

# Igiugig News & Notes

Igiugig Tribal Village Council

February 2003

Volume 6, Issue 3

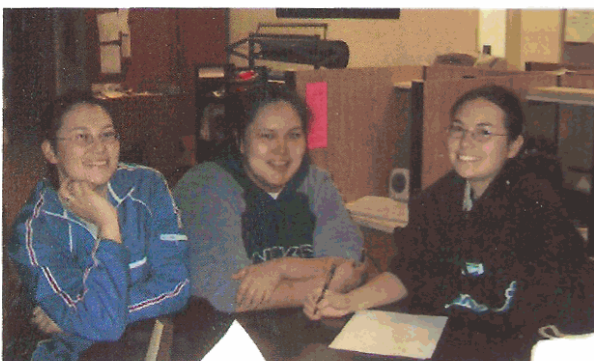
## Battle of the Books

By AlexAnna Salmon, 11th Grade, Igiugig School

On Monday, January 27, 2003 Shaun Andrew (kindergarten) and Joshua Nelson (first grade) entered the first grade battle against Pilot Point. Of the eight competing schools, Pilot Point and Igiugig scored the highest; on the first battle both teams earned a perfect score of 128 and continued to the final round for a rematch! These two little combats had the biggest audience as the entire school and interested community members watched with excitement, clapping for every correct answer. At one point Shaun Michael, the speaker, commented to his partner Joshua: "Great! This is great. We are doing really great!" Igiugig School was very proud of the two boys as they took second place in the district-wide Battle of the Books competition. CONGRATULATIONS and AWESOME TEAMWORK!



First grader Joshua and Kindergartner Shaun were very impressive in their competition for first grade battle teams. Good job boys!



AlexAnna, Ida, and Tanya were the high school battlers.

The next group to compete were the second graders Tess Hostetter (1<sup>st</sup> grade) and Sharolyn Zackar (2<sup>nd</sup> grade). Together this team scored 75 points and won their battle against Port Heiden and Chignik Lagoon; however, the second graders did not progress because higher scores were reported.

Jonathan Salmon, Mary Hostetter, and Charley "Dawsey" Apokedak were the 7<sup>th</sup>-8<sup>th</sup> grade

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### Birthdays this month

- February 2  
Mary Hostetter
- February 4  
Brian Kornmann
- February 14  
George Wilson
- February 26  
Tess Hostetter





Miss Bonnie, Alicia, April, Jeremy, and alternate Shayna prepare for their battle.

## BOOK BATTLES *(Continued from page 1)*

team. Their first competition took place on Tuesday against Kokhanok and Levelock. Both Kokhanok and Igiugig advanced to the final round against Pedro Bay and Pilot Point. In the end the team took 3<sup>rd</sup>, Pedro Bay 2<sup>nd</sup>, and Pilot Point won.

Though the three lady highschoolers –Tanya and Alex-Anna Salmon and Ida Nelson – were not prepared for the battle (at least four books remained unread), they entered the competition on Wednesday. To their own surprise and amazement, they lost the battle to Chignik Lagoon but scored enough points (72) to

advance to the next round. The following battle took place against Igiugig and our end-of-the-lake archenemies Pedro Bay. Pedro Bay may stomp us in volleyball, but we are an equal match for the battle books. None of us wanted to lose to our best friends, and we ended up tying with a score of 72 again. Pedro Bay, Igiugig, Chignik Lagoon, and Pilot Point were the four teams who continued to the final round. The scores were close all the way to the

end. We put up a good fight, and luckily tied Pedro Bay for third with another score of 72; Pilot Point took second place, and the Lagoon won.



Second grader Sharolyn and First grader Tess represented Igiugig for the second grade team.

Lastly, on Thursday the 5<sup>th</sup>-6<sup>th</sup> grade team battled. Jeremy Salmon, April Hostetter, and Alicia Zackar, with Shayna Nelson alternating, battled against Levelock and Pilot Point. This team beat Levelock, lost to Pilot Point, and did not advance.

