

Igiugig News & Notes

Igiugig Tribal Village Council

July 2004

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Igiugig's First Basketball Camp by Tanya Salmon

V-Cut, jump stop, stutter dribble, crossover, post-up, etc., are basketball terms we heard all week from the 14th-17th as Igiugig had their first basketball camp. Coach Lynn and Coach Scott came all the way from North Carolina to work on our ball skills, and boy, did they improve!



Jeremy and Jackie practicing the mummy wrap drill.

I had a lot of fun working with the North Carolina coaches. Throughout the week, we older students worked on our ball handling, our shooting, and defense skills. They also taught us a few plays that



Jon watches over his shoulder to see if his lay up makes it in.

would definitely improve our game.

A few of the drills they showed us looked simple and easy, but when our turn came around, balls were rolling across the court and we were all laughing at our mistakes. Near the end of the week, however, fewer balls were turned loose.



Back row l—r: Coach Lynn, Jackie, Jon, Deanne, Elia, Jeremy, Tanya, Mary, Coach Scott
Front row l—r: Shaun, Gregory, Tatyana, Sharolynn, Tess

Coach Scott focused on the proper shooting technique and ball handling skills while Coach Lynn showed us plays and moves. Everybody had to stay on their toes and pay attention to every word the coaches said. If they were in a middle of demonstrating, Coach Lynn would say "Clap one." We would all have to clap once to show that we were paying attention.

(Continued on page 2)

Birthdays this month

- July 1
Gregory Zackar, Jr.
- July 8
Ida Nelson
- July 9
Cecelia Suskuk
- July 16
Fewnia Zharoff
- July 18
Dolly Ann Zharoff
- July 19
Betsy Hostetter
Michael Andrew, Jr.
- July 21
Derrick Nickoli
- July 22
John Zackar
- July 29
Alicia Zackar
- July 31
Kyle Andrew

Little Kids Ball Camp by Christina Salmon

Basketball camp was not only fun for the older kids, but the younger ones as well. Kids ranging from 6th grade and under participated in basketball camp twice a day. The kids used a smaller hoop to practice shooting on, but loved every minute of it. This is what they had to say about it.

Shaun, age 7, said "It was fun and I learned a lot. I learned to dribble and do the cross over dribble. The coaches were a lot of fun and I would love to have camp again."



Coach Scott works with Sharolynn Zackar on her shooting technique.

Gregory, age 5, said "I liked playing basketball; I learned to not break the rim on the little hoop. Getting to play basketball was the most fun part of camp."

Camille, age 4, said "I liked my coaches. I liked the brownies and juice and I liked to play ball."

Tatyana, age 4, said "I liked playing and stuff. My favorite part of camp was eating cookies and drinking juice."

Sharolynn, age 9, said "Camp was fun I learned to do a chest pass. I would like the coaches to come back next year, they were fun."

Tess, age 8, said "I liked all the things, dribbling and shooting the ball the most. I liked my coaches because I just liked them. I would like camp again next year to have more fun."

All the kids really enjoyed themselves while in camp. We hope to have camp for the kids again next year because we felt it was a great learning experience for everyone.



Coach Lynn works with the youngsters on shooting.

BASKETBALL CAMP (Continued from page 1)



Coach Scott works with Elia Anelon and Jon Salmon on shooting.

We went to practice for three hours every day. The evening practices were optional, but everybody went anyway. During the evening practices, we students were able to choose what we wanted to work on. Mary has trouble with lay-ups, so the coaches worked with her on lay-ups. Jon, Jeremy, Jackie Woods, and Elia Anelon wanted to improve their shooting and Deanne Anelon and I wanted to work on our ball handling.

Everybody enjoyed basketball camp and wished it were longer. The coaches were fun, entertaining, and great instructors. I would like to thank the Village Council for funding the trip, the school district for allowing us to use the gym, Christina and Bernadette who provided snacks everyday (smile), and the coaches for coming and giving us a great learning experience. Thanks!



Dribble those balls!



Huddle for the "TEAM" cheer!



