

Igiugig News & Notes

Igiugig Tribal Village Council

March 2004

Volume 7, Issue 4

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Pancake Breakfast by Dawsey Apokedak, 9th Grade, Igiugig School

On Friday the 13th we had a successful pancake breakfast for our travel fund-raiser. It was a successful breakfast because everyone was productive and everyone had a good time. The food was a little late, but everyone got what he or she wanted. There were a variety of pancakes like sourdough, blueberry, and chocolate chip. There were drinks such as coffee, juice and smoothies made especially by me.

We all got to school early in the morning and went into groups. We went to our places and started bringing in decorations and setting up the wonderful tables with heart decorations. When the tables and things were all set, we had to move the preschool divider and put everybody's family banner up. The preschool divider was so that we could present our little story or speech without having to hear our echo all the way around the gym. After that, it was time to start cooking and serve the early customers.

The cooks were a little late with the cooking because by the time we had the first couple servings ready, the whole village was waiting for their breakfast. The eggs had to be cooked in the teacher's house because we didn't have enough burners in the kitchen. We had sausage

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Jeremy takes an order for breakfast.

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Dribble It! Pass It! We Wanna Basket!

By AlexAnna Salmon, 12th Grade, Igiugig School

The village of Igiugig excitedly awaited the first game—a home game—of the No-See-Ums basketball season. For the big occasion, elementary students made crepe-paper pom-poms, the secondary students painted welcome signs, Mary Hostetter opened the concession stand, Brian Kornmann and Terek Anelon donned their referee whistles, fans filled the bleachers, Kristin Hathhorn put eight minutes on the clock, Derrick Nickoli opened the scorebook, coaches Pete Suskuk and Deanna Harris (PDB) introduced their players, and Jonathan Salmon and Bobby Rickson (PDB) opened up the game with a jump ball.

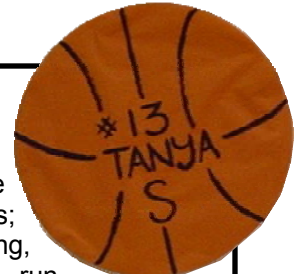
(Continued on page 2)

Birthdays this month

- March 1
Angel Nunez
- March 6
Gabe Gust
- March 10
Lydia Olympic
- March 19
Corey Olympic
- March 21
Jon Salmon



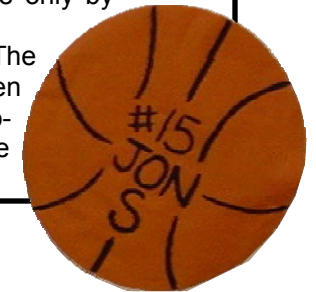
BASKETBALL *(Continued from page 1)*



The game began at 6:30 PM. The fierce Igiugig No-See-Ums vs. the Pedro Bay Chiefs. The three-man teams played four eight minute quarters; each team had one substitute. The games were intense with lots of shooting, rebounding, guarding, jumping, dribbling, fouling, and lots of running, running, running... Jonathan Salmon scored by far the most points in both the evening (24) and morning (29) games. The No-See-Ums displayed excellent team work. That evening the victory went to the Igiugig No-See-Ums, 64:34.

The next morning, the basketball game began at 9:30 AM. The teams stretched out sore, tight legs and ran off morning sleepiness. The No-See-Ums were slacking big time. Pedro Bay, however, ate their Wheaties (served at breakfast) and outran the No-See-Ums. By the end of the fourth quarter, the teams were exhausted and sweaty. Nonetheless, the No-See-Ums won again. This time only by seven points: 62 to 55.

The fun didn't end there! Pedro Bay got weathered in until Sunday. The team hung out in the gym practically the whole time with Igiugig kids, even joining the community in night gym. Next weekend (Feb. 27-28) the No-See-Ums will travel to Pedro Bay for a rematch. Thank you to everyone



Bobby Rickson and Jon Salmon jump for the tip off.



Rebound, rebound!



Brittany Jensen guards against Tanya.



Coach Pete



The No-See-Ums and the Chiefs played a pretty close game on Saturday morning.



Dawsey takes advantage of being open and gets ready to put up a shot.

