

# Igiugig News & Notes

Igiugig Tribal Village Council

January 2002

Volume 5, Issue 2

## Igiugig's Annual Craft Bazaar

By AlexAnna Salmon, 10<sup>th</sup> Grade, Igiugig School

This year, the Craft Bazaar was held on December 8<sup>th</sup> at Igiugig School from 1-4 PM. A variety of goods were sold, but the highlights were socializing while eating food bought from the Student Concession stand, playing games, and participating in Cake Walks.

People young and old enjoyed all events. April Hostetter, a 4<sup>th</sup> grader, sold cotton candy, Angel Alvarez, 4<sup>th</sup> grade, sold homemade wrapping paper, Ida Nelson, 10<sup>th</sup> grade, Mary Olympic, and Renae Zackar sold native goods,

Sandy Alvarez ran a very successful photo booth, Mary Hostetter, 6<sup>th</sup> grade, sold homemade sterling silver rings, Lydia Olympic, the Avon lady, sold Avon products, Marie Nelson sold store bought items, Pete Hauschka ran a home-baked goods booth while Bonnie Hauschka operated the Student Craft Table. Julia Salmon sold beaded earrings,



Mary Olympic demonstrates how to play with the Eskimo yo-yo.



Kayla Nelson (left) patiently watches her cousin, Sharolyn Zackar, decorate her cupcake. Kayla kept stopping by the table to check for any spilled sprinkles!

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## LSAC MEETING

The December Local School Advisory Committee (LSAC) meeting was held on the 27<sup>th</sup> at 4 p.m.

Head teacher Pete Hauschka reported on a number of items including a misprint that informed parents that their kids should be back to school on January 14<sup>th</sup> rather than the actual return date of the 15<sup>th</sup>. He also discussed the upcoming swim trip for elementary & middle school students, a planned educational trip for the high school class, and he provided a copy of the newly revised report cards that will begin to incorporate both standards based and letter grading on the same document.

Tanya Salmon gave a report on their recent travels for training at Newhalen House where a number of students from various villages were taught skills that will help make them employable after graduation. Daily activities worked on skills such as punctuality, making and keeping a schedule, dealing with responsibility and following rules. Hers was the first phase of a three-phase project that occurs throughout a student's high school career.

The next regular meeting will be held on Thursday, January 31, 2002 at the school.

### Birthdays this month

- January 23  
Annie Wilson





Jon Salmon and Ida Nelson manning the concession stand.

## CRAFT BAZAAR

(Continued from page 1)

AlexAnna and Tanya Salmon sold homemade ornaments, David Alvarez, 7<sup>th</sup> grade, sold bread rolls, Annie Wilson sold an assortment of goods including stockings and doilies, Dallia Andrew

sold her famous homemade bags, and Bernadette Andrew ran the cupcake decorating booth that raised money for the Linda Johnson Memorial Scholarship Fund. Cupcakes sold for \$0.75 cents and could be decorated with colorful frostings and sprinkles. There was also a cookie exchange booth where you brought in a dozen cookies and traded them for someone else's.

Cakewalks were held at intervals during the bazaar, in an effort to raise money for the homeless people in Oregon. The most wanted dessert was actually a bag of handpicked blueberries from Oregon, which Mary Hostetter, having bought 4 numbers, won. Door prizes were also awarded at different times. Jeremy Salmon won a set of nice scissors, Tanya Salmon won a 3-D puzzle, Pete Hauschka surprisingly won a set of baby utensils, Gregory Zackar won markers, and

there were many other lucky winners. The student concession stand was a huge hit, selling all the buffalo wings available, most of the bruschetta, and bagel bites. Other items were nearly sold out also, and the bears donated by JCPenney were a popular item for sale.

In conclusion, the bazaar was a great place to buy unique Christmas gifts and make a little profit. Everyone who attended had a nice time, so start making stuff for next year!



One of the many cakewalks during the Craft Bazaar.



You could purchase personalized Christmas cards at Sandy's booth or just get a picture.



April Hostetter ponders which plate of cookies looks good!



The kids kept decorating and eating cupcakes all through the Craft Bazaar.



Bonnie Hauschka ran the Student Craft Table.

