

# Igiugig News & Notes

Igiugig Tribal Village Council

February 2002

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## Slavi 2002

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

Igiugig began their Russian Christmas on January 7<sup>th</sup> at 9:30 AM. A short mass was held at St. Nicholas Church before the slaviers headed to the graveyard and then to Yako Nickoli's house. The star and candle were held by the kids of Igiugig assisted by Terrence, Tony, and Sheryl "Sister" Wassillie from Newhalen. Yako carried the icon.

Songs were sung in Russian, Yupik,

or English at each house. The kids put together new English songs to sing and people practiced in advance. Next year, people are planning to sing in a new style. Mary Olympic and Dallia Andrew are going to introduce an old Yupik version.

The foods served ranged from banquet-sized meals to little snacks. Caribou soup, asalyuqs, cookies, salmon loaf, cutlets and rice, cake, juice, candy, cinnamon rolls, salads, dry meat, saluunaq, and akutaq are only a few of the many dishes eaten that day. It snowed the night before so the kids played outside and only came in when they were ready to eat another meal.

The group took their time eating and singing; Slavi didn't end until about 6:00 PM. Over-stuffed and tired villagers ended at Kevin's house with one last Blastnigo!

(See more photos on pages 2 and 9!)



Slaviers at Agafia Nelson's house.

## New Years Bonfire

By Jonathan Salmon, 7th Grade, Igiugig School

On January 13 at the stroke of midnight our village of Igiugig lit a pile of trees, garbage, and many gallons of oil on fire. Soon after the pile was lit the strong wind whipped it into an inferno. Trees by the fire began to glow red with their own flames and sheets of wind blew the fire into the grass to catch it on fire. The fire was so hot and big that the people had to wait for the



Many braved the east wind to ring in the New Year with the bonfire.  
(Continued on page 2)

## Birthdays this month

- February 2  
Mary Hostetter
- February 14  
George Wilson
- February 26  
Tess Hostetter





Slaviing by the graves



Tony thinking: "What are you doing resting your head on my shoulder?"



Terrence couldn't wait to eat the saluunaq that Mike (on the right) and Dallia served at Slavi.



Alicia, Renae and baby Simeon



April, Sharolyn, Gregory, Joshua, and Alicia huddle around Miss Bonnie at the bonfire.



AlexAnna carried the star at our last house, Kevin's, for Slavi.



Shaun, Michael, Bernadette, and Camille



Angel and April had a lot of fun at the bonfire.



Alice, Marie, and Kayla



Agafia, Tatyana, Yako, Julie and Jeremy (in front)



Dan and Mike watch the festivities at the bonfire.



John with his newest nephew, Simeon.



Gabe



The Hostetter Clan: Betsy, April, Tess and Mary



Ida, Tatyana, and Sister



Kevin served curried cutlets and rice to the hungry Slaviers.

## BONFIRE (Continued from page 1)

line of burning grass to get farther away from the fire before they could stomp it out. While Greg Zackar, Mike Andrew and other helpers put the fire out; Marie Nelson and Julie Salmon were preparing just in case the fire spread further. Julie Salmon

got a fire extinguisher and Marie Nelson got two buckets of water below the fire. After the grass fire was turned out most of the people walked around the fire three times for good luck. Some people fired guns and other's lit seal bombs and rockets to celebrate the Russian New Year. People started to dissipate around 12:20 A.M. to go home to sleep. The fire was all the way burnt out by 12:35 A.M. except for a few coals.



# Swimming Trip

By Mary Hostetter,

On the 16<sup>th</sup> of January, Igiugig School's Jr. High to Kindergarten went to Naknek for a swimming trip. Eleven kids and 3 chaperones participated. At 10:00AM the kids went to the airport in Igiugig to get ready to leave. Everyone was excited to go to Naknek and get in the water. The ride to King Salmon was a bumpy ride; a few of the kids in the planes got airsick. When all the groups reached King Salmon everyone went to the District Office to eat lunch and patiently wait to go swimming.

