

Igiugig News & Notes

Igiugig Tribal Village Council

February 2004

Volume 7, Issue 3

Tough Battles and Ironic Outcomes!

By AlexAnna Salmon, 12th Grade, Igiugig School

At the start of the year the Igiugig Secondary students created a list of academic, personal, and social goals, one placing top three in Battle of the Books (BOB) in our grade categories: highschool, 7th/8th grade, and 5th/6th grade.

The highschool team of five - AlexAnna, Tanya, and Jonathan Salmon and alternates Charley Apokedak and Derrick Nickoli- were armed and ready for great battles. Mary Hostetter, the only 8th grader, had to fend for herself but she read all her books and would be a challenge for any three-man team. The sixth graders, however, made our goal seem too far-fetched. Jeremy Salmon, Alicia Zackar, and April Hostetter couldn't pull together during village competitions. Everyone lost hope in their competitiveness. Their efforts appeared fruitless. In classroom competitions the team averaged 33% accuracy, which frustrated older peers. Jeremy's older sisters harped on him to read every night, and blamed his PlayStation for the poor outcomes and lack of reading interest.



Sharolynn Zackar and Corey Olympic get ready for the first round of competition at the 3rd/4th grade level..

In the other classroom Mark's students were studying hard for BOB. The 3rd/4th grade team was Corey Olympic and Sharolynn Zackar. The 2nd grade team of Tess Hostetter and Shaun Andrew held a practically undefeated streak. This team knew how to shut a place down. Everyone was impressed at their enthusiasm and challenge. For sure they would be district champions! Even the kindergarten team

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BONFIRE! By AlexAnna Salmon, 12th Grade, Igiugig School

Russian Orthodox New Years was celebrated at midnight on January 14, 2004 at the bonfire. On New Year's Eve people gathered dead Christmas trees, old belongings, and wood for the enormous bonfire. Although the night was windy and freez-

ing cold, the fire was lit. Villagers ran around the bonfire three times for good luck and people shot off shotguns, fireworks, and lit sparklers. Russian Orthodox New Year's marked the ending of the seven day Slavi holiday

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Birthdays this month

- February 2
Mary Hostetter
- February 9
Kristin Hathhorn
- February 14
George Wilson, Sr.
- February 21
Rylee Nunez
- February 26
Tess Hostetter

Standards Based System and Student Progress

By Kristin Hathhorn, Secondary Teacher

If you have been wondering why the Igiugig School has not been publishing names of students who make the school honor roll, I have an explanation for you...

Two years ago, the Lake and Peninsula School District decided to move away from the traditional reporting system of assigning A,B,C, D, and F grades to student progress. Instead, students now work at different levels in ten content areas and complete standards rather than receive grades. Besides the traditional academic areas (reading, writing, math, social studies and science), students must also show proficiency in technology, personal/social/health, cultural awareness, career development, and service learning before they can graduate. Each content area has different levels and students must show proficiency at a set minimum level to meet graduation requirements. For example, students must complete level VIII in reading and writing, but must complete level X in math. This system works well for motivated students like those at Igiugig School. Alex-Anna Salmon has met the minimum graduation requirements in all ten content areas and is now earning university credit in academic, online courses while working independently in nonacademic areas of interest. Tanya Salmon has completed minimum graduation requirements in reading and writing and is taking an online university writing course while she increases independent work within the classroom. Many of our students are working above traditional grade levels in subject areas at which they excel.

BON FIRE! *(Continued from page 1)*

and the beginning of a new year!
Some individuals, like Julie Salmon, chose to sleep through the New Year, not even hearing a bang or boom of the commotion across the street from her house. Others, like Tanya, cut a piece of their hair to throw in the fire for good luck. Even Kevin Olympic managed to roll through the snow to the back of the church to join in the fun. Annie Wilson instructed me to brush myself off, in order to get

This would not be possible in a traditional school setting.

It is difficult to record student progress in a neat list like an honor roll since one level may require more time and work than another. Generally, standards at the higher levels become more complicated and take longer to complete. Students also may work at different levels at the same time, so it may seem like no progress is being made for a long time and then all of a sudden, a student may pass two or three levels.

Mark Battaion, elementary teacher, and I would like to congratulate all of our students for the progress they have made so far this year while we acknowledge the students listed below who have passed at least one level in the fall/winter semester 2003.

Level Completion Fall/Winter 2003

Alicia Zackar - Level III & IV Cultural Awareness
Jeremy Salmon – Level III & IV Cultural Awareness,
Level IV Technology
April Hostetter – Level IV Technology
Charley Apokedak – Level IV Career Development,
Level V Technology
AlexAnna Salmon – Level VII Service Learning
Tess Hostetter – Level II Math
Shaun Andrew – Level II Math, Level II Writing

CONGRATULATIONS!!!

rid of the sickness for the New Year. I must not have brushed hard enough, or am extremely unlucky because that night, and the four following days, I was sicker than a dog. That's a good way to bring in the New Year. As for Greg Zackar, he busily entertained the crowd with his bright, loud, crackling fireworks.

