

# Igiugig News & Notes

Igiugig Tribal Village Council

April 2005

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**DOUBLE ISSUE**

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## Alaskans Unite to Save a Life

At 6 p.m. on Wednesday, February 23<sup>rd</sup>, 2005, Alaskans in villages throughout the State put 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.

At the Igiugig School the celebration began at 5:30 p.m. with people bringing in all varieties of fish, wild game foods and berry desserts for the potluck dinner. During a short talk on the statewide problems of suicide and destructive behaviors, helpers: Camille Andrew, Gregory Zackar, Shaun Andrew and Tess Hostetter handed out ribbons which the students had made earlier in

the day. (We ran out, coming up about 5 short of the amount needed for the number of people present.) Our community was only about three

people short of 100% attendance, which is quite normal for us but quite amazing to most of the other villages in Alaska.

Following a blessing said over the food, elders served up, first of course, and everyone enjoyed a delicious meal.

As everyone got down to dessert, coffee and visiting, a presentation was given by the school, including "iDida-



*(Continued on page 2)*

## Basketball Tournament

By Dawsey Apokedak, 10th Grade, Igiugig School

Dribble it, pass it... No-See-Ums want a basket. The Igiugig No-See-Ums hosted the 3-on-3 basketball tournament here in Igiugig on February 18-19. Students were happy to have a tournament this year since there was no tournament for small schools last year.

Although there were only four 3-man teams, the teams had a lot of fun. The teams arrived around noon, about the time the Igiugig students were making posters. The teams had their lunch and got settled in our school; then we prepared the brackets to see who got to play first among the Pedro Bay Chiefs, Igiugig No-See-Ums, Pilot Point Lynx, and the Chignik Lake Wolves.

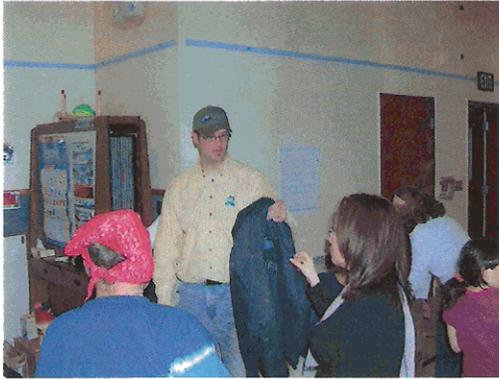
*(Continued on page 3)*

## Birthdays this month

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

## ALASKANS UNITE (Continued from page 1)

Movies” by the 7<sup>th</sup> grade and high school students, and a planning session lead by teacher, Kristin Hathhorn involving selection of an area for focused improvement in Igiugig’s school. Suggestions from local people included



Walton helps hand out jackets to all in Igiugig.

skills in math, writing, cultural activities, investment skills, and entrepreneurial activities. A committee of more than three volunteers was selected and will help pull together a plan for the school before the end of May. Stay tuned for updates in this planning process.



Sandy instructs the students how to make the ribbons that were to be handed out to the community.

The Iliamna Lake Contractors (ILC) also gave a short presentation culminating in presenting of the first ever, dividend to the Igiugig Village Council (the sole owner of ILC) and finishing by presenting each resident with a coat, jacket or hooded pull-over sweatshirt, all sporting an embroidered company logo.



Hans presents Lydia with the dividend check to the IVC.

The evening served to remind all of us of the many benefits that small changes can bring, as well as what large benefits can occur if we take time to plan where we want to go and what we hope the future will hold not only for ourselves but for our children and generations to follow.



Mike, Alice, and Dalia enjoy the delicious food at the potluck .

## Igiugig Village Council Meeting by Jonathan Salmon, 10th Grade, Igiugig School

On February 24<sup>th</sup> the Igiugig Village Council (IVC) called their annual meeting to order at 1:05p.m. Kristin’s class was allowed to attend the meeting because we are currently working on Alaska state government. It also helped me get ready for Juneau Close-Up because one of the assignments that we have to complete is a presentation of local government.

