

Igiugig News & Notes

Igiugig Tribal Village Council

December 2002

Volume 6, Issue 1

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UPDATE: Igiugig Flood Warnings!!!

By AlexAnna Salmon, 11th Grade, Igiugig School

The high Kvichak River water has become a serious situation in Igiugig. All residents are to beware; the National Weather Service is frantically sending out flood warnings.

Okay, maybe I am over-exaggerating, but in real life the high water is setting a fine example of natural erosion. The water has caused some permanent damage along the riverbanks. A few lodges are in jeopardy: Mike McDowell's Kvichak River Lodge had water splashing up to his windows during the wind storm. Rusty Haze, owner of the little red cabin on 'Fly Island' had to move his cabin back a few



Mary Olympic's old summer fish camp house rests in the edge of the Kvichak River.

feet, but it is still practically sitting in a puddle. Herky Bosch has lost the front of his lodge weather port to

(Continued on page 2)

Igiugig Population Increases by One

By AlexAnna Salmon, 11th Grade, Igiugig School

Over a month ago Ms. Bonnie, the elementary teacher, left for Anchorage to have her baby. On November 8, at 7:55 PM the little girl was born. She weighed 7 pounds and 14 ounces, and was 19 ½ inches long. Pete and Bonnie named the blonde hair blue-eyed baby Helen Midles Hauschka. Helen is named after her gram and Midles is Bonnie's maiden name.

As new parents, Ms. Bonnie says the most difficult part of caring for Helen is, you "don't get a lot of sleep," because the baby likes to stay up at night. What Ms. Bonnie enjoys most about her and Pete being par-

(Continued on page 2)



Baby Helen sleep quite peacefully during the daytime. Her parents hope that soon switches to nights.

Birthdays this month

- December 8
Anecia Williams
- December 11
AlexAnna Salmon
- December 12
Tatyana Zackar
Dave Hostetter
- December 16
Shayna Nelson

LSAC

This month's LSAC meeting was held on November 21st in the school library. Pete reported that the 5th graders through high school are now working together using the e-mission training that he went to. They are researching a pseudo-evacuation from Montserrat in the case of a tragedy there. The junior high and high school students are also working on a business plan to submit at their AA meet where the best will be chosen and presented to the Borough.

Several dates of note were mentioned: the 3-person volleyball tournament has been rescheduled to December 5—7, Craft Fair on the 14th, and the Christmas program is scheduled for December 19th. Other news of note: the LSAC will be hosting a fundraiser for the Linda Johnson Memorial

Scholarship Fund with a pancake breakfast on December 14th prior to the Craft Fair; Betsy was chosen to attend the February School Board meeting; and 3-person basketball will start sometime in January. There was some discussion regarding the eligibility rules. Pete will be distributing these so everyone is clear as to what is expected of our students.

AlexAnna, Tanya, and Ida reported on their recent travel to AFN and AASG. The most interesting part for the girls was the youth gubernatorial debate. Congratulations go to Tanya who was elected as the alternate Bristol Bay delegate.

The next LSAC was scheduled for December 17th.

FLOOD WARNING *(Continued from page 1)*

the stormy weather, and Mary Olympic's old summer fish camp house has tipped into the river because the water eroded its foundation. Her fish camp was originally built in 1955 about 15 or more feet from the river. After the riverbank started eroding, she tore the camp apart and moved it about five more feet back. Now the water is posing a threat again. Beginning this spring Mary is going to start hunting for new fish camp grounds.

All along the beach new wood has drifted in, trees have been washed into the lake, and the sandy point across the river is submerged in water. It will be interesting to see what our riverbank will look like when the water level drops, and if it will be travelable. Right now Igiugig residents continue to experience very inclement weather.



Mike and Dalia Andrew's old bow picker sits submerged in the Kvichak River. It floated and moved a few feet from where it was located.

POPULATION INCREASES *(Continued from page 1)*

ents is "it makes you a real family." Helen makes the family complete and special. Ms. Bonnie will return to teaching after winter break, which is January 15th. "I feel really lucky the district found someone really qualified to take my place," Ms. Bonnie comments about her substitute Staci Anelon.

Congratulations to the Hauschka's for their healthy baby girl and thank you Staci for filling in.



Pete and Bonnie are very happy with the newest addition to their family, Baby Helen.