Getting Ready for BOB

By Alicia Zackar, 6th Grade, Igiugig School

What have the 6th graders been doing? We've been reading, and reading books again, and then asking questions about them. Getting ready for Battle of the Books has been fun and hard at the same time.

We have been reading books in the mornings, but since we had our standardized tests these last few days, we didn't get to read in school so we had to read at home when we had the time. When we're at school we can either read in the gym or in our classroom. It is cool when you can picture the book in your head and you're really into it. The interesting books we have read are Time for Andrew, The House on Hackmans Hill, Root Cellar, and Riding Freedom. We are almost done with reading all of

our books.

Asking questions has been hard, but fun and exciting. We've been asking questions about the books almost every morning and we still are getting only 79% correct! We are worried because the competition is this week and we still are missing questions.

The state BOB competition is when students from all over the State are asked questions about the BOB books we have read. We have to answer 32 questions in the first round. I think we'll get about 95% correct. So, if you want to come and cheer us on come to the school at 9:30 on Thursday, the 26th of February.

TESTING IN IGIUGIG SCHOOL

BY DERRICK NICKOLI, 9TH GRADE, IGIUGIG SCHOOL

Let's see, A, B, C, D or F? That's what was going through student's minds on the days of February 17th, 18th and 19th because of standardized student testing, and not only for Igiugig, but all of Alaska! For 3rd, 6th and 8th grade it was statewide benchmark testing. For 4th and 9th it was the national Terra Nova test.

The students of Igiugig were testing in the mornings, mostly from 9:00 A.M. to 12:00 noon on the days of the 17th and 18th. On the last day, they were testing from about 9:00 A.M. to 10:30 A.M. Testing was kind of easy, but sometimes difficult for the students. There were four students in Kristin's classroom. They were Jonathan, Dawsey, Corey, and I, Derrick. The students in Mark's room were Jeremy, April, Alicia, Sharolynn, and Mary.

Jeremy, April, Alicia, Sharolynn, and Mary were doing three subjects in their benchmark testing, which were math, reading and writing. Their benchmark tests weren't timed, but were a little difficult. The 3rd, 6th, and 8th graders were ever so busy testing in Mark's room. Ber-

nadette assisted students in Mark's room during those three days, while Annie had the younger students in the gym

For the 4th and 9th graders testing was in Kristin's room and we were busy also. Our Terra Nova tests had the subjects of reading and language arts, mathematics, science, vocabulary, language mechanics, spelling and mathematics computation. Our first four tests were about 50 minutes on average, the last four were about 15 to 20 minutes long. We had breaks after each test and waited for everyone to finish.

I expect everyone did well on the tests and will get good results when they come back to us. It was a little fun to do testing instead of doing regular schoolwork for three days in a row in the mornings. Because our afternoons stayed the same, we still did our regular schoolwork then. The testing is over for the year and will not happen again until next year.

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

<http://www.pfd.state.ak.us/>



Library/Computer Lab News

Are you enjoying the Village Carnivals each weekend? But have you seen our new cookbooks and the fitness books? Come on up and check this out! We now have four new books about fitness and health. The cookbooks have low-fat recipes from China, Italy and Mexico. So if you want to try an ecstatic recipe that melts in your mouth and cannot find a place, come to the library!



EASY FICTION BOOKS

River by Debby Atwell

"In the beginning there was a river. Trees grew. Fish grew big. And one by one, the animals came to drink the water..."

Fiction books

Life of Pi by Yann Martel

"A story to make you believe in the soul-searching power of fiction..."

Alaska Nonfiction books

Place of the Pretend People by Carolyn Kremers

"In her powerful memoir, Place of the Pretend People, poet and nonfiction writer Carolyn Kremers reflects on "music, the outdoors, teaching, Alaska, Yup'ik and Inupiat Eskimos, and a wonderful woman named Carolyn." The reader's gift from Kremers is an unforgettable look at the power of spirit and of place..."

NONFICTION BOOKS

Living History by Hilary Rodham Clinton

"Hillary Rodham Clinton is known to hundreds of millions of people around the world. Yet few beyond her close friends and family have ever heard her account of her extraordinary journeys..."

DVDS

Gold! – History Channel

"The Time-Spanning Saga of humankind's enduring obsession with the World's most precious substance..."

