

Adak's Monthly Newsletter featuring Local News and Events

HAPPY NEW YEAR!

A special election was held December 18, 2012, in support of Ordinance 12-2013-079, implementation of Raw Seafood Product sales tax (Fish Tax) of 2%. Having passed, effective January 1, 2013, fisherman will pay a 2% tax instead of the 4% sales tax they were paying. The lower tax rate will have an impact on the City's operating budget, but it is the hopes of Icicle Seafoods and the City of Adak that more fish will be offloaded in Adak now that the Fish Tax rate is comparable to other borough and Cities throughout the Aleutians and Bristol Bay.

City of Adak hires new Public Works employee. Martin Diaz joined the City of Adak's Public Works Department on December 7, 2012. Martin comes to the city with lots of experience. Diaz previously worked at the Icicle Seafoods processing plant here in Adak.

The Adak Volunteer Fire Department had their first meeting in November under the direction of Chief of Police, Darrell Tannehill. The group is re-organizing with a primary focus on prevention and preparedness. The volunteer fire department will meet again this month January 9, 2013 at 6pm in the community center. All residents are welcome to attend and join.

First blizzard of the season rolled into Adak on December 7, 2012. Winds up to 60 miles per hour, and up to 8 inches of snow kept our Public Works department busy with our new snow removal equipment, a Volvo motor grader and Volvo front-end loader. Both pieces of equipment arrived in Adak on a Samson Tug and Barge, Tuesday December 4, 2012. Just-in-time!

Icicle Seafoods is gearing up for another season. The Icicle Seafoods plant will begin operations in mid-January for 2013 after a two month hiatus on operations. Icicle is hoping to process some crab, but their primary focus and their largest market product during the "A" season, is Pacific Cod. Last year a special liaison from Japan, "Taki", spent time at Icicle-Adak plant teaching American employees how to harvest and grade a special bi-product, "Cod Milk" for the Japanese market.

This year Icicle is bringing in approximately 200 employees. There may still be employment opportunities for local residents. If you are interested in working at Icicle Seafood's Adak plant, please visit their website www.icicleseafoods.com, and click on "Adak Land Plant". All employees - even local hires must go through the formal online application process. Welcome back Icicle Seafoods.

Adak Airport will be getting a new weather station. No plane Sunday, January 6, 2013 and maybe not Thursday January 10, 2013, either. AWOS is down do to an electrical malfunction and again there was no certified weather observer on island to report conditions for the arriving plane. City officials and TDX are scrambling to try and get a lineman here through a charter flight to repair the outage.

The new weather station's installation crew was scheduled to arrive on Sunday's plane. Had the station been installed, Thursday's plane would have carried NOAA inspectors to certify the new station. Looks like it will be next week at the earliest before they can get here to do the work. Let's hope the weather cooperates.

WATCH FOR SIGNS ALONG THE ROAD - COURTESY OF PUBLIC WORKS



Adak Public School put on a Christmas Pagent, December 18, 2012 for parents and residents of Adak. One of the highlights of the school year in Adak is the annual Christmas Pagent. Students, teachers, Parents and friends alike were delighted with performances – refreshments were served afterward. This year was exceptionally entertaining!



Elementary Students



Principal Julie Plummer and Garrett

The Adak community Christmas potluck was held on December 22, 2012. We had great attendance this year... Santa Claus visited with presents for all the children of Adak. Adak Recreation held a fundraising raffle: The Blackberry Storm 2 phone was won by: Rick Koso 38" LED TV was won by: Mike Eickhoff - who donated the TV back to Adak Recreation for Wii night, \$300 Gift Certificate to Adak Petroleum was won by: Darrell Tannehill, \$100 gift certificate was won by: Gina Ward, \$100 Gift Certificate was won by: George Lopez, Meat Package won by: Mary Prince.



