

# Igiugig News & Notes

Igiugig Tribal Village Council

November 2002

Volume 5, Issue 12

## Inside this issue:

LSAC	2
AASG	2
VC Meeting	3
No-See-Um Buzz	4
Library/Computer Lab	4
How I Like School	5
School at Naknek	5
Electrifying News	6
Favorite Places	7
High Waters	8
Gardeners Goodies	9
No-see-ums vs. Chiefs	9
Walk to be Fit	11
Weather Watch	12
Recipe Corner	12

## 2002 ANNUAL PREVENTION CONFERENCE



Betsy getting ready to go horseback riding.

October 8 – 13, 2002, Betsy Hostetter and Sandy Alvarez attended the annual statewide conference for Suicide Prevention. As usual it was held at Victory Bible Camp outside of Palmer. The camp is a quite mountainous retreat quite far from busy everyday life and far removed from faxes and phones—all eighty of the conference participants shared two pay-phones!

A slide presentation of the activities in Igiugig was presented to the group on Wednesday afternoon, and discussion about the activities highlighted how Igiugig does things. There were several other presentations by coordinators from other villages and lots of good information, ideas and community building activities throughout the week.

Overall it was a positive experience, meeting new people, making friends that work with similar programs, getting to know people from within the Bristol Bay region and learning things that will help communities as they work to promote healthier villages all around the State of Alaska.



Yee haw! Ride 'em Betsy!

## Birthdays this month

- November 8  
Julie Salmon
- November 13  
Agafia Nelson
- November 15  
Joshua Nelson
- November 21  
Mary Olympic
- November 26  
Simeon Zackar

## LSAC

This month's LSAC meeting was held on October 24th in the school library. Because a quorum was not present, the meeting was for informational purposes. Pete reported that the first quarter ended on October 24th and that parent-teacher conferences were scheduled for the 31st of October. Students will have an early dismissal that day. Other dates of note are listed in the Igiugig School Newsletter #5 which include: HSGQE on the 29th; volleyball in Igiugig against Perryville on November 1st and 2nd; Pete and

Bonnie's baby is due on the 8th; Igiugig volleyball team travels to Pedro Bay on the 8th and 9th, and then to Pilot Point for the mixed three tournament on the 14th to the 16th; and Thanksgiving break which begins on Wednesday, November 27th with early dismissal at 1:00 PM and returning to school on Monday, December 2nd.

The next LSAC is scheduled for Thursday, November 21st.

## Youth Gubernatorial Debate at AASG

By AlexAnna Salmon, 11<sup>th</sup> Grade, Igiugig School

While attending the Alaska Association of Student Government (AASG), the Igiugig high schoolers – Ida Nelson, AlexAnna and Tanya Salmon – had the opportunity to witness a gubernatorial debate at Bartlett High School. Students who questioned the elected candidates for governor facilitated the debate. The gym doors locked at 9:40 PM and television crews got live footage of Frank Murkowski, Fran Ulmer, Diane Benson, and Billy Toien.

Controversial issues about public education, the Alaska history curriculum, and teen substance abuse were discussed and debated. Many questions revolved around the Alaska High School Graduation Qualifying Exam, and if the candidates supported the test or not. Ulmer thinks the exam implementation needs to be delayed and the alarmingly high percentage of Alaskan high schoolers failing the test proves her point. Currently, Ulmer believes the exam is discouraging students from reaching their dreams. Murkowski says it "is a reality". He also supports the process of examination, but agrees the state needs more time because "all people learn differently."

The candidates were all asked what their highlights or extracurricular activities in high school involved. Murkowski participated in basketball and football; Benson was a gangster, then played basketball, and eventually joined the student government and served

six different committees. Ulmer had a wide variety of friends, participated in student government, and choir – all which helped her focus and appreciate diversity.

What made the whole Alaska Youth Gubernatorial Debate interesting was Benson and Toien were not invited to attend; however, at the last minute Murkowski introduced them to the audience. No one was prepared for two more candidates so microphones and chairs needed to be set-up. The two uninvited candidates were hostile and upset in the beginning and Murkowski announced three times his commitment to everyone and willingness to share half the time to hear the opinion and voice of all running candidates. He was willing to share half his time all right, with all his interruptions and speaking well over the time limit. The Igiugig students found Murkowski to be a rude speaker with an inability to express his thoughts within a time limit and to clearly answer questions. Overall, the audience really enjoyed the debate and it encouraged youth to participate in politics. Fran Ulmer's closing speech included her goal to increase youth participation in the voting process because we are the generation youth and "We can make it happen!"



