

Igiugig News & Notes

Igiugig Tribal Village Council

May 2003

Volume 6, Issue 6

Christ has Risen!

By AlexAnna Salmon, 11th Grade, Igiugig School

Indeed He has risen! Russian Orthodox Easter preparation began on Saturday, April 26th. From 1-2 PM villagers gathered at the Rec-Hall to decorate over 12 dozen eggs. One by one the younger kids left their decorating to enjoy our beautiful spring weather. In the end, all the adults were sitting amidst the jars of dye, crayons, markers, and paint while reliving their childhood of Easter egg decorating. From 9-11:30 PM the secondary students took turns reading the Bible in our incense filled church. At 11:30 PM the Paschal Service commenced. Singing songs of praise and holding candles, the congregation circled around the church 3 times following the cross, icon, and Bible. The singing continued on into the early morning. With all the candles only one fire incident occurred. Julie Salmon—deeply engaged in her praises—lit her prayer book on fire. She only increased the flame by frantically fanning the book and was forced to throw it down and apply 'stompage'. At 2:10 AM Church ended with

rejoicing
proclamations of
CHRIST IS RISEN! in

3 languages: Corey and Pete examine the goods! Yupik, Slavic and English.

Sunday morning at 11:00 AM the annual Easter Egg Hunt began. Everyone greedily

(Continued on page 3)



Simeon sat amongst the grass and ate some of the eggs he found.



Ready, set, go! Young and old get ready to hunt for the prize eggs!

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Birthdays this month

- May 6
April Hostetter
- May 8
Alice Zackar
Sharolyn Zackar
- May 10
Shaun Andrew
- May 12
Tanya Salmon
- May 19
Kayla Nelson
- May 30
Greg Zackar, Sr.

Where's Gabe? by Tanya Salmon, 10th Grade, Igiugig School

On April 9th at 6:00 PM, villagers piled into Annie's house to celebrate Gabe's name day. Where was the man of the hour? "He was talking about camping, maybe he is downriver camping," or maybe "he forgot," some people guessed. Not wanting to waste the delicious food or to let it get cold, everybody feasted.

Gabe Gust has always been an outdoorsman. People in Igiugig recognize the sound of Gabe's Honda he so frequently drives up and down the roads, going for rides or getting wood. Sometimes, you will run into him at the Berry Patch, see him far off in the hills, or just laying down at the beach enjoying the day. His ancient blue Honda illustrates his love for the outdoors, loaded down with a chainsaw, ax, rope, and gun. Sometimes, feathers or sticks poke out from the gray milk crate on the front of his Honda.

On this special name day, Gabe had gone for a ride

down to Ole's old cabin, which is located at Ole's Creek. Gabe has been fixing Ole's old cabin just in case somebody breaks down and needs a place to spend the night. "I was putting a stove inside Ole's Old Cabin. I needa fix the windows next," Gabe said.

Gabe decided to head home for his dinner, when his Honda fell into a lake. He tried to pull his four-wheeler out of the water, but he couldn't. The 73 year old man decided to start his trek home on foot. By quarter to twelve that night, Gabe FINALLY made it home. Exhausted, he went to bed.

The next morning Gabe and George Wilson pulled out his Honda and towed it home. Now, Gabe's Honda is back in action! Although Gabe was not there to celebrate his dinner, everybody else in the village enjoyed the feast. I am sure this is a name day that Gabe will never forget!

"R" Carnival By Jonathan Salmon, 8th Grade, Igiugig School

"R" Carnival was held on March 27; "R" Carnival is held every year and the kids organize it with Bernadette's help. This year most of the work was done without the high school students helping unlike previous years when the high school students ran it. The older student did help out plenty on Carnival day: everybody missed Ida's cakewalk calling for she was at Phase 4.

