

# Igiugig News & Notes

Igiugig Tribal Village Council

May 2004

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## Birthdays this month

- May 6  
April Hostetter
- May 8  
Alice Zackar  
Sharolynn Zackar
- May 10  
Shaun Andrew
- May 12  
Tanya Salmon
- May 30  
Greg Zackar, Sr.

## R-Carnival

By Tanya Jo Salmon, 11th Grade, Igiugig School

Colorful posters, balloons, the smell of cotton candy, and games crowded the gym on April 3, 2004 for Igiugig's annual 'R' Carnival. All of the students and volunteers were busy bustling around the gym and kids (and even adults) had fun bowling, playing sponge toss, coin toss, fishing, darts, and milk bottle toss. Yes, this was another successful carnival!



Angel and Alexan help Rylee while Tanya helps Kyle during the little guys first time playing Es-kimo Bingo.



Deanne Anelon from Iliamna visits while AlexAnna and Mary busily prepare food for the Snack Shack.

The Igiugig students and Bernadette worked hard to put together the three hour shebang. Booths were assigned to students, concessions were ordered early, posters were made, prizes were ordered, and volunteers were signed up. Their efforts showed in the carnival. As usual, the "No-See-Um Snack

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## "The Biggest Contest Yet!"

By Mary Hostetter, 8th Grade, Igiugig School

The Alaska Native Oratory Society (NOS) Contest is a competition held between Alaskan Natives, high school through university age, that want to make a point about some Native issue. This year's contest was said to be the biggest of them all; after all, this is only its third year. More than forty people from all

around Alaska competed in this year's NOS contest; twelve of those people were selected as winners.

Alaska Native Oratory Society is a contest held between Alaskans that want to make a difference in our society. Speeches can be

(Continued on page 3)

## R CARNIVAL *(Continued from page 1)*



AlexAnna collects the entry fees and gives directions for Eskimo bingo.

Shack” was the center of activity as people lined up to buy chips, pop, juice, homemade pizza, chicken wings, corn dogs, jalapeno poppers, and mini quiches.

The highlight of the carnival was probably Eskimo Bingo. There were two Eskimo Bingo circles: one for little kids to 6th graders, and 7th grade to elders were in another circle. Some prizes were useful or fun (i.e. bungee cords, containers, and stuffed animals), while some (i.e. goofy looking hats, pads, and a PETE HAUSHKA key chain) were down right outrageous. Almost everybody (save for a few outbursts in the kids’ Eskimo Bingo) had a great time playing the game.

The carnival also had a basketball free throw-shooting contest. Contestants had to pay five dollars to shoot ten free throws. Whoever made the most baskets would win half of the entry fee; the rest would go to the student government. Terek Anelon won the basketball shooting contests out of complete luck! He also won the split-the-pot. There were also door prizes, raffles, and a split-the pot. Bernadette won the microwave, Dolly Ann and Fewnia won Easter baskets, and Kristin won TWO emergency vehicle kits. So, if you’re ever in trouble, you know who to contact!

The carnival was a great success. The student government made around \$700.00 in three hours. Next year, the students plan on spicing up the carnival by voting on a Carny King and Queen, having more Eskimo Bingo prizes, and even short relay races. Overall, everybody had a great time. Next year, it will be better!



Mary Olympic enjoys some delicious cotton candy.



As always, Dan’s dart booth was the most popular booth at the Carnival.

## Our Goals

By April Hostetter, 6th Grade, Igiugig School

We have lots to do before school gets out. We have to get the web site done, create our interactive yearbook, sell our concessions, and accomplish our own goals.

The schools goals are getting the web site edited and uploaded. The web site is almost done; it just needs to be looked at and changed a little, then uploaded so everyone can access it. Also, the interactive yearbook, which will be a DVD that has all the events that happened this year and information about Igiugig students, needs to be done before school is out. Then, there are the concessions that need to be sold, plus getting ready for Alex’s graduation. We are thinking about doing a play at the end of the year, followed by an award ceremony on May 19th.

Our individual goals are our standards. I want to pass a level in career development and service learning. Other people want to finish math, reading, science, or writing levels. To accomplish our individual goals, we will work on them during our PEP time or in reading or science.