# ANNUAL VILLAGE COUNCIL MEETING



Sheryl and Camille checking out Camille's paint pens.

The annual meeting of the Village of Igiugig was held on October 23<sup>rd</sup>, 2002 at 7 p.m. in the lobby of the Tribal Offices. Council President Michael Andrew Jr. presided over the meeting, which served to inform the village residents of the financial status of the Village Council, provide information about the activities and accomplishments over the course of the last year, and allow an opportunity for people with questions or concerns to voice them directly to the Council and Staff.

Reports by staff discussed the projects of the past year including completion of the Road Project, which was done by the Council owned company, Iliamna Lake Contractors. The start up of several other jobs this year included the Campbell Airstrip (in Anchorage), the bulk fuel facility and the new landfill. A number of grant projects that resulted in changes around the village were also discussed. It was further reported that planning continues for the upcoming remediation project on Big Mountain, Landfill closure and a feasibility study for the floatplane lake facility.

Those individuals in attendance were not only provided a good update, they also won numerous fun and useful prizes. One of the winners of the Early Bird drawings was actually lucky enough to also win one the regular door prizes drawn throughout the course of the meeting.

Photos of various activities from the previous year were provided as a slide-show that ran throughout the course of the meeting as a 'visual year in review' (and something to occupy little people who would otherwise preferred to not attend quietly).

Elections resulted in no change to the Village Council, with the two expiring seats retained by the same members for another term.

Overall, the Igiugig Tribal Village Council reported a profitable year with positive improvements and many economic opportunities for local residents along the way.

Overall, the Igiugig Tribal Village Council reported a profitable year with positive improvements and many economic opportunities for local residents along the way.



Agafia, Mrs. Gust and Kevin



Picking the next winner for a door prize.



Sandy, Annie, and Alice



Betsy and Dave



Tatyana enjoyed eating snacks.



# No-See-Um Buzz

The No-see-um volleyball team participated in their first "out of town" game this season. On October 18th Ida Nelson, AlexAnna and Tanya Salmon, and fill-in coach Peter Hauschka flew south to Pilot Point (PIP) to compete against them and Pedro Bay.

The first game Pilot Point – Cherissa Evanoff, Nathan, Tanya Christensen, and Leon – volleyed against Pedro Bay – Brittany Jensen, Bobby Rickson, Ileah Aaberg, and Aaron Shugak. Pedro Bay defeated Pilot Point and pre-

pared for Igiugig.

Igiugig played their very best against Pedro Bay and their hard work paid off; the No-see-ums defeated the Chiefs by 10 points. Unfortunately, Igiugig lost the next two matches. After losing the official game, the No-see-ums competed against the PIP Lynx. The three matches to follow were close and competitive. The Lynx won the first match, the No-see-ums took the second, and the Lynx

(Continued on page 5)

## Library/Computer Lab News

Have you been to our library lately? Have you seen all of the new additions? If not, please take time and drop in... you will be quite impressed on what we have been doing to our "tiny" library.

We now have books with cassette tapes for our younger readers; also do we have any fans that love reading Dean Koontz books? We have a surprise in store for you.

Here are some books that may catch your eyes

**Fear Nothing, Lightning, Watchers, Cry of the Wind and True Believers. And I Mean It, Stanley, Will You Still Love Me? Touch the Sky, My Little Bear, Click, Clack, Moo and Never Spit on Your Shoes**

Here are some of the Alaskan books **Fishing for a Laugh, Alaska's Last Frontier, Last New Land, Not-so-Grizzly Bear Stories and If You Give A Moose A Muffin**

Videos are: **102 Dalmatians, A Charlie Brown Thanksgiving, Free Willy, The Complete First season of FRIENDS, Remembering Those Who Served and Walk to Remember**

Books on tapes are: **The Dr. Seuss audio collection, Where the Wild Things Are, The Cranky Blue Crab, Horse Corrino, A Beautiful Mind, and The Hobbit.**

Books with cassette tapes are: **Five Little Monkeys Jumping on the Bed, The Mitten, The Biggest Bear and Many Pumpkins**



## INTERESTING WEB SITES

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

Wondering why that "thing" on your lower jaw is swollen? Cold season is now here and do you need some medical advice, but no one is at the clinic? Check this site out and maybe it will give you some good home remedies

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

Thanksgiving is almost everyone's favorite holiday and this site has wonderful and tasty recipes for the up coming holiday. Wanting to impress someone with some of these recipes? This site may make your mouth water, just looking at the pictures... So, take the time and snoop around this site.