Bernadette had all the kids, except for high school, gather in school at the end of the day to tell everybody when "R" Carnival was going to be held and assigned us our jobs to accomplish by the next meeting day. The next week everybody handed in their work done, with thanks to Alex for helping kids that were behind and for ordering prizes. Bernadette said that we were to meet again two days before the Carnival. By this time all the adults and kids were signed up for booths to run. Adults volunteered to take over for the kids so they could get breaks. We all had to make signs for our booths to advertise the game and to tell everyone how much it was going to cost. Two days before "R" day balloons for the dart booth were being blown up along with the concession stand starting to get put together. The next day, the 26th, people finished up their signs and got the concession stand ready and in working order. Booths were set up with every-

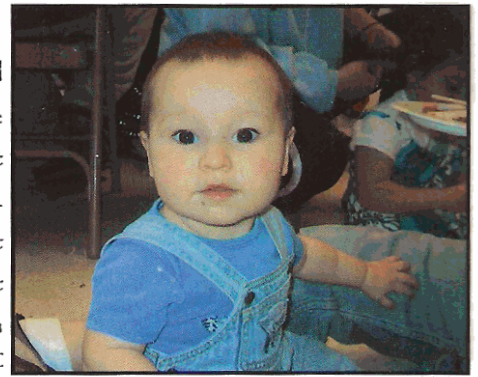
thing needed and prizes were set out.

The day of the carnival, David, Charley a.k.a. Dawsey, and I got ice down by the river and set up the pop early so it would be cold while Alex and her crew put the finishing touches on the concession stand. The gym was ready to be filled with villagers. At 1:00 the carnival opened and booths were lined up with people ready to try their skills. There were games such as cork gun shoot, bowling, dice roll, sponge toss, bottle toss, coin toss, beanbag toss, fishing, and darts. There was also guess the M&M's, cotton candy, and button raffles going on. Candy, pop, juice, and snacks were being sold at the concession stand. Throughout the carnival there were door prizes and cakewalks. Around 3:45 things started to wind down and prizes were almost all gone. At 4:00 the carnival ended but none of the students were able to leave until everything was cleaned. After the desks were put away, the floor stripped of the tape markings, balloons picked up, extra prizes stored, booth tools packed, and mats put away, the work was done. The school students would like to thank all the adults that helped in taking over booths and for any contribution they made. A big thanks goes to Bernadette for all the hard work she put into making "R" Carnival a success!

EASTER (Continued from page 1)

looked for the golden money eggs; \$155 dollars in eggs littered the grasses. Yako hid them so hard he had to give multiple hints. Mary Hostetter hit the jackpot finding the \$50 and \$20 money eggs. An Easter lunch, probably the biggest delectable feast of the year, was held at the Rec-Hall. Joyful villagers sat down to frosty white Easter bread, akutaq of all flavors, moose heart soup, turkey, ham, boiled red fish, chicken, meatloaf, salads of all types, Easter candy—every imaginable dish both traditional and non-traditional. Overall, with weather cooperation and the help of our new reader, former priest Peter Suskuk, Igiugig had an excellent Easter celebration.

Camille followed her Grandma Dallia, picking up eggs that Grandma didn't get.



Kyle slept through his first egg hunt but enjoyed eating bread at the dinner.



Tatyana enjoyed decorating eggs for the hunt.



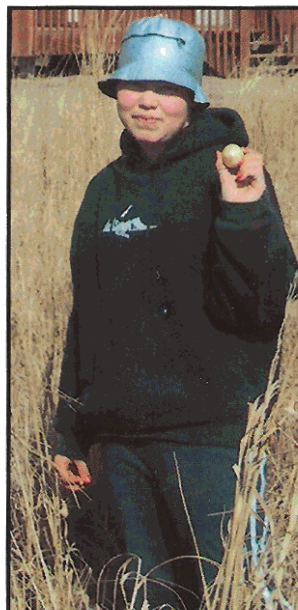
Tess Mariah Hostetter meticulously decorates the perfect egg.



Part of the cross and icons that lead the walk around the church three times.



After circling the church, villagers crowd in the windbreak singing "Christ is Risen" in Slavic. The bell is rung loud and joyously as they enter the building.



Lucky Mary displays her golden money egg. She must have had itchy hands on Saturday!



Candle boys Charley, Jon, Corey, and Jeremy carry the icon of the Resurrection. They use white cloth holders to avoid touching the holy picture.

