The weather has changed! As the winter sets in, days become shorter and coughs and colds appear more often. This happens in most countries around the world. Some reasons are: the lack of exposure to sunlight can cause Vitamin D deficiency which can weaken our immune system and the dry and cold air during winter which can dry out the nasal passage and simply irritate the throat and lungs causing cough. For this reason, every culture has developed its own home remedies that are passed down through the generations to deal with these annoying symptoms of the seasonal cold and cough. A home remedy is a treatment to cure a disease or ailment that employs certain spices, vegetables, or other common items. Here we list some home remedies from several countries to treat the cold and cough symptoms.

**China: Ginger**
Cut a thumb-sized piece of fresh ginger into small pieces and mash them. In a saucepan, boil one (or more) cup of water and add ginger pieces; simmer for 20 minutes. Then, add a rind of one organic orange, chopped into pieces, and simmer for ten more minutes. Remove from heat, strain and serve.

**India: Ayurvedic medicine**
Colds result from imbalance in the body and an over-abundance of “kapha” energy. Combat this by taking a mixture of spices. Combine one teaspoon each of cinnamon, black pepper, ginger powder and cardamom with four teaspoons of sugar and grind to make a fine powder. Take half a teaspoon two times a day with water after meals.

**Japan: Ginger and Negi (green onion)**
Try Negi-miso-shiru, a hot green onion drink. Just add one tablespoon of chopped green onion and two teaspoons of miso into a cup and fill with boiling water. Let steep until cool enough to drink.

**Korea: Spicy chicken soup and Asian pears**
Spicy chicken soup is a very popular cold cure. It includes: kimchi, ginger, garlic and ground pepper. Also, for cough and sore throat, eat steamed Asian pears made by cutting the pear into pieces, mixing it generously with honey and then steaming it in a poaching cup for about ten minutes.

**United States: Chicken soup and garlic**
Chicken soup has medicinal properties of vegetables and antioxidants in chicken fat. Each ingredient in chicken soup appears to have anti-inflammatory properties that help to reduce mucous production. In addition, the garlic consumed regularly, may help prevent colds year-round thanks to the antibacterial properties.

**Vietnam: Pho (egg noodle soup)**
This broth-base soup is often served with bean sprouts, chili pepper, lime and Asian basil and can be made with beef, chicken, tofu or vegetables. It is used to fortify your system and feel better following a cold invasion.

If you are interested to try any of these home remedies, the ingredients are found in most grocery stores and some specialized stores such as Co-op Market Grocery & Deli at 526 Gaffney Road and Sunshine Health Food at 410 Trainor Gate Road. In addition, there is a product called Kill’r Fleu made by Alaska Herbworks to treat the cough. Their products use locally wild-crafted and garden-grown herbs, Chinese herbs and high quality herbs from United States and Canada. There are many natural and botanical alternatives around the world to treat many illnesses, however, don’t forget to consult your doctor before beginning any medical regime. Continuous coughing for more than two weeks needs medical attention.

Reference: www.organicauthority.com by María Toro, Puerto Rico
I would like to give you information about child care and preschools in the Fairbanks area. When my family first came to Fairbanks, it was a very difficult problem for us. If your children go to part-time child care or preschool you have to pay $400-$500, and $900-$1200 for full-time. It is so hard for students with small children or low-income families. But there are other free services in Fairbanks. If you need full-day child care, parents must work a minimum of 30 hours weekly or attend college full-time. Low income family means Alaska State Medicaid Income by family size. For example, if your family has four people and your family monthly income is below $6152, you can get these services:

**Service#1** "ThrivAlaska HeadStart Birth to Five" is a comprehensive program for low-income families with children from birth to five years of age. Free services are offered in Fairbanks at the Carol Brice Center, 1949 Gillam Way and in North Pole, 500 East 5th Avenue.