Halloween Party 2002

By Ida Nelson, 12th Grade, Igiugig School



Kyle, the teddy bear

Staci Anelon and Bernadette Andrew hosted a Halloween Party on October 31; students came to school dressed in their costumes and ready to participate in the fun and games that were scheduled. Various community members brought treats, and Yako Nickoli celebrated his birthday.

The students participated in many games such as the suitcase relay, Musical Chairs for the pre-school and kindergartners and then the elementary/middle/High School students, the baby bottle contest, the mummy rap, and last but not least the costume contest. Some of these games, such as the baby bottle contest, proved to be very humorous.

All of those who came to the party wearing a costume participated in the Costume Contest. Each contestant had a chance to show off his or her costume and try to win the voters vote. After each contestant walked down the catwalk everyone was given a ballot and voted on the following:

- The Cutest Costume
- The Scariest Costume
- The Funniest Costume

When all of the ballots were collected the following winners were:

- Cutest: Tatyana Zackar
- Scariest: Joshua Nelson
- Funniest: Jeremy Salmon

Congratulations to those who won the Costume Contest!

Overall, everyone who attended the party had a great time cheering the teams and individuals on to do their best and have a great time. As the party came to a close, student excitement increased for an evening of going door to door trick-or-treating.



The MUMMIES: (l-r) Tatyana Zackar, Gregory Zackar, Shaun Andrew, and Joshua Nelson



Shayna, the Eskimo Princess



Gregory, the kitty



Joshua, the T-rex



Alicia, the Indian



Shaun and Tess (on the chair) hold Camille and Kayla during musical chairs.



Shaun gets assistance from Staci and Betsy (l-r) in getting dressed during the suitcase relay.

Thanksgiving by Alicia Zackar, 5th Grade, Igiugig School

On Thanksgiving people eat lots of different kinds of food. The meat people might eat are moose, caribou, bird, porcupine or turkey. The kinds of bread people might eat are banana, zucchini, corn, garlic or bread sticks. On Thanksgiving Day my family eats fried bread, heart and tongue soup, moose meat, spaghetti and mashed potatoes.

On Thanksgiving people eat desserts. The kinds of desserts are ice cream, aqtuk, cake, cookies, Jell-O and pies. The kinds of desserts my family eats on Thanksgiving are aqtuk, pies, and sometimes ice cream. My favorite of all is pumpkin pie.

The people who come to thanksgiving are uncles, aunts, parents, cousins, nieces, nephews, friends and other family. When we are together we eat a big feast. We also go play games after dinner. The grown ups talk and visit with each other after dinner.

The feelings I have on Thanksgiving are good and happy. I am happy because we get to eat lots. I feel good on that day because it's a time to give thanks. I am thankful for my parents, my family and my friends. The best part of all that you get to be with your family.



Thanksgiving by Jeremy Salmon, 5th Grade, Igiugig School



The foods I like to eat on Thanksgiving are cranberry sauce, chicken, and mashed potatoes with gravy. The foods some people might eat on Thanksgiving is turkey, stuffing, potato salad, boiled and deviled eggs, and vegetables. Some vegetables are salad, carrots, corn, spinach, yams, peas, lima beans, celery, and veg-all. Still other people enjoy eating bread. The kinds of bread may be fried, corn, garlic, banana, and bread sticks. Other people might eat ABC soup, beef stew, or chicken noodle soup. Other Thanksgiving foods are fish, pumpkin seeds, moose meat, and bacon, berry's, eggnog.

The feelings I have on Thanksgiving are happy because we get to eat turkey and your family is all together. I feel excited because friends and family will be there. Sometimes I feel sad when someone is mean and teases you or when you don't get any dessert or when you miss a friend or family member who has died. I also feel thankful. I'm thankful for food, water, trees, fish, houses, family, friends, ground, stores, planes, trucks, Hondas, motorcycles, tractors, boats, animals, police, grams, cousins, toys, helicopters, and life.

The desserts I love eating on Thanksgiving are ice cream, juice, cake, fried bread, and pies: pumpkin, cherry, and apple, snow slushies, jello, aqtuk, cranberry sauce, blueberry muffins, and most of all cinnamon rolls made by my mom. The people that come to Thanksgiving dinner are mostly relatives: grams, aunts, uncles, cousins, mom, dad, brother, sister, nephews, God parents, God brother, God sister, and your grandpa.

