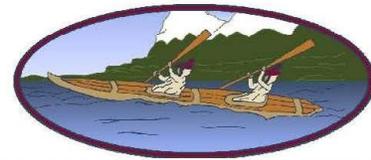
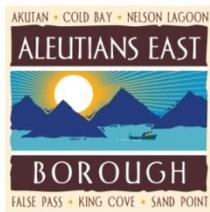


## In the Loop



**EASTERN ALEUTIAN TRIBES**  
*Working Together to Promote Healthy Communities*

Bringing the Aleutians East Borough, the AEB School District and Eastern Aleutian Tribes together by sharing common goals.

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## **AEB Residents Express Overwhelming Support for Izembek Land Exchange and Road Link to Cold Bay**



Thirty people testified during the scoping hearing held in King Cove on April 29, 2010. Eighty people attended the meeting.

Aleutians East Borough Residents demonstrated strong support for the Izembek land exchange and road link to the Cold Bay Airport during the recent U.S. Fish & Wildlife Service (F&WS) scoping meetings. The U.S. Fish & Wildlife Service held scoping meetings in five of the Borough's communities (Sand Point, Cold Bay, Nelson Lagoon, False Pass and King Cove) April 27 - 29, 2010. Approximately 55 testified in favor, while only one Borough resident expressed clear opposition to the road during the

meetings.

Not surprisingly, the community most affected by this issue -- King Cove -- showed up in large numbers. Eighty King Cove residents attended the standing-room-only meeting scheduled at the King Cove Multi-purpose Building on Thursday, April 29, 2010.

“I am testifying as a mother and resident of this community,” said Della Trumble, spokesperson for the King Cove Corporation. “I was at the airport Monday afternoon, waiting for the flight from Cold Bay to arrive with my daughter, Trisha, on the plane.”

On April 26, 2010, Della witnessed a downdraft slamming the Piper Cherokee Saratoga down to the King Cove runway.

“Out of nowhere, we hit a huge pocket that just dropped us out of the sky,” said 21-year-old Trisha



**Della Trumble testified that watching a plane crash land with her daughter on it, is not something any parent should witness.**

Trumble. “At that point, I was thinking, this is it, and I knew we were going to crash.”



**Trisha Trumble (left), one of the passengers who survived a plane crash at the King Cove runway on April 27, 2010, testified that she is living proof of why the community needs the proposed road link to the Cold Bay Airport. Photo courtesy: Della Trumble.**

Della said just before the plane hit the runway, the pilot was able to pull the nose up and the craft crashed onto the runway.

“To watch a plane crash land with your daughter on it is not something any parent should witness,” added Della. “I’m just grateful that no one on board was injured.”

“I can truthfully start by saying I am living proof of why we need this road,” said Trisha. “We all stand here today and know how many people don’t like to fly between these two communities (King Cove and Cold Bay). We know that lives have been taken due to bad weather,” she added. “This (plane crash) should be an eye opener to the reality of what residents and people traveling in and out of King Cove have to face. The weather is very unpredictable. Lives are irreplaceable. We only have one life, and this is where we live. The people of King Cove need this road.”

Part of the Public Omnibus Land Management Act, signed by President Obama last year, would establish a process to increase the size of the Izembek and the Alaska Peninsula Wildlife Refuges

by more than 61,000 acres (donated from the State of Alaska and the King Cove Corporation). In exchange, the state would get a small single-lane gravel road corridor (206 acres) leading from King Cove to the all-weather airport in Cold Bay. In addition, 1,600 acres of refuge lands on Sitkinak Island would be transferred to the State of Alaska. As a condition of the exchange, an Environmental Impact Statement must be conducted and the Secretary of the Interior must determine that the land exchange and the road corridor are in the public interest.



**Etta Kuzakin, President of the Agdaagux Tribe, testified that the U.S. Department of the Interior has a trust responsibility to the indigenous people living in King Cove.**

Etta Kuzakin, President of the Agdaagux Tribe of King Cove, said in her testimony that the Department of the Interior has a trust responsibility to the indigenous people living in King Cove.