Tanya Salmon stretches at the beginning of camp.

Summer Reading Club 2004 by AlexAnna Salmon

Igiugig Summer Reading Club is off to a terrific start this year, totaling 549 books by the end of week five! At this rate we are destined to earn the barbeque at 1,500 books! The thirty-three members are busily turning pages, well the ones that are reading anyway (some select members have yet to contribute)! So far 38,920 pages have been read and everyone that contributed earned a free pop.

Club leader Bernadette Andrew instituted a new incentive for this year's reading contest. Every week each member earns one ticket for every book they turn in. All the tickets are placed in a can and a winner is drawn. The prize is an ice cream bar and Rylee has won twice, Sharolynn once, and Kyle won once. At the end of the drawing the tickets are thrown away.

In the 0-4 age group, little Rylee Olympic is leading the charge with 163 books. Between the three participants in the 5-8 age group Gregory Zackar is ahead with 15 books, and Tanya Salmon is winning in the 9-18 age group with 18 books. However, in the adult group Julie Salmon and Betsy Hostetter are at a tie with seven books each. Members meet every Tuesday morning from 10:30-11:30am at the library. The theme this year is catching fish and an old fish net is hanging in the school hallway. For every book a member reads, he/she earns one fish to place in the net.

So, KEEP ON READING!!!



Gregory, Camille, and Tatyana learn to dribble with Coach Lynn.



Coach Lynn prepares for a high five after Tatyana makes her shot.

0 to 4	# OF BOOKS	# OF PAGES
Rylee	163	5027
Kyle	105	2682
Simeon	15	363
Amber	0	0
Tatyana	22	591
Camille	109	2560
5 to 8		
Gregory, Jr.	15	341
Shaun	10	1128
Tess	8	773
9 to 18		
Sharolynn	14	410
Corey	0	0
Alicia	1	208
Jeremy	0	0
April	8	2248
Shayna	0	0
Angel	0	0
Mary	8	1826
David	0	0
Jon	12	3497
Tanya	18	4849
19 & older		
Bernadette	6	1315
Sandy	1	227
Julie	7	2665
Lydia	5	2037
Betsy	7	1885
Kevin	0	0
Terek	0	0
AlexAnna	6	1336
Ida	0	0
Christina	5	1870
Alexan	0	0
Annie	0	0
Cecelia	4	1082

"Advice is like snow--the softer it falls, the longer it dwells, and the deeper it sinks into the mind."

Library/Computer Lab News

Happy 4th of July!!! Have a blast! Come to our once-again changed library. Roz was here and we worked in the wee hours of the nights to improve our tiny library! Our Alaska section is in one area. Biography books also have their own special place. We do have some new teenager fiction books. We will be making more room for the nonfiction books, and next year we hope to upgrade this section. Do you have a book/DVD/nonfiction "wish list" for next year? If you do, please let Betsy know...



EASY FICTION

Let's Go Froggy! - by Jonathan London

"Spring is finally here, and Froggy can't wait to go on a bike trip with his dad. He needs to find his bicycle helmet, butterfly net, and trading cards . . ."

ELEMENTARY FICTION

The Littles Give a Party - by John Peterson

"And the Littles do, too! The Littles are planning a surprise party for a special member of the family . . ."

Fiction

The Crying Rocks - by Janet Taylor Lisle

"Joelle catches a glimpse of Sylvie with her twins ... There is Sylvie's long black hair rippled by the wind . . ."

Alaska Fiction

Unseen Companion - by Denise Gosliner Orenstein

"Bethel, Alaska- a small community in a stark landscape where a powerful and richly textured story spins together, one voice at a time . . ."

ALASKA NONFICTION

Alaskan Wildflowers - by Verna E. Pratt

"Alaska has its fields and streams, its mountains, snow and showers, but the fondest of my memories, were formed amongst the flowers . . ."

NONFICTION

Sockeye Salmon - Photographs by Hiromi Naita

"To preserve the wild salmon is to preserve its wild habitat and thereby hold in trust and health not only the salmon but a vast network of freshwater lakes, rivers, and streams . . ."

