

Igiugig News & Notes

Igiugig Village Council

April 2000

Volume 3, Issue 5

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R-Carnival by Christina Salmon

Igiugig's annual R-Carnival was held on March 4th, 2000. The students had a variety of booths, a concession stand, a crafts table, and a bake sale by the Emergency Response Team. Dan Salmon, again, for the fourth consecutive year, had the most visitors to his Darts booth. Shayna Nelson spent half her day at the mini-carnival trying to win the top hats and cork gun at the Dart booth. "She was my number one customer," stated Mr. Salmon. Sandy Alvarez's Fish-



ing Pond was the second highest visited booth. All of the little kids liked her booth because there were always going to win some prize. Julie Salmon won all three of the freight raffles and Bonnie Thurston won the round trip ticket to Anchorage with Flight International. For the Linda Johnson Memorial Scholarship Fund Lydia Olympic won the Hawaiian Candy, Betsy Hostteter won the Split the Pot, and AlexAnna won the Hawaiian Hair Set. Igiugig School's Student Activity Fund profited approximately \$525.00. R-Carnival was enjoyed by all who attended and we are looking forward to the carnival next year.



March Village Council Meeting by Sandra Alvarez

The regular meeting of the Igiugig Tribal Village Council was held on March 14th, 2000. Work on the new airport building is at a standstill until some reimbursements are received. The TERO Office still needs skill sheets from a number of residents. Council Staff will be contacting those individuals to try to assist in completing this task.

The Dump Road Project is progress-

ing with negotiations beginning this month. A grant application for dump closure has been submitted so this can happen in conjunction with opening the new dumpsite.

There was discussion about outstanding bills. Because some customers are not paying portions of their bills, the Council decided to combine outstanding balances of electricity

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Birthdays this month

- April 14
Renae Zackar
- April 23
Mike Andrew, Sr.
- April 27
Randy Alvarez



WALK TO BE FIT by Sandra Alvarez

CHECK IN DAY – APRIL 13th



Everyone who has joined the Walk to be Fit program should stop by the office on April 13th. Bring along your mileage walked to date and we will add it to the chart. If you have walked for six weeks or 60 miles, you can also pick up a water bottle.



If you still haven't joined stop by and pick up an application and join the rest of the people hiking around Igiugig. Walking is easy, fun and a great way to keep yourself healthy. And—if you walk places you would have driven anyway, you save on gas while you shape up your muscles.



Keep on Walking!



March LSAC by Sandra Alvarez

The regular meeting of the Igiugig Local School Advisory was held on March 23rd. Hoke Wilcox, computer specialist attended the meeting along with Principal, Bernie Gurule. Bernie informed the LSAC that the School to Work Program has been revised to work through the Chugiak School District rather than BBEDC's Dillingham based project. Also noted was that Annie Wilson is teaching traditional native games in P.E. which goes right along with the purpose of our local strategic plan.

Student fund raising efforts in the near future include the sale of yearbooks, a pancake breakfast and a book fair.

Those in attendance were treated to a performance of the skit produced by AlexAnna & Tanya Salmon at the recent AA Meet. The High School AA Meet is coming up the first week of April.

A school calendar for the 2000-2001 school year was set. Opening day in the fall will be August 29, 2000, the Christmas break December 23, 2000 – January 9, 2001, and the last day of the school year May 23, 2000.

The next meeting of the LSAC will be April 20th.

VILLAGE COUNCIL MEETING *(Continued from page 1)*

and the regular accounts to determine if customers have more than the \$200 limit in delinquent bills when they want to buy gas.

The Environmental Department will begin working on a watershed management plan for the "Upper Kvichak". Ida Nelson will begin working as an intern for this program next week.

The summer beautification project will start soon. \$275 in donations has been received and it was requested that interested residents provide suggestions for plants to Lydia Olympic.

The 1st Responders group reported meeting and practicing their skills this week. They have received the supplies that were ordered and will be working to raise additional funds to help purchase more. Residents were reminded that Arctic Care would be in Kokhanok next week for people wishing to access dental or doctor services there.

The next regular meeting of the Village Council will be held on April 19th, 2000



BICYCLES BEWARE



by Sandra Alvarez



Bicycles that like to hang around the village and lie around in roadways can have all sorts of problems. They could get lost, taken or run over by a big truck. Besides the things that can happen to them, bicycles lying around are in the way, make our village look messy and make visitors to our village think that we are careless with our things.

- If you are a bicycle rider, be sure to park next to the building you are in, and when you leave be sure to ride it all the way home and park it in your own yard.
- If you are the parent of a young bicycle rider, be sure to teach them how to properly use and park their bike.



