

Keeping The Elderly Well and Happy

BY GRACE SLWOOKO

The life we live is wonderful and enjoyable time. And it is packed full with things to do. Anyone can find it everywhere, just by doing right and being nice. I've heard the elderly happily saying, "It is enough, I'm blessed," when their children and grand children bring them nice things. And that's the only thing that make them happy and well. In the life of the elderly, pains and worry do occur, which causes sleeplessness, irregular heart beats and misery.

So, why not we find ways to make our elderly happy, by just being nice and do wisely. And believe it or not, those are only things bring happiness and health to the elderly and everyone, too. When elderly are happy for what their children get for them, they forget trouble and the heart beat is going on the enjoyable way in life and to hear their children doing nicely and good of people.

Happenings I Never Want To Forget

As I walk around in the old village, I could see that the school has started and lots of activity going on in the schools.

Some people are still out in their camps, because it is so nice out for days now this month, too, September.

People have been going to their camps and are still finding ivory in the old villages. They dig for them, some finding the idols of healing power.

But as for me, once more I had a change to travel to Anchorage by Wien this summer. When I'm in a beautiful air craft, it always remind me of my trip to Halifax, Nova Scotia! How I enjoy things like that, as there were three others from different places I enjoyed it the more. I think the people that do things for our culture now are doing a great thing.

My mother is visiting Gambell now, she and I got to travel from Anchorage to Nome and from Nome to Gambell. Many thanks for those that helped us on the way, our great fairy-like trip of over the mountain ranges, rugged mountains, lakes and the ocean.