Thanksgiving by Shayna Nelson, 5th Grade, Igiugig School

On November 28th families gather together: Aunts, Uncles, Cousins, Sisters, Brothers, Moms, Dads, Grandma's and Grandpa's.

On November 28th families eat a lot of different kinds of food like mashed potatoes, turkey, vegetables, peas, yams, carrots, corn, veg-all, moose meat, stuffing, gravy, macaroni, chicken, potato salad, deviled eggs, boiled eggs, King Salmon, trout, sucker fish, corn bread, banana bread, fry bread, wheat bread, bread sticks, ABC Soup, beef soup or mushroom soup and pumpkin seeds.



On November 28th families have desserts like ice cream, juice, fruit punch, grape or cherry juice, pumpkin pie, cranberry sauce, Jell-O, aqtuk, apples, oranges, blue berry muffins, cinnamon rolls and chocolate cake.

On Thanksgiving Day people feel a lot of feelings but I only got a few. Happy is when you are very happy when your family is gathered. Contented means you ate a lot of very good food. Excited is when all of your family is here. Playful means you are always playful when kids have candy but last but not least thankful. Thankful means you are thankful for everything you have in your life.

I am thankful for my Mom and Dad, and my babies. I am thankful for being outside and flowers

- By Tatyana Zackar, Pre-3, Igiugig School

I am thankful for my Mom and Dad, and my babies who don't talk. I am thankful for Josh and Shayna and snow.

-By Kayla Nelson, Pre-3, Igiugig School

I am thankful for my Mom and Dad, Shaun and Kyle. I am thankful for Christmas and swing sets.

-By Camille Andrew, Pre-3, Igiugig School

I am thankful for my Mom and Dad, Alicia, Josh and Sharolyn. I am thankful for my Dad for fixing "stuff" and for being outside.

-By Gregory Zackar, Pre-4, Igiugig School



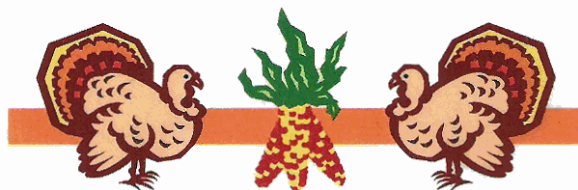
Thanksgiving by April Hostetter, 5th Grade, Igiugig School

Sometimes on Thanksgiving people may feel sad because someone died or got hurt really bad. Some people feel happy because everyone is together and there is lots of food. I feel thankful on Thanksgiving because I am thankful for life, food, people, friends, and plants. Sometimes I feel shy on Thanksgiving because there is lots of people, but it is okay.

After Thanksgiving dinner there is always deserts. My family has at least three pies they are: pumpkin, Apple or Blueberry, and Pecan pie. Also we might have aqutuk, Jell-O, and ice cream. Other families might eat blueberry muffins and cinnamon rolls with brownies and fruit punch. My favorite part of thanksgiving is the deserts!

On Thanksgiving Day different people enjoy different foods. Some people have turkey, mashed potatoes, and gravy. Other families might have chicken with potato salad and deviled eggs. My family has turkey, mash potatoes, gravy, corn bread, sometimes pumpkin seeds and deviled eggs. People can crave other food like fish and soup, or fruit and caribou or moose meat.

At Thanksgiving there is lots of people, there can be family or friends. Family can be your Mom, Dad, or siblings. Your friends can be your teacher or classmates or even people from work. Sometimes you can invite your gram, grandpa, cousins, aunts, and uncles. I think that Thanksgiving is one of the best holidays.



I am thankful for the earth, pets, air, school, God, Jesus, families, and food.

- By Tess Hostetter, 1st Grade, Igiugig School

I am thankful for God, food, flowers, school, the whole wide world and ice cream.

- By Zoe Anelon, Kindergarten, Igiugig School

I am thankful for fish, cats, Jesus, food, and family.

- By Joshua Nelson, 1st Grade, Igiugig School



I am thankful for the earth, planets, people, babies, dogs, cats, food, feet, dessert, and ice cream.

- By Shaun Andrew, Kindergarten, Igiugig School

I am thankful for God, Jesus, Mom and Dad, babies, cats, dogs, flowers and angels.

- By Sharolyn Zackar, 2nd Grade, Igiugig School



Library/Computer Lab News

Library/Computer Lab hours are:
Monday through Friday 10:00 AM—11:00 AM and
Monday through Saturday 7:00 PM—8:00 PM

Just a reminder: All children under the age of 14 must have a parent or guardian with them when using the library or computer lab. The parent or guardian must be in the same room with the child at all times.

