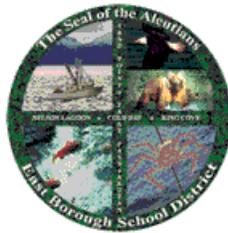
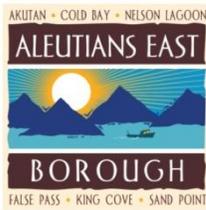


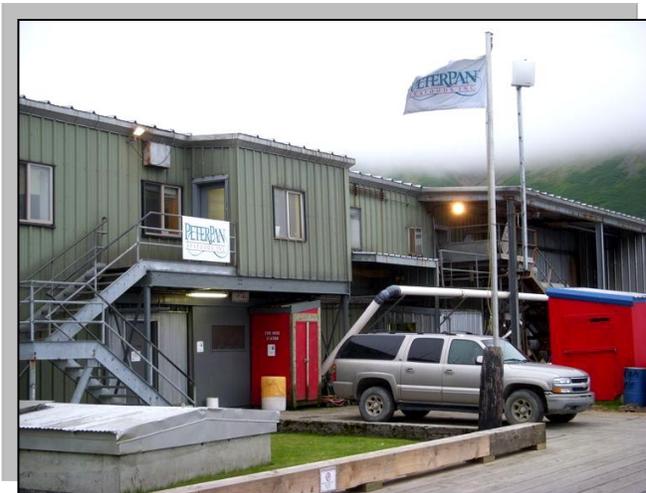
In the Loop



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

City of King Cove Provides Peter Pan Seafoods with Temporary Waterline for Pink Salmon Processing

By Gary Hennigh, King Cove City Administrator



The City of King Cove and Peter Pan Seafoods (PPSF) are teaming up to build a temporary water line so the seafood plant will have sufficient resources for local pink salmon production. Last summer, PPSF had to deliver pinks to Kodiak because there wasn't enough water available in King Cove to process them. Limited precipitation combined with an increased demand for fish processing created the problem. Unusually low amounts of rain meant 30% less water

Peter Pan Seafoods is collaborating with the City of King Cove to build a temporary water line. Photo by Ernest Weiss/King Cove Mayor.

from Ram Creek was available, compared to the same time frame for the prior three years. This difference (about 300,000 gallons per day less water), combined with a 20% increase in pink salmon production, resulted in fish that PPSF was unable to process locally. Fortunately, PPSF was able to deliver most of the pinks that could not be processed in King Cove, to Kodiak.

This summer, the City is taking a proactive role to mitigate the situation temporarily. PPSF and the City have agreed



The F/V Just In Case delivers a deckload of salmon to the Peter Pan Seafoods dock. Photo by Ernest Weiss/King Cove Mayor.



The 6" temporary water line will be built downstream from the new bridge to the Ram Creek reservoir. Photo by Ernest Weiss/King Cove Mayor.

to cooperate and share costs to construct a 6" temporary waterline downstream from the new bridge to the Ram Creek reservoir. Then, using a 20 HP pump, the City expects to pump about 140 gallons per minute (200,000 gal/day) back into the reservoir – a distance of about 1.5 miles. The water needs to be put in the reservoir for chlorination before being used.

The City and PPSF hope this additional source of water will ultimately be just an “insurance

policy,” and that a reasonable amount of late-summer precipitation will occur. As long as that happens, the existing reservoir can meet the total demand for PPSF’s pink salmon processing.

Temporary permits have already been approved by the Alaska Departments of Natural Resources and Fish and Game. The City has been permitted to take up to 200,000 gallons/day from Ram Creek (primarily coming from the southern tributaries, since the northern tributaries go directly into the dam), as long as the overall water flow in Ram Creek is not significantly reduced. These permits require the City to monitor the total Ram Creek water flow constantly. This flow will determine how many gallons/day the City can pump out.

Each year, the city’s municipal water system provides about 275 million gallons of water. Of this amount, about 100 million gallons come from the Delta Creek well field, which supplies the potable water which both our residents and PPSF employees use. The other 175 million gallons

comes from Ram Creek. It's stored in the reservoir and is used exclusively for seafood processing by Peter Pan Seafoods, Inc. (PPSF).

Prior to Delta Creek becoming part of King Cove's municipal water system, all drinking water and seafood processing water came from Ram Creek. Consequently, our system now has 50% more water than it did before the Delta Creek well field came online. However, the problem the City continues to experience occasionally is lack of water in the Ram Creek system in late summer (i.e. late July – early August) due to limited precipitation.