How Can You Be Part of the Solution? REUSE

There are many ways to reuse the resources we have. You may have many great ideas of your own—share them with others. Here are some of our ideas for reusing our resources.

1. Reuse plastic and paper grocery bags as many times as possible. Plastic bags can be crocheted into rugs, shoulder bags, backpacks, and anything else you want to create.
2. Use empty egg cartons to start seeds or plant seedlings.
3. Use empty plastic pop bottles and milk jugs to make scoops, bird feeders, or even berry picking containers. Use as storage for dry goods or supplies such as nails.
4. Reuse aluminum foil. It can be washed, reused, and eventually recycled.
5. Turn used lumber into birdhouses, can crushers, or other wood working projects.
6. Reuse shipping peanuts or give them to someone who will.
7. Reuse plastic food containers for food storage.
8. Donate magazines or books to schools, libraries, give to someone else, or donate to a community magazine and book swap.
9. Reuse gift-wrapping or use the comic strips from a newspaper as gift-wrap.
10. Reuse old tires as planters for vegetables or flowers.

EARTH DAY 2000 by Sandra Alvarez

Mark your calendar for April 22, 2000. This will be the 30th annual celebration of Earth Day. The success of the first one in 1970 set off a chain of events that were responsible for creation of the Environmental Protection Agency, and the passage of laws setting standards for clean air and water. Every year since, people have done things that help improve the world for future generations.

So plan to do something environmental—plant a tree, clean a yard, walk instead of burning gas, turn off the TV and save electricity—whatever you do, remember that every little bit helps.

Environmental Fast Facts Household Hazardous Waste

Household hazardous waste is leftover paints, many different cleaners, paint remover, motor oil, and bleach. These wastes can be corrosive, toxic, ignitable, and reactive. The health effects from these products can show up immediately or may take a long time to appear.

- **Solvents** like paint thinners, paint brush cleaners, nail polish remover, and glues can affect the respiratory system, nervous system, and skin. Ingestion can be fatal. Solvents are toxic to water life and cause groundwater contamination. To dispose of these materials take them to the community collection site or give to someone else to use up.
- **Paints** like enamel or primer, stains, varnishes, shellacs, and lacquers affect the respiratory system, nervous system, and skin. Ingestion can be fatal. Paints can contaminate the soil and water. To dispose of paints bring them to the local solid waste facility site or give to someone else to use up.
- **Household cleaners** like detergents, drain cleaners, oven cleaners, toilet bowl cleaners, and bleach. They also affect the respiratory system, nervous system, and skin. Ingestion can be fatal. Household cleaners contaminate soil and water. Dispose of household cleaners at the community collection site.
- **Auto products** like gasoline, motor oil, used motor oil, antifreeze, and auto batteries. They affect the respiratory system, nervous system, and skin. Waste oil contaminates soil and water and it's deadly to plants, waterfowl, and other wildlife. Take auto products to the local collection site, or burn used oil in an approved burner.



If I Were President of the United States . . . By The Primary Class

Everyone be kind to each other. Boys and girls please don't smoke. Give people new medicines please. Don't smoke. I would like to be helpful to boys and girls.

Jacob Askoak
2nd grade

If I were president I would give children a teacher. Poor people need food and tell them what to do with the food. I would make sure that everyone is safe in the whole world and make sure that the people don't fight. I would make sure that people have water and make sure every school is safe. I would give people comfort.

Alicia Zackar
2nd grade

I would give Igiugig school a big pool because the students would not drown and they would be fast swimmers. I will let all the schools shoot with bow and arrows to teach how to hunt animals. I would let the FBI watch all the schools so students won't be bad. I will not have any more wars. I would not let anyone drink or smoke. All the schools will do hard work for 3rd grade and up.

Ponty Askoak
3rd grade

I would give others computers and show them how to use them. I would tell others to be kind to one another. I would tell all the people to recycle their trash. I would tell the people to stop having wars. I would tell them to stop ruining the environment. I would say to give others food when they need it. We would make new medicines for cancer, and give others supplies when they need it. Most important would be to help others when they need your help.

Angel Alvarez
2nd grade

I would say that there would can't be any more wars. We need medicines and peace. We also need love, comfort, no hunger, and always a nice place to sleep. Please recycle trash and give food to the poor with kindness and more churches.

April Hostetter
2nd grade

I would give everybody a home so they would be warm. I would give every person on the streets clothes and food. I would give everyone medicines for diseases. I would give desks, pencils, rulers, erasers, and good chairs to the schools that don't have them. I would give good teachers to teach schools. I would recycle glass, paper, and clothes. I would keep people away from animals and plants so they won't die. There would be no wars. People would have world peace. Everybody would be kind to each other. I would give every

school in the United States computers.

