



MERRY CHRISTMAS!

Around the World

Many of you had a chance to meet Michael Smith from Melbourne, Australia. He left home on April 12, 2015 planning to travel solo around the world. He was in Adak until October 27 headed to Attu and then Japan.

Michael is traveling in a SeaRey "Southern Sun" Amphibia flying boat aircraft, custom designed and built by Progressive Aerodyne in Florida USA, with modifications such as increased fuel capacity, flexible ferry tanks, a variable IFA pitch prop and an electric fuel transfer pump.

Michael only needs 500' of land or 700' of water for take off and 400' of land or 500' of water for landing. The plane can cruise at 85 knots while burning only 5.5 gallons of fuel per hour. The plane with a rotary 115hp, 4 stroke turbo engine runs on Avgas and gasoline.



Michael and his SeaRey at the Adak Airport. Photo courtesy of Elaine Smiloff





Students Get Books for Home



In October, our local Premier Harvest Adak, held a fund raising crab feed for the Adak Public School. The fund raiser brought in more than \$2,500. The Adak Public School had decided they would like to purchase books for the children to have at home to read. The books have arrived and the kids will soon be reading at home. Thank you Dustin and Lisa Anderson.



Adak City Council to Consider Marijuana Regulations

There will be a Public Hearing for Ordinance 15-2016-097 – Marijuana Regulations and Authority on Wednesday December 2, 2015 at 5pm in Council Chambers. A Council meeting will follow the Public Hearing, at which time the council will vote on adding 15-2016-097 to the Adak Code of Ordinances.



Join us for Christmas Dinner

This year we will be having our annual Christmas dinner on Saturday, December 19, at 5:00 pm in the Community Center. We will be serving ham, turkey, green beans, potatoes, stuffing, dinner rolls, and cake for dessert. Please bring a side dish to share.

Santa Claus will be arriving shortly after dinner with presents for the children!

A Look Back at 2015!

TIJAT Productions comes to Adak for a possible History Channel Production.

Aaron Conklin, AK Air Manager moves to Seattle

Recreational marijuana use become legal in Alaska

Schwarz and Sharrah become certified Weather Observers

Lockett becomes President of the Southwest Alaska Municipal Conference

Premier Harvest is in full operation

Estrella Rizo appointed to Seat 1B on the Adak City Council

Hanna Hudson graduates from Adak School
 Spring Clean-up

The USCG Cutter Sherman visits Adak

USFWS hunt Kagalaska caribou

100 Knot Stop moves to a new location

Authors Quinn Haber and Jake Harper – “*I fell in Love with an Aleutian Vampire*” visit Adak

Spitler and Lockett attend Arctic Conference in Anchorage

Jarrett Patterson, Sunrise Patterson, Estrella Rizo, and Phyllis Borts are elected to the Adak City Council

Eddie Woods returns to Adak to teach dance, percussion and rhythm

DECEMBER

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		



December 16 – City Council 5pm, Council Chambers
 December 18 – School; Christmas Break Begins
 December 19 - Annual Christmas Dinner with Santa Claus, 5pm Community Center
 December 20 – Alaska Airlines Christmas Plane with Santa Claus – Adak Airport 4 pm
 December 25 – Christmas Day, City Offices Closed
 January 1 - New Year's Day, City Offices Closed



Adak Community Health Center

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

FLU SHOTS ARE STILL AVAILABLE!

Protect Your Health
with a Flu Shot!

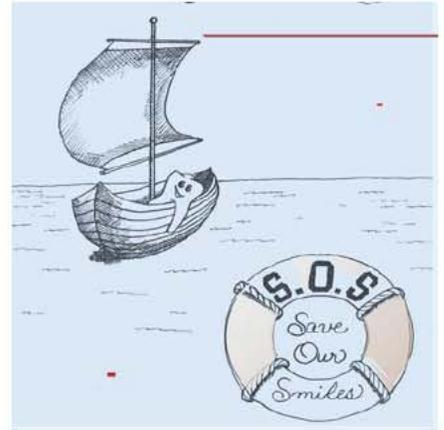


To apply for state assistance, Food Stamps, Denali Kid Care, Medevac Flight Insurance, Sliding Fee Scale to help pay for medical visits, Home Heating Assistance, and other programs, see Esther, at the Adak Clinic, for applications, assistance and information.

You can also ask for assistance with Affordable Care Act, Medicare, or VA.

DENTAL TEAMS COMING TO ADAK:
Eric Linduska, DHAT
and Allen Kuchenoff- DHA trainee
December 28th – January 6th

Dr. Costa & Gaby-
January 25th – February 5th



HealthCare.gov

Key Dates for Coverage changes:

- Dec. 7th Medicare Plans
- Dec. 15th December 15, 2015: Enrollees who want to change plans must act by December 15; new coverage will start January 1
- December 31, 2015: Coverage ends for 2015 Marketplace plans
- January 1, 2016: Coverage can begin for 2016 Marketplace plans
- January 31, 2016: Open Enrollment ends



Eating fruits and vegetables each day can help reduce your risk of cancer, heart disease,

obesity and high blood pressure! Fruits and vegetables are a good source of many nutrients that have been shown to help prevent certain types of cancer. Fruits and vegetables are also a good source of fiber,

which can help lower blood cholesterol. Eating fruits and vegetables each day is an important way to maintain your health.