Library/Computer Lab News

Have you been to the library? Our new bookshelves are now in place and are filled to the max! The two-sided shelf has Alaska books on one side and the other side has Easy Fiction Books. The taller shelf has nonfiction books on it. There are more spaces on some shelves.... less on others. Our small library has grown a lot during this past year.

www.everythingmothersday.com

Mothers Day is around the corner and are you still looking for that special gift for your mom? Do you want to know the history of this special day? Try looking in this website, you will be quite spell bound.

www.24hourmall.com

Trying to find somewhere other than google.com to shop online? This website has hundreds and thousands of department stores.... Just like this name... 24-hour mall!

Easy books -

Spring Green, Bunches and Bunches of Bunnies, Little Bunny's Sleepless Night, Little Bunny's Easter Surprise, Always Room for One More, and the Rain Puddle.

Easy Fiction Books -

Minnie and Moo Go Dancing, Ramona's World, Best Enemies, The Case of the Lion Dance, Goose Bumps- The Mummy Walks, The Little's Go to School, Sweet Valley High: Rags to Riches, The Plant That Ate Dirty Socks and the Green Book.

FICTION BOOKS -

Wizard's First Rule, A Jar of Dreams, Legacy of the Dark Sword, Bless the Beasts and Children, Red Mesa, and Wolf by the Ears.

ALASKA BOOKS -

The Girl who Swam with the Fish, The Boy who Lived with the Seals, The Loon's Necklace, The Otter, Snow Bear, Keepers of Life, Sunken Gillnets, One Last Cast, Call of the River, One Man's Wilderness, Reaching Home, Again, Calls the Owl, Wolf's Cub and Starvation Camp.

Non-fiction books -

1,001 Low-Fat Recipes, The Joy of Simple Living, Naturalists, Don't Sweat the Small Stuff, Crafts Designs, Teach Yourself the Guitar, 10,000 Garden Questions, The Healthy Garden Handbook, Amazing Frogs and Toads, and Bears of the World.

VIDEOS -

African Animals, Animal Survival, The Cat in the Hat, Magic School Bus Taking Flight, Lost Tribes of Israel, I will Fight No More Forever, The Fall of Communism and Survival!

Books with Tapes -

Little Bear's Visit, Arthur's Campout, Arthur's First Sleepover, Dinner at the Panda Palace and The Mother's Days Mice.



The Best Meal I Ever Ate

I will never forget the best meal I ever ate. It was pizza. The pizza had pepperoni and cheese on it. It smelled good. It tasted yummy. I will never forget the pizza.

- By Tess Hostetter, 1st Grade, Igiugig School

The Best Meal I Ever Ate

I will never forget the best meal I ever ate. It was pizza, french fries, and french toast. I ate it at my house. It was yummy. I was five.

- By Sharolyn Zackar, 2nd Grade, Igiugig School

The Best Meal I Ever Ate

I will never forget the best meal I ever ate. It was pizza. The pizza was covered with pepperoni and cheese. I ate two pieces. I ate five more the next day. I want more pizza.

- By Josh Nelson, 1st Grade, Igiugig School

The Best Meal I Ever Ate

I will never forget the best meal I ever ate. It was pizza, hamburgers french fries, scrambled eggs, and bacon. I ate these things in a fancy restaurant in Los Angeles by a hotel I stayed in. I stayed in the hotel with my Auntie and Grandma. There was a swimming pool outside the hotel. It was a great meal and it was my fifth birthday too!

- By Corey Olympic, 3rd Grade, Igiugig School



My Favorite Foods

I have many favorite foods. I like pizza and corn. I like pancakes with strawberries. I like cheeseburgers with fries. I like french toast and strawberries. I like toast and eggs with berries. I like bacon and pancakes. I like broccoli and chicken. These are the foods I like.

- By Shaun Andrew, Kindergarten, Igiugig School

The Best Meal I ever Ate

One of my favorite meals ever was in my very own house. It was my mom's special dessert. I forget what the name is, but I can describe it. It is thin chocolate cake rolled up with whip cream. Then we put it in the freezer for about three hours. Then we take it out and eat it. That was the most delicious dessert that I ever tasted! It smelled so good that I can't even describe what it smelled like!