Penetani Family



Spidler Family



Rojas-Vierya Family



PJ Dushkin Family



Lagua-Sparks Family



Ty Dushkin Family

Adak's newest residents, born in October and November, increases our population by three! Pictured below is (L) Jayden Penitani - born to Vuna and Krystle Penitani, Rowena Diaz born to Martin and Ludmilla Diaz, and Mason Diaz - born to Bernardo and Rebecca Diaz. Welcome home!



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**ALASKA SPORT LICENSES AVAILABLE AT COA**

**Commercial Crewmember**

**Sport Hunting/Fishing**

|                                        |       |                                             |      |
|----------------------------------------|-------|---------------------------------------------|------|
| Resident Class 30                      | \$60  | Resident Class 1 (Sport Fishing)            | \$24 |
| Non- Resident Class 31                 | \$200 | Resident Class 2 (Sport Hunting)            | \$25 |
| Resident Child Class 34 (10 and under) | \$5   | Resident Class 4 (Sport Fishing/Hunting)    | \$48 |
| Non-Resident Child Class 35            | \$145 | Resident Class 5 (Hunt/Trap/Sport Fishing)  | \$62 |
| Resident 7 day Class 36                | \$30  | Non-Resident Class 6A (Sprt Fishing 14 day) | \$80 |
| Non-Resident 7 day Class 37            | \$30  | Non Resident Class 8 (Hunting)              | \$85 |
| Duplicate License Class 32             | \$5   | Non-Resident Class 8A (Small Game)          | \$20 |

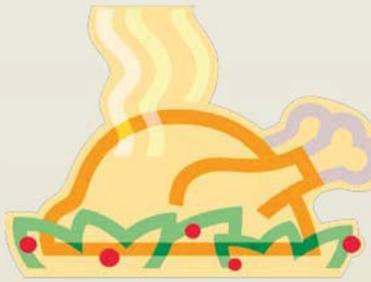
\*Licenses also available for low income, disabled and military. Details at the city office. Caribou Tags - Free to residents non-resident Caribou Tags for non-resident \$325, non-resident aliens \$400

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**OBITUARY**

**James Campbell and Margaret (Peggy) Campbell**

Former Director of Public Works and City Clerk, Jim and Peggy Campbell, passed away on December 7, 2012. The Campbells, longtime residents of Adak, were driving on the Seward highway when they were involved in a head-on collision. Peggy Campbell was the City Clerk for Adak, while her husband Jim Campbell was head of Public Works department. The Campbell's retired in 2011 and moved to sunny Arizona and had just recently returned to Alaska. Many friends here on Adak expressed great sadness at their passing. The City of Adak would like to express condolences to the Campbell family.



**Eastern Aleutian Tribes Provides Elders with Christmas certificates!**

Eastern Aleutian Tribes is pleased to announce that we have once again sent our community Elders gift certificates good for \$25.00 worth of food at their locally owned stores, to help them celebrate their Christmas Holidays. Merry Christmas, everyone!!

**Community Health Representative for Adak is our**

**Esther Bennett.**

Our Community Health Representatives visit at home with our Elders and offer assistance with medication management, medical appointments, and transportation for shopping, activities, and appointments. Call her at 592-8383 for information about her programs.

**News from Eastern Aleutian Tribes' Adak Community Health Clinic**

**January 2013**

Reality vs. myth in fighting holiday stress

By Edward T. Creagan, M.D. (Courtesy of Mayo Clinic Online)

"Give us the grace to accept with serenity the things that cannot be changed, the courage to change the things that should be changed, and the wisdom to distinguish the one from the other." This is known as the serenity prayer and has been used by Alcoholics Anonymous, among others. I believe this advice is especially crucial when you confront holiday stress.

Most families have challenges, and many families struggle this time of the year trying to live up to an idealized version of the holidays. Here are some suggestions that I have heard from patients and families trying to deal with holiday stress.

