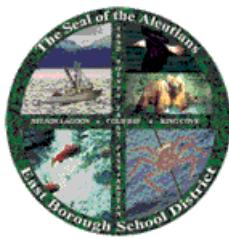
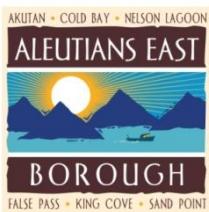


In the Loop



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

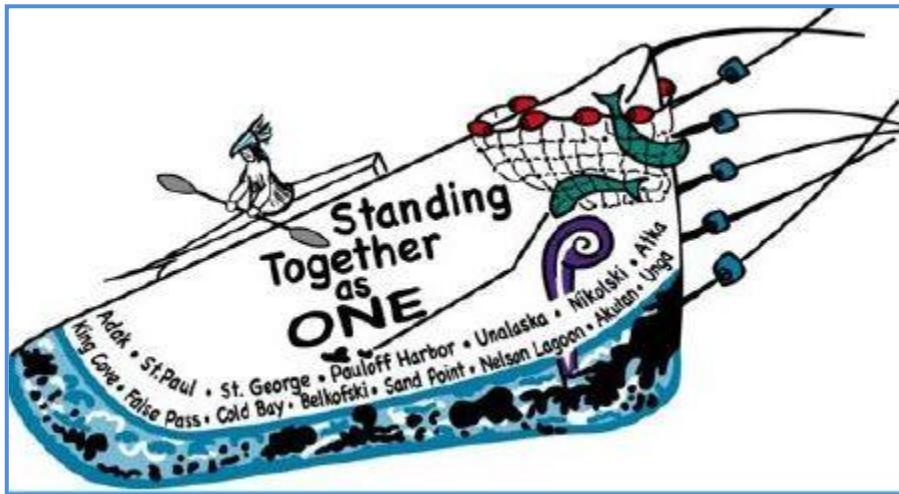
'Reclaim Alaska: the Aleut Solution' Plans to Tackle Substance Abuse at September Summit

The A-Team is tackling a huge problem head on – substance abuse. It's a problem that not only plagues southwest Alaska but also communities throughout the state. After months of planning, several groups formed a committee to plan the first-ever substance abuse summit for Aleut communities tired of seeing the affects in their hometowns. Instead, they want to turn hope into action by developing strategies to reclaim Alaska. The summit is scheduled for September 10 – 12, 2014 in Anchorage.

"We all know what the problem is generally, said Larry Cotter, C.E.O. of APICDA (Aleutian Pribilof Island Community Development Association). "The focus is to begin to understand the components at play that would have an impact on our ability to devise a solution-oriented plan."

APICDA is part of the A-Team (Aleut Team), along with the Aleutian Pribilof Islands Association (APIA), the Aleut Corporation and Eastern Aleutian Tribes. The groups hope to end the summit with a work plan to start addressing the problems.

"If you think of us (the various organizations and local governments) in a collective sense, we really have the ability to impact folks from the womb to the tomb when it comes to substance abuse," Cotter said.



Cotter says substance abuse has grown to such an epidemic that it impacts APICDA's ability to provide employment opportunities for people in Aleutian communities.

"We care about people. Secondly, we can't complete our mission successfully given the current scope of substance abuse. One of the great ironies is that we spend a tremendous amount of money and effort trying to create jobs and boost the local economies," said Cotter. "However, often we have to bring people in from outside of the communities in large part because of the substance abuse."

Despite the frustrations, Cotter is optimistic about the future.

"What's really significant right now is that people are willing to talk about this as a legitimate problem," said Cotter. "Folks realize we have to deal with it, and that gives me a lot of hope."

However, Cotter and other summit organizers realize many challenges exist in reaching solutions.

"I think it's just amazing that the legal process is structured in such a way that drugs are allowed to get into our communities," said Cotter. "Our communities are isolated. They're accessible only by boat or plane. You would think it would be relatively easy to have a drug-sniffing dog to check each airplane in Anchorage before they leave. We ought to be able to do the same thing at our docks and harbors. But apparently there are some legal issues that make that very difficult, if not impossible to do."