The most interesting subject was the financial section. Listening to what village leaders had to say offered us an example of how to control money because the village has made good investments through businesses and bank accounts. One successful business is Iliamna Lake Contractors, owned by IVC. They do construction, demolition, and barging. Just the day before the meeting, ILC

presented a check to IVC for \$117,800. Everybody in the village also received free coats, hats, sweaters, and toys (for the kids). The Contractors benefit by being under the umbrella of a tribal organization while the village profits from their earnings. It is a good situation for both. This was a great opportunity for the people to learn more about Igiugig and how our money is managed

At this meeting I also learned that an accountant has a hard job managing all of the village’s money, and that the leaders of today are already thinking about tomorrow’s leaders because they set an account aside for future use. I think that the village is in good hands while waiting for the next generation.

## BASKETBALL *(Continued from page 1)*

When the coaches/captains meeting was over the players were anxious to see who they were playing. Igiugig was going to be playing Pedro Bay for their first game. After thirty-two minutes of playing against the Chiefs, the No-See-Ums had finally won. Then after a short break, the No-See-Ums had to go against the undefeated team of the year, the Chignik Lake Wolves. Jon and Clinton Boskofsky were getting ready for the tip-off. They jumped and Jon smacked it towards Dawsey who then ran to the basket and made two points. The whole crowd was yelling at us, saying we were going the wrong way. But it was too



Tanya looks to pass the ball while Kiska guards her.

and they never let us score. After thirty-seven minutes of running up and down the court, the Wolves beat us by three points. The score was 94-97 making them still undefeated. Even though that we lost, we congratulated them in their victory to show good sportsmanship.



No-see-ums take a time out.

took home the Sportsmanship award.

I think it is fun to have a basketball team because you get to travel to other schools and make new friends or see old ones. It's also great to have fun with your friends while playing sports.

late; when I made those two points, the Wolves got them.

This game against Chignik Lake was so intense that the whole crowd was yelling at the top of their lungs at the refs and telling the players what they should do. The teams were almost equally matched because in the fourth quarter they had the same number of points which lead them into overtime. In the first three minutes, our main scorer, Jon, fouled out. We thought that was the end because we still had couple more minutes to go, but rest of the team stayed right up there with the Chignik Lake Wolves. In the last minute we were down by three points and we never let them score



Jon goes after a loose ball.



Dawsey drives past Aaron going to the basket.

The next day we had to play against Chignik Lake again, but again we lost and the tournament was over. Right after the game they started to give out the awards. First place went to Chignik Lake, second place went to Igiugig, third place went to Pilot Point, and Pedro Bay came in fourth. Jonathan Salmon, Clyde O'Domin, Kiska Shugak, and Leon Neketa were named to the all tournament team. Tanya Salmon got the MVP award for being the most valuable player for the whole tournament. Pedro Bay



Tanya shoots against Chignik Lake Wolves.

## **Kokhanok Carnival** by Jeremy Salmon, 7th Grade, Igiugig School

Quiet classrooms, quiet village, people gone; this is how our village, Igiugig, was like on Friday March 11<sup>th</sup>, the day the Kokhanok Carnival began. This article is going to be about the basketball games, dances, and the banquet.

When we first reached Kokhanok on Friday evening, nobody came to pick us up, so Dwight, Tanya, Jon, Dawsey, and I had to walk to the village of Kokhanok. When we got there, there was a basketball game going on at the school. The Newhalen adults were playing against the Kokhanok adults and Newhalen won, I think. After that, the Newhalen boys played against the Kokhanok boys, and I don't know who won that game. After basketball, nothing was going on, so Corey, Paul Hobson, and I played on the jungle gym with some other kids. The next day, they had basketball, but I only watched one of the games for a couple minutes. I don't know who was playing or what the score was. The last basketball game I watched was the little kid's basketball game, but I didn't know who was on what team, but it was funny watching them play. It was funny because they kept losing the ball and missing their shots so the ball was going all over the place. Now let's move on to the dances and what we did there.

