

Igiugig News & Notes

Igiugig Tribal Village Council

April 2004

Volume 7, Issue 5

Washington DC, Here I Come

By Tanya Jo Salmon, 11th Grade, Igiugig School

Whew! I hate to admit it, but it feels good to be home. I was in Washington DC for the Close-Up program from the 12th to the 20th. That week in DC was one of the busiest weeks I had this year!

Tianna Carlson from Port Heiden and I were the two students selected to attend Close-Up In DC. Jeff Thurston, my old teacher, was our chaperone. When we arrived in Washington, Tianna and I were given our room at the Days Inn Hotel. We would be rooming with a girl named Pinky from New Jersey. The first day was really a free day as students settled in and became familiar with the area.

During the rest of the week, we were up before 7 AM and were busy until 10 PM with activities, workshops,

classes, seminars, and sightseeing. While in DC, I saw the Theodore Roosevelt, Vietnam, Korean, Kennedy, and Lincoln Memorials, checked out the Library of Congress, watched a hilarious play called Shear Madness, went to several Smithsonian Museums, visited Georgetown, went to the Botanical Garden, rode on a subway for the first time, and of course, met people from all over the country.

It was not only a busy week, but very hectic. There were over two hundred kids attending the program (we were the only ones from Alaska) and we had to wait in long lines for everything. Just to eat breakfast, we had to stand in line for fifteen minutes! Visiting museums was time consuming because we

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Ghost Town

By Jonathan Salmon, 9th Grade, Igiugig School

Tumbleweeds were rolling down the road. That's how empty Igiugig was during the Kokhanok Carnival. Everybody except for the Andrew Family, the Nunez family, the teachers, and my dad and I were gone, a total of twelve people. Being one of the few left in Igiugig was fun because there was nobody, like sisters, to tell me what to do. I also had a Honda that I didn't have to share with anybody.

On the first day, all I did was hang around the house and help my dad a little bit with some of our broken machines. I watched TV and ate a lot of snacks. It was like that almost every day except that I also went riding around back to Pecks Creek and down

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Birthdays this month

- April 14
Renae Zackar
- April 23
Mike Andrew, Sr.
- April 27
Randy Alvarez

Igiugig Village Council Meeting by Sandy Alvarez

The Council held their regular meeting at 3 p.m. on March 19, 2004 at the Tribal Offices. Members were updated on regular programs and financial information.

It was noted that office staff attended a one-day training in King Salmon in late February for 638 Contracting & Compacting, one trainee just completed training in Dillingham for the water/sewer plant operation, and people are still needed who will be trained for the jobs as electric operator and landfill operator. Residents were reminded that there are no re-certification classes for hazwoper or asbestos scheduled in Igiugig. The office does however have information on the 8-hour sessions available through a company in Anchorage and everyone who currently holds a certificate was encouraged to

take care of their training soon so they will be ready to work in the various jobs this summer.

Upcoming activities include: the annual "R" Carnival scheduled for the kids April 3rd, a reading program for small children at the library, and a regional wellness conference in Naknek March 24-27, which will be attended by five people from Igiugig.

Planning which is underway to address the lack of housing was discussed with the Council and it is hoped that one housing unit can be constructed this year.

Discussion continues regarding the mail routing and each house will have the opportunity to give their opinion about the proposed re-routing through Iliamna.

Naknek Wellness Conference by Sandy Alvarez

Participants from Igiugig, Pilot Point, Togiak, Dillingham and Goodnews Bay arrived in Naknek on the afternoon of Wednesday, March 24th and were treated to a spaghetti dinner at the Naknek Village Council. All of the other subsequent meals and most of the activities were also held in that building, with a number of Naknek and King Salmon residents participating in various sessions. During the course of the conference which ended at noon on Saturday the 27th, participants were given information on programs addressing domestic violence and substance abuse, they heard from elders, enjoyed native dancing on Thursday evening and an old-time dance on Friday night. They also all had the opportunity to participate in crafts including carving, skin sewing and using rubber stamps to make greeting cards. Igiugig's elders, Mary Olympic and Mike Andrew both spoke to the group about traditional knowledge and life experiences. Igiugig's other participants included Dallia Andrew, Julie Salmon, Yako Nickoli, and Sandy Alvarez.