INTERESTING WEBSITE OF THE MONTH

www.recipegoldmine.com

Wow! Talk about very interesting recipes! Have you ever heard of baked potato salad? Baked that is... also, fire-cracker salad. Not made of real firecrackers! I was quite amazed at some of the recipes. Some "caught" my eyes. So, take the time to check this sight out and blast off!

CYIA at Solid Rock Camp by Angel Alvarez, 6th Grade, Bristol Bay School

I learned a lot at CYIA: how to tell missionary stories, how to explain a song or a verse, how to lead a child to Christ, and many other things! When our team did a club it was held at a lady's house that had been in the Olympics in... I think it was 1998. She had two little boys that paid attention really well! Their names were Xander and McKenzie. The other people in my group were Josh, Sam, Kara, Karrin, Bianca, and our group leader was Clark. Things that we did at free time at the camp, well you should see for yourself! We did Danny's hair one day when we got really bored, it was fun! When we were half done, I made a mistake and told Danny that he looked like an old lady and his eyes went wide open. He jumped up and ran to the bathroom, and Shawna and I both exchanged looks. Shawna said "So do you think he saw it yet?" Then we heard this loud scream and I said, "Yup!" Everybody around started laughing and Danny came back and said "As soon as you're done I'm taking it out!" So he ended up taking it out right away. Then there was another boy that came and said he would only let us do his hair if we did his nails first, in pink!



Danny's hair do!

After CYIA got over I flew straight to Port Alsworth to wait for camp. I saw my brother, and some of his friends just came up to me and started talking to me and I had no clue who they were. But they were all cool. So I stayed at my friend Hannah Natwicks house for 2 days. Then when they went camping I felt sick so I went back to the camp and stayed with the nurse and my friend Justina. I felt better after a few hours. Justina and I had nothing to do one day when they were having contests so we went swimming. The water was warm, after we got used to it. Then on the last day of High School Camp there was a bonfire down at the water front so Justina and I got to go and we hung out there. We sat by my brother and Uriah. Uriah was one of my brothers friends that I sorta got to know. Then the next day everybody had to leave and everybody for my camp was coming in.

There's not really much of anything that happened at my camp besides the skits and the awards that I can remember. My award was the... Stinky Feet Award. My shoes got wet so they had to be put out of the cabin the second and third day. My favorite things about this camp were getting to see friends again, hiking to the falls, and Chapel.

WORD BUILDING

Use the following letters to make words in the slots provided

OFGNIOT

1. ففف

2. ففف

3. ففف

4. ففف

5. ففف

6. ففف

7. ففف

8. ففف

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24. ففففففف

25. ففففففففف

Answers are on page 9.

Flowers Flowers FLOWERS!

By Tanya Salmon, 11th Grade, Igiugig School

Everywhere you look, you are blinded by pink, purple, yellow, and white flowers planted at every public building. Every year the Village Council orders flowers by the dozens for Igiugig's Village Beautification Project.

In early June, volunteers from ages one and up met at the hanger to start planting. They all went to work weeding flower boxes, wetting soil, and finally, planting the beautiful flowers. It was a gorgeous day and all the green thumbs had a good time talking in the sun and were kept busy swatting pesky mosquitoes away.



Simeon Zackar quenches his thirst from the water hose leak.

I think the younger kids were watered more than the flowers! They enjoyed spraying each other down with the sprayer (except for poor Kyle who got drenched by his evil baby-sitter) or others, like Baby Sim, enjoyed drinking water from leaks in the hose.

It was a wonderful way to spend a lovely summer day . . . working together and making the village B-E-A-UTIFUL!



Kyle Andrew is not a happy camper when he gets sprayed!



Busy planters: Renae Zackar and Agafia Nelson.



Christina Salmon and Betsy Hostetter trying to act busy!



The younger kids enthusiastically planting the satellite boxes and climbing around!



Tanya Salmon and Mary Hostetter dig right in planting flower boxes.



Sandy Alvarez and the boys are preparing the airport garden.



Dan Salmon and kids planting the Mountain Ash tree.