## December Village Council Meeting

By Sandy Alvarez

The regular meeting of the Council was held on the 19<sup>th</sup> of December.

Reports were given, updating the Council on activities of the past month. Discussion included information about: the continuing plans for a hazwopper course in Igiugig, the recent visit by the KPMG (auditors), annual reports that have been submitted, the 8A status for Iliamna Lake Contractors, a report on the activities under the Library grants, and upcoming projects during next construction season. Council and those present also

gave input for the health representative to report at the upcoming meeting of the BBAHC Full Board, with the number one priority for Igiugig being the move of primary services to Anchorage.

Intern, Ida Nelson provided an informative session on battery recycling and methods to reduce the impact of lead and mercury to the environment. It was noted that to date Igiugig has backhauled 1,440 pounds of old batteries.

The next regular meeting of the Village Council will be on Monday, January 14, 2002.



# Christmas Plays!

By Tanya Salmon, 9th Grade, Igiugig School

On December 27, 2001, the Igiugig School finally had their Christmas plays! The plays started around 6:00 PM and ended at 6:40 PM.

There were three short plays and two songs during the pageant. The extravaganza began with the K-4<sup>th</sup> singing "Twelve Days of Christmas," Igiugig style. Next, "Where's Prancer" was performed by the K-11<sup>th</sup> graders. Where's Prancer is a book written by Syd Hoff, but scripted by Ida Nelson. This play was about a missing reindeer, which sends Santa and his reindeer team across the world on a search mission. "Timothy's Christmas" was a short and simple play that Ms. Bonnie's class performed. This play was adapted from the book written by Rosemary Wells, but scripted by Mary Hostetter. This play was about five siblings who can't wait until Christmas comes. Our last play was the "Polar Express" written by Chris Van Allsburg, but scripted by AlexAnna Salmon. Everybody performed in this play, which was about a little boy named Christopher who takes a journey to the North Pole and receives the first gift of Christmas. The pageant was wrapped up by Ms. Bonnie's class singing "Frosty the Snowman."

After the plays were over, people helped put away the sets and props. Refreshments were eaten and people chatted for a while. Everybody enjoyed the performances and had a wonderful time!



Santa's reindeer trot off to the stable after a long night.



The actors and actresses of Igiugig School take a bow after their performance.



The Polar Express brings the children back from the North Pole.



Kayla Nelson, Tatyana Zackar, and Camille Andrew pose after the play.



Gregory Zackar, Shaun Andrew, and Joshua Nelson take a break from playing race car driver, construction worker and fireman.





Kacey at her goodbye party.



Dan holding Tatyana at the New Year's Dance.



Vassalisa and Sharolyn at their graduation.



Can Crusher Club



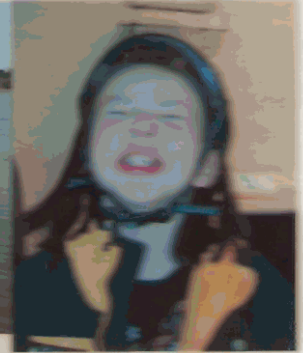
Christi and Tanya at the graduation.



The Imaginarium visit.



Renae splitting fish.



Angel and her party whites.



The Zackar family at the 4th of July Party.



Alex and Camille at the Fourth of July Party.



Sandy instructs the kids on planting.



Heave that fish Julie!



The Diehard cleaners at Village Clean-up



Kevin at the Fourth of July Party.



