

# Quit Smoking and Such and . .

WASHINGTON, D.C. — (AIPA) Unless you decide to quit

## ELLA . .

(Continued from Page 1)

"In summer it seemed like there were always houseboats all along the river," recalled another frequent visitor there.

Those days are gone, of course, at least for now.

Koyukuk is a quiet village, with many of its residents gone most of the summer at fish camp. When news of Ella's death reached them, they started home to prepare for her funeral and the many people who would attend.

And they came, said Ella's friend Poldine Carlo, of Fairbanks, from all up and down the river, from Fairbanks, Rampart, Huslia, Galena, Tanana, Ruby, Kaltag, Nulato, Hughes, Allakaket, McGrath and other parts of the state.

It was a final tribute to the Athabascan woman who was for so long one of the best loved people of Koyukuk.

## Fire Protection . .

(Continued from Page 1)

munity and Regional Affairs, who sends it to the Fire Marshal for his okay.

9. Community and Regional Affairs then mails a check for the amount (which is based on the total number of community residents times five dollars), to the fire department.

10. Revenue funds may be applied for every year. Funds must be spent on fire protection to qualify for additional funds the next year.

(Next Week: Programs and Suggested use of funds)

## Not Able To Fish . .

(Continued from Page 2)

came, and the modern day predator (Japanese) arrived on the scene in the 1930's to the present.

The trend of killing one of nature's greatest gift of mankind has steadily increased. This increased destruction of a great natural resource that could be beneficial for future population of the United States and the world, is just about gone.

The only way it could be saved is by proper management and through government channels by telling them, "High seas fisheries for salmon just doesn't work." This fishery has to be saved.

When the oil and other non-renewable resources are gone, this major fishery should still be a major resource. With your help, it could be for all Americans and the rest of the world alike.

Sincerely yours,  
Bristol Bay Native Corp.  
Harvey H. Samuels  
President

smoking, says the National Clearinghouse for Smoking and Health, your problem isn't going to be smoking but just staying alive.

If you're a heavy smoker — using a pack or more a day — you've heard it all before. You know you're leaving yourself wide open to diseases like coronary heart disease, chronic bronchitis, emphysema and cancer. But you're still smoking, and maybe looking for some tips on how to cut down a little.

The National Clearinghouse for Smoking and Health suggests the following steps if you find it impossible to quit smoking right now:

1. Don't smoke your cigarette all the way down. Smoke halfway and you get only 40 percent of the total tar and nicotine.
2. Take fewer draws on each cigarette. Put it in an ashtray between draws instead of holding it.
3. Reduce your inhaling. Take short shallow draws. Remember, you're not gulping in fresh Indian mountain air.
4. Smoke fewer cigarettes each day. Pick a time of day not to smoke — before breakfast, on the way to work, between 3 and 4 o'clock. Then make it a habit, and every time you reach for a cigarette, think about it. See if you can't postpone it for a short while.
5. Change the place you usually carry your cigarettes. At work, keep them in a drawer or other place out of reach. Keep matches or lighter in another place. Make it an effort to smoke.

## DEGREES . .

(Continued from Page 1)

for 11 months for each year.

The graduates began at the freshman level and maintained continuous contact with children.

The graduates are Virginia Demmert, Angoon; Nels Alexie, Louise Kelly Britton and Emma Stuart, Bethel; Lulu Nazuruk, Noorvik; Lillian Brendible, Sharon Hudson, Patricia Norton and John Weise, Metlakatla; Pauline Hobson and Larry Hill, Nondalton; Edith Hildebrand and Mary Stickman, Nulato; Ella Kowuna, Alice Weber and Leo Kinneveauk, Point Hope; Lois Huntington, Genevieve Kratzer, Patricia Bowen and Kinda Swenson, Tanana; and Wilbur Bavilla, Toigiak.

There are some 30 students remaining in the program at the junior and senior levels. Since 1970 ARTTC was operated by Alaska State Operated Schools in cooperation with the universities. Starting in September, the Alaska Department of Education in cooperation with UA Fairbanks will operate the program.

The university will also be coordinating field centers at Kotzebue, Bethel, Dillingham, Tanana and Fort Yukon.

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**HELP WANTED**

STATE OF ALASKA  
SPECIAL ASSISTANT,  
MINORITY AFFAIRS.

\$1,797 in Juneau

The Department of Education needs a person knowledgeable about, and sensitive to, culture and races separate from own who can work with others in a positive manner in sensitive areas of multi-cultural education. Duties will include administering and carrying out all activities pertaining to Title IV of the Civil Rights Act, working with others in identifying cross-cultural survival behaviors and translating these into curriculum. BA and three years experience involving minority groups representation, minority education or related; OR AA and five years experience; OR a combination of college and required experience totaling seven years with not less than two years of college and two years of required experience. For details contact Lois Benzel, Division of Personnel, Pouch C, Juneau, Alaska 99801.

