



## Adak's Monthly Newsletter featuring Local News and Events

### ICICLE TO CLOSE AFTER "A" SEASON

#### Icicle Seafoods Announcement Surprises Adak Residents

In a stunning move, Melody Jordan, Plant Manager for the Icicle Seafoods Adak Plant announced to the City Council that Icicle would be closing in mid-to-late April, after the 3 month "A" fishing season. During a normal processing year, the plant would stay open until the end of "B" season, mid-November, to process black cod and halibut. Icicle's early closing not only means half the revenues to the City for the three months they are open; due to the decreased fish tax rate (see the last issue regarding the Raw Seafood Product Sales Tax), it means zero revenues from Icicle the rest of the calendar year, cutting the City's projected local tax revenues by more than to 40% for FY 2013, ending June 30.

Jordan stated Icicle is citing the high cost of utilities, the projected cod market in Europe, as well as, European economic woes for the closure. Increased cod quotas in the Barents Sea for European Fishermen is also a concern for Icicle, who sells most of their Cod to the European market, stating the price of cod is too low for the plant to operate with a profit. Icicle has also had to overcome logistical difficulties in Adak, with only two flights per week to ship fresh product to various markets. Jordan also stated that it is not Icicle's intent to operate this way long-term and are actively working on measures to reopen the plant year-round.

The down side and long term effects of the seasonal plant closure are yet to be known. "The trickle down" theory implies there will be a lot less product gross revenue in Adak; Fiscal year 2014. There are ways to keep the fish moving in Adak. During years, Adak had no processor, one local fisherman, Mike Sharrah of the F/V Selah, was able to ship his halibut via Alaska Airlines. Mr. Sharrah thinks there may be some fishermen holding quota in the Western Aleutians that will ship their fish if they decide to port in Adak.

**The City Council passes Resolution 2013-13-001.** Funding requests from this year's State operating and capital budget. The resolution included requesting \$15 million for the Small Boat Harbor, \$1 million for the hydroelectric design and power system improvements, \$100,000 for pool and recreation facilities repair, \$50,000 for a solid waste dumpster truck, \$30,000 for City Hall and exterior street lighting, \$50,000 for the preservation of the historic Bering Hill Church, and \$50,000 for a bulldozer for use with maintaining local roads and the landfill. Last year the City was awarded \$25,000 towards the purchase of heavy equipment for Public Works.

**The City Council passes Resolution 2013-13-002.** The City council unanimously passed a resolution awarding and authorizing the City Manager sign a contract with McMillen LLC, for the hydroelectric engineering feasibility study. The City received five proposals which were independently graded and tallied, with McMillen being awarded the most points. Project consultant, Norm Baker, with DRG Consulting of Port Angeles WA., was pleased with the decision. Baker believes that McMillen's record with Alaskan energy projects and their ability to come in at or under budget in past projects, makes them the ideal engineering firm for the Adak project.

**The "WAG" Crab has sailed into Adak** aboard the F/V Trojan on January 17, 2013. The Trojan came in with their first full load. According one Trojan crew member crab is abundant this year. The Trojan sailed into port leaving pots with crab in the ocean when the first load was brought into Icicle for processing - they could not put any more into the hold. Residents of Adak can reserve their box of crab with Mary Nelson at ACDC, 592-2335. The price for a 40lb box this year is \$8.50/lb. plus tax.

**Layton Lockett, City Manager**, was recently interviewed by the student newspaper at his Alma Mater, University of Alaska, Anchorage. The "Green and Gold" chose Lockett for one of its recurring columns called "I am UAA", featuring human bio-interest stories on previously graduated students. While we could not publish the entire article, due to page space, you can read the article at the following web address: [http://greenandgold.uaa.alaska.edu/index.php?option=com\\_content&view=article&id=10675](http://greenandgold.uaa.alaska.edu/index.php?option=com_content&view=article&id=10675)



**Engaged** – Chris Diaz and Lacy Plummer will wed at Clam Lagoon in August 2013  
Chris Diaz works at Eastern Aleutian Tribes while Lacy Plummer works for Icicle Seafoods.

## It was a White Elephant New Year's Eve at Aleutian Sports Bar and Grill

A few residents of Adak – braved the occasional gag – by participating in the annual White Elephant gift exchange at the Aleutian Sports Bar and Grill, hosted by proprietors, Ed McNall, Chuck and Kathy Mohn. There was a good turn out this year and participants feasted on smoked salmon, assorted dips, caribou sausage, and shrimp sandwiches.



