

Igiugig News & Notes

Igiugig Tribal Village Council

June 2002

Volume 5, Issue 7

Graduation

By Tanya Salmon, 9th Grade, Igiugig School

On May 17, 2002, everybody gathered at the gym for the graduation. This year, there were three graduates: Jay was graduating into high school and Tess and Joshua were graduating into the first grade.

At 7 PM, the three graduates, in their gold caps and gowns, walked to their seats nervous and excited. Mr. Pete began the graduation by welcoming everybody. Then, Betsy Hostetter began handing out certificates to her pre-schoolers. The audience also gave Shaun Andrew a special applaud for finishing pre-school. When Betsy was finished, Ms. Bonnie gave Tess and Joshua certificates for completing kindergarten.

Mr. Pete took Ms. Bonnie's place and made a quick speech about Jay, before introducing the guest speaker. When the time came, the guest speaker



All 3 graduates: Jay Anelon, Tess Hostetter, and Joshua Nelson.



Tess Hostetter receives her diploma from her kindergarten teacher Ms. Bonnie.

waltzed up to the podium, big grin on his face and a puffed up chest. The audience was surprised to see Jon Salmon as the guest speaker, but everybody enjoyed his speech.



Jay Anelon gives his speech.

When Jon's speech was completed, Jay, scared stiff, walked up to the podium. Sweaty and shaking, Jay said his humorous speech. In

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Birthdays this month

- June 15
Kevin Olympic
- June 20
Jeremy Salmon

Easter Egg Hunt By Mary Hostetter, 6th Grade, Igiugig School

On May 5th children and adults gathered at the church at 11:00 AM to search for eggs, which had been decorated that Saturday at the hangar. Families arrived with their children holding easter baskets or egg cartons. As the incoming people started to decrease, the little kids 2 years old and younger went looking for eggs; preschool and kindergarten got a head start running into the grass; 1st-4th grade came seconds after, and 6th grade and older went next. Last but not least the adults got started (most helped the little kids).

Scavenging for the eggs didn't last long. The only egg left was the \$50.00 egg, which Alicia

Zackar found after Yako Nickoli (the man who hid the eggs) had to give everyone many hints. It was found near the old Wassillie house. Jeremy and Jonathan Salmon, Camille Andrew, Marie, Joshua, and Kayla Nelson, also found money eggs.

After the hunt, people walked home with their easter eggs to get ready for the Easter Lunch at the school. Everything from swan, porcupine, akutaq, fruit salad, to brownies were served. People brought dishes of delicious foods to share at the lunch. After everyone ate, the tables were still filled with food, but with some help from the villagers, most of it was taken home.

The Village Clean-up and Picnic By AlexAnna Salmon, 10th Grade, Igiugig School

All the students at Igiugig School and volunteers gathered at the school at 9:00 AM, Tuesday, May 14th to begin the annual Village Clean-up. Bernadette Andrew divided everyone into groups to cover the whole village. The Roadsweepers - Bernadette, Shaun and Camille Andrew, Jeremy and Jon Salmon, and Jay Anelon- cleaned the new road area. Led by Sandy Alvarez, the Swampaneers- Ida Nelson, Tess Hostetter, and Yako Nickoli- cleaned the swamps near the airport. Marie Nelson's group of Joshua Nelson, Mary Hostetter, David Alvarez, and Tanya Salmon called themselves the Beach Bums because they picked up trash along the beach from the Fishing Game landing to the landing below Agafia's house. The Beach Comb-ers- Annie Wilson, AlexAnna Salmon, Angel Alvarez,



After the big clean-up, everyone sat down to enjoy a big picnic lunch.

and Johnny Zackar combed the upper beach looking for trash. Betsy and April Hostetter, and Shayna Nelson remained a nameless group, but did an excellent job cleaning by Uppa Nick's

Landing. Dan Salmon and Mary Olympic, joined by everyone after the 10:15 pop break, cleaned the very filthy dump area. Julie Salmon roamed around cleaning several different areas. Meanwhile, in the kitchen were Pete and Bonnie Hauschka, Dallia Andrew, and Kevin Olympic preparing for the picnic to follow. Dave Hostetter drove the pick-up and hauled trash to the dump.