The bonfire was a success this year, no one burned and the town never caught on fire!

Basketball Practice

By Jonathan Salmon, 9th Grade, Igiugig School

A new sports season has come around. Before it was volleyball, now it is 3-man basketball for the No-See-Ums. Practice began on the 19th with Pete Suskuk as the coach and players AlexAnna Salmon, Tanya Salmon, Charley Apokedak, and Jonathan Salmon. We are getting ready for the first game against Chignik Lagoon on the 6th of February. Our home game against Pedro Bay takes place on February 20th and then Igiugig travels to Pedro Bay on the 27th. Practice time changes each week, rotating from 3:30-5:30 and 5:00-7:00, to fit the players' busy schedules.

During practice, we stretch out, then jog a couple laps and do warm up drills. Then we do drills like the weave, pick and rolls, or improve our dribbling, followed by practicing some

of the offensive and defensive plays we are going to use in our games. Mary Hostetter, Derrick Nickoli, and sometimes Jeremy Salmon attend practice to stand-in during plays or drills. With only four players and a coach we need extras to help out. To keep warm, throughout the whole practice we are timed running lines to make sure we aren't slowing down, or "slacking". If we are too slow, everybody runs another line. When running in place, if your knees aren't high enough, Pete makes everybody keep going. Before we leave the two-hour practice we do one more sets of lines, then stretch again.

Practice is a work-out (!), but it is needed, for we got a little out of shape during Slavi over the break. If everybody hustles and has a positive attitude, we should have a fun season.

BATTLE OF THE BOOKS (Continued from page 1)

of Gregory Zackar and preschooler Camille Andrew proved to be incredible competition.

Everyone was prepared for the district-wide BOB competitions. During the week of January 27th-30th, the tables turned, irony stepped in, the bets were laid, and Igiugig was in for a shock. On Tuesday, the high school team beat Kokhanok and advanced to round two against Port Alsworth and Pilot Point. Teacher Kristin Hathhorn could hardly contain herself throughout the battles. She sat on pins and needles and watched her students place second district wide, losing to Port Alsworth by one question in the neck-to-neck battle. Disappointed to not have the blue ribbon, but proud to place, the high schoolers were glad to have BOB in the past. Next, Mary placed third during her competition against the Lagoon and Pilot Point, but unfortunately did not advance to round two.

On Tuesday, the 6th graders approached the speakerphone against Kokhanok and Pedro Bay. Amazingly, this team proved everyone's doubts wrong by not only advancing to the final round, but placing first in the district! No one guessed, or even had faith in the sixth graders winning. They will be competing at the state level in February. They made our school proud and are off the hook for all the earlier losses. Everyone is still wondering what the heck happened!



Tess Hostetter and Shaun Andrew prepare to compete in the 2nd grade level of Battle of the Books.



The 6th graders, Jeremy, April, and Alicia divvy up the books to prepare for the state level of BOB competition on February 25th. Good luck!

The 3rd/4th team placed third in the district. They beat Levelock in round one, placed third against Port Alsworth and Pilot Point. The 2nd graders beat Kokhanok on Thursday, but sadly and surprisingly, did not advance to round two because higher scores from other schools were reported.

Lastly, the kindergarten team battled on Friday morning against Levelock and Perryville. They had amazing team work and never missed one question in the first half. During the second half the attention span vanished and the little team ended up tying with Levelock. Only Perryville and Port Alsworth advanced to the final round.

Overall the battles were intense and fun, the outcomes were unexpected and ironic, and we are all glad Kristin lived through the competitions! Although the secondary class didn't exactly accomplish their goal, they are pleased with the outcomes. Encourage the sixth graders to read, read, read for the state battles!



Library/Computer Lab News

Happy Groundhogs Day and Happy Valentines Day!

Have you read Tom Brown Jr.'s books? He has lots of books on survival; if you are interested in these kinds of books, come and check one out.

We are looking for more "wish lists" of books that people would like to see offered in our library. Please drop off your list as soon as possible to Betsy or at the Council Office.



EASY FICTION

The Valentine Bears by Eve Bunting

"Mr. and Mrs. Bear always missed Valentine's Day because they were hibernating. But this year they share a wonderful surprise . . ."

FICTION

Little Women by Winona Ryder

"Meet Meg, Jo, Beth, and Amy – and join in their fun, mischief, and adventure!"

Alaska Nonfiction

Spirit of the Wind by Lew Freedman

"The story of Alaska's George Attla, Legendary Sled Dog Sprint Champ."