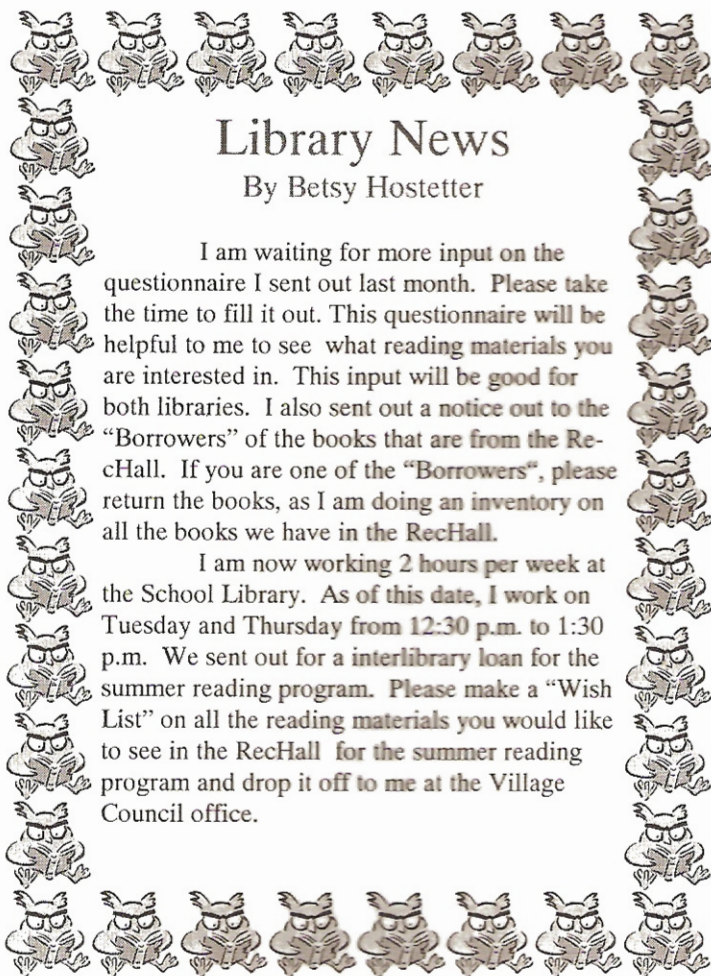
Mary Hostetter
4th grade

We all must be kind to each other. We must help each other in the United States. We must give some food to others. I would give peace to the people and peace to the world. If there are more people in the United States we would have to move to outer space to live.

Shayna Nelson
2nd grade

I would make the world have peace. If they do not listen I will tell them again in a nice way for peace. I would give a lot of people medicine if they are sick. I would make good schools, not schools that look real junky. We must recycle food not just waste food. I will help the people buy more medicine. I will give some schools computers, if they don't have any.

Jeremy Salmon
2nd grade



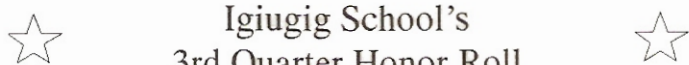
Library News

By Betsy Hostetter

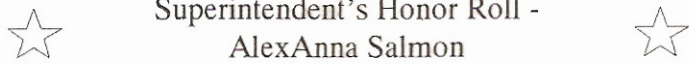
I am waiting for more input on the questionnaire I sent out last month. Please take the time to fill it out. This questionnaire will be helpful to me to see what reading materials you are interested in. This input will be good for both libraries. I also sent out a notice out to the "Borrowers" of the books that are from the RecHall. If you are one of the "Borrowers", please return the books, as I am doing an inventory on all the books we have in the RecHall.

I am now working 2 hours per week at the School Library. As of this date, I work on Tuesday and Thursday from 12:30 p.m. to 1:30 p.m. We sent out for a interlibrary loan for the summer reading program. Please make a "Wish List" on all the reading materials you would like to see in the RecHall for the summer reading program and drop it off to me at the Village Council office.

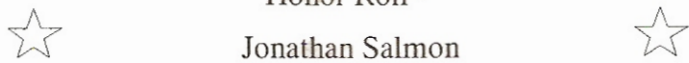
SCHOOL NEWS by Bonnie Thurston



Igiugig School's
3rd Quarter Honor Roll
Superintendent's Honor Roll -



AlexAnna Salmon
Honor Roll -



Jonathan Salmon



Igiugig School's PANCAKE BREAKFAST

April 8th, Saturday
9:00 a.m. - 12:00 p.m.