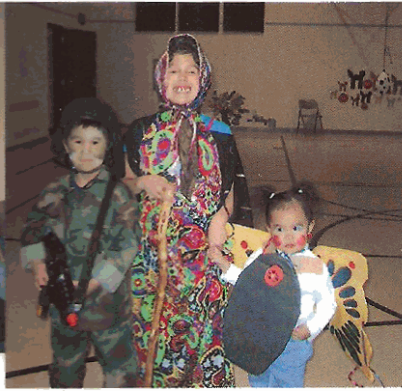
## Events of 2001

- ❖ High School, 8<sup>th</sup> grade, and kindergarten graduation
- ❖ A new baby: Simeon
- ❖ Gary Kallstrom passed away
- ❖ Village Council was moved to the hangar
- ❖ Weight room was created
- ❖ A Gift Shop was built
- ❖ Post Office/Store deck built
- ❖ The new dump road was completed
- ❖ Askoaks moved away
- ❖ Battle of the Books: Kindergarten and 5/6 place 4<sup>th</sup>
- ❖ Fish and Game Trail is made
- ❖ Temporary beach access road built
- ❖ New teachers: Pete and Bonnie Hauschka
- ❖ Heavy Equipment class
- ❖ Iliamna Lake Contractors, LLC get their 8A status
- ❖ Igiugig Flaming Stars change to No-see-ums
- ❖ Volleyball team hosts 2 home games, including the tournament
- ❖ The bleachers are finally installed
- ❖ Family Fun Bingo
- ❖ Igiugig featured in the Oregonian
- ❖ Back to school potluck
- ❖ Kacey leaves the village
- ❖ 1<sup>st</sup> hangar party
- ❖ September 11, all planes are grounded
- ❖ Two new airplanes in the village: Randy and Dan
- ❖ 4<sup>th</sup> of July Party
- ❖ Elijah Donat visits Igiugig and teaches kids about water quality. Tests are done on our local waters.
- ❖ Summer Reading Club reaches 1500 books and earn a barbecue for the first time
- ❖ Halloween party, costume contest, and Haunted House
- ❖ Every kid in town, ages 3 to 16, receives a new bicycle
- ❖ Can Crushers Club
- ❖ Pine Car Derby
- ❖ Village Clean-up
- ❖ School picnic
- ❖ Red Ribbon Week
- ❖ AlexAnna returns from New York
- ❖ The Christmas pageant
- ❖ Water operators training course
- ❖ No Cavity Club, all kids are cavity-free!
- ❖ The Imaginarium visits Igiugig
- ❖ Strategic Plan is completed
- ❖ Easter egg hunt
- ❖ R Carnival
- ❖ Renae becomes a CHP
- ❖ Annual book fair
- ❖ Jay Anelon moves down here from Newhalen
- ❖ A poor salmon return
- ❖ Outsiders picked up for wanton waste of moose on tribal lands
- ❖ Iliamna Lake Contractors, LLC, buys a fleet of new heavy equipment
- ❖ A polar ice cap, also known as a water pipe leak, forms in Igiugig
- ❖ Adult computer classes were held
- ❖ Village Beautification Project continues
- ❖ Chili Feed is held; Michael spills the beans
- ❖ Igiugig instituted 1<sup>st</sup> pop/juice machine
- ❖ Christina goes to college at UAA
- ❖ Igiugig School hosts a Variety Show
- ❖ Students prepare a Thanksgiving feast for the village





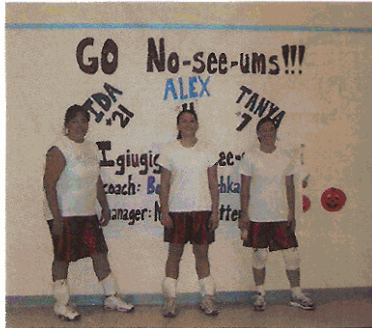
IVC Annual Council Meeting



Joshua, Shayna, and Kayla Nelson at the Halloween Party.



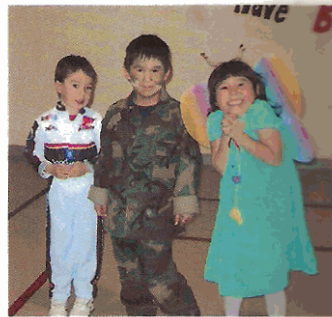
Filling the water truck from the lake by the Alvarez house.



Igiugig Volleyball team: Ida Nelson, AlexAnna and Tanya Salmon.



Alicia Zackar and April Hostetter



Shaun Andrew, Joshua Nelson, and Tess Hostetter



Angel Alvarez attempting to break a piñata.



The kids were out early every day with their new bicycles.



Story hour with Shaun and Camille Andrew, Gregory and Tatyana Zackar, and Kayla Nelson.



Sharolyn proudly shows off her new baby brother.



Serving up Banana Splits at the Back-to-School Potluck.



Elijah Donat collects bugs from water to show the kids.



Learning how to dump the dirt correctly.