When I ate this dessert for the first time I was seven years old. My mom said it was something good. I waited patiently until it was brought out. My mom and dad ate the most because it was their anniversary. My mom and dad were happy and I was happy too.

I hope that my mom makes this dessert again. If she does it will be very tasty. There is nothing like the sweet chocolate dessert with whip cream. I would love to taste the chocolate and whip cream dessert again.

- By April Hostetter, 5th Grade, Igiugig School

The Best Meal I ever Ate

One of my favorite meals ever was when I was at McDonald's. It was the best meal I have ever tasted. It was when I was eight or nine years old. I was in Anchorage getting a checkup for my teeth.

(Continued on page 8)

Electrifying News

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

ELECTRICAL FACTS:

QUESTION: Is it nice and warm when you sit in a spot where the sun is shining through your window?

ANSWER: If you said yes, then you are noticing the 'solar gain' that occurs when the energy of the sun is again at a high enough angle where it's able to produce noticeable heat. You can use this to lower your heating costs by making sure that the curtains are open on windows that face the sun. You can also use a fan to circulate warm air from these areas to the rest of the house. (A fan uses much less electricity than a heater.)

Spending time outdoors is another effective way to save on electricity for lighting needs. With summer coming soon, spending time outdoors preparing for your gardening or subsistence activities, picnicking, etc. will mean less time using the television and other electrical appliances. So gather up a group of friends and go spend a non-electrical day on the beach or some other nice spot.

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: _____

SAFETY 1st – SAFETY 1st – SAFETY 1st

Keep your ears 'on' and your eyes 'open'

Listen to sounds in the building or from the equipment you are using. Noticing something different and finding out what it is right away could help avoid costly damage later on.

Listen for children playing where they shouldn't be. By taking it upon yourself to send them on to safer places you may help them avoid injury.

Watch for things that are out of place and put them away. Not only will this help in keeping things orderly, it will also make items easy to find the next time someone needs them.

Watch out for your coworkers and work together on jobs that are better done with more than one person, such as heavy lifting.

Prevention

It always costs more to fix a problem than to prevent one!

LSAC by Betsy Hostetter

We would like to welcome Renae Zackar to our "club", she now has Bernadette's position as the secretary.

The end of April and beginning of May will be very busy for the school: April 30 - Book Fair; May 7 - Health Fair; May 13 - Village Clean-up and School Picnic; May 15 - LSAC; May 16 - Graduation and Awards Ceremony; and finally the last day of school on May 23rd. Lots of exciting things are happening, so if you need something to do, go to the school.

Pete said the AA Meet in Newhalen was a great success. During that time Ida Nelson, our only senior, talked about her experience at Phase 4, which was in Anchorage. AlexAnna

Salmon told us about her Close-Up trip that she went on. While at Washington D.C. she met our Congressman and Senator. She enjoyed her trip.

Have you been to the library lately and seen all that white fur stuff, and wondered what was happening? The reason being Annie Wilson has been teaching the students how to sew fur. Students in 4th and 5th grade have been sewing mittens, and junior high and high school students have been making "Eskimo" yo-yos.

The final meeting of the LSAC for this school year will be on Thursday, May 15th.



Annie starting Jeremy on his project. In the background April models her mitten.

Sore Hands and New Knowledge

By AlexAnna Salmon, 11th Grade, Igiugig School

Last week Annie Wilson, Igiugig School's Personal Education Plan (PEP) teacher, lead the secondary, junior high, and upper elementary classes in skin sewing. The fifth graders cut rabbit fur patterns to sew warm mittens and the older students had a choice to make one of three different types of Eskimo yo-yos. All the girls wanted to make the mini slipper yo-yos using suede/leather and rabbit fur. Even the boys were enthusiastic about sewing, a first experience for some. "You can do it. Anyone can sew," encouraged Annie. She showed both classes how to cut fur using a little ulu to avoid getting "bangs" or choppy fur. She demonstrated how to sew without letting stitches be visible and different tricks of the trade. Everyone had their share of pricked fingers as sewing through tough and thick materials can be a

(Continued on page 9)

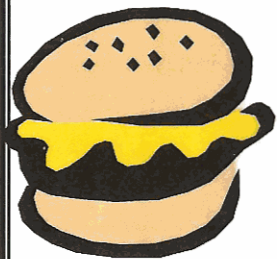
FAVORITE MEALS *(Continued from page 5)*

At McDonald's I ate two hamburgers and a whole carton of French fries. The hamburger and fries were still warm. After my meal I had a strawberry smoothie. Then I went back to my grandma's house.