The City's public works director is in charge of the temporary waterline project. He has two crews, three people per crew, working ten hours a day. The City's goal is to have this temporary waterline in operation by the last week of July. In the meantime, think rain intermingled with nice, sunny days for the next month!



The welding apparatus and pipe for the temporary water line construction project sits in the background to the east, near the bridge over Ram Creek. Photo by Ernest Weiss/King Cove Mayor.

False Pass Harbor Project Prepares to Open for Business

The City of False Pass will begin charging for moorage in its newly constructed harbor on August 1, 2009. The city plans to publish the rates online starting next week, after the



Mayor Tom Hoblet's boat, the Aleut Lady (left) and Ivan Hoblet's boat, the Aleut Kid (right), tie up for the first time in the False Pass harbor. Photo by Melanie Hoblet.

Council approves them. A few last minute touches are needed to complete the project. The city is waiting for delivery of a replacement piece for the south float. Contractor Pacific Pile expects to return to False Pass next month to finish float installation.



This photo of the harbor shows the south breakwater and sheet pile dock. Photo courtesy of PND Engineers, Inc.



The City of False Pass plans to charge for moorage beginning August 1, 2009. Photo by Matthew Sill/URS Alaska, LLC.

Hovercraft Announces Out-of-Service Dates for August



Courtesy: AEB Hovercraft Crew

Hovercraft passengers traveling between King Cove and Cold Bay will have to make alternative transportation plans for 11 days next month, while the craft undergoes repairs and maintenance. The Suna-X will be out of service August 1 – 11, 2009. During that time, crews will work on the landing mat installation (on the King Cove side) and the replacement of the craft's finger rubber.

Crews plans to install several wood

plank landing mats. They will fasten them together with metal connectors. After the ground is graded into a shallow “V”, the mats will be laid on top, also in a shallow “V”, to accommodate the hovercraft. Crews will then install cover plates to cover the lift ring holes in the landing mats, both in Crosswind Cove (near Cold Bay) and Lenard Harbor (near King Cove).

The Soil-Tac (glue-like material intended to provide a stable surface for heavy vehicles) that was originally installed on both sides needed specific weather conditions for the material to cure properly. The cold, wet weather in Cold Bay provided less-than-ideal conditions, and soon after installation, the landing area began



**In the spring of 2008, a wood plank landing mat was installed in Cold Bay.
Courtesy: AEB Hovercraft Crew**

deteriorating. Crews installed the timber landing mat on the Cold Bay side in April 2008. The weather was much better in King Cove when the Soil-Tac was installed. But it became apparent later that the King Cove side hadn’t cured properly either. After about 18 months, large chunks of the Soil-Tac-stabilized soil were breaking loose. So the Borough made plans to install the second timber mat to provide a safe, stable landing site.

The finger rubber replacement is a maintenance item. The manufacturer recommends replacement after the hovercraft logs between 800 and 1,000 hours. The Suna-X is in the middle range after logging approximately 900 hours. The material has been ordered for the finger replacement and is en route. The crew plans to do the finger manufacturing work and installation in-house. Hovercraft Chief Engineer Paul (“Toby”) Tobin has been instrumental in obtaining the necessary equipment inexpensively.

AEB Plans a Special Hovercraft Excursion to King Cove

The Borough is planning a special hovercraft excursion from Cold Bay to King Cove consisting of two round trips, tentatively scheduled for Sunday, Aug. 26, 2009. The cost is \$120 per round trip and requires a minimum number of people. The hovercraft plans to depart Cold Bay at 11 a.m. Sunday. Passengers returning to Cold Bay will be picked up by bus in King Cove at 3:30 p.m. and transported to the Lenard Harbor landing site. Arrival in Cold Bay is tentatively

scheduled for 4:30 p.m. the same day. If interested, contact Cold Bay Terminal Manager Monty Martin at (907) 532-2929 or email monty@mgmartin.net or mmartin@aeboro.org.



KSDP Radio Announces Board Election Winners

KSDP Radio/Aleutian Peninsula Broadcasting, Inc. in Sand Point recently held its annual member drive. Winners of the Board of Directors elections are James Brown, Marta Varga and Jack Foster, Jr. Marta Varga received the most votes. Both James Brown and Marta Varga were running for re-election.