With that in mind, summit organizers have put together a panel consisting of various members of law enforcement, including Alaska State Troopers, the Coast Guard, the FAA and local police who can share some of the restraints they must operate within. Organizers are also assembling a

legal team, including the U.S. Attorney General's Office, the State Attorney General's Office as well as the ACLU (American Civil Liberties Union).

"They (the ACLU) can talk about the law as it applies to citizen rights so we'll know what we can and cannot do," Cotter said.

The various panels will lead to breakout sessions where summit participants will use the knowledge they've gained to work within this environment to address the problem.

"The mere fact that we're open and talking about this is a really big deal because it's an uncomfortable subject," said Cotter. "I'm very proud that we're doing this."

12 Year Old Sand Point Boy Visits Boston to Meet Fur Seal Pup He Named

Article and Photos: Courtesy of the New England Aquarium



Sand Point resident Logan Thompson (right) feeds some squid to Ursula, a northern fur seal at the New England Aquarium in Boston.

Five-thousand miles from where their paths originally crossed, a 12 year old boy from Sand Point met the rescued northern fur seal pup he named at Boston's New England Aquarium yesterday (June 26, 2014). It was almost a year ago when someone left a newborn northern fur seal in a box on the steps of a local fish and game office in Sand Point. The eight pound orphan pup was later flown 500 miles to the Alaska Sea Life Center in Seward. Since the orphan pup lacked the skills necessary to survive in the wild, a couple of months later, it was flown to its new home at Boston's New England Aquarium.

Back in Sand Point, the fishing community was abuzz with news about the baby seal pup. The local K-12 school, with less than 100 students, held a contest to name the feisty

pup. Twelve year old Logan Thompson suggested the name Chiidax, (Chee-dacks), a native Aleutian word meaning “small, young animal.” His school mates held a vote, and Chiidax was the winner.

Strangely enough, as both Logan and the seal pup crossed paths in one of the most isolated spots on the planet, they formally met in one of America’s most populated metropolitan areas. Logan’s father, an Alaskan commercial fisherman, grew up in



Last summer, Logan Thompson suggested naming the fur seal pup Chiidax. His classmates agreed after approving the name with a vote.

Pembroke, New Hampshire about 60 miles north of Boston. Now on summer school vacation, Logan and his sister Madison had flown in to spend time with his father’s family. Visiting Chiidax was at the top of his to do list.



The 12 year old got to see the now 40-pound Chiidax behind-the-scenes, and then he and his sister had the opportunity to interact with the adult fur seals during a public presentation. The 11 month-old Chiidax has the equivalent behavior of a rambunctious, human three year-old and is a little too disruptive to participate in formal programs yet. After

the formal presentation, Logan and Madison watched Chiidax charge about the exhibit exploring and playing.

Logan called the whole experience “cool.” However, he wasn’t nearly as enthusiastic about Boston’s hot and humid weather since the temperature in his hometown of Sand Point was 52 degrees when they left Tuesday.

Only a few North American aquariums and zoos exhibit the unusual northern fur seal. The New England Aquarium is home to nearly half of the northern fur seals in aquariums and has a successful breeding program for this vulnerable species.

Cold Bay's Biggest Losers Reap Big Rewards



John Maxwell probably never thought he'd become Cold Bay's biggest loser. But in this case, it's something to be proud of. The contest to see who could lose the most weight within six months began in January and ended earlier this month. Maxwell lost a total of 26 pounds — about ten percent of his total weight.

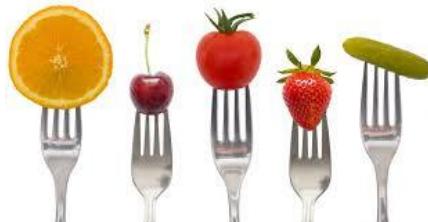
"I didn't expect to win," said Maxwell. "I did it to help support the community. I figured I would just donate the \$50 (entry fee). I had no idea I would

be the winner. I was really kind of surprised."