Come out and have breakfast with us. We will be serving Smoothies with our breakfasts. Prices are \$8.00 for adults, \$4.00 for 4th grade and younger, and children under 2 are free. All proceeds benefit the Student Activity Fund.

Igiugig School's BOOK FAIR

April 18th and 19th
3:00 p.m. - 4:00 p.m.
School Gym

Cook Inlet Books and Igiugig School are hosting the annual Book Fair. Please stop by and check out all the books and related items for sale. We always have a great selection! All proceeds benefit the Student Activity Fund.

"Whatever it is you want from
young people, you must give them."
- Anonymous Alaskan

CHRISTINA IS IT! By Sandra Alvarez

Christina will be the last graduate from Igiugig School who will not have to pass the State Exit Exam. Every student who is currently 10th grade and under will have to pass this test before they will be allowed to graduate. Students are tested in the areas of reading, writing and math. The first group of 10th grade students took the test last week. It is given in three segments, one each day, and can be retaken each spring and fall until all are completed. If a student passes part of the test they will not be required to retake that part, but will continue to take other segments each year for up to three years after completion of the 12th grade. If the student does not pass by the end of their senior year, they will receive a certificate of attendance.

The Exit Exam questions are based on "Alaska Student Performance Standards" which are guidelines adopted by the State to help our school focus on the abilities our students need to lead a successful life. A book of these standards is available from:

Alaska Department of Education
801 West Tenth Street
Juneau, AK 99801-1894

Learning can happen at home as well as at school. To help encourage our students in learning we will feature some of the "standards" and ideas that parents and others can use to encourage their kids.

ABC	ABC	ABC	ABC	ABC	ABC	ABC	ABC
ABC	ALASKA STANDARDS						ABC
ABC	MATHEMATICS: E. A student should be able to apply mathematical concepts and processes to situations within and outside of school.						ABC
ABC	Doing things like: reading recipes, figuring a crewman's share of the fishing income, dividing a bag of M&M's between a number of children, measuring the square feet of space in a room or counting money to buy something, are all ways you can encourage your child to use math in everyday situations.						ABC
ABC	We all use mathematics to do things everyday, just talking about it with your child as you do it will help them see and apply the concepts in their own activities.						ABC
ABC	ABC	ABC	ABC	ABC	ABC	ABC	ABC

Fever and Your Child

Contributed by the Igiugig Clinic

What is a normal temperature?

Normal body temperature goes up and down every day. It can be as high as 100°F taken by mouth.

Then what is a "fever"?

It is higher than 100°F by mouth, 100.4°F rectally, or 99.4°F taken under the arm.

What causes fevers?

A fever is the body's normal response to infection. Most often it results from a mild viral illness that lasts 2 to 3 days. Teething does not cause fevers.

How should I take my child's temperature?

Ask your Health Aide for help learning to read a thermometer. It is okay to take the temperature under a child's arm if they are less than 5 years old, but a rectal temperature is more accurate. Children older than 5 should be able to hold a thermometer under their tongue. The forehead tapes now sold in drug stores are not accurate and may be wrong up to 1/3 of the time.

How often should I take my child's temperature?

Once a day is probably enough unless you think something has changed.

When do I treat a fever?

Fever is a symptom, it is not a disease. Fevers probably help your body fight an infection, so there is no need to treat it at all if your child is comfortable!

When is a fever harmful?

By itself, fevers do not cause brain damage until they reach 107°F or 108°F. We worry about temperatures over 105°F. There are some side effects of fevers, however. Dehydration (too little water in the body) can result if your child is not given extra liquids to drink. Delirium can result from high fevers and will go away when the fever comes down. Seizures occur in some children with fevers, but these are probably not harmful if they are only a result of the fever.

What should I do when my child has a fever?

Give them extra liquids to drink. Keep them comfortably warm or cool. If the temperature is over 102°F by mouth or 103°F rectally and they are uncomfortable, then you give them acetaminophen (Tylenol) in the recommended dose every 4 to 6 hours. There is no need to wake your child to give them the medication. If they are comfortable, there is no reason to treat the fever.

Sponge baths will bring a fever down more quickly than medication and may be done if temperature is greater than 104°F rectally. To do this, sit your child in 2 inches of lukewarm water (warm enough that they don't shiver) and sponge their head and trunk. Never put rubbing alcohol in the water (it can cause seizures) and never leave your child alone in the tub!

When do I call the Health Aide or Doctor?

Nothing is more important than how your child looks to you. If you feel your child is very sick, he or she needs to be seen by your CHA or Physician!