The station has a new and much improved website at www.apradio.com. There you will find news and information, as well as archives of local programs such as *Meet the People*. The station's website also supports the Alaska Political Newswire, which publishes press releases from Alaska's elected officials.

Late last month, the station completed its digital upgrade. This means the station now broadcasts both an analog and a digital signal. The digital signal offers listeners a clearer broadcast that is CD- like in quality. In order to take advantage of the new digital signal, however, an HD radio is needed. The old analog signal remains unchanged.

EAT Hopes New Technology Will Encourage Diabetic Patients to Seek Eye Exams

By Ladonna Lindley, EAT Special Projects Coordinator

In collaboration with Indian Health Services, Eastern Aleutian Tribes hopes to spur diabetic patients to get special eye exams to prevent loss of vision due to diabetic retinopathy. That effort will be much simpler when Tara Carr, Community Health Director, deploys new technology to each of its remote sites during August.



Normal Vision (left). Vision with diabetic retinopathy (right).

After training at the Phoenix Indian Medical Center (PIMC), Tara hopes to capture the retinal photos of every diabetic patient in the EAT region with a Joslin Vision Network (JVN) camera. “We currently have a total of 115 diabetic patients who are either Type 1 or Type 2 and another 144 patients who are at risk for diabetes,” Tara explained, adding that loss of vision is a common complication of diabetes. The procedure takes about 15

minutes, is totally noninvasive and painless, and does not require dilation of pupils.

The JVN system includes a camera that takes digital photos of the patient's eye. The images are then electronically transferred to PIMC, where a trained reader examines the photo for diabetic retinopathy, and sends a report back to the clinic.

Diabetic patients are encouraged to schedule an appointment with their clinic provider for this exam as the JVN camera will only be available to EAT for the month of August. Although specific dates have yet to be pinned down, Tara expects the JVN camera to be in Cold Bay during the week of July 30; Nelson Lagoon during the week of August 3; False Pass on August 10; Sand Point on August 17; King Cove on August 24; Akutan on August 22 and Adak on August 28.

According to the National Eye Institute (NEI), one of the National Institutes of Health (NIH), diabetic retinopathy is caused by changes in the blood vessels of the retina. In some cases, retinal

blood vessels may swell and leak fluid, while in other cases abnormal new blood vessels grow on the surface of the retina. These changes may cause vision loss or blindness.

Diabetic retinopathy often leads to blindness with little warning. A diabetic's vision may not change until the disease has become severe, which is why regular eye examinations for people with diabetes are so essential. The longer someone has diabetes, the more likely that the individual will get diabetic retinopathy. Between 40 and 45% of those with diagnosed diabetes have some degree of diabetic retinopathy, according to NEI.



Diabetic retinopathy is caused by changes in the blood vessels of the retina.

The JVN system will enhance EAT's ability to educate patients about diabetes. "When patients see their eyes on the screen, we'll have the opportunity to talk with them about the value of controlling blood glucose levels, blood pressure and lipid levels," Tara points out. In keeping with EAT's objectives of Innovations in Planned Care, that's an effective tool to empower patients to change behaviors and take better control of their diabetes.

Taking Wellness Several Steps Further with

EAT's Walking Incentive Program

By Ladonna Lindley, EAT Special Projects Coordinator

The folks at Eastern Aleutian Tribes are not only "Working Together to Promote Healthy Communities", but now they're "**Walking Together to Promote Healthy Communities**," too! You may already have seen groups of people in your community walking, hiking or trekking over the tundra, all the while having their steps tallied on pedometers with their tracking logs close at



This year's theme for EAT's Walking Incentive Program, which started July 1, is "Happy Feet!",

hand. Participants have tallied more than one million steps during the first four days of the program.

This year's theme for EAT's Walking Incentive Program, which started July 1, is "Happy Feet!" and EAT is hoping to help staff and community residents bring joy to their soles -- that's

s-o-l-e-s. By encouraging employees and community members to walk more, EAT will celebrate and reward those participants who go from sedentary lifestyles to more active ones.

Research has shown that every hour of regular, vigorous exercise you do, such as brisk walking, allows you to live two hours longer. It has also found that 30 minutes of moderate physical activity a day can:

- Reduce risk of coronary heart disease
- Improve blood pressure and blood sugar levels
- Help maintain body weight and lower risk of obesity
- Reduce risk of osteoporosis, breast and colon cancer, Type 2 diabetes; and . . .
- Enhance your mental well-being.

