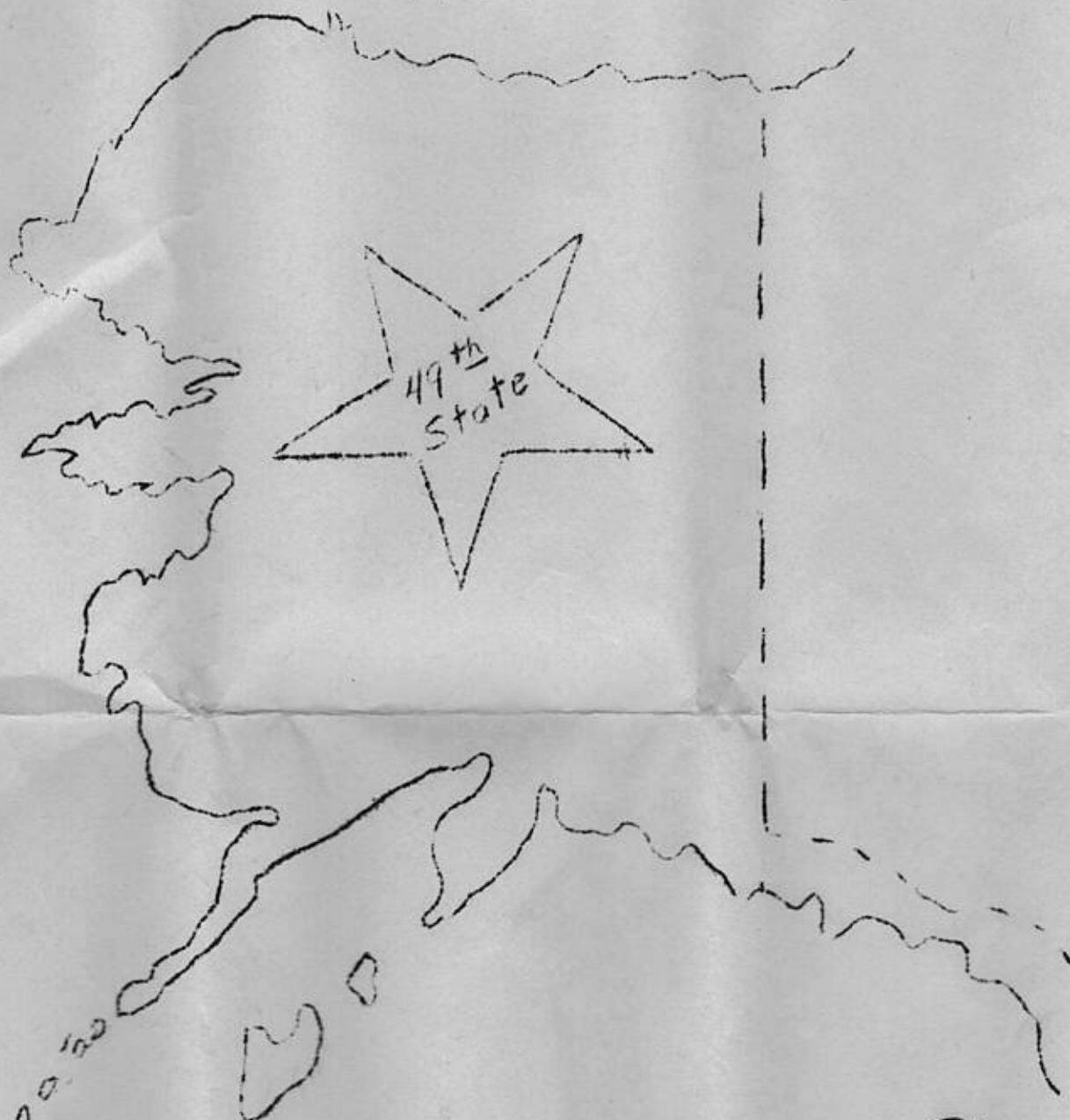


# Northern Lights

January  
1959

(school paper  
& village paper)



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Tanana, Alaska

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Reporters:

Town News - Andrew Kennedy  
Hospital - Rebecca Swenson  
C.A.A. - Helena Wheeler  
School - Larry Grant  
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EDITORIAL

John: Dr. Gaede, what is most important for good health?