When we got to the pool we found out that the lifeguard wasn't there; so everyone went to Bristol Bay Borough School to see when he would be back. When we were done everyone turned back and headed for the pool. Once everyone changed and showered we waited for the lessons. We each swam across the pool to see how far we could go with out stopping. Beth, who taught different strokes: butterfly, elementary backstroke, the whip kick, and scissors kick, instructed Angel, David, Jon, and me. The rest of the kids got Jody and Diane to teach them how to swim. Lessons were from 1:00PM to 3:00PM for two days.

For the first night at Naknek and King Salmon we ate at D&D's; we had pizza and pop. At 5:00PM we went back to the pool after resting at Sandy Alvarez's house. We got free time in the pool until 7:00PM. After we dropped off the group who was staying at Sandy's house we left to King Salmon. The next morning we left at 9:30AM so we could get to the pool in time. We all left on Friday (except for Sandy's family) at 4 to 4:30PM because fog was surrounding King Salmon. All the kids were happy to be back home.

Many thanks go to Mr. Pete for setting up the trip and chaperoning, Annie Wilson for chaperoning, Sandy Alvarez for chaperoning and sharing her house and food with us, District office for the use of their facilities, and the Bristol Bay Borough for the use of the pool and their staff's assistance.



Mr. Pete works on swimming skills with Joshua Nelson, Sharolyn Zackar, and Tess Hostetter.



Jon Salmon and David Alvarez had a lot of fun swimming and diving.



Joshua Nelson and Tess Hostetter practice floating on their backs with assistance from Mr. Pete and Diane Hill.



April Hostetter gets ready to jump while Joshua Nelson watches.



Tess Hostetter had a blast on the swim trip.



Mary Hostetter (in the goggles), Mr. Pete, David Alvarez, and Jon Salmon (clockwise)



The younger kids get instruction from their instructor, Diane, while Annie Wilson watches.



Jeremy Salmon and Shayna Nelson getting ready to jump off the diving board.



## Library/Computer Lab News

Have you been up to the library lately? Seen any changes? Less books? We have been working like beavers and weeding out all of the "unused books", and thanks to the Enhancement Grant the Igiugig Tribal Council received, we ordered some new books. We would like your input on what kinds of reading material, videos, and cassette tapes you would like to see in the library. Please free feel to drop the list off at the Village Council office.



### Web Sites of the Month:

**[www.gsiboat.com](http://www.gsiboat.com)**

Summer is around the corner, and maybe you are in need of a bigger boat? This may be a site you want to look in. It has all sorts of boats for sale: bow picker, recreational boats, and even permits. So check this site out, and *REEL* in your information!

**[www.playhousedisney.com](http://www.playhousedisney.com)**

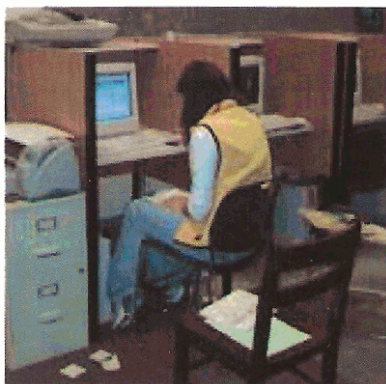
Are your children bored with their computer games? Want a COOL and DIFFERENT site to look into for them? This site has all sorts of wonderful games for kids of all ages. Want gift ideas, and have nowhere to find them? This page has a store in it too!



AlexAnna, left, and Betsy, right, are replacing old spine labels on the children's books with newly printed ones.



Tanya, right, is busily entering bar-coded books into the new computerized library cataloging system.



Roz Goodman, left, is weeding out the old books to make room for newer ones.