Group shot of participants at the Naknek Wellness Conference.



Mary Olympic carves a harpoon head out of caribou antler.



Elders Mike Andrew, Sr. and Harry Barnes (from Dillingham) chat during a break.

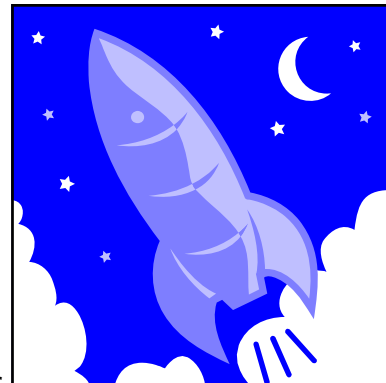


Yako Nickoli and Sandy Alvarez (bottom right) listen to a presentation.

Stories About Outer Space by the Primary Students

Corey, Gregory and I saw the white and blue striped space ship. We had to go to the moon to collect rocks for the scientists. I got in first, Corey got in second, then Gregory got in. Then Gregory closed the door. I started the engine: "5, 4, 3, 2, 1, 0 blast off!" We got very dizzy in space. We tried to go to Jupiter, but we hit the Asteroid belt. I flew us to the moon. We saw some aliens. They tried to shoot us with a blaster. The blaster made us sick for two months. The alien took our food too. When they touched us, they hurt our arms. The aliens gave us bad food and bad water. We kicked the aliens out. We floated around the moon to gather rocks and dirt. There was no gravity. We went back to the space ship. I started the engine and blasted off! We started down towards the earth. We blew up and hit the light tower but survived the crash. We had a bumpy landing on our heads.

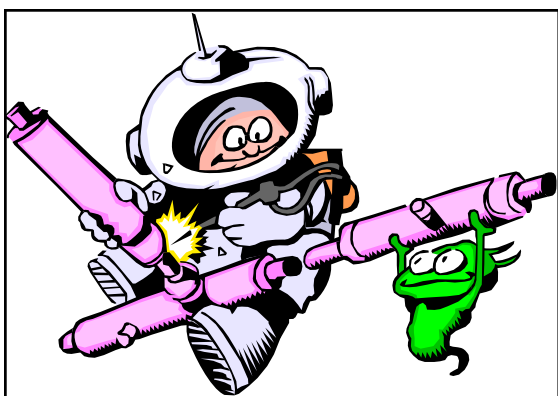
- by Shaun Andrew, 1st Grade, Igiugig School



I was walking to the red rocket. I was very scared but I faced my fear. I went into the red rocket. Then I shut the door behind me. After, I heard a voice in my helmet. He said "five, four, three, two, one, blast off!" I was taking off. It was a shaky take off to Jupiter. When I was going to Jupiter I hit the Asteroid Belt. After I hit the Asteroid Belt, I got sick for three weeks. I was puking. When I was sick I was weightless. Then a big rock hit the red rocket! I got scared. After when we got out of the Asteroid Belt, I calmed down. When I turned my head back I saw the stars and I also I saw the earth. Then when I turned my head forward I saw Jupiter. When I was going to land I thought I was going to land hard but I landed softly. I landed so soft, I couldn't feel a thing. When I was walking, jumping and jogging, I saw ten aliens. One of them came to me and it grabbed my head with its long nails. After, the alien opened its mouth and the alien had sharp teeth. Then the alien bit my neck. Then the other aliens joined in. That's how I died. The end.

- by Corey Olympic, 4th Grade, Igiugig School

I started the rocket. It was shaky. I got sick and I had to puke. After, my head became dizzy. I fainted. When I got up after fainting, I was on Mars. When I took my first steps on Mars, it felt slimy on my shoes.



Then, I heard an alien. I went to try and find it. I found it. The alien had a big head and it had a small body. It turned around. It wanted to eat me, so I shot it. I went and picked up the alien then we left Mars. On the way home I saw an asteroid. It was rushing by my ship, so I went back to Igiugig.