We are going to work a lot on the web site and yearbook in the afternoons. We are going to sell our concessions by doing a movie night. Also, we will be preparing a pancake breakfast as a fund raiser for the Linda Johnson Memorial Scholarship fund. I think that we have a lot of things to accomplish before school gets out and that we should really work hard to get them done.

## ***BIGGEST CONTEST YET*** *(Continued from page 1)*

memorized or read off of a paper, but they all have to be delivered in a five to ten minute time limit, although some of the best speaker's speeches were longer than ten minutes.

People from Quinahok, Barrow, Igiugig, Hoonah, and many other villages around Alaska competed. Secondary students, adults, and college students competed against each other. The forty competitors competed in Dramatic Declamation, Oratory, Native Language, and Story Telling. In my category, Dramatic Declamation, I had six competitors and I was one of the four to make it to the final round.

Three winners from each group were chosen to win a money award. My speech was about Elizabeth Peratrovich and I won second place, a four hundred-dollar prize. Lily Hudson won two five hundred-dollar awards for her speeches on Tlingit burial, and her story, "Ahow" about a boy who turned into a fish. Quentin Simeon won first place in Oratory, the third year in a row, even though he tried not to win. Mary Folletti won first place in Native Language with her speech about the importance of the Tlingit language.



Jon, Dawsey, and Quentin Simeon

After all of this speaking, my class and I traveled to Whittier and Talkeetna. We toured each of the villages and visited Whittier's school, which happens to be in the same standards based system as the LPSD. In Talkeetna we tried to see Denali and watched a presentation on the routes of Denali. Our teacher, Kristin, almost had a heart attack because one of her students was on the train tracks when a train started coming.

All in all, the NOS contest was a success, for me anyway, and our trip to Talkeetna and Whittier was fun. Also, I encourage anybody from Alaska to enter NOS and hopefully learn new things.



Mary Hostetter during her speech about Elizabeth Peratrovich.

## **AA Meet/Prom**

By Charley Apokedak, 9th Grade, Igiugig School

This year's AA Meet was a blast. There were people there from all over the District, from as far away as Perryville to the other end at Pedro Bay. The high school students were gone from April 6th to the 9th. During the AA Meet we were doing all sorts of workshops and activities. After the AA Meet, we had the prom on Thursday night. I think that everyone had a fun time meeting new people or seeing old faces.

While at the AA Meet this year we didn't get assigned to groups. Instead we were put into the workshops we wanted to do. The workshops were technology, gun safety, orienteering, service learning, world culture, and first aide. In technology you had to go around to the other workshops and video tape them. At the end of the sessions we went back and downloaded the videotapes onto a computer; these clips were made into a movie and shown at the end of the AA Meet. At the gun safety session, we learned how to handle guns and how to shoot them. In orienteering

you had to learn about maps and then find your way across a course using a compass. In the service learning workshop you made yo-yos, dolls, baskets or beadwork for elders, or colored old photos of villages in our District. The projects in that workshop were made to send to elders who couldn't do these kinds of crafts anymore. During world culture, we had to listen to different cultural presentations given by students. In first aide you had to just learn the basics of first aide.

This year's prom was my very first prom and I had lots of fun. First we had to setup for the dinner and put up the decorations. After that, we went back to our regular workshops and waited for dinner. After we had dinner, we hooked up the stereo system and started to dance. There were lots of people dancing on the gym floor. The dance lasted until about twelve, and then it was time to clean up. After we cleaned the gym, it was time for bed.

All-in-all, I had a great time!



# Library/Computer Lab News



Happy Mothers Day to all of our mothers out there! Your special day is coming up quickly!

Spring has sprung and do you need some gardening ideas? Our library has some books about gardening and landscaping if that is what you want to do this spring. So, come on up and check your library out!

## **EASY FICTION BOOKS:**

Two Good Friends by Judy Delton

“Can Duck and Bear remain good friends? One is very messy and the other is very neat ...”

## **Fiction books:**

Ramona and Her Mother by Beverly Cleary

“When will they be here?” asked Ramona Quimby, who was supposed to be dusting the living room, but instead was twirling around trying to make herself dizzy. She was much too excited to dust ...”

## **ALASKA NONFICTION BOOKS:**

Alaska Gardening Guide by Ann D. Roberts

“Volume I Alaska Vegetables for Northern Climates ...”