“The indigenous people of King Cove have subsisted off of these lands for thousands of years -- lands that have been used by our tribal members through generations and generations. The government basically took that away when they designated it wilderness without any consultation with the people of King Cove,” Kuzakin explained. “Now my corporation is

coming forward and giving up more of those lands that are part of our heritage. I sincerely hope that you will listen to other communities, tribes and village corporations that support this exchange.”

“The Aleut people of King Cove weren’t asked (when the federal government designated Izembek as wilderness and cut off their access),” said King Cove resident Larry Babcock. “I think this is an atrocity. They (the Aleut people) are the first citizens of the United States. The government should straighten this out. “

Simeon Kuzakin, President of the Belkofski Tribal Council, told the Fish & Wildlife Service that King Cove residents deserve the ability to travel safely between these communities just as other citizens of the United States can travel to nearby communities by



**The U.S. Fish & Wildlife Service conducted five scoping hearings in the Aleutians East Borough (King Cove, Sand Point, Cold Bay, False Pass and Nelson Lagoon) April 27 - 29, 2010.**

road. He said King Cove has already lost enough because of not being able to get to the Cold Bay airport during severe weather.

“My wife was stuck in King Cove for three days during bad weather with 3<sup>rd</sup> degree burns when a pressure cooker exploded,” said Simeon. “She barely survived this experience. I myself have major medical issues and have had to change doctor appointments on numerous occasions because I could not get to Cold Bay. My doctor has stated that I cannot keep doing this, as he has had patients die because of not keeping up with medical appointments. I want to continue to live at home as long as I am able.”

Etta Kuzakin said she lost a loved one after enduring what no woman wants to experience.

“While I was pregnant with my third child, I went into labor in the middle of the night,” said Etta. “Because it was too foggy and dark, I had to wait until daylight to take the hovercraft to Cold Bay where the medevac plane waited for me. Because of the long wait, I lost the baby. If there had been a road, I could have left (King Cove) at the first sign of labor.”

Seward Brandell Sr. told the Fish & Wildlife Service that he doesn’t want his grandchildren to experience what he went through. Several years ago, when he was sick, he was medevaced

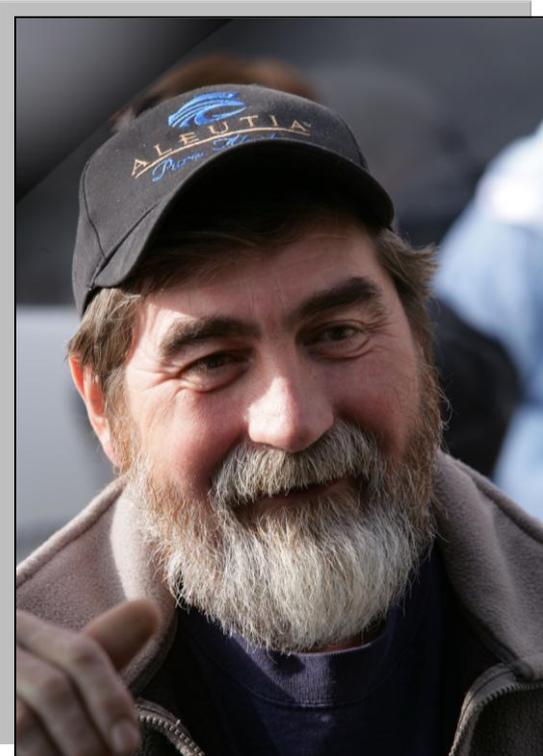
on a fishing boat in rough seas when stormy weather prevented planes from flying. After three hours, he and other family members arrived in Cold Bay. His son, Lonnie, helped support his father while he climbed a 20-foot ladder to reach the top of the dock where an ambulance waited. He was later diagnosed with double pneumonia at an Anchorage hospital.

“An elder shouldn’t have to go through something like that,” said Lonnie Brandell. “We’re all one big family here. If something happens to one of us, it affects everybody.”

“We’re not just numbers,” said Marvin Mack, lifelong King Cove resident and Aleutians East Borough



Seward Brandell, Sr.



Marvin Mack

assemblyman. “We’re people, and we need that road.”