Needing new books for the younger reader, here are some titles that may interest them:
Miss Nelson is BACK! Miss Spider's Tea Party, Christmas Trolls, The Mix-Up Chameleon, We're Going on a Picnic, Just Like Daddy, The Biggest Fish in the Lake, Owl Babies and If You Give a Mouse a Cookie

Alaska books are: *Wolfing, Of Wolves and Men, The Reader's Companion to ALASKA and Spill! The Story of the Exxon Valdez.*

New Videos are: **Bill Nye the Science Guy- Outer Space: Way Out There!; Magic School Bus: Great Adventures; Spins a Web; Popeye; Call of the Wild; They Drew Fire.**

Fiction books are: *Blanche of the Lam, Missing May, Rise to Rebellion, The Pigs are Flying!, The Horse Trader and Heart of the Wilderness.*

Non-fiction books are: *1,001 Low-fat Recipes, Haley's Hints, The Everything DOG BOOK, How to Become a Pilot, Sweets and Treats, Into Thin Air.* And to name a few of Tom Brown's books-*The Vision and The Way to the Scout.*

Interesting Web Sites

<http://earthquake.usgs.gov/>

Were you wondering why some of your little things were moving by themselves on November 3rd? Did you think you had a ghost "playing tricks" on you? Did you know it was an earthquake? This site will tell and show you where and when the earth was shaking and what magnitude it was. This site may rattle your brain.

<http://flamingoworld.com/toys.php>

Christmas is around the corner, and with it comes Russian Christmas. Needing a bargain on something special for your MATE, or your friends? This site may have your mind spinning with TONS of great ideas on what to buy for everyone on your list, but you must check it twice!



With the arrival of the New Year be sure to renew your

FISH AND GAME LICENSE!

Contact Bernadette to get yours!

Electrifying News

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

ELECTRICAL FACTS:

QUESTION: Do you have a programmable thermostat?

ANSWER: If you have a Monitor or Toyostove the answer is probably yes!

Having a 'programmable thermostat' means that you can set your heater for two different temperatures. For example you can make it cooler in the night when you are asleep and set it to warm up about a half-hour before you normally get up. Or if you are out of the house all day to work, school, etc. you can set your heater to keep it cooler during the day when everyone is gone and then warm up just before people should be home for the evening.

Why would you want to do that? Well—depending on how much cooler you make it and for how long each day you could save lots of heating fuel and the electricity used to run the blower. Even though it may seem like something too small to bother with, saving just one cup of heating oil a day can mean a savings of \$5 per month or \$60 per year. And if saving money isn't a good enough reason, try this because people sleep better in cooler houses, your house will grow less mold, your houseplants will use less water and your skin won't dry out so much.

ELECTRICITY SAVING TIPS:

- Use the refrigerator test of a few months ago to see if your outside door is shutting out the draft—close a strip of paper in the door and then pull it to see if the seal holds it or if it will slide right through. Test different spots all around the door, even the hinge side, and consider getting new weather stripping if the door is not sealing tightly.

-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.

19 entries to date!

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.

Eagles VS. No-see-ums

By Tanya Salmon, 10th Grade, Igiugig School

Igiugig's second and last home game was on November 1st against the Perryville Eagles. The Perryville team arrived with 5 players: Olaf, Jonathan, Ryan, Maryanne, Audrey and their coaches Al and Chris.

After dinner and hanging out, the players began warming up for their big game. The first night, Perryville won the first game which led to the Igiugig girls volleying back and winning the second. The Eagles, however, had a victorious night, beating the No-see-ums on the last game and winning the overall match.

The next morning, the audience gathered at the gym at 9 AM to cheer the No-see-um players. The morning games were very intense and close! The first game the Eagles defeated the No-see-ums by a few points. The second game, was very close and Igiugig barely won. In fact, the

second game was so intense, that the Perryville coaches took their girls out of the game and had their three boys play against the all-girl No-see-um team. The second game led into an over time and Igiugig won: 16 to 14.

The third game was also close. Olaf, Ryan, and Jonathan were the starters for Perryville. Once they had a lead of a few points, the Eagles would let a girl on the team. When the No-see-ums caught up again, the three boys would take the girls' place.

