

Igiugig News & Notes

Igiugig Tribal Village Council

February 2005

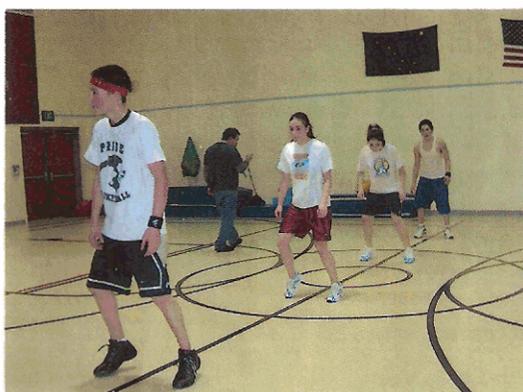
Volume 8, Issue 2

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Basketball by Jon Salmon, 10th Grade, Igiugig School

Lines, lay-ups, and laps make the team tired, sore, and ache all over. There is a lot of running in practice, but not more than we need for the eight minute quarters, three other teams, and the final double elimination tournament. Some teams may even have to play two games in one night. In order for everybody to last the season, they had to look for something to help them on the court.



Jon, Tanya, Mary, and Dawsey run in place during practice.

Mary Hostetter, #22, has a personal goal of making 80% of all free throws, Charley Apokedak, #34, has a goal of touching the backboard, Jonathan Salmon, #15, has a goal of playing as a teammate and playing to his potential, and Tanya Salmon, #07, and point guard, plans on improving her ball game. Michael Andrew, the coach, has a goal of winning some games while having fun. The team's ultimate goal is to win first place in the tournament held here in Igiugig. Although the team had a choppy start, it is in full swing now.

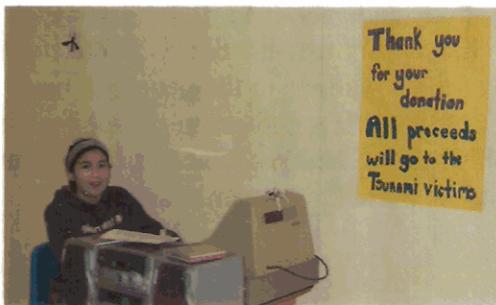
The team's choppy start was because Charley missed five days of school and

(Continued on page 2)

Pancake Breakfast

By April Hostetter, 7th Grade, Igiugig School

Only about one and a half months ago the 9.0 earthquake of Sumatra occurred, creating a tsunami that killed over 300,000 people. Our school decided to help the tsunami sufferers by holding a pancake breakfast on January 23rd to do a good deed, and help those in need.



April collects donations for the tsunami victims at the pancake breakfast.

This breakfast was better than last year's because people didn't have to wait

(Continued on page 2)

Birthdays this month

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

BASKETBALL (Continued from page 1)



Jeremy goes to block big sister Tanya.

had to make up his missed school work before beginning practice. Then Mary left to Phase One for five school days, Tanya became sick, and finally Jonathan became sick. There were a couple of practices where only one student was there. After a week with everyone in practice, only Jonathan, Mary, and Tanya were eligible to play in the first match at Pedro Bay because Charley still needed to get his ten practices in.

Everyone was nervous as the team arrived at Pedro Bay for the first game to start off the season. After the usual dinner of spaghetti and garlic bread, the team suited up. The teams were introduced and the players were ready for the tip-off. Pedro Bay got first possession. Pedro Bay soon lost a sub as Dave Sanner rolled his ankle in the beginning of the game, but Igiugig had no subs either. All of the running in P.E. was paying off because Pedro Bay grew tired when Igiugig was still feeling strong. This helped Igiugig win 76 to 31 that night.

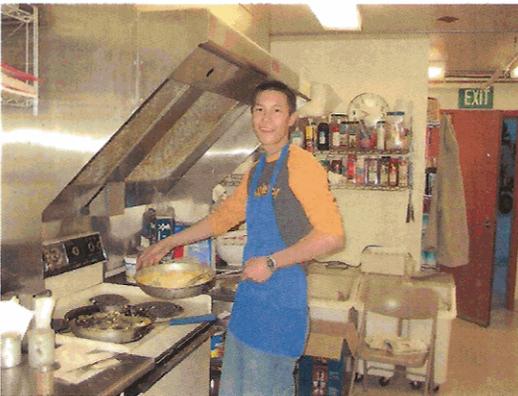
The next morning was harder as Pedro Bay was determined to come back, pushing for a win. Igiugig held a twenty point lead through most of the game, but began to slack off in the end, winning by sixteen points as the score was 70 to 54. This was a great beginning game to help lift the spirits of the No-See-Ums.