- **Be realistic.** If individuals have locked horns for most of the year, it is not reasonable to think that on one day all will be forgiven. We need to be gentle with ourselves. We need to forgive ourselves.
- **Give of yourself.** The best gift is not a toy, a trinket or a thing. It is the gift of our presence. It is the gift of our listening. It is the gift of our "being there."
- **Take care of yourself.** We do need to take care of our bodies by getting enough exercise and sleep and by eating a healthy diet. We also need to protect our spirit, knowing when to draw a line in the sand and say, "no, thank you for the opportunity but I will not be able to participate." If we give and give, there is nothing left to give.

If you believe you have a need for Behavioral Health Services, please contact



your Community Clinic or call Behavioral Health directly at  
Emergency COPE Line—800-478-2673  
King Cove Clinic – 907-497-2311  
After Hours –907-497-8203  
Sand Point Clinic – 907-383-3151  
After hours – 907-386-1227

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Katharine Eby, PA-C, will be joining the Adak EAT staff as a full time provider in Adak! She will be arriving the first part of February, and begin her duties right away. Stop by and meet her and say hello! Welcome Katy!

**HAPPY, HEALTHY NEW YEAR TO EVERYONE IN ADAK!**

**JANUARY**

| Sun                                  | Mon                                          | Tue                                       | Wed                                              | Thu                  | Fri | Sat |
|--------------------------------------|----------------------------------------------|-------------------------------------------|--------------------------------------------------|----------------------|-----|-----|
|                                      |                                              | 1<br>NEW YEARS DAY<br>City offices closed | 2                                                | 3                    | 4   | 5   |
| 6<br>Church at Community Center 9am  | 7                                            | 8<br>Open Gym 6-8pm                       | 9<br>Volunteer Fire Dept 6pm<br>Community Center | 10<br>Open Gym 6-8pm | 11  | 12  |
| 13<br>Church at Community Center 9am | 14                                           | 15<br>Open gym 6-8pm                      | 16<br>City Council Meeting 5pm                   | 17<br>Open Gym 6-8pm | 18  | 19  |
| 20<br>Church at Community Center 9am | 21                                           | 22<br>Open Gym 6-8pm                      | 23                                               | 24<br>Open Gym 6-8pm | 25  | 26  |
| 27<br>Church at Community Center 9am | 28<br>ACDC Board Mtg 9am<br>Community Center | 29<br>Open Gym 6-8pm                      | 30                                               | 31<br>Open Gym 6-8pm |     |     |
|                                      |                                              |                                           |                                                  |                      |     |     |

\*The Adak Community Church invites you to Orthodox Services starting at 9am.  
Non-denominational services start at approx. 10 am.

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**COMMUNITY RECIPE BOARD**


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**German Chocolate Cookie Bars****Oven 350 degrees****CRUST:**

1 Stick soft butter  
 ½ Cup flour

1 Cup confectioner's sugar

1

Mix together with blender until mealy. Pat into 9x13 baking dish. Bake about 15 minutes. Remove from oven and top with 1 ½ cups chocolate chips.

**TOPPING: 1 ½ Cups packed brown sugar**

½ C soft butter or margarine

3 eggs, beaten

¾ Cup chopped almonds

¾ Cup flaked or shredded coconut

Beat butter and sugar until creamy. Beat in eggs. Fold in Chopped almonds and coconut. Spread mixture over crust with chocolate chips (partially melted by now) and return to oven. Bake 20–25 minutes or until topping is set.

**French Onion Meatloaf****Oven 350 degrees**

12 ¼ lb hamburger patties, or 3lbs grnd beef

2 beaten eggs

1 Tablespoon garlic powder

1 teaspoon salt.

1 Cup plain bread crumbs

1 pkg Onion soup mix (1 ½ QT size)

1 teaspoon black pepper

2 Tablespoons Worcestershire sauce

Put all ingredients into large bowl. Mix on high, until ingredients are thoroughly combined and mixture seems a little fluffy. Pack meat mixture into large loaf pan and bake approximately 50 minutes. Drain fat from pan while meat loaf is cooking 2 to 3 times to prevent spills. Fat may be used to make country gravy afterwards. If you want brown gravy – add beef bouillon to the mix.