The Carnival had a dance every night and even a free dance on the last night of the Carnival. At the dances, they had Eskimo bingo when the band took a little break from playing, sold snacks at the student store, which didn't have lots of snacks to choose from, and people danced. When they played Eskimo bingo, lots of kids played and they almost had to make a circle the size of the gym. I didn't play because I walked in when they were already playing, but it looked like they were having fun because the presents were going all over, people kept stealing the big present, and lots of kids were shouting. After Eskimo bingo, the band started playing again and people began to dance. The dances all ended around midnight, but I didn't stay for the endings. The best part about the dances was playing tag around the gym with the little kids and eating the hamburgers they sold from the kitchen. That's probably all that happened at the dances.

Last, they had the banquet on Sunday night. At the banquet, there were raffles, the school giving out plaques and money prizes to the winners of the foot race, and they had a dinner while they gave out the prizes. When I went in line to eat, I had to wait a whole hour just to get to the food because the line was so big. When I finally got to the food, I picked out turkey, mashed potatoes, chicken, spaghetti, and a muffin. The winner for the adults in the foot race was Jeffrey Delkitty and he won five-hundred dollars. Some of the raffle winners got Game Boys, a be-be gun, a little electronic motorcycle, and lots of other prizes. At the end of the banquet, the people raffled off what they had; people cleaned up the gym, and got ready for the dance.

This was the best Kokhanok Carnival I ever went to and remember, so I hope that next year will be even better.

The student government has done a great job fundraising this year. Our Anchorage trip and bringing Ossie to Igiugig would not have been possible without these sponsors:

**THE JARDINE FAMILY**

**Alaska Sportsmans Lodge**

**Iliamna Lake Contractors**

**DAN SALMON**

# Above and Beyond the Call of Duty

Robert Townsend once said, "If you shoot for the stars and hit the moon, it's OK. But you've got to shoot for something." This quote proves true for the Igiugig No-see-ums who have actually missed the moon and hit those stars. At the beginning of the school year, the Igiugig students created a list of personal and student government goals. One of their student government goals was to raise \$5,000. In a village of 50 people fundraising can be difficult and the students thought that \$5,000 was a little high. Little did they know they would raise twice as much as that!

Almost every weekend, the 7<sup>th</sup>-12<sup>th</sup> graders host a movie night at the school. Movies cost \$3.00 for 6<sup>th</sup> grade and under and \$5.00 for 7<sup>th</sup> grade on up. Most movie nights have been so successful, that the student government has made an average of \$100.00 per movie! Hamburger and pizza nights also proved to be very popular.

Every month, the No-see-ums hold one big event. So far, they have done hamburger and pizza nights, dinners at the school, a pancake breakfast, and they have organized the Christmas Craft Fair and the "R Carnival." Everybody in the community looks forward to the monthly events and they are enjoyed by people of all ages.

The "No-see-um Snack Shack" is one of the biggest money makers. The student government has over 50 goodies for people to eat while watching basketball/volleyball games and movies. Some people attend certain fundraisers just so they can eat junk food, chicken wings, jalapeño poppers, quiches, corn dogs, cotton candy, and other delicious treats.

Not only have the students been busy fundraising, but they have also been busy writing donation letters and even grants! Kristin had her class learn about writing grants, not only for raising money, but for knocking off standards. The grants produced by the junior high and high school were successful, contributing \$4,950.00 to the Student Government Activity Fund.

The school year is not over yet! The No-see-ums are going to continue movie nights until the school year ends. They are also going to create another interactive yearbook and are making a new order of t-shirts and sweat shirts. Make sure to buy the new sweat shirt design when they come out!