Look out for next month's issue that will have Igiugig vs. Chignik Lake, Pilot Point vs. Igiugig, plus all the news on the tournament. Go No-See-Ums!



Jon goes us against Pete Suskuk in a recent scrimmage: No-see-ums vs. Igiugig men. The No-see-ums were victorious!

PANCAKE BREAKFAST (Continued from page 1)



Jonathan, master scrambled egg chef

a long time to get their food; last year those who were the first to arrive waited longest because we were not very organized. The breakfast was held at the school at 9:30A.M. and all of Kristin's class had to be there by 8:00A.M. to help set up and cook. People had a choice pancakes (of course), eggs, bacon, and smoothies,

all of which were very delicious - everybody enjoyed the food.

At the pancake breakfast we made about \$250 dollars, which will go to the Catholic Relief Services to help with the tsunami relief. We chose this foundation because they give 94% of the donations to the people in need and they stay until the victims get back onto their feet and are ready to live a normal life.

All in all, I think that this was the best pancake breakfast ever. It was really fun to be apart of it and to help out the tsunami victims.



The kids enjoyed sitting together and eating their breakfast.



Gregory gets his breakfast and a smoothie to go with it.

New Years Eve Party

By Jeremy Salmon, 7th Grade, Igiugig School

Three, two, one, Happy New Year! On New Years Eve, December 31st, there was a party at the school gym where we had tons of games, lots of great food, and Eskimo Bingo.

The first game we played was field hockey. How do you play field hockey you ask? You have two teams with an equal amount of people on each team. Then everyone gets a hockey stick, but this hockey stick is like a bat with a soft pad at the end. Then you put two cones with an equal amount of space between them on each end of the court or field. After the game is set up, you can play. To play, it's just like regular hockey, but you run and you don't have helmets. The team who has the most points at the end of the game wins. When we played field hockey, the teams were boys against girls and the boys won three times in a row, yes!

After we played field hockey, we played a game where you had to feed another person pudding while both were blind folded. This game was the funniest of them all because you didn't know where the other person's mouth was and it was hard to get the spoon where you wanted it to go. Sometimes, you would hit their face and get pudding all over them.

When we were done with that game, we played another game where you had to tie a balloon to your ankle and try to pop the other people's balloons. Whoever's balloon wasn't popped at the end of the game, won. When we played, we had two groups, adults and 7th grade on down. Angel Nunez won in the older group, while Tess and Sharolynn tied for the winner of the younger players. After we played some games, we ate the foods or goodies people baked for the party.



The adults had a blast at field hockey.

People brought cake, brownies, cookies, and jell-o, which were delicious I thought. My favorite dessert was the brownies because they were big and chocolaty. After everyone was done eating, we played Eskimo Bingo.

To play Eskimo Bingo, you need to get a group of people and wrap a bunch of presents. Then you have people get in a circle so they are all the same distance away from the presents, put the presents in the middle of the circle, give some people dice, and you start the game. The people roll the dice and try to get a match. When you get a match, you can grab one of the presents. When all the presents are gone, you set your timer for a couple minutes and then the people can steal other people's presents, but only if they get doubles. When the game is over, you are able to open the presents, if you have any, and keep them. That is how you play Eskimo Bingo. I thought this game was entertaining because of the presents and we got really excited when it was time to steal presents because we didn't know whose would get stolen, or who you should steal from.

Usually we have the New Years Eve party at the RecHall, but this year's party was at the school which was way better because the RecHall is too small for everyone in the village. I'm already looking forward to next year's party!



Eudi holding Rylee, Hunter, Spirit, and Kyle

Bonfire! by Alicia Zackar, 7th Grade, Igiugig School

Person 1: Hey, look! A bright shining light!

Person 2: It's a fire!