Betsy's group found the largest piece of trash, which was a long, bent, rusty pipe. Their stinkiest trash was old buried fishing nets. The Beach Bums found many gas drums and coffee cans in their area. The stinkiest trash found was a loaded diaper. Overall, as much trash as previous years was collected and disposed in the dump. The village, which never appeared very dirty, looked cleaner than ever after the Clean-up.

At 12:00 PM, everyone flocked to the gym to throw away their gloves, wash their hands, and eat a picnic lunch. Hamburgers, cheeseburgers, potato salad, vegetable salad, soup, fruit, chips, brownies, cake, akutaq, and much more desserts were served. Annie Wilson gave a speech on the subsistence surveys she was going to be giving to community members. That wrapped up the Clean-up and students went back to school. Thanks to all the volunteers who headed groups and helped out!

his speech, Jay said his goal for this year was not to pee his pants while doing his speech, which made the audience laugh. Jay did a good job reaching his goal because when he was handed his certificate his clothes were still dry.

After the graduation speech, Mr. Pete and Ms. Bonnie gave school awards. They gave out Goose Calendar prizes, battle of the book awards, sports awards, and much more. Sandy and Bernadette handed Walk to Be Fit awards before Mr. Pete gave a closure to the graduation.

When the speeches were over and certificates handed out, everybody filled their bellies with the dessert,

Summer Reading Club

The first meeting of the Summer Reading Club (SRC) was held at the Rec-hall on May 27th. At 10:30 AM everyone was welcome to join and begin checking out new battle books. Twenty-one members, aging from as young as 2 ½

to over fifty, joined on Monday. Bernadette Andrew took pictures of all the participants to hang on the Rec-hall walls. It is not too late to join for those of you who are interested, and if



Tess Hostetter poses for her club photo.

you are already a member, you can come down every Monday from 10:30 AM to 11:30 AM to check out or return books, or to tally book numbers and pages.

The SRC ends on August 26, 2002, and award will be given for the most books read and the most pages read in four age groups: Ages 0-3, Ages 4-7, Ages 8-18, Ages 19 and older. A point system counting the number of books read, number of pages read, and number of days attended will be used so make sure you come and turn in books each week. There are also group awards for the total number of books. After 350 are read, each participant will receive a free pop. After 750, participants will be invited to a banana split party at the Back to School Potluck, and after 1500 books have been read, participants will be invited to a BBQ. Last year 1500 total books were read, but we can beat that record. KEEP ON READING!

See You in August! By Peter and Bonnie Hauschka

Bonnie and I enjoyed our first year in Igiugig immensely. We are looking forward to returning again in August. We especially appreciate the kindness and support of this community of which we feel privileged to be members. As you know we are expecting a baby, and despite the sometimes strange warnings and cautions of our more ignorant friends and relatives, we couldn't be happier bringing a child into the world here. We feel lucky to soon be able to raise a child in a community where it is so obvious that parents love and respect their children.

We have a few wishes for the Summer: We hope that your Summer is enjoyable and that the bugs die off early so you can go berry picking without head nets. We hope that everyone reads some books this Summer. We hope that Josh, Tess, and Sharolyn become proficient

readers. We hope Ida dreams big and has lots of ideas and plans for her future life after high school. We hope that AlexAnna, Tanya, and others who were learning to play the piano this year come in to the school and practice playing...the music is on top of the piano...and don't forget to dust off those Algebra books you borrowed during those rainy days in July. We hope that the tetherball is still here when we return. We hope that Jonathan, Alex, and Mary keep the Plumeria plants alive. April, Jeremy and Shayna: even though you might have finished a Summer's worth of homework in a weekend, don't let that stop you from going further and trying something new. Most importantly, please play outside a lot and wear those helmets when Biking or Honda riding. ...And that is all.

Local School Advisory Meeting By Sandy Alvarez


The final meeting of the LSAC occurred on May 16th, 2002 at the School Gym. Student PEP/education standards binders have been completed for all the students in the older classroom and will be reviewed with students and parents. The school board has approved the Igiugig calendar for next year with the holiday beginning on Christmas and running through the 13th of January, with the last day of school on Friday May 23, 2003. The Book Fair was a good fundraiser, profiting the students by \$447. Activities still to occur this school year include the graduation/award ceremony, a science fair and a food sale prior to shutting down all the school freezers.

High School students reported on their recent Hawaii travel, noting that the similarities between the Alaskan natives and the Hawaiian culture, which extends through the art, use of the natural resources, land dependence, and dances (although the dance moves are similar, they are much faster in Alaska—maybe because dancers have to go faster to keep warm).