Gregory and Tatyana at the New Year's Dance.



Tyler and Michael spraying hydroseed along the side of the new road.



Mike playing the accordion at the New Year's dance.



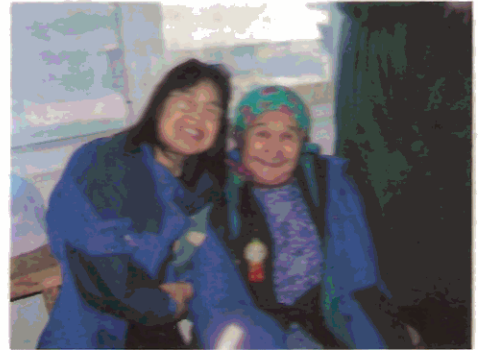
Father, Vassalisa, and Tess at Kacey's goodbye party.



Betsy and Dave at Kacey's goodbye party.



Elijah, Lydia, and Marie testing water quality.



Alicia and Alice during Slavi.



Dallia and Lydia during Slavi.



Our new teachers Pete and Bonnie at the airport with April and Tess.



3rd and 4th grade Battle of the Books competition.



Gary Burns at the first Strategic Planning Meeting.



Anecia and Gary at the New Year's bonfire.



Agafia, Annie, Mary, George, and Gabe at the New Year's bonfire.



# Electrifying News

*Electricity Used is money out of your Pocket!*

## ELECTRICAL FACTS:

Christmas Lighting & Decorations can be safe if used properly or extremely dangerous if not used as they should be.

- Unplug your Christmas tree when you are gone and at night while you're sleeping. Not only does this save you money, it also eliminates a potential fire hazard.
- Always read the label on your string of lights and;
  - Be sure to use lights marked 'indoors' only indoors.
  - Pay attention to how many string of lights the manufacturer says can be plugged into one outlet.
  - Note whether you need to keep the bulbs away from flammable items such as furniture and curtains.

## OTHER UTILITY FACTS:

- Snow and ice accumulations on regulators, piping, tubing and valves can cause damage that could result in gas, fuel or propane leaks.
- Snow buildup around the vent pipe of your monitor or toyo stove can cause carbon monoxide to back up into your home and make you seriously ill or cause death.
- Snow removal should be done carefully (starting with a broom) around these areas so you don't damage any of this equipment with a heavy shovel.

## ELECTRICITY SAVING TIPS:

- The mini 'twinkle' type lights are the best choice. Strings of lights with the larger 'nightlight size' bulbs can take ten to twenty times as much power.
- Put your Christmas lights or other frequently used lamps on a timer. A timer can be purchased from any hardware store or home improvement center for under \$20 and can be set to turn on and off automatically several times a day. For example you can set your lamp to come on in the morning about the time you get up, turn off about the time you leave the house, come on around dinner time and go off again around bedtime each day.
- Put in nightlights with sensors that turn them on only when it's dark.
- Motion sensing porch lights can save you lots of electricity because they will come on when there is movement in the yard and go back off a few minutes after the movement stops. These are really handy during the fall when bears roam in and out of yards because the light will sense them too.

### Win 100kwh of free electricity and other electrical prizes!

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*Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.*



# Newhalen House Phase I

By Tanya Salmon, 9th Grade, Igiugig School

I attended the Newhalen House Phase I on December 2<sup>nd</sup> to the 7<sup>th</sup>. At the Newhalen House, I lived in an itinerant house with 6 other 9<sup>th</sup> graders and a chaperone for 5 days. The Newhalen House is a program to help students get ready for what's going to happen after high school. While there, I had to help prepare meals, keep the house clean, interview people, write resumes, and attend computer classes.

I arrived at Newhalen on Sunday afternoon. Todd Washburn (a counselor and chaperone) picked Ray, Rochelle, and I up at the airport. My first impression of Newhalen House was that it was fun because I knew most of the people attending it.

I quickly learned teamwork was important. Ms. Lester (a counselor and chaperone who heads the Newhalen House) broke the seven attendants into two groups. The groups were assigned days to cook meals. They had to prepare a menu and the supplies they would need. Since the two groups never worked together, they came up with almost identical menus, so everybody had to work as a team to make the meal plan. Then we went shopping, which was also important to work as a team; when we didn't, people got the same things and left out some food! So, again, we had to start over as a team.