Person 3: No, you guys it's just the bonfire. The bonfire is when Russian Orthodox Christians light trees on fire to celebrate the New Year.

My *glusna* (godmother) told me that this tradition started around the mid-eighteen hundreds. These days people start to get ready on the thirteenth of January for this celebration. I am glad it was not on Friday the thirteenth this year! When we get ready, we have to get things like clothes or old possessions we want to throw away, and when you get there, you can throw anything into the fire that you want to. This year

I went to bed at 7:30, just to wake up at 11:30 for the bonfire.

What you do when you get to the bonfire? You walk around a few burning trees three times and that signals that it is a new year. I walked around it 10 times, but Gregory was so hyper that he went around about a thousand times.

A lot of people went to the bonfire this year, but some of the people stayed home because there was school in the morning. Gregory kept going around the tree whenever he got a chance.

Person 1: At least now I know what a bonfire is.

Person 2: Me too.

Person 3: I knew what it was all along.

Phase 1

By Mary Hostetter, 9th Grade, Igiugig School

Phase 1 was fun and full of excitement. I left Igiugig for Newhalen on the 16th of January for five days of learning about mechanics, team building, and career exploration. Once everybody arrived, there was orientation: what we would be doing during the week, who our teams would be, and what standards we would be completing.

Monday morning our week started. Each morning we were in the wood shop, and in the afternoons we focused on how to get a job and what type of job we were interested in. During the evenings, we worked on ulus, and then we had free time for an hour.

Monday and Tuesday weren't very interesting. We sat around most of the time, working on standards we needed to complete and assignments for school, which was very **b-o-r-i-n-g**. But, on Wednesday and Thursday our spirits lifted. On Wednesday we interviewed Diane Armstrong about having her own business in Iliamna, which was full of interesting facts. On Thursday we visited Paul McDowell at Yukon Fuels to see what type of maintenance he did on their vehicles. We learned about fuel trucks and what kind of information we should know before buying a car of our own. That afternoon we job shadowed a person of our choice. I interviewed a P.A. (physician's assistant) at the Nilavena Regional Clinic named Marianne Hoaster. I learned what type of education you need to become a P.A., what they do, and she showed me what kind of medical equipment the Nilavena Clinic has. I liked the job shadow; however, I don't think that I would like to have that job. Having somebody's life or death depend on me isn't my idea of fun.

After that, we got to interview a teacher about a job that they had in the past. I, along with three other people, decided to interview Mr. Thurston. I chose to ask questions about when he was a tool and die apprentice. He had this job along with a machinist right after high school in order to pay for college tuition. This was a job where he helped make tools: he grinded and welded tools that were used to make other tools like wrenches and ratchets. In order to do this, he had to be fast, because the people above him were paid by how many tools they made; if he was slow, the other people would be mad at him.

After all this excitement, it was time to go. Friday morning was spent cleaning our rooms, the kitchen, the bathrooms (gross!), and the living room. Sadly, Amber Fox and I were the first to leave...9:30AM! So, all in all, I had a blast. I would recommend Phase 1 to anyone who is able to go. It is a great experience, especially for meeting new people.



Gregory was having a lot of fun when "feeding" Tess her chocolate pudding during the game of the blind feeding the blind at the New Year's Eve party.



Gregory didn't enjoy his turn in the game of being fed by Tess. She put the spoon so far into his mouth he was gagging.

Christmas Break

By Dawsey Apokedak, 10th Grade, Igiugig School

Full tummies, sore throats, and brand new memories of this year's Christmas break... This year was my very first time to go to New Stuyahok for Russian Orthodox Christmas. I wanted to stay in New Stuyahok for the Russian Orthodox New Year's, but I had to go back to Levelock in order to return to Igiugig to get caught up in my school work so that I could play basketball.

First of all, I started my break by heading back to my hometown called Levelock where I spent Christmas with my family and friends. Levelock is a small village about thirty miles away from the Bristol Bay. Anyway, when I got to Levelock my cousin and I decided to go out hunting on Christmas day. We were about to give up because we were out riding all day and didn't see anything and then it appeared. We saw the moose running into a big clearing. I thought it was a big bull moose until we got closer and saw that it was only the size of a big caribou. We shot it anyway and started to skin the animal right away. I brought it home to my grandparents who had big smiles on their faces when I presented the meat to them.

