Adak City Council
REAA Region 8 School Board
Elections October 4, 2016

City Council

Seat 1A - 1 year term 10/2016 – 10/2017
Seat 1B - 1 year term 10/2016 – 10/2017
Seat 2A - 2 year term 10/2016 – 10/2018
Seat 2B - 2 year term 10/2016 – 10/2018
Seat 3A - 3 year term 10/2016 – 10/2019
Seat 3B - 3 year term 10/2016 – 10/2019
Seat 3C - 3 year term 10/2016 – 10/2019

ARSD School Board

Section II – Adak	Seat C	3 yr Term
Section II – Adak	Seat E	3 yr Term

If you are interested in serving on the City Council, candidacy applications are available at City Hall beginning July 29, 2016 at 8:00 am. Completed applications will be accepted through Friday, September 2, 2016 at 5:00 pm.

If you are interested in serving on the Aleutian Region School District Board, file your application at www.elections.alaska.gov, or in person with the City Clerk, no later than August 5, 2016.

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Alaska State Primary
Tuesday, August 16, 2016

US Senator **US Representative**

State Senator **State Representative**

Ballot Measure #1: An Act Allowing Qualified Individuals to Register to Vote When Applying for a Permanent Dividend Fund.

Polls open at 7am. Polls Close at 8pm

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Utility Rate Hike Begins August 2016

Effective August 2016, the residential garbage service fees are increasing from $15.00 to $20.00 per month. This means the total monthly bill will be $65.00.

Adak City Council says "Yes" to Permanent Fund Investing

The Adak City Council met July 20, 2016. On the Agenda, Resolutions 17-2016-007 and 17-2016-008 which both dealt with the authorization and criteria of investing City Permanent Funds.

The City of Adak adopted a sound investment plan at 40/60. The Permant Funds will be invested allocating 40% to equities and 60% to fixed income securities, as recommended by Finance Director, Alain Beauparlant and City Manager Layton Lockett. The Permanent Fund investment account will be managed by Alaska Permanent Capital Management.

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Crew Evacuates as Alaska Juris Takes on Water

The F/V Alaska Juris, a Fishing Company of Alaska trawler/processor, was abandoned by its crew on July 26, 2016, as the engine room started taking on water near the Island of Kiska.

As the ship began to list, the crewmembers all jumped onto life rafts into the Bering Sea. The crew of 46 had no time to gather possessions, with most having to remove their shoes to get into their survival gear.

F/T Seafisher is the first vessell to arrive with Juris' crew.

Some of the Juris crew awaiting to step onto land after evacuating the F/V Juris at sea.

F/V Juris cont.

The crew members originally picked up by a couple merchant ships in the area, were transferred to the Seafisher and Ocean Peace for transport to Adak.

The crew arrived in Adak for air charter flights to Anchorage via Security Aviation. Only able to transport out 26 of the crew on the 27th, Security Aviation transported the rest of the crew on the 28th.

The people of Adak gathered as many shoes as possible so the crew would have foot wear for their travel home.

Resolve Marine of Dutch Harbor has begun salvage operations, dispatching a tug to the last known location of the Alaska Juris.

Juris crew evacuated the 27th

Climbing aboard a Security Aviation

Scenes from July 4, 2016

Beach Football

Parade

Brooke Dushkin and Esperanza Diaz

AUGUST

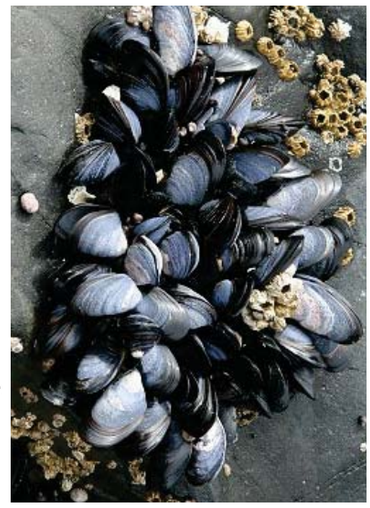
S	M	T	W	TH	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

8/7-8/21 – Behavioral Health Clinician
Call EAT 592-8383 for apt.
8/16 – SOA primary elections. 7am – 8 pm
Community Center
8/17 – City Council, 5pm
8/29 – USFWS Bunkhouse Chat, 7 pm

U.S. Fish & Wildlife Service / Alaska Maritime National Wildlife Refuge / Aleutian Islands Unit

FROM THE WILDSIDE

August 2016



Shellfish safety

(Excerpted from reports issued by Bruce Wright, Senior Scientist for APIA)

2014 and 2015 were bad years for harmful algal blooms in Alaska and 2016 is proving to be a bad year too, probably due to warming ocean waters (even with declining influence of El Nino and the Blob). Shellfish harvesters should be advised that paralytic shellfish poisoning (PSP) is a serious health risk when consuming personally harvested shellfish. Blue mussels (right) collected in Finger Bay in June 2015 had toxin levels exceeding the FDA's limit for PSP. (Samples collected this June were okay; July's are still awaiting analysis.) Crabs feeding on toxic mussels, clams or fish (sand lance) can also accumulate PSP toxin in their digestive system, and whereas bivalves (clams, mussels, oysters, scallops, cockles) sold at market require PSP testing and are considered safe for human consumption, crabs and shrimp are not regularly tested for PSP. Forage fish, such as sand lance (also known as needle fish, candle fish, sand eels; below) can become toxic with PSP too.

