

dangerous, do I think, is activity. The major factor in making this decision is, how much control do I have over the situation? The more the control the less the fear.

A second factor is how many people will get hurt or size of the problem. "If it affects just me it is not as bad as an explosion that kills hundreds" is not a sound statement. Another factor is how often or how familiar you are with a risk. If the risk happens every day, soon you have little or no fear of the activity. How often do you use a sharp knife?

Self exam can reduce cancer risk

For women without symptoms, the American Cancer Society recommends the following guidelines for periodic examination for cancer of the breast:

1. Women 20 years of age

and older should perform breast self-examination every month.

2. Women 20 to 40 should have a physical examination of the breast every three years, and men over 40 should have a physical examination

The State of Alaska Department of Health and Social Services has just released "School Health Education: A Manual for Making it Happen in Your District." Copies are available from your local health agency.

Lots of things have changed in this state over the past ten years. "Pipeline Impact" is a common phrase. This chart shows changes in the North Slope community for the first seven years of the past twelve years.

Table 6-2. Community Conditions Judged Best* by Eskimos 18 and Over 1970 and 1977

1970 Community Conditions	1977 Community Conditions
1. Villagers helping each other and sharing	1. Availability of health care
2. Overall village life	2. Overall village life
3. Availability of fish and game	3. Availability of desirable jobs
4. Level of housing costs	4. Villagers helping each other and sharing
5. Race relations	5. Quality of local schools

Table 6-3. Community Conditions Judges Worst* by Eskimos 18 and Over 1970 and 1977

1970 Community Conditions	1977 Community Conditions
1. Availability of desirable jobs	1. Prices of food and clothing
2. Level of drinking, taking drugs, and fighting in villages	2. Level of drinking, taking drugs, and fighting in villages
3. Availability of air transportation to and from villages	3. Availability of fish and game
4. Amount of living space in houses	4. Race relations
5. Local shopping facilities	5. Local shopping facilities

* Tables 6-2 and 6-3 are based on the results of survey question 49, which listed a series of community conditions — availability of good jobs, for instance — and asked respondents to rate 1977 conditions as "good," "not good or bad," or "bad." We also asked them to recall, and rate, the same conditions in 1970. In tabulating the answers to the question, we measured "best" and "worst" conditions by percentages of adults who rated given conditions good. Thus, those conditions rated "good" by most respondents are listed as best, and those rated "good" by fewest are listed as worst.

Source: ISER North Slope Survey, 1977, Question 49.

How would you rate your community in 1982? Has "Villagers helping each other and sharing" dropped even further? Is "Availability of health care" still at the top of the "Best" list? Is "Prices of food and clothing" still the worst problem or has "Level of drinking, taking drugs and fighting in villages moved

to the number one "Worst" position?

Each individual is responsible for him or herself. Your health is your own responsibility. We at the Health and Social Services Agency can help but you must want our help. Let us know what you need. Help us, help you.

"Go to Health!" Naturally.

Auroraphobia -
fear of the northern lights

Aquaphobia -
an unusual aversion to water

Amathophobia -
an unusual fear of dust

Bathophobia -
fear of looking down from high places

Cenophobia -
fear of empty rooms, open spaces

Demophobia -
an abnormal fear of crowds

Eremiaphobia -
an abnormal dread of solitude

Ergophobia -
an unusual dread of work

Phagophobia -
an unusual aversion to eating

Hodophobia -
an abnormal fear of traveling

Zoophobia -
a morbid dread of animals

Panophobia -
an unusual aversion to anything