Bernadette Andrew was elected to fill the position previously held by Sandra Alvarez. Charlie Nelson was also noted as a willing alternate since he attends most meetings of the LSAC.

The next regular meeting of the LSAC is scheduled for September 26, 2002.

Library/Computer Lab News



In the past year, we thought we had no books to fill all of our empty bookshelves, now we know we do not have enough room for all of our new books!! We are in the process of moving our furniture around. So, please be very patient with us as we are trying our best to reorganize the library for easy access; our main goal is to put all the new books on the shelves for everyone to read and check out. Here are some of the new books that may spark your interest. **One Door Away from Heaven, The Green Mile, Stone of Tears, The Diamond throne, Cry of the Wind, Sibley-Guide to Birds, Amazing Butterflies and Moths, Take My Land, Take My Life, Loon Lake, The Polar Bear Son, Berry Bears, The 2002 World Almanac, and The Bean Bible.** We have videotapes that can be borrowed for a maximum of five days. Here are some of the titles that may catch your eyes: **The Great Bears of Alaska, World Religion Russian Orthodox, Mexico.** Want to learn a different language? The library now has cd-roms in Spanish, French, and German. Tired of reading a book? We have books on tape also, here is a list **Hunter's Moon, The Empire Strikes Back, The Amber Spyglass, The Odyssey, and the Horse Whisperer** to name a few.

Here are some websites that may interest you:

www.creatingmusic.com

Have a good ear for music? Like to make your own music? Wanting to tap your feet to the beat? This website is musical; you can learn some notes by clicking the keys.

www.cabelas.com

Want a new fishing rod? Your "hip" boots have a leak? Need new camping gear? This site may hook you rod and reel. So, check this out.



Joshua in his cleaning gear.



Everyone prepares for the clean-up

Thanks to the following Donors

VILLAGE BEAUTIFICATION PROJECT

Cash Contributions

Igiugig Electric Company

Goodfellow Bros., Inc.

Kvichak Enterprises, Herky Bosch

VILLAGE CLEANUP

Volunteer Crew Leaders & Other Adults

Betsy Hostetter

Bernadette Andrew

Annie Wilson

Sandy Alvarez

Marie Nelson

Dan Salmon

Yako Nickoli

Charlie Nelson

Julie Salmon

Agafia Nelson

Cooking Crew

Dallia Andrew

Kevin Olympic

Pete & Bonnie Hauschka



April with her big trash.



This is only one of MANY truck-loads of trash.

With Sincere Appreciation from the Community of Igiugig

Village Council Meeting By Sandy Alvarez

The regular monthly meeting of the Council was held on **May 15th at the Main Office**. Council members received reports from staff to update them on activities of the past month. **They also reviewed trip reports for staff travel, one in March, three in April, and one in May.** It was noted that **the water connection for the Airport Building is currently in progress with fixtures and other necessary work mostly completed.** **The road project will be gearing up soon for completion of the section from the airport to the main village.**

Mike Rhoades, of the 611th, was present for the meeting and **provided information about the developments in the Big Mountain project.** This year's activities will be done by the military 'in-house', using a number of Iliamna Lake Contractor's employees. The rock crushing will begin as **soon as possible this spring,** with the primary concern for the runway construction season.

Open gym will not occur during the summer, **but it was noted that volunteers can still do outdoor sports related activities if all families are notified of it ahead of time.** **There was also discussion about putting on a Honda safety course for village students.** The beautification project is **underway with lots of plants started for the window boxes and outdoor planting to occur in early June.**

Summer Reading Club begins on the last **Monday of May.**

The Library project reported lots of **good new materials that people should be interested in seeing.** It was also mentioned that a fee for overdue videos might **need to be considered.**

Student suggestions for the **wellness funds available through BBNA** mainly focus on outdoor activities. Any other residents with suggestions should make **them to Council staff soon,** and a proposal will be drafted for the next meeting to submit for the Council's approval.

Those present were reminded of the **meeting with a mining company scheduled for May 23rd,** and the next meeting of the Council scheduled for **June 26th, 2002.**

Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

ELECTRICAL FACTS:

DID YOU KNOW...

...teaching your kids to turn off lights could save you \$36 or more each month (depending on how many kids you have leaving on the lights).