Call immediately if:

1. If your child is under 4 months old, or
2. Has a temperature of 105°F or higher, or
3. Does not wake up completely, seems confused, whimpers, has a weak cry, or seems very sick.

If your child has a seizure, take him directly to the hospital or CHA. Try to cool him or her off in the meantime with sponge baths or at least dressing him lightly in the cool air.

Take your child to clinic for a check if the fever lasts 24 hours and you are unsure what is causing it or if it lasts longer than 3 days.

What about aspirin?

A serious illness called Reyes Syndrome may occur in some children given aspirin for chicken pox, influenza, and perhaps some other viral infections. Acetaminophen is probably a safer choice for your child.

If you have other questions, please ask your CHA, PA, Physician, or Public Health Nurse.

Site	Temperature	
	Normal	Fever
oral	98°F to 99°F	99°F or higher
rectal	99°F to 100°F	100°F or higher
armpit	97°F to 98°F	98°F or higher

Elizabeth Peratrovich a Women's Right's Leader

By AlexAnna Salmon, 8th Grade, Igiugig School

Alaska has women who have changed Alaska forever and should be honored during National Women's Month. A very important Alaskan named Elizabeth Peratrovich deserves to be honored for her accomplishments during this special month.

Elizabeth Wanamaker Peratrovich was born on July 4, 1911, in Petersburg, Alaska. Her birthday, on Independence Day, suited her personality as an independent thinker and worker. After graduating from high school, she went to Western College of Education in Washington.

Elizabeth Peratrovich's political and social career started when she returned from Washington and found businesses discriminating against Alaskan natives. She became Grand Camp President of the Alaskan Native Sisterhood and voiced her opinions on discrimination. The Senate challenged her with this question: "Will the Equal Rights Bill eliminate discrimination in Alaska?" to which the courageous woman replied, "Have you eliminated murder by passing a law against it? No law will eliminate crimes, but at least you as legislators, can assert to the world that you recognize the evil of the present situation and speak your intent to help us overcome discrimination." With that statement I believe Elizabeth Peratrovich was not only fighting for the equality of

Alaskan Natives, but also for the equality of every woman in the United States. Her response to the question was so powerful and true that the Anti-Discrimination Bill passed.

If you are an Alaskan Native who doesn't feel discriminated against, but feels equal to different races, you should respect Elizabeth Peratrovich, the lady who made it possible for the Anti-Discrimination Bill. This Women's Rights leader should be recognized during National Women's Month for being an excellent role model for women and men. She is an excellent role model for people because she shows what you can do if you apply yourself, get a good education, and speak out against what you believe is wrong. By doing so this heroine fought and beat discrimination in her state. Elizabeth Peratrovich felt discriminated against and instead of living with discrimination she decided to confront the Senate. Her confrontation changed Alaska forever and encouraged other women to fight for equality.

Three years after Elizabeth Peratrovich died, her efforts for equality were recognized, and the Alaska Legislature made February 16 Annual Elizabeth Peratrovich Day. Next year when February 16 rolls around, stop and give thanks to Elizabeth Peratrovich and inform another person about her accomplishments.

Mary Antisarlook: Reindeer Queen

By Ida Nelson, 9th Grade, Igiugig School

Mary Antisarlook was one of the famous people in Alaska that influenced native women of today. The courageous woman took a challenge in order to protect the reindeers and reindeer herding in Alaska.

Mary was married to Charlie Antisarlook in 1898 and moved to Nome. While in Nome she was not use to the culture and the people. Mary Antisarlook loved herding reindeer, therefore, she and her husband had to struggle with the government to own, herd, and to migrate with the reindeer. The government gave privileges to the Antisarlook family to own the herds in the North Slope.

After Mary Antisarlook lost her husband in 1900, she fought hard with her brother-in-laws in keep part of the herd that was rightfully hers. Mary Antisarlook became one of the richest people in Alaska after getting what was rightfully hers. Her brother-in-laws tried to bribe her out of her riches by offering her marriages and liquor. But that did not work at all, she keep control of the herd and earned the

(Continued on page 10)

Fearless Leader: Mary Church Terrell

By Christina Salmon, 11th Grade, Igiugig School

In homage to Nation Women's Month I've written a biography on a woman who, in some small way, has changed the way women were referred to in accordance to their job positions. An excellent role model for women today would be Mary Church Terrell. Mrs. Terrell inspired women to follow their dreams and accomplish their goals. Mary Terrell was not discouraged by her failures, but made more determined by her struggles.