After a few days, I wanted to go out riding around on my dad's snow-machine because for the past few years, we didn't get very much snow, but there was actually a lot of snow during this year's Christmas break. I couldn't go out riding though because the snow-machine was broken down. So, I then told myself that if I wanted to go out riding I had to fix it. For the next couple of days I was working on it. My hard work had finally paid off! I say that because Russian Christmas was just a day away.

Russian Christmas is when all the surrounding villages have Christmas in their own village first and then go to other villages to celebrate. This foreign kind of Christmas is totally different from the one that lots of people celebrate on December 25th. These two types of Christmas are different because Russian Orthodox Christmas is celebrated through a period of one whole week which starts on January 7th and ends on the 14th instead of the one day celebration on December 25th. You start celebrating Christmas by going to the Church

(Continued on page 8)

WORD BUILDING:

Use the following letters to make words in the slots provided.

HDRAEE

1. □□□

2. □□□

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23. □□□□□□

24. □□□□□□

Answers can be found on page 7.

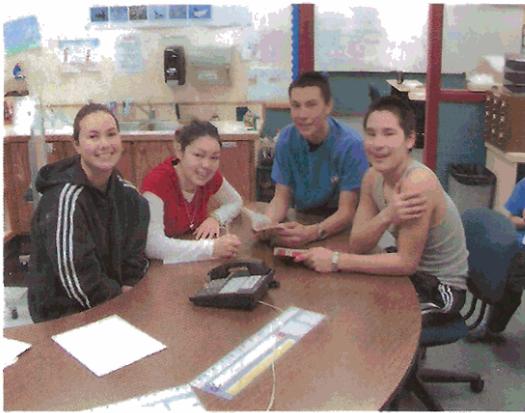
Battle of the Books

By Tanya Salmon, 12th Grade, Igiugig School

“Are you ready for the battle?” everybody asked the Igiugig students. “Yeah, kinda nervous,” some replied. “You better get to bed early if you want to do good in the battle,” parents told their children. You would think they were heading off to war, instead of participating in the yearly Battle of the Books (BOB) contest.

The Igiugig students began reading their BOB books over summer vacation. Over the next few months, those books were read and re-read. In December, the teachers began giving them practice questions, such as “in which book does a character search in vain for plain clothes.” The students were given 30 seconds to think of the book and write the title and author.

On January 25, the high school students, Tanya, Jon, Mary, and Dawsey went to battle. The first



The high school team: Tanya, Mary, Jon, and alternate Dawsey

battle was against Port Alsworth. The high school students scored 72 points. You could tell they were disappointed with their low score and were surprised to hear they were making it to the second round. The second and final round was against Pedro Bay, Port Alsworth, and Pilot Point. The No-See-Ums scored 104 points, but still came in third place. Pedro Bay came out as the victors and would be battling in the state competition in February.

Later that day, Sharolynn, Tess, and Shaun would compete in the 3rd/4th grade BOB. The three were nervous and excited. The older kids and their parents came to watch and cheer them on. They passed the first round against Port Alsworth and Pilot Point with a score of 80 points. They advanced to the second battle, which was again, against Port Alsworth and Pilot Point. After 16 BOB questions, the Igiugig 3rd/4th grade team placed 3rd in the district.

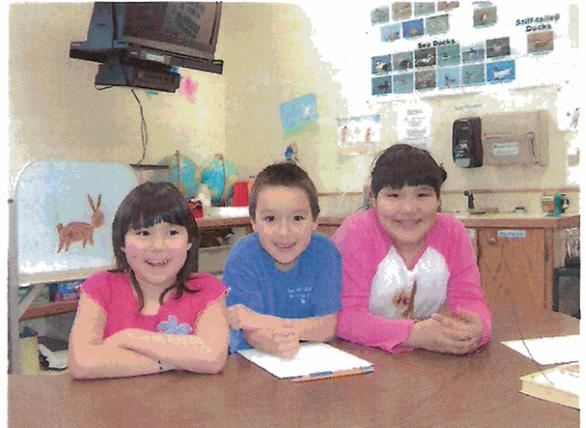
On the morning of January 26, the 7th graders competed in BOB. Their first battle was against Pedro Bay. April, Jeremy, and Alicia received the highest 7th/8th grade BOB score in the whole district and immediately advanced to the second round where they were defeated by Pilot Point. The three 7th graders received the silver medal.