SAFETY 1st - SAFETY 1st - SAFETY 1st

Alertness!

There are many things that can cause a person to not pay attention to the work they are doing. Summer time brings on lots of activities that involve large machines, heavy equipment, powerful tools and long hours of work, so be aware of things that can cause you to be less alert than you should be:

- ✓ **long** work hours.
- ✓ **lack** of sleep.
- ✓ **Using Pain** medications.
- ✓ **Consuming** alcohol.
- ✓ **Distractions** such as rambunctious children on summer vacation.
- ✓ **Spending** long hours splitting fish.
- ✓ **Nocturnal** animal activities, such as bears annoying dogs or upsetting things in the yard.
- ✓ **Commercial fishing, barging** or other activities that require people to stay awake and alert for more than sixteen hours in a stretch, or that put you on an unpredictable schedule from one day to the next.
- ✓ **Anything** that causes you to get up every few hours, such as taking care of a smokehouse or feeding a baby.

If any of these things describe your life this summer, the best thing you can do is first, be aware of them and second, take steps to eliminate as many as possible such as: timing medications so you can be most alert when doing important things, sleeping during 'off' times even if it's not night, clearing trash and other things that might attract wild animals, and limiting alcohol consumption.

Prevention

MAKE THE MOST OF SUMMER IN THE SAFEST WAY YOU CAN
PLANNING AHEAD CAN MAKE ANYTHING EASIER
AND MOST THINGS MORE ENJOYABLE!



Annie Wilson and the little planters: Tatyana Zackar, Dolly Ann Zharoff, Camille Andrew, and Fewnia Zharoff.



Watering boys: Jeremy Salmon and Corey Olympic



Tatyana Zackar and Dolly Ann Zharoff help Lydia Olympic with planting.

GARDENERS GOODIES

JULY garden activities:

- Early JULY – Check out the location of your potted plants. If they don't seem to be doing well, maybe they need to be moved to a more (or less) sunny location, out of the wind, or to somewhere that catches more rain and dew.
- Early JULY – Transplant sets that are growing to close together. Divide and spread out perennials to encourage better growth and bigger plants.
- Early & late JULY – Fertilize container plants several times this month for best growth during the warm weather and long daylight hours.
- Early JULY – seed in dirt areas with wild flower or grass seed, or gravel them over. This will help to control the dust throughout the summer and later in the fall will help limit the mud that tracks in on shoes.
- JULY – Mow grassy areas often to encourage growth of the finer, smaller varieties of grass and limit the spread of thick tough beach grass.
- JULY – Keep an eye on water needs. If the weather stays warm and dry for any length of time, container plants can need watering daily. Plants in beds can usually go for longer periods of time if they are watered deeply each time. Containers should be watered until it runs out the bottom and beds should be watered to at least 5" – 6" deep. (Dig a hole to check once in awhile if you're not sure that you have watered long enough).
- JULY – 'Head' flowering plants to encourage them to continue blooming and to grow a bushier plant, rather than setting seeds.
- Late JULY – harvest vegetables before cooler weather comes—cooler temps encourage plants like broccoli, lettuce and carrots to become tough and woody and set seeds.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Dry and press flowers from your garden for use in things like potpourri, greeting cards, wreaths, handmade papers and table decorations.

Check in with the Environmental Department for new recycling guidelines for the dump. Use the bins that are being provided for the appropriate disposal of things that can be put somewhere beside the landfill.

ANSWERS TO WORD BUILDING on page 8

FOG, FIN, OFT, TON, TIN, NOT, NIT, GOO, GOT, GIN, FIT, FIG, TOO, TOG, ION, FOOT, FONT, ONTO, INFO, INTO, GOOF, GOON, GIFT, INGOT, FOOTING

Where Are You Putting Your Batteries?

Contributed by the Environmental Department

Did you know that 50 times more energy goes into making a disposable battery than it can produce in its lifetime? Worse still, only two per cent of batteries used in the home are recycled! It is very important to recycle batteries, not only for the environment, but also for our health.