Mrs. Terrell lead the way for all women who wanted higher working positions. She was the first woman to be appointed two terms on the Board of Education, and helped form the National Association of Colored Women in 1896. Although her accomplishments are not as highlighted as Neil Armstrong's moon walk, or Amelia Earheart's solo flight across the Atlantic Ocean, they are equally important. Mrs. Terrell motivated African American women, and all other females to pursue their goals. She spoke publicly about women working and spoke of the good women could find in being employed. By her position even men saw that women were capable of working jobs never thought possible. Females did not have to be housewives, or stay at home and be unemployed they could work.

Mary Terrell overcame racial and gender segregation. Mrs. Terrell was a leading African-American woman who encourage other females to believe what they wanted to accomplish was possible.

The Bridge Maker Between the Natives and "White Man"

By David Alvarez, 5th Grade, Igiugig School

Katherine McQuesten was an Athabaskan Native from Alaska. McQuesten was one of the first native woman to form a bridge between the natives of Alaska, and the "White Man," who came to settle in Alaska. McQuesten put a bridge between the settlers and the Athabaskan Natives.

I think that Mrs. McQuesten is a hero for saving the Natives and the white

people from a nasty war. McQuesten spoke her Native language and English language. McQuesten spoke English because she married a white man named Jack McQuesten. It was probably hard to speak English when they first arrived in Alaska. When they married, McQuesten was 18 and Jack was 42. Jack and McQuesten had a large family of 8.

The Animal Scientist

By Tanya Jo Salmon, 7th Grade, Igiugig School

Dr. Jane Goodall was an important woman who helped people understand the behaviors of wild animals. She also studied the primates to see how we evolved from them. Goodall was a very smart, strong, and a hard working scientist who dedicated most of her life to observing animals.

Jane Goodall was an animal behaviorist who loved animals. When she was young, she read books about wild animals. Goodall hoped that one day she would travel to different countries and observe different species of wild animals. Her dream came true in the summer of 1960 when she ventured to Africa to observe primates and other wild animals.

Goodall set up a camp on Lake Tanganyika in Africa, where she lived for nearly ten years. While in Africa, she studied chimpanzees and other primates. She loved being outdoors. Jane Goodall was the first ethologist to discover that monkeys use tools. She observed that chimpanzees use tools to eat their food. For example, she observed that monkeys use grass to get their food in a termite hole and that primates use rocks and sticks to open their food. Goodall never went to any university to train to be a scientist. That might be a reason why she was the first ethologist to

(Continued on page 10)

The Woman Who Could

By Jonathan Salmon, 5th Grade, Igiugig School

March is the national women's month. Erinia Callahan could speak many languages and had many hardships in her life. She died at the age of 91 after being married twice

Erinia could speak Russian, English, and a few native languages. Her Father was half Tlingit and half Russian while her Mother was Athabascan. She was only 16 when she married Sergei Chersky; he was half Russian and half Athabascan. Since both of them could speak so many languages, traders used them as translators. In 1893 Erinia Callahan moved to Birch Creek where her brother and husband had found gold. Then Erinia Callahan started a successful sewing business there. Next some other people took their

claim because they believed natives shouldn't own land. The men soon left because they were unwelcome. After that trouble that Erinia and her husband had, Erinia's business started to fail. After her business went sour, her husband left her so then she moved to try out her business elsewhere. Erinia also mostly lived off subsistence since she wasn't very wealthy.

I think Erinia Callahan was a good woman because it proves women can do what they want if they try hard and that's what she showed. Not many people knew Erinia Callahan and her accomplishments. Erinia Callahan never gave up; she just tried something else.

"If we don't model what we teach, then we are teaching something else."
- Anonymous Alaskan

Refereeing, Non-biased and Fair

By Christina Salmon, 11th Grade, Igiugig School

In the past years individuals from various communities refereed carnival basketball games. This year the Kokhanok Carnival Committee hired official referees from Anchorage, AK.

I enjoyed seeing official refs rule these games. The games would be fair and called evenly. Referees were hired because for the first time in Kokhanok Carnival history there were money prizes for the winners.

"We wanted non-biased refereeing, and in order to achieve that we needed official referees," stated Peducia Andrew, a member of the Kokhanok Carnival Committee (KCC). If people from a village refereed the games, the players and the audience would blame the referee for unfair calls. I have seen many games where you could tell whose team the referees were going for.

Lydia Olympic, an avid basketball fan, was pleased to see official refs at the ball game. "The referees were not biased and didn't favor any team," she said. Like any sporting event there were still people annoyed by the referee's ruling or felt the hired referees were unnecessary.

Charlie Nelson, a basketball spectator, stated that, "Kokhanok could have hired local refs and not had to pay for referees from Anchorage and still have had fair ball games, but they were good refs and sometimes good refs are hard to find."