- by Sharolynn Zackar, 3rd Grade, Igiugig School

I got my suit and put it on. The pilot said, "You have to get ready." So I got ready. Then it was time to go. I was scared but still I had to go. I gently went up the ladder, opened the door, and it creaked like a mouse. I sat on the chair. It was hard, blue, and red. Then I heard a sound. It was the pilot. He said "10, 9, 8, 7, 6, 5, 4, 3, 2, 1, 0, and blast off!" I fell back.

When I looked out the window, I was in a cloud. In a few minutes I was weightless. I felt like puking. Then there was a bump. I hit the Asteroid Belt. I got space sick. I almost fainted. In five minutes I was past Jupiter. Then I saw Saturn. I was finally there. The space ship landed on Saturn. When I stepped on Saturn it was squishy. Then I saw something jumping up and down. It was Sharolynn. I said, "Sharolynn, do not scare me like that!" She said, "You have to try this!" I was going to go with her but the pilot said "It is time to go to the rings." I got some rocks. And brought them up to the ship. And I happily went home.

- Tess Hostetter, 2nd Grade, Igiugig School



Library/Computer Lab News

Spring is in the air! Knock on wood!!!! Happy Easter. You will see more changes in the coming months as Roz and I will be “weeding” out some books, and making more room. Also, Mary Hostetter will be reading to children 3-6 years of age in the library after school. We will keep you informed on when this will be happening.



Easy fiction books

Easter Bunny's Lost Egg by Sharon Gordon

“... But where did I hide my last painted egg? Let me think,” says the Easter Bunny

FICTION BOOKS

How Will the Easter Bunny Know? by Katy Winters

“Mike is excited about going to Grandma's for Easter. Then his friend Tony tells him the Easter Bunny only comes to houses where kids live . . .”

Alaska Nonfiction books

Sacred Hunt by David F. Pelly

“The seals were a lifeline, the very means of survival for the people. From the beginning, Inuit had a deep respect for the seals, which for them was the key to a successful hunt, the essence of survival, and the basis of their relationship with the seals . . .”

Nonfiction books

An Unfinished Life John F. Kennedy 1917-1963 by Robert Dallek

“Cutting through the haze of distortions and myths which have encased John F. Kennedy's legacy, An Unfinished Life sets the historical record straight . . .”

Video

The Earth Day Special

“Mother Earth (Bette Midler) is ailing and it's up to folks in Anytown, USA to help her recover . . .”

INTERESTING WEBSITE OF THE MONTH

[http:// www.theholidayspot.com](http://www.theholidayspot.com)

Want to know how Easter came about in the different countries? Want a recipe with carrots? This site has many exciting ideas on how to celebrate Easter.

Spring Stuff

The spring thaw didn't start in March so April's general precautions are pretty much the same as the ones we wrote up in the previous monthly newsletter—slick ice, rotten ice, running ice, deep water along roadways, backed up/frozen culverts, soft or washed out roadways!

Other April items include preparations for a safe and healthy summer.

- ✓ **Check out first aid supplies** at the airport building. With increasing airplane traffic more people may be coming through the facility with injuries needing attention.
- ✓ **Take a few minutes** to go through the supplies necessary for whatever job you do at the Village. Ordering supplies is slow in the early summer because of all the incoming mail for summer businesses, so now is the time to stock up on things that are running low.
- ✓ **Help maintain sanitary** restrooms—with more people coming through the airport it's necessary to keep a clean facility. Be sure you aren't the one leaving the mess, and take a moment to clean up any trash you see.
- ✓ **Clean and put away** tools and equipment. Repairs and maintenance tasks go quite quickly if everything is where it should be and in useable condition...if not it can take all day to round up the things you need to do a simple job!

A few minutes now can save a lot of time and headache during the busy summer season!

Prevention

TAKING CARE OF BUSINESS NOW
IN ANTICIPATION OF
A FUN SUMMER!

SICKNESS?

By Mary Hostetter, 8th Grade, Igiugig School

Did you notice that almost everyone in Igiugig has some sort of sickness? If you walk into a room, no doubt you will hear coughing or somebody blowing their nose. Why are all these people getting ill? Well, I might have an idea; because of all the traveling all the people have been doing, they have caught some new kind of cold virus.