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5. Change the place you usually carry your cigarettes. At work, keep them in a drawer or other place out of reach. Keep matches or lighter in another place. Make it an effort to smoke.

The whole idea is to change the patterns of your habit. While cutting down is not as good as quitting, it can reduce the health danger a little. And by changing your habits now, you may find it easier to quit entirely after a while.

After you do quit, stay pretty close to your doctor. Get yearly check-ups at least.

## Selawik Mayor Rejects Effort to Move Capitol

SELAWIK — Mayor Joseph Ballot of Selawik in Northwest Alaska has signed a resolution calling for the citizens of Alaska to join him in rejecting the capitol move initiative on the Aug. 27 ballot.

The resolution noted that the two previous attempts to move the capital from Juneau and warned of "the financial disaster inherent in such an ill-advised measure."

It also stated, "The needs of the people of the State of Alaska are great. The priorities of the people's needs must be carefully and thoughtfully considered and not sacrificed to an ill-conceived project."

"The real priorities of the people of Alaska are first-rate schools, roadways and transportation facilities, full-service hospitals and adequate law enforcement, and these critically important services and facilities would be blocked by the financial drain the relocation measure would inflict upon the state."

Additionally, the resolution predicted that the state's tax structure and bonding capacity will be severely strained, should the capitol be moved.

## FRED BROWN for STATE HOUSE

A biographical sketch

On February 27, 1974, Alaska-born Fred Brown, a Fairbanks Democrat, filed for nomination to the Alaska State House of Representatives.

Fred Brown was brought to Fairbanks by his parents shortly after his birth on July 9, 1943 at the old Alaska Railroad Hospital in Anchorage. His father was an Alaska Railroad employee for nearly 25 years, retiring in 1964 as yardmaster in Fairbanks, after working as a section-gang cook, baggageman, brakeman and conductor.

Fred attended public schools in Fairbanks and was a 1960 graduate of Lathrop High School. As a licensed commercial radio operator and engineer, he worked in radio and television repair and in TV broadcasting (to pay for his education) through much of the 1960's, including sum-



FRED BROWN

mers between years in graduate and professional schools in California and New York. He graduated from the U of A in 1964 with a B. S. in electrical engineering.

Fred has been an active, licensed amateur radio operator since 1958. He was awarded the Public Service Award of the American Radio Relay League in 1964 for his work in emergency communications following the devastating Good Friday earthquake. He also worked in communications problems during and after the tragic Fairbanks flood of August, 1967.

The candidate's interests have ranged over public affairs, law, science and electronics, and the musical arts. He is an accomplished performer on most woodwind instruments and some of his music students have continued on to musical careers. One is teaching music in the Juneau public schools. Fred is president of the University-Fairbanks Symphony Association.

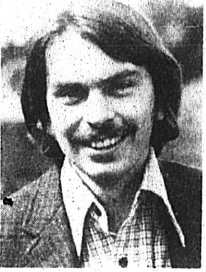
Fred's TV work in the 1960's brought him in contact with political candidates. He became active in campaigns, caucuses and conventions working on the campaigns of the late Senator E. L. (Bob) Bartlett, as well as local legislative races.

In 1968 he joined the Fairbanks campaign committee of a young Anchorage state senator who was running for Congress — Nick Begich — and continued to be closely identified with the late Congressman's campaign until Begich's tragic disappearance in 1972. In 1970 Begich asked Fred to be his campaign coordinator for the Fairbanks area, to work directly in grassroots campaign efforts. Fred campaigned vigorously for Begich and for State House and Senate candidates in 1970 and 1972.

Fred Brown served from 1969 until early 1974 as precinct chairman for the Democratic Party in Fairbanks' Third Precinct. He was parliamentarian of the Central District Democratic Committee for the past two years, and served this spring as Temporary Chairman of the 1974 Democratic District Convention.

Fred has practiced law in Fairbanks for the past five years. In May, 1972, he married the former Helen Rae Steadman. The Browns live on Sixth Avenue in Fairbanks' old east side neighborhood.

(Paid for by Fred Brown for State House Committee, Helen Brown, Treasurer, 215 6th Ave., Fairbanks, Alaska.)



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vote — aug.27

PAID FOR BY BRIAN ROGERS — 3/4 MILE OLD CHENA HOT SPRINGS ROAD

### Applications for the Alaska Electrical Apprenticeship Program are Being Accepted at This Time at the Following Locations

Anchorage —	Electrical Training Center 5144 E. 22nd Avenue phone 333-4504 or 333-6674
Fairbanks —	Outreach Program office or IBEW office 315 Fifth Avenue (Carpenters Hall) phone 456-4249
Juneau —	IBEW office 114 2nd Street phone 586-3050
Ketchikan —	IBEW office 1624 Tongass phone 225-4020

### Closing date for the 1975 class will be

August 23 in Anchorage  
August 30 in Fairbanks

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