# ALASKA STANDARDS FOR STUDENTS\*

CULTURAL STANDARDS: *E. Culturally-knowledgeable students demonstrate an awareness and appreciation of the relationships and processes of interaction of all elements in the world around them.*

1. A student will be able to recognize and build upon the inter-relationships that exist... in the world around them, as reflected in their own cultural traditions and beliefs as well as those of others:

- Learn about legends and traditional practices from your own family's cultural background.
- If your children have friends of different races or cultures, help them learn about and understand their friends' beliefs and traditions.
- Read books from different cultures, beginning when children are very young.
- Tell stories, and legends from other places.
- Talk about different religions and ceremonies that people practice.
- Visit museums or cultural centers as your family travels and point out the way things there vary from what we do in rural Alaska.
- Listen to good storytellers.
- Find out about different foods that are developed by cultures, like pasta in Italy, gumbo in the Deep South, kosher Jewish foods, akutaq here, or poi in Hawaii.

5. A student will recognize how and why cultures change over time:

- Talk about the changes that have occurred over the last 100 years in this village (for example motorized vehicles instead of dog teams, having fresh and frozen vegetables available all year long, or the switch from wearing traditional clothing to synthetic materials) and talk about the reasons why these things have changed.
- Study different areas or countries and the changes that have occurred when explorers or immigrants arrived.
- If your student is learning about a country in school take time to learn about it yourself (at least enough to ask an intelligent question about the things they're studying).

**TIP TO PARENTS:** Kids love to "tell you something you didn't know" so taking the time to ask specific questions about things they are studying will encourage them to find out something new to tell you.

\*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 Village Council Meeting

By Sandy Alvarez

The Council did not have a quorum to conduct business, so the January 14, 2002 meeting was informational only.

Staff reviewed financial information and program activities briefly. It was noted that the W-2 forms for the Council have been processed and the total payroll for 2001 between the Council and the Electric Company was over a quarter million.

Phone long distance problems were discussed and it was mentioned that we have had only three days out of the last eleven where phones worked correctly. The phone number for AT&T, 1-800-252-7521 was provided and residents were encouraged to call any time they experience problems, since the more trouble calls AT&T receives from Igiugig the sooner they will get it repaired. It was also stressed that individuals calling in problems should ask for a "trouble ticket number" to track the problem.

The next regular meeting of the Council was scheduled for February 13<sup>th</sup>, 2001 and a special meeting is expected to be called in the interim, to deal with business not taken care of at this meeting.



# Electrifying News

*Electricity Used is money out of your Pocket!*

## ELECTRICAL FACTS:

**"WHEN OFF IS STILL ON"** (information from the June 2001 issue of *Naknek's Ruralite Magazine*)

When you turn off appliances and electronic equipment, you probably assume they no longer are consuming electricity. But, just because the switch says "off" doesn't mean the device isn't using electricity. Things with clocks, memories or instant-on features are all constantly using small amounts of electricity. These are called "phantom loads". See the chart below for some common household items you may own.

### PHANTOM ELECTRICAL LOADS

When an electrical device draws current, even when turned off, what does it cost you? It depends on the specific model. However, below are a few examples of approximate phantom loads.

| Electrical Device             | Yearly KWH | Yearly cost at 38¢ |
|-------------------------------|------------|--------------------|
| 27-inch color TV (1994 model) | 114.4      | \$ 43.47           |
| 19-inch color TV (1993)       | 115.9      | \$ 44.04           |
| 19-inch color TV (1976)       | 4.4        | \$ 1.67            |
| 13-inch color TV (1992)       | 20.0       | \$ 7.60            |
| 13-inch black/white TV (1970) | 9.0        | \$ 3.42            |
| Videocassette recorder        | 114.0      | \$ 43.32           |
| Stereo receiver (digital)     | 32.0       | \$ 12.16           |
| Microwave (digital)           | 24.0       | \$ 9.12            |
| Answering machine             | 30.0       | \$ 11.40           |
| Cordless telephone            | 36.0       | \$ 13.68           |
| Rechargeable flashlight       | 93.0       | \$ 35.34           |
| Computer modem                | 36.0       | \$ 13.68           |
| Copy machine                  | 90.0       | \$ 34.20           |

## ELECTRICITY SAVING TIPS:

### FRIDGES AND FREEZERS

- Defrost fridges and freezers regularly to keep them running efficiently.
- Don't put hot or warm food straight into the fridge – let it cool down first.
- Where possible, position your fridge or freezer away from cookers or heaters.