On the second day of Newhalen House, everybody was given a packet with questions. Once the questions were filled out, we got to see the results. The results showed us what we are interested in. I learned that I was interested in business. I was also assigned to think of a business that we would like to open in our community. I picked opening a bunkhouse or a bed and breakfast because of the tourism during the summer.

On Tuesday the 4<sup>th</sup>, the group had to go over our communication skills because some people were not doing the housework assigned. I decided I could improve my communication skills by talking more with my roommates about chores and tasks. I also improved my communication skills by making sure that everybody knew what events were scheduled. With the rest of my roommates, we decided that goofing off and disagreeing were two obstacles in working as a team. Some people did not feel like working and would not do the task or several people disagreed on a job and would make everybody late for our next group meeting. Everybody also had to create resumes on Tuesday.

On Wednesday, everybody had to go over the business they would like to run in their village. I thought that the biggest obstacle in running my Salmon Run Inn would be money. I would need to build cabins or small hotel rooms, find land to build my bunkhouse on, and I would need money to be able to buy supplies for my bunkhouse. Later on that evening, we had to interview Diane Armstrong about the Iliamna Trading. She told us how she runs the business, when she started, and the ups and downs about owning her own store.

Thursday was exciting because we chose who we wanted to job shadow. I chose to job shadow Iliamna Air Taxi as a ticket agent. I interviewed Nancy LaPorte about her job and her business. Like Diane, she told me how she operates the business. I also asked Nancy about how the September 11<sup>th</sup> accident affected her business. After that job shadow, I had to interview Serina Montgomery, a teacher at the Newhalen School.

Overall, I had a great time at the Newhalen House. The Newhalen House was a great experience. I can't wait to go to the Anchorage House!



## CAMPBELL'S LABELS

We now have a total of

**4197 labels!!!**

Remember you can earn a prize from the council by saving labels  
and turning them in at the Village Council office.



## Homelessness

Homeless people have no homes

On the streets sometimes

Many people are homeless

Everyday they wonder where they are going to sleep

Living on the streets or in a shelter

Every homeless child may be worried

So many children have a hard time going to school

Sleeping in a shelter or on the streets

Never having a place to go to after school or work

Even children may have a hard time doing homework

So many children get sick

Sick homeless kids can die.

- By April Hostetter, 4th Grade, Igiugig School

Homelessness is lonely,

Out of sight,

Money is gone,

Everything is gone.

Lots of people are homeless,

Everyone who is homeless is not healthy.

Some homeless kids don't have moms and dads.

Some homeless people are hungry.

Nice people help the homeless get food and water.

Everyone that does not have a home does have a life.

Santa is still going to find all the homeless.

Santa cares about them and so do I.

- By Shayna Nelson, 4th Grade, Igiugig School

Homeless people may die when it's cold.

Often the homeless people need help to find a home.

More than a million people are homeless.

Everybody should help homeless people.

Lots of children are homeless.

Everybody cares about homeless people.

Some children are not homeless but

Some children are homeless.

Nice people should feed homeless people.

"Everything is gone," homeless people say.

Some people don't have homes even though they want one.

Some people don't like homeless people and that is wrong

- By Alicia Zackar, 4th Grade, Igiugig School

## Alliterations

Alliterations are phrases and sentences that start with the same consonant sound. They are often used to write tongue twisters. The alliterations below were inspired by the Christmas season. See if you can say them.

Eight anxious angels are appearing.

Santa's sleigh slips slowly.

Seven Santa's sang seventy silly songs.

- By April Hostetter, 4th Grade, Igiugig School

Santa sleeps soundly.

Pretty pigs packed as presents.

- By Sharolyn Zackar, 1st Grade, Igiugig School

Christmas carols keep coming.

Ten tiny tots take a train to Toyland.

Santa's special sleigh sailed silently, shifting slowly south.

- By Shayna Nelson, 4th Grade, Igiugig School

Merry Mary made muffins.

Sandy said Sally saw Santa singing songs.

Shaggy said Scooby saw Santa steal seven Scooby snacks.