Get a head start reading Battle Books for next year during the Summer Reading Club, and you can be the next district champions! **CONGRATULATIONS FOR PARTICIPATING!**



The 7th and 8th grade battle of the books team: Mary, Dawsey, and Jon.

## New Year's Bonfire

By Jonathan Salmon, 8th grade, Igiugig School

Midnight January 13<sup>th</sup> 2003, the Russian New Year begins. Earlier in the day Greg, Ray, Charley, Greg Jr., and I worked laboriously to prepare the bonfire for the Russian New Year. All five of us gathered trees to stack on the fire, and then Greg and Greg Jr. busily cut grass to prevent a fire from catching and spreading like it did the year before. After that was done, all we had to do was wait - wait for midnight.

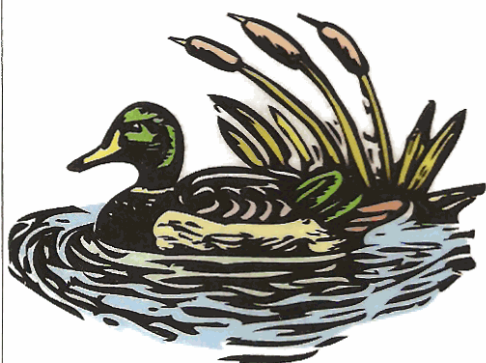
Ten minutes before the hour everybody gathered around the trees ready for the fire to begin. Greg poured on the oil and sparked the bonfire; the trees quickly lit up the sky and the heat was staggering. With the wind and high flames, sparks were flying through the air and gave everyone flashbacks of last year's grass fire...would it happen again? While the

*(Continued on page 7)*



# Save Birds, Save Habitat, Save Culture

The following are the primary students literature entries for the goose calendar contest.



We saw birds at the river. My dad said, "Stay still. We don't want the birds to see us". We tried to shoot one bird. I moved so we didn't get the bird. Maybe we will get the bird next time.

-by Shaun Andrew, Kindergarten, Igiugig School

I found eggs from a ptarmigan downriver on the tundra. I put them in my ski pants. I called to my dad. We ate the eggs. I want to find eggs again.

- by Josh Nelson, 1st Grade, Igiugig School

We went for a boat ride to an island. We picked eggs and left some to become birds. I want to pick more eggs now when I am small and later too when I am big.

- by Tess Hostetter, 1st Grade, Igiugig School

I like to collect eggs on the islands. I like to keep them. My mom and dad like to cook the eggs. I like to see the beautiful birds.

- by Sharolyn Zackar, 2nd Grade, Igiugig School

When I was walking to the pond I wanted to see the wild duck become scared. I hid in the grass. Calmly I waited to see the duck. Suddenly there was a sound, so nice and quiet. The duck flew to the pond. I was amazed by the white spot on its neck. My mom called, "Dear come in now". I looked at her with a grin. Then I looked back to see the duck again, but it was not there. I thought to myself, "I should help save birds and their habitat because they are not that bad".

- by Shayna Nelson, 5th Grade, Igiugig School

We have to save their habitat,

We have to save the birds,

We have to save our culture.

But how?

We must keep our world clean,

We must leave a few eggs in the nest,

We must listen to our grandparents and remember.

-by April Hostetter, 5th Grade, Igiugig School

I remember my Grandpa taking me hunting. We used to have a secret spot where we knew the birds would always go. We would catch lots of birds and give them away for others to eat. Now my Grandpa has passed away. Whenever I go hunting I always remember him and am thankful for the birds.

-by Jeremy Salmon, 5th Grade, Igiugig School

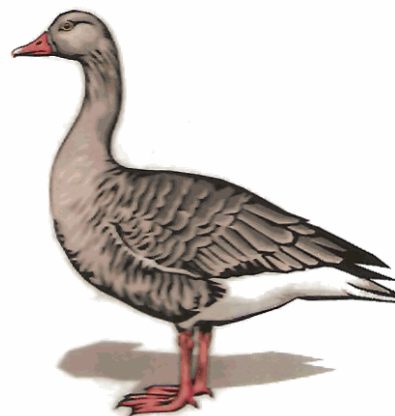
S o many birds,

A ll in the sky,

V ertically they fly.