For those living in rural Alaska, getting your 5 A Day may be a little more challenging, but it can be done!

Many village or small town grocery stores in rural areas may not carry fresh fruits and vegetables. Fortunately, there are other ways to get your 5 A Day.

What's a Serving?

- 1 medium piece of fruit
- ½ cup cut up or canned fruit
- ½ cup 100% fruit or vegetable juice
- ¼ cup dried fruit or vegetables
- ½ cup raw or cooked vegetables
- 1 cup raw leafy vegetables or dried black seaweed
- ½ cup cooked beans

WINTER

How did it get so late so soon? Its night before its afternoon.

December is here before its June. My goodness how the time has flown. How did it get so late so soon?

Dr. Seuss

Time,
December, Afternoon

Frozen and canned fruits and vegetables are just as good for you as fresh and a quick and easy way to get your 5 A Day.

Compare the nutrients in fresh, frozen and canned:



<u>Fresh green peas*</u>	<u>Frozen green peas</u>	<u>Canned green peas</u>
4 grams protein	4 grams protein	4 grams protein
3 grams fiber	3 grams fiber	3 grams fiber
48 RE Vitamin A	54 RE Vitamin A	66 RE Vitamin A

*½ cup serving size

Dried fruits, such as raisins, prunes, apricots and berries, can count toward your 5 A Day.

“Tang” and “Hi-C” do not count as a fruit serving because they contain mostly artificial flavors and sugar. However, one serving per day may come from ½ cup 100% fruit juice or vegetable juice.



“Ghastly grim and ancient raven...”

Folklore and mythologies from cultures throughout North America and Northern Europe are full of ravens, their role ranging from symbols of death and evil to creators of the world, bringers of light. Their cunning and intelligence have resulted in ravens often being depicted as playful tricksters or wise messengers. As winter sets in on Adak, with its long nights and frequent storms, the antics of local ravens provide a happy antidote as they tumble in airborne frolics, slide merrily down slopes of snow, tease our dogs, and astonish us with calls that can sound like water plonking, cats mewling, demons rasping...playful tricksters, indeed!

For auld lang syne, here's a page featuring ravens from an old *Eagle's Call*, 27 years ago (back when thousands of people lived here). Also, if you haven't already, check out Edgar Allen Poe's famous narrative poem, *The Raven* (quoted above)--it's the perfect read upon a stormy midnight drear.

Happy Winter, everyone!



From the Wildside



The legend who sits at your door

Ravens are everywhere on Adak, their raucous, scolding cries as unnerving as their lack of fear or respect for people, dogs & vehicles. The largest member of the Crow family which includes jays, crows & magpies, ravens are common only in Alaska, Canada and the far west. As scavengers, raven numbers may rise higher than normal in places like Adak where dumpsters and landfills provide extra food.



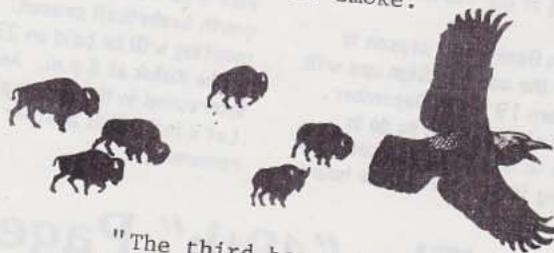
Ravens compete with gulls to eat dead birds, fish and animals around Adak. As any hunter will tell you, ravens make short work of a caribou carcass left in the field. But ravens diet is not limited to dead things; they will eat the eggs and young of seabirds and songbirds. As a result, too many ravens can bring a decrease in the diversity of other birds in an area.

Ravens mate for life and are long-lived; one in Washington's National Zoo lived 25 years! In the wild, a raven's life at best would probably be half as long.

In the Alaskan wilderness, ravens are the aerial companions of wolves, feeding on carcasses of moose and caribou. Ravens once peppered the plains of Kansas and Oklahoma until they disappeared along with the bison on whose carcasses they fed.

Alaska's natives have long revered the raven for its cunning. Raven was a key totem in native mythology eons before Edgar Allen Poe introduced it to white men.

The Legend of Raven goes like this:



"The third box was more difficult. No matter how the baby pried, there was no budging the lock. So, with a loud "Caw! Caw! Caw!" he changed back to Raven, took the box bearing the sun under wing and flew into the night. Raven searched the darkness until he found villagers willing to exchange the sun's light for food. He unlocked the box & a blinding light came over the world. People spilled from canoes in all directions. Those who dove overboard became otters & seals. Those who swam for shore became creatures of the forest. And those who had shared their food with Raven became people, and prospered ever more."

And as anyone on Adak can attest, willingly or not, the people still share their food with Raven. . .