In the end, Perryville went home as the champions of both days! Both teams had a blast hanging out: the No-see-ums slept at the school with the Eagles. After 20 games of volleyball and ten games of basketball, the Eagles hopped on their plane and flew home.



← Ryan O'Domin bumps the ball over the net.

→ AlexAnna leaps to set the ball back to the Eagles.



No-see-ums Travel to Pedro Bay

By AlexAnna Salmon, 11th Grade, Igiugig School

On November 8, the No-see-um volleyball team traveled to Pedro Bay with chaperone Annie Wilson, also the P.E. teacher. The first day the No-see-ums competed against Pedro Bay Chiefs, who by the way had 13 wins and 1 loss so far. The first game we lost 9 to 15, the second game we won 15 to 5, and the third game we lost 12 to 15. We lost the match and then competed against the Newhalen Malamutes. Their coach was considerate and let us play against his girls. This was our first all girl competition (we played against Susie Askoak, Myrtle Anelon, Jessie Johnson, and Savannah Anelon) and the first game we won 15 to 5, and the second game we won 15 to 6.

The next morning (all stiff and tired from the day before)

we competed against the Malamutes first, and won the first game 15 to 12, lost the second game 11 to 15, and won the third 15 to 4. After winning the match, we played the Chiefs. We lost game one 12 to 15, won game two 15 to 13 and barely lost the third 13 to 15. Right after the last game Igiugig was loaded on the first plane and left Pedro Bay.

The games we played at Pedro Bay (in their new and improved gym) were our most successful all season. Those practices paid off and our team had the best communication skills on the court. Before traveling to Pilot Point our team needs to practice our serves, passes, and spikes so that we can truly 'unleash the fury' and dominate the court. Thank you Annie for being our wonderful chaperone!!!

GARDENERS GOODIES

DECEMBER garden activities:

- ❑ Early December – make way for your Christmas decorations. Hang bird food ornaments outdoors both as decorations and as gifts for the hungry wildlife. Put up other outdoor decorations such as lights on a day when it's not too icy, both for your own safety and to be sure they're securely attached.
- ❑ December – at least once a month throughout the winter, take a quick look to 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.
- ❑ December – begin collecting the seed catalogs as they come in so they will be ready and waiting for early spring orders.

LIVING AIR CLEANERS (from Better Homes & Gardens March 2002)

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Recycle – boxes from Christmas gifts.

Reuse – bows and ribbons on other gifts if they're "still good as new", but if they're already crushed, use them as packing material for gifts—what fun to dig through a pile of curly ribbon in search of your gift!

Reuse – your Christmas tree as a good hideaway for small birds in your yard—at least until it goes to the bonfire.

Houseplants do more than make our homes pretty; they can play an integral role in improving the very essence of our lives—the air we breathe....

...Pioneering research at NASA has shown that houseplants are an antidote to many of the unhealthy household substances that contribute to poor indoor air quality and lead to illness. Greenery soaks up chemicals in the air, and breaks them down, and uses them for food.

Picking and placing plants

Two to three plants in 8-inch or 10-inch pots for every 100 square feet will help clean up the air in your breathing zone. Double that, and your indoor environment will become healthier in less time—just one week. A breathing zone is an area of 6 to 8 cubic feet surrounding a person. These are areas where an individual remains for several hours, such as at a desk or computer, watching TV or sleeping.

For more information, read *How to Grow Fresh Air—50 Houseplants that Purify Your Home or Office*, by former NASA scientist Dr. B.C. Wolverton. (I'm sure that Betsy can help find a copy for you if it isn't already part of our library collection.)

Pizza Night by Mary Hostetter, 7th Grade, Igiugig School

On the 21st of November students prepared for a pizza night by mixing pizza dough for the crust, and by gathering orders from locals. The next day we chopped the toppings (everything from pine-apples to green peppers were offered) and mixed the secret sauce. At 4:30 the secondary class gathered at the school to begin making pizzas. Pizza making isn't too complicated; Pete taught how to "slap out", throw the dough in the air, and decorate the pizza crust with the right amount of toppings. Pizza toppings and dried dough littered the floor, and students had a great time learning the process. Pizzas rotated among three ovens, cooked for 20 minutes, and were delivered. By 6:30 pizza deliveries were finished and the crew made 3 pizzas for themselves. Our paradise was soon interrupted and we had to start cleaning. The Igiugig Student Fund made \$565 dollars in profit. Thanks to all who supported the fundraiser and we hope you enjoyed your pizza.