Finally, on January 27th, the kindergarten/1st graders were up to battle. Camille and Gregory were the youngest BOB competitors in Igiugig. The two young ones were eager and nervous. They began by competing against Perryville. The two did an awesome job and scored 120 points in the first round! They were on fire! They quickly advanced to the second round where they were defeated by Port Alsworth. Camille and Gregory never made it to the third round, but they still placed 3rd in the district.

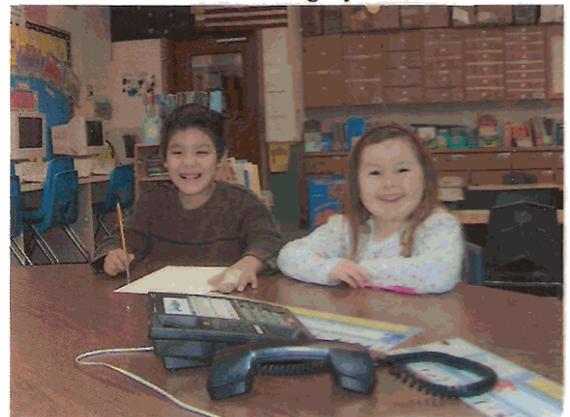


The 7/8 team: Tanya, Coach Kristin, April, Alicia and Jeremy

The Igiugig students were glad BOB was over with so they could read different books. All of the battlers did their best and their effort shows. Their goal for next year: to make it to state!



The 3/4 team: Tess, Shaun, and Sharolynn



The first grade team: Gregory and Camille

Alaskans Unite to Save a Life



At 6 p.m. on Wednesday, February 23rd, 2005, Alaskans in villages throughout the State will be putting on pins very similar to this one as part of a project through the Community Based Suicide Prevention Program to raise awareness about the problem of suicide in many Alaskan communities.

Come join in at a potluck dinner at the Igiugig School beginning at 5:30 p.m.

Bits 'n Pieces

A quick fix for anyone with extra dry skin during this wintery time of year!

Title: Mama Goo

From: Shiloh Norton (Sandy's cousin's wife)

Description:

use on your face or dry spots

Ingredients:

3-5 caps (1000ieu) Vitamin E

2 T Almond oil

4-6 T grape seed oil

2-3 T olive oil

2-4 drops essential oil

(Eucalyptus is refreshing.

Lavender is soothing.

Rose is wonderful but pricey.)

Directions:

Mix with a clean stick thoroughly.

Apply to clean skin while it's still a little moist after towel drying. For deeper moisturizing and less surface 'greasiness', put a hot damp washcloth over the Goo for a few minutes and then gently wipe off excess.

Try different ones or make different batches.

You'll use it pretty fast.

Don't let it get too hot or cold (like freeze).

Answers to the WORD BUILDING game on page 5.

RED, ADE, ERA, HAD, ARE, ERE, EAR, HER, REED, READ, RHEA, DARE, DEER, DEAR, HARD, HARE, HERE, HERD, HEED, HEAR, HEAD, HEARD, ADHERE, HEADER

Odd Word Definitions: (from www.dictionary.reference.com)

RHEA - Any of several flightless South American birds, resembling the ostrich but somewhat smaller and having three toes instead of two.

HEADER –

One that fits a head on an object.

One that removes a head from an object, especially a machine that reaps the heads of grain and passes them into a wagon or receptacle.

A pipe that serves as a central connection for two or more smaller pipes.

A floor or roof beam placed between two long beams that supports the ends of the tailpieces.

A brick or stone laid at a right angle to the face of a wall so that only its short end is showing. Also called **bonder**.

Informal. A headlong dive or fall.

Sports. A pass or shot made in soccer by heading the ball.

Textual information, such as a title, date, or page number, positioned in the top margin of a page and usually repeated throughout a document.

A raised tank or hopper that maintains a constant pressure or supply to a system, especially the small tank that supplies water to a central heating system.