E ach one lays eggs.

-by Alicia Zackar, 5th Grade, Igiugig School



# Library/Computer Lab News

As you can see our bookshelves are filled to the max. We will again see changes in our library, for new shelving will be put in and new arrangements are in the works. Thank you Dave for your patience in solving our computer problem, the library is in debt to you. Here are some books that may catch your eyes.



## Easy reading books:

Just Like Daddy, Pigs in a Blanket, Franklin's Valentine, The Stubborn Little Wolf, Mama, Do You Love Me, A Special Day, The Happy Day, and the Valentine Mice.

## Fiction books:

The Book of Three, A Gathering of Days, Dragon Bones, When The Legends Die, Minnie and Moo Go Dancing, Beans on the Roof, Walk Two Moons, The Great Train Robbery, and The Stand.

## Alaska books:

Last Great Race, Spirit of the Wind, The Way Winter Comes, The Field and Forest Handy Book, Bush Rat Governor, Hunting, and Native American Crafts & Skills.

## NONFICTION BOOKS:

Amazing Wolves, Dogs & Foxes, All About Baby Animals, Economics in One Lesson, Bears of the World, Simple Techniques for Pain Relief, Solving Skin Problems, How To Do Everything With Your Digital Camera, and The Tracker.

## Videos and DVDs:

The Great Barrier Reef, The Adventures of Monty the Moose, Wishbone's Dog Days of the West, Follow That Fish, Shrek, Rugrats in Paris, and 102 Dalmatians.

## BOOKS WITH TAPES:

Good Night Moon, Fox in Socks, Jamerry, Wolves, Mary Wore Her Red Dress, and This is My Dance.

## BOOKS ON TAPES:

Island of the Blue Dolphins, The Wanderer, A Long Way from Chicago, Alanna, Dead North, and A Beautiful Mind

## CD ROM's:

Magic School Bus Bugs, Volcano, and Dinosaurs, I Can Read, Toddler Play, and Learn and 2<sup>nd</sup> Grade.

## INTERESTING WEBSITES:

<http://www.ebay.com>

Want to see what a real auction is like? Want to bid on some very interesting things, for example books? Tools? Household goods? Anything you dream of wanting is here; just click the button.

<http://www.kidzone.ws>

Your younger children wanting to learn something cool and exciting, but you do not know where to look? Cannot find that website just for preschoolers? Want to know more about horned owls? This site has many interesting lessons for you to look at. Do not hesitate and log on.



# SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup>

## Healthy Employees at Work

- Avoid repetitive motion problems by changing positions when doing different tasks.
- Stand and move around when answering the phone or to put away files.
- Take short breaks to get up and stretch and get a bit of fresh air.
- Keep disposable wipes at your work area and clean regularly, particularly if it is cold & flu season. (Keyboards, phones, writing utensils, and money generally collect lots of disease passing bacteria.)

What has any of this got to do with safety? Avoiding injury and illness limits the costs to the company for insurance and it helps keep the office operating well, so a little attention to these things and a few minutes doing them could mean a big difference in the long run.

## Anchorage House Phase Three—January 15<sup>th</sup>-23<sup>rd</sup>, 2003

By Ida Nelson, 12th Grade, Igiugig School

Attending Anchorage House Phase three will be one of my most fond memories during my high school career. The memories go along the lines with Volleyball, basketball, and other academic activities that I have participated in high school.

I know in the near future I will be thankful for the time I spent away from home and away from Mom's reach. Of course there are two other phases that students have to pass in order to attend phase three. I strongly recommend that all students of Lake and Pen and Chugiak school districts take the opportunity to attend these phases because it will allow you to accomplish what you want in life.