Maxwell's main strategy was portion control and counting calories.

"During the first three weeks, I kept track of every meal, and I was losing weight at that point," he said.

Maxwell said he generally exercises anyway. His regime includes working out on his indoor bicycle for about 40 minutes on one day and completing a 55-minute Bowflex routine on the following day, alternating the two activities. Because of his ten-hour work day with air traffic control, he was unable to take part in some of the activities offered by contest organizers. So his home workout regime gave him the flexibility and the results he wanted.



"Fifteen years ago when I moved out here, I weighed about 225. That's the weight I wanted to get back to," he said.

Maxwell said it's almost too easy to gain twenty pounds and get comfortable with that weight.

"Everybody jokes out here, 'In Cold Bay, you get out here and you gain the Cold Bay 20,'" he said. "It seems like everybody puts on 20 pounds. So my goal was to get back to my original weight."

Maxwell met that goal just as he's retiring and preparing to move to Missouri.

"We bought the land sight unseen," he said. "We're having our house built there. It's really pretty and located in the Ozarks."

Other winners in the contest include Lynn Fuller, who took second place and Harold "Happy" Kremer, who came in third.

Results from Cold Bay's Biggest Loser Competition:

1st Place: John Maxwell II with a total weight loss of 10.74%

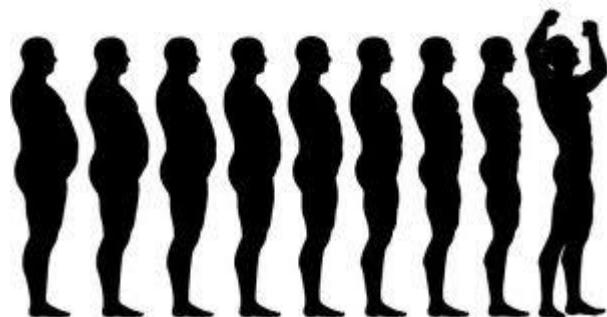
2 round trip Pen Air tickets & \$700

2nd Place: Lynn Fuller, with a total weight loss of 8.62%

1 round trip Grant ticket & \$730

3rd - Happy Kremer, with a total weight loss of 8.02%

1 round trip grant ticket & \$50 Amazon gift card



Wellness Program Offers Valuable Information on Healthy Living

Losing weight and exercising are two of the most significant aspects to achieving a healthier lifestyle. Knowing the correct way to exercise and making the right food choices are also very important. Anyone who's tired of trying various diets or working out without getting noticeable results can certainly relate. For that reason, many residents in Sand Point are excited about an upcoming 'Island Wellness Retreat' program scheduled for August 7 - 10, 2014. The best part is they won't have to leave home or spend money to take part in this informative and life-changing wellness weekend.

"I thought it would be something that our community could really benefit from," said Rayette McGlashon, one of the organizers.

McGlashon has been training with Seattle-based nutrition and health coach Natalie Joffee for more than a year now.

"I talked to Natalie to see if she'd be interested in coming out to offer a workshop on health education, physical education and nutrition," said McGlashon. "She said she would love to. So throughout the year, I've been trying to plan and raise funds to pull it all together. It was something I wanted to do and share with the community."

Thanks to donations from organizations such as the Aleut Corporation, the City of Sand Point and the QTT Tribe as well as the assistance of Diana Mack and Jade Cromer, the program is about to make its debut later this summer. Activities include daily boot camps and afternoon hikes. The educational component includes Nutrition 101, a grocery store tour, classes on overcoming cravings and emotional eating and how to make healthy meals. Everyone from teenagers to elders is encouraged to participate.

"Some examples of topics that we'll discuss include what a balanced food day should be and what a portion size looks like," McGlashon said. "In our heads, we have so much portion distortion. Either we think we have to eat the whole thing or we have to starve ourselves and deprive ourselves of that piece of cake that we really want. That's not what this is all about. This isn't about dieting. It's about balance, and it takes work. It's a lifestyle change and getting people more engaged in wellness."