Dr. Gaede: Good health habits are the most important for good health. These habits include choosing a balanced diet, getting plenty of rest regularly, and exercising properly. Our diet should include plenty of meat and milk with some vegetables and fruit. It is harmful to eat too much candy and drink much pop, for then we are not hungry to eat the other needed foods and it also develops cavities in our teeth. Getting plenty of rest regularly means that we should go to bed about the same time every night. School children need nine to ten hours sleep nightly. This means that all school children should be in bed, at least, by 10 or 11 p.m. otherwise, their bodies will not be ready for schoolwork the next day. Our bodies, just like engines wear out and get sick if we overwork them.

Exercising properly means getting out-of-doors to play every day if the weather is good. Even adults should get out-of-doors at least a few times each week. If you do not work out-of-doors then you should walk a mile or so for exercise.

John: How do our body organs help us?

Dr. Gaede: Our body organs are like parts of an engine where each part helps the engine to run properly. We have many different parts or organs in our body such as the digestive organs which provide strength to our body; the sensory organs keep us informed of what is going on about us; the muscular and skeletal organs make it possible to react to our environment.

John: Why is it important to be clean?

Dr. Gaede: It is important to be clean to keep the germs from harming both the inside and outside of our bodies.

John: How do germs harm us?

Dr. Gaede: Disease germs harm us by injuring or hurting the normal function of our organs.

John: How is smoking harmful?

Dr. Gaede: Regular smoking of cigarettes is definitely harmful to the body. The American Cancer Society has published numerous warnings against the use of cigarettes especially during the past six months. In July 1958 Dr. Harold F. Dorn, Chief statistician for the National Institutes of Health summarized the death rates and causes of death among a large number of veterans. He stated that there was a much higher death rate among regular cigarette smokers than in non-smokers. Lung cancer rate for regular cigarette smokers was about 10 times the death rate of non-smokers. The death rate from coronary heart disease was 63% greater for regular smokers than for non-smokers. The regular smokers also had a much higher death rate from other respiratory diseases, digestive system disease, and liver diseases,

John: Can strong drink harm us?

Dr. Gaede: From the medical standpoint strong drinks certainly are harmful to our bodies and should be looked upon as a poison. Alcohol impairs thinking and reactions. It often changes personality from a pleasant person to an obnoxious person. Alcohol dilates the blood vessels and even raises the freezing temperature so that it becomes especially dangerous to be drunk out-of-doors in cold weather.

John: Will sports help your health?

Dr. Gaede: Sports in general are helpful in maintaining our health. However, when we become too tired or overplay, it can then be harmful.

## SCHOOL NEWS

### PERFECT ATTENDANCE

Frederick Joseph	Frank Anderson
Vernon Nusunginya	Edward Kennedy
Ruth Gaede	Allen Upicksoun
Joyce Roberts	Helena Wheeler
Naomi Gaede	Larry Grant
Andrew Kennedy	

Let's work to have more on this list next month! Certificates will be given each 6 weeks and at the year's end an award will be made to those who did not miss any school or was not tardy this semester.

### HONOR ROLL

Kathryn Folger	Clarence Estes
Gary Hayward	Kathryn Dick
Janette Roberts	Naomi Gaede
Shirley Wheeler	Chris Sommer
Loretta Byrd	Mickey Woods
Ruth Gaede	Marshall Smith
Dianne Miller	

A student must make A's and B's in the main subjects to be on the honor roll.

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### FIRST AND SECOND GRADES

We are glad the new school windows came. We will be happy when we move into the new school. We will have a big room and we will have new desks. We won't mark on our new desks. We want to keep them nice.

We will drink from water fountains in the hall. We won't need cups. We will have indoor toilets that flush. We will learn how to flush them.

We have two new children in our room who came in December. Clarence Estes is in 2nd grade and he came from Northway. Dianne Miller is in 1st grade and she came from Ketchikan. Dianne says it's a lot colder here.

### THIRD AND FOURTH GRADES

We all had a nice Christmas vacation. We hope you enjoyed our Christmas program. ...The windows came for the new school on January 12th...Valentine's Day will be coming soon....The 3rd and 4th graders are learning how to do flash cards fast. We have learned to spell 150 new words in spelling. We have been studying about proper foods to eat in our health books. ...We couldn't get water from the old school because the pipes froze. Miss Arundson had to get water from the hospital. ...We studied about Dolly Madison, the first lady of our land, in history and also

about Andrew Jackson...We have had bum attendance the past three weeks. Naomi was the only one in our room that wasn't absent or tardy for the last three weeks. Rodney and Roger Smith went to Fairbanks to get their teeth fixed.