Alaska fiction

Sound Tracks by Marcia Simpson

"Something is disturbing the whales of Southeast Alaska. Dangerously disoriented, humpbacks and orcas are running into propellers and rocks, and beaching themselves upon the shores . . ."

INTERESTING WEBSITE OF THE MONTH

www.mydearvalentine.com

Did you know that the ROMANS "invented" Valentines Day? Have trouble finding the right words to say to your loved one? Need some ideas as to where to look? Want to buy that special gift and don't know where to find it? This site is for YOU!

Be sure to check out:

Igiugig students weaving projects that are on display in Juneau at the following website:

<http://w3.legis.state.ak.us/students/capart/artcap.htm>

and more Igiugig photos on our website at:

www.igiugig.com

Primary Writings from Mark Battaion's students

This semester, the students in level 2 and 3 writing are studying the 6 traits of writing. These traits cover 6 areas of writing that are seen as necessary for becoming a competent writer. The first trait we have been studying is ideas. The students are working on creating "pictures" in the reader's head. They worked as a team changing a sentence that only "tells" to ones that "shows". What do you think? Were the students able to create a "picture" in your head? They hope so!

Beginning sentence: I went fishing and caught a fish

Shaun/Sharolynn: Shaun and I put on our life jackets and then we started the boat. We steered the boat to Kas-

kanak. We were going there to catch fish. We put our lines in the water and soon we caught a big slimy catfish. The whiskers were long. It was mad at us and wanted to get back into the water. It was a male catfish. Then we drove to an island. We saw a bear and it tried to get our fish. Then we drove home and while we were going, we saw a fox. Then we got home. The fish was very yummy.

Tess/Corey: It was a rainy morning. I was fishing with my friend Corey. Soon I had a tug. It was a rainbow fish. It had blue eyes and it was so big and fat it slapped Corey in the face. When I was holding the fish, I saw golden spots. Then Corey caught a pike. It was big and crazy. It had silver spots mixed with gold.

ARTISTS! By Mark Battaion

In October of last year, grades K-4 participated in a contest to design a cover for the 2004 Alaska Department of Fish and Game regulation handbook. Forty-five entries were received by ADF&G from the Bristol Bay/Western Alaska area schools. Finalists were selected from each school with those drawings passed on the Anchorage area Fish and Game staff. Only three winners were selected with two of those winners coming from Igiugig's K-4th grade students! Sharolynn Zackar won 1st place for the the second time. She received a fishing rod/reel, a book, insulated mug, Fish and Game patch as well as two pins. Shaun Andrew came in third. For his third place finish he received everything that Sharolynn got except the fishing pool and reel.

The 3 prize winning pictures will be displayed at the Alaska Department of Fish and Game booth at the Great Alaska Sportsman's show, April 1st-4th, 2004 in Anchorage which is attended by over 20,000 people!

We at Igiugig School would like to congratulate Sharolynn and Shaun.

Next month we are sending in entries for the annual Goose Calendar. Let's hope we do as well!

P.S. Checkout their artwork in color at

<http://www.sf.adfg.state.ak.us/region2/ie/coverart/Schart04/bbaycover04.cfm>



Top photo by Sharolynn; bottom photo by Shaun



2004 Battle of the Books 1st and 2nd Place Winners

	HS	7 th /8 th	5 th /6 th	3 rd /4 th	2nd	1st	K
1 st Place	PTA	PIP	IGIUGIG	PIP	PVL	PTA	PTA
2 nd Place	IGIUGIG	PDB	PTA	PTA	PIP	PVL	PVL

PTA=Port Alsworth PIP=Pilot Point PDB=Pedro Bay
PVL=Perryville LAG=Chignik Lagoon LAK=Chignik Lake
LEV=Levelock KOK=Kokhanok NEW=Newhalen NON=Nondalton



Camille Andrew and Gregory Zackar are ready to face their opponents in the Battle of the Books for kindergarten.

H I G H S C H O O L	Round One		Final Round	
	LAG	72		
	PIP	112	80	
	LEV	56		
	Igiugig	104	104	
	KOK	96		
	PDB	88		
	PTA	120	112	

7 th & 8 th G R A D E	Round One		Round Two	Final Round
	LAG	56	56	32
	PIP	56	80	104
	Igiugig	48		
	KOK	64	48	
	PDB	56	56	69
	NEW	40		

5 th & 6 th G R A D E	Round One		Final Round	
	LAG	8		
	LAK	45	0	
	PIP	40		
	Igiugig	64	96	
	KOK	40		
	PDB	8		
	PTA	64	72	
	NEW	8		
	LEV	29		