How can you protect yourself from PSP? The simplest way is not to eat bivalves from Alaskan beaches. The official policy of the state of Alaska is that all shellfish that are untested are unsafe to eat. Don't eat dead or dying forage fish found on the beach. Before cooking any crab (including those harvested commercially), remove the back shell and clean out all the dark soft tissues that comprise the digestive system and crab butter. Shrimp may also accumulate PSP toxin, so clean those before cooking as well.

PSP is a public health emergency and should be reported immediately to Alaska Section of Epidemiology by health care providers or citizens. To report, please call 907-269-8000 or 1-800-478-0084. Early symptoms include tingling of the lips and tongue, which may begin within minutes of eating toxic shellfish or may take an hour or two to develop. Symptoms may progress to tingling of fingers and toes and then loss of control of arms and legs, followed by difficulty in breathing. Some people feel nauseous or experience a sense of floating. If a person consumes enough toxin, muscles of the chest and abdomen become paralyzed, including muscles used for breathing, and the victim can suffocate. Death from PSP has occurred in less than 30 minutes.

Let's go outside!

There have been heaps of stories in the news in recent years about how important it is to get kids outside, as well as alarming statistics about how many hours they spend indoors poring over computers/tablets/smart phones, playing video games, or watching TV. One study reported kids spend each day an average of seven minutes outdoors and seven hours glued to electronic devices. The national panic resulting from this has been so extreme the crisis even has a name: nature deficit disorder. Richard Louv, author of *Last Child in the Woods*, notes that as kids become more and more removed from nature, it affects their psychological and physical well being. The decline of unstructured outdoor play has coincided with increasing rates of childhood obesity, anxiety, depression, attention disorders, vitamin D deficiencies—the list goes on.

Spending time in nature has tremendous health benefits, both physical and mental, not only for kids, but for adults as well--it helps all of us maintain a healthy weight, boosts our immunity and bone health, and lowers stress. It also improves concentration, confidence, and creativity. Put simply, it makes us happier and healthier...and it's free! Even spending 30 minutes a day outdoors can result in feeling more relaxed and cheerful, sleeping better at night, and keeping fit. The key is to realize that spending time in nature is an essential investment in our own and our children's health and well-being; we need to make it a priority, no matter how busy we are. It is important for all of us, but especially for those of us with kids; nurturing creativity and wonder is part of our responsibility as parents if we want to raise healthy, well-balanced children.

For many people, lack of access to natural areas, and discomfort being in nature, are contributing factors to the dwindling of outdoor time. Here on Adak we are surrounded by beautiful and wild landscapes, and we don't have any of the usual things that pester people--no poisonous snakes or hungry mountain lions, no danger of summer heatstroke, very few biting insects. The weather can sometimes be daunting, but if we dress appropriately and embrace the fun of wind-chomping and puddle-stomping, storm-dancing and snow-wallowing, even our most inclement days can inspire an invigorating and merry adventure.

If you have kids, the easiest way to ensure time in nature will become an enduring part of their lives is to inspire their enthusiasm and curiosity with your own--a parent's excitement is contagious, and when we show awe in nature, our children follow suit. Don't worry about "teaching moments" and structured activities. Follow the lead of your children --you'll be amazed at how busy and happy they can be without any help from you. Look under rocks, roll down a hill, dance on a boulder.

Remember what it is like to explore, discover and observe, and let your imagination run wild. Visit a wild corner near your home throughout the year and note how it changes through the seasons. Encourage questions you don't know the answer to: "I don't know! Let's find out together." Your kids will hop across streams, clamber on rocks, make forts in the tussocks--just being outdoors and surrounded by nature, with no distractions, is generally enough to transform children, and awaken their wonder, interest, enthusiasm and joy.