There are many different sorts of viruses that cause colds, some are very serious and some are not. Some include the rhinoviruses that cause an estimated 30 to 35 percent of all adult colds, and more than 110 distinct rhinovirus types have been identified. Corona viruses are thought to cause most of adult colds; of all the types of corona viruses, only three or four infect humans. Children's colds are a bit more complicated, because it is difficult for doctors to study the symptoms of children.

Do cold weather or getting chilled cause cold viruses? No, they do not; psychological stress or allergic disorders affecting the throat can cause colds. In the U.S. most colds happen during the late fall and winter; the cold incidents increase throughout September and start to decrease in March since people are more susceptible to colds in the winter because the humidity is low.

Colds, if not properly cared for, may result in pneumonia or slight bronchitis. Although, there is no real way to cure a cold virus, there are some ways to help them go away. Drinking lots of fluid, resting, and gargling with warm salt water will help cure your cold and hopefully help you get over it.



Speeches

By April Hostetter, 6th Grade, Igiugig School

The high school students (including Mary) are getting ready for the Alaska Native Oratory Contest in April. Even though Jeremy, Alicia and I aren't going to Anchorage, we are still doing speeches, so everyone has a speech in Kristin's class. I am going to write about what the older kids are doing to get ready for the ANOS contest and about the speeches we have been working on.

All of us chose a topic, researched them and then we wrote our speeches. It took three drafts until we were done. Now all we have to do is memorize our speeches and get used to going up in front of an audience. The speeches were kind of hard to do because of all the brainstorming, researching, writing and memorizing, but I think that the hardest part of all is getting up in front of everybody and presenting them.

Everybody chose a topic that they were concerned about for their speech. Starting from youngest to oldest, Alicia's speech is about the causes and effects of drinking, Jeremy's is about the causes and effects of smoking, and mine is about the causes and effects of drugs. The older kids speeches are: Mary's is about Elizabeth Peratrovich, Jon's is about the Pebble Mine Project, Dawsey's is about subsistence, Derrick's is about apprenticeship in Native cultures, Tanya's is about losing our Native cultures, and AlexAnna's is about what kids are doing after they graduate. These are the topics that we are concerned about.

The speeches are a little difficult and a lot of work, but I think that we will get better at public speaking and that the older kids will do well at the ANOS contest in April.

Movie Night and Gym

By Jeremy Salmon, 6th Grade, Igiugig School

Stomp! The kids started running down the hall and into the classroom getting ready to watch Lion King One and a Half.

This week, the Igiugig School had a fundraiser which was a movie night. The kids watched Lion King One and a Half and the school made over one hundred dollars by selling snacks and people paying their way in for the movie night. The kids had lots of fun watching the movie while other kids had fun playing in the gym.

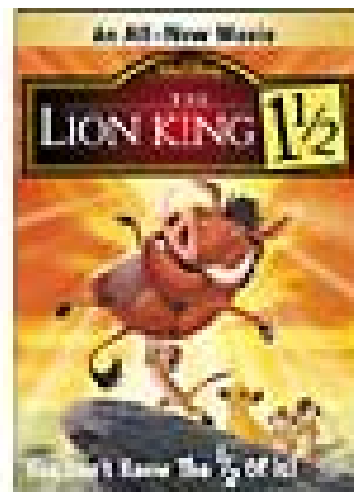
While some kids watched Lion King One and a Half, other kids also had fun just playing in the gym. The kids played games like tag, setting up the mats and having the girls knock down the boy's mats down while the boys knocked down the girls mats, kick manache, and basketball.

The student store also sold some candy, pop, and other snacks like mentos, snickers, sports blast, and lots of different kinds of sweets. Lots of kids bought candy and that's what we made most of our money off of, I think.

Whoever missed the movie night or gym should have been there because it was really fun and

exiting. I also think that we should have another movie night sometime soon and this time let Bernadette know about it because her kids missed gym. They didn't know about movie night or gym until they heard about movie night from someone else. They didn't know about gym night and they missed it. Sorry!

In the future we should have more kinds of the activities like this because we sixth graders are getting older and should learn how to do fund-raisers without getting help from the older kids.



The Effects of Marijuana by Derrick Nickoli, 9th Grade, Igiugig School

People call it hemp or cannabis. It is a tall, leafy plant with an average of sixty leaves on each plant; it grows in a great variety of places in the world. The three species of cannabis: Cannabis Sativa, Cannabis Indica and Cannabis Ruderalis all have a lot of cannabinoids including THC. In my article today, I will be writing about the effects of marijuana, and the impact they have on people.