INTERESTING WEBSITE OF THE MONTH

<http://sled.alaska.edu/databases/>

This site has tons and tons of information on Alaska for Alaskans. Want to read "old" newspapers? Want to know what kinds of medicines you can take with your daily vitamins? This has so many sites I can go on and on and on... So, please take the time and check this site out you will be quite amazed, just like I still am.

The Carnival that I Almost Never Went To

By Jonathan Salmon

After the pancake breakfast on Friday we were on our way to Newhalen, on our Hondas. Unfortunately, an hour and a half on the way yet not even a quarter of the distance we had to turn around due to the water on the ice and because of the slow pace. After drying our clothes everybody caught a flight up to Newhalen with Iliamna Air. Everybody settled into a home and went to the school to check on the activities. My highlights at Newhalen Carnival were the shooting matches, basketball games, and the raffles at the dances.

Beside Newhalen River were competitors ready to try their aim and responsiveness at trap shooting or testing their skill and their guns aim while shooting at the 50 yard bullseye, 100, 200, or a distance of 500 yards. The 50 yard event was for the .22s and the 100 and 200 targets were for open sites only. The 500-yard target allowed for a scope. Harvey Anelon won first place in all categories.

The basketball games were fun to watch and learn some new moves for our home games on the 20th and 21st

of February. New Stuyahok and Naknek were there to play against Newhalen. The crowds were loud but I didn't cheer too much because I didn't know many of the players.

Another joy at the carnival was the dances, door prizes, and raffles. I wanted to win the \$2000 or the Honda, but even with all my luck, all I did was lose my money. I also tried the \$500 raffles, but I didn't win any money. Whenever they announced a door prize and I didn't win, I would count how many tickets I was away and say that I should have come in 10 people earlier. That didn't help me win either. I did have fun at the dances where I got to cheer on Mike and Dallia as they helped the band turn out some music.

On Monday morning it was time to come home with my wallet lighter and feeling pretty down on my luck. It was worth going up though, and maybe next year the winter will stay cold enough to drive up.

SAFETY 1st - SAFETY 1st - SAFETY 1st

Spring Time Precautions

With springtime, comes thawing, very slick ice, and water issues—

- ✓ **Wearing Ice Cleats** will help you avoid unnecessary falls, saving you from injury or at the very least embarrassment.
- ✓ **Check walkways and entrances** and if they are very icy, put out sand, salt or melting compounds to get rid of ice and make it safe for walking.
- ✓ **Watch for ice or snow sheets** coming off the roof. With warm weather, sometimes the whole mass will slide off at once. Be sure to park away from the roof edge and walk outside the drip line just incase.
- ✓ **Stay off rotten ice.** Be sure to check the safety of ice before going on it and be sure to remind children of the danger of rotting ice.
- ✓ **Watch puddles** that form around the outside of your house, and on driveways. It can cause water damage to the foundation, or erode roadway edges and make potholes. Puddles can usually be drained by making a small ditch or they can be filled with gravel to eliminate the standing water.
- ✓ **Keep an eye on culverts.** If they back up it can cause the roadway to become soft. It can also pose a threat to small children that may play near the water.
- ✓ **Be careful boating** ice can begin running from the lake without warning.

With a bit of awareness this can be one of the best seasons of the year, when boat travel becomes possible and the wildlife begins to move around—without any accompanying mosquitoes!

Prevention

A BROKEN LEG CAN REALLY

SMOKING IS BAD

By Mary Hostetter, 8th Grade, Igiugig School

Did you know that every eight seconds a person dies due to tobacco products? Each year in the United States 105,975,027 people die and 50,000 of those people die from second hand smoke while 440,000 of those people die from tobacco caused diseases. It is estimated that one out of every three smokers will eventually die from a tobacco-related disease; cigarettes will kill a third of the people that use them. Companies that produce tobacco products sometimes refer to their new customers as 'replacement smokers,' seeing as all their other customers are dying or dead. Many people die from natural causes, many other people though, die from unnatural causes.