Not only does walking offer physical and mental benefits -- EAT is also offering walking incentives. Prizes will be awarded to the staff member and the community participant who walk the most steps. And there will be a team prize for the community that tallies the most steps during the 12-week program.

***Physical activity: good for the heart, the head,
and the soul.***



Assisted Living in Private Homes

Are you interested in establishing an assisted living service in your own home? Assisted living is a service that is provided to people who are unable to live at home because of a medical or physical condition. Assisted living services are provided in facilities that range from large (such as the Pioneer Home with 165 beds) to a small one- or two-resident private assisted living home.

For more information, call Eastern Aleutian Tribes' toll free number 866-328-4911 and ask for Anna Buterbaugh.

SAFETY MINUTE

Sun and Heat Exposure

By Jeanie Burtch, AEB Office Manager (Anchorage)

In the land of the midnight sun, many people like to spend time outdoors for fun or work. However, over-exposure to the sun can damage the skin, cause skin cancer, heat stroke, heat exhaustion, heat cramps, heat rash and many other maladies. Exposure to sunlight can be particularly dangerous while participating in water-related activities because sunlight reflects off the water. Over-exposure can also occur on cloudy days because cloud cover does not filter out all of the sun's rays.



To avoid being adversely affected by sun and heat:

Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A good sun-protection hat should protect the neck, face and ears.

Wear sunscreen that has an SPF of at least 15.

Wear sunglasses to protect your eyes.

Wear a long-sleeved shirt at all times. It should be light colored and loose-fitting except when working around machinery.

Carry a source of water with you. Take drinks frequently—every 15 minutes.



Take a break in the shade or in a cool environment during the hottest time of day.

If at all possible, adjust gradually to working in the heat over a period of 10-20 days.



Someone suffering from heat exhaustion or heat stroke should be moved to a cool environment, offered sips of water if conscious, and provided with attention from emergency medical personnel.

Don't forget to provide the same protections to children in your care.

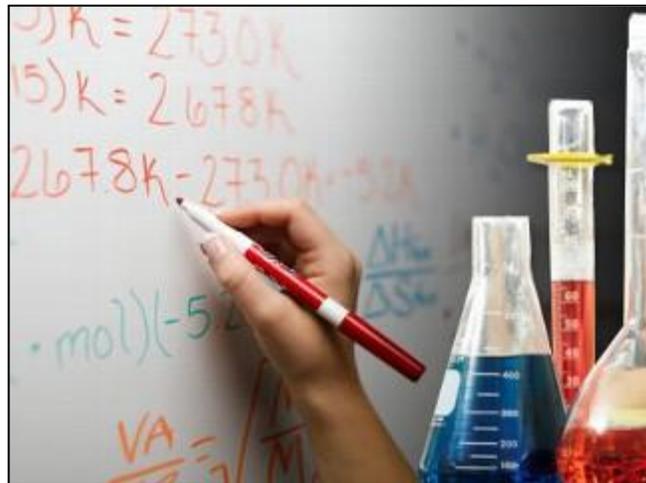


Have fun in the sun, but put your health first!

Sand Point Teacher Participates in Smithsonian Science Education Academies for Teachers

Sand Point elementary teacher and long-term community member Ingrid Cumberlidge recently took part in an exciting opportunity for educators in Washington, D.C. Ingrid was among six teachers from throughout rural Alaska participating in the National Science Resources Center's (NSRC's) Science Awareness Symposium last month.

The Professional Development Center of the NSRC, an organization of the Smithsonian Institution and the



Sand Point elementary teacher Ingrid Cumberlidge was among six rural Alaska teachers participating in the National Science Resources Center's (NSRC's) Science Awareness Symposium in June.



The Alaska group discussed strategic planning with the NSRC leadership.

National Academies, and a world-recognized leader in improving the quality of science teaching and learning, offers a series of exciting professional development opportunities for science teachers — the Smithsonian Science Education Academies for Teachers. Each of the four Smithsonian Science Education Academies for Teachers — *Biodiversity; Energy: Past, Present, & Future; Earth's History & Global Change; and Ecological Field Studies* — is based in the museums and/or research centers

of the Smithsonian and other locations near Washington, D.C. The NSRC's special access to the resources of the Smithsonian Institution takes teachers behind the scenes to explore the collections and meet the scientists and educators who make the Smithsonian the world's premier museum complex.