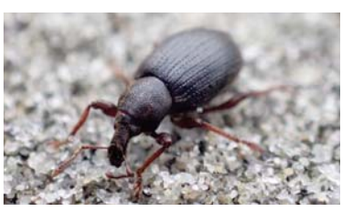
If you feel lost without more of a plan, the internet is full of great ideas--just google "get kids outside" and you'll find dozens of suggestions for activities and games for every season. Often the best things are those you'll discover yourself, once you're out there. Arrange shells or pebbles into scenes as you tell their story, or build sculptures of stone, use string to bundle old umbel stalks into a monster. If you come across a chattering stream, follow it up and try to discover its source. See how many different types of bugs you can find under rocks. Race to the top of the nearest hill, or climb one that will allow you to look down on a part of the island you've never seen before. Go camping for a night or two. Look at the map and find a pond you can easily hike to--it doesn't have to be far away to feel like a real adventure. Name the hills and streams you discover on your outings, and draw your own map.

For those that like to have some tangible goal, hunting and fishing are great ways to spend time outdoors, and even the smallest kids can help forage for shoots in spring, berries in summer, and roots in the fall. Maybe you'd like to try birding; pick up a bird list from the Refuge office and see how many different species you can tick off. Or even more fun: bring a notebook on your outings and draw the different plants and creatures you encounter, give them names as if you were discovering them for the first time. Whether to reach an objective, embark on an adventure, take a quiet stroll, or simply to play, let's go outside!

August field trips

We are hoping to have three field trips for kids this month. Look for posters announcing specific dates and times.

Geocache 101.--Navigating using map and compass is a great skill to have, but these days most people use a GPS unit to keep themselves on track. This can be advantageous in a place like Adak, where fog often obscures reference landmarks. One way to become familiar with a GPS and improve navigational skills is to search for geocaches. Geocaching is an outdoor treasure hunting game, kind of like Pokémon Go but in real life. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache hidden at that location. There are now millions of geocaches hidden worldwide, and millions of geocachers placing and searching for them. If you or your kids would like to learn more, and to participate in a geocache treasure hunt, please sign up for our *Geocache 101* outing by calling 592-2406.



Bugs!--Derek Sikes, Curator of Insects for the University of Alaska Museum and Associate Professor of Entomology at UAF, will be on Adak for at least part of a day before flying home after disembarking from the R/V *Tiglax*'s research cruise to Kasatochi. He's graciously offered to take kids out collecting bugs while he shares his fascination and enthusiasm, and provides some tips on capture techniques and identification. Mark your calendars for the weekend of 27-28 August; most likely the field trip will be midday on Sunday, but it will depend on the ship schedule.

Plant collections and genetic analysis.--Meg Fowler, a technician for USGS, is pursuing her Masters degree at UAA working on colonization genetics studies of beach greens and lupine in support of the post-eruption research at Kasatochi. She'll be in Adak for a few days (with her baby, Willa) to collect samples for her work and would love to have some Adak kids join her as she sets up a plot for her clone study. Learn more about how geneticists figure stuff out, and why it matters. She'll be here 29 August - 1 September; we'll pick a day for the outing once we see what her schedule and the weather will be like.

Upcoming Bunkhouse Chats

This summer we are hosting a series of informal gatherings featuring scientists in Adak to conduct research or await R/V *Tiglax*. Interested Adakians bring their questions and stories to share, and Carrie provides an assortment of delicious snacks. Conversation focuses on the scientists' field of expertise, but can veer off on fascinating tangents. Before the field season ends we hope to have a couple more chats:

Stephen Talbot, Regional Botanist for USFWS (Alaska Region), & Sandy Talbot, Research Geneticist for USGS.--This dynamic husband-and-wife team have been working throughout the Aleutians for decades, and will be making their annual pit-stop on Adak to collect and monitor plants, fresh from a few weeks of field work on Atka and a brief stop to continue monitoring the post-eruption changes at Kasatochi. If you are curious about the Aleutian shield fern (right, top), these are the people you want to meet. Come pick their brains and hear their stories! Monday, August 29th, 7 pm, at the USFWS bunkhouse.

Shawn Dahle, Research Biologist for NOAA's Alaska Fisheries Science Center, and his team of fellow researchers.--Some of you may remember Shawn from his work tagging harbor seals in Clam Lagoon a couple of years ago (bottom right: one of his seals transmitting data, photo by Andy Lewis). This year his crew will be in Adak in early and late September to start and end a harbor seal research cruise. Please join us Monday, September 5th, 7 pm, at the USFWS bunkhouse.