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3 rd & 4 th G R A D E	Round One		Final Round	
	LAG	21		
	LAK	24		
	PIP	80	80	
	Igiugig	32	32	
	LEV	8		
	KOK	24		
	NEW	32	16	
	PTA	77	72	
2 nd G R A D E	Round One		Final Round	
	PVL	128	88	
	PIP	80	80	
	LEV	72		
	Igiugig	72		
	KOK	58		
	NEW	80	72	
	NON	21		
	PTA	93	72	
K	Round One		Final Round	
	LEV	96		
	Igiugig	96		
	PVL	120	104	
	NEW	56		
	NON	88		
	PTA	128	112	

To Eat or Not to Eat by Mary Hostetter, 8th Grade, Igiugig School

For those who don't know what Slavi is, Russian Christmas starts January 7th each year. Besides being a very religious holiday, Slavi involves a lot of eating. You have to go to every house to sing and eat whatever is on the table, the whole thing! To not finish all the food is considered an insult.

Finally! Russian Christmas, Slavi! was finally here! Everyone was hustling around preparing foods for the Slavi groups from different villages to eat. At the very same time, Igiugig was heading up to Kokhanok. Five snow machines drove to Kokhanok, however half the group got lost and some fell into an overflow. Around 3:00 P.M., we reached Kokhanok and finished Slaviing the next day around 1:00 A.M.!

On the 12th of January, Tanya, Jeremy, and I were brought up to Newhalen for Slavi. The elders made us eat; however, Jeremy and I split a fourth of a sandwich, so we would have proof that we ate. There were about twenty to thirty houses we went to; it took the group almost twelve hours to finish all the houses. At the last house, our group was half the size it was when we first started!

Slaviing in all the villages is tiring and fulfilling. It's fun to travel and see your friends, but there is always the downside of getting sick and heavier. I can't wait till next year to go slaviing again, this time, I hope there are more people to sing and help us eat.

Christmas Break

By Alicia Zackar, 6th Grade, Igiugig School

Have you ever had a really really good Christmas break? I just did. Try traveling to another place towed on a sled. It's really fun. You should try it sometime.

Over Christmas break I went to Kokhanok. I had to sit in the back of the sled with Simeon and Tatty sleeping on my leg which really hurt and my head was bumping on the back side of the wooden sled. I started to cry since it hurt so much. But besides that, it was fun.

Some people got lost because it was really snowy. Only Julia stayed right by us. My Uncle John led the way because it was snowy. My dad wanted to go back and find the others while he left us kids with Julia, but she wanted to stay with my dad because she was afraid she would get lost also. The people who got lost were my Mom, Sharolyn, Pete and Cecelia, and my Uncle John and Yako.

My Mom and Sharolyn got stuck in a hole, so Pete had to pull them out. Sharolyn was asleep the whole time. They arrived at my Grandma Sharon's house about half an hour after we got there. My Dad was going to go look for them, but they came just when he was about to leave. Sharolyn wasn't even feeling scared. My mom was a little bit scared though. I was happy that they got there because I was a little worried too.

That's the story of my Christmas break.

Slavi in Levelock

By Charley Apokedak, 9th Grade, Igiugig School

Every year there is a Christmas which is on December 25. Well Russian Orthodox followers also have a Christmas, but on a different day. It is on January 7th. We wake up in the morning, go to church and have services. We get the star made of wood ready and decorate it. During Slavi, the star holder is followed by an icon holder and a candle holder as villagers travel from house to house, singing carols and eating. The star symbolizes the North Star which guided the Three Wise Men. The icon is a picture of Jesus and it is to bless the house that you're going to. The candle is like the light of the east. Then, after we sing at the church, we go outside and sing to the graves of the people. After that, we go to all the houses and sing, eat, and have fun.

On January 11, Terek, AlexAnna, Tanya, Mary, Jon, and Dawsey drove to Levelock on Hondas for Slavi. It was a good ride down, but some parts of the trail were rough. When we got there -just before nightfall- we were wondering where to stop. Alex finally said, "Let's go to your grams' Dawsey." So

we did.

When we got there, Alex called to tell her mom and everybody else we were OK. Then we talked to Nick Apokedak about slaviing. Greg and Jackie were supposed to come down with us and slavi, but they never showed up so we went without them. We drove to the church and borrowed their star, icon, and candle. At first, there were only us six kid-slaviers from Igiugig. Soon, it was no longer Igiugig's star; it was a Bristol Bay star because we had people from all over the place following and joining in the singing. We had kids from Igiugig, Levelock, New Stuyahok, and Iliamna.

Since no one knew how to speak Yupik, we sang all the songs in English, and collected money from all the houses for St. Nicholas Church. Bright and early the next morning, we packed up and drove back home. The elders were proud that their kids were able to go slavi-ing all alone and "give them some rest."

How I Spent My Christmas Break

By Tanya Salmon, 11th Grade, Igiugig School

I was the most excited student in Igiugig for Christmas break. Everyday, I would count down the days until my 2 ½ weeks of freedom. On Christmas Eve, I was all smiles and was bouncing around the room like a ping pong ball.