**Anyone who was unable to attend the scoping meetings can submit written comments by email, fax or postal mail.**

**Send comments to:**

**Email address:** [Izembek\\_eis@fws.gov](mailto:Izembek_eis@fws.gov)

**Fax:** (907) 786-3965; **Attention:** Stephanie Brady

**Postal Mail:**

Stephanie Brady, Project Coordinator  
U.S. Fish and Wildlife Service  
1011 East Tudor Rd., MS-231  
Anchorage, AK 99503

**For more information, visit the following Web site:** <http://izembek.fws.gov/eis.htm>

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## Ferry Tustumena Undergoes Repairs

### Kennicott Temporarily Scheduled To Provide Service to Aleutians



**According to the Department of Transportation, repairs to the Tustumena are expected to be completed by May 14, 2010, depending on the extent of the damage found by the shipyard.**

The ferry Tustumena is in the drydock in Ketchikan while shipyard workers repair a possible structural deficiency that allowed seawater to leak into one of the 46-year-old ship’s fuel tanks. According to the Department of Transportation, repairs to the ferry will tentatively be completed by May 14, 2010, depending on how extensive the damage is and how much repair is required.

Meanwhile, the Alaska Marine Highway System (AMHS) has dispatched the ferry Kennicott and

its crew to provide substitute service while the Tustumena is out of commission.

Engineers aboard the 296-foot Tustumena discovered about 50 to 60 gallons of water in the ship's number three tank while the ship and its crew were providing service to southwestern Alaska communities recently. Following the discovery, the crew notified the U.S. Coast Guard.

Coast Guard inspectors and commercial divers tried to determine the water's entry point, but could not find any definitive damage. AMHS confirmed that there was no fuel leaking into the water.

## **Legislature Approves Twice-Monthly Summer Service to Aleutian Chain Communities**

Aleutians East Borough residents were excited to receive some good news recently about ferry service. The legislature approved funding in the supplemental budget to restore twice-monthly summer service to Aleutian Chain communities. The legislative action currently awaits Governor Parnell's approval. In the mean time, AMHS has authorization to schedule that service and has done so. Please check the link below for the sailing calendar.

### **[MV Tustumena sailing calendar for May 2010](#)**

Please contact central reservations at (907) 465-3941 or toll-free 1-800-642-0066.

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## **Highlights from the April 2010 North Pacific Fishery Management Council Meeting**

*Previously published in Fish News on April 28, 2010*



The North Pacific Fishery Management Council (NPFMC or Council) focused on several issues at its April 8 - 13, 2010 meeting in Anchorage. The highlights are listed below.

## Steller Sea Lion Biological Opinion Update:

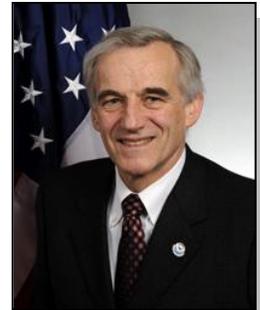
The NPFMC is still waiting to receive the Steller Sea Lion Biological Opinion. The controversial report was expected on March 1, 2010, but was postponed. Afterwards, it was added to the Council's agenda for April. Jim Balsiger, Alaska Chief for the National Marine Fisheries Service (NMFS), announced during the Council meeting, that it might be months before the report is released to the Council. *Fish News* will keep you posted with the latest information.

## New Hierarchy:



Eric Schwaab is the new Assistant for NOAA's NMFS.

Balsiger returned to Alaska recently after serving more than two years as Acting Administrator for NOAA's National Marine Fisheries Service (NMFS). Balsiger led the fisheries in that capacity after former director, Bill Hogarth, retired in December 2007. In February of this year, Eric Schwaab was appointed as the new Assistant for NOAA's NMFS. Schwaab's supervisor is Dr. Jane Lubchenco, the Under Secretary of Commerce for Oceans and Atmosphere and NOAA Administrator.



Jim Balsiger, Alaska Chief for NMFS

## Rockfish Program:

The Council conducted an initial review of the Central Gulf of Alaska rockfish analysis and released it for public review. By striking specific options and the catcher-processor limited-access alternative, the Council suggested that it would not include these as part of its preferred alternative during final action. However, specific analysis associated with most of the stricken provisions will remain in the public review analysis, in case the Council decides to revisit those provisions or the alternative in its preferred alternative. The Council also modified several options under consideration. They include:

- Inclusion of an option to allocate between 1.5% and 5% of the total allowable catch to harvesters that participated in the pilot program entry level fishery.
- Expanding the shore-based processor cap to include 10 percent, with a provision that would adjust the cap and the grandfather amount in the event that a grandfathered processor is not available for processing or if the cap might prevent fully processing rockfish catch.