- By Angel Alvarez, 4th Grade, Igiugig School

Angel is always anxious.

Six Santas sweetly sang songs.

Sara said she saw Santa on Saturday.

- By Jeremy Salmon, 4th Grade, Igiugig School

Santa sleeps soundly in his sailing sleigh.

Sara sighs softly in the snow.

Trees tickling tiny Timmy's tummy.

- By Alicia Zackar, 4th Grade, Igiugig School





## GARDENERS GOODIES

### JANUARY garden activities:

- ❑ January – Draw a map of your gardens and plot out where you will be planting different plants. Then you can count the number of plants, seed and supplies that you will need. A quick and easy way to do your map is to measure your garden and then use graph paper, having each square equal one foot.
- ❑ Mid-January – Order your bare root trees and perennials.
- ❑ Late January – If you ordered live plants, call your supplier to confirm your order and get an expected shipping date. Then mark that date on your calendar so you can call again to be sure it was sent and how (US mail, UPS, etc.).
- ❑ Throughout the winter – keep feeding those worms so you will produce lots of good soil for next growing season.



## Santa Visits Igiugig

On Monday, December 17th, Santa Claus visited Igiugig School. Pen Air gave Santa's 8 reindeer a break and flew him here. Since Kris Kringle came on a short notice, parents rushed their little kids to the school. Students stood in line waiting for their turn to be asked what they wanted for Christmas. Most kids were to afraid to sit on Santa's lap though. He and his helper gave two presents to each child and a candy cane.

Shayna Nelson, a 4th grader at Igiugig School who told Santa she wanted a laptop for Christmas, said his visit was "really, really fun. I got a box filled with girl stuff and play-doh." Both her and Alicia Zackar, also 4th grade, stated that neither were afraid of Santa.

Other gifts given were teddy bears, lifesaver sweet storybooks, body glitter, cars, and trucks. Igiugig was very lucky to have Santa visit.



Camille Andrew, 2, and her brother Shaun, 4, receive presents from Santa.



Tatyana Zackar, 2 years old, with Santa.



Kayla Nelson, 2, and Santa Claus



Gregory Zackar, 3, sits on Santa's lap.



# Library/Computer Lab News

By Betsy Hostetter



Hello Readers of Igiugig

I have great news to tell you! We can now borrow books from any library in the state by the click of the button! Please give me a list what books you would like to borrow (title and the name of the author will be of great help to me) and I shall do the rest for you.

When your book arrives, it will be your responsibility to return the book back to the library in a reasonable time, so that I can ship it out. If it is not returned on time, you as a patron (reader) will be responsible for the cost of the book plus shipping. If you have any questions, please feel free to contact myself of this matter.

## Web Sites of the Month

<http://www.hgtv.com>

You have last minute decorating and cannot find any ideas from a book or magazine? Check this web site out. It has wonderful ideas for all the holidays.

<http://www.klutz.com>

Want to be Klutz? This has great gift ideas for all ages, especially for young ones! Need something out of the ordinary? This may be the site for you.

## Igiugig Weather Statistics for 2001

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	YEAR
Highest wind speed (mph)	69	71	78	61	41	36	44	44	55	84	70	59	84
Average wind speed (mph)	12.1	11.2	11.3	11.4	9.5	8.3	7.7	8.7	9.05	11.2	9.1	9.1	9.93
Dominant wind direction	ENE	ENE	ENE	ENE	ENE	SW	SW	ENE	ENE	NW	ENE	SSW	ENE
Highest temperature (° F)	40.6	42.2	16.4	61.6	76.4	85.6	83.5	82.8	68.4	55.4	43.3	40.1	85.6
Lowest temperature (° F)	-15.1	5.9	1.0	5.8	12.9	37.4	37.2	38.7	32.2	-5.5	-12.3	-30.5	-30.5
Days below freezing	26	23	23	20	13	0	0	0	0	21	26	27	179
Days below zero	2	0	0	0	0	0	0	0	0	3	4	18	27





# Household Batteries—Danger to you and the Animals

By Ida Nelson, Environmental Intern

It is that time of year again. Christmas has come and gone, however lots of toys with batteries are here to stay. Batteries power flashlights, toys, walkman/Discman stereos, radios, watches, shavers, cordless phones and battery-operated tools.