During class, I packed everything I was going to take home over Christmas: my college books, my completed assignments (that just needed to be typed and sent out), and my accessories used for the Christmas program: two pairs of “dress pants,” a pair of running shoes, two pairs of high heeled shoes, and a new pair of \$65 “city” shoes that I wore only once (I just bought them on my recent trip in Anchorage). Since my backpack was small, I grabbed a black garbage bag from the janitor’s closet and put everything in it. I put the garbage bag filled with my precious items on my desk and left it untied, so it wouldn’t be mistaken for trash.

Between 11:00-12:00, the janitor, Jackie Nickoli, came in and plucked the garbage bag from the room. When it was time to head home, I looked everywhere for my bag. I asked the teachers and they did not know. As time wore on, I started to frantically search for my bag. Then it struck me that Jackie was in the room. I ran to the school truck and looked in the back for my goods. Not finding them there, I quickly ran into the classroom and called the janitor and found out he had taken the trash to the dump...and BURNED it!

Mark kindly brought me to the dump to see if I could find any remains. All were GONE. I was disappointed about losing my shoes and clothes, but I never cried. When Mark dropped me off at the house, I realized my college books and work were in that bag too. Unable to control my emotions any longer, I ran into the house and started crying to my mom about everything I lost. That is how I began my Christmas Break.

Christmas break, however, was much better than my first day of “freedom.” On Christmas, I was up early, opening presents

and dumping my stocking. Santa must have thought I gained a little weight this year, because he put a pair of size 10 bloomers in my stocking. I decided the panties were the best Christmas present, so when I travel, I will have a parachute just in case the plane goes down.

On the 27th, I went to Iliamna to visit, and there, I had a blast hanging out with my friends. I went “belly busting” for the first time. Belly busting is where you have an ice sled and you slide down an icy hill at speeds up to 30 MPH or more. I went snow machining up the mountain and watched many basketball games. I also went to three live-band dances and on New Year’s, I watched fireworks in Newhalen and danced the night away.

I came home from Iliamna on the 6th just in time for Slavi. I slaviied here on the 7th, went for a snowmachine ride to Big Mountain, and on the 11th, I drove down to Levelock for Slavi. Slavi in Levelock was a lot of fun. The adults did not go down, so it was just kids slaviing!

The next day, my dad flew Jeremy, Mary, and I up to Newhalen for Slavi. I ate at almost every single house I went to (everybody told me it was rude not to eat) and by the time I was done with the 20th house, I couldn’t even drink a sip of juice. My belly felt hard and probably poked out five inches past my pants. I slaviied in Newhalen for 11 hours...we finished at 2 AM.

On the 13th, my dad picked us up and brought us back to Igiugig. Once we landed, I went home, dropped off my overnight bag, and headed to school...my freedom, now over.

Christmas break was very fun and filled with many adventures. In fact, I think the action-packed break made up for my lost items. Maybe next year, I will start the break with a smile on my face, instead of tears streaming down my cheeks.

Derrick’s Christmas Vacation

By Derrick Nickoli, 9th Grade, Igiugig School

When I think of my Christmas vacation I think of Igiugig. I was supposed to go to Anchorage, but I stayed in this little town. There wasn’t much to do. I went and got a load of cottonwood by accident because I didn’t know I wasn’t supposed to get cottonwood, and had my first Slavi.

I went out to get wood alone for my first time here in Igiugig. I went about a mile down the beach until I saw some trees, so I stopped, got the chainsaw out and started cutting. Little did I know that I was supposed to get spruce wood. I started cutting down two cottonwood trees. I cut them down and loaded the Honda up with the cottonwood and headed back to town.

I got stuck up on the hill by Mike Andrew’s house because the Honda was two wheel drive. I tried backing up and going up again with more speed, but that failed, so I went and got help from Mike Andrew Sr. who helped me push it up the hill. Then I brought it home, I went in the house and my uncles, Yako and Willie, came out, looked at the pile of cottonwood and laughed. I also laughed because I had gone out and got a load of cottonwood and wasted my time. I tried lighting the sauna with the wood. First I tried stove oil, which didn’t burn, then I tried a blowtorch and sat there for about 15 minutes with the torch. That didn’t work so I gave up and took the wood out – they were right.

