



### Five Warring Mountains

Volcanoes and earthquakes are caused by five mountains. When they are in battle against each other, the volcanoes erupt and the ground shakes.



### Invisible Men

There are invisible men inside Earth. Volcanoes erupt in smoke and fire when they are at war.



### Strong Men

There are strong men who live inside Earth. When they heat water for their baths or cook food, the volcanoes erupt and the ground trembles.



### Creation of Mountains

A raven brought down light and a bladder from heaven. Inside this bladder were a man and a woman who made the bladder grow by blowing. Then, they created mountains by pushing up with their hands and feet. The man scattered hair from his head to create trees and forests. The woman made seas, lakes and rivers.



### Volcano Woman

When volcanoes were forming the Aleutian Islands, a beautiful woman emerged from a volcano. There were cormorants nearby which changed into humans. Cormorants are sea birds that dive underwater. The early Unangan are children of Volcano Woman and the cormorant-beings.



### Father Herman and the Tsunami

Father Herman was an Orthodox monk on Spruce Island. When people feared a tsunami, they went to him. Father Herman placed an icon on the high water mark and prayed. The water never rose above that mark.