GARDENERS GOODIES

FEBRUARY garden activities:

- Early FEBRUARY – Feed the birds, by now their food supply is certainly getting low and they will enjoy frequenting your yard if you invite them over.
- FEBRUARY – Tomatoes and other slow growing crops and flowers should be planted this month. Petunias, columbine and other small seeded or slow to germinate flowers need lots of time to get going for a good summer display, so if you plan to start from seeds this year begin now.
- FEBRUARY – Prepare seed trays and be sure you have enough starting soil mix to begin more seeds next month and to transplant seedlings as needed.
- Late FEBRUARY – House plants should be showing some signs of faster growth with the longer days. Begin to fertilize on a regular schedule to encourage good growth. Be sure to follow package directions so you don't overfeed or burn plant roots. Trim back plants that have become leggy and start the cuttings for more potted plants or to give as gifts.
- Late FEBRUARY – Check out your gardening supplies. If your hoses have frozen and split, or pots have broken, be sure to order now for an early start on the growing season to come.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Consider alternative potting methods for your seedlings and starters this year. Many different "no cost" containers can be used for this including used paper cups, empty milk boxes, plastic fruit containers, yogurt cups, or you can make individual biodegradable plant cells by rolling newspaper around a mold of about 2" diameter (a glass, tube, or other similar item), folding in the bottom, sliding it off of your mold, and lining them up onto your plant trays. (If using the rolled paper method, just be sure that you put enough layers or the soil, water, and plant roots will disintegrate the container before you're quite ready to plant them out!)

CHRISTMAS BREAK (Continued from page 5)

first to sing to the church and graves. Also, you have to go to the houses of everyone who is willing to let you in, and sing the traditional songs and eat what food the owner of the house serves you. It is impolite to refuse food so you have to eat at every single house you go to!

Then, the next day, a group from Levelock went over to New Stuyahok. There were six snow-machines and two Hondas although we didn't travel at the same time. I am glad that I had my own machine, because it was a nice ride over and we all had lots of fun riding around. When we went over to New Stuyahok, almost everyone from my mom's side of the family was there except two uncles and my mom. We had to go to about a hundred houses to sing our traditional songs and eat if the owner of the house had cooked for us. It took us four days to finally finish up with the Christmas; it was just too bad I couldn't stay to finish because I had to go back home to Levelock. I left that morning, the day that they finished, so I couldn't stay for the Russian Orthodox New Year.

I suggest if you are going to have a Russian Orthodox Christmas you should practice by eating lots before you actually have Christmas because if you are out of practice and you try to eat at all those houses, you might get too full. Also, tune in your voice because after the first day, your vocal cords will be a bit raspy!

ARE YOU SPARKY?

Whenever the weather gives us lots of day with temperatures below freezing without snow fall or frost, we are left with air that has very low moisture content. Low moisture content in the air increases the build up of static electricity in everything that moves through it. Everyone has experienced the 'shock' of dragging your feet across the carpet and getting 'zapped' by the first thing you touch. So what does this have to do with safety you ask? Very little until that spark occurs around gas or other explosive fumes or if you give a good jolt to your computer. So here are some things that you can do to avoid shocking experiences:

- ✓ Keep up your own 'moisture content' by drinking lots of water and moisturizing dry skin.
- ✓ Wear natural fibers such as cotton rather than acrylics, nylon and some fleeces which create much more static electricity.
- ✓ Keep indoor temperatures cooler.
- ✓ 'Ground' yourself by touching something else before your computer. (The desk or file cabinet doesn't mind the occasional shock, but your computer might just have a serious problem with it!)
- ✓ Wear rubber soles on your shoes rather than plastics to help cut down on static.
- ✓ Humidify indoor air.
- ✓ Avoid forced air heat (like electric heaters and fans); if possible use radiant heat sources (like hot water radiators or wood stoves).