*(AlexAnna Salmon—thanks for providing us some good ideas and for entering our drawing!)*

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

\*\*\*\*\*

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.



# Emergency Trauma Training

By Tanya Salmon, 9th Grade, Igiugig School



Students show their head dressings after learning how to properly care for a head wound.



Jon, the patient who fell from the ladder, is attended to by the ETT students during their practicals.



Students practice using Tanya as a victim to strap to the backboard.

On January 15, 2002 ETT (Emergency Trauma Training) classes started. There are ten pupils attending this two week class: Charlie and Marie Nelson, Greg and Renae Zackar, Johnny Zackar, Jackie Nickoli, Michael Andrew, Dan Salmon, Betsy Hostetter, and me.

Robin Proctor is the teacher for these classes, which are held at the hangar.

Everyday, class starts at 6 PM and ends at 10 PM. On Saturdays, the classes are from 8:00 AM until 5 PM with an hour lunch break.

So far, we learned how to perform CPR, how to operate an AED (Automated External Defibrillator), check vital signs, and how to examine and assess patients. We also learned about heart attacks and strokes.

My favorite part of class was practicing CPR. Everybody got to practice what they learned on manikins. In fact, I liked CPR so much, that in my sleep I started to talk about manikins!☺

The hardest thing in the class for me is to remember the steps in assessing a patient. I always manage to forget a step or two. Other than that, these classes are not hard, just time consuming!

As a follow up to this article:  
The ETT class has now concluded and all students passed the course! Way to go everyone!



Greg and Yako work on getting a "c" collar onto Dan.



Betsy performs CPR on a child manikin while Michael and Renae observe.



Ida, the crazy woman driver that crashed the truck into a snow bank, is prepared by the ETT students to be removed from the vehicle.

## CAMPBELLS LABELS

We now have a total of  
**4306 labels!!!**

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





## **I Have a Dream...** By April Hostetter, 4th Grade, Igiugig School

I have a dream that one day there will be peace on earth. That there will be no bombs, no hijacking, no killing, no kidnapping, no car crashes, no not one little bit of violence in the world. There will be kids who care for each

other, kids that won't hit, kick, punch, or push. I have a dream that kids will play with each other, not just tolerate each other. I have a dream that there will be no more homeless people on the streets.

## **I Have A Dream...** By Alicia Zackar, 4th Grade, Igiugig School

I have a dream that the world can be full of peace and there is no kidnapping, no violence, and no hurting. I have a dream that there is no punching, hitting, pushing, teasing and no being mad at each other. I have a dream that no people live on the streets, or are poor, or different. I have a dream that no one hates anyone else and

no one brags about stuff. I have a dream that everybody will join together to be friends and get along for a long time. I have a dream that the world is like Christmas everyone being nice to each other, being polite using manners. I have a dream that everyone up to two can be in school.

## **I Have a Dream...** By Jeremy Salmon, 4th Grade, Igiugig School

I have a dream that the world was full of peace. Kids didn't fight, they cared for each other. I had a dream that no one was homeless. All homeless people had their own houses. I had a dream that no one was poor. Everyone had lots of money. I had a dream everyone helped each other. If people got

stuck other people helped them. I had a dream that there were no bullies. All the kids were safe. I had a dream that there were no robbers or kidnappers. People didn't lose money or jewels and parents didn't lose their children.

## **I Have a Dream...** By Shayna Nelson, 4th Grade, Igiugig School

I have a dream that there are no wars, no kidnapping, and no killing. I have a dream that there is peace on the earth. I have a dream that there is no homelessness. I have a dream that we can work together. I have a dream that people can love, not hate, one another. I have a

dream that this world can be a better place. I have a dream that one-day we all can do more than what we do today and help the world to become a better place.