Though these phases require hard work, it is all worth it in the end. The reason being teachers and students role models will be saying, "I wish I had the opportunity to look into my interest before I went to college and entered into the world." This is a great program and I strongly recommend it to all students.

In this phase a student learns how it feels to be independent and how it feels living life in the real world. The students have the opportunity to meet new people just about every day, and have the ability to build networking and have the possibility of a career planted right in front of the student. The career plan may be planted but it is up to the student to nurture the plantation and to continuously make it grow.

Also in this phase, students will experience working one on one with a potential employer and/or a future co-

worker. After a student has successfully completed phase three, there is an opportunity to apply for a phase four. In phase four a student will not have a "guardian angel" watching over them, but will be completely independent to accomplish goals. The sky is the limit in this phase. The requirements include that a student has to complete phase three. From there you fill out the application telling the people of Anchorage House what you plan to accomplish and how you are going to accomplish your goals. Your application includes the budget, the standards that you are going to accomplish, and how long you are doing phase four. With phase four the student has to fund at least half of the budget and the district would fund the other half. After you have completed your phase, you would have to present your result to the school boards so they can continually fund activities such as these.

Again I am grateful for what I have accomplished so far in Anchorage House and the program that they have successfully created. If it were not for this program put together by the Lake and Peninsula School district and the Chugiak School district, I would be one of the lost lambs leaving the comforts of home. Thanks to the program I am more directed in what I want to make of myself in life and a proud student leaving the Lake and Peninsula School district. I would like to thank those who have guided us at these phases and they are making it a more wonderful world than it really is. Thanks once again!



# Electrifying News

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

## ELECTRICAL FACTS:

**QUESTION:** How many loads of laundry do you do each week?

**ANSWER:** If your answer was "**Lots**" then this month's suggestion may help you save a good sum of money over the course of a year.

If your answer was "**Less than three**" then the following suggested changes will take longer to save you very much in energy costs.

Remember that when you do laundry you use at least two and probably three energy sources, electricity to run the machines, electricity to run the water heater, oil to heat the water and maybe also propane to heat the dryer. Some of these hints have been printed in previous issues, but are part of the whole process so have been repeated.

- Wash full loads, it takes the same amount of electricity to do a cycle regardless of how full of clothes and water the machine is. Also, the clothes wash cleaner as they scrub against one another in the wash cycle.
- Wash in 'warm' water rather than 'hot'. Researchers say 80-85% of energy used in the washer is for heating the water. (found among the tips at: <http://www.energysavers.gov>)
- Sort laundry by "weight" as well as colors. Lighter weight materials dried together shorten the time that the machine needs to run.
- Clean the dryer's lint filter. This allows for better air flow and speeds the drying cycle.
- Every once in a while, check your dryer vent outside to make sure that it's not blocked (or frozen shut).
- If you are in the market to buy a dryer look for one that offers 'sensor dry' and use that setting unless you have things that shouldn't be dried completely. The sensor dry setting tests the moisture in the air of the dryer and shuts the machine off as soon as the air is no longer damp.
- Teach your children these things to help keep the future generation on the track to save energy too.

## ELECTRICITY SAVING TIPS:

- Treat coats and other outerwear with 'stain-guard' products. This helps them stay clean longer and helps them wash cleaner in cool water. Some products last through several washings before you need to treat them again.  
-Author's tip
- Keep a bar of soap or a bottle of liquid laundry detergent next to the laundry basket and have family members apply it to any stains or extra dirty spots on their clothes before putting them in the basket. This way the cleaner can work on the dirt while waiting to be washed, and you won't have to look at the clothes when sorting.  
-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.



# Slavi in Igiugig by Mary Hostetter, 7th Grade, Igiugig School



Mary Hostetter holding the star in Church.



Sun dogs were viewed in Igiugig on Russian Christmas morning.



John Zackar holds the star while slaviing at Alice's house.