Prevention

*****ALWAYS BE CAUTIOUS AROUND EXPLOSIVE MATERIALS***
BE EXTRA CAUTIOUS WHEN TEMPERATURES ARE BELOW ZERO
ONE LITTLE ZAP COULD SEND YOU FOR A REAL LOOP!**

Winter Wanderings

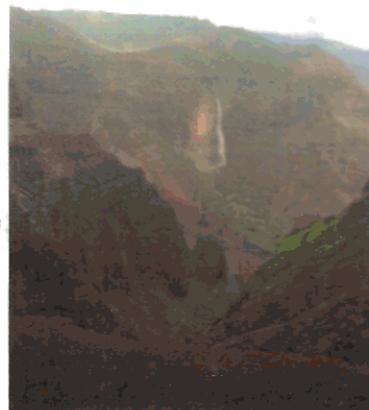
The Alvarez family took a quick break and flew away to Hawaii for a week, spending most of the time on the island of Kauai. The kids got to miss some school, Sandy took a break, and only Randy had to attend to telephone company business. Randy's sessions had information about proposed changes that would be very bad for rural telephone services, so he came home with the job of working against some tough competition to maintain good, affordable phone services for small communities. The rest of the family just had an enjoyable time warming up, learning new stuff, checking out cool local crafts, and seeing new and amazing sights.

Since Kauai is one of the oldest islands in the State of Hawaii, the lava that it was made of, is eroding and breaking down into the most interesting red colored dirt. A local business uses the dirt as dye for their line of shirts called Red Dirt Shirts. The island also is the location of the "Grand Canyon of the Pacific" a.k.a. Waimea Canyon which fortunately cleared of fog just in time for a good viewing experience.

Angel had a wonderful time with the wildlife, chickens, birds and fish, all of which enjoyed food from her hand and a great deal of attention. Davy on the flip side mainly enjoyed everything involving water, salty or chlorinated!

En route home, one night was spent on the island of Oahu, with niece/cousin, Crystal and daughter Mckenzy at their home on Scofield Barracks Army base where they are stationed. The whole group was fortunate to participated in a Video Teleconference with Crystal's husband Brian who is currently deployed to Afghanistan and interestingly enough is on the far side of the International Date Line, so is always "in tomorrow".

As the down side of the trip, it has to be noted that there were mosquitoes out, and at least one of the travelers came home with itchy bites in the middle of winter!



Disposables

Contributed by the Environmental Department

Land fill space has more than doubled in the past decade. Why is that? Maybe it is because the human race has become lazy when it comes to the upkeep of our beloved planet. Instead of recycling, washing dishes and doing laundry, many use disposable utensils and plates or throw away clothes instead of donating them to the less fortunate. Companies introduce products to "save time," but the more they create, the more we damage our environment.

There are products that pretty much take care of everything. There are pots and pans that can be thrown away after one use, bathing suits that can be disposed of right after you get out of the pool, and disposable baby bibs so the consumer does not have to worry about cleaning up a baby's mess.

Now tell me, is it really that hard to put pots and pans into the dishwasher, toss the bathing suit over the shower rod to dry, or throw a bib in the washing machine? I know some folks have little time for household tasks, but still, it is not that difficult to take a few minutes and do them. It's life.

If people just did these things, perhaps our environment would not be so polluted. If people would reduce consumption, begin composting, and throw away only what cannot be recycled or re-used, this world could be better. People will forever damage our planet, but once we mess it up beyond repair, what will we do next?

ELECTRICITY BULLETIN BOARD

For the last two weeks, the Level I Science students: Corey, Sharolynn, Tess, and Shaun, have been studying electricity. The students have looked at various ways we depend on electricity, how it works, and how to be safe around it. The students quickly realized that almost everything they use depends on electricity, including riding a Honda! They did static electricity experiments, watched as a small solar panel spun an electric motor, and took a tour of the Village's power plant (Thanks Dave!). For a final project, they constructed a 3-D bulletin board showing how electricity is produced (solar, wind, gas/diesel, hydro, nuclear) and how it is distributed to consumers. Come in and check it out!



WALK TO BE FIT

Total Village Mileage through November is 47,639

Question: Do You Live in One of America's Fattest Cities?



Every year Men's Fitness magazine generates a report: The Annual Fattest and Fittest Cities in the United States. Although it is a non-scientific survey, a great deal of time is spent analyzing the data in order to make an informed, statistical decision.

The magazine compared 50 cities by weighing 14 factors including fast food restaurants per capita, TV watching, air quality and parks.

And The Award Goes To ...