GARDENERS GOODIES

FEBRUARY garden activities:

- Early FEBRUARY – Take time today over a few cups of something warm, to make your “planting plan”.
 1. Decide what things you are going to plant (make a list on paper).
 2. Decide if you will buy plants from a green house or start them yourself from seeds.
 - ✓ If you’re buying plants determine how you’re going to get them—travel yourself to buy, order from a catalog or have them shipped from town.
 - ✓ If you’re starting from seed determine when you will need to start each one and re-do the plant list (on paper) in order by the date you plan to start them. Some long season items may need to be started in the next few weeks.
 3. Go over your plan and note all important dates on your regular calendar to be sure you don’t forget to do the tasks and to make sure that you don’t have other commitments that would keep you from being able to stick to your plan.
- FEBRUARY – Check over your houseplants for pests, and trim back any long or weak growth. Then provide your plants with their first shot of fertilizer for the year. The longer daylight will inspire them to put on a good growth spurt soon.
- FEBRUARY – If you will be starting your own seedlings, begin now with your spring cleaning so there will be room on your sunny windowsills to set up trays and pots when the time comes.
- FEBRUARY – After thinking about the layout of your garden, consider whether you could do with some more fences or edges to your beds and plan ahead for materials, etc. to do that.

THE 5R’s

Reduce – Refuse – Reuse – Renew – Recycle

*Consider garden fences like some of those you already see around the village, **Reusing** things like driftwood and antlers. Not only do they look nice they also block wind and help to keep animals—wild or your own—from walking through where you don’t want them.*

***Reuse** the longer daylight by letting it indoors to help warm and brighten your home, and grow your plants.*

*Continue **Recycling** aluminum to be turned into cash for community activities.*

*Look at the containers around your house with **Reuse** in mind, as you get ready to plant again. Check with others to see if they have old plant pots they won’t be using this year.*

*Have you found any new strategies for increasing your “**R Value**” yet?*

My Christmas Break

By Jeremy Salmon, 6th Grade, Igiugig School

We just had a two and a half-week vacation and I spent most of my vacation slaviing. Some people went to Levelock, but most people went to Newhalen and Kokhanok. I was the star holder in both Kokhanok and Newhalen and Corey was the candleholder in Kokhanok while Mary was in Newhalen.

While Igiugig was on their way to Kokhanok on snow machines, a couple of people got lost. The people who got lost were Renae, Johnny and Sharolynn Zackar, Jackie Nickoli, and Pete and Cecelia Suskuk. When they reached Kokhanok it was about three in the afternoon. Other people were about to go and find them, but they made it to Kokhanok.

Everyone started slaviing at three-thirty and they ended at one in the morning. While I waited for the others to get done eating, I played outside with my friends. I rode with my mom

on her snow machine to the next houses and then I went on the sled with Alicia, Corey, and Sharolynn for the last couple houses. When we were all done I was so tired, I just got ready for bed, went to the room I was staying in and fell asleep. The next day Igiugig slaviiers came back home and that was when I fell off the snow machine.

While Igiugig went to Newhalen they didn't take snow machines but they flew with either Iliamna Air or with my dad. The slaviiers started at two in the afternoon and finished at two in the morning. People were stuffed by the time they were finished and I was so stuffed I couldn't even eat one more tiny speck of corn. Since there was nobody else to play with, I just played with Mary Hostetter whenever I waited for the others to finish.

Christmas Break

By April Hostetter, 6th Grade, Igiugig School

Over Christmas break I did a lot things like: towing and sledding with all my friends, I slept at the boarding house, played video games, watched TV, and slaviied here but not in the other towns because I got a little sick and stayed home while the other people went slaviing. I was lonely because everybody I play with was gone slaviing. But I finally went skating with my little sister Tess at Christina's Lake and Charley Groat's Lake while I waited for my friends to come back. Once my friend Alicia came

back I went skating with her and two of her siblings. Tess, Alicia, Gregory and I learned how to skate or skate better at Charley Groat's Lake and I taught Alicia to skate while Tess helped Alicia's little brother Gregory. Sharolynn watched because she didn't have any skates. Later we went towing all over town and out of town. It was really fun and we fell off a few times but we were all right. So most of my Christmas break was not perfect like I said but it was still pretty fun.

QUYANA!

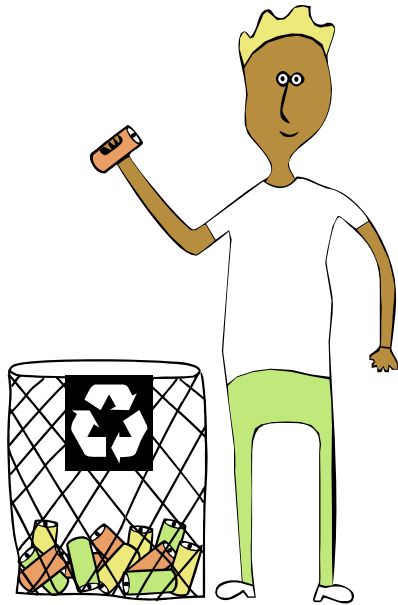
All of the students at Igiugig School would like to thank Phillip Lowell, Chris and Linda Branham, **ROYAL WOLF LODGE**, Lynn Shawback and **LAKESHORE** for their extremely generous donations to the Igiugig Student Activity Fund. We appreciate your thoughtfulness. With the help of your donations and our fundraisers, the Student Government is putting together a school webpage, we are creating interactive DVD yearbooks, and are planning a road trip from Anchorage to Juneau to participate in the **Alaska Native Oratory Society contest** and visit the Capitol. Thank you very much, and people who donate over \$100.00 will receive a ~~free~~ DVD yearbook.