On December 7<sup>th</sup> villagers gathered at the St. Nicholas Church to begin the tiring day of Russian caroling. Russian caroling is a tradition where people sing and eat at everybody's house, while visiting and gift giving to others.

One day before Slavi, Renae Zackar and Mary Olympic held singing practice in Slavonic, Yupik, English, and Russian. Finally the singers were ready to start church at 9:00AM the next morning. Before embarking on our journey to each house, we visited the church and the graves. In seven hours, we slaviied at 13 houses.

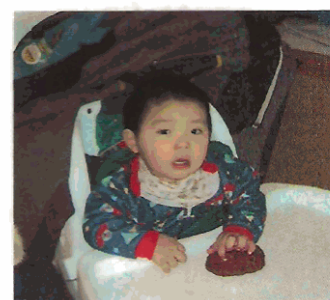
When we finally ended at Kevin Olympics house, we were full and tired. As everybody finished eating and visiting, people started to leave and go home to prepare for other villagers to come and Slavi in Igiugig.



Gregory Zackar and Joshua Nelson



Joshua Nelson holds the candle during Slavi.



Simeon Zackar

## BON FIRE (Continued from page 2)

fire was burning everybody ran around it three times for good luck while trying to avoid all the sparks that were flying into people's faces and landing on clothes. The wind started the fire fast but to our disappointment made it go out just as fast so five minutes later we had only twigs left smoldering in the pit. Then, the shooting began; there were guns firing left and right while Kevin, Greg, Charley, and Ray fired off their rifles and pistols and re-loaded quickly. Unfortunately there were no firecrackers because people blew them off on January 1st. While they were shooting guns the younger kids were throwing dead grass in the fire trying to keep it going as it quickly died into coals. Everybody went home that night thinking of how quickly last year went by.



## GARDENERS GOODIES

### FEBRUARY garden activities:

Early FEBRUARY – Organize your seeds into groups according to when they need to be planted or started indoors. You can read on the packet how many weeks to blooming or harvest and then count backwards to find the planting date for our area. Some list how many weeks to start before the last frost, so count backwards from when you think the last frost will be.

Early FEBRUARY – Sterilize your trays and pots from last year by soaking them in a Clorox and water solution and then allowing air-drying for a few days (or weeks). Certain bacteria can cause seedlings to 'damp off', so cleaner trays will help your plantings produce more sets.

FEBRUARY – check houseplants for any pests and treat them so that there won't be insects waiting to attack your new seedlings when they get started.

FEBRUARY – prepare an out of the way area where you plan to start your plants. Be sure that it gets good light, but doesn't get really hot. (Most plants prefer to grow in the 60-70 degree range...cooler at night is good!)

FEBRUARY – begin planting seeds that need a longer growing season. Pay attention to package directions regarding germinating temperatures and lighting since some seeds need to be in a very warm place until they emerge and then you can move them to their regular growing area. (The top of my refrigerator is a great place to start those that need extra warmth.)

Late FEBRUARY – check houseplants for new growth and give them their first fertilizing for the year since the longer days will inspire them to start growing again.

### *REMEMBER those 5R's*

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

*Sterilizing and reusing planting trays saves lots of energy and resources because plastic trays are usually produced using petroleum and other synthetic materials that are hard on the environment to produce and polluting to dispose of afterward.*

## Village Council Meeting

By Sandy Alvarez

The regular monthly meeting of the Council was held on January 17th at the Main Office. As usual, Council members received reports from staff to update them on activities and financial information for the past month. They also reviewed four trip reports for staff travel.

Planning for "R" Carnival is in progress with the date tentatively selected for the first weekend in March.

Training/job opportunity for several people interested in welding was discussed associated with the upcoming bulk fuel facility project. Residents interested in this could receive free training and be provided with work on this and possibly several other jobs. Residents with hazwoper and asbestos cards were reminded that re-certification needs to occur this spring. It is likely that the village will bring in a trainer to do this.

The village is also submitting a proposal for a small project to the Roads priority listing to help address the expanding needs of the community.