Visit their website at www.thrivalaska.com
Contact: Fairbanks: (907) 452-4267
North Pole: (907) 488-4940

**Service#2** FNA Early Head Start and Head Start
They offer an extended-day option and part-day option services to children, Monday through Thursday. Part-day options are free: morning and afternoon sessions are available.
Contact: 456-4989 or 451-8814

**Service#3** Child Care Assistance
If your family is low-income and can’t pay child care fees, you should apply to Child Care Assistance Program (CCAP).
Contact: 1949 Gillam Way, Fairbanks 452-4267

If you meet the requirements, they will give a discount for full-day child care or babysitting. But your child has to be American.

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**"I'm in trouble on the phone..."**

Dear mother:
I'm in trouble on the phone nowadays. For example, after we bought a new car, a car dealer called me about maintenance service. At that time, although I understood, I couldn’t tell what I wanted to say. How can I feel more comfortable speaking English on the phone?
- Scared on the Phone

Dear Scared on the Phone: It is so scary to talk to English speakers on the phone. It’s a common problem.
- I suggest you listen to how American people talk and answer by phone.

- When you hear the phone ring, don’t be nervous, be relaxed and listen carefully.
- If you don’t understand the conversation, you can say, “Could you speak more slowly?” or “Could you say that again?”
- If you think you understood, you should double check! Ask again!
- If you don’t understand some questions, you must not agree with anything on the telemarketing.
- When you make a call, prepare some questions in advance.
- Also, think about some possible questions that somebody could ask you or about some kind of conversation you would like to have. Then, think and practice how you would answer.
- Speaking English on the phone is the most difficult for non-native speakers.
- Don’t worry, study hard and try to talk on the phone twice a week. Practice makes perfect.
Do you know about permafrost? Permafrost is soil frozen over multiple years. I went to the permafrost tunnel located 16 miles north of Fairbanks on the Steese Highway. That is a remarkable place. You can see fossilization that occurred 40,000 years ago. Do you know that 20% of the earth’s surface has permafrost underground? Now, permanently frozen ground has been gradually thawing as global warming advances.

The permafrost tunnel was excavated in 1963, originally for hiding weapons during the Cold War. Now it is about 110 meters (360 feet) in length, 2 to 2.5 meters (6 to 8 feet) high, 4 to 5 meters (13 feet to 16 feet) wide, and 15 meters (50 feet) below the surface. The U.S. Army Cold Regions Research and Engineering Laboratory (CRREEL), partnered with University of Alaska Fairbanks (UAF), owns the permafrost tunnel. They use the tunnel for studying the characteristics of permafrost and fossils. There are many kinds of animal fossils and plant remains. For example, beetles, mites, flies, moths, butterflies, and snail shells are all frozen as they were. The vertebrate fossils such as bones and teeth of bison, mammoth, and horse are found there.

This place offers a tour of the tunnel open to the public. You learn about permafrost, ice wedges and ice lenses. It was really cold and kept at 25F so that the permafrost won’t thaw. You need to bring a jacket and have to wear a helmet, which they provide. The inside is a little bit stinky because of the decayed plant root being exposed to the air. Volunteer guides introduce the tunnel and you get to know a lot about its history. You can read more about the permafrost tunnel at their website here: http://permafrosttunnel.crrel.usace.army.mil/overview/description.html

**IF YOU GO...**

**When:** Fridays with appointment. Non-US citizens must file an application 30 days before in advance.

**The tour takes 1-2 hours.**

**Cost:** Free
Flan is a traditional Puerto Rican dessert that is served at most cultural festivities such as Thanksgiving and Christmas and restaurants in Puerto Rico.

How to make the caramel
1. Pour the cup of sugar in a saucepan.
2. Caramelize over medium-low heat stirring constantly.
3. Don’t let the sugar burn! It should be a golden caramel color.
4. Pour the caramel into an 8” ovenproof mold.
5. Make sure to coat the bottom and the sides of the mold with the caramel.