Did you know that cigarette smoke contains the radioactive isotope Polonium-210? Also, one cigarette contains eleven chemical compounds that cause cancer; benzene, carbon monoxide, arsenic, and hydrogen cyanide. Urea, a chemical also found in urine, is used in cigarettes and causes shortness of breath and chronic coughing, if you smoke long enough. Each breath a cigarette smoker intakes raises his/her chances of dying. Five percent of our smoking population manages to stop smoking, 95% of them try and fail.

Smoking tobacco causes 445 cases of cancer each day. In one year it kills more people than AIDS, drugs, homicides, auto accidents and fires put together. Out of the billions cigarette companies make, \$480 million of those dollars are made off underage smokers; 80% of adults that are smoking started before they were 18. Did you know that tobacco companies put advertisement signs at a child's eye level, not at an adult eye level?

Today, many people die from cigarettes. Today there are many families mourning the death of a loved one because of cigarettes sold by tobacco companies. Hopefully this will open up smoker's eyes to realize that each cigarette is killing them.

PANCAKE BREAKFAST (Continued from page 1)

cooking, pancakes flipping, and bacon boiling in its own grease. The drinks also could have been a little better organized. The smoothies could have been colder, but we were afraid of some dog coming and drinking my hard made smoothies if we put them outside. After everyone had finally gotten their meal, it was time for the students, sixth grade on up, to present their speech or story.



Let's see how many more people can we fit in the kitchen.

We had brought the camera and the microphone out and we started off from oldest to youngest. The speeches went well because we had the crowd laughing, crying, and speechless. After our speeches Dan Henry and Chris Kolerok talked more about the Native Oratory Society.

Well, I think the pancake breakfast went well this year. I can't wait to see what happens next year. I would like to thank all the people for coming to the breakfast and I hope you all had a wonderful time. Hopefully next time we will have all the pancakes ready to go when you order it instead of waiting half an hour or more for a piece of bread!



Chef Al carefully checks the recipe for sourdough pancakes.



Dallia and Corey kick up their heels during an impromptu dance at the school.



Mike Andrew, Sr., Dan Henry, and Mark Battaion entertained us with some music and even had some dancing the night away.



← Dan Henry explains about the Native Oratory Society and introduces the students.

Alicia's public speaking skills have improved tremendously from the beginning of the school year. Way to go Alicia. →



← College bound Alex-Anna Salmon gave her speech on the important role that parents play in the education of children.

Yako wakes up to a hot cup of coffee while patiently waiting for his pancakes. →



Passing Levels

By Jeremy Salmon, 6th Grade, Igiugig School

This month four Igiugig students passed a level. They were Derrick and Dawsey who passed level five math, and Sharolynn and Shaun, who passed level two writing.

The students of Igiugig School don't get A, B, C's anymore but they work on standards. The way it goes is if a student passes all their standards in a level, they take that level's assessment and if they pass that, they go on to the next level and work on those standards.

Derrick and Dawsey were very happy that

they had finally passed their level five math assessments. Both said that the test was in between easy and hard.

Sharolynn and Shaun were really excited about passing their level two writing assessments. Sharolynn says she doesn't remember passing, while Shaun says he was really happy. He said the test was as easy as turning a computer on.

Igiugig School is very happy for the four students who passed their assessments, and we hope that others will soon pass also.

Dan Henry and Chris Kolerok

By April Hostetter, 6th Grade, Igiugig School

Do you know that some people would rather die than give a public speech? Well, Dan Henry isn't one of them. When Dan Henry and Chris Kolerok were here, there were many fun activities such as storytelling at the school, public speaking workshops in Mark and Kristin's classes, and a dance after Dan and Chris talked to the adults about public speaking. On Friday, there was a pancake breakfast at the school and the 6th grade through high school students gave speeches about their own concerns or presented a story by a native tribe.

The first night that Dan and Chris were here was when Dan asked people to come to the school and tell traditional stories. Mike, Dallia, and Annie told different stories in Yupik and English. Kristin said, "It was very entertaining and there was lots of laughter."



Dan Henry listens to the traditional stories.



Annie, Dallia, and Mike shared traditional stories in the library during Dan Henry and Chris Kolerok's recent visit.