KSDP Sponsors Fourth of July Fair in Sand Point



If you're planning to celebrate the Fourth of July in Sand Point, you are in for a fun-filled, exciting time! KSDP is sponsoring the Fourth of July Fair with a variety of events for the whole family to enjoy. One of Sand Point's favorite party planners, Lauretta MacBeth who is also KSDP's Development Director, is pulling the strings behind the scenes to make everything go off without a hitch.

"When I came back to Sand Point, everybody knew I was the party planner. So I walked right into it. They said, 'You'd better get up to the City Council and ask them for some money, so I did. I had \$2400 that night. I said, 'Yeah, baby!' So we started buying toys, games and stuff for the kids."

KSDP is sponsoring the holiday fair this year.

"Oh, it's a big deal. Yes. It is!" said MacBeth. "We have a best chili contest, best pie contest, best decorated cake and then there's the cake walk."

The event-packed celebration will begin with a hot dog roast at 10 a.m. At noon, get ready for Sand Point's adorable kids to steal the show during the Children's Parade, which begins in front of the AC Store.

"Every year, we provide a bunch of decorative things," MacBeth explained. "The kids dress up in costumes and decorate their bikes with flags and other patriotic stuff. As they're going down toward the harbor, we're throwing candy at them. It's kind of like a reverse parade. It takes them a while to get five blocks, but they enjoy it. It's so cute!"

After the parade, if you've worked up an appetite, you can feast at the barbecue at 1 p.m., which features salmon, hamburgers and hot dogs. At that point, the entertainment, fun and games are just beginning to get into full swing.

"We're going to have a fun run down the loop," said MacBeth. "Then we'll have activities such as the survival suit races, egg toss, three-legged race, your good 'ol traditional Fourth of July events."

Hoping for some good music to listen to? Well, that may depend on who's performing. Ever wanted to take the spotlight yourself and belt out a few tunes? Then you won't want to miss the community karaoke at 3 p.m.

"It's going to be so much fun!" MacBeth said. "We couldn't afford a band this year, so we came up with this. We're going to give out prizes for the best karaoke singer and the best backup dancers. It's going to be hilarious!"

The best prizes will be saved for last when the 5 p.m. raffle announces the winners. Prizes vary from hamburger giveaways from the Harbor Café to Trident fish, a big screen TV and a PenAir round trip ticket to Anchorage.

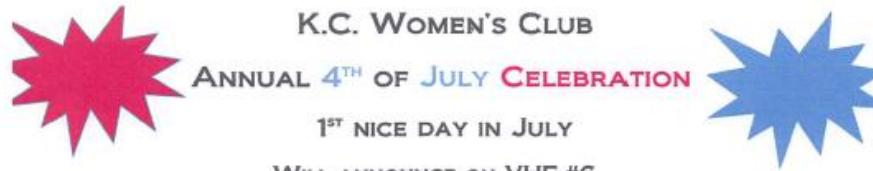
A brilliant display of fireworks will cap off the evening later that night.

If MacBeth's enthusiasm is any indication, everyone who is taking part in the July Fourth celebration is going to have a great time.

"One thing I always say about Sand Point", said MacBeth, "It's a town of 1,000 people, and the minute you get off the plane, you get 2,000 hugs," she laughed. "It's so true!"



King Cove to hold Annual Independence Day Celebration on First Nice Day in July



K.C. WOMEN'S CLUB ANNUAL 4TH OF JULY CELEBRATION

1ST NICE DAY IN JULY

WILL ANNOUNCE ON VHF #6

12-Noon : BIKE PARADE FOR AGES TINY TOTS TO 6TH GRADE

MEET IN FRONT OF THE CORPORATION BLDG. (MUST BE ABLE TO PEDAL)

1 P.M. : GAMES FOR ALL AGES AT THE CHAPEL GROUNDS

3 P.M. : PICNIC EVERYONE INVITED AT THE *Rec Center*

4 P.M. : DUCK RACE AT RAMS CREEK

4:30 P.M. : TEAM TUG OF WAR (TEAM OF 8) AT RAMS CREEK

5 P.M. : FISH DERBY FOR ALL AGES AT RAMS LAKE

SPECIAL EVENTS

BOAT EXHIBIT FOR TINY TOTS TO 12TH GRADE

BUILD YOUR BOAT OUT OF STYROFOAM OR CORK.