How to make the flan
1. Preheat oven to 350 degrees.
2. Prepare bain-marie (a large pan filled with hot water that is used during cooking process).
3. Place all other ingredients in a blender and mix until it has a smooth consistency.
4. Pour into the mold filled with the caramel.
5. Place the mold into the larger pan ¼ filled with hot water (bain-marie).
6. Place in the oven for 50 minutes to 1 hour.
7. **You can check the flan by poking the center with a knife or toothpick.**
8. When set, take the 8” mold out of the bigger pan and let cool.
9. When cooled, loose the edges of the flan with a knife and place upside down on a plate.

by María Toro, Puerto Rico
I would like to introduce our friend, Rie Terashima, from Japan, mid-30s who was an ESL student and designed the newspaper at LCA from first publication March, 2013 to May, 2014 as a volunteer. Rie is a graphic designer and worked at a printing company, National Geographic, and an advertising firm in Japan for sixteen years. Due to her design talent and diligent work, she received an Agricultural Poster Contest Award from the Japanese government. When she turned thirty years old, she went to Australia for one year. While she was in Australia, she had a chance to learn about different countries and had also a side job thinning apple trees. She was interested in foreign cultures, languages, foods, and people. After she went back to Japan, she met her husband on-line. She moved to Fairbanks for her husband’s job in 2012 and went back to Kagoshima, Japan in 2014. Her dream of becoming a graphic designer has already come true. In light of having her own family, she really wants two babies. At the same time, she wants to develop her web design skills and be an import trader. She wants to introduce new items to Japan’s retail market such as toys, study materials, and foreign products. Rie is a friendly, creative, funny and whimsical person. She is always laughing well and thinking positively. She said, “If I make everyone laugh, I also make myself happy and warm.” It makes us very happy! She enjoys cross-country skiing, walking, playing saxophone, chatting with her friends, and doing funny things. We miss her a lot!

Brief information about Puerto Rico:
Total Area: 3,508 sq. miles, 9,104 sq. km
Literacy Rate: 94.1%

1. What is the capital of Puerto Rico?
   A) Saigon  B) San Juan  C) Solomon

2. What is a traditional food of Puerto Rico?
   A) Pasta  B) Gazpacho  C) Pasteles

3. What is the most common religion in P.R.?
   A) Protestant  B) Muslim  C) Catholic

4. What is not an official language of P.R.?
   A) English  B) Portuguese  C) Spanish


by Seon Young Lund, S. Korea
Brooks Falls Hit by Discord of a Dispute

Brooks Falls is a world renowned spot commanding a vivid view of nature. It is a part of the Brooks River in Katmai National Park & Preserve, about 280 air miles southwest of Anchorage. Annually in July, it is overflowing with hundreds of thousands of crowding sockeye salmon making endless waves. To see jumping salmon is beautiful and unbelievable. Occasionally, a misdirected salmon jumps into a bear’s mouth. There are so many jumping salmon that the only thing the bears have to do is to open their mouths.

To get to Brooks Falls is a one hour flight from Anchorage to King Salmon airport, and then a float plane is required because there is no other transportation. Azure sky and lakes, hilly mountains dense with white spruce and birch trees make it look like a hidden paradise.

At the entrance of the falls is a lookout platform. There is a long wait to get up to the platform and only a one-hour stay is allowed because of many visitors. “We saw seven bears two days ago, eight yesterday, and six today”, said the Andersons who visit there every year. “We can even recognize some of them. We see the same bear every time. He always stays at the same place.”

There are about 45 to 60 bears coming to Brooks Falls regularly every year in July. According to the Park Ranger, every bear in Brooks Falls has an assigned number and nickname. They keep track of every bear’s habits, its rank in their communities, etc. It makes sense to take good care of them, considering the tourism income each bear brings in.

But now, even with the bears and salmon gone, Brooks Falls is again in the center of attention. On November 4, Alaska residents will have a general election including the vote for Bristol Bay Forever (Measure 4). If approved by voters, the measure would give the legislature the power to prohibit large-scale mining projects in Bristol Bay basin, if legislators determine the activity to be harmful to wild salmon within the fisheries reserve.

The area covered by Measure 4 would be 36,000 square miles (about 189 miles by 189 miles) of the watershed of the Bristol Bay Fisheries reserve. Numerous rivers including the Kulak, Osviak, Togiak, Naknek and Brooks River flow into Bristol Bay. Salmon going up to Brooks Falls must go through Bristol Bay. It could potentially decrease the number of salmon if Bristol Bay is contaminated.