Linda Nicholia

### UPPER GRADES

There was a movie at the school tent January 8th. The movie was "The Littlest Outlaw." There was also a little short reel about Donald Duck; it was a safety film. The big movie was about a little boy and a horse. There were two big reels! All the kids said they liked the movie.

School was let out one day and a half, because it was too cold and the oil lines were frozen. The teachers couldn't get the fire started in the stoves. School was also let out on Christmas for one week. We got out only one day on New Year's but everyone had fun.

There was a party at the school for school kids on the day before the program. A big cake with Merry Christmas written on it was given to us by some nice friends! We would like to say a big "THANK YOU". Pacific Construction gave us tangerines and our teachers fixed sandwiches and kool-aid for us!

The school children had a program on the 19th of December, the year 1958. The upper grades had two plays about Christmas. "The Old Town Crier" and "The Christmas Dream." The third and fourth had a play "A Christmas Argument." The first and second had a lot of little parts. The people really liked the program very much.

Larry Grant

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### VILLAGE NEWS

The new chief is Alfred Grant Jr. The Council members are John Starr, Jr., Walter Woods, Sr., Basco Minook, and Lester Erhart. They will all do the work they are supposed to do until 1960. There is no women's council this year.

\* \* \* Andrew Kennedy

### DOG RACES

The men's races were held January 3rd. Jake Starr won 1st place, Peter Joseph 2nd, Lester Erhart 3rd, and Henry Kokrine won 4th.

The women's races were held Jan. 4th. They had the race track down to the first station. The winners were Clara Swenson 1st, Rebecca Swenson and Bertha Folger

tied for second place and May Edwin 3rd. Gladys Erhart came in 4th with Judy Woods in 5th place.

Charles Albert

There was a general meeting at the Community Hall Sunday at 3 p.m. with Chief Grant presiding. Various citizens made speeches and plans are being made by the council men to make our village a better village.

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HOSPITAL NEWS

Olga Neufeld left the hospital December 5 to take up duties in Anchorage. The hospital staff misses her.

Dr. West, who performed many surgeries here, went back to Anchorage Dec. 6.

The patients enjoyed a happy time during the Christmas holidays because of the thoughtfulness of many friends which include Wien Alaska Airlines, the Benevolent Order of Elks in Fairbanks, and personnel from the "White Alice" site.

The hospital staff and their families had a Christmas eve dinner in the hospital dining room. Forty-five persons were served and an air of festivity was prevalent.

The hospital is very proud of Paula Rothbauer, our nurse who mused Richard Grant's dogs in the women's dog races.

We have a new practical nurse, Elsie Munson. Welcome to Tanana, Elsie!

The following "flew out" of Tanana during the Christmas holidays; Ethel Jenkins, Mary Stickman, Geneva Wilson Mary A. Stickman, and Ray Stickman.

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F.A.A. NEWS

George Woodbury will be leaving Jan. 26 for Anchorage. He is going to be a traveling operator.

Nick Nichols came in January 8.

Jim Smith came in December and will be here until the middle of February.

The Andrews left for the smaller states last month and they will be back in Feb. Meanwhile, Floyd Wheeler is the station manager and Dave Nelson is supervisor.  
Joyce Wheeler

WEATHER

It has been very cold here in Tanana these days. Most of the children go to school now. There were some children not in school because of the coldness.  
(next column)

CHURCH NEWS

St. James' Mission

Instead of having Sunday School the week before Christmas, the children enjoyed a party. Cookies and kool-aid were served and presents distributed.

Sunday School will be at the usual time, 1:30 p.m. this Sunday.

Choir practice will start again Friday at 6:30 p.m.

The Women's Auxiliary will have its' elections on the first Wednesday in March.

Father Baldwin, priest of the Order of the Holy Cross, will be here Feb. 8-12 for a preaching mission. We are looking forward to having him with us again.