I am very proud of the Igiugig No-see-ums. They have dedicated many hours to fundraising, even if they weren't up to it! Their hard work truly shows. I would like to thank the Alaska Sportman's Lodge, Iliamna Lake Contractors, and the Jardines for their generous donations, Dan Salmon for buying frozen goods for the No-see-um Snack Shack, Mark and Kristin for paying for Net Flix, Bernadette for always being there in a time of need, whether it comes to baking or setting up, she is always there, and lastly, to the community members who have supported the No-see-ums 100% of the way! Thanks a bunch!

"Alone we can do so little: together we can do so much."

~Helen Keller.

Ossie Kairaiuak is going to be coming to Igiugig on May 1<sup>st</sup>-14<sup>th</sup>. We really appreciate your donations. It wouldn't be possible for Ossie to come if we didn't have the following people sponsoring us.

**Alaska State Council for the Arts- Artists in School Programs**

**Ciri- Cook Inlet Regional Incorporated**

**LPSD- Lake and Penn. School District**

**BBAHC- Bristol Bay Area Health Corporation**

## This months featured expository essay...

### How To

By Dawsey Apokedak, 10th Grade, Igiugig School

Did you ever catch an animal and wonder how to skin it? Well if you don't know, then you are reading the right paper. I am going to be teaching you how to skin and dry small animals such as: rabbits, coyotes, and others.

First of all, you can't just stop by your local store and pick up an animal and kill it. You have to go out into the wild and catch it by yourself. After you have caught your little animal, you have to bring it home and get ready for the fun part, skinning it.

First, grab a long piece of cardboard to lay the coyote or other animal you've caught on and start at the feet. In the middle of the paws, start cutting until you get around the knuckles. When you are cutting down the paw, the paw will slowly spread apart. When you get to the joints in the knuckles, break the joints with a knife and the fur from the paws will separate from the leg.

After you have separated all the paws, you move onto the legs. Skin all the way around the legs until you get about to the end of the leg. Then, when you get to the rump, start cutting around it until the whole rear end is completely off. When you get to the tail, start cutting about an inch towards the end of the tail. Then you can just pull on the tail and if you pull hard enough, the bone in the tail will slip right out. After you have the tail, back legs, and rump completely off, you have to do the same thing to the front legs.

When you get to the front legs cut along the back of them until you get to the ribs. Then pull the hide to the front legs. Around the belly you don't really have to use a knife to take off the white tissue between the fur and the meat you just have to pull on it and it will come off. After you've reached the front legs, pull them out of the fur, then work your way up to the head. When you get to the head make sure you turn the back part of the fur inside out and start cutting until the fur is completely off the animal. Throw away your carcass if you don't want the meat. Then here comes the easiest part of the whole process, drying the fur.

When you have the fur off the carcass you have to get a drying board and put the board on the outside of the animal fur. Make sure your fur is on the inside of the board otherwise your fur won't dry so well. You pin the tail on one end when you have the nose on the top of the board. On the belly side, you have to get another long skinny piece of board to put it inside of the animal. Put some leverage on the board that is stretching the animal and place some kind of small cup or something to keep it in place. Doing this will stretch the fur to dry the skin and make it look better. After you've done this, sprinkle salt on the animal so you can get the blood veins and other unwanted dead skin off the pelt to make your fur that much more beautiful. When it is completely dry, take it off the drying board and turn the fur back to the ride side. To make your fur even better looking, comb the hair so it is not all tangled.

I think it would be wise if you had someone there that knows how because I am also still learning better techniques to make my fur better looking. You can either sell your fur or just hang it on your wall to show off your hard work.



← The No-see-ums:  
Tanya, Dawsey, Mary, Jon,  
and Coach Michael.

→ Jon gets ready to  
drive and pass against  
Chignik Lake Wolves.





## Library/Computer Lab News

April showers bring May flowers. But don't forget your friends that stood by you. This month is a month to appreciate your friends. Here are some stories of friendship and magic.



### EASY FICTION

The Two of Them by Alik

"The day she was born, her grandfather made her a ring of silver and a polished stone, because he loved her already."