## **Martin Luther King Jr.** By Tanya Salmon, 9th Grade, Igiugig School

Igiugig School celebrated Martin Luther King Jr. day on Monday 21<sup>st</sup>. In the previous years, the students would read part of his speech. This year, however, Mr. Pete's class did research on Mr. King; they went on the Internet and found information on him, read some of his speeches, looked at pictures, and read what he accomplished. When they were completed, they

got to listen to several of his speeches. Then, Mr. Pete handed out Mr. King's speeches. Each student read a section of the speech until they became comfortable with it. That afternoon, the whole school assembled in the gym and the older students read their section of speeches to everybody.



## THANKS!!!

Many thanks go to those who helped repair the water leak by the pumphouse on January 4th and 5th braving the inclement weather. Thanks to Kurt Sauers of Alaska Native Tribal Health Consortium, who expedited the needed items to do the repair; Paul Arne, Remote Maintenance Worker from BBAHC, who came to assist; Trefim Andrew from Iliamna; and our own residents: Dave Hostetter, Charlie Nelson, Julie Salmon, Michael Andrew, Jr., and Dan Salmon. Thanks to the all of these people we don't have to worry about losing the luxury of having running water through the winter. Be sure to express your gratitude to them if you haven't done so already.



Dave and Charlie work to stop the leak as Michael looks on.



Charlie, down in the hole, helping to dig through all the muck.



Dave, on the left, works to get to the leak, while Tref, operating the backhoe, scoops some of the water out.



The work site was quite slippery!

Don't forget to fill out your

### PERMANENT FUND DIVIDEND

application.

You can fill it out online at

**[www.pfd.state.ak.us](http://www.pfd.state.ak.us)**

Be sure to print the signature page, sign it and have it postmarked by

**April 1, 2002.**

If you choose to fill the application out manually, it must be postmarked by **April 1, 2002.**

Applications are available at the Post Office.



Georgie, Anne, and AlexAnna during Slavi.

←



Dallia and Miss Bonnie share a laugh at the bonfire. →



Tanya and Mary

←

Every act of love is a work of peace no matter how small.

— Mother Teresa



## Igiugig Has Tough Worms

By Ida Nelson, Environmental Intern

We would like to congratulate all those who still have their "pet worms" throughout the cold spells of Igiugig. I was able to look at several of the worms and they looked very happy and healthy.

The happy owners of the Can-o-worms are: Julia Salmon, Mary Olympic, Agafia Nelson, Bernadette Andrew, Sandra Alvarez, Igiugig School, Kevin Olympic, and the Igiugig Village Council.

Although Sandy's worms froze when she went to the suicide prevention conference in Anchorage, she was able to get new worms and restart her Can-o-Worms again.

Keep on feeding those worms!

### Did you know?

- If you put a hand full of garden lime or crushed egg shells, oyster shell, or ashes from a fire every few weeks that will help to balance the effect of acidic foods in your Can-of-Worms?
- Baby worms take 3 months to mature?
- Worms will consume up to half of a pound of food waste per day?

## HAWAII ANYONE?

*(The following perceptions of the Alvarez family's recent travels in Hawaii were compiled by David and Angel.)*

### Special Things about Hawaii:

- ❖ Wild kittens live in the bushes.
- ❖ You can always see turtles on the beaches.
- ❖ It's warm all the time.
- ❖ The weather is nice even when it rains.

### What I learned there:

- ❖ Never splash Davy or Everett because they'll always get you back.
- ❖ New words like "humuhumunukunua'pua'a" (the state fish).
- ❖ The average rainfall is very different on each side of the island about 19 inches on the west side of the big island and about 120 on the east side.
- ❖ How to go snorkeling.
- ❖ That it's hard to do homework when the ocean is calling.



David, Angel, and Sandy enjoyed walking along the beach. Angel filled up her wrap with coconuts that she found laying under the trees.

### Places you should definitely see:

- ❖ Battleship Missouri
- ❖ Arizona Memorial
- ❖ WWII Submarine Bowfin & the museum
- ❖ Ohana East Hotel in Honolulu & Outrigger Waikaloa Beach on the big island
- ❖ Diamond head volcano crater
- ❖ Volcanoes National Park & the Kilauea Caldera
- ❖ Waikiki Beach
- ❖ Hapuna Beach

### My favorite things to do:

- ❖ Anything that includes water—boogie boarding, using flippers over coral reefs and playing with Everett.
- ❖ Gathering coconuts.