...mirrors make rooms seem brighter and will give more light with less bulbs if placed to reflect the light from windows, lamps, and light fixtures back around the room.

...holding the refrigerator door open while you decide what you are hungry for wastes lots of energy—for the light, for cooling back down the refrigerator's air, and in spoiled food if the door is held opened often. (So know what you want before you open the door).

ELECTRICITY SAVING TIPS:

- *Check your refrigerator's door seal because air leaking around the door can make the appliance work extra and use more power. Hold a dollar bill in the door crack, close the door and then try to tug the bill out. If it slides out easily you may need to replace the rubber gasket on the door. Continue checking all the way around the door for loose spots. (This method also works for freezer seals.)*
-Bernadette Andrew
- *Open all the curtains as soon as you get up if it's light outside and use the free natural light rather than flicking on the electricity you pay for.*
-Author's tip

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.

18 entries to date!

Congratulations!

After winning 1st place at the local level, Angel Alvarez, 4th grade, won another blue ribbon at the state level for the Alaska Goose Calendar Contest for her literature entry. She won binoculars, a nice backpack, gel pens, a compass, and a lot of books and magazines.

Sharolyn Zackar, 1st grade, won the Sport Fishing Regulations Summary Art Contest for the Alaska Department of Fish and Game. Her prize was a rod and reel. You can get a copy of the summary, which features Sharolyn's artwork, at the post office.

Mary Hostetter won an award along with some books and magazines for participating in the 2002 Alaska poster contest in recognition of Alcohol Awareness Month. This leadership contest to keep children alcohol free is run by the Governor's wife, Susan Knowles. Mary's poster, which says, "I can't stop you from drinking, you can," will be displayed in the governor's office in the state capitol.



Angel Alvarez, left, proudly displays her two first place ribbons. Mary Hostetter, right, winner of the alcohol awareness contest. Look for Sharolyn's photo in the next month issue.



CAMPBELLS LABELS

We have collected a total of
4944



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

Igiugig's Ice Puddle Classic Winners!

David Alvarez and Shaun Andrew were the lucky winners for the Ice Puddle Classic. The puddle across from the sewer broke through the frozen culvert before 3 PM on May 9th. Shaun Andrew won because he picked the correct day at 11:00 AM, and David Alvarez won because he picked the correct day and had the closest time: 6:00 PM. Shaun bought three chances, and David bought two. The Linda Johnson Memorial Fund benefited from the Ice Puddle Classic; it made \$68.50.

The Trip to Hawaii

By Tanya Salmon, 9th Grade, Igiugig School

We high school girls finally got our wish; we took a school field trip to Hawaii! Ms. Bonnie, Ida, Alex, and I left Igiugig on April 30 and stayed the night in Anchorage. That night, we excitedly squirmed in our beds, talking about sunshine and swimming.

On May 1, the four of us headed to the airport early in the morning. We were surprised to see the Port Alsworth high school was going to Oahu on the same airplane as us! The six hour flight seemed like it took forever, but I soon forgot the long ride when we landed in Hawaii and saw the sun shining and palm trees.

Our first day in Hawaii was spent sight seeing Oahu. We dropped our baggage off at our hotel and explored the area. We went to Subway to get sandwiches for dinner, which we ate at the beach. When Alex and I were finished, we jumped into the ocean for a swim, the first for both of us. Later that day, we went to the International Market, explored the shops, and ate Hawaiian flavored ice cream before hitting the hay. We got our first taste of Hawaiian culture at a Mayday celebration we saw, where natives did dance performances.

While in Oahu, we spent one day at the Polynesian Cultural Center (P.C.C.). The P.C.C. is a very awesome place! While there, the tour guide brought us to seven different "islands" to learn about their cultures. We learned a little about Tahiti, Samoa, Tonga, Fiji, Aotearoa, Hawaii, and Marquesas customs. We also saw a canoe pageant where Native Polynesians danced to the music of their cultures in traditional, colorful costumes. These performers danced atop twin-hulled canoes, which made the pageant even more worth seeing. We also took a village canoe tour along the different "islands." That evening, the four of us went to a luau. We watched hula dancers while eating traditional food: purple poi sweet rolls, purple sweet potatoes, poi, island fish, and other Hawaiian food. After the feast we went to a night show called Horizons. At the show, there were more than 100 performers and fake fires, waterfalls, and volcanic eruptions. The Samoans also did a funny fire act and then a fire dancer did an excellent performance. In fact, I enjoyed the fire dance performance so much I almost hyperventilated trying to whistle!