The next day there were workshops at the school and we learned Monroe's Motivated Sequence for persuading. We also learned how to deliver a speech and what you should and shouldn't do while you are speaking in front of an audience. Before the dance at the school, there was a public speaking workshop for the adults; Dan gave them advice about public speaking and what people like to see when somebody is giving a speech. Then around 9:00pm, there was an impromptu dance at the gym where Mike played the accordion while Mark and Dan Henry played their guitars. This dance was unplanned, but the people who attended thought it was fun.

After everybody ate at the pancake breakfast, Kristin's class gave their speeches. My speech was a story from a De-

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GARDENERS GOODIES

MARCH garden activities:

- Early MARCH – Start planting your sets for the summer garden. Seedlings that are easy to transplant or are very slow growing can be started with a number of seeds sprinkled in a flat or larger pot, and then moved into individual cells after the first true leaves are on. Some plants that hate to be transplanted are pumpkins, cucumbers, squash and carrots. So save these to direct seed or plant in very large pots so you will only have to transplant them once without much disturbance to their roots.
- Early MARCH – be sure to have good airflow around your growing area. Overly warm, humid, still air can causes young seedlings to die off. (A fan to gently circulate air or a slightly opened window is enough to do the trick.)
- Early MARCH – Watering—**don't use tap water** directly on seedlings if it is from a chlorinated system. If your water is chlorinated, let it sit in a bucket for a few hours for the chemicals to disperse before watering.
- Don't keep plants soggy all the time—allow them to dry out a bit between waterings (but not enough to make them wilt).
- Early MARCH – Prune winter damage to outdoor trees and shrubs and clear any debris from around the plant beds so they can get a 'clean' start.
- MARCH – Shower your houseplants. Washing the winter's collection of dust off leaves helps them 'breathe' better and will promote better growth
- Late MARCH – gather up planting trays with larger cells in preparation for transplanting your seedlings into larger pots.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Egg shells – if you are just throwing them out, rethink this. Crushed up they can be added to soil to help make it more fertile and improve the texture. They also make a good addition to the compost heap or the worm bin, just be sure to crush them first since they are very slow to breakdown on their own.

DAN HENRY AND CHRIS KOLEROK *(Continued from page 8)*

na'ina tribe. This story was about a little boy who wanted his dog to talk, but the dog wouldn't. Then one day, the dog talked and the little boy died.

Everybody liked our speeches and all of us got at least a little better at presenting. You wouldn't have been able to hear Alicia or I before, but now we are a lot louder. So we learned a lot of things while Dan and Chris were here and I hope that they will come again sometime.



Recycling Paper

By Tanya Salmon, Environmental Intern

Everybody stresses about recycling pop cans, but another important product that people should recycle, or use less of, is paper. Everybody uses paper and large amounts of it too. In fact, today in the United States, we consume an average of 800 pounds of paper per person- totaling a whopping 200 BILLION pounds each year.

Not only is the paper industry destroying the ancient rain forests and natural environment, but it is also one of the largest polluting factors; paper accounts for 40% of all municipal waste. That is a true statement even for Igiugig. Each year when the Igiugig students organize the annual village clean up, the dump is the hardest task to clean because of all the loose papers flying around.

Although more people and companies are recycling their paper, 50 million tons of paper still end up in landfills each year. It is easy to use large amounts of recycled paper as printers, fax machines, and copy machines. This should become more common. It is our job to decrease the amount of paper wasted each year.

Recycled paper, done right, can reduce energy consumption, reduce both air and water pollution, conserve forest resources, reduce water consumption, save landfill space, and save tax dollars! But watch out! Even if we see an increase in the use of recycled paper, paper consumption is increasing so rapidly we will not see a reduction in the cutting of trees for pulpwood. The planet is showing signs of our excessive demands upon it: air and water deterioration, overflowing landfills, disappearing forests. We can only resolve these problems by each and every one of us looking at the facts and making responsible decisions.

Recycling on a large scale is new. As the industry catches on, we will see changes -- but only if the demand is consistent. This must come from the consumer; US. reduction of wasteful consumption is a primary need. Recycling and buying recycled paper are positive options. Remember the three R's: reduce, reuse, and recycle!

"R" Carnival

When: Saturday, April 3, 2004

Time: 1:00 PM—4:00 PM

Where: Igiugig School

Mark your calendars and come and join in the fun!!!