BRING TO THE REC CENTER FOR JUDGING.

4 AGE CATEGORIES FOR -TINY TOTS TO KINDERGARTEN 1ST TO 3RD GRADE

4TH TO 6TH GRADE

7TH TO 12TH GRADE

DUCK RACE : 4 P.M. AT RAMS CREEK

ONLY 500 DUCKS SOLD @ \$5.00 PER DUCK

1ST DUCK IN -\$300.00 2ND DUCK IN - \$200.00

3RD DUCK IN - \$175.00

4TH DUCK IN - \$150.00 5TH DUCK IN - \$125.00

6TH DUCK IN - \$100.00

7TH DUCK IN - \$75.00 8TH DUCK IN - \$50.00

9TH DUCK IN - \$25.00

LAST DUCK IN - \$100.00

See Melanie N, Savannah Y, Etta K, or Rita U. to purchase your duck.

4TH of July Raffle

Summer Package

\$2.00 per ticket - 3 for \$5.00

Summer Package worth over \$300 with fun items for your summer enjoyment!

Raffle to be held at the picnic. Need not be present to win!

Raffle Drawing at 4 p.m.

Tickets sold at Gould's Store, AC Store, MC's

“Reclaim Alaska: The Aleut Solution”

Substance Abuse Summit

September 10-12th, 2014

**SAVE
THE
DATE**
Location:
TBD

***Anchorage,
Alaska***

- ⇒ **Understanding
The Problem &
Tried Solutions**
- ⇒ **Turning Hope
into Action**
- ⇒ **Developing
Strategies to
Reclaim Alaska**



In partnership with our “A-Team” (Aleut-Team) partners, APIA has formed a committee to plan a first-ever Substance Abuse summit for our region. We are pleased to invite you to participate in this region-wide gathering of Aleut communities.

Anyone wishing to help sponsor or contribute to the Summit please contact the 2014 Substance Abuse Summit coordinator April Arbuckle, Assistant Community Health Services Administrator at aprla@apiai.org or call 907-276-2700.

In the meanwhile, “Save the Date of September 10-12, 2014” and we hope to see you at the Summit!

PARTIALLY FUNDED BY:
ALEUTIAN PRIBILOF ISLANDS ASSOCIATION, ALEUTIAN PRIBILOF ISLAND COMMUNITY DEVELOPMENT
ASSOCIATION, THE ALEUT CORPORATION, EASTERN ALEUTIAN TRIBES

CURRENTLY SEEKING OTHER SPONSORS AND FUNDING

Pauloff Harbor Tribe

The Pauloff Harbor Tribe is looking for interested elders that lived on Sanak Island to participate on a site visit. We will be documenting history and environmental changes. Some funding is available for qualifying elders to cover travel from Anchorage to Sand Point. The trip is approximately August 25th-31st, 2014 for 5-7 days.

The deadline to apply is 12 noon on July 1st, 2014. For more information or if you would like an application please contact us at 907-383-6075 or 907-383-2487. Email: phtec@hotmail.com



Win \$100 for Designing Aleut Marine Mammal Commission's New Logo

The Aleut Marine Mammal Commission is looking for a new logo. The logo should depict the Aleut Culture and marine mammals. \$100 prize for winning logo.

Submit drawings on an 8" x 11" sheet of paper to:

AMMC
P.O. 267
Sand Point, Alaska 99661

Deadline: October 31, 2014

\$100 prize will be awarded for the winning logo.

AMMC Commissioners will select the winning logo at the AMMC Annual Meeting in November 2014.

Got News?

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



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