# How I Like School Here

By David Alvarez, 8<sup>th</sup> Grade, Bristol Bay Borough School

I like school here because it is bigger and there are more kids and a lot more classes and teachers. No offense, the teachers are better because they get to teach their favorite subject, and we go to school later and get out later.

Another thing is that we are closer to the school than we are in Igiugig. We also have two days that if we didn't get homework done we could work on it in that class. There are 19 kids in my class, that's more than the whole Igiugig School. I also like the weekly eligibility that we get. Eligibility is a thing where you go to every teacher and get your grade for the week. Then you have to turn it into your homeroom teacher on Friday.

Each class is in a different classroom. We get Local History 2 times a week. In Local history we

learn about the history of Naknek and Bristol Bay. We get American History 3 times a week, computers, math, science, and English we get all week. Steve Klein teaches math, Science, and Local History. Tim Helvey, and Bill Hill teach American history, and Holly Anderson teaches English. We also have homeroom. That is when you get things done if you didn't finish your homework.

Everyone in Middle school and High school have lockers. We store our books and stuff in the lockers and in between classes we get a 5-minute break to get our stuff and get to the next class. We get PE in the start of the day. We also have a locker for gym. The school has two gyms. So they can do two sports at once.

## School at Naknek By Angel Alvarez, 5th Grade, Bristol Bay Borough School

Here at school I like it because it's bigger and you get to know a lot more people, but I don't like it down here because you get bullied every day. Well more like teased but almost the same thing. Also I had about as many people in my class that are in the school up there! There's Ally, Anna, Ashley B., Ashley D., Brittany N., Brittany R. (she moved), Catherine, Stevie, Ole, Corey (he's the trouble maker), Buddy, and Shane and my teachers are Mrs. Castleberry and Ms. Tawny. If we're bad she (Ms. Tawny) yells, I mean she really yells. Ashley Dorman is one of my new friends and so is Catherine everyone else calls me their friend but only when their mad at their other ones. About the rest of the school

I have a hard time remembering what room to go in when I'm going to science! The rest of my classes are mainly in my Homeroom! Like art social studies math and spelling. But we have P. E. in the gym and we only have it on Monday, Wednesday, and Friday. We had no school today because it was too windy and the bus drivers didn't want to take the chance of going to King Salmon or something like that! And also I don't know! Oh and this morning I wasn't going to get up but then I heard that there wasn't any school and then I couldn't go back to bed! And I was just laying there playing game color and listening to the radio and I even heard it before my mom!

## NO-SEE-UMS BUZZ (Continued from page 4)

eventually won the 3<sup>rd</sup>. That ended the games for the night, and the players were all invited to take a steam at Sophie Abyo's home, which was very nice; after tough battles, the steam was greatly appreciated.

On the morning of the 19<sup>th</sup>, the No-see-ums again faced the Chiefs, only to be defeated. The proud Pedro Bay players then competed against Pilot Point. Nathan, a PIP player, sprained his ankle mid-game and couldn't play. There was no replacement, so only two PIP players worked hard to defeat Pedro Bay by a few points.

The No-see-ums were scheduled to play against Pilot Point, but sadly PIP had to forfeit, forcing the No-see-ums to win their first game. Overall, the three teams had a blast competing. They tried their hardest and did their best!



# Electrifying News

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

## ELECTRICAL FACTS:

QUESTION: DO YOU KNOW WHAT THE FOLLOWING ITEMS HAVE IN COMMON?

- ...hot water
- ...ice
- ...the river
- ...a running child
- ...wind
- ...electricity

ANSWER: Energy—each of these things contain a form of energy that can be used, ignored, or wasted by what we choose to do with them.