Angel points to the bananas on the tree behind them as she, David, and Randy take a break.

*(Continued on page 12)*





# Rechargeable Batteries

By: Marie Nelson, Environmental Technician

The most expensive form of energy is the battery. Choosing the right type of battery is simply a personal decision. Depending on which decision a person makes will have different benefits. The last newsletter was about household batteries, what is in them and how harmful they are to human health and the environment. This article will help you to understand the reason why rechargeable batteries can be energy efficient, save some space and keep money in your pockets.

If you were going to buy a battery which type would you choose?

Non-rechargeable or rechargeable?

Non-rechargeable batteries will need to be replaced after using up the chemical energy it produces to keep it on. It will lose power, which can only be used once. Therefore, the cost of a non-rechargeable battery will keep the person running to the store each time they need a new set. It will take up more space in your household-recycling container.

As for rechargeable batteries they are made up of an energy that can be used over and over. It will not lose its power until it is ready to recycle. Rechargeable batteries will need to be charged up each time it runs out. It will save money in your pockets. Even rechargeable batteries will continue to lose some power everyday. Whether they're turned on or not. Best of all, the recycling container in your house will have more space.

Here is an example for you to look at if you were to use 2 "AA" batteries on a walkman for 5 hours a week for a year.

| Type of battery | Cost per battery | Battery life | Annual cost | Cost in the trash |
|-----------------|------------------|--------------|-------------|-------------------|
| Alkaline        | \$0.75           | 14 hours     | \$28.50     | 38 batteries      |
| Heavy Duty      | \$0.50           | 4.5 hours    | \$58.00     | 116 batteries     |
| Rechargeables   | \$3.00           | 900 hours    | \$7.00      | 1 battery         |
| Charger         | approx: \$15.00  | N/A          | -0-         | -0-               |

Where can I buy some?

The research on rechargeable batteries is an ongoing process making it impossible to let the reader know everything there is to know about rechargeables. If you would like to know more, below are some internet sites for you to visit.

[www.sundancesolar.com](http://www.sundancesolar.com)

[www.google.com](http://www.google.com)

[www.amazon.com](http://www.amazon.com)

[www.lycos.com](http://www.lycos.com)

For google and lycos you will need to search for rechargeable batteries.

At Sundance solar energy a battery charger costs \$24.95 and the cost of batteries depend on which type you choose. Visit the site for more information.

The simplest zinc/carbon battery or a high drain battery such as a "D" size can appear to be recharged. Have you ever seen a battery that looks dead? But isn't? This happens when the layer of hydrogen gas coating the rod, blocks the reaction occurring in the cell. If you let the battery rest for awhile, the hydrogen gas lessens.

The chemical reaction products build up around the two poles of the battery and slow down the reaction. By letting the battery rest, you give the chemical reaction products a chance to decrease in number. The higher the drain on the battery such as a "D" battery, the faster the products buildup, so batteries under high drain appear to recover quicker than "AA" batteries.

Batteries cost different amounts depending on which type you buy. Batteries contain toxic metals, which will need to be recycled when ready. They do not belong in a dump where they can leak into the ground water and ruin our drinking water, kill wildlife and pollute the air we breathe. The Igiugig Tribal Village Council, the Environmental Department, and the children of the future encourage and thank those individuals who continue to recycle. Please let the Environmental Department know if your battery-recycling container is full so you can be given a new container.

Did you know?

- Batteries were invented/discovered by a fellow named Alessandro Volta in the 1800's?
  - Michael Jordan became a spokesman for Rayovac rechargeable alkaline batteries in 1995?
  - People use 2.5 billion batteries a year? A person would have to throw away 80 batteries a second for an entire year to equal the 2.5 billion batteries?
  - If the 2.5 billion batteries that are thrown away, were placed side by side around the equator, it would circle the earth 3 1/2 times?
  - A battery caused a fire for a family whose parent used the wrong charger for the rechargeable battery?
- So, make sure you hook up the correct connections and read the warnings!