After the training, the group spent a day meeting directly with NSRC leadership to review strategic planning conducted last year. They also worked on plans to organize a visit to Alaska for the leadership. One of the goals of the visit was to have NSRC better understand science education in Alaska and become more aware of some of the challenges Alaskan educators face in delivering high quality science teaching. Another objective is determining if NSRC can play a role in helping teachers meet their science-teaching goals for students. The science training project was funded jointly through Shell Oil and Avante-Garde Foundation.

School District Requests Donations of Sockeye Salmon for School Lunches

The Aleutians East Borough School District (AEBSD) is requesting donations of sockeye salmon for the School Lunch Program. Sockeye salmon that are donated by fishermen are processed and frozen free of charge by Peter Pan Seafoods, then transferred to the AEBSD for use in school hot lunch programs. Donated fish may also be used for Headstart and senior lunch programs.



The AEBSD is requesting donations of sockeye salmon for the School Lunch Program. Photo by Chris Arend.

Beginning July 15th, 2009, Peter Pan tenders will accept donations of sockeye salmon for this very worthwhile program. Fishermen from any company are welcomed and encouraged to participate. At the time of delivery, fishermen just need to provide the Peter Pan tender skipper with the amount of salmon to be donated to the school lunch program. That amount will be noted on the fish ticket, as all fish caught must be reported to ADF&G.

The City of King Cove endorses this program and will add support by donating some freezer space. At the end of the summer salmon season, the City will publicize a list of the vessels participating in this program, in the Dutch Harbor Fisherman.



Prince William Sound Regional Citizens' Advisory Council Seeks an Executive Director

Know someone who's ready to make a difference? The Prince William Sound Regional Citizens' Advisory Council seeks an Executive Director to lead that organization in accomplishing its mission: promoting the environmentally safe operation of the Trans-Alaska Pipeline System oil terminal in Valdez, Alaska, and the tankers that use it. If you're that person, or know someone who might be, you'll find information on the job and how to apply at:



<http://www.pwsrcac.org/docs/EDpositiondesc20090707.pdf>



FOR IMMEDIATE RELEASE

Contact: Julie Hasquet, Press Secretary

July 7, 2009

(907) 258-9304 office

Sen. Begich Accepting Applications for Fall Internships

Slots available in Washington, D.C., Anchorage, Juneau and Fairbanks

U.S. Sen. Mark Begich is accepting applications for fall internships in his Washington, D.C. office and in the Alaska offices. There are seven spaces available, four in Washington, D.C., and one each in Anchorage, Juneau and Fairbanks. The internships run from September 14 - December 18.

Interns work in a variety of areas supporting the Begich staff, including researching Alaska issues, working with legislative staff on congressional issues, helping with constituent cases and inquiries, and attending meetings and briefings.

Interns are college-age and the goal is to have the students work regular office hours from 9 am-6 pm, but accommodations can be made to work with class schedules. Sen. Begich's first class of interns wraps up in mid-August.

“The internship program is a valuable part of our office,” Sen. Begich said. “Having young Alaskans working with us, learning more about the state and the needs of constituents is an educational opportunity for all involved. I’m looking forward to welcoming a new group this fall.”

Interns are offered a small stipend for living expenses. Applications, writing samples and resumes are due by the close of business Eastern Daylight Time on July 15. Those interested can go to <http://begich.senate.gov/public/index.cfm?p=InternshipApplication> to apply.

Proposed School Calendar 2009-2010																														
Due Date: July 1, 2009																														
District Name: AEBDD						School: District Adopted Calendar																								
Approved By: Dr. Philip Knight						Title: Superintendent																								
		Aug-09					Sep-09					Oct-09																		
C	School Closes																													
E	End of Quarter					1		1	2	3	4	5				1	2	3												
H	Legal Holiday																													
I	Inservice Day	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10								
M	Parent-Teacher Conf Meeting reqts									H								T	T	T										
N	Parent-Teacher Conf Not meeting reqts	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17								
O	School Opens																													
S	Saturday School	23	24	25	26	27	28	29	27	28	29	30			25	26	27	28	29	30	31									
T	Testing		W	W	1	1	W														1/E									
V	Vacation Day	30	31																											
W	Teacher Workday		O																											
X	Emergency Closure Day																													
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		# of Student Days: 1					# of Student Days: 20					# of Student Days: 21																		
		# of Teacher Days: 6					# of Teacher Days: 22					# of Teacher Days: 22																		
		Nov-09					Dec-09					Jan-10					Feb-10													
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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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