Think "Weatherization" this month. Taking a general look at the places where there are holes through your walls (windows, doors, drain pipes, stove pipes, water pipes, etc.) and making sure they don't leak air could save you some major bucks over the course of the winter. If you like computers and are interested in a whole house review, try this website and do an estimated annual energy use survey on your home.

<http://hes.lbl.gov/>

Enter your zip code and on the next 'page' it will give you the average energy cost for a home in your area. Also on that page is a box that says "Customize for My Home" that will take you through a whole bunch of questions about your house to find out how your home measures up to the standard.

## ELECTRICITY SAVING TIPS:

- If you heat your house, and occasionally need to use a humidifier, you can save some energy by just allowing bathwater to cool off in the tub before running it down the drain! The warmth of the water will transfer heat into the bathroom, and the steam will add moisture to your household air—instead of just running all that good energy down the drain pipe.

-Author's tip

## I want to enter the drawing!

Here's my favorite electricity saving tip:

---

---

---

Name : \_\_\_\_\_

Drop off your tips to the office or send to Sandy through the Post Office or via e-mail.

## 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.

19 entries to date!

## FAVORITE PLACES

### **HOONAH by April Hostetter, 5th Grade, Igiugig School**

A place I like is Hoonah. Hoonah is in the Southeast part of Alaska. It is bigger than Igiugig. Hoonah is a friendly and quiet town. Also it has trees, rocks, and 1,000 people. It is a fun medium sized town.

Hoonah has lots of buildings. My favorite building out of them all is the Air Force building because there was this guy that gave us candy. Other places are the church, and stores, preschool, elementary/high school and the indoor swimming pool.

The two big places are really large. The biggest place is where the ferries park. The other place is the airport. That is why I like Hoonah and I would be delighted to go there again.

### **Popevanoy by Alicia Zackar, 5th Grade, Igiugig School**

A place I like is Popevanoy. Popevanoy is a very small place village. There are about five houses! There are no stores or school there. My grandpa Gene, my Aunt Marlene and my cousin Jimmy live there. Jimmy is nine, and he has school at home.

The things I do there are playing tag with Billy, Benny, and Jimmy. I also sometimes swim by my Auntie Marlene's house. Sometimes we pick blueberries and cranberries.

What I like about Popevanoy is that it is quiet there. Another thing I like is that we get to see pigs on Hay Stack Island. Also I like to visit my relatives.

### **The Boarding House by Jeremy Salmon, 5th Grade, Igiugig School**

My favorite place I like is the Boarding House. The Boarding House has an up stairs and two t.v.s. The t.v. downstairs has satellite. Upstairs there are 4 beds but three out of four are bunk beds.

The things my friends and I do there are play hide and go seek in the dark. The one thing we don't play that much is tag because if we stomp the people at my house can hear us. Another thing we do is watch Simpsons, and Even Stevens. The last thing we mostly do is stay up past midnight.

I feel safe at the Boarding House because there is a back door in case of emergencies. I feel sad sometimes when people are mean like when Mary stepped on my leg and it really hurt. I also feel mad when people are teasing me at the Boarding House. But I mostly feel happy because we play lots of fun games.

### **A Place I Like by Shayna Nelson, 5th Grade, Igiugig School**

Igiugig is a small place with a few people and lots of trees. There are only about fifty people here and about eighteen kids. Our school is small. It has two classrooms, library, a gym and computers.

In our town there are a few roads, a beach, short cuts, tundra, animals, the Kvichak River and trees. There are more than one hundred trees around the village. The Beach is nice because you can hear the waves move. When you go on a Honda ride you may take a short cut. It's much faster to get somewhere. The tundra smells fresh like the greenest leaf there is. Sometimes we see bears around Igiugig. It's sad when bears die. I think it is very scary because I think it is still alive and will run after me. The river runs very quickly down the channel. It reminds me of a dream I had when I was floating in the river. Once we were across the river with my Grama Alice. Alicia and I got lost because we went to go fetch Gram's pack sack. We got lost in the trees. It was scary for us. Alicia called, "Gram were are you?" Then my Gram said "What?" That is how we got lost in the woods.

If you have nothing to do you can walk on the beach, go on a Honda ride, meet one or two students or teachers, see the wild life or go across the river and look for agates.