At a public hearing at Fairbanks Municipal Library on September 23rd, neither of the pro nor the con group would yield to the other in their rivalry. The supporters say that strong environmental regulations are needed in order to protect the fishery and tourism industry. According to them, the Bristol Bay fishery provides 10,000 jobs, $570,000,000 of economic impact, and accounts for 1/3 of the sockeye salmon caught in the entire world. In contrast, the opposition says the contamination theory in the Bristol Bay area is based on an obscure presumption and is politicizing the process of permitting mining. This will lead to endangering the Alaskan economy by obstructing investment and development.

The conflict between development and preservation is common throughout the world. What will be the fate of Brooks Falls? It lies in the hands of Alaskans.
Have you ever seen the glaciers in Valdez? The oil industry, fishing and seeing the glaciers are popular in Valdez. Sixty-four buildings were moved to a new town site because the ground under Old Valdez was unstable after the earthquake in 1964.

Stan Stephens Cruises are a great way to see the glaciers. The company provides visitors with a chance to experience the sight and sound of glaciers calving, and exciting wildlife.

Karen Allred is the captain of one of the Glacier & Wildlife Cruises. She picked up more than fifty visitors, and for six hours continued steering her ship with one hand while holding binoculars for 6 hours. Thanks to her guiding, we were able to see the Columbia Glacier, as well as sea otters, dolphins, and fur seals.

Karen is from Seattle, Washington and has been living in Valdez for 12 years. She enjoys snowmobiles and snowshoes every winter. She said that she hears a sound when she snowshoes in the mountains quickly: “I can’t stop loving the kushu-kushu sound.”

Also, she speaks Japanese a little because she met many Japanese people and was interested in Japan when she worked in Seattle.

She is a very interesting woman.

by Chiho Kikutani, Japan

Raspberry and Cranberry Medicinal Method

We live in Alaska. We need to acquaint ourselves with Alaska wild plants, which can be used to promote health and healing, for first-aid emergency care, or to maintain wellness. Everyone knows that raspberry is a delicious fruit. But do you know the raspberry leaves can be medicine? You can use dried raspberry leaves to make a yummy tea that will help you when you have diarrhea. It works really well and people in Europe and India use it. Raspberry leaf tea can also help pregnant women. It can alleviate nausea during morning sickness. Gargling with it can help children with sore throats. To make tea, first clean the leaves, then dry them, then steep them in hot water.

Low bush cranberries are also nature’s gift to us. According to Alaska’s Wilderness Medicines by Eleanor G. Viereck, “for headaches, swelling and sore throats, including tonsil troubles, just heat the berries, wrap them in a cloth, and put them as a hot pack on the sick place.”

by XiaoFei Zhou, China
She has enjoyed snowboarding and sledding with her friends every winter. These activities always make her happy. She has been busy at her job. To take away her fatigue, she really wants to have something funny and refreshing to do. She said Fairbanks is the best place for the great winter fun and relaxing.

**Refresh with snowboarding and sledding**

Kaiya, 18, living in AK 18 years
- Drive-through barista.

Usually, she reads books, rides a snow-machine, cooks, and hikes. She wants to start snowshoeing with her husband this winter. Her family also carves ice for the Christmas competition and visits reindeer. She is working so much at Santa Claus house during winter time and she sends Santa letters out for kids.

**Send Santa letters out**

Suzanne, 46, living in AK 9 years
- Santa office assistant

He thinks it’s very important to go outside and be active even in winter. He will enjoy riding a bicycle this winter. He says “I’m planning to prepare some stud tires for my bicycle so I can cycle back and forth to work.” He is also planning to go ice fishing. You can rent an ice shack at Chena Lake for $20 a day. They have a wood stove. And it’s nice and warm, and you can catch fish.

**-Go outside for fun!**

Tom, 34, living in AK 4 years
- Certified Accountant