### Fiction

The Seven Treasure Hunts by Betsy Byars

"The hunt is on! One Saturday, Jackson and his best pal, Goat, hide treasures for each other to find. It's the Hunt for the Seven Treasures and it's so much fun that the boys decide to do it all over again."

### ADULT FICTION

Remembering the Good Times by Richard Peck

"They were the best of friends. Sixteen-year-old Buck Mendenhall first met Kate Lucas the summer before seventh grade. In eighth grade they made friends with the brilliant and wealthy newcomer, Trav Kirby."

### Alaska Non-Fiction

Keteaalkkaane – The One Who Paddled Among the People and Animals by Catherine Attla

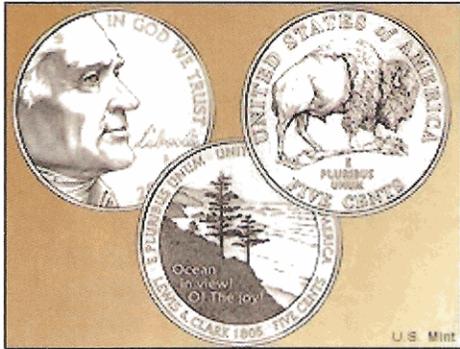
"Is a story of a man who "walked all winter and paddled all summer" on a journey in search of medicine power."

### INTERESTING WEBSITE OF THE MONTH

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

Spring is around the corner for sure. Time to get out your gardening tools and start weeding out the old flowers and planting the new ones. This site may help you decide what kinds of flowers are "in style". Want to eat healthy? Grow your own vegetables!

Take a look at the new five-cent coins, honoring the 200th anniversary of the Lewis & Clark expedition and its patron, President Jefferson.



## Bison back on nickels

**New five-cent coins featuring madeover Jefferson and a restored buffalo image.**

February 28, 2005: 11:33 AM EST

By Gordon T. Anderson, CNN/Money staff writer

**NEW YORK (CNN/Money) - There's more change for your change, as another new U.S. nickel is launched into general circulation.**

On Monday, Feb. 28, the U.S. Mint will release the latest in its series of redesigned five-cent coins, honoring the 200th anniversary of the Lewis & Clark expedition and its patron, President Jefferson.

The new nickels look quite a bit different than current ones. The front and back of the piece both feature a new engraving.

The nickel will continue to honor the nation's third president, as it has since 1938. But on the front, the familiar left-side profile of the Sage of Monticello will be replaced.

Instead, the new coin features the right side of Jefferson's face. His face is also cropped closely, rather than showing his entire head. The word "Liberty," engraved in a copy of Jefferson's handwriting, has been added, too.

The backs of the coins depict the American bison, familiarly known as the buffalo.

The launch restores a beloved animal to the five-cent coin. That symbol of the Plains appeared on the back of every U.S. nickel minted between 1913 and 1938, when the modern Jefferson head piece was introduced.

"The 2005 nickel designs follow Thomas Jefferson's vision to explore the great West," said Mint director Henrietta Holsman Fore in unveiling the new coins last autumn. She referred to them as "small pieces of contemporary art."

### What's on the back of a nickel?

Later in the year, the Mint will unveil a second 2005 series nickel. It will replace the bison with a portrait of a great scene from the American Northwest.

That second coin could stir up controversy among sticklers for literary accuracy, who may charge that the Mint is literally re-writing history.

The subject of that backside will be the Pacific Ocean, inscribed with the words, "Ocean in view! O! The Joy!" The quote is taken from the journal of William Clark, who wrote down his emotions upon reaching the mouth of the Columbia river.

The problem: The words on the coin are not precisely what Clark wrote. In his journal, Clark spells it "Ocian," with an 'i.'

The Mint considered the issue, and chose to use the modern spelling, according to spokeswoman Becky Bailey.

"We didn't want to confuse anyone into thinking we couldn't spell," she said.

## Wellness Conference by April Hostetter, 7th Grade, Igiugig School

Hope, Faith and Honor was Newhalen's Wellness Conference theme. While there, I listened to a lot of people talk about how they became sober and alcohol-free. It was really fun to go to because I got to listen to Earl Polk, see my friends Angel and Krista, and watch basketball games.