If you would like to donate to Igiugig School, you can e-mail at igiugigschool@yahoo.com for contact information, or send a letter to Igiugig School, Attn: Student Government, 4010 School Road, Igiugig, AK 99613



\$Aluminum Can\$ Found in the Dump...

Contributed by the Environmental Department



Now that the library is up and running smoothly, I, Tanya Jo Salmon, do not work as much there anymore. So, I was hired as Igiugig's new IGAP intern. I just started working this month and I will be writing monthly environmental articles. I will also be informing students about recycling and the environment through several classes. This month the article is a re-run because pop cans are being found in the dump. Please help us out and start recycling your pop cans TODAY!!

The Igiugig Can Crusher Club needs your help. Aluminum cans are showing up in the dump. The news flash is to continue recycling aluminum or the alternative is to pay a higher fee to hire a landfill operator to pick up the aluminum out of the dump.

The Village Council sponsors the Can Crushers Club run by the children of Igiugig. The children's recycling program is part of the Solid Waste Management Plan. Recycling aluminum helps

reduce waste going into the open dump-site and the program generates income for the community activity fund. They cannot do it alone. The next time you drink a can of pop: drink it, smash it, and toss it into the recycle bin. The cans are crushed every two weeks during the summer and as needed during the winter. They will accept crushed cans as well. Please bring aluminum cans and foil to the white shed at the dump.

Thank you for your cooperation. Your help is greatly appreciated, it will help in making a better use of our resources and cut down the size of the existing dump.

Did you know?

- One single can takes 500 years to disintegrate.
- Did you know that throwing aluminum into the landfill is the same as throwing away \$money\$?
- Recycling conserves valuable resources and saves energy. Each time the students recycle a can they save 95% of the energy needed to make a new can from raw materials. Valuable resources such as coal and bauxite ore, is used to produce aluminum, which is conserved when aluminum is recycled.
- The energy produced from one aluminum can will keep a 100-watt light bulb on or run your T.V. for 3-1/2 hours, which is equal to 1/2 a gallon of gas. So, the next time you drink out of an aluminum can, remember to put it in the recycle bin



SAFETY 1st - SAFETY 1st - SAFETY 1st

lift safely

Lifting injuries are one of the most common workplace accidents. Following are tips to help you remember to lift heavy or odd-shaped loads with minimum risk of physical injury.

- ✓ **Never lift more than** you can comfortably handle. Reduce the size of the load or get help with large loads.
- ✓ **Position feet firmly** with one foot beside the load, and the other foot slightly behind the load.
- ✓ **Pick the lifting position that feels** most comfortable, with or without a straight back. Limiting the need to bend by storing loads off the floor can cut risk.
- ✓ **Get a firm grip** on the load, with your fingers under it if possible.
- ✓ **Prepare your back,** legs, hips, and arms to take the load.
- ✓ **lift slowly and** gradually. Do not make sudden jerking or twisting motions.
- ✓ **Walk slowly. without** twisting. Do not turn with your waist—use your feet.
- ✓ **Put the load down** slowly.
- ✓ **Keep the load close to you.** Avoid reaching as you lift or lower.

What if I forgot?!! If you find yourself with a seriously tweaked back be sure to have a professional medical person check it out, because it could be anything from a strained muscle to a dislocation. But, since this is a fairly remote village—a long way from any x-ray machines or doctors—remember that the general rule for muscle strains is to ice during the first 24-hours and then alternate heat and cold after that (10-minute intervals usually work well).

Prevention

THINKING ABOUT THESE TIPS AHEAD OF TIME COULD SAVE YOU
SOME SERIOUS TIME IN
RECUPERATION!

Remember to fill out your
Permanent Fund Dividend application
and have it postmarked by March 31, 2004.

Applications are available at the council office and the post office
or you can file on-line at
www.pfd.state.ak.us

WALK TO BE FIT

Total **V**illage **M**ileage through October is 38,629

??Healthier in 2004??

If you made resolutions for the New Year about getting more exercise, losing weight, or taking better care of yourself, you have probably already walked away from most of them. Never fear, you can pick them back up and go on. Here are some suggestions located on the Internet at

http://content.health.msn.com/content/pages/7/3927_106.htm

These ideas may be helpful in living up to those good intentions. Each of the underlined items below has a "link" on their Internet page, so you can get tips on how to do it.