Tanana Chapel

The Sunday School classes and adult choir presented a Christmas program on the 21st. The Joy Club had their party on the 18th. They made prayer and Bible reading reminders with calendars for their parents. KYB'ers had their chili supper and went caroling on the 22nd. (Thanks to Mr. Benson of N.C. for chili ingredients.) Each KYB'er received a Bible as a gift. They made plaster of paris plaques, copper pictures, and salt and pepper shakers as Christmas gifts.

Another group went caroling after the pictures were shown at the Community Hall Dec. 24th.

A Watch Night service at 7:30 p.m. was held New Year's Eve. Later everyone played games and enjoyed a Smorgasbord.

Be sure to listen to the UNSHACKLED broadcast at 8:30 p.m. Saturday over KFAR.

(weather continued)

The coldest lately was forty-nine below and the warmest was nine below.

Linda Wheeler

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DID YOU KNOW.....

- 50% of the World's population go to bed desperately hungry!
- 25% of the World's population have no bed to sleep in!
- 65% of the World's population suffer from malnutrition!

Miss Bortel: Loretta, your face looks frost bitten.

Dianne: I won't catch frostbitten, will I?

Our roving reporter asked the people of Tanana what they thought of Statehood.

"WHAT DO YOU THINK OF STATEHOOD?"

Ann Inge - "I think it is terrific."

Mrs. Smith - "I think it is very good."

Mrs. Benson - "I'm looking for a lot of improvements for Alaska through Statehood."

Roy Gronning - "I think Statehood is very good. It is like growing up. There will be growing pains but as we grow we develop. This is for our good and so is statehood--it will help Alaska develop."

Mr. Thompson - "No comment"

Hardy Peters - "I think it is o.k."

Dick Benson - "A boon to the country."

Rod Nickovitch - "I don't know."

Richard Grant - "I don't know. I couldn't tell you."

Well, there are different ideas about Statehood. Some like it, some don't want to talk about it and some just don't know. But I, myself, hope Statehood will do Alaska good.

Marshall Smith

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FUN FOUNDRY

"What dirty hands you have, Jimmy," said the young teacher. "What would you say if I came to school without washing my hands?"

"Shouldn't say nuffin'", replied Jimmy.

"I'd be too polite."

Professor - Jane, it seems to me that young man should be more conscientious.

Professor's Daughter - Conscientious! Why, he just sits and worries himself sick because he doesn't go home and study!"

Boss: Did the foreman tell you what to do?

Worker: Yes, to wake him up when I saw you coming.

Teacher - What is a circle?

Johnny - A figure with two sides.

Teacher - How can a circle have two sides?

Johnny - Inside and outside.

Matrimony - A state in which the only perfect husbands are other women's.

A man who hadn't been feeling up to par went to a doctor for a checkup. An X-ray revealed a watch in his stomach. "Isn't that quite painful?" asked the doctor.

"Just when I wind it" replied the patient.

Well this time there isn't much to write about but I'll make the best of it. They made a skating rink in front of the hospital but it got snowed under. At school we play football.

I was thinking the other day someone ought to make a motorized dog sled. I drew up some plans but I couldn't figure out how to make brakes. But maybe you could throw out an anchor when you would want to stop.

Marshall Smith

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RECIPES

Christmas is over but it seems everyone still has a sweet tooth, so here is a recipe you might try!

DATE PUDDING

1 cup brown sugar	1/2 cup milk
1 cup flour	1 tsp. baking soda
1 tablespoon Butter	1 1/2 cup dates
	1/2 cup nutmeats

Mix together and put into baking dish all except nutmeats. Sprinkle these over the top. Pour the following syrup over the batter and bake at 350°. It can be served plain or with whipped cream.

1 cup brown sugar	1 tablespoon butter
1 1/2 cup boiling water	1 tsp. vanilla

QUICK COFFEE CAKE

2 cups flour	2 tablespoons short-
4 tsp. baking powder	ening
3 tablespoons sugar	2/3 cup milk
1 tsp. salt	1 egg

Cover the top with sugar and cinnamon and bake at 375° for about 25 minutes.

GOOD EATING TO YOU ALL!

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I. Q. TEST

An IQ test may indicate that you are very smart....But that is no assurance you will play a brilliant part....For it is not how bright you are that scores success for you....But how you live from day to day and what YOU REALLY DO...You may be quite ingenious and yet what does it mean. ...Unless you use that gift from God to help the human scene? . . .