Lately, I have been finding batteries scattered in the dump and in the pop can shed. If anybody needs a container to put their used batteries in, call the Environmental Office at (907) 533-3260, and we will provide one for you. Once your container is filled, drop it by the office or we could even pick it up!

Recycling batteries is very important because almost 80% of the battery can be re-used. Many batteries have toxic ingredients, such as lead. When thrown in the dump, the lead can seep out of the battery and into the river, which many people drink from. This can lead to lead poisoning or other unhealthy side effects.

So, remember to drop your used batteries at the Environmental Office. From there, the batteries will be sent to Anchorage to be recycled. Thanks!

Battery tips:

- Avoid any sort of portable battery – use main power adapters or try buying solar powered or wind-up appliances.
- Use rechargeable batteries whenever possible but avoid those containing nickel cadmium (NiCad) as these are thought to be very damaging to the environment.
- Look for manufacturers who operate take back schemes whenever you can – these schemes operate widely for power tools and mobile phones. Check battery or product packaging for details.



Shaun Andrew practices the cross-over dribble.



Jackie, Tanya, Jon, and Deanne warming up.



Tess Hostetter grimaces as her shot doesn't quite make it.

ALL KIDS NEED

A Peaceful Home
Acceptance
Art, Dance, Music & Drama
Bedtime Stories
Caring Adults
Celebrations
Communication
Community
Compliments & Praise
Discipline
Education
Encouragement
Family
Forgiveness
Freedom for Creativity & Imagination
Gentleness
Goals
Good Medical Care & Treatment
Healthy, Nutritious Food
Healthy Self Esteem & Self Worth
Help with Homework
Honesty & Integrity
Hope for a Bright & Beautiful Tomorrow
Hugs
Individuality
Joy & Laughter
Kindness
Life Skills
Listening
Motivation
Mourning Losses
Nature
No Abuse, Insults, Neglect, Maltreatment
or Manipulation
Non-judgmental Validation of Emotions &

Feelings
Nurturance
Opportunities for Exploration & Discovery
Opportunities to Make Mistakes, Fall &
Get Back Up
Patience
Personal Space & Privacy
Play
Positivity
Protection
Quality Time
Quiet Time
Respect
Responsibilities & Rules
Role Models & Ethical Heroes
Safe, Secure Homes & Schools
Spirituality
Sports & Exercise
Structure & Order
Sufficient Sleep
Support
Togetherness
Tolerance & Understanding
Toys & Treats (...but not too many sweets)
Trust
Unconditional Love
Values, Ethics & Character
Wholesome Friends
X-tra Loving & Attention
Yes More than No
Zany Zebras with Purple Polka dots &
Lots of Other Silly Things to Laugh
About Together

WALK TO BE FIT

Total Village Mileage through May is 42,423

Internet Health

Your health or lack of it, is your own responsibility. No one cares more about how you feel than you do, so using the internet to learn about your health is a good way to help make sure you give yourself the best of care. There are many resources available on the internet for people who are interested in understanding, maintaining and bettering their own health. Following are some of my favorite places to get food for thought on the subject of healthy practices and health care options.

<http://medlineplus.gov/> This is a government site supported by the U.S. National Library of Medicine and includes a medical encyclopedia, drug information, doctor listings, and recent health news. It is a good place to find information about an illness or disease that you or a family member may have, discussing symptoms, treatments and other things that you may need to know.

<http://nccam.nih.gov/health/whatiscaam/> This is also a government sponsored site put together by the U.S. National Institute of Health, which explains complimentary and alternative medicines and treatments that may help with your health when used with traditional medical treatment (with your doctors approval of course).

<http://www.realage.com/> This site gives you the opportunity to take a test about your eating habits and physical activities, which will tell you if the things you do each day are making you older or younger than your actual years. It also gives you the chance to signup for a daily email tip. Following are some of the more recent tips (you can also read lots of past tips at the site's homepage):

I Dream of Weight Loss

One of the keys to keeping off extra pounds may be getting proper amounts of shuteye. Good sleep habits not only leave you feeling alert and refreshed, they also appear to be important to maintaining a healthy weight. Research reveals that sleep loss disrupts certain physiological rhythms, and that these disruptions could open the door to excess weight.