7 SECRETS FOR A HEALTHIER NEW YEAR

1. Resolve to Eat Better (find 11 ways to keep your resolve firm at this link.)
2. Avoid Diet Traps
3. Choose Thin Foods
4. Join our 4-week Online Fitness Club
5. Find a fitness program that Fits You
6. Get more burn From your Workout
7. Use these tools for Change

While all the links have interesting and informative things, the 7th item has particularly interesting links to things like fitness guides, food pyramids and explanations of how your body works.

"HOT TIP" – most spices that are very intense (strong in flavor and smell) have been found to have health benefits, not only do they make your food taste better, they provide things your body can use to stay healthier. The best part is, the "hotter" or "spicier" a food it, the less you will eat before you are satisfied, so you can help your diet by giving that spice an extra shake. (Just remember that this does not apply to salt since it can do serious damage to your body in larger amounts.)

**Keep on Walking on your way to
an enjoyable tomorrow!**

Personal Totals

John	2871
Sandy	2846.5
Annie	2565.5
Lydia	2193.25
Joshua	1580.25
Shayna	1512.25
Yako	1419
Mary	1364.5
David	1321
Dallia	1185
Marie	1123.5
Angel	1013.75
Ida	1007
Alice	907.25
AlexAnna	894.75
Julie	866
Tanya	851.75
Kayla	831.5
Michael	762
Jonathan	749.75
Shaun	736.75
Bernadette	730
Alicia	722.5
Betsy	683
Dan	625
April	529.5
Jeremy	510
Tess	427.5
Sharolyn	410.25
Camille	409.5
Kevin	375

Igiugig Tribal Village Council

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Randy Alvarez, Member

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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

Kevin Olympic, Administrative Trainee

AlexAnna Salmon, Clerk Trainee &

Assistant Editor

Tanya Salmon, IGAP Intern

Weather Watch

January 1– 31, 2004

No wind data this month due to technical difficulties. We hope to be back on line next month.

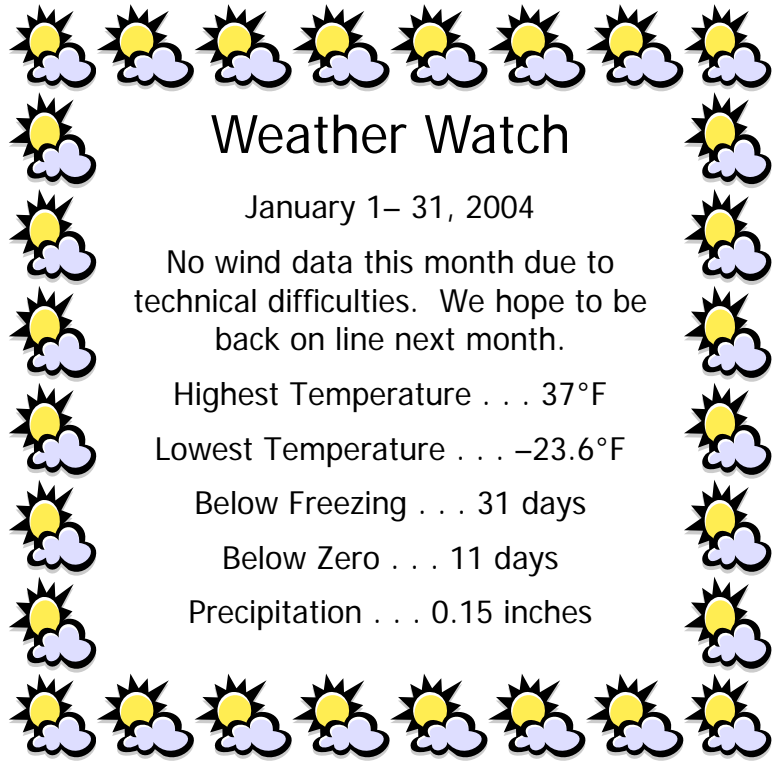
Highest Temperature . . . 37°F

Lowest Temperature . . . -23.6°F

Below Freezing . . . 31 days

Below Zero . . . 11 days

Precipitation . . . 0.15 inches



Recipe Corner

Contributed by . . . Bernadette Andrew

Moose Soup

moose meat, cut into small pieces

4 beef bouillon cubes

1 qt. of water

1 tsp. oregano

1 tsp. basil

2 tsp. chopped garlic

1/2 cup finely chopped onion

1 can stewed tomatoes

1 cup chopped carrots

1 cup chopped celery

4 large potatoes, chopped

Combine all ingredients into a crock pot and cook on high for 4 hours. Reduce temperature to low and cook an additional 3 hours.

If you don't have a crock pot, use a large pot. Combine all ingredients and bring to a boil. Reduce heat and simmer soup for 4 hours.

ENJOY!