The first day, I went up to the school at 3:00. Everybody who was attending the Wellness Conference had to form something like a circle and introduce who they were, where they were from and what they thought wellness was in one word. After that we listened to Father David talk about "being well". Then we watched the pee-wee basketball games and then the middle school games. I got to see my friend Angel before she played her games, and it was nice to see her. The rest of the day I watched basketball games until around 10:30-11:00. After that I went back to my Cousin Rose's house and went to sleep.

The next morning I woke up and took a shower and got ready to go to the school. When we went to the school we listened to Earl Polk talk (which was really funny), and I kind of just hung out for a while till the basketball games started. After all the games, there was a dance at school around 8:30. It was really fun and the

music was nice (though I only danced once). After that I went back to Rose's around 1:00.

On Sunday I got up around eight o'clock, packed all my stuff up, and went to the school but we were too early so Gram Mary O. and I went to church. After a while in church, I went back to the school and ate breakfast and hung out with Angel. Then it was time for her to leave, so I said goodbye. Annie and I stayed at the school and helped clean up to pass the time until we *finally* left the school and picked up Mary O. and our bags. Before we went to the airport, Maria brought us to Iliamna Trading... then I realized I had forgotten my ski-pants, so I tried to get a hold of Rose, but there was no vehicle to come and bring them up to me... so Maria brought me back to Rose's house and got my ski-pants (which I am very grateful for). Afterward, we went to the airport and left Newhalen/Iliamna and I slept most of the way home. I really liked going to the wellness conference, listening to all the people talk about their experiences, and learning information that will help me in the future.

## Anchorage by Alicia Zackar, 7th Grade, Igiugig School

"Get your seat belts on everyone!" That is what my mom had to say everytime we got in the car to go somewhere during the in-service

When we got to Anchorage, we had to wait for about an hour and a half just to get a good car. While we waited, we watched a movie about a lady that found out that this old guy didn't like children and kept them in a little drawer, but we never watched the ending, so we don't know what happened. Also, one of my relatives visited us; his name is Ervin, and he has a little boy whose name I cannot pronounce.

While we were at Anchorage, we went to H2Oasis. Sharolynn and I went on the really big slide three times and got to go through the river four or five times. One of their rules is to not drink the water, but I accidentally drank some when I dove under. We also went on a little ship that is inside the little kid's pool. Simeon got to go on that ride a couple of times and so did I. Only my dad swam in the water because my mom was taking pictures. We had fun while we were there.

Other than waiting and going to H2Oasis, we also stayed in a hotel and went shopping. Some of the things we shopped for were clothes, food, and some school supplies. When we at the hotel with my gram, my mom and dad always bought us popsicles or ice cream. While we were eating, we watched cartoons until my mom or dad came home. While we were there we also got to go to the theatre. The first time it was just a surprise, but the second time Gregory kept on asking until my dad finally took us to another movie. The movies we watched were the Son of the Mask and I can't remember the other title.

I had lots of fun when we were in Anchorage, but I also had to help a lot and watch my little brothers and sisters while we were there.

# Secondary Students Take Home Two Firsts in iDidaMovie Contest

By Kristin Hathhorn

News trickled in slowly...first an email on Sunday from Brett Hill, LPSD Technology Specialist, announcing that two Igiugig entries had received first place in the annual iDidaMovie Contest sponsored by Alaska Society for Technology in Education (ASTE). Then, several days of waiting on pins and needles passed before we were to learn the particulars. After the close of the ASTE conference on Wednesday, we finally heard that "Al, Al the Science Gal" took first place in the *teach me something* category as well as the *overall best high school movie*. "Trapping" was the juror's choice for middle school students in the *cultural/environmental* category.