## **NONFICTION BOOKS:**

Growing and Propagating Wild Flowers by Harry D. Phillips

“Growing your own wild flowers adds variety and interest to your garden and leaves our native plants in their natural habitats for everyone to enjoy ...”

## **VIDEOS:**

Animal Eggs by Henry’s Amazing Animals

“Which bird uses a thermometer on its eggs? Which eggs don’t have shells?...”

## **INTERESTING WEBSITE OPF THE MONTH**

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

This site will have you thinking that you can really smell the flowers! I spent some time on this sight and I too was yearning for this and that and thinking, “If we had a bigger space I would get this.” SO if you are like me, please check this out!

# THE NATIONAL YOUTH LEADERSHIP CONFERENCE

BY DERRICK NICKOLI, 9TH GRADE, IGIUGIG SCHOOL

This event was so exciting! It took place from April 22<sup>nd</sup> to the 24<sup>th</sup>. There wasn't a minute of boredom for me in the conference. I learned a lot about being a leader and how to implement those skills, which will help me in my future; I will never forget those skills that were given to me. I saw a lot of people I knew, which was so, so cool! The whole event was so unbelievably awesome!



Charles Johnson

We first kicked things off with a life changing speech by a skilled speaker named Charles Johnson, which AlexAnna Salmon and Kristin Hathhorn were complementing and saying should be the president. He talked about how he changed his life in a good direction, from partying and all of the negative things that happened to him, which were horrible things. He told about being stabbed when he was eight, to his stepfather beating him, and even his grandmother trying to smash his head with a hammer. He probably gave us all something never to be forgotten.

We had a group gathering following his speech, which was a lot of fun. He made all of us sit in a huge circle and showed us leadership skills and how to think about and care about everything. He refreshed our minds about how, at the same moment we were sitting in those chairs, women were being raped every three seconds, there were people being killed every eight seconds, and children who were my little seven year old sister Christina's age were starving. He changed me; I hope he changed everyone else there too.

The next day, we had leadership workshops which also gave me more knowledge. The first workshop I was in was fun. It was a workshop called "Power Play!" and was headed by a 23-year old named Donna Elliott whom I made good friends with and got her e-mail address. (She was attractive too -"he-he".) She showed everyone in that workshop all of their leadership characteristics and how to use those skills when living on your own. She also did a couple more fun things with us, which included the twenty-five of



Mary, AlexAnna, and Derrick at the Alaska Native Heritage Center.

us blowing up balloons and passing them around the room keeping them off the ground and acting like they were our future kids while trying to keep them straight and college bound. She also made us hold on to yarn and throw it all around the room while saying our

life goals. (I was passing it to all of the gorgeous girls that were in there.) It was fun.

After lunch, which was fun, I got to meet more people there. Following lunch we went back to our workshops; the next one I participated in was also fun. The person assigned as leader was a DJ name Brian Frejo who is a half Pawnee and a half Crow Indian from Oklahoma. He showed us how to find and use our talents; he also made us tell our life goals.

Later on that day we had a talent show which was AWE-SOME! My whole family was there watching with me! It was so good to see them. Brian Frejo spoke to start things off. After that I recited my speech about Native Apprenticeship, which got everyone clapping away, and my mother was so proud of me; it touched her heart. Then Mary Hostetter did her declamation speech about Elizabeth Peratovich and pleased the crowd also. The Alaska Native Heritage Center Dancers did Native dances; there were awesome Irish dancers who did awesome synchronized tap dancing. Then awesome little Mexican dancers did salsa dances. The Hawaiians did awesome Hula dances, they didn't just shake their waists like everyone thinks they do, but it was very similar to our Eskimo dancing. Then there was also Gospel singing, which was cool.

On the last day, we did a fun event in the beginning where we had a little group meeting. During that meeting this Hawaiian dude named Kilaliu, this half-Mexican half-Native guy named Will, our one and only AlexAnna Salmon, and three other girls were pulled out for this prank game we were going to show the whole other group. I was the good cop who got people out of jail and the Hawaiian and Mexican were the bad cops. I was supposed to bring people food and water when they wanted it, or I didn't have to. I took people out of jail if I wanted to. I was just taking all the girls I thought were cute out, and there were A LOT! The others were taking buildings, taking money and bringing people to jail. AlexAnna was the mayor and was nice in the beginning and rotten to the citizens in the end. Shame on you AlexAnna! Just kidding. The other girls were two clerks and one property salesgirl. I was a rotten dirty cop in the last hour though, which was fun.