I have watched basketball refereeing by members of the community and the refereeing at Kokhanok by official refs was fairer. Although hiring officially trained referees is not in every carnival committee's budget, it should be done in each village carnival to ensure a fair

ANIMAL SCIENTIST *(Continued from page 8)*

give her studies names; all other ethologist gave the monkeys numbers to tell them apart. Goodall treated the primates like real humans; she respected their property and behavior.

Goodall not only studied animals, but she also protected them. Poachers and other hunters were coming to Africa and killing the chimpanzees, apes, and other wild animals. Being strong and sticking to her beliefs, she protected the primates from the poachers. Goodall set up programs to save the wild animals of Africa.

Goodall set up five sanctuaries in Africa to protect chimpanzees. The chimpanzee population was decreasing. There were around two million chimpanzees in the turn of

the new century, but now there are only one hundred -fifty thousand in twenty-one countries in Africa. Goodall also has people visit a few of these sanctuaries to teach them about chimps and their behavior. Less than half are in the wild. Doctor Goodall's goal has worked; to save the chimpanzees

Goodall died believing in what she was doing, protecting and studying primates was right. I think that it was excellent of her to protect the wild animals and not let people kill the chimpanzees she was protecting. She was also brave, adventurous, and courageous to go out to Africa and live in the wild for ten years. Without Goodall, we would not know about chimpanzee behavior and how we evolved from them. Many chimpanzees and other primates would also be endangered because there was nobody to protect them.

REINDEER QUEEN *(Continued from page 7)*

name the Reindeer Queen. She and her herd moved to Cape Nome to get away from the greed and the sickness of the gold rush. Mary Antisarlook moved to Cape Nome that was called Sinrock. Mary Antisarlook herds' name became Sinrock Herd in honor of her when she died of an unknown death.

Mary Antisarlook had courage and strength in order to keep her herds away from her brother-in-laws and the government. In honor of Mary Antisarlook she is noticed in the National Woman's Month. Native women and other people want to be like "the reindeer queen" of Alaska. Although she was not noticed as much but she should be known of what she did to enhance the women's rights to be established. To be able to build enough confidence and strength she was able to face the government and her brother-in-laws in order to keep the things she had loved for years: herding reindeer.

The Best Part of my Spring Break

By David Alvarez, 5th Grade, Igiugig School

The best part of my vacation was swimming. Swimming was the best because we don't have a pool in Igiugig, and Lake Iliamna is too cold to swim in. Plus, the Lake is partly frozen with ice.

Swimming at Naknek pool was the best part because I like swimming, and so I could improve my swimming skills when I'm on the boat fishing with my dad and my brother, Jack. When I came out of the boy's dressing room, I smelled the chlorine that came from the water that the pool held. And I saw the wooden stools that the swim team uses to dive off of. When the lifeguard said I could get in, I jumped in and felt the warmth of the water. Then when two of my new friends (Tom and Paul) came in the pool, I never met them until we had one more hour to swim. Then when I joined them and their tall dad in a basketball game. Their dad was ahead 2 to 0. But when I became a teammate, to the losing team, they were the leading team. When my friend's dad was behind by one point. When Paul had the ball and past it to me, they were counting on me to make the shot. When I saw that I was at the three-point zone. So when I bent and my head dunked and then I accidentally opened my eyes underwater and blurry bodies. Then I saw the hoop and saw the ball hit the backboard and bounced into the hoop. Tom Paul and I won 15 to 11.

I hope you have a good time at the Naknek pool!

One Minute or Less Weight Loss Secrets

Pop a piece of gum – 5 seconds – Researchers recently discovered that chewing sugar-free gum all day increases your metabolic rate by about 20%. That could burn off more than 10 pounds a year.

Trick your taste buds – 59 seconds – Sucking on a menthol/eucalyptus cough drop can stop cravings instantly.

Spice up your meals – 40 seconds – Adding hot Chile pepper (or capsaicin) to food may help you stop eating sooner.

Pour a white cocktail – 15 seconds – Like water, low fat milk's volume fills your stomach, but it also contains carbohydrates — so you eat less.

Chunk your salad – 60 seconds – Chop carrots, celery, sweet potatoes, zucchini, or other veggies instead of shredding or slicing. It takes more effort to munch bigger pieces; you'll do more chewing and eat less during the main course.

Call a friend – 8 seconds – Fill loneliness with talk — not cookies.

Log your food – 60 seconds – Writing down what you eat can help you stay in control because you're more accountable. No need to record it perfectly or review what you wrote: The benefit is in the writing itself.