**Easy Meat Curry****Stove Top high/med high**

2 cups 1 inch meat chunks

1 whole med size onion cut in one inch chunks

1 green bell pepper cut in one inch chunks

1 Clove Minced Garlic

Sesame, peanut or olive oil

2 Cups cold Chicken Broth

2 Tablespoons cornstarch

1 Tablespoon Curry Powder

Prepare meat and vegetables. Mix cornstarch with the chicken broth until dissolved and set aside. Pour enough oil to cover bottom in wok or large frying pan. Add minced garlic and cook until garlic aroma is released – about 15seconds on high. Add meat and vegetables to oil and garlic. Sprinkle curry powder over meat and vegetables. Stir Fry about five minutes – or until meat is browned on outside. Pour chicken broth mixture over meat and vegetables; bring to a boil and cook until mixture thickens and turns from opaque to clear about 2–3 minutes. Serve over rice or noodles with soy sauce. Add another Tablespoon of curry if you like it strong and hot.

**Oven Baked Chicken Curry****Oven 350 degrees**

4 scored skinless boneless chicken breasts

1 Tablespoon Curry Powder

½ teaspoon pepper

1 1/2 Cup Plain Yogurt

½ teaspoon salt

Raisins

Place breasts in buttered baking dish or foil. Mix yogurt and spices. Spread yogurt mixture over chicken breasts. Sprinkle raisins on yogurt mixture. Cover and bake until breasts are done 25 – 30 minutes. Serve with sautéed cabbage and rice. Golden raisins are preferred and used often in Hindi cooking, but black raisins can provide the sweet flavor for this dish. Try something different top with raw peanuts and raisins.



## RATS !

TRUE ADAK RAT TALES:

*Ah, the garage is finally cleaned out! Oh no! Now a rat is living in the OVEN!!!*

*Time to unpack the Christmas decorations: Open the box, kids! EEEEEK!!! RAT!!!*

*There's a RAT scurrying around in the kitchen cupboards! How will we get it out?!? Quick, where's the dog???* Get the vacuum cleaner!!!



Does this sound unpleasantly familiar? The number of rats plaguing Adakians is actually far less than it used to be, when, rather than being centralized, dumpsters were conveniently located every few houses, with conspicuous rat highways running from dumpsters to cozy crawlspaces. In the early 1990s, one fellow trapped 45 rats in two weeks under his house! Things aren't quite so bad nowadays, but it only takes one rat to damage wiring in your house, potentially causing fires, or to gnaw into all your food and decorate your living room with droppings while you're off island.

The rats we have on Adak (introduced unintentionally in the early 1940s) are Norway rats (*Rattus norvegicus*), also called wharf rats or brown rats. Norway rats are commensal, which means they have evolved to live in conjunction with humans, eating our foods and living in our buildings. Almost everywhere humans have gone, Norway rats have managed to hitch a ride and make themselves right at home. The problems rats cause are myriad: they consume and contaminate crops and other foods before and during harvest, processing and storage; undermine building foundations and roads by burrowing underneath; tear up insulation to use for nesting; gnaw through walls, wiring, hoses and pipes both in structures and below ground (with potentially dire consequences such as fires and explosions); and transmit parasites and diseases. The direct economic loss caused by rat damage in the US was estimated in 1973 to be between \$500 million and \$1 billion dollars annually. Here in the Aleutians, rats are also a serious threat to island ecosystems: once rats are introduced, species composition and abundance at every level is impacted. Trying to eradicate invasive rats is hugely expensive and problematic (please don't ask when the rats will be removed from Adak--so far the largest island worldwide to have been successfully cleared of rats was less than a sixth the area of Adak!). Adak's rats, as they stowaway on fishing boats or in other cargo, represent the potential for disastrous rat spills on other islands. For more information, visit [www.stoprats.com](http://www.stoprats.com).