I hope I go to McDonald's again. I still remember how wonderful the burger and fries tasted. The fries were salty and the burgers were mouth-watering. I can't wait to eat my favorite meal again. I might even get to have my favorite meal again next week

- By Alicia Zackar, 5th Grade, Igiugig School

The Best Meal I ever Had



I will never forget the best meal I ever ate. It was a big Belly Buster. When I got it I thought I wouldn't be able to finish it, but I did. The place where I got the Belly Buster was at Eddies Fire-place Inn in King Salmon.

The Belly Buster was a little bit bigger than the size of my hand. It was filled with meat, cheese, lettuce, tomatoes, and mayonnaise. It smelled like a delicious burger and it was. When I ate the Belly Buster I had a big smile on my face even before it reached my mouth. After I finished I was really full. I was so full I couldn't eat the rest of my fries. When I waited for Jon and my Dad to get done I got hungry again. Then I could eat some of my fries.

When we were all done Jon, my Dad, and I left and got our hair cut. After we got our haircuts we went to the plane and left. It took us about half an hour to get back home. When I got home I told my Mom and sisters that I ate a whole Belly Buster by myself. They were surprised!

- By Jeremy Salmon, 5th Grade, Igiugig School

My Favorite Meal

My favorite meal is Thanksgiving dinner. There are lots of great things to eat on this day. There are fruits, vegetables, potatoes, rice, and soup. I love all of the foods we eat on this day, especially the cranberry sauce!

The soup is very good. It has meat, vegetables, potatoes and rice all mixed together. The soup served during Thanksgiving is the best soup I have tasted in my life.

I love eating all meals, but I pick Thanksgiving dinner as my favorite. I will not forget the wonderful meals I have had on Thanksgiving Day.

- By Shayna Nelson, 5th Grade, Igiugig School

House Approves Alaska Wild Salmon Week

Legislative E-News 04-04-03

The House unanimously approved HCR 11 by a vote of 37 to zero on Friday. Sponsored by Rep. Wolf, HCR 11 proclaims June 30 to July 4, 2003 as "Alaska Wild Salmon Week" to recognize the influence of salmon on Alaska's economy and way of life.

"From the economy, to our vacations, to our dinner table, salmon is an inescapable staple of the Alaskan lifestyle," Wolf said. "It's time we rally ourselves behind Alaska's wild salmon industry."

The full text of this release can be found at:

<http://www.akrepublicans.org/wolf/23/news/wolf2003040401p.php>

Audio clip can be found below:

<http://www.akrepublicans.org/wolf/23/a/wolf2003040401a.ra>

GARDENERS GOODIES

MAY garden activities:

Early MAY – Watering—check to be sure all your plants are in pots large enough so you don't have to water more than every several days. Give a dose of fertilizer so plants can continue rapid growth.

Early MAY – Transplanting—check plants to be sure they still have lots of room for root growth.

Gently tip them out of their pot and check to see if the roots are going around the bottom in a thick mass. If they are root bound transplant them to larger containers unless you expect to plant them outdoors within a few weeks.

MAY – as soon as it seems like it is no longer frosting in the mornings begin planting out cool crops like cabbage, broccoli, lettuce, etc.

MAY – harden off your seedlings by beginning to set them out for short periods of time and then lengthening the hours each day. This way they can get used to the cooler temperatures and wind.

Late MAY – prepare all your bedding plants to go outdoors by hardening.

Late MAY – if there is lots of brown dead grass on your yard, rake it up or mow it off so the new growth can get started. Fertilize your grass areas and begin mowing regularly as soon as you can see that it is growing well. Mowing will help it grow more compactly and will encourage the grass to send out new roots and leaves.