Several candidates for the health aide positions were reviewed and approved for hire by the Health Corporation pending completion of their paperwork.

A report on the recent meeting of the BBAHC Board of Directors was also provided.

Several financial policies were presented in draft form for review by the Council. Action on these items will be taken at a future meeting.

Also noted is an upcoming visit by Lois Schumacher of the Diabetes Prevention Program. She will provide informational sessions on a variety of diet and exercise related things on January 28-29th and the entire village is invited to participate.

The next meeting of the Council was scheduled for February 19th, 2003.





Jon practicing right handed lay-ups—  
Ray runs in for the rebound.



Tanya and Alex doing mat jumping  
exercises to tone calf muscles.



Tanya was desperate to pass the ball while being swarmed by defense.

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

Before Christmas break, the Igiugig high school students were notified that Greg Zackar would coach a 3-man basketball team. Brian Kornmann and Michael Andrew, Jr. promised their assistance and expertise on the sport. The team began the season by approaching the village council about a donation to buy basketball equipment. The ever-supportive council happily donated \$500 for the cause and we purchased new basketballs, medicine balls, "jump-soles" —shoes that increase vertical jump, a free throw ball return, etc. Thank you IGIUGIG VILLAGE COUNCIL!!!

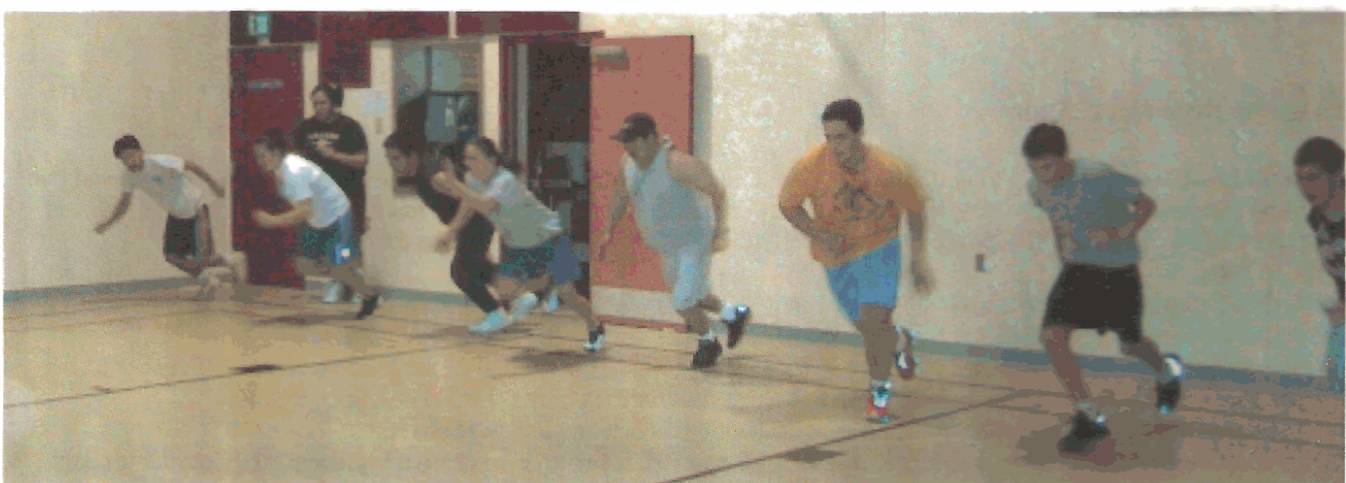
The team was warned that practices would be physically challenging, would involve intense running drills, and would "whip us back into shape". After enduring 8 practices I can verify the validity of that statement. Practice, led by a very enthusiastic Coach Greg, officially began on January 15<sup>th</sup> from 3:30-5:00 PM. At first, the attendance was low—only Tanya and AlexAnna Salmon and Mary Hostetter. I'm glad there weren't too many people watching as I struggled to run the line drills with perspiration streaming down my face and clumsily attempted dribbling during ball handling exercises.

