

"I may not agree with a word you say but I will defend unto death your right to say it." — Voltaire

Tundra Times



Owned, controlled and edited by Eskimo, Indian, Aleut Publishing Company, a corporation of Alaska natives. Published at Fairbanks, Alaska, weekly, on Wednesdays.

Address all mail to Box 1287, Fairbanks, Alaska, 99707. Telephone 452-2244.

Second class postage paid at Fairbanks, Alaska 99701.

Eskimo, Indian, Aleut Publishing Co., Inc. Board of Directors, Executive Committee: Chris Anderson, Executive Vice-President and Chairman of the Board; Mary Jane Fate, First Vice-President; Betti Farni, Second Vice-President; Jim Immler, Treasurer; Jimmy Bedford, Assistant Treasurer; Tom Jones, Secretary; Daphne Gustafson, Assistant Secretary; Sue Gamache, Acting Editor.

Founded and edited by HOWARD ROCK, from October 1, 1962 until April 20, 1976.

SUBSCRIPTION RATES

Regular Mail (including Alaska, Canada and other states)	1 year \$15.00	6 months \$8.50
Air Mail (including Alaska, Canada and other states)	1 year \$35.00	6 months \$20.00

Member of the American Indian Press Association

Letters from Here and There

Where has the Alaska Native gone?

To Whom It May Concern:

Something may be rotten in Denmark, but something sure smells around here.

What I cannot comprehend or figure out is:

a) Why the Tanana Chiefs Conference does not qualify as a tribal organization; (But the point of my perplexion follows),

b) Why there are no "visible" Natives in the United Bank commercials; and

c) Why in recent advertisements the Tundra Times calls itself a "non-partisan paper?" The term objective and interpretive Native newspaper seems a more semantically appropriate description.

It is just because of regulations, of monies, and of profit? Will this continue the public to accept and foster ignorance, illusion and the myth of respectable images?

What has happened to Native pride, cultural heritage and identity? Where has the Alaskan Native gone? This is a slap in the faces of, not salutes, to the men and women, who in their dedication and through their years of hard work and efforts brought the land claims to reality.

Alaskan Natives are not naive or nonexistent. And I object to the practices of any governmental entity, corporation, or any form of media which assumes so and continues to treat them as such.

Aboriginally acculturated, and affectionately yours,

Marilyn Richards

Howard has special place in memories

4035 B Clark Street
Stewart Terrace
Newburgh, N.Y. 12550
May 4, 1976

Tundra Times
Box 1287
Fairbanks, Alaska 99707

Dear Editor:

Yesterday I received the April 21. issue of the Tundra Times and was greatly saddened by the story telling of Mr. Rock's death. I worked for Howard as a reporter during 1969 and 1970 while my husband was working at Ft. Wainwright as an Army lawyer. Since our departure from Fairbanks, I have continued to subscribe to the paper and to correspond with Howard regularly.

He wrote his last letter to me on March 11, 1976 and in it he talked of how his operation had forced him to slow down but not to quit as he continued to meet newspaper deadlines week after week. I secretly feared the time when I would open the newspaper to read of his death. And now that that time has come, I want to express the gratitude and respect that I will always feel for him.

Howard deeply touched my life and my memories of two marvelous years spent in Fairbanks are richly colored by

my memories of him. As an editor, he gave me, as a reporter, a great amount of freedom and encouraged me to pursue controversial Native stories.

At that time, such stories were abundant for the fight for an equitable Native land claims settlement was hot and heavy. As a friend, he introduced me to the world of the Alaskan Native and provided me with experiences and insights that would have otherwise been beyond my reach. He will always hold a very special place in my memories.

Sincerely,
Mrs. Susan Taylor

Alcohol abuse among Native people

Ms. Anishia Angasan
Vice President
AFN Youth Council
Post Office Box 276
South Naknek, Alaska 99670

Dear Anishia,

On April 26, I attended the hearing of Washington, D.C. American Indian Policy Commission 'Task Force-II' panel. They had gathered to hear testimonies of alcohol abuse in Alaska, among Alaska Natives.

I have always felt we Native youth are too quiet on this subject. I have thought of my position. I have thought of my people. Too many are lost in the hold of alcohol.

How will this affect my people's future? There is too much alcohol abuse among our people. My people's spirits are dampened down with liquor and sorrow.

Speaking on behalf of Native youth, since I was elected the news president of the Alaska Federation of Natives Youth Council, I strongly believe that we should also be heard on this subject.

We have been so afflicted by alcohol abuse. It will continue if we do not do something about it.

Many of you, my people, have seen acute (short stage) and chronic (always) alcoholics staggering down your street, fighting, stealing or neglecting your children.

Oh, how my heart aches to think of this, but it is true. We witness it every day. We either live with it or have lived with it.

I think seriously of this. It is a chronic problem throughout the USA, and if anyone is going to get down and tell the people to face this problem, it will be us, the youth.

I want to help solve this No. 1 USA problem. There are many of you who feel the way I feel.

I hear this talk of how counseling will help an alcoholic. Did you know diet and nutrient supplements are also very important in the treatment of alcoholism?

This is the main point I want to bring out. Counseling, positive outlook, and good eating can and will cure alcoholism. I want to see my people lost no more.