## **GOA Chinook Bycatch:**

The Council reviewed a draft discussion paper on Chinook salmon bycatch in the Gulf of Alaska (GOA) groundfish fisheries, and asked that it be revised and expanded. The revised paper will update and map bycatch patterns in the groundfish fisheries, and will discuss what would be required to implement full retention of salmon in the GOA groundfish fisheries. Background information will be expanded to include Chinook salmon



**A draft discussion paper on Chinook salmon bycatch will be revised and expanded.**

stock assessment data, environmental variables affecting the abundance of salmon, stock of origin information and the limitations of using GOA observer data for in-season management of Chinook bycatch. The Council will also request the National Marine Fisheries Service to accelerate analysis of GOA Chinook salmon bycatch samples, which can be used to help identify stocks of origin.

## **Chinook Salmon Excluder Experiments**

The Council reviewed recent results from Chinook salmon excluder experiments in the Bering Sea pollock trawl fisheries. Results show that the newly-redesigned flapper excluder consistently achieved Chinook escapement ranging from 25% - 34%, while minimizing pollock escapement to 0.4% - 1.6 %.

## **BSAI Crab Program**

In the Western Aleutian Islands golden king crab fishery, fifty percent of the Class A catcher vessel individual fishing quota is required to be landed west of 174 degrees west longitude. However, the bankruptcy of the operator of the Adak shore plant made it difficult, if not impossible, to harvest the West region quota. The Council took final action and chose a preferred alternative that would create an exemption to west region landing requirements in the Western Aleutian Island golden king crab fishery. The Council also advanced a set of alternatives to create an emergency exemption to regional landing requirements in all fisheries, for analysis.

## **GOA Tanner Crab Area Closures**

The Council reviewed an analysis to close areas around Kodiak Island to the groundfish fishery to protect Tanner crab. Four areas are proposed for closure -- all on the northeastern side of Kodiak Island. The alternatives include options to apply the closures year-round or seasonally, and to different gear types. In addition, some vessels may be exempted from the area closures if they meet specific conditions such as using approved gear modifications or a 100 % observer coverage requirement.

## Community Quota Entity Program

The Council reviewed two separate letters from residents of Game Creek and Naukati Bay in southeast Alaska, requesting that the Council initiate an analysis to evaluate the eligibility of these communities for the GOA Community Quota Entity (CQE) Program. The Council was also informed that the communities of Cold Bay and Kupreanof are potentially eligible for the program. The Council initiated a regulatory amendment to assess the eligibility of Game Creek, Naukati Bay, Cold Bay and Kupreanof in the CQE Program. If determined eligible, these communities would need to form a CQE in order to participate in the program.

For more information, visit the link below.

[Link: April 2010 NPFMC Newsletter](#)

[Link to North Pacific Fishery Management Council](#)

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## NPDES Exemption for Commercial Fishing

### Vessels Expires July 31, 2010

*Previously published in Fish News on April 28, 2010.*



The current congressional moratorium on the issuance of a National Pollutant Discharge Elimination System (NPDES) discharge permits to commercial fishing vessels expires on July 31, 2010. Without additional congressional action, as of August 1, 2010, all commercial fishing vessels will be faced with one of two options:

- Obtain an individual NPDES permit from the EPA, or
- Not apply for a permit and be technically out of

compliance (while knowing that the EPA and the U.S. Coast Guard may not have the additional resources necessary to enforce the requirement).

The second scenario leaves individual fishing vessels potentially subject to lawsuits for failure to comply with the Clean Water Act. Senator Lisa Murkowski (R - AK) is leading the effort to pursue a 3-year extension of the moratorium via the annual appropriations process.

The EPA estimates that the potential fleet to be covered by any new regulations for commercial vessels could total more than 140,000, including 70,000 commercial fishing vessels.

The NPDES permit requirements only apply to discharges within 3 miles (state waters). In addition, the Clean Water Act allows each individual state to “certify” NPDES permits within their waters and impose additional standards or requirements as part of the certification.