The female species of the plant has the most THC concentrations. Time, color and increased claustrophobic distortions can occur. Dreamy euphoria, excitement, constant laughter, the thought that everything is funny, the munchies, panic attacks and being paranoid occur, mostly in new users. Users of this harmful substance suffer loss of memory, a slow learning ability and loss of muscle coordination. Some research shows negative changes in the brain, almost the same effects as other major drugs abused for a long time. A user's risk of a heart attack is multiplied by four times within their first hours of consumption. The effects of marijuana have a large impact on blood pressure and heart rate increasing the individual's pulse by 50 %. Oxygen that is circulated through the lungs and throughout the body is reduced by a large margin.

People who smoke only marijuana a lot and don't smoke cigarettes have many more problems with their health and are gone from more days of work than people who don't smoke marijuana. Some other effects are daily cough of phlegm discharged from the lungs, severe chest illness, an elevated risk of lung infections and a heightened tendency to obstructed airways. Lung cancer and cancer of the respiratory tract are also consequences of consuming marijuana. Consuming marijuana increases the probability of developing cancer in the head and neck and with that in mind, the more marijuana, the greater the risk.

Consuming marijuana doubles or triples the risk of cancer. Marijuana has the ability to cause cancer of the lungs and other major body parts because it contains irritants and carcinogens. Oh! Did you also know that marijuana contains fifty to seventy percent more carcinogenic hydrocarbons than smoke from

tobacco? You probably don't know what carcinogens are now, do you? Well, let me tell you, carcinogens are highly toxic cancer-causing agents that come from toxic smoke.

The smoke from marijuana also produces high levels of an enzyme that turns hydrocarbons into the carcinogenic form; levels that may speed up the changes that in the final form produce malignant cells. Marijuana users usually inhale more deeply and hold the smoke in their lungs longer than tobacco smokers, which elevates the lung exposure to carcinogenic smoke. Those facts that I just mentioned suggest that smoking marijuana may increase cancer risks far more than that of tobacco smoke.

Some of marijuana's negative health effects may occur because THC impairs the immune system's ability to go to war with infectious diseases and cancer. The white blood cells in an individual's body will be reduced due to THC in the body. That means the body can't fight off infection as well as a healthy adult and will be sick sixty percent more than a healthy individual.

Another odd effect is paranoia, which is only a short-term effect though. Another short-term effect is an altered motivation, which makes a person who smokes marijuana very lazy. The other short-term effects are sleepiness, a difficulty to keep track of time, short-term memory loss, and a reduced ability to perform tasks that have to do with concentration and coordination. An increased heart rate is another short-term effect, bloodshot or eyes with red cracks in them are a common effect, and last but not least, a dry mouth or throat, in other words, "cottonmouth".

I think smoking marijuana is very dangerous for people's bodies. The fact that marijuana can cause cancer more than cigarettes is just terrifying. People shouldn't smoke marijuana.

I got this information from the internet – sites to check out:

<http://www.girlpower.gov/girlarea/bodyfx/marijuana.htm>

<http://www.howstuffworks.com/marijuana.htm>

GARDENERS GOODIES

APRIL garden activities:

- ☐ Early APRIL – Transplant sets to larger containers as needed, to keep them growing quickly.
- ☐ Early APRIL – Provide seedlings with a dose of liquid fertilizer after they have about four ‘real’ leaves (not counting the two little seed leaves that come up first). This will also help keep up the rapid growth
- ☐ Early APRIL – Continue to give attention to good airflow and sunlight without overheating your indoor starters.
- ☐ APRIL – Organize and inventory—make sure the pots, shovels, hoses and other garden supplies survived the winter and are still useable, otherwise be sure and order what you need this month so you will have what you need before late May.
- ☐ APRIL – If the ground ever thaws this month you can begin preparing beds as soon as they aren’t too muddy.
- ☐ Late APRIL – Add your worm compost and fertilizers to the soil of your flower and garden beds so it can begin to work in before you plant seeds or sets. (If the spring weather is really rainy you may want to wait until two weeks before planting time to avoid too many nutrients washing away completely.)
- ☐ Late APRIL – Test your soil and amend it according to the test results. Getting it right can make all the difference in how big and beautiful your flowers or vegetables turn out! There are test kits at the Village Council with enough supplies to do several tests for each gardener.