EASTERN ALEUTIAN TRIBES

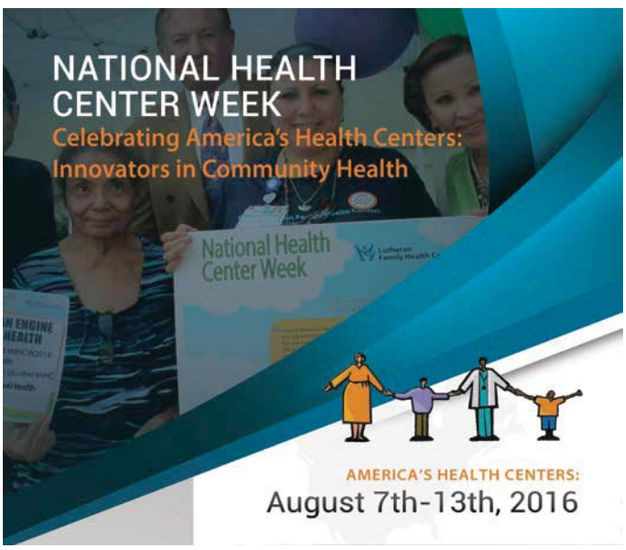
Adak Community Health Center

Working Together to Promote Healthy Communities

Call 592-8383 for info, or to schedule an appointment!

Adak - Upcoming Clinical Services:

August 7th -21st
Heidi Wilson, BH Clinician
October 6th – 16th
Sarah Schwarz-Dental Hygienist
October 23rd – 27th
Dr. Humphreys, SCF Optometrist



Countdown to the Launch of National Health Center Week 2016 Begins

Over 200 events around the country are planned as part of National Health Center Week (NHCW). The national campaign runs August 7-13th with the goal of raising awareness about the mission and accomplishments of America's Health Centers over the course of more than five decades.

One of the bright spots in America's healthcare system, health centers started over 50 years ago as a pilot project during President Lyndon Johnson's War on Poverty. Now Health centers not only prevent illness and foster wellness in the most challenging populations, they produce innovative solutions to the most pressing healthcare issues in their communities

Keeping families and communities healthy presents several unique challenges in Alaska. Geographic isolation, and financial, cultural, and language barriers often separate families and communities from the resources necessary to meet their wellness needs. Alaska's network of 29 Community Health Centers, and their care delivery sites, extend across the state providing medical, dental, and behavioral health care and other services.

hey reach beyond the walls of conventional medicine to address the factors that may cause sickness, such as lack of nutrition, mental illness, homelessness and addiction. Community Health Centers are local, nonprofit, community-owned facilities. They are open to all Alaskans and provide quality health care access to low-income and medically underserved populations and areas. There is a need to raise awareness of, and increase support for, Community Health Centers throughout the State of Alaska and in our local community. Community Health Centers play a vital role in ensuring access to healthcare for all Alaskans, and in supporting Alaska's commitment to the provision of primary healthcare to its residents.

There are NHCW events scheduled across the state of Alaska, including Coffee at your CHC. The Adak Community Health Center will have an open house the afternoon of Wednesday 8/10/16. Please stop by and visit with the clinic staff.

Clinic Hours
Monday – Friday
8:00 am – Noon & 1:00 pm – 5:00 pm

In a medical emergency after hours please call

907-572-9989

It is critical that community members have all non-emergent health concerns checked during regular clinic hours. Please do not wait until late in the afternoon to call for an appointment.

MEDICAL PROVIDERS DO NOT WORK AFTER HOURS FOR NON-EMERGENCIES.

Keep Smiling By

AVOIDING DENTAL DECAY

DOES THIS LOOK HEALTHY?

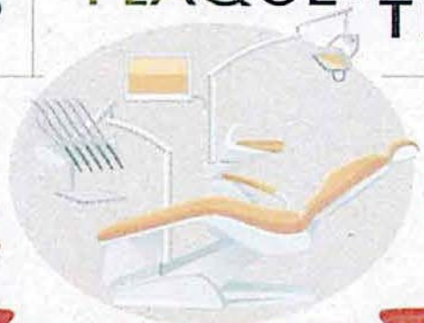
DECAY CAN BE EASILY AVOIDED

DENTAL DECAY

(also known as dental caries, holes, or cavities) occurs when teeth are not cleaned effectively.

Decay Equation

A slimy layer of germs called PLAQUE grows on TEETH



REGULAR CHECK UPS and visits in

Keep your SMILE right-side UP!

Dental Care, In Numbers

DECAY and other common related diseases are 100% PREVENTABLE.

SMOKERS are more likely to develop 2-7× PERIODONTITIS

Within 15 minutes of finishing eating, spend about 1 minute FLOSSING

Immediately after flossing spend at least 2 minutes BRUSHING

USE SHORT AND *GENTLE* STROKES @45°

HEALTHY TEETH

BIG

Wash and swill water after eating and drinking

Brush twice daily for at least 2 mins. using circular movements

Floss daily and ensure you are flossing under the gums where brushing can't reach

Remove sugary drinks and snacks from your diet

Increase mineral rich foods found in natural dairy and vegetables

Visit the dentist and hygienist in order to prevent the spread of bacteria and decay

For more about healthy oral care, visit http://beaconcovedental.com.au/