For the girls, immediate improvement was obvious. During PE, we easily beat the boys during full court hoop competition. After a few wins, the boys began attending basketball practice too. Now we have a full squad of

*(Continued on page 10)*



Ida practicing offensive drive in around Ray.



The team racing during line drills. Punishment for the slowest equals 15 push-ups.



## BASKETBALL (Continued from page 9)

8-10 players (including coaches and junior high).

Coach Greg leads the line drills, passes and weaving, ball handling and dribbling, defense and offense strategies and tactics. Brian leads form drills and muscle-toning exercises like mat jumping. Michael does refereeing and mostly leads "pick and roll" or "screening" drills. One day Mr. Pete, a former basketball coach, showed us how to "box out" to get rebounds and proper form shooting. With the guidance of all these people the Lady No-See-Ums will be prepared to compete against Pedro Bay, Chignik Lagoon, and Port Alsworth this Friday. (We will be competing with those teams all season). We greatly appreciate all the time and effort Coach Greg and his crew have dedicated for the new basketball team! GO NO-SEE-UMS!!!

### PROFILES:

#### "SCOUT"

Name: Tanya Salmon

Grade: 10<sup>th</sup>

Height: 5'4"

Position: Point Guard

Jersey Number: 7

Strongest point: defense

Weakest point: dribbling and lay-ups

"I play the Point Guard and I really like my position playing up top because that is where I am strongest at."



#### "VICIOUS AL"

Name: AlexAnna Salmon

Grade: 11<sup>th</sup>

Height: 5'6 $\frac{3}{4}$ "

Position: Forward

Jersey Number: 11

Strongest point: Defense, though I foul excessively, and passes

Weakest point: Definitely and unquestionably my shooting and lay-up skills

"The hardest part of basketball for me is working together in both defense and offense; setting screens, etc. I love the competition though!"



#### "SHAQ"

Name: Ida Nelson

Grade: 12<sup>th</sup>

Height: 5' 9"

Position: Forward

Jersey Number: 21

Strongest point: Low down defense and offense

Weakest point: passes and stamina

"Last year of school, might as well have fun!"



## LSAC by Bernadette Andrew

This month's LSAC meeting was held on January 23rd in the school library. Pete reported that if a kindergartner is in level 2 in reading writing and math, they will be staying for the full day of instruction. If not in level 2 in all three areas, dismissal will continue to be at 1:00 PM. There is also a policy regarding early entry to kindergarten before the school board.

Other items of note:

- basketball is going well with games scheduled in Igiugig on January 31 and February 1
- final part of the e-mission is scheduled for tomorrow
- many important dates of note are listed in school newsletter #9, including the schedule for parent/teacher conferences on the 27th. Be sure to check the calendar included with this newsletter for important dates in February.
- AlexAnna and Betsy will be traveling to the February school board meeting in King Salmon

Ida reported on her recent travel to Anchorage House. She learned a lot and recommends all students take part in this course. It was also noted that Ida has passed all parts of the High School Qualifying Exam. Congratulations Ida!

The next meeting for the LSAC is scheduled for February 27th, 2003.



# WALK TO BE FIT

**T**otal **V**illage **M**ileage through November is 28,076.

Do you ever hear yourself saying or thinking the following things when you are considering getting some exercise? ...

**I'm so busy I don't have time!**

**I really have other work that needs to get done!**

**I should be taking care of...the kids...the housework...the shopping....**

So why do we bother to walk and get other forms of exercise? ....because our physical fitness can affect the quality of the rest of our life.

## STAYING FIT MEANS:

- You will be able to walk for hours picking berries and carry the heavy buckets full.
- You will have enough room on your lap to hold children comfortably.
- You will be able to play ball and run up and down the court effortlessly.
- Stressful situations will be easier to handle
- You will be able to enjoy active vacations, learning new sports (like surfing, skiing, etc.).
- Your body will be able to avoid lots of the seasonal illnesses that most people catch.