**Keep your eyes open in the future for more tips on rechargeable batteries.**



# GARDENERS GOODIES

## February garden activities:

- ❑ Early February – Be sure you have your seeds and starting soil early this month.
- ❑ Early February – If you have seeds left over from last year, check your germination rates. This is done by folding 10 seeds in a damp paper towel and placing in a warm area to sprout. Check daily until you see the root emerging from the seed. Make note of how long this takes and check the seed packet to see if they are sprouting as rapidly as they should or more slowly than normal. Count how many actually sprout and this will give you the viability rate. (1 seed equals 10%, so if 8 sprout then you have 80% viability.)
- ❑ Early February – Sort your seed packets by planting dates. Most packets will tell you how long it takes to flower or fruit, so you can count backward for the date you need to start the seeds.
- ❑ Early February – Clean out trays with soapy water and rise well. This removes bacteria and molds that could make your seedlings prone to “damping off” after they sprout.
- ❑ Mid-February – Begin planting seeds indoors for plants that take a long time to germinate or grow. If the viability of your seeds tested at less than 60% be sure you plant two or three seeds in each pot. Keep trays in a warm, well-ventilated area; generally without too much direct sunlight until the seedlings emerge. Trays may be covered to keep in moisture, but should be uncovered as soon as plants begin emerging. (Be sure to read the seed packets to find out if seeds need darkness or light to germinate.)
- ❑ Late February – After seedlings emerge, move trays to a cooler area and keep them well lit. If seedlings lack sufficient lighting or become overheated they will grow leggy and not take well when planted outdoors. If your cool area lacks good lighting, fluorescent lighting can be hung about 4 – 6 inches above the seedlings to help them grow compact and healthy.

## Definitions:

Starting Soil – this is generally a mix of sterilized soil that is very light weight, and has the nutrients that seeds need to get a good start. It is generally worth your money to purchase a bag so you won't lose lots of your seedlings to damping off.

Damping Off – This is the wilting and early death of young seedlings. It is caused by a fungi that lives in soil. Some things that can contribute to a higher damping off rate include, crowding of seedlings, high humidity and lack of sufficient aeration.

Aeration – This refers to how much airspace there is between soil particles. Some heavy soils pack together very tightly and have very low aeration, while most starting mixes are very porous, quick draining with good aeration.

Germinate – when a seed sprouts. Germination is considered to have occurred as soon as the root emerges from the seeds protective covering.

Seedlings – Young plants from the time they emerge and begin developing true leaves until they become less delicate (i.e. when they begin developing lots of leaves and woodier stems).

Leggy – This term describes a plant that has grown a long stem with leave spread farther apart than normal.

## HAWAII (Continued from page 10)



David, Everett, and Angel observe a sea turtle.

The most different thing about Hawaii:

- ❖ That it's always warm.
- ❖ That even in winter the water feels good to swim in.

The funniest thing:

- ❖ That going over, the trip seemed really long but flying home seemed short.
- ❖ Seeing flying fish jump up and fly in front of the boat.

David looking down from Diamondhead.



David and Angel standing on the rim of Kilauea Volcano.





# WALK TO BE FIT

(An activity sponsored by the BBAHC Diabetes Prevention Program)

Well, we made it through the holidays, and now that the days are getting longer, it's much more fun to get out and get some exercise

If this whole 'mile counting thing' is not enjoyable to you, consider buying a pedometer that counts your steps. Wear it all day, and find out how many steps you take. Fitness experts suggest that you try for 10,000-steps a day including all the activities you do, such as housework, office work, school activities, going to the post office and any other duty that happens during the course of your day. For an average person, 10,000 steps are roughly equal to four miles!