Kathy Mohn getting the vittles ready



(L) Chuck Mohn, Ed Mc Nall, and Nicole Gordon choosing a gift



(L) Krystle Penitani, Ludmilla Diaz, Phyllis Borts  
AKA Wives of COA Public Works Men

Kat McCune and John Ferrell Christmas Day

**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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**Movie List**

<b>21 Jump Street</b>	<b>Mama's Boy</b>
<b>24 Season 4</b>	<b>Mystic River</b>
<b>50/50</b>	<b>Ocean's Thirteen</b>
<b>A Knights Tale</b>	<b>Puss 'N Boots</b>
<b>America The Story of Us</b>	<b>Quicksand</b>
<b>American Beauty</b>	<b>Rocky Balboa</b>
<b>Angel Season 1</b>	<b>Second Hand Lions</b>
<b>Angel Season 2</b>	<b>Sherlock Holmes</b>
<b>Barber Shop</b>	<b>Sherlock Holmes A Game of Shadows</b>
<b>Black Beauty</b>	<b>Snatch</b>
<b>Bruno</b>	<b>The Black Widow</b>
<b>Buffy the Vampire Slayer Curse of the Hellmouth</b>	<b>The Grudge</b>
<b>Buffy the Vampire Slayer Season 2</b>	<b>The Namesake</b>
<b>Buffy the Vampire Slayer Season 7</b>	<b>The Phantom of the Opera</b>
<b>Call of the Wild</b>	<b>The Squid and the Whale</b>
<b>Captain America</b>	<b>Trapped in Paradise</b>
<b>Crank 2 High Voltage</b>	<b>Tron</b>
<b>Crossroads</b>	<b>Wanderlust</b>
<b>Eurotrip</b>	<b>Yes Man</b>
<b>Family Guy Volume 1 Disc 2</b>	
<b>Family Guy Volume 1 Disc 3</b>	<b>Blue Ray</b>
<b>Family Guy Volume 2 Disc 2</b>	<b>Zombieland</b>
<b>Family Guy Volume 8</b>	
<b>Friday</b>	<b>PS 3 Games</b>
<b>Frisky Dingo- Season 1</b>	<b>God of War</b>
<b>Futurama Vol 3 Disc 3</b>	<b>Grand Theft Auto</b>
<b>Futurama Volume 1 Disc 2</b>	
<b>Harry Potter Order of the Phoenix</b>	
<b>In the Name of the King</b>	
<b>Labyrinth</b>	
<b>Law Abiding Citizen</b>	
<b>Like Dandelion Dust</b>	
<b>Love Happens</b>	

Movies available for check out during Open Gym Tuesdays & Thursdays 6-8 pm. More titles arriving soon.



**Acne** (say: **ak-nee**)

— also known as pimples or zits — is a totally normal part of growing up. Kids get acne because of changes that occur during **puberty**, the time when kids' bodies begin the many changes that turn them into adults.

When you got your first pimple, you probably ran to ask your parent, older brother or sister, or a friend about what to do. But before you take their advice and pop that pimple, you should know that some of what you hear about acne is just plain wrong.

Let's clear up some common myths about acne — and maybe even your skin in the process!

**Myth: Popping your pimples is the best way to get rid of them.**

**Fact:** Step away from that mirror! Some people might tell you that popping your zits will make them less noticeable and help them heal faster, but they're wrong.

Picking or popping your pimples pushes germs further under your skin, which could cause more redness, pain, and maybe even a nasty **infection**. And popping zits can lead to **scarring**, which could last forever.

If pimples always seem to show up at the wrong time, like before a big event such as a dance, talk to your parent about seeing your doctor or a **dermatologist** (say: der-muh-**tah**-luh-jist), a doctor who specializes in treating acne. A doctor can help get your acne under control.

**Myth: Stress causes acne.**

**Fact:** Are you worried that the big test tomorrow or that big snow storm expected next week will cause your skin to break out? Don't worry — the normal everyday **stress** of being a kid doesn't cause acne. If you're going through an especially stressful period in your life — such as moving to a new house or dealing with your parents' **divorce** — your skin may produce more oil, also known as sebum (say: **see**-bum), but that doesn't mean you'll get more zits.