Commercial vessels that transit multiple states’ waters could find themselves being subject to multiple and inconsistent requirements. As a result, large commercial vessels are seeking new federal legislation to establish an alternative to regulation of both their incidental discharges and discharges of ballast water. With regard to discharges incidental to normal vessel operations, this legislative alternative would, among other things:

- Establish National Standards for incidental discharges to be enforced by EPA and the USCG;
- Prohibit states from imposing alternative or additional discharge standards

*Fish News* and *In the Loop* will keep you posted with the latest information.

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## **Sam Cotten’s term on the NPFMC To Expire in August**

### **Borough Encourages Letters of Support for his Reappointment**

*Previously published in Fish News on April 28, 2010*

Sam Cotten’s term on the North Pacific Fishery Management Council is scheduled to expire in August of this year. Sam has served three years on the Council and is the Aleutians East Borough’s Fisheries Consultant. He has been nominated as an alternate for the Council by Governor Parnell. Sam is still eligible to be reappointed by the U.S. Secretary of Commerce. The Borough is encouraging anyone who would like to support him to do so by writing letters to the address below:

**Hon. Gary Locke, Secretary  
U.S. Department of Commerce  
1401 Constitution Ave., NW  
Washington, D.C. 20230**

Please copy Sam on your letter to the Secretary at the following address:

Sam Cotten  
P.O. Box 296  
Eagle River, AK 99577

Anyone who would like help drafting a letter, please email [ltanis@aeboro.org](mailto:ltanis@aeboro.org)



The Borough is encouraging AEB residents to write letters recommending Sam Cotten's reappointment to the NPFMC.

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## EAT Prepares for Traveling Health Fair

*Courtesy: Eastern Aleutian Tribes*

During recent listening sessions in many of EAT's clinic sites, community members have asked for more opportunities for outreach and education about health and wellness.



Mr. Gross Mouth and Mr. Clean Mouth are among the displays that will be shared at the 2<sup>nd</sup> Annual Health Fair.

In response to that request, and as part of an ongoing effort to inform, educate and empower residents to make better lifestyle choices, EAT will be sponsoring its second traveling health fair to five remote communities on the Aleutian Chain in June.

People of all ages can be actively involved in learning about health and wellness, and in making healthy choices for their own lives, explains EAT's new Executive Director, Michael Christensen. This is a great opportunity to become educated about health

issues and to develop personal wellness plans to maximize healthy choices.

The fair will feature stops along the M/V Tustumena ferry route, including Sand Point, King Cove, Cold Bay, False Pass and Akutan.

Currently, the schedule and locations for the 2010 health fair are:

**Sand Point**, June 10, from 10:30 p.m. to 11:45 p.m., in the Net Shed.

**King Cove**, June 11, from 6:30 a.m. to 7:45 a.m., in the Boat Harbor Building.

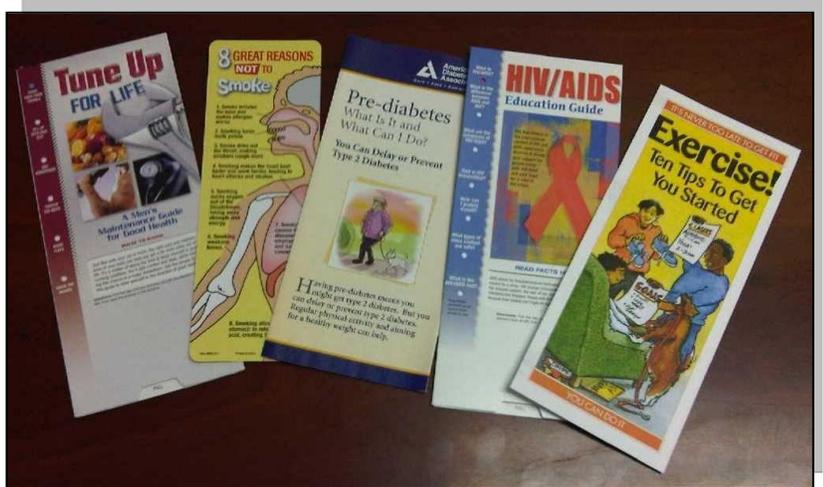
**Cold Bay**, June 11, from 9:45 a.m. to 12:45 p.m., in the Community Center.