REMEMBER those 5R’s

Reduce – Refuse – Reuse – Renew – Recycle

Garden Fencing revisited—last year’s suggestions for reuse, included items such as animal antlers, rocks or driftwood. Take that a step further and think about other things that could be used to outline garden beds. Anything that provides a break between walkways, grass and planting beds works just fine!

GHOST TOWN *(Continued from page 1)*

river a ways. I followed Terek, Alex, and Kevin up until Big Mountain to get wood on Friday, but they kept on going to Kokhanok. Then my dad and I went down to King Salmon and got a bite to eat at E.F.I’s on Saturday. Every night I was able to stay up late and sleep in a little, which was nice. I was able to see Shaun and Camille driving, under twenty miles an hour, up and down the roads.

On Sunday, all of Igiugig got to eat halibut and other gourmet foods at the teachers’ house; “all of Igiugig” meaning the twelve people here. After the dinner, I went home, but I didn’t have to go to bed early because school started at eleven on Monday. I can live like that. Because everybody was still at Kokhanok it was just Shaun and me at school. Mark left in the afternoon because he was sick and there was no P.E. There were only four of us who ate lunch cooked by Shaun and Mark because our cook was gone also.

I had fun over the weekend, it was relaxing and I didn’t have to worry about others, or do what my sisters said.

My Wonderful 5-day Weekend

By Dawsey Apokedak

Throughout my five-day weekend during the teacher inservice break, I went to six places. I drove to all of them on a snow-machine. My five-day weekend was very exciting. I got to see a lot of relatives I hadn't seen in a long time, so throughout my break, I had a very good time!

The first day, I started my traveling. I flew down to Levelock on the mail plane. When we arrived, there was no one out there to get me. The pilot called on the radio one more time. We waited another 15 minutes, then finally, there came a Honda to pick me up. It was my Papa Peter. He said my dad was out getting wood and he would not be back for awhile. He dropped me off at my house and I left my stuff there. I saw Melissa, and she said that there were a lot of people at Branch River. I went home to put my stuff on and my dad showed up. I asked him if I could go over to Branch and he said I could. I left on the snow machine and got to Branch in no time.

The first person I saw was my Uncle John John. He had just come back from setting up markers. He told me which way to go because there were a couple of open holes. I got up to the green scow where everybody fishes for pike and whitefish. There was my Un-

cle Nick, Des, and Virgil. There must have been at least 20 of those whitefish lying on the ice. I went to my Papa's cabin and my uncles and cousins were there. I stayed and talked for a while and went back home.

The next day, I got my stuff and we drove to Stu, my uncle "S" and I. I went to visit my mom and I stayed the night with her. The next day it took my uncle forever to fix his snow machine. Finally, he got it fixed up and we left to go back home. It took us four hours when it should taken one and a half. Well, I had a good time in Stu.

After I got back from Stu I went home and went to bed early. I got up the next morning at 7:00 and I left to Yellow Creek at 8:30 AM. I got tired of driving, so I headed back home. When I got home, everyone was leaving to go to the Carnival. I got gas and headed up myself. Of course, I got left behind. I finally caught up at No-See-Um Lodge. We got to Igiugig and there was no one there, so I took off to Kokhanok and had a blast at the carnival.

I would say that I had a pretty good time throughout my vacation. It was a long ride, but I enjoyed it.

CAMPBELLS LABELS

We have collected a total of 11,950 Campbells Labels!!!

Remember you can earn a prize by saving labels and turning them in at the Village Council office.



WASHINGTON D.C. (Continued from page 1)

had to go through security. If you were less than two minutes late for your bus, you were left behind and had to take a cab! Thank God I never had to ☺

Tianna, Jeff, and I also met with Alaska's Representative, Don Young. We were able to ask him questions or his opinions on issues in Alaska. Some of the questions we asked him made him quite uncomfortable and I am sure he was happy to have us out of his

hair by the end of the interview. We were also supposed to meet Alaska's Senator, Ted Stevens. Unfortunately, he was not there.