Lots of fun games to play and prizes to win!!!

Concessions!!!

Coin toss!

Bean Bag Toss!

Door prizes!

Sponge toss!

Darts!

Fish pond!

WALK TO BE FIT

Total **V**illage **M**ileage through January is 39,219

Healthy Body –More Money in your Pocket?

If you have never considered the cost of being unhealthy, give it some thought today. Grab a piece of scratch paper, a pencil and your memory. Now take a moment to consider your recent activities:

- Have you made any emergency plane flights for health reasons? (Write down charter cost, cab fares or rental car costs, and meals while away from home.)
- Do you ever miss work because of a health problem that you could avoid? (Write down the wages you miss out on earning because of this, and all the medications you needed to fight the illness.)
- Have you recently purchased different size clothes than you used to need? (Write down the cost of new clothing.)
- Do you use any medications for chronic illness that could have been avoided with better health practices? (Even if you don't technically pay for it this is a cost of poor health. Find out what the price is and multiply that by a year's supply and add that to your list.)
- Do you often visit the Clinic or a hospital? (Figure out how many times per year and multiply each doctor you see by \$100 and each time you see a Health Aide by \$40 and add these numbers onto your tally sheet.)
- Do you drive places that you could have walked? How many miles per week? (Write down 10 cents per mile times 52 weeks for the year.)
- Use your own imagination and add any other things you can think of, including orthopedic shoes, back braces, pain killers, etc.

Getting the picture? Well according to a national survey, unhealthy people pay at least \$330 each year more than their healthier counterparts. It also states that if the more than 88 million inactive Americans started taking a daily walk, we would save more than \$75 billion per year in medical costs (see Prevention Magazine's "30-Day Walking Program" tip #13).

Another researcher surveyed 1,172 people nationwide and found that many intend to get healthier, and knew lots of tips to do this, but most were not followed through on. Among the things people tried to do to improve their health, the following were the most effective having almost a 75% success rate.

Easiest Changes to Affect:

1. Eat Healthier Food
2. Drink Water
3. Pay attention to health issues in the news (and other media)
4. Take time to relax
5. Take precautionary measures to protect against the sun (sunscreen, hat, etc.)
6. Create a healthful home environment

Pick a few and try them out today....and keep on doing them as often as you can and just see what a difference you might be able to make in your life!

Keep on Walking

Personal Totals

Sandy	2995.5
John	2871
Annie	2565.5
Lydia	2243.25
Joshua	1580.25
Shayna	1512.25
Yako	1469
Mary	1433.5
David	1356
Dallia	1185
Marie	1123.5
Angel	1043.75
Ida	1007
AlexAnna	929.75
Alice	907.25
Tanya	886.75
Julie	871
Kayla	831.5
Michael	772
Shaun	751.75
Jonathan	749.75
Bernadette	740
Alicia	722.5
Betsy	698
Dan	625
April	546.5
Jeremy	530
Tess	442.5
Camille	424.5
Sharolyn	410.25
Kevin	390

Igiugig Tribal Village Council

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Tanya Salmon, IGAP Intern

Weather Watch

February 1– 28, 2004

No wind data this month due to
technical difficulties!

Highest Temperature . . . 42.2°F

Lowest Temperature . . . –19.9°F

Below Freezing . . . 23 days

Below Zero . . . 2 days

Precipitation . . . 0.66 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

PECAN BAR COOKIES

1 1/2 cups all-purpose flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1/2 cup granulated sugar
1/2 cup packed dark brown sugar
1/4 cup butter, softened
1 teaspoon maple flavoring
1 large egg
1/2 cup chopped pecans
3 tablespoons semisweet chocolate chips, melted

1. Preheat oven to 350*.
2. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, baking powder, baking soda, and salt, stirring with a whisk.
3. Place sugars and butter in a large bowl; beat with a mixer at medium speed for 3 minutes or until well combined. Add maple flavoring and egg; beat until combined. Stir in pecans. Spread mixture evenly in a 9-inch cast iron skillet. Bake at 350* for 30 minutes. Cool in pan 10 minutes on a wire rack.
4. Remove from pan, and drizzle with melted chocolate. Cool completely. Yield: 12 servings.