**False Pass**, June 11, from 5:00 p.m. to 6:45 p.m., in the Tribal Warehouse (at the end of the City dock).

**Akutan**, June 12, from 2:00 p.m. to 4:00 p.m., in the School Gym.

"These are estimated times," notes Fair Organizer Anna Buterbaugh, "and will depend on the arrival of the Tustumena at each community." [See companion article on the Tustumena].

Various health education displays, models and learning centers, along with fun activities for the whole family, educational brochures and give-aways will focus on diabetes, tobacco cessation, nutrition, hypertension, cardiovascular disease, immunizations, importance of exercise, and overall wellness.



Informational pamphlets on a variety of topics will be available at the traveling health fair.

EAT's first traveling health fair was held in 2008 and proved to be a popular event with residents showing up at all times of the day - and night - to become actively involved in learning about health and wellness.

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## U. S. Bureau Of Census Initiates Non-Response Follow-Up Campaign May 1, 2010 – July 10, 2010

### What Happens When A Census Taker Comes Knocking on Your Door

During the Non-Response Follow-up (NRFU) operation, census takers will be going to homes to conduct interviews in person. Beginning May 1, local residents may begin to notice people in their neighborhoods. Some are strangers, but most are likely to be their friends and neighbors.

If you did not get a 2010 Census form in the mail or did not fill out and send back to the Census Bureau the census forms that were sent



or delivered to all households back in March, your house will show up on the list that census takers will visit.

A census taker is called an Enumerator. His/her job is to ask you specific questions as listed on the Enumerator Questionnaire (EQ). This EQ helps determine the status of the housing unit's (HU) address on Census Day, April 1.

When a census taker shows up at your door, he/she should have a badge hanging from his or her neck that identifies this person as a census taker. He/she may also be carrying a black bag with U.S. Census Bureau marked on the side of the bag. This census taker will not ask to be invited into your home. Nor will he/she be asking you for money or donation, your Social Security



number, driver's license number, banking account or PIN number. He/she will not be asking you for proof of American citizenship or immigration status.

He/she will have a questionnaire in hand and a document titled "Your Answers Are Confidential," and will hand those documents to you. You will be asked questions about each member of the household. How many people live here? What are their names? When were they born? How old are they? There are a few more questions but in general, it should take less than 10 minutes to complete the questionnaire.

**The data collected are used to allocate funds to states and boroughs to fund the local police, fire and emergency services, services for the elderly, school construction and a variety of other services.**

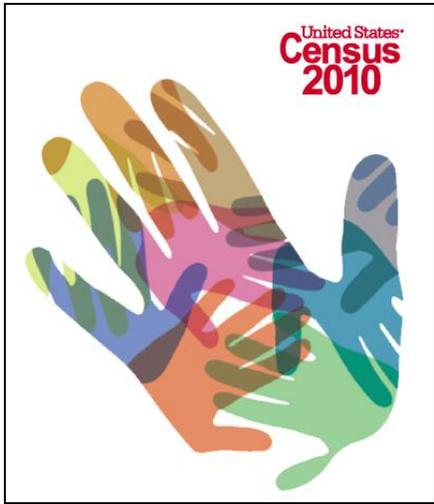
Please keep in mind that no assumptions can be made by the enumerator. So when he/she asks if you are male or female, please just answer the question. If he/she asks if you are Hispanic or Latino, just respond accordingly.

If the census takers were not able to make contact on the first visit, the census taker will leave a Notice of Visit at your home, letting you know that they came to your address. The information provided on this form will enable you to call and arrange for a visit when it is convenient for you. The census takers must try to contact a person in the home, in person, up to three times. Three additional attempts can be made by phone, if they have a phone number.

They will talk to neighbors about the housing unit if they are not able to connect with someone at that address. If they do not reach you after three attempts, the Census Bureau will conduct an interview with a proxy respondent...your neighbor.

The census takers will attempt to make contact during the week, on the weekends, in the morning, afternoon and early evening. Please understand they are doing a job just like you and me, so please help them out and be cooperative.