Diabetes is always a concern for our villagers because of the high incidence of the disease among Alaska Natives in general and in parents of our own local population. Following are the suggestions from Prevention Magazine's November 2001 article "Fight Diabetes Before It Starts Plan"

- ✓ **Get tested now.** This will tell you what your current risk factor is for developing diabetes.
- ✓ **Get tested again.** Retesting every 6 months to a year will let you find out if your risk has gone up or down.
- ✓ **Nudge the scale.** In a Finnish study, even extremely overweight people lowered their risk of diabetes by 70% when they lost just 5% of their total weight—even if they didn't exercise.
- ✓ **Cut the fat.** Prevention recommends keeping total fat intake to 25% of your daily calories.
- ✓ **Rev up the fruits, veggies, and whole grains.** Prevention recommends nine servings of fruits and vegetables a day. Try to make at least half of your grain choices whole grain to raise your fiber intake still higher.
- ✓ **Move a little more.** People in the Finnish study who exercised the most—up to 4 hours a week—dropped their risk of diabetes by 80%, even if they didn't lose any weight. America's Diabetes Prevention Program aimed for just 30 minutes of exercise, five times a week, and got big results. Moderate exercise—walking, biking, playing tennis—is enough to improve your odds.
- ✓ **Befriend your diary.** In both studies, keeping a food diary kept participants on track toward eating better.
- ✓ **Enlist a coach.** (Someone encouraging you along in your efforts can make all the difference.)

**Total Village Mileage** through December is 16,378.

*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       | 2081   |
| Annie      | 986.5  |
| Sandy      | 868    |
| Shayna     | 746.25 |
| Joshua     | 718.25 |
| Lydia      | 683.75 |
| Mary       | 593.5  |
| Marie      | 544.5  |
| Dallia     | 535    |
| Yako       | 499    |
| Ida        | 377    |
| Tanya      | 376.75 |
| Alice      | 372.25 |
| Bernadette | 372    |
| Michael    | 368.75 |
| AlexAnna   | 364.75 |
| Kayla      | 344.5  |
| Shaun      | 292.75 |
| Charlie    | 287.5  |
| Julie      | 287    |
| David      | 266    |
| Angel      | 261.75 |
| Dan        | 236    |
| Betsy      | 233    |
| Jonathan   | 208.25 |
| Alicia     | 182.5  |
| April      | 160    |
| Jeremy     | 137.5  |
| Sharolyn   | 133.25 |
| Tess       | 115.5  |
| Camille    | 105.5  |
| Kevin      | 95     |



### Igiugig Tribal Village Council

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Bernadette Andrew, Editor & Social  
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Kevin Olympic, Administrative Trainee  
AlexAnna Salmon, Clerk Trainee &  
Assistant Editor

## Weather Watch

January 1—31, 2002

Highest Wind Speed . . . 72 mph

Average Wind Speed . . . 12.4 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 43.4°F

Lowest Temperature . . . 19.9°F

Below Freezing . . . 13 days

Below Zero . . . 6 days

## Recipe Corner

Contributed by . . . Bernadette Andrew

### Mediterranean Cheese Dip

8 ounces cream cheese  
1/2 cup oil-packed sun dried tomatoes, drained and chopped up  
1/4 cup pesto  
3 cloves of fresh garlic, minced

Provolone cheese, sliced  
fresh basil leaves  
pine nuts  
salt and pepper to taste

Soften cream cheese at room temperature and then add garlic, salt and pepper and mix thoroughly. Wipe the inside of a bowl with olive oil. Line the bowl with the provolone cheese. In the bottom of the lined bowl, put about a third of the cream cheese mixture. Then spread the pesto over the cream cheese. Put another third of the cream cheese mixture. Spread the sun dried tomatoes. Add the remaining cream cheese mixture. Cover the bowl with plastic wrap and refrigerate for at least four hours or overnight.

After it has chilled, remove the cheese mold from the bowl directly onto the plate that it will be served on. Garnish with fresh basil leaves and pine nuts.

Serve with bagel chips or with grilled pita bread (fry in a pan coated with a little bit of olive oil) and cut into eighths.

Enjoy!