Fattest Cities	Fittest Cities
1. Houston	1. Seattle
2. Philadelphia	2. Honolulu
3. Detroit	3. Colorado Springs
4. Memphis	4. San Francisco
5. Chicago	5. Denver
6. Dallas	6. Portland, Ore.
7. New Orleans	7. Sacramento
8. New York	8. Tucson
9. Las Vegas	9. San Diego
10. San Antonio	10. Albuquerque

Houston has been dubbed the fattest city four out of five times, losing last year to Detroit.

One Houston resident teased, "It was the only thing we lost. We sure didn't lose any weight last year." He also stated, "Duh, of course we're Fat City. It's too hot to jog in the summer and we're too out of shape to run in the winter. And there's a Shipley or Krispy Kreme on every corner."

Answer: I don't know, although we don't have fast food restaurants, we certainly have plenty of TV channels to watch!

No matter where you live the thing that makes the difference is paying attention to the things we do each day—the foods we eat, the exercise activities that we do and the other healthful practices we use to prevent illness and stay physically fit.

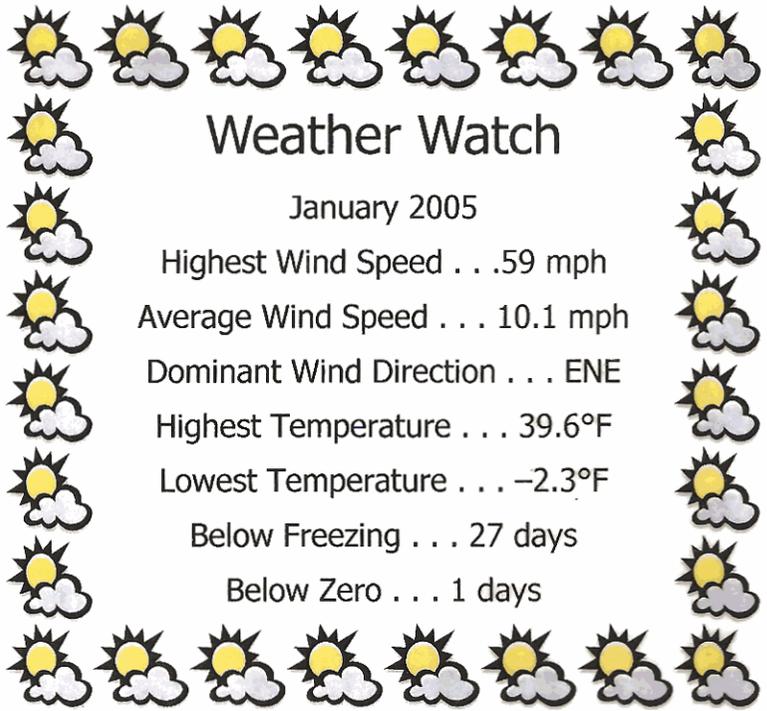
TAKE A WALK TO BE FIT

Help make Igiugig one of the fittest cities in the U.S.
(even if we don't ever get on any official lists in anyone's magazine!)

Igiugig Tribal Village Council

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Recipe Corner

Cherry Nut Delight

INGREDIENTS:

- 1 cup walnuts
- 1 1/4 cups all-purpose flour
- 1/2 cup packed brown sugar
- 1/2 cup butter
- 1/2 cup flaked coconut
- 1/3 cup white sugar
- 1 (8 ounce) package cream cheese
- 1 egg
- 1 teaspoon vanilla extract
- 1 (21 ounce) can cherry pie filling

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C).
Grease a 9x13 inch pan.

Chop 1/2 cup walnuts coarsely and reserve them for topping. Chop the remaining 1/2 cup nuts fine.

In a medium-size mixing bowl, combine flour, brown sugar, and butter. Blend the mixture well. Add coconut and the finely chopped nuts. Reserve 1/2 cup of this mixture. Press the remaining flour mixture into the prepared pan.

Bake at 350 degrees F (175 degrees C) for 12 to 15 minutes, or until the edges are light brown.

In a medium-size mixing bowl, combine sugar and cream cheese. Stir in egg and vanilla. Beat mixture until smooth. Spread this mixture over the hot (just baked) layer.

Return the pan to the oven and bake 10 minutes. When the cake has finished cooking, spread the cherry pie filling over the hot cake and sprinkle the remaining walnuts and crumb mixture over the top.

Return the cake to the oven and bake another 15 minutes. Let cool before serving.