So, if you did not return your 2010 Census form, you will most likely get a visit from a census taker. A census taker's job is to complete an Enumerator Questionnaire for every case in his/her assignment area, whether the housing unit was occupied, vacant or not on April 1, 2010, the designated Census Day.



It's important to count everyone in the census. Your answers are confidential. This means the Census Bureau cannot give out information that identifies you or your household. Federal law protects the confidentiality of your answers (Title 13, United States Code, Sections 9 and 214).

Remember this happens one time every ten years. The data collected are used to allocate funds to states and boroughs to fund the local police, fire and emergency services, services for the elderly, school constructions and so on, which ultimately come back to you. For more information, please visit [www.2010census.gov](http://www.2010census.gov).

**If you have any questions, please feel free to call Barbara Fleek, Partnership Specialist, Anchorage Local Census Office, 907-444-5928 or Doua Vang, Partnership Assistant, Anchorage Local Census Office, 907-444-5935.**

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## **Cold Bay Terminal building RFP is Available**

The Request for Proposal (RFP) for the rehabilitation of the Cold Bay Terminal Building is out, and is available on the Web site below. Click on the following link for more information:

[www.aeplans.com](http://www.aeplans.com)



**Cold Bay Terminal Building**

# Conference in Washington, D.C. Examines Opportunities, Successful Strategies for Tribal Energy Development

## Tribal Energy Development

### **A Comprehensive Two-Day Conference**

June 10 & 11, 2010

Washington, DC (Hilton Washington Embassy Row Hotel)

Presented in collaboration with NCAI and CERT, this annual gathering of tribal leaders and energy professionals in Washington DC explores current opportunities and successful strategies for tribal energy development. Sign up soon to hear from governmental, tribal, legal and business experts on the following important topics:

- The interplay between energy production and economic growth in Indian country
- New legislative developments that impact tribal energy development
- The DOI and the intersection of environmental and energy policy on tribal lands
- Funding opportunities at the Departments of Energy, Interior and Agriculture
- Renewables: Wind and solar
- Developer, tribal and environmental perspectives on current environmental challenges
- Working with state legislatures
- Transmission: What is being built where
- Greater federal involvement in siting processes
- Case study: Alaska Native Corporations' energy development
- Contract essentials for development agreements and joint ventures
- Bond financing
- Working with equity investors
- New tax incentives
- Tips for getting the deals done

The conference includes a reception in the Senate Committee on Indian Affairs Hearing Room on Capitol Hill hosted by National Congress of American Indians, Council of Energy Resources Tribes, Inc., Ater Wynne LLP, Drinker Biddle & Reath LLP, Smith & Brown-Yazzie LLP. Don't miss it.

View the program agenda [here](#).

Register [here](#) or call us at (800) 854-8009

### **Intended Audience**

Attorneys, tribal representatives, industry executives, governmental officials.

### **Program Chairs**

*Douglas C. MacCourt, Esq.* of Ater Wynne LLP and *Gregory A. Smith, Esq.* of Smith & Brown-Yazzie LLP

Presented by [Law Seminars International](#)

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## **Scholarship Opportunities for Alaska Natives**

AVTEC is offering scholarships to Alaska Natives this coming school year, 2010-2011, from the Alyeska Pipeline Service Company's TAPS/Alaska Native Scholarships Award Program.



The awards are for Alaska Natives who will be attending one of the following programs:

- Automotive Technology
- Diesel/Heavy Equipment Technology
- Welding/Pipe Welding Technology
- Industrial electricity Technology
- Facility Maintenance Construction Trades
- USCG approved Maritime Licensing
- Medium Heavy Truck Related Instruction Training

The link below will take you to the application. If you have a suitable candidate, please have them apply. This is a matching-funds scholarship and will require dollar-for-dollar match with the TAPS/Alaska Native Scholarship. Please be aware that funds are limited.

Contact Kim Kain, Financial Aid Officer, at (907) 244-6157 or [kim.kain@avtec.edu](mailto:kim.kain@avtec.edu) if you have any questions.