After our two day visit in Oahu, we packed our bags and flew over to the Big Island. There, we stayed at "sunny" Kona. Ms. Bonnie rented a car and we cruised around and bought groceries. The nickname "sunny" Kona contradicts itself, because while we were there, it rained almost everyday!

While in Kona, we went to the Puako Petroglyphs (lava carvings of unknown age and meaning), Kaloko-Honohohau National Historic Park, visited the temple built by Kamehameha the Great, went snorkeling for the first time, visited the Hulihe'e Palace, and kayaked to Captain Cook's Memorial.

We stayed several nights in Kona before we drove to Hilo. On our way to Hilo we went to a Place of Refuge (in ancient times, if people broke the kapu (law), they were killed, unless they swam across a bay and reached the Place of Refuge. Only then would they be safe) and the Southern most tip of the United States. Once we were near Hilo, we went to the Volcanoes Park. We dropped our luggage at the Volcano Hotel and then drove around the crater. We also walked through the Thurston Lava Tubes. Since the weather was cloudy, rainy, and foggy, we went back to our hotel and ate dinner at the fancy restaurant.

That night, Ida, Alex, Ms. Bonnie, and I piled into our car and went to see lava. We drove to the dead end (the road used to be longer, but in 1995, lava flowed over the road). Excited to see lava glowing red and orange and steaming in the distance, we borrowed flashlights and walked over the hardened lava flows to get a closer look.

The next morning, Alex, Ida, and I decided to hike one of the trails. Ms. Bonnie drove us to the Thurston Lava tubes and the three of us hiked back to the hotel. The hike was a lot of fun; we got to walk through the middle of a crater, saw steaming vents, and we were alone in the "big woods."

Once we made it back to the hotel (alive and not hurt) we checked out and went to Hilo. At Hilo we went to Lyman Museum and we also went to see a movie.

Our whole trip lasted from April 30 to May 11. The Hawaii trip was fun and educational and I would like to do it again. Thank you for helping support and fund our high school to make this trip possible. There is also a bulletin board comparing the Hawaiian culture with the Alaskan culture at the school. ALOHA!

GARDENERS GOODIES

JUNE garden activities:

Check out the radishes and leaf lettuce that are already edible size at the Airport Building and check in with Office staff for the date to join the Village flower planting in early June!

- ❑ Early June – Planting out – If you haven't already planted your sets to outdoor beds or pots now is the time, just be sure to harden them off first. (Skipping the hardening off process could result in weak, damaged or dead plants.)
 - If you are reusing containers and soil from previous years, be sure to mix in some general all-purpose fertilizer before planting, since last year's plants probably used up most of the soil nutrients.
 - As you transplant, have a watering can handy filled with a weak fertilizer solution. Water within the first few minutes of moving the plant from its pot to the new soil.
 - Water new transplants daily during the first week if it doesn't rain. This helps to prevent shock from the move and it helps to get them established and growing faster.
- ❑ Early June – if your worms are still living indoors, send them out for the summer. Find them a location without too much direct sunlight—that black plastic can really heat up when the sun beats down on it—maybe on the east or north side of your house. If your bottom tray is ready for harvest, just move it to the top and leave the lid off, stirring it occasionally to encourage any worms to move down into the other trays, then take out the finished compost and add it to your flower beds or pots.
- ❑ Mid June – weed gently around your young plants. Keeping weeds away will allow the plant to get all the soil nutrients instead of competing with the weeds. Light mulch around plantings will help limit weeds.
- ❑ June – Water to a depth of 4-6 inches. Check this by using a shovel to lift a small hole and see how far down the soil is wet. 'Deep' watering encourages plants to send their roots downward, which will help them resist damage on hot dry days. Watering only briefly encourages roots to grow near the surface where they can easily be damaged by hot weather or a few days without water. (Tip—it generally takes at least a half hour to water deeply depending on the soil type, so be sure to do the 'shovel test' several times to determine how long a bed takes. Then you can set the sprinkler and go do other chores while the watering happens!)
- ❑ June—Lawns—if you have a grassy area that isn't too lumpy, you can begin mowing it and soon you will have a ready-made lawn. If you have to plant from scratch, the following tips will help you:
 - Clear out brush, large sticks and rocks.
 - Prepare the soil for planting by 'fluffing' the top several inches, by rototilling or using a stiff rake.
 - Scatter a granular fertilizer that is formulated for grass (usually has a high first number) and then scatter grass seed.
 - Gently rake in the seed and fertilizer and then press it onto the soil by rolling something heavy over it (or driving your Honda back and forth until the tire tracks cover every area). This helps the seed have good contact with the soil.
 - Water daily if it doesn't rain, until you can see one-inch blades of grass.
 - Keep animals, children, vehicles, etc. off of the area until the grass is well established (most of the summer).