REMEMBER those 5R's

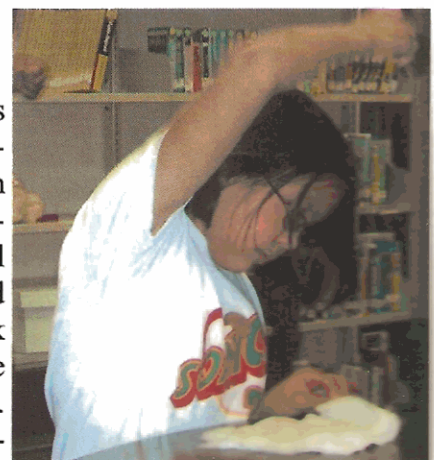
Reduce – Refuse – Reuse – Renew – Recycle

** Are you feeding those worms old paper, peelings and other vegetable matter?*

** Do you even still have any worms in your composter? You know that you can always get a new batch now that it's warmed up and you can send your can-o-worms outdoors again.*

FUR SEWING (Continued from page 7)

challenge. The end results were a beginning –some of the final products looked silly (my slipper was lopsided). “Nothing you try at first will be perfect,” Annie instructed, “Just keep practicing and you’ll get better.” The fifth graders started their mittens with even, nice, and careful stitches. Soon, everyone started racing and their stitches grew further apart. I assume they will realize their mistake when the time comes to wear them! We all have enjoyed PEP class this week. Fur sewing gave a nice transition from school bookwork and helped students advance in their cultural standards. Maybe one of these days you’ll find our handiwork displayed in the airport hangar gift shop. Thank you Annie for donating your fur materials and for sharing your fur-sewing expertise. We look forward to more cultural PEP classes!



Shayna: a natural born mitten maker

NO CAVITY CLUB! By Jon Salmon, 8th Grade, Igiugig School

The dentists from BBAHC came to Igiugig on March 24th ready to inspect all the teeth in the village. Dr. White and his assistants set up their office in the clinic. At the clinic you get checked with the x-ray machine to show all your teeth. Next kids had to swish a red liquid that sticks to your plaque, highlighting where you didn't brush well. Then, Dr. White looks inside your mouth to identify any cavities, fillings that need to be replaced, or caps that need to be replaced. Then another appointment is scheduled and you leave. No Cavity Club members for this year are: Tanya, Charley, Shayna, Alicia, Jeremy, April, Shaun, Dolly Ann, Camille, Tatiana, Kyle, and Simeon! Some patients required tremendous drilling and numbing while others just received 2 fluoride treatments. Maybe the Cavity Club members should brush their teeth better if they want to have no cavities next year.



Simeon



Camille



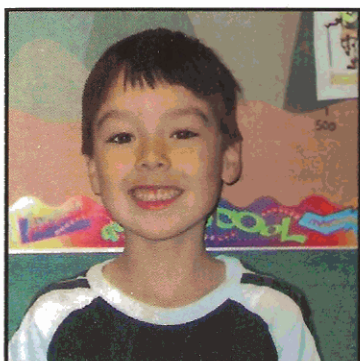
Tanya



Alicia



Kayla



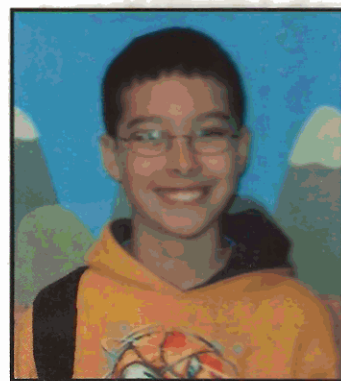
Shaun



Dolly Ann



Dawsey



Jeremy



Kyle



April



Shayna

WALK TO BE FIT

Total **V**illage **M**ileage through February is 30,623

Top Ten

This list is courtesy of the Prevention Website. The foods listed are specifically for Cholesterol reduction, but are equally well know for helping reduce other problems such as heart disease, diabetes, hypertension (high blood pressure) and digestion.