The special thing about Igiugig is that it is small, calm, fun, exciting, quiet, a lot of trees, the beach and the last and best thing of all is my family here.

(Continued on page 8)



## FAVORITE PLACES *(Continued from page 7)*

Springhill Suites is a nice, quiet hotel in Anchorage. It has a big swimming pool with a diving board. There is a check out desk where you can check in at. The elevator has lots of buttons. At Springhill's there is a breakfast place. I like to eat Fruit Loops there. A donut shop, a store and a movie theater, not for kids, is close to the hotel. Uncle Mark's house is far from the hotel. The best thing about Springhill's is the breakfast place.

- By Shaun Andrew, Kindergarten, Igiugig School

My favorite place is Igiugig. There are smiling snowmen when it snow. There are hills with snowballs in them. I like the blue clouds in the winter. At night I like the way the stars gleam at me. I like how the way the tunnels are dug. When it is snowing, I like to put my tongue out and eat some of the snow. I like the way people are smiling and thinking about good things and saying nice words. Most of all, I like Christmas.

- By Tess Hostetter, 1st Grade, Igiugig School

A place I like is Playland in Anchorage. At the Playland there was an orange slide and a giant tunnel. We had to walk on the play nets. The games there were fun. The stairs were lots of fun! The ball place was really fun because we got to jump in them. Most of all I liked the ball place best.

- By Sharolyn Zackar, 2nd Grade, Igiugig School

A place I like is Seward. In Seward I saw seals playing in the Sea Life Center. I saw big fishing boats. I saw the sea. It was blue and calm. I also saw a waterfall. The best part of Seward that I liked was when I got to go down to the beach and find seashells. At the beach I saw a huge ship that carried lots of passengers.

- By Joshua Nelson, 1st Grade, Igiugig School

## High Waters

By Tanya Salmon, 10th Grade, Igiugig School

This year, the river and lake rose over two feet, making history. "This is the highest I have seen the river ever since I moved here in 1959," comments Mary Olympic.

The beach is now gone, so people who want to go to the beach have to drive on the tundra trails. The bank of the river is eroding, sweeping away fish cutting tables, and reaching smoke houses and sheds.

This unusual increase of water was created by days of rain and very windy days. In fact, it was so windy, that the river had waves! Lodges on islands and close to the river are in danger of being "washed out." One of Kvichak Enterprises' weather ports was blown over and is now partly sitting in the water.

Residents are worrying about moving their smoke houses to higher grounds, just in case the river rises any more. For now, people are keeping a close eye on the river and are watching it grow!



As you can see, the beach in front of Mary Olympic's fish camp is completely covered in water.



On the opposite side of the Kvichak River, the point is covered in water.



## GARDENERS GOODIES

### NOVEMBER garden activities:

- ☐ Early November – clear that yard. Things left out this month will soon be covered in snow! (And it's no fun looking in every drift for that shovel!)
- ☐ Early November – be sure your mulch is still around the base of outdoor perennial plants after all the recent winds.
- ☐ November – be sure houseplants are bug free and if not give a good rinse with a mild insecticidal soap or a very diluted dish soap spray.
- ☐ November – Wash windows and curtains to provide for as much light to houseplants as possible. (Soon it will be too cold for window washing, so you won't want to put this one off.)
- ☐ November – **don't** fertilize your houseplants anymore until the days begin to lengthen again. They will be much more vigorous if allowed to be dormant for a few months.

### **REMEMBER those 5R's**

#### ***Reduce – Refuse – Reuse – Renew – Recycle***

**Reuse** – begin by being earth friendly with non-toxic cleaning products. Baking Soda—first use it as a deodorizer in a room, refrigerator or freezer. Then when it's no longer absorbing odors, *reuse* that baking soda as a scrub for the kitchen sink or bathroom fixtures by sprinkling it on damp surfaces and scrubbing with a bit of dish soap and a sponge or rag. *Reuse a second time* as a drain cleaner by gathering the scrubbing mix into the drain allowing it to sit in the drain pipe for a little while and then rinsing it down with a mixture of vinegar and hot water.

**Renew** – have you switched over to rechargeable batteries yet? If not, consider the amount of toxic garbage you could avoid by doing so. Add batteries and chargers to your Christmas list for all those toys that go through the batteries so quickly!