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Reuse packing Styrofoam 'peanuts' by filling the bottom of very large pots about 1/3 of the way and then topping with soil. This will help use less soil, provide better drainage, make the pot much lighter to move around, and put to use a substance that would otherwise litter the community and create toxic smoke at the dump.

Definitions for gardeners

Deep Watering – Using a sprinkler, sprayer, or soaker hose to water until the moisture reaches 4 – 6 inches in depth.

Soil Nutrients – minerals used by plants that promote growth. On bags of fertilizer they are listed as N-P-K or Nitrogen, Phosphorus and Potassium (Potash), with each essential for a different part of plant growth—leaf, fruit or roots.

Mulch – material placed on top the soil generally to limit weed growth, help warm the soil, encourage fruiting plants, or protect against erosion. Some examples include, bark chips, compost, shredded leaves, plastic mulch sheets and grass clippings.

Air Fresheners or Air Poisoners?

Contributed By The Environmental Department

The advertisements we watch or hear try to make us feel that we do not have the right smell in our homes unless we buy a new "air freshener". They are used in bathrooms, kitchens, and around the house to control bad odors. There are three kinds of air fresheners: aerosol cans, scented candles, and plug-in electric ones. The aerosols are encased in plastic, which also takes up valuable landfill space.

These products do not do anything to help indoor air quality. Instead they add bad pollutants to the air you breathe in your home. Some are designed to stop your sense of smell, others make the room smell nice, and others add all kinds of toxic perfume to drown out the odor we do not want to breathe in. Many of these ingredients cause painful conditions of the nose and lungs, leading to serious problems for many people. Many times pesticides are even put in "air fresheners".

A common ingredient used in air fresheners is called formaldehyde, otherwise known as phenol. It can destroy your sense of smell and is one of the worst offenders for breathing problems. It is also said by the EPA that it causes cancer. People who suffer from asthma, lung infections, or breathing problems can be severely affected by formaldehyde.

Here is a list of what is in a spray type deodorizer:

- Ethyl or isopropyl alcohol, water, glycol ethers, perfume
- Surfactant (quaternary ammonium salts), bromsalicylanilide 2,3,4,5-BIS (2-butylene)
- Propellants, metazene (4%), petroleum distillates (6%), aluminum chlorhydrol
- Cellosolve acetate, dichlorodifluormethanol, theanol, fatty esters, lauryl methylene
- Methoxyhlor, methylene chloride, o-phenylphenol, p-dichlorobenzene, pine oil (toxicity like turpentine), piperonyl butoxide, pyrethrin, synthetic surfactants
- Trichloromonofluormethane, wax, zinc phenolsulfonate

Wick type deodorizers:

- Formaldehyde (37%), water-soluble perfume, coloring, water, emulsifiers
- Essential oils, aromatic chemicals (xylene), chlorophyll

Several of these ingredients cause cancer, and others have a wide range of fast and slow long term effects on vital organs. Did you know that the people who make these products are not required to check the cumulative effect their chemical brew has on indoor air quality? Almost all of these words are hard to pronounce for some folks. Some of the terms are too general to give us any idea of the actual contents. However, the next time you stop by the store to buy an air freshener take a look at the ingredients. Or use an alternative solution:

- natural house plants such as spider or bamboo help absorb formaldehyde
- place baking soda on trays to absorb odors
- simmer 4 lemons (cut in fourths) put on the stove for about 45 minutes and enjoy the wonderful nontoxic lemon fragrance
- bake some bread, muffins, or cookies

We do not need to improve the air we breathe with a chemical deodorizer in a can. Picking an environmentally friendly product will be a better choice. Good housekeeping and simply opening the windows or doors is the best way to have a non-toxic atmosphere. The fresh air is neutral, does not have a scent, and we can rest assured we are not exposing our loved ones to a chemical environment.



