The Commission's work in identifying goals based on the latest data and community input is something that I would be very excited to contribute to. Additionally, I can offer a fresh perspective on the issues that affect younger generations, from mental health to the integration of technology in health services. These are all issues that directly impact my peers and future generations, and I'm eager to be part of a process that addresses them in meaningful ways.

Moreover, my limited experience in both direct patient care and community-focused volunteerism has shown me how important it is to collaborate with local organizations like the Sitka Tribe of Alaska and SEARHC. I'm excited about the opportunity to work with these groups to identify community needs and to help streamline the delivery of services that support the health of all Sitka residents.

Ultimately, joining the Commission of Health Needs and Human Services would allow me to combine my passion for public health with my desire to contribute to policy development that can shape the future of health in our community. I am eager to work alongside other dedicated individuals to help create an inclusive, effective health system that benefits everyone in Sitka.

Sophia Schwantes



EXPERIENCE

Swim Lessons Manager/ Swim Coach

Blatchley Pool, Sitka AK| May 2016- August 2021
Oversaw and instructed enclosed and open-water swim safety for infant, toddler, teen, and adult groups.

Aquarium Interpreter

Sitka Sound Science Center | May 2019 - November 2020
Guided medium-large tour groups through the Sitka aquarium and fishery. Provided information and answered questions about local marine life and fishery processes.

Hatchery Technician

NSRRA, Sitka AK| May- August 2020
Assisted in the conduction of marine life surveys; tracked and tagged designated fish populations, organized and interpreted survey data via Excel.

Hostess/ Busser

The Channel Club, Sitka AK| May 2019- August 2023
Greeted and seated guests. Cleaned and prepared tables.

Certified Nursing Assistant

August 2021
I received my certified nursing assistant certificate through UAS, and trained at MECH.

Barista

The Wildflour Café, Sitka Ak| May 2024-August 2024
Took and prepared customer food and drink orders.

Secretary of the Investment Club

Florida Institute of Technology, Melbourne, Fl| January 2024-Present
For this position, I document meeting minutes, create PowerPoints, and organize stock market simulations.

High School Through College Level Tutor

Grade Potential, Melbourne Florida| October 2023- Present
General mathematics, chemistry, and standardized test tutor.

EDUCATION

Sitka High School

August 2018- May 2021
Graduated with diploma

University of St. Andrews

September 2021-May 2023
Studied neuroscience and biochemistry at the University of St. Andrews for two years.

Florida Institute of Technology

August 2023- May 2025
Studied biochemistry and graduated cum laude.

SKILLS

Dedicated
Hard-working
Dependable

REFERENCES

Ben Adams- Research
Manager at NSRRA



Kevin Knox- BBSC Head
Coach



Sidney Kinney- Former
Owner of Channel Club



Internships/Research:

University of St. Andrews Lab Intern:

January 2023–May 2023

For this internship, I have focused on identifying the presence of certain proteins in ALS infected mice spinal cord tissue cells, (specifically glycine receptors and glycine transmitters) by binding antibodies to specific proteins in the tissues to discern whether these proteins could have an effect on this neurogenerative disease.

Florida Institute of Technology Lab Researcher

January 2025–May 2025

For this research, we will be investigating the biomechanics and morphology of protein layers.