Do you know what is in a battery?

Or how harmful it is to the human health and the environment?

Batteries are a household hazardous waste because they have bad ingredients like mercury and cadmium.

How are these ingredients in batteries not good for you and the environment?

Mercury causes heart and lung cancer, birth defects, kidney damage, and attacks the central nervous systems. Also did you know that a pound of mercury in the watershed could make millions of pounds of salmon and other fish not safe to eat? Guess where our local dump is located at? No more than 100 yards away from the Kvichak River. When batteries burn in the dump the mercury is released and become airborne. Do you think this airborne metal comes to the school and affects the students? It may as the school is located about 50 yards away.

Cadmium can cause cancer to the heart and lungs, emphysema, and anemia. Anemia causes you to have low iron and makes you extremely weak. Cadmium attaches itself to the iron molecules and causes your body not to absorb the iron. In some cases it can even cause death.

When the batteries rot in the dump these metals (cadmium and mercury) leach into drinking water from our dumps/landfills and into our healthy rivers and streams affecting the habitat in Igiugig. This does not make for a happy fish. The animals will protest against humans demanding reduction of chemicals from entering their home.

Before it is too late we can reduce the amount of batteries entering the dump/landfill.

What can we do to help the helpless animals and fish?

- Use solar powered products whenever possible
- Plug in an AC/DC adapter when you can
- Use rechargeable batteries, especially the new alkaline rechargeable
- Recycle hazardous household batteries at your local collection sites
- Pass the word out about battery collection in the community

Come by the environmental office to pick up containers to store your batteries.

Remember that you DO NOT have to sort your batteries into different containers. There will be a collection site located near by the generator in the red connex or at the white shed marked CANS at the dump.

## Did you know?

- Americans buy more than 2 billion household batteries a year?
- Household batteries thrown away are less than 1%, yet 52% of all cadmium, and 88% of all mercury are found in dumps?
- That next month's article will be on rechargeable batteries?



# ALASKA STANDARDS FOR STUDENTS\*

SKILLS FOR A HEALTHY LIFE: A. A student should be able to acquire a core knowledge related to well-being.

## 1. A student should understand that a person's well-being is the integration of health knowledge, attitudes, and behaviors:

- *Begin when your children are very young to stress the way that good food benefits their bodies.*
- *Be a good example of moderation and diversity in your own diet—they may not eat the broccoli right away but if it's there and they see you and others eating it, they may follow your lead eventually.*
- *Share health related facts or concerns about people you know to be sure your children have true information.*
- *Talk with your children about how important it is to take care of their bodies when they are young because many of the worst diseases are related to bad habits and lifestyles.*

## 3. A student should understand and identify the causes, preventions and treatments for diseases, disorders, injuries, and addictions.

- *Talk about reckless behaviors and how they can result in accident and injury. Relating true-life stories can help kids realize how and why accidents happen.*
- *Talk about how much more addictive substances are if someone starts using them when they are young.*
- *Discuss diseases and other health problems that run in your family, and educate your children to their symptoms and treatments.*
- *Spend time with your student learning about different diseases as they are reported in the news or brought up in conversation.*
- *Some interesting websites on health are:*
  - [www.medscapehealth.com](http://www.medscapehealth.com) - this site has mainly general information with a spot to find your ideal weight.
  - [www.webmd.com](http://www.webmd.com) - this site is more personalized and has some doctors listed. Just be careful when your reading the sponsors sections since they will be trying to sell you things.
  - [www.4women.gov](http://www.4women.gov) - this site has articles and links of interest to women.
  - [www.kidshealth.org](http://www.kidshealth.org) - this website has three separate sections, with info for parents, interactive learning activities for kids, and a teen section.

**TIP TO PARENTS:** *Since proper nutrition is so important to our quality of life, have young children use a food pyramid chart to suggest meals using it as a guide. If your children are older let them cook it too!*

\*Note that 'lettered and numbered' items are quotes from the *Alaska Standards* pamphlet published in February 2000. 'Bulleted' items are ideas for things you can do to help your students achieve these standards.