When you drink alcohol as a chronic alcoholic (constantly drunk, can't control your drinking), your body gets used to the alcohol because it supplies calories.

This is why you do not eat well. The alcohol itself satisfies the body's caloric needs. In other words, your body is addicted to the alcohol. Alcohol is a drug! You crave for it. So the next evening you're drinking again, you get sick and say, "Oh, I won't drink again." The next night the same thing happens again, right?

The intake, what you put in your mouth is at fault. You do need to hear the words of the counselor. Also, it's what you put into your body that will cure alcoholism. You need to take vitamins and protein foods.

By drinking over a period of time, the liver cells die and are replaced with scar tissue which causes cirrhosis of the liver. Protein is very important for tissue regeneration.

People who drink, also can get lung infections. Upper respiratory infections are also common. Some of the nutrients that may be beneficial to you are vitamins A, B Complex, B1, B2, B6 and B12. B vitamins help reduce the alcoholic's desire to drink, and are very important.

Choline (vitamin of the B complex) aids in the decomposition of fat in the liver and helps maintain healthy kidneys. Vitamin C prevents scurvy. Vitamins D, E and K, and minerals Iron, Magnesium and Zinc, make the alcoholic more prone to cirrhosis of the liver.

In addition, these deficiencies can prevent Vitamin K, which is needed for treatment, from being absorbed into the body. This information was taken from the Nutrition Almanac, 1975 edition.

I will give you some of my personal hints. I have learned this from my agga (grandma) Fanny Walluk. Treat yourself kindly. Think of yourself as your child, you, a parent, counseling your own child within you.

Scold yourself when you want to drink, just like telling your child candy is bad for his teeth. Tell your inner child that drinking is bad for your body. Think of how wise your ancestors were. Wow, I am proud of them, you should be, too.

Also, if we plan more activities such as sports and Native activities, we can lessen our desire for drinking. In our schools, Native education should be taught to grown-ups and students of all ages.

We should all plan to build community centers for art such as making arrows, cutting sea animals, sewing, weaving and cooking our Native foods, art, art. This is important, because you, my people, are artistic. You are the only ones who know these precious artistic talents. Use them, live them or else we lose them.

Fulfilling your spiritual needs is also important. Think of your body as your temple. If you are not fulfilling your inner spirit, it craves. Praise the great one.

He blessed us so well with our rich land, sea and sky. He has blessed us by giving us spirits, but where are they? They are dampened down with liquor and sorrow.

Do not be afraid, be proud, you still have a lot to fight for, such as your precious lands and the sea. Walk in the direction of life. Be natural,

(Continued on Page 6)

Other voices—

Education is of great value

Since education and Alaska are so very important to me, and to each of the TUNDRA TIMES readers, this is a reflection of thoughts concerning the University of Alaska. It is prompted due to rumor which has reached me stating that "someone overheard" that I was "planning to sue the University". There is NO truth at all to this rumor, and I have no reason to sue the University. I am committed to positive education. A law suit against the University would be tearing down and creating divisive conflicts. What the University needs most at this important time is to build unified efforts.

Change is taking place in Alaska and at the University level. It should. Emerson has said "It is only when we are unsettled that we grow." Of course there are rough spots to iron out when we grow, but I would like to suggest that Alaska should not resist nor resent change.

Remember, it was the Native peoples of Alaska who—united—brought about the change which culminated in the Native Claims Settlement Act. If only they could continue in this united effort to produce the best of educational programs!

A new vice president for Rural Educational Affairs has been made an integral part of the University system. Through this vice presidential position there is the opportunity to shape education positively. This can be done by your commitment to work through the newly established Rural Education, involve everyone, and work with one another in shaping the change you want. You make education work for you.

A pleasant, cheerful, determined attitude needs to characterize this immense time of change. Only with determination and working together will the University become your educational center reflecting your learning needs. Education is of great value; build on it.

—MILDRED MATTHEWS
(Past TT Board Member)

What is a little town?

(EDITOR'S NOTE: This is one of those little stories that few small town newspaper editors can resist sharing with their readers. It has been passed from newspaper to newspaper until its origin is no longer known. It recently appeared in the Cordova Times and Bristol Bay By-Lines)

A LITTLE TOWN is where you don't have to guess who your enemies are, your friends will tell you.

A LITTLE TOWN is the only place on earth where people past middle age are called by their first names when they saunter down the street.

A LITTLE TOWN is where everybody knows everybody else's car by sight . . . and also where and when it goes.

A LITTLE TOWN is where few people can get away with lying about the year they were born. Too many other

people remember them.

A LITTLE TOWN is where people with various ailments can air them properly for sympathetic ears.

A LITTLE TOWN is where, when you get the wrong number, you can talk for 15 minutes anyway, if you want to.

A LITTLE TOWN is where the ratio of good people to bad people, is something like 100 to one. That's nice to remember.

A LITTLE TOWN is where it is hard for anybody to walk for exercise because it takes too long to stop and explain to people in cars who stop, honk and offer a ride.

A LITTLE TOWN is where city folks say there is nothing to do, but those who live there don't have enough time in the week to make all the meetings and social functions.

A LITTLE TOWN is where everyone welcomes a 'neighbor' in time of need.

(Continued on page 7)