**Recycle** – your garden waste should all be gathered into a pile for composting. Even if it goes slowly over the winter, it will be nice and moist and beginning to degrade when spring comes.

## Igiugig No-see-ums vs. Pedro Bay Chiefs

On October 4th and 5th, Igiugig hosted the volleyball games against the Pedro Bay Chiefs: Brittany Jensen, Bobby Rickson, Aaron Shugak, and Ileah Aaberg. The first games began at 7:00 PM, and the entire village was invited. Even friends from the Alaska Sportsman's Lodge boated upriver to attend. The competition was pretty close and both teams played hard, but Igiugig lost all three games. The No-see-ums only won while playing for fun. The next morning, however, the No-see-ums were on fire. The team eventually lost the game, but did win a match. The match was very competitive and went into overtime. The teams rotated servers three times with the score remaining tied at 14. Finally, Igiugig won 17 to 15, because the rules state you have to win by two. Overall, all players demonstrated great sportsmanship, and the crowd was very enthusiastic.





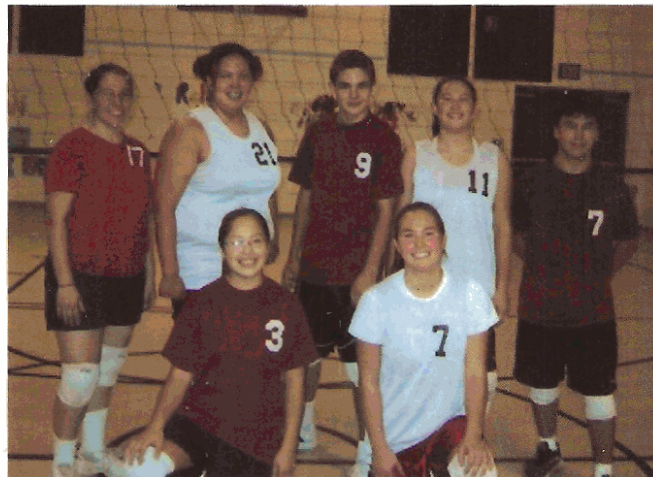
Igiugig fans filled the stands for the Friday evening games!



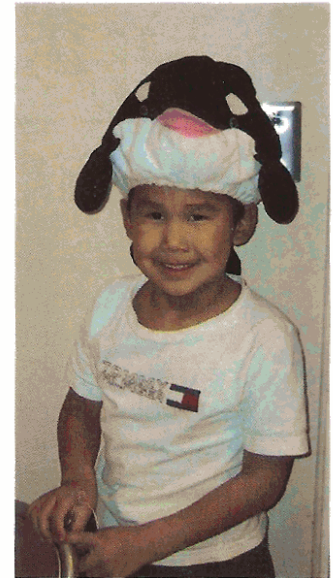
Pedro Bay Chiefs: Brittany Jensen passes the ball to Aaron Shugak. They demonstrated excellent team work.



Igiugig Student Gov't. thanks all volunteers who helped run our concession stand. Here is Michael Andrew playing "cashier".



Both Igiugig and Pedro Bay teams pose for pictures after the games.



Enthusiastic fan Joshua Nelson had a WHALE of a time.



The No-see-ums setting each other up.



LEFT: Who needs cheerleaders when you have Igiugig elementary students who come to the games prepared with "Go No-see-ums" fan gear. They are loud and proud loyal fans. We hope to see you all on Friday, Nov. 1st for the games against Perryville!



# WALK TO BE FIT

**How healthy are we? We are in the middle!**

Of all the states in the country, Alaska ranks 25<sup>th</sup>, according to the United Health Foundation on their 2001 edition. In first place was Minnesota and last place was Louisiana.

Alaska actually improved by 4% over the previous year because it lowered the rate of smoking and had better infant and prenatal care. In 1990 Alaska was ranked 45<sup>th</sup> so we have made over 20% improvement in health status, mainly through prevention of infectious diseases and better infant care. (Remember all those Hepatitis B shots!)

If you are interested in these studies and would like to see how other states rank visit the United Health Foundation website at:

[www.unitedhealthfoundation.org/rankings2001/rankings.html](http://www.unitedhealthfoundation.org/rankings2001/rankings.html)

**Think** about healthy choices in food, activities and daily habits and help raise Alaska's ranking for the coming year. After all, if Minnesota can be first we should at least be able to come up to the "teens", don't you think!?