[Link: AVTEC Scholarship Application](#)

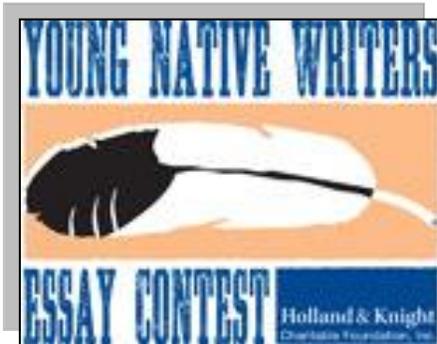
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## Essay Contest Offers \$2500 Prize National Museum of the American Indian

*(in partnership with Holland & Knight Charitable Foundation)*

This year's writing prompt is:

“Describe a crucial issue confronting your tribal  
community today”



Explain how you hope to help your tribal community respond to this challenge and improve its future.

Five selected essayists (and the teachers that inspired their participation) will win an **all-expenses-paid** trip to Washington, D.C. in

July, 2010, and a **\$2,500 scholarship**.

### **Deadline: May 10, 2010**

Click on "[Essay Contest](#)" to learn all about submitting your essay, and becoming eligible for a trip to Washington, D.C., and a \$2,500 college scholarship!

For more information, visit the Web site listed below:

<http://www.nativewriters.hklaw.com>

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## AMLJIA Safety Minute: Don't Clown Around



Humor in the workplace can help many employees face their work with improved morale and reduced stress, but there is an important distinction between humor and horseplay. Think back to your school days, when there always seemed to be one student who took on the role of the class clown. There were probably some things that student did that made everybody laugh, including the teacher. But there was a line that student had to be careful not to cross. A student who crossed that line risked facing disciplinary action from the teacher or other school authorities. Putting the tack in the teacher's

chair might appear funny to the prankster but certainly not to the teacher.

Do you have a “class clown” in your workplace? Laughter is good for you. Even medical studies prove the benefits of a good belly laugh for our physical and social well-being. But clowning around in the workplace can have serious consequences, leading to accidents and possibly even causing death. Make sure you recognize the difference between humor and horseplay, and be aware that humor must not come at the expense of a class of employees (women, short people, minorities, etc.) Supervisors need to be especially vigilant and intervene quickly and decisively when horseplay puts others at risk.

How do you know when that line between fun and foolishness has been crossed? First and foremost, humor should not affect your ability to complete your work tasks in a safe and efficient manner, nor should it distract your coworkers from completing their jobs. Humor should not single out one person or a class of people as the butt of jokes. Humor should never, ever place anyone at risk of physical harm. Humor is good medicine, but safety is no laughing matter.

### The Benefits of Laughter

#### Physical Health Benefits

- Boosts immunity
- Lowers stress hormones
- Decreases pain
- Relaxes your muscles
- Prevents heart disease

#### Mental Health Benefits

- Adds joy to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

#### Social Benefits

- Strengthens relationships
- Attracts others to us
- Enhances teamwork
- Helps defuse conflict
- Promotes group bonding

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## **U.S.F&WS Announces Blue Ribbon Winners of Izembek National Wildlife Kids' Contest**

**Blue Ribbon Poster Winners** - Migratory Bird Calendar contest for the 2011 calendar:

**Grades K - 2** Sadie Newton of King Cove, Nikita Shangin of Akutan, Noah Samuelson of King Cove.

**Grades 3 - 5** Chyna Delker of Cold Bay, Sherman McNeley of Nelson Lagoon, Emmaly Brandell of King Cove.

**Grades 6 - 8** Kaylee Bendixon of King Cove, Marieana Larsen of Sand Point, Chloe Gardner of Sand Point,

**Grades 9 - 12** Samantha McNeley of Nelson Lagoon, Sarah Bereskin of Akutan, Ann Rosette of Sand Point.

### **Blue Ribbon Literature Winners:**

**Grades 3 - 5** McKenna Gould of King Cove, Sydney Wilson of King Cove.

**Grades 6 - 8** Kaylee Bendixon of King Cove, Connor Samuelson of King Cove, Troy Brandell of King Cove.

\*Note: Ann Rosette and Troy Brandell won in the "Managers Choice" category.

Congratulations to all of the Blue Ribbon winners!



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## Got News?

If you have news you'd like to share, please email [ltanis@aeboro.org](mailto:ltanis@aeboro.org) or call AEB Communications Manager Laura Tanis at (907) 274-7579.



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