The whole event was just so fun. I saw my friends Stephanie, Baby D, Herman, Jason, and more. I look forward to next year, hopefully. I learned a lot more about leadership and caring and finding my talents and implementing those talents.



Derrick, Dawsey, Mary, Jon, and AlexAnna at the Alaska native heritage Center.

# Easter

By Alicia Zackar, 6th Grade, Igiugig School

How *was* Easter and where was the Easter bunny?? We had an Easter egg hunt by the church and the store, and a feast at the school where Virginie cooked crepes. But where was the Easter bunny?

The Easter egg hunt was fun and exciting. There were a lot of eggs to find, so it took about an hour to find all the eggs. There were also ten money eggs that offered fifty, thirty, twenty, ten, five, and five one dollar prizes. Who got the money eggs? Camille was lucky this year because she got fifty dollars. Jon got thirty dollars. I got the twenty-dollar egg, and Shaun got the ten-dollar egg. Sharolynn got the five-dollar egg. Lots of people got the five one dollar eggs. The Easter egg hunt was fun because there were a lot of people and it was hard to try and find the money eggs.



Dolly Ann proudly displays one of her eggs that she

The feast was fun and we had good food too. There were lots of kinds of foods: turkey, ham, mashed potatoes, berries, and pies. And at the end of the feast, Virginie, the student teacher from France who came here to see teaching in rural Alaska, made crepes. The crepes were really good. Tess and I handed out crepes to the people who stayed at the school to get some.

Virginie was a tiny French lady who was fun to have in our classroom. We found out she got a teaching job in the Mat-Su District that she accepted. While she was here she went to the AA meet in Newhalen. I was happy she was here for Easter.

The Easter bunny did come and brought us lots of fun. So Easter was good for me.



Simeon takes off in search of Easter eggs.

# The Trip to Girdwood

By Jonathan Salmon, 9th Grade, Igiugig School

All the other snowboarders in Alyeska could see Igiugig students and our teacher crashing everywhere, rutting up the slopes and knocking down poles. The trip down to Girdwood wasn't that long and we were all excited to learn how to snowboard. After renting the equipment, we practiced by going on a little flat area first to see how a snowboard handled. Even though there was barely a slope, it felt like we were going down the hill pretty fast.

After practicing on the little slope it was time to go up the lift. The lift looked hard to get on and off, but it turned out to be pretty easy; from the top you get a view of the slope and decide which route you are going to go on. The first time down we all crashed a lot. Every time that we got back up, we would fall back down again and I couldn't turn so I



"Let's see if I can do this!"

went wherever. I was still having fun though and kept going back up. Some people like Dawsey gave up and went back to the lodge to sit down and rest. Dawsey also tumbled down the hill pretty badly after flying over a hill. I crashed badly too because I didn't know how to slow down and I was going straight down a hill and tried to slow down, but all I did was crash. I lost my hat and kept tumbling down until I hit a wooden pole on the side of the hill and then kept tumbling a couple more times. I hit the pole hard enough to leave a bump and a cut on my forehead. We all needed lessons!

Then, it was time for lessons so we met up with Gunnar, our instructor for the day. He taught us how to turn, slow down, the parts of a snowboard, and different boarding techniques. During the lessons, we got to go up

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## Special Words by the Preschoolers

Happy Mother's Day, Mom

I like giving you flowers. Thank you Mom for buying me my baby, bringing me to school, for letting me play outside and thank you for cleaning my coats.

I Love You,

Tatyana

Happy Mother's Day, Mom

Thank you Mom for taking me to school, making me dinner, and fixing my bed. Thank you for buying me a dog. Thank you for buying me some squirt guns.

I Love You,

Camille

Happy Father's Day, Dad

I thank you for hunting for us. I love you. I am happy for dinner, my house and my Dad... Thank you Dad for making my hair pretty and for kissing me.

I Love You,

Fewnia

Happy Father's Day, Dad

Thank you Dad for washing my clothes and coats, for sleeping with us. I give you kisses when you go hunting. I give you a hug when I go see my Mom. I am happy when you buy clothes for us.