**Be Sure to Stop by and meet Katy Eby, PA-C! Our new PA in town.**

Symptoms of a Heart Attack

The five major symptoms of a heart attack are—

- Pain or discomfort in the jaw, neck, or back.
- Feeling weak, light-headed, or faint.
- Chest pain or discomfort.
- Pain or discomfort in arms or shoulder.
- Shortness of breath.

If you think that you or someone you know is having a heart attack, you should call **9-1-1** immediately.

*Be One in a Million this American Heart Month*

February is American Heart Month. Cardiovascular disease is the leading cause of death in the United States; one in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

**We can fight back against heart disease and stroke.**

Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Ask your doctor if you should take an Aspirin every day.
- Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment.
- If you Smoke, get help to quit.
- Make your calories count by eating a heart-healthy diet high in fresh fruits & vegetables and low in sodium and trans fat.
- Take control of your heart health by following your doctor's prescription instructions.

Together, we can all be one in a million this Heart Month and every month. To learn more, visit <http://millionhearts.hhs.gov>.

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
January 27 Community Church 9am	January 28	January 29	January 30 Volunteer Fire Dept meeting 4pm at Cold Rock	January 31 Open Gym 6 - 8 pm	1	2
3 Community Church 9am	4	5 Open Gym 6 - 8 pm	6	7 Open Gym 6-8pm	8	9
10 Community Church 9am	11	12 Open Gym 6 - 8 pm	13	14 Valentine's Day Open Gym 6 - 8 pm	15	16
17 Community Church 9am	18 President's Day City Offices Closed	19 Open Gym 6 - 8 pm	20 City Council Meeting 5pm	21 Open Gym 6 - 8 pm	22	23
24 Community Church 9am	25	26 Open Gym 6 - 8 pm	27 Volunteer Fire Dept Meeting 4 pm Community Center	28 Open Gym 6 - 8 pm		

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

Get your event on the Community Calendar 592-4500.

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## COMMUNITY RECIPE BOARD

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### Chicken Green Chile

1lb. bag small white northern beans	3 chicken breasts diced and cooked
2 cans fire roasted diced green chiles	2 cloves garlic minced
2 teaspoons cumin	1 teaspoon chile powder
3 chicken bullion cubes or 3 cups chicken broth	Salt and Pepper to taste

Garnish Options: Sour Cream, tortilla Strips, salsa, grated cheese, chopped onions, chopped tomatoes

Rinse clean then soak beans in hot water over night. Add beans to pot with 3 cups of broth and enough water to cover beans with 3 inches of liquid. Add spices and cook beans until almost tender. Add cooked Chicken and fire roasted chiles. Cook until beans are completely tender. Add salt and pepper to taste serve alone or with any of the garnish options listed.

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### Coconut Fish Sticks

1 ¼ lb white fish cut into sticks	1/3 Cup Milk
2 Large Eggs	2 Cups breadcrumbs (panko is best)
1 Cup unsweetened shredded coconut	¼ Cup water
Vegetable oil for frying	½ teaspoon salt & ¼ teaspoon pepper

Combine fish and milk in a large bowl and let sit. Combine flour with ½ teaspoon salt and pepper to taste in a shallow bowl. Mix eggs with ¼ Cup water. Mix the breadcrumbs with ½ teaspoon salt, ¼ teaspoon pepper, and coconut in a third bowl. Drain the soaking fish. Coat each piece in flour, then dip in egg mixture, then roll in bread crumb-coconut mixture. Set prepared fish on rack until ready to cook. Heat oil over medium high heat and cook fish until golden brown. Turn after about 2 minutes on each side if cooking with shallow oil. Serve with chutney, May-Ploy, orange sauce, or your favorite tartar.

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### Cheesy Spinach Dip

½ lb Pepper Jack cheese	1 lb Monterey Jack cheese
10 oz frozen chopped spinach	1 Cup milk
2 oz pimento peppers	½ teaspoon garlic powder
1 med chopped onion	1/8 teaspoon salt
1 Cup Sour Cream	Tortilla Chips

Cut the cheese into small chunks. Defrost spinach and drain well. Drain pimentos. Cook onions until opaque. Mix all of the ingredients except for the sour cream and corn chips. Microwave on low heat, stirring often until the cheese melts and mixture is smooth. Stir in the sour cream about 7 minutes before serving with tortilla chips. Substitute flatbread wedges, sourdough chunks or whatever for chips.