The last night was exciting. There was a banquet and a dance. It was sad to say good-bye to all the new people I met. If I ever had the chance to attend Close-Up again, I would do it in a heartbeat. Close-Up was a fun and exciting learning experience. I am very grateful that I was able to attend the program.

How Long Does It Take To Decompose?

By Tanya Salmon, Environmental Intern

Face it. Everybody litters. What can we do to help decrease the number of litterbugs out there? One way is to inform people about the damages they are doing to our environment. Many people do not even realize that a single product that we use everyday could take many years before it is fully decomposed. I am one of those many ignorant victims.

Below is a chart showing how long certain products take to decompose. Hopefully, the next time you use one of these products, you will think twice about littering after reading these facts.

Object	Decomposition Time
Styrofoam container	> 1 million years
Plastic jug	1 million years
Aluminum can	200-500 years
Disposable diaper	550 years
Tin can	90 years
Leather shoe	45 years
Wool sock	1 year
Paper bag	1 month
Banana peel	3-4 weeks

One could easily cut down on their littering habits. Instead of throwing candy wrappers on the ground, you could put them in your pocket until you get to a garbage can. Wrappers do not take up much room! Smokers could be more considerate about leaving their butts around also.

Please, help the environment and your community, by picking up litter and quitting your littering habits. Your efforts will be greatly appreciated.

Did you know?

- Cigarettes can be harmful to you, even though they are not lit? Littered cigarette filters contain toxic chemicals that leach into the air we breath and the water we drink.
- If you are out riding around on your vehicle and you brought along some pop, you could crush it and stick it on your Honda rack.

WALK TO BE FIT

Total **V**illage **M**ileage through February is 39,777

Sleepless in Summer

Along with an appropriate diet and good exercise, sleep is what helps keep your body healthy, strong and alert. Longer daylight seems to give a person more energy, but by late May working all the daylight hours here in Alaska makes for a long day, and working ALL the daylight hours in July can seriously cut into your health and you will feel like a zombie in no time! With that in mind, April is the perfect month to start cultivating some good sleep habits:

- Caffeine watch—quit using caffeinated products 4 – 6 hours before bed. That doesn't mean just coffee—consider tea, sodas, chocolate, and certain medications as major sources too.
- X Alcohol—drinking before going to bed disrupts sleep later on in the night and causes things such as nightmares, sweats and headaches (as well as frequent trips to the restroom).
- Relax before bedtime—stress not only bothers you when you're awake, it can wreak havoc on your sleep. "Let go" of your problems before going to bed. Sometimes writing lists of things for the next day can help take them off your mind for the night. Other relaxing things include reading, aromatherapy, light stretching exercises or a hot bath.
- Exercise at the right time—everyone is different but if you feel energized and more alert after exertion, you should probably do your exercise routine early in the day and certainly at least 4 hours before bedtime.
- Eat right—don't go to bed hungry, but also don't go to bed with a heavy meal just sitting in the bottom of your stomach. Foods containing milk often help promote sleep.
- Restrict nicotine—if you are a smoker and have a hard time staying asleep it could be the nicotine. Try avoiding cigarettes for a few hours before going to bed.
- Avoid napping—it can cause you to have problems falling asleep. If you are one that must nap try to keep it brief, between 15-30 minutes.
- Keep pets off the bed—either allergies or pet movements can cause your sleep to be interrupted.
- Avoid watching TV, eating or discussing emotional issues in bed—habits start easily and if you associate your bedroom with other things it can be hard to re-train yourself to sleep well there.
- Keep the bedroom quiet, dark, and comfortable—hang those curtains and if necessary line them with foil or something else that will ensure that you can pretend it's dark out even if there really is 3 more hours of daylight! Most people's comfort range for temperature is 68* - 72* F. Leave the TV in the living room and use only a very small night light if you have to get up in the night.

When you do get a healthy night sleep, the extra energy from the good zzzz's lets you work better, faster and with more concentration, so the extra rest will probably make up for any work that you might have tried to do if you stayed up late!