Village Council Meeting by Sandy Alvarez

The regular monthly meeting of the Council was held on November 20th at the Main Office. Council members received reports from staff to update them on activities of the past month. They also reviewed three trip reports for staff travel.

Auditors are currently in the Village reviewing the village books and preparing to do the annual audit report.

Staff reviewed the projects that were accomplished in the Village and through our company, Iliamna Lake Contractors, including the bulk fuel site preparation, soil remediation, work on Campbell Airstrip in Anchorage, completion of the new Landfill site, and Access Road. Preparations and planning in progress for the next construction season were also reported to the Council and attending community members.

The Environmental Program reported that at the end of September, it successfully completed its first 4-year grant period. October began the first year of a new 4-year cycle. Director, Lydia Olympic, reported that she has been nominated to the Executive Committee of the National Tribal Operations Committee (NTOC) and is giving consideration to running for this position.

It was noted that the school students have begun planning for the Craft Fair with December 14th as the tentative date for the event.

The Library project also completed its grant year for the enhancement project. This will mark the end of major purchases of materials, however operation and routine buying of new materials will continue through two ongoing grants for the library.

It was mentioned that three planes are currently renting hangar space in our building for the winter, and people were cautioned about safety issues in the airport building (and all tribal buildings) including turning off all equipment, spare heaters and lights when no one is present to monitor them.

Two resolutions were passed, including one in support of subsistence harvests proposed by BBNA and another in support of the Nondalton road project.

Also noted was the request by a group of students from Port Alsworth who would like to travel to Igiugig and use the RecHall to provide a Christmas Camp for the kids on the first or second weekend in December, which received the Council's approval.

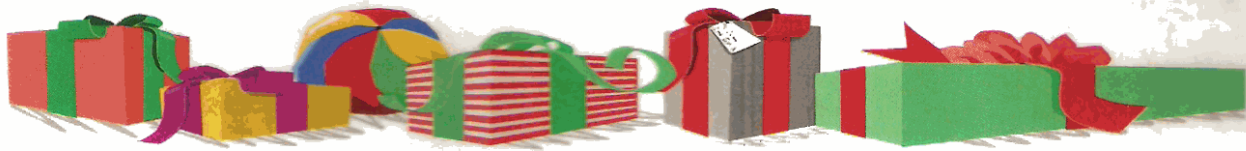
The next meeting of the Council was scheduled for December 18th, 2002.

SAFETY FIRST!

A recent visual inspection of the hangar facility brought the attention of some unsafe activities and practices. No one was present in the building and overhead lights were left on (wasting electricity) as well as remote high wattage floodlights set on or near used oil drums, shop rags, flammable solvents, etc. These practices pose a severe fire threat and ultimate destruction of this community building. Various activities such as airplane refueling, combustion motor operation, etc. should be performed with adequate ventilation (door open) and should have on site supervision at all times. Likewise all lights and electrical appliances should be turned off when the hangar is empty to conserve electricity and reduce fire hazard. Lastly, please clean up and properly dispose of all wastes, etc. and return tools to where they came from. Everyone's cooperation in this matter is greatly appreciated and will ensure that this facility is open for use by community members.

Deck the halls with less waste this year!

Contributed by the Environmental Department



Christmas is a time for family, friends and sharing. Did you know that during the five weeks between Thanksgiving and New Years, the trash in the U. S. is predicted to increase by an extra one million tons per week? Over the holidays, landfills can fill up with tons of paper and packaging. It is the time of year to practice the **three R's-Reduce-Reuse and Recycle**.

Here are some things YOU can do to help:

- Wrap gifts in child's artwork, or newspaper comics
- Reuse gift boxes for next year
- Instead of wrapping presents hide the presents, plant clues where they're hidden and make the kids search a treasure hunt.
- Buy x-mas lights that work even if one bulb goes out. The rest of the lights will still work and you don't have to throw the entire set away.
- Make your own homemade wreaths with dried flowers, pine cones and some other stuff you collected.
- Recycle annual Christmas cards. Cut off the front of the card and reuse for postcards, ornaments, decorations, or name tags for gifts. Or make the perfect little box for tiny presents.
- When buying electronic toys and other moveable items that are used all the time, remember to buy rechargeable batteries to go with them.
- Or simply set a good example by giving homemade food or something you've made yourself from reused items.
- More great gift ideas: give your time to a friend, take a walk, give a massage, listen to their stories or visit an elder.