But, back to the rat in your kitchen...What can you do?

First and foremost, discourage rats from moving into your house by ensuring they don't have easy access to food or shelter.

- ☛ Make sure all edible or odorous trash is bagged and stored in a secure location--don't throw your scraps out for the ravens, as you are just inviting rats to feast on the leftovers (and no matter how healthy the scraps, it isn't good for the ravens to become habituated to eating in town--but that's a whole 'nother topic...). Never feed dogs or cats outside where rats could access their bowls.
- ☛ Secure all access points to your home. Check the seal around garage doors, and block foundation gaps between units. Seal all openings around pipes, cables, and wires that enter through walls or the foundation. Coarse steel wool, wire screen, and lightweight sheet metal are excellent materials for plugging gaps and holes. Rats are likely to gnaw away plastic sheeting, wood, caulking, and other less sturdy materials.
- ☛ If your drier vent is near the ground, be sure to screen it off as well. If your doors are rusting, reinforce them--a Norway rat can squeeze beneath a door with only a 1/2" gap. If you leave windows open at night, be sure they have intact screens.
- ☛ Keep the grounds around your home closely mowed to discourage rats--they prefer to stick to the cover of tall grasses. Check the perimeter of your house regularly--if it is mowed often you will easily be able to see any rat digging activity as they begin to tunnel into your crawlspace.
- ☛ Keep storage areas tidy, and store things away from walls and on pallets to make it easier to detect rat droppings or gnawing. Inspect regularly for rat sign and respond appropriately.

Secondly, intercept rats as they attempt to invade your home.

- ☛ Set rat traps around the outside of your home and in your crawlspace and garage. Rats are active all year, so make sure to maintain traps in all seasons. Traps should be checked at least once a week, even if you haven't been catching anything.
- ☛ Outdoor traps should be inside a protective box to prevent small birds (and children's fingers!) from being trapped; you'll also lose fewer traps to scavenging owls, eagles and ravens, all of which will take your rat, trap and all, within minutes of a capture in the open.

- ☛ Indoor traps, if used without a protective box, are best placed in concealed places out of reach of pets and children. Set traps perpendicular to walls, so the rats will pass directly over the trigger of the trap as they follow their preferred route along the base of the wall. Dark corners and behind objects are also ideal trap sites.

What if rats have already moved in?

- ☛ If you hear scritch noises and the sound of gnawing in your walls, the rats have penetrated your defenses. Take strong action immediately to minimize damage! Inspect your property thoroughly to determine where they've gotten in--most likely, if you've been vigilant about securing access points, they've burrowed down through our nice soft sandy soil and come up underneath your house. It is worth the time it takes to find the entrance burrow, even if you have to dig out big snow drifts, as a strategically placed trap might be all you need. Add more traps with a variety of enticing baits to your crawlspace. It may take several days to capture the culprit, as rats are fearful of new objects and will be wary of your trap at first. Once you're sure you've caught your rat (or rats!), block the burrow or other access point, but don't relax your vigilance--there may be more intruders than you realize.
- ☛ If you aren't having any luck trapping your rat, consider using poison. But think hard before you do--rats dying from anticoagulants might hole up in your walls or inside the flooring, and the stench of a decomposing rat can literally take years to fade. Poisoned rats sometimes become disoriented and die in the open; depending on the toxin used, consuming the dead or groggy rat could kill scavengers (ravens, eagles, dogs, cats).