## BEING UNFIT MEANS:

- You won't be able to participate in your favorite sports from your younger days.
- You won't be able to keep up with your children or grandchildren.
- You risk having diseases that are related to sedentary lifestyle such as diabetes, heart problems and some forms of cancers.
- You will always be lagging behind others as you walk and you'll have a hard time carrying heavy shopping bags.
- You won't be able to do many of the things that are important to you.

Think about all the things you would still like to do in your life and consider whether you will be physically fit enough to do them if you continue to exercise as you do today and remember that as little as 30 minutes a day of activity can affect whether you get less fit or more fit over the long run.

## IDEAS???

- #1 ~ Just do anything active for 10 minutes** (even jumping up and down with a little kid). If you do that kind of thing three times a day, you will achieve your 30 minutes.
- #2 ~ Make a list of the activities that are important to you and that you want to keep doing all your life and then use that list to remind you why you want to take a walk or work out at the weight room.** (Berry picking, hunting, swimming, hiking, commercial fishing, etc.)
- #3 ~ Make a list of the goals you have for your life and add them to the previous list to remind you to stay physically active.** (Climbing Mt. McKinley, learning to extreme ski, biking across the state, etc.)
- #4 ~ If all else fails, just remember, you still want to be fun when you have grandkids to play with!**

## KEEP ON WALKING!

### Personal Totals (Since Mar.00)

John	2729
Annie	1731.5
Sandy	1521.5
Joshua	1400.25
Shayna	1362.25
Lydia	1139.25
Marie	1058.5
Mary	997.5
Yako	974
Dallia	935
Pete	914
Kayla	741.5
Alice	662.25
AlexAnna	634.75
David	611
Tanya	581.75
Angel	566.75
Michael	552
Bernadette	550
Ida	527
Alicia	522.5
Julie	517
Shaun	516.75
Dan	496
Charlie	491
Betsy	483
Jonathan	405.25
April	354.5
Jeremy	305
Bonnie	305
Sharolyn	250.25
Camille	244.5
Tess	231.5
Kevin	220



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Michael Andrew, Jr., President

Dallia Andrew, Vice-President

Randy Alvarez, Member

Greg Zackar, Sr., Member

Lydia Olympic, Member &

Environmental Program Manager

Dan Salmon, Tribal Administrator

Sandy Alvarez, Administrative Assistant

Bernadette Andrew, Editor & Social

Services Director

Betsy Hostetter, Tribal Clerk & Librarian

Ida Nelson, Environmental Program Intern

Kevin Olympic, Administrative Trainee

AlexAnna Salmon, Clerk Trainee &

Assistant Editor

Tanya Salmon, Library Intern

## Weather Watch

January 1—30, 2003

Highest Wind Speed . . . 79 mph

Average Wind Speed . . . 15.6 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 44.1°F

Lowest Temperature . . . -21.6°F

Below Freezing . . . 18 days

Below Zero . . . 5 days

## Recipe Corner

Contributed by . . . AlexAnna Salmon

### Mini Deep Dish Pizzas

(Great for kids to try and make)

Here's what you will need to make it:  
pre-made pizza dough, store-bought or homemade

tomato sauce

shredded cheese

chopped veggies or pepperoni

muffin tin

fork

rolling pin

Here's what you have to do:

1. Check with a grown-up before you start this.

2. Preheat the oven to 350 degrees.

3. Using a rolling pin or your hands, flatten out small pieces of dough and put a piece in each muffin tin. If your muffin tin isn't non-stick, you should grease the tin ahead of time.

4. Make sure the pizza dough is pretty flat and press it along the bottom and sides of the each tin.

5. Spread some sauce on top of the dough.

6. Sprinkle them with cheese.

7. Top with the toppings of your choice, like chopped veggies or pepperoni.

8. After 15 to 20 minutes, take the tin out of the oven and let cool. Make sure you use oven mitts!

9. Finally, pop the pizzas out with a fork and enjoy.