You can request a booklet of these standards from:

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

Igiugig Student Activity Fund would like to thank JCPenney for their donation of 48 teddy bears that we sold at the Craft Bazaar. The bears proved to be a very popular item, which benefited our fund. Shop JCPenney! Other recent donations were received from Lex and Jim Jardine. An additional and generous donation from them, Carl Siedel, and George Jardine came later. These people have been very supportive for the past few years. Sayak's Lavguq, the local store also gave to the fund. Thank you! Your endowments will help the efforts of our Annual, and upcoming field trips.



# WALK TO BE FIT

With all the festivities yet to come in January, this is the month that we all just need to hold our own! Try not to gain those extra pounds with the holiday goodies, and try to get out and exercise in between all the cooking and cleaning for guests. So how should we do that?

## #1 ~ Physical Activity

- Walk as much as possible
- Vacuum vigorously
- Lift heavy boxes around
- Play Basketball or romp in the gym with your youngsters
- Work out on the weight machines or treadmill

## #2 ~ Weight Control (at those big meals)

- Eat lots of fruits and vegetables first to help avoid eating so much of the higher calorie foods.
- Eat smaller portions of everything—when you dish up take just one small scoop of each item, especially when you are visiting during the holidays and have more houses to eat at.
- Drink water often.
- Unless you are seriously under weight, you probably don't need to take home a dish for later.

Remember last month's facts, *one pound of fat equals about 3200 calories*. Check out a calorie list in the back of your cookbook and do some math. That piece of pumpkin pie is over 300 calories per slice, so have 10 slices as you travel around and you can be a pound heavier in no time!

**Total Village Mileage** through September is 15,567. Since the earth is just less than 25,000 miles around, we are now two thirds of the way around.

*A little effort today could equal a better quality of life for many years in the future.*

## KEEP ON WALKING!

### Personal Totals (Since Mar. 00)

John	2051
Annie	923 1/2
Sandy	823
Shayna	676 1/4
Lydia	648 3/4
Joshua	638 1/4
Mary	563 1/2
Dallia	485
Marie	479 1/2
Yako	479
Tanya	366 3/4
Bernadette	362
Michael	360 3/4
AlexAnna	349 3/4
Alice	322 1/4
Kayla	294 1/2
Shaun	285 3/4
Charlie	269
David	253
Angel	251 3/4
Julie	237
Dan	234
Betsy	228
Jonathan	200 1/4
Alicia	177.5
April	157
Jeremy	130 1/2
Sharolyn	128.25
Tess	108 1/2
Camille	101.5
Kevin	85



## Igiugig Tribal Village Council

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Michael Andrew, Jr., President  
Dallia Andrew, Vice-President  
Randy Alvarez, Member  
Greg Zackar, Sr., Member  
Lydia Olympic, Member & Environmental Program Manager  
Dan Salmon, Tribal Administrator  
Sandy Alvarez, Administrative Assistant  
Bernadette Andrew, Editor & Social Services Director  
Betsy Hostetter, Tribal Clerk  
Ida Nelson, Environmental Program Intern  
Marie Nelson, Solid Waste Program Coordinator  
Kevin Olympic, Administrative Trainee  
AlexAnna Salmon, Clerk Trainee

## Weather Watch

December 1—28, 2001

Highest Wind Speed . . . 59 mph  
Average Wind Speed . . . 9.1 mph  
Dominant Wind Direction . . . SSW  
Highest Temperature . . . 40.1°F  
Lowest Temperature . . . -30.5°F  
Below Freezing . . . 27 days  
Below Zero . . . 18 days

## Recipe Corner

Contributed by . . . Mary Hostetter

### **PUNCH**

1 bottle Cran-raspberry juice  
4 bottle 7-up pop  
1 mountain-dew  
3 cups orange juice  
4 Capri-suns  
3 cups grape juice  
1 cup frozen cranberries  
2 oranges (sliced up)  
5 cups mandarin oranges with juice  
2 orange Shasta pop  
2 grape Shasta pop  
1 lemon lime Shasta pop

Add all the liquid into a big bowl. If you want to save the punch from getting flat don't add the pop until later. Freeze the mandarin oranges and the oranges with the cranberries until frozen. Add the frozen goods into the juice with the pop. Enjoy.