HELP MAKE THIS THE BEST SUMMER EVER BY:

**SLEEPING WELL - EATING WELL - DRINKING
PLENTY OF WATER - WALKING OFTEN
EXERCISING AND STRETCHING HARD
WORKING MUSCLES
TAKING TIME TO "SMELL THE ROSES".**

Personal Totals

Sandy	3099.5
John	2871
Annie	2565.5
Lydia	2327.25
Joshua	1580.25
Shayna	1512.25
Yako	1469
Mary	1468.5
David	1371
Dallia	1185
Marie	1123.5
Ida	1102
Angel	1083.75
AlexAnna	929.75
Tanya	911.75
Alice	907.25
Julie	871
Kayla	831.5
Michael	787
Shaun	771.75
Bernadette	755
Jonathan	749.75
Betsy	748
Alicia	722.5
Dan	625
April	561.5
Jeremy	545
Tess	452.5
Camille	444.5
Sharolyn	410.25
Kevin	390

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Lydia Olympic, Member &

Environmental Program Manager

Dan Salmon, Tribal Administrator

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Bernadette Andrew, Editor & Social

Services Director

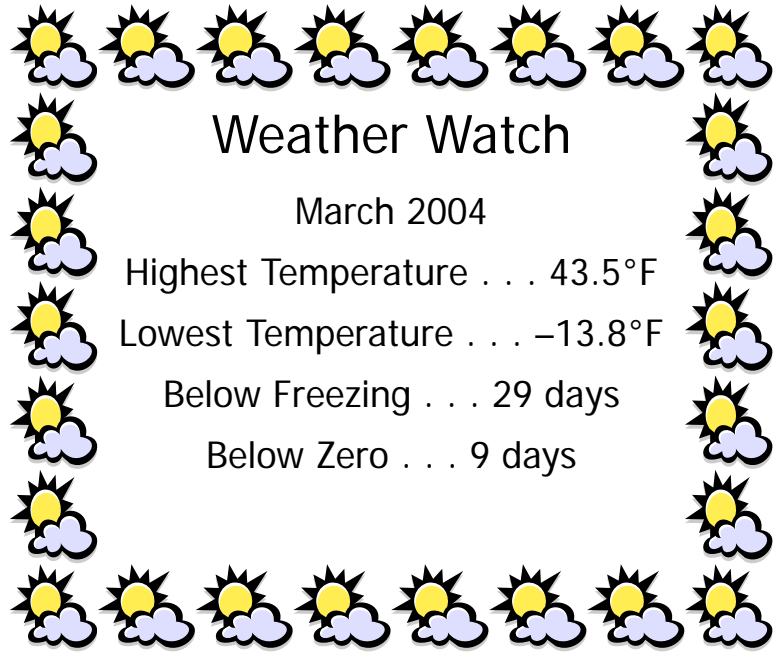
Betsy Hostetter, Tribal Clerk & Librarian

Kevin Olympic, Administrative Trainee

AlexAnna Salmon, Clerk Trainee &

Assistant Editor

Tanya Salmon, IGAP Intern



Recipe Corner

Contributed by . . . Bernadette Andrew

Peach Berry Crumble

TOPPING

1 cup all purpose flour

3/4 cup sugar

1/4 cup butter or margarine, softened

1 egg, slightly beaten

FRUIT MIXTURE

1 cup sugar

3 tablespoons cornstarch

1 cup water

1/4 teaspoon almond extract

1 (16 oz.) pkg. frozen sliced peaches, thawed

1 cup fresh or frozen cranberries (do not thaw)

1 cup fresh or frozen blackberries (do not thaw)

Heat oven to 400*. In a medium bowl, combine flour and 3/4 cup sugar. Using pastry blender or fork, cut in margarine until crumbly. Stir in egg; mix well. Set aside.

In small saucepan, combine 1 cup sugar and corn starch; add water. Cook over medium heat until mixture boils and thickens, stirring constantly. Stir in almond extract. In ungreased 8-inch square (1 1/2-quart) baking dish, combine peaches, cranberries, and blackberries; stir in hot cornstarch mixture. Sprinkle topping over fruit mixture.

Bake at 400°F for 40 to 45 minutes or until topping is golden brown. Serve warm. If desired, serve with sweetened sour cream, whipped cream, or ice cream.

Try it with your favorite combination of berries!