## IDEAS???

- #1 ~ **P**arents—supply healthy after school snacks—apples, cheese sticks, crackers & fish, etc.
- #2 ~ **K**ids—head out and play in the fresh air for a few hours after school.
- #3 ~ **T**eens—line up a dance or two for a good "end-of-the-week" activity.
- #4 ~ **E**verybody (except maybe Kyle)—get out and put some mileage behind you. Your body will thank you in more ways than one!

**R**emember the short days of winter are coming on soon, so make a special effort to spend time on outdoor activities during midday when the sun is nice and bright. This not only is a mood booster, it also gives your lungs a break from indoor air, and helps your body produce some of that bone strengthening Vitamin D.

**T**otal **V**illage **M**ileage through September is 25,822. We are again putting in over a thousand miles a month—good job walkers!

Lets go around the world a 2<sup>nd</sup> time  
in less than 880 days!

# KEEP ON WALKING!

## Personal Totals (Since Mar.00)

John	2609
Annie	1653.5
Sandy	1357
Joshua	1330.25
Shayna	1226.25
Lydia	1139.25
Marie	1013.5
Dallia	895
Mary	889.5
Yako	874
Pete	712
Kayla	690.5
Alice	607.25
AlexAnna	589.75
Ida	527
Tanya	526.75
David	522
Michael	507
Bernadette	505
Angel	496.75
Charlie	491
Dan	466
Shaun	461.75
Julie	457
Betsy	453
Alicia	347.5
Jonathan	340.25
April	300
Jeremy	238.5
Sharolyn	225.25
Bonnie	220
Tess	211.5
Camille	209.5
Kevin	185



## Igiugig Tribal Village Council

PO Box 4008

Igiugig, AK 99613

Phone: 907.533.3211

Fax: 907.533.3217

www.igiugig.com

Email: igiugig@starband.net

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 & Librarian

Ida Nelson, Environmental Program Intern

Marie Nelson, Environmental Technician

Kevin Olympic, Administrative Trainee

AlexAnna Salmon, Clerk Trainee &

Assistant Editor

Tanya Salmon, Library Intern

## Weather Watch

October 1—31, 2002

Highest Wind Speed . . . 80 mph

Average Wind Speed . . . 13.9 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 58°F

Lowest Temperature . . . 21.9°F

Below Freezing . . . 5 days

Below Zero . . . 0 days

## Recipe Corner

Contributed by . . . Bernadette Andrew

### Dirty Rice

This is an easy recipe to make and it's very flavorful and spicy. Makes 4 to 6 servings.

2 tablespoons olive oil  
3 cloves garlic, minced  
1 cup chopped onion  
1 green bell pepper, chopped  
1 tablespoon chili powder  
2 teaspoons annatto powder (optional)  
¼ teaspoon crushed red pepper  
1 teaspoon ground cumin  
¼ teaspoon ground cinnamon  
1 1/3 cups uncooked white rice  
2 ¾ cups water  
1 teaspoon salt  
3 roma (plum) tomatoes, chopped  
1 1/3 cups whole corn kernels, blanched  
1 cup black beans, cooked and drained  
¼ cup toasted pine nuts

freshly ground black pepper  
1 red onion, thinly sliced  
1 tablespoon fresh lime juice  
2 tablespoons chopped fresh cilantro  
1 lime, cut into wedges

#### Directions

1. In a heavy saucepan, heat 1 tablespoon of the olive oil over medium heat. Add the garlic and the chopped onions; sauté for 5 min. stirring frequently. Mix in the bell pepper, chili pepper, ground annatto, chili flakes, cumin, and cinnamon. Sauté for 2 minutes.
2. Pour the rice into the saucepan and stir to coat. Add the water and 1 teaspoon salt, and bring the rice to a boil over high heat. Cover the pan and turn the heat to low. Simmer the rice for 25 minutes.
3. When the rice is cooked, mix in tomatoes, corn, black beans, and pine nuts. Stir in salt, pepper and lime juice. When the mixture is heated through, spoon it onto plates and top with the sliced red onion and cilantro. Serve a wedge or two of lime with each plate to squeeze over the rice.