I Love You,

Dolly Ann

## GIRDWOOD (Continued from page 6)

the pony tow, which was a rope you had to grab to take you to the top so that you could go back down the beginner's slope. Dawsey got it right away and up the hill he went; the rest of us fell down. It was hard, but I got it on the second try while everyone else fell down again. Slowly everybody made it to the top of the hill, some falling down more than six times. This is where we learned some more control over the snowboard. The lessons lasted for about an hour and a half before we were turned loose on the slopes once again.

The rest of the day was a blast because we finally got the hang of it; we still crashed, but not as bad or as often. The slopes were getting crowded because the slush cup was going on at the same time and everybody went out there to see it. Our legs were killing us and I kept saying last run, but it was too much fun to quit. Finally, it was time to go swimming at the Prince Hotel! We got to swim in the pool, sit in the jacuzzi, and enjoy the sauna. After we were all tuckered out, it was time to go back to the hostel that we were staying at for the night. Nobody liked it there; it was ninety degrees on the top bunk and fifty on the floor. One bunk bed had three beds above the floor with the top one a couple inches from the ceiling and the bed on the floor was beneath the first bunk bed. Dawsey tried to sleep on the highest bed, but got too hot, so he moved to the couch. I got too hot on the top bunk and moved to the floor. We got up early the next morning and left.

I thought that Girdwood was a fun place and that snowboarding is a blast. I want to do it again some time! Even though we were all very sore the next day, we were ready to go back, and I wish that we had bigger hills around Igiugig to snowboard on.



Getting ready for snowboarding lessons.

# Annual Village Clean-Up

Tuesday, May 11, 2004

Remember last years groups?

**Roadsweepers**   **Swampaneers**   **Beach Bums**  
**Beach Combers**   **Truck Crew**   and the **Kitchen Creations!**

Meet at the school at 9:00 am and we will break into groups.  
Be sure to come and help keep our village clean and beautiful!

**The SCHOOL PICNIC will follow at 12:00 noon.**

**Please bring a salad or side dish,  
and a dessert to share.**

## **SAFETY 1<sup>st</sup> - SAFETY 1<sup>st</sup> - SAFETY 1<sup>st</sup>**

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### **Eyes and Things**

Eye protection—gives you the chance for a second look!

If you really like being able to see, the following considerations should be given to your eyes:

- ✓ **Goggles** or protective glasses when working around flying bits of dirt, sawdust, metal shavings, etc.
- ✓ **Protective** welding glasses or helmet when using a welder or torch.
- ✓ **Sunglasses** with good UV protection. If you already wear glasses, get tinted or self-tinting lenses for outdoor work. If you don't wear glasses, get good sunglasses and maybe even a spare pair for your vehicle (or boat) incase you or someone else forgets to bring a pair along.

Since sun damage is one of the main causes of eye problems in old age, the sunglasses are very important to use whenever you are outdoors on a bright day.

One final suggestion for eye protection—drink water—keeping yourself well hydrated means your eyes will have enough moisture to better deal with irritants, toxic substances, and other damaging effects.

## **Prevention**

\*\*\*TAKE CARE OF YOUR EYES NOW\*\*\*  
SO THEY WILL STILL WORK  
WHEN YOU'RE OLD!



# GARDENERS GOODIES

## MAY garden activities:

Early MAY – Keep those transplants growing quickly with the correct size container and occasional liquid fertilizer.

Early MAY – Continue to give attention to good airflow and sunlight without overheating your indoor starters. The bigger they get the faster they use up their water so you will need to pay closer attention to this.

MAY – Prepare beds—removing old dead plant materials and turning up the soil. If it's really wet don't use a shovel as it will compact rather than fluff the dirt, in that case, the best option is a "garden claw" or pitch fork to help break up and aerate the moist heavy soil.

MAY – Clean and fill pots and containers with soil in preparation for planting out your flowers and vegetables.

Late MAY – Begin putting sets outdoors for a few hours a day gradually building up the time until they are out most of the day, but be sure to protect them from strong winds. Hardening off in this way makes the starts ready to plant outdoors without too much trauma in early June.

Late MAY – Gather planting supplies—shovels, and other digging utensils, fertilizer, hose, sprayer, etc.—and have them ready for the first good day in June so you can easily get right to your planting without too much preparation on the day.