Did you know?

- The 2.6 million x-mas cards sold each year in the U.S. could fill a football field 10 stories high? If we each sent one card less, we'd save 50,000 cubic yards of paper?
- If every family reused just 2 ft. of holiday ribbon, the 38,000 miles of ribbon saved could tie a bow around the entire planet?

Have a waste free holiday -
Wrap up the holiday season with less trash to trim!



Simeon Zackar enjoyed playing on top of the suitcases while waiting for the relay to begin.



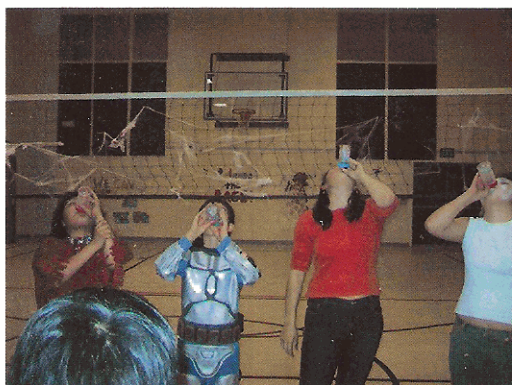
During November the Can Crushers Club filled 40 bags of crushed aluminum cans, which were flattened by the ever popular compactor.



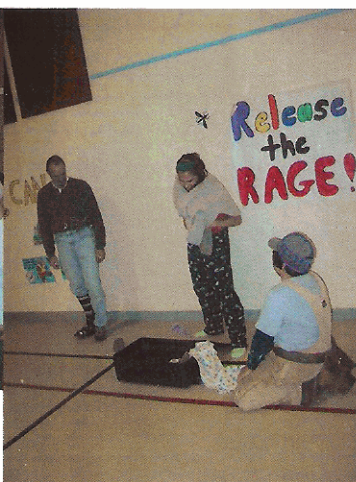
Sharolyn, Tess, Shaun, and Camille LOUDLY cheered the No-see-ums on during Saturday mornings games.



Shaun and Joshua hold the bag open for everyone to put the flattened cans in.



Alicia, Jeremy, Tanya, and Mary drink their bottles of juice. Alicia was the fastest drinker and tied with her sister, Sharolyn, in the finals. So girls, have you been swiping your baby brother Simeon's bottles?



AlexAnna races to get dressed to help her team win.



Zoe and Tess pose for a picture while holding a bag open during the recent can crushing session.

WALK TO BE FIT

Total Village Mileage through September is 26,486.

Time for the treadmill yet? Remember that thing up at the Council Office?

Have you tried it?

- If your answer is "**N**o!" then maybe you should give it a try this year. *It's a great way to work off some calories with all the holiday meals that are coming up.*
- If your answer is "**Y**es, and I plan to use it." then feel free to help yourself. *Just be sure to sign in on the sheet, because each month we can get into a drawing to win prizes from the Diabetes Prevention program, just by showing that the treadmill is being used.*
- If your answer is "**Y**es, but I didn't like it." then maybe we have some suggestions that will help. *Treadmills can give you more or less exercise depending on how you set it. The two variables are speed and incline. What this means individually is you can walk any speed from slow to fast and you can walk as if you are on level ground or as if you are climbing a hill.*

Here following are three different workout styles from the Family Circle Magazine that may make the treadmill more to your liking.

The Uphill Climber

Begin by walking at an easy pace for 5 minutes.
Set speed on a brisk walk (target 4.0 to 4.25 mph) and go for 2 minutes on Level 1.
Raise the incline to Level 2 and walk for 1 minute.
Return to Level 1 for 1 minute.
Raise to Level 3 for 1 minute.
Return to level 1 for 1 minute.
Raise to Level 4 for 1 minute.
Return to Level 1 for 1 minute.
Raise to Level 5 for 1 minute.
Return to level 1 for 1 minute.
Cool down by walking at a slower pace for 5 minutes gradually reducing your speed.

The Cardio Challenge

Warm up for 5 minutes by walking at Level 1 incline, gradually increasing speed to about 3.5 mph.
Continue walking for 2 minutes.
Raise the incline to Level 2 for 2 minutes
Raise to Level 3 for 2 minutes.
Raise to Level 4 for 2 minutes.
Raise to Level 5 for 4 minutes.
Lower to Level 4 for 2 minutes.
Lower to Level 3 for 2 minutes.
Lower to Level 2 for 2 minutes.
Lower to Level 1 for 2 minutes
Cool Down for 5 minutes, gradually reducing speed.