For additional tips on rat prevention and control, download a pdf of *Rat Control for Alaska Waterfront Facilities*, available for free at: <http://seagrant.uaf.edu/bookstore/pubs/MAB-62.html>

## Adak's Rats: Another Perspective

Rats may be a nuisance, but they are also pretty amazing little creatures. Since we're stuck with them, we may as well appreciate them. One reason rats are commonly used in behavioral research is that their psychology, in many ways, seems to be similar to human: they are intelligent, ingenious, aggressive, adaptable, have excellent memories, and dream when they sleep. In addition to their role in laboratory research, rats have been used throughout history as religious icons, pets, mine detectors, and assistants (they have even been trained by electricians to route wires through walls). They are social animals (a group of rats is called a mischief!), and curl up together to sleep, groom each other, nuzzle and play; one study found they enjoy being tickled and even produce a primordial version of joyful laughter.

Rats will eat almost anything, and certainly don't need to live near humans to survive. Rats on Adak have been found at elevations as high as 470 meters, but densities are far higher along the coast. Norway rats can swim half a mile; some rats specialize in diving to catch fish or harvest mollusks. They can make two-foot vertical and four-foot horizontal leaps, and travel up to four miles in a day. Everyone has heard the alarming statistic that a pair of Norway rats under ideal conditions could produce 15,000 rats in one year, but the reality is much less dramatic: most rats living around people only survive about six months, and produce an average of 20 surviving offspring.

In addition to being fascinating in their own right, rats could also represent a subsistence or commercial resource for Adakians.

- ☛ Rat meat was historically a significant part of the diet of early Australian Aboriginals, Hawaiians and Polynesians, and continues to be a staple in Africa, India, and many Southeast Asian countries. Norway rats were eaten openly on a large scale in Paris when the city was under siege during the Franco-Prussian War--observers likened their taste to both partridges and pork. In late 2008, Reuters reported the price of rat meat had quadrupled in Cambodia, creating a hardship for the poor who could no longer afford it. According to the article, Cambodia exports about a metric ton of rats daily to Vietnam as food (take note, entrepreneurs!). Sauteed rats' tongues are a particular delicacy, like tiny crisply succulent sausages. A quick google can provide you with many delicious recipes.
- ☛ There is a small but lucrative market for art and jewelry made from rats. A bouquet made of rats' tails, formed into attractive curls and dried, can be a lovely ornament for your home or an unconventional bride. Make your own rat-paw earrings, or pose whole costumed rats in historical reenactments. Dry a hide flat with the skull intact for a lovely miniature bearskin rug in a dollhouse. Google "rat taxidermy" for lots of other ideas.
- ☛ Pelts harvested during winter months are thick and lovely. They've been used to create gowns in NYC and baby blankets on Adak; a single rat can be made into a small rat purse (there is one priced at over \$900 on Etsy!). If you live on Adak long enough, you are sure to encounter one of our "piebald" rats; let its striking white patches and stripes inspire your creativity.



So, the next time a rat leaps out at you from a dark shelf, don't freak out--just think of the possibilities: Adak's rats could lower your grocery bill, keep you warm at night, even provide a supplemental income!

### *Easy Rat Jerky* (Created by Yuri Hart and Robert Pugh)

Gut and skin 15 rats (preferably non-town rats eating healthy wild foods), remove heads and tails, and smoke with hickory until they have a smoky flavor. Season with salt and pepper. Put rats on a rack with sheet tray underneath. Bake at 280 degrees for about three hours, or until crispy on the outside. Let cool, then pull the meat off the bodies into bite size pieces. Serve at room temperature.



Make sure to follow us on Facebook at [www.facebook.com/cityofadak](http://www.facebook.com/cityofadak)

We want to hear from you! Let us know what you think. All comments are appreciated.

City of Adak, Alaska  
P.O. Box 2011  
Adak, Alaska 99546



## Adak Pot Luck

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- CAKE
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- PANSIT
- SNICKERPIE
- PORKROAST
- FISHPIE
- CARIBOUSTEW
- CRABDIP
- BROWNIES
- POTATOSALAD
- COOKIES
- PICKLED SALMON
- AMBROSIA
- FRESHBREAD
- MACARONISALAD
- GREENBEAN CASSEROLE