## **REMEMBER those 5R's**

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

Save coffee cans and other likely items to use as wind protection when you plant out your sets next month. (By taking out the bottom of the can and placing around a newly planted set, it will block most of the wind as well as keep it nice and bright with the light reflecting off the shiny tin inside of the can.)

Have you been to the

**Weight Room**

and checked out the new Bow Flex machine?

Give it a try!

Please remember that all kids under the age of 14 **must** have an adult with them in the weight room!



# Spring Cleaning

By Tanya Jo Salmon, Environmental intern

Now that spring is approaching, I have noticed that several families have been cleaning out their yards or getting ready to plant flowers. I have seen several people making dump runs, hauling gravel and rocks, or cleaning gardens.

I know that I stress about cleaning up trash around the village, but it is nice to have people clean up their yards. During the winter, snow covers most of the disgrace, but now that it is gone, everything is visible. People's yards reflect upon the village, so it is great to see residents busy tidying up their yards.

Please remember to bring your trash to the dump! Many people wait several days, letting their trash build up to trailer loads. By this time, the garbage is stinky, has been raided by animals, and more trash has fallen out of the bags than there is in the bags. It is best to take trash immediately to the dump is also nice when people BURN their trash. That way, foxes and birds won't scatter trash around the dump.

I know that several people use burn barrels for their trash. It is easy to throw your garbage into a barrel that sits right out in your yard, but have you thought of other families? The stench floats throughout the village, making other people gag on the smell of your trash. The dump, although it often stinks the village, is not as bad because it is farther away from houses and everybody uses it. The sight of thick, black smoke wafting through the village is not a pretty sight. The dump is not very far away...only a fourth of a mile, and everybody has vehicles so it shouldn't be hard to bring a few bags of trash to the dump.

So, remember to bring your trash to the dump, burn it, and keep up the good work with your spring-cleaning.

# 6<sup>th</sup> Graders Camping Trip

By Jeremy Salmon, 6th Grade, Igiugig School

Did you know that we 6<sup>th</sup> graders went camping and made it all night? Well, we did, but it was really cold and we almost didn't make it. During the camping trip, we ate lots of junk food, stayed up late, and did a couple of activities.

We ate lots of junk food on our camp out such as: marshmallows, hot dogs, candy, pop, and some other snacks. We also had some s'mores that we had cooked over the fire. They were so good that I would go camping in really cold weather just to have them again.

On the camping trip, we also did some activities like read, play tag, and watch a little TV at my house because we had to get something and we stayed just long enough to watch the Simpsons. We all read different books: Alicia read Music of the Dolphins, April read Searching for Dragons, and I read Harry Potter and the Sorcerers Stone.

The last thing we did on the camping trip was stay up late. We stayed up until about two o'clock in the morning eating candy and getting hyper. Also, because we were reading and all of our books were interesting, we stayed up just to see what would happen next in our books.

We almost didn't make it because it was so cold out. My advice about camping is that if you want to go and it's real cold, you should bring lots of warm clothes.

# WALK TO BE FIT

Total Village Mileage through March is 40,642

## Running on the Wrong Fuel?

Trucks, bulldozers, outboards, cars, airplanes—all have engines, all run on fuel, but each one needs its own particular type—gas, diesel, mixed gas, etc. Anyone who has ever put the wrong fuel into one of these knows what the consequences are! You will find yourself with a rig that doesn't do what it's supposed to. Sometimes it just doesn't run right, sometimes it ruins the engine.

"So?" you say, "what does that have to do with anything?" Well here it is, according to some researchers, doctors and nutritionists, people also are all different metabolic types and run best on different 'types' of fuel. Following are the basics of this theory:

**There are three**—basic types of human fuel. Protein, fat and carbohydrates. Each fuel is used in a different way by the human body. Carbohydrates are easily digested and quickly turned to energy; Protein is metabolized more slowly and over a longer period of time; and Fat is the most slowly used body fuel.

**Each person's**—metabolic type is totally individual, just like a fingerprint. Meaning that the diet that works great for your friend might not work at all for you!

**Depending on your**—genetics, foods that are fine for some people can actually cause damage like heart disease, diabetes and cancer in you.