RealAge Benefit: Maintaining your weight and body mass index at a desirable level can make your RealAge as much as 6 years younger.

Keeping It Real

Having realistic relationship expectations could help make you and your partner's bond stronger.

Although positive expectations can help a relationship flourish, according to research, high expectations lead to relationship dissat-

isfaction in some situations. Create expectations that are realistic by acknowledging strengths and weaknesses in each person's relationship skills.

RealAge Benefit: Long-term, loving relationships can make your RealAge as much as 6.5 years younger.

These Berries Are a Blast

Get a health blast by stocking up on the season's freshest strawberries.

Experts agree: a diet rich in fruits and vegetables can reduce your risk of chronic diseases. And strawberries are one of the healthiest fruit choices around. In addition to delivering a high dose of heart-healthy vitamin C, strawberries are packed with phytochemicals and flavonoids that have been credited with cancer-fighting powers.

RealAge Benefit: Eating a diverse diet that includes 4 servings of fruit per day can make your RealAge as much as 4 years younger.

CAUTION: Two things to beware of:

1. Anyone can make a webpage, so everything that you find on the internet may not be facts written by qualified professional people, because of this, it's important to look things up in a good medical book and ask your doctor or health aide about things that don't sound safe or correct.
2. Many webpages have links that take you to sites written by some other person or group. By clicking on three or four links, you can move from a reputable site to one that could have experimental information or things written by someone who isn't a trained health care professional.

**WALK WITH A FRIEND OR BY YOURSELF
WALK INDOORS OR OUT
WALK IN THE VILLAGE OR ON A LONG HIKE
JUST WALK EVERY DAY!**

Sandy	3385.5
Annie	2821.5
Lydia	2547.25
Yako	1869
Mary	1548.5
Shayna	1522.25
David	1391
Dallia	1295
Angel	1218.75
Ida	1207
Tanya	1016.75
AlexAnna	1009.75
Julie	1001
Alice	907.25
Jonathan	889.75
Shaun	836.75
Michael	832
Bernadette	800
Betsy	793
Alicia	751.5
Dan	655
April	626.5
Jeremy	600
Tess	502.5
Camille	494.5
Kevin	455
Sharolynn	425.25
Christina	158

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Weather Watch

June 2004

Highest Wind Speed . . . 48 mph

Average Wind Speed . . . 9.7 mph

Dominant Wind Direction . . . NE

Highest Temperature . . . 72.1°F

Lowest Temperature . . . 41.8°F

Below Freezing . . . 0 days

Below Zero . . . 0 days

Precipitation . . . 0.95 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

Grilled Salmon with Tarragon Mayonnaise

Ingredients

- 1 1-1/2-pound boneless fresh or frozen
- 1/4 cup mayonnaise or salad dressing
- 2 green onions, sliced (1/4 cup)
- 1 tablespoon lemon juice
- 2 teaspoons snipped fresh tarragon or 1/4
- 1 tablespoon margarine or butter, softened
- 1 teaspoon snipped fresh tarragon or 1/4
- 1 teaspoon lemon, thinly sliced (optional)
- 6 sprigs fresh tarragon (optional)

Directions

1. Thaw fish, if frozen.
2. For sauce, in a small bowl combine mayonnaise or salad dressing, green onions, lemon juice, and 2 teaspoons fresh tarragon. Cover and chill.
3. Tear heavy foil slightly longer than salmon. Cut several slits in foil. Spray foil with nonstick coating. Place salmon, skin side down, on foil. Stir together softened margarine or butter and 1 teaspoon fresh tarragon. Spread butter mixture over salmon. Measure thickness of salmon.
4. Arrange preheated coals around a drip pan in a covered grill. Test for medium heat above pan. Place foil with salmon on grill over drip pan. Cover and grill for 4 to 6 minutes per 1/2-inch thickness or just until fish begins to flake easily when tested with a fork.