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### Hot Crab Dip

425 degrees

6 ounces cream cheese	½ Cup Mayonnaise
4 teaspoons lemon juice	¼ teaspoon pepper
1 teaspoon Tabasco or other hot sauce	½ teaspoon garlic powder
1 lb crab meat	Bread Crumbs or panko
Finely chopped green onions (garnish)	½ teaspoon chopped parsley

Mix cream cheese, mayonnaise, lemon juice, hot sauce, parsley, pepper, and garlic; fold in crab meat. Spread in baking dish and top with layer of bread crumbs. Bake at 425 for 15 minutes or until golden brown. Garnish with green onion. Change it up – use French's Fried Onions instead of bread crumbs.



## How Old Is That Eagle ?

It is easy to recognize adult bald eagles, with their white head and tail, dark brown body and wings, and yellow eyes, bill, legs and feet. But most eagles don't attain this distinctive plumage until they are five and a half years old. You're probably used to calling all the younger birds "immatures", but with a bit of careful observation you will be able to estimate the age of these young eagles. The key is to look at colors:

- Bill changes gradually from dark blackish gray to bright yellow.
- Cere (area above and around the nares [nostrils]) also changes from dark gray to yellow, but at a slightly different rate than the bill.
- Iris color starts out dark brown and gradually lightens to yellow.
- Head starts out dark brown, turns tawny the second year, then becomes progressively more mottled with white until no dark flecks remain.
- Tail starts out dark brown, turns tawny and mottled the second year, and gradually lightens; white tail feathers don't lose their dark edges and tips until adult plumage is attained.
- Back starts out tawny brown and becomes mottled with white the second year--often a whitish inverted triangular patch appears on the upper back of the bird. By the fourth year the triangle is gone and the amount of white flecking gradually diminishes until the body of the bird is uniformly brown.



photo by W. Lloyd MacKenzie

First year birds are simple to identify, with their dark bills, brown eyes, and mostly brown plumage. After the first year, plumage changes gradually, and birds that look similar are not always the same age. However, the majority of birds of a given age will fall into the same plumage category, and winter is a great time to distinguish them. So bring your binoculars next time you're out by the dump, and see how many eagles of different ages you can identify! Here's a summary of what to look for:

Winter characteristics of young bald eagles. The majority of (but not all) birds will have attained each plumage by the age listed.

Plumage category	Approximate age in years	Body part					
		Bill	Cere	Iris	Head	Tail	Back
Juvenal	0.5	dark gray	dark gray	dark brown	dark brown	dark brown	tawny brown
Basic I	1.5	dark gray; may be slightly yellow at base	gray; some yellow around nares	light brown	light brown	brown with mottled dark areas	mottled dark brown with white triangle
Basic II	2.5	mostly dark; mottled yellow	mostly yellow; mottled with gray	cream	light brown with paler crown; dark eye lines	mottled brown and pale	mottled dark brown with white triangle
Basic III	3.5	mostly pale yellow; dusky smudges	light yellow; grey mottling on top	pale yellow	white with extensive brown flecking; may have dark eye line	white with brown on end and edges	dark brown with white flecks
Basic IV	4.5	yellow; light brown at base	yellow	pale yellow	white with dark flecks	white; may have dark tip	dark brown
Definitive	5.5	yellow	yellow	yellow	white	white	dark brown



Juvenal



Basic I



Basic II photo by Carl Chapman



Basic III photo by S. Wessler



Basic IV photo by Keven Law

Interesting Fact: Juvenile bald eagles are actually LARGER than the adults! Don't make the mistake of the sailor who called to report "a baby bald eagle terrorizing people in the Commissary!" Imagine our surprise when we arrived, armed with nets, blankets and heavy gloves, only to find a tiny rosy finch in the produce section! "Well, it had a light head..." Now you know better: a white head is a sure sign it ISN'T a baby eagle!



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  
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## Valentine

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E N C H A N T M E N T C V P C  
 L S N H Y S W E E T H E A R T  
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 WILLYOUBEMINE  
 ENCHANTMENT  
 SWEETHEART  
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 BESTFRIEND  
 REDHEART