FIGHTING FOODS

- #1 - **SOY**—tofu, soy nuts, soy flour, soymilk and other products with added soy such as sausage, hotdogs, etc.
- #2 - **BEANS**—soups, chili, re-fried and any other way you like them.
- #3 - **SALMON**—everyone knows what to make of this!
- #4 - **AVOCADO**—in salad, dip, spread, or just eaten plain.
- #5 - **GARLIC**—mixed into almost any meal, raw, fried, boiled or roasted.
- #6 - **SPINACH**—in salad, dip or as a cooked vegetable to name a few.
- #7 - **MARGARINE**—look for the ones marked heart healthy, made with unsaturated oils.
- #8 - **NUTS**—just plain, in your cereal, on your salad or as butter (as in 'peanut-butter').
- #9 - **TEA**—especially green tea, contains substances that will help blood vessels relax and prevent blood clots.
- #10 - **CHOCOLATE**—yes, chocolate has been found by scientists to have substances that help keep you healthy! The darker the chocolate the better it is for you. Just remember to eat it in moderation because it still has lots of calories.

So with these eating ideas and all the stuff you know from previous months, here's hoping you are healthier tomorrow than you are today!

KEEP ON WALKING!

Personal Totals

(Since Mar.00)

John	2859
Annie	2068.5
Sandy	1732.5
Joshua	1490.25
Lydia	1463.25
Shayna	1417.25
Marie	1093.5
Mary	1052.5
Yako	1044
Pete	994
Dallia	950
Alice	797.25
Kayla	781.5
David	745
AlexAnna	684.75
Angel	681.75
Ida	677
Tanya	601.75
Julie	594
Michael	577
Bernadette	575
Dan	571
Alicia	547.5
Shaun	546.75
Betsy	536
Charlie	491
Jonathan	430.25
Bonnie	355
April	354.5
Jeremy	320
Sharolyn	275.25
Camille	264.5
Tess	257.5
Kevin	250

Igiugig Tribal Village Council

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Greg Zackar, Sr., Member
Lydia Olympic, Member &
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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
Brian Kornmann, VISTA Worker

Weather Watch

April 1—30, 2003

Highest Wind Speed . . . 73 mph
Average Wind Speed . . . 8.8 mph
Dominant Wind Direction . . . SSW
Highest Temperature . . . 58.6°F
Lowest Temperature . . . 10.0°F
Below Freezing . . . 18 days
Below Zero . . . 0 days
Precipitation . . . 1.61 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

Peanut Chicken and Veggies

- 1 can (14 ounces) light coconut milk
 - 3/4 cup creamy peanut butter
 - 2 tablespoons rice vinegar
 - 1 1/4 teaspoons salt
 - 1/2 teaspoon red-pepper flakes
 - 2 tablespoons vegetable oil
 - 4 boneless, skinless chicken breast halves
 - 1/4 teaspoon freshly ground black pepper
 - 1 package (1 pound) cappellini
 - 2 packages (1 pound each) coleslaw mix
 - 1 bunch scallions, sliced
 - 2 tablespoons water
 - 2 tablespoons dry roasted peanuts, chopped
1. In a small bowl, whisk together coconut milk, peanut butter, vine-

gar, 1/2 teaspoon salt, and red-pepper flakes.

2. In large skillet, heat oil over medium-high heat. Season both sides of chicken breasts with remaining 3/4 teaspoon salt and black pepper. Add chicken to skillet; cook 4 minutes. Flip chicken over; cook until internal temperature registers 170°, 4 to 5 minutes. Transfer to plate; cover and keep warm.
3. Cook cappellini in large, deep pot of lightly salted boiling water until al dente (firm but tender) following package directions. Drain.
4. Place skillet over medium heat. Add one bag of coleslaw mix, scallions, and the water; cook stirring frequently, 2 minutes. Add second bag of coleslaw mix; cook 2 minutes.
5. Slice chicken into thin strips. Stir half of the chicken strips and the coconut-peanut sauce into the vegetables in the skillet; cook until slightly wilted, about 2 minutes. Transfer to large bowl.
6. Add cappellini to the chicken mixture, toss to mix well. Top with the remaining sliced chicken and chopped peanuts. Serve immediately.