**You don't need a**—doctor to tell you if you are eating right or wrong. All you need to do is take a hard look at yourself. Here are some questions that can help you decide if your diet is serving you well:

- Do you still feel satisfied two hours after a meal?
- Are you able to think clearly and focus on your work?
- Do you have enough energy to work all the way through a normal day?
- Are you able to participate in strenuous sports or outdoor activities?
- Do you have to eat snacks to make it to the next meal?
- Are you often lazy in the afternoon?
- Does your brain sometimes feel 'foggy'?
- Are you always hungry?
- Does your food sometimes feel like a rock in the pit of your stomach?
- Are you often out of energy (sluggish)?

If you didn't say "yes" to the first four and "no" to the next six, it would benefit you to rethink what you eat. Everyone is one of the following three metabolic types:

1. Protein (meat, beans, eggs, dairy, fish, etc.)
2. Carb (fruit, vegetables, breads, etc.)\*
3. Mixed

Protein types do better on low-carbohydrate, high-protein and high-fat diets. Carb types normally feel best when the majority of their food is carbohydrate based. If you are a Mixed type, your nutrition needs fall somewhere in-between the two. Hereditary makes a big difference in what type you are, historically speaking your ancestors body types adapted to the food types that were available over the generations, however, the actual percentage of protein to fat to carbohydrate can still need to be adjusted for you to feel your best. The following web address will take you to a chart that you can fill out after each meal for a few days to determine whether your food is serving you well. Food Fine Tuning Table: [http://www.mercola.com/forms/mtt\\_table.htm](http://www.mercola.com/forms/mtt_table.htm)

By taking a look at how you feel after meals for a few days, you can change a few things that may make a huge difference in how your life feels to you and maybe even avoid some serious diseases!

\*Candy and sweets are also carbohydrates, but generally turn to energy so quickly they will, as you know, make you hyper followed by very sluggish!

**HELP MAKE THIS THE BEST SUMMER EVER:  
SLEEP WELL ~ EAT WELL  
DRINK WATER ~ WALK OFTEN**

Personal Totals	
Sandy	3207.5
John	2871
Annie	2732.5
Lydia	2327.25
Mary	1493.5
Yako	1469
David	1371
Dallia	1255
Ida	1162
Angel	1128.75
AlexAnna	979.75
Tanya	936.75
Julie	931
Alice	907.25
Jonathan	839.75
Michael	797
Shaun	791.75
Betsy	768
Bernadette	765
Alicia	737.5
Dan	625
April	581.5
Jeremy	565
Tess	467.5
Camille	459.5
Sharolyn	410.25
Kevin	410



## Igiugig Tribal Village Council

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Assistant Editor  
Tanya Salmon, IGAP Intern

## Weather Watch

April 1– 30, 2004

Highest Wind Speed . . . 80 mph

Average Wind Speed . . . 12 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 53.6°F

Lowest Temperature . . . -5.4°F

Below Freezing . . . 19 days

Below Zero . . . 1 days

Precipitation . . . 1.84 inches

## Recipe Corner

Contributed by . . . Sandy Alvarez

### SPAGHETTI CARBONARA

1 pound spaghetti  
2 tbsp. olive oil  
6-8 slices bacon, diced  
1/2 cup chopped onion  
1 clove garlic, minced  
1/2 cup half-and-half  
4 eggs thoroughly beaten  
1/2 to 1 cup Parmesan cheese  
Salt and pepper to taste

1. Cook spaghetti according to package directions until "al dente" - still a little firm to the tooth. Drain and toss with 1 tablespoon of olive oil. Set aside where it will stay hot.
2. In a large skillet, cook bacon until crisp. Remove the ba-

con. Drain most of the bacon grease. You can leave as much as you're comfortable using, 1 or 2 tablespoons. Add 1 tablespoon olive oil and heat. Add chopped onion and sauté until onion is softened and translucent. Add minced garlic and cook one minute more. Add half-and-half and cook another minute.

3. Return the bacon to the pan and add the hot spaghetti. Toss to thoroughly coat the spaghetti. Add beaten eggs and cook, tossing the spaghetti constantly with a large fork until eggs are barely set, about a minute or two.
4. Quickly add the Parmesan cheese and toss again. Add salt and pepper to taste. You won't need much salt. Serves approximately 8.

Try adding fresh or frozen peas for extra flavor and color. Enjoy!