WALK TO BE FIT

Walking is the only way to go! Hey everybody, do you realize it's now been more than two years since we started walking?

What an easy way to get around—you always have your feet with you, ready to takeoff without gassing up or looking for keys. As small as the village is you can get from one end to the other in less than 20 minutes.

Igiugig's treadmill is always available at the hangar. On that next *really buggy day* give some thought to using this equipment in a nice bug free environment! Be sure to sign in because this information will help the Diabetes program continue to provide useful items to our villages.

IDEAS!

- #1 ~ **M**ake your route a tundra walk—not only will it give you the opportunity to scout possible berry patches, it will help you avoid the road construction traffic.
- #2 ~ **B**e visible for those big trucks—wear bright clothing and stay well off the roadway.
- #3 ~ **W**alk your dog. If he's not used to a leash you will get a good workout for your arm muscles as well.
- #4 ~ **W**alk with your little bikers, those that use training wheels get stuck frequently in the road ruts and will be very happy to have you along to give them that little boost out.
- #5 ~ **M**ake it a point to take a hike during a time when the sun is shining brightly. Direct sunlight not only helps your body produce Vitamin D, it also has been proven to improve people's moods by increasing certain brain chemicals. It is most beneficial to brain chemical production if the sunlight shines into your eyes (but not directly). So do a few minutes of your walk without the sunglasses, but don't overdo it because that can damage your eyesight.

Total **V**illage **M**ileage through May is 20,670 with seven participants still to report in with their miles!

KEEP ON WALKING!

Personal Totals Since Mar. 00

John	2214
Annie	1298
Sandy	1101
Joshua	1070
Shayna	1016
Lydia	859
Marie	855
Yako	744
Mary	740
Dallia	690
Kayla	583
AlexAnna	490
Alice	472
Tanya	467
Ida	427
Michael	427
David	421
Bernadette	420
Dan	416
Angel	412
Shaun	357
Julie	352
Charlie	351
Betsy	308
Jonathan	270
April	240
Alicia	238
Jeremy	189
Sharolyn	168
Tess	155
Camille	145
Kevin	140
Pete	75
Bonnie	20

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Sandy Alvarez, Administrative Assistant
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Services Director
Betsy Hostetter, Tribal Clerk & Librarian
Ida Nelson, Environmental Program Intern
Marie Nelson, Environmental Technician
Kevin Olympic, Administrative Trainee
AlexAnna Salmon, Clerk Trainee &
Assistant Editor
Tanya Salmon, Library Intern
Jason Nowatak, Library Intern

Weather Watch

May 1—30

Highest Wind Speed . . . 47 mph
Average Wind Speed . . . 8.8 mph
Dominant Wind Direction . . . NE
Highest Temperature . . . 73.6°F
Lowest Temperature . . . 26.6°F
Below Freezing . . . 7 days

Recipe Corner

Contributed by . . . Tanya Jo Salmon

CINNAMON ROLLS

Ingredients:

2 1/8 cup water
6 1/2 cup white flour
1/4 cup honey
2 tablespoons Baker's Yeast
1/3 cup vegetable oil
1/3 cup granulated sugar
1 tablespoons salt
1/2 pound butter
2 cups brown sugar
1/8 pint ground cinnamon
2 tablespoons milk

Directions:

Put ingredients in mixing bowl in above order. Mix with dough hook for 7 1/2 minutes. While mixing, turn oven on warm for 4 minutes, then turn off.

If dough is too moist, add 1/4 to 1/2 cup flour (the dough should almost stick to side of bowl). Put dough in glass or metal bowl; cover and put in warm oven for 45 minutes to rise.

While dough is rising, mix 1/2 pound real butter, 2 cups brown sugar, 1/8 cup cinnamon. Use a paddle for mixing and mix very thoroughly, if it is a little too stiff, add 1 to 2 tablespoons milk. It should spread fairly easily with a spatula. Do NOT refrigerate.

After 45 minutes, punch down dough and divide in half, roll out one half to about 1/2-inch thick. Spread 1/2 of the filling on it and roll it up (not too tight).

Cut approximately 1 1/2 inches thick and put into a greased pan, repeat process with second half. Should make about 18 rolls all together, let rise 60 to 70 minutes. Bake at 325° for 23 to 25 minutes, or until golden brown on top. Servings: 18