The Plateau Stride

Warm up for 5 minutes by walking at a Level 1 incline.
Gradually increase your speed to your desired work out pace (target 4.0 to 4.25 mph).
Continue at Level 1 for 1 minute.
Raise to Level 2 for 1 minute.
Raise to Level 3 (your plateau) and continue walking for 15-20 minutes.
Lower to Level 2 for 1 minute
Lower to Level 1 for 1 minute
Cool down for 5 minutes, gradually reducing your speed.

OTHER IDEAS

- Add a walkman with peppy music to speed up your workout
- Walk faster and slower on the same level at 1 minute intervals

IDEAS???

- #1 ~ Use exercise as a reason to get out of the house.
- #2 ~ Take turns on the treadmill and go upstairs for some weight work when it's not your turn.
- #3 ~ Tell someone else what time you plan to do your walk so he or she can remind you to do it.
- #4 ~ Remember that walking any speed is better for you than sitting in a chair with your TV 'clicker'!

KEEP ON WALKING!

Personal Totals (Since Mar. 00)

John	2729
Annie	1731.5
Sandy	1400
Joshua	1340.25
Shayna	1236.25
Lydia	1139.25
Marie	1018.5
Mary	927.5
Dallia	910
Yako	904
Pete	726
Kayla	696.5
Alice	612.25
AlexAnna	604.75
Tanya	541.75
David	531
Ida	527
Michael	522
Bernadette	520
Angel	516.75
Charlie	491
Shaun	476.75
Dan	476
Betsy	468
Julie	467
Jonathan	360.25
Alicia	352.5
April	314.5
Bonnie	285
Jeremy	255
Sharolyn	230.25
Camille	219.5
Tess	216.5
Kevin	195

Igiugig Tribal Village Council

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Betsy Hostetter, Tribal Clerk & Librarian

Ida Nelson, Environmental Program Intern

Kevin Olympic, Administrative Trainee

AlexAnna Salmon, Clerk Trainee &

Assistant Editor

Tanya Salmon, Library Intern

Weather Watch

November 1—29, 2002

Highest Wind Speed . . . 74 mph

Average Wind Speed . . . 13.1 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 50.2°F

Lowest Temperature . . . 14.2°F

Below Freezing . . . 15 days

Below Zero . . . 0 days

Recipe Corner

Contributed by . . . Bernadette Andrew

OLD FASHIONED PARADISE PUMPKIN PIE

- 1 (9 inch) pie shell
- 1 (8 ounce) package cream cheese, softened
- 1/4 cup white sugar
- 1/2 teaspoon vanilla extract
- 1 egg, beaten
- 1 1/4 cups pumpkin puree
- 1 cup evaporated milk
- 2 eggs, beaten
- 1/4 cup packed brown sugar
- 1/4 cup white sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 tablespoons all-purpose flour
- 2 tablespoons brown sugar
- 2 tablespoons butter, softened
- 1/2 cup chopped pecans
- 1 Preheat oven to 350 degrees F.

2 To Make Cheesecake Layer: In a medium mixing bowl, beat cream cheese until smooth. Beat in 1/4 cup sugar, then add vanilla extract and 1 egg. Beat mixture until light and smooth. Chill mixture for 30 minutes, then spread into pastry shell.

3 To Make Pumpkin Layer: In a large bowl, combine pumpkin puree, evaporated milk, 2 eggs, 1/4 cup brown sugar, 1/4 cup white sugar, cinnamon, nutmeg, and salt. Mix until all ingredients are thoroughly combined.

4 Pour pumpkin mixture over cream cheese layer. Cover edges of crust with aluminum foil.

5 Bake in preheated oven for 25 minutes. Remove foil from edges and bake an additional 25 minutes.

6 To Make Pecan Streusel Layer: While pie is in oven, combine flour and 2 tablespoons brown sugar in a small bowl. Mix well, then add softened butter or margarine and stir until ingredients are combined. Mix in pecans.

7 After pie has been in oven for 50 minutes, remove and sprinkle pecan streusel evenly over top. Bake for an additional 10 to 15 minutes, until a toothpick inserted in center comes out clean