Fidget – 60 seconds – You can burn up to 700 calories a day!

Retire the remotes – 60 seconds – You could easily burn 200 extra calories a day if you stop using the TV/VCR remote, garage door opener, electric can opener, riding mower, car, and other labor saving devices.

Rent a spooky movie – 35 seconds – You're less likely to eat when you're fearful — but more likely when you're angry or happy.

Reflect on your choices – 3 seconds – Looking at yourself in a mirror while eating may help you consume 22 to 32% less.

Drop and do 10 – 50 seconds – Before you pry open that tub of ice cream, do 10 sit-ups or pushups. Doing something physical can put you back in touch with your body — and your goals.

Drink, drink, drink – 5 seconds – Dehydration can slow your metabolism by 3%. At a weight of 150 pounds, that would be about 45 fewer calories burned a day — which could mean 5 extra pounds a year.

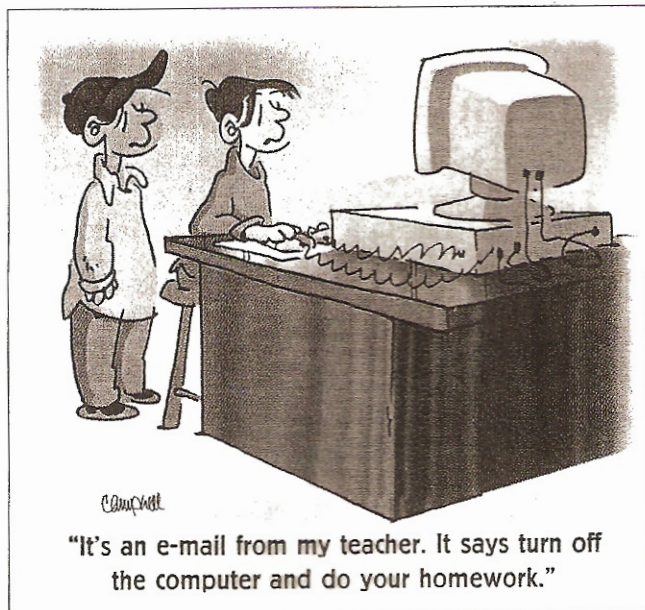
Take a whiff – 60 seconds – When you really want those fresh baked cookies, try this: Indulge in the smell for 30 seconds Then place a small piece on the tip of your tongue for another 30 seconds. Savoring the smell and taste can help you stop at just one cookie.

Break into a jog – 60 seconds – If you already jog, speed up to a sprint. These brief intervals allow you to cover more distance and burn more calories — without lengthening your workout. The increased impact will also help make your bones stronger.

Campbell's Labels Update

By Bernadette Andrew

We are still collecting labels. We have 2250 labels so far and need 700 more to reach our goal of 2950! We have until June 1st to collect for this year. Eat some Campbell's soup, snack on some Pepperidge Goldfish Crackers, or drink some V-8 and turn in the labels. And remember, you can get stuff at the office for turning in labels!





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Christina Salmon, Environmental
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Weather Watch

March 1 – 31, 2000

Highest Wind Speed . . . 73 mph

Average Wind Speed . . . 6.1 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 51.2°F

Lowest Temperature . . . -5.3°F

Below Freezing . . . 26 days

RECIPE CORNER

CONTRIBUTED BY . . . BETSY HOSTETTER

APPLE FRITTER RINGS

1 EGG
2/3 CUP MILK
1 TEASPOON VEGETABLE OIL
1 CUP ALL-PURPOSE FLOUR
2 TABLESPOONS SUGAR
1 TEASPOON BAKING POWDER
DASH OF SALT

5 LARGE TART APPLES
1-1/2 CUPS VEGETABLE OIL
1/4 CUP SUGAR
1/2 TEASPOON GROUND CINNAMON

IN A BOWL MIX EGG, MILK AND OIL. COMBINE FLOUR, SUGAR, BAKING POWDER, AND SALT.
STIR IN EGG MIXTURE UNTIL SMOOTH (BATTER WILL BE THICK).

PEEL, CORE AND CUT APPLES INTO 1/2 INCH RINGS.

IN AN ELECTRIC SKILLET OR DEEP-FRYER, HEAT OIL UNTIL HOT (375°F).

DIP APPLE RINGS INTO BATTER. FRY, A FEW AT A TIME UNTIL GOLDEN BROWN. DRAIN ON PAPER TOWELS.
COMBINE SUGAR AND CINNAMON. SPRINKLE OVER HOT FRITTERS. SERVE WARM. YIELD: ABOUT 2 DOZEN.