Both this year and last, Igiugig secondary students have submitted movies to the annual ASTE competition which judges two-minute movies produced by elementary, middle and high school students, and adults. For each age group there are three categories: teach me something, make me laugh, and cultural/environmental. First place winners are chosen in each of these categories for a total of twelve winners. Last year's movies were lost in the mail, and because of the unfortunate mishap, ASTE agreed to allow these two movies, "Al, Al the Science Gal" and "Trapping", to be submitted this year. Middle school students this year also produced a movie about beluga whales for the teach me something category entitled "Blubber is Beautiful", while high school students documented our native dance classes and produced "Three Beats to the Wind" for the cultural/environmental category.

Brett Hill accepted recognition of our students' work at the annual ASTE conference in Anchorage and was presented two copies of Final Cut Express HD, top of the line editing software. He said conference participants were impressed that our small school of thirteen students produced two winning videos among over 120 total entries and only twelve winners.

"Al, Al the Science Gal" was one of four videos chosen for the *best overall video* category for each age group. ASTE conference participants view these four videos and vote to determine who is given the award, and although Igiugig did not win, producers of these four entries receive a one day, on-site training on the use of Final Cut Express HD. We hope to have the trainer come sometime in mid-late April and of course, anyone from the community interested in attending this training session is more than welcome. Mark and I are very proud of our students for their hard work on this project and look forward to even better video entries next year with our fancy, new software!

Congratulations secondary students (and AlexAnna too)!

## Newhalen Carnival by Jeremy Salmon, 7th Grade, Igiugig School

Basketball, basketball, and more basketball. This was almost the only activity people did at the Newhalen Carnival, so this article is going to be about the ride to Newhalen, what we did there, and mostly about the basketball games.

First of all, the ride was long. It took about four hours just to get there because Kevin kept getting stuck, Pete and Cecelia lost their sled like three or four times, and everyone had to keep stopping to wait for each other or just to rest. Even though the ride was a long one, I still liked it.

When we finally reached Newhalen, my mom and I drove to Corey's grandpa's house to drop off our bags. Then we looked at the schedule that Corey's grandpa had to see what was going on. We noticed the schedule was kind of plain, but I was happy to be in Newhalen. The only activities the Newhalen Carnival had besides basketball were the open house at the school and the dances at the Teen Center. That is about all I did there besides meet new people and walk around.

The main part of the Carnival was basketball. They had basketball two or three times a day. On Saturday or Sunday, little kids got to play and I played one of the games. I forgot my shoes at Corey's grandpa's house, but Tyler was nice enough to let me use his shoes. My team lost by four or five points, but I had fun. Besides kid's basketball, they had high school basketball also. Newhalen Malamutes came in first or second place, while the New Stu Eagles came in first or second place also. I don't know who won, but they came in one place or the other. That is about it for the basketball games.

This Newhalen Carnival wasn't as good as last years, I thought. Hopefully it will be better next year.

# Bits \* n Pieces

Subject: Two friends

A story tells that two friends were walking through the desert.

During some point of the journey they had an argument, and one friend slapped the other one in the face.

The one who got slapped was hurt, but without saying anything, wrote in the sand: TODAY MY BEST FRIEND SLAPPED ME IN THE FACE.

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but the friend saved him.

After he recovered from the near drowning, he wrote on a stone: TODAY MY BEST FRIEND SAVED MY LIFE.

The friend who had slapped and saved his best friend asked him, "After I hurt you, you wrote in the sand and now, you write on a stone, why?" The other friend replied "When someone hurts us we should write it down in sand where winds of forgiveness can erase it away. But, when someone does something good for us, we must engrave it in stone where no wind can ever erase it."

## Technology Training

By Mary Hostetter, 9th Grade, Igiugig School

Leaving Igiugig for technology training was kind of sad. I didn't want to leave my daily work, but it was worth it. February 21 and 22 I was in Newhalen learning about computer technology with Brett Hill and six other students.

When I arrived in Newhalen with Brett, I was the only student; the other students were on their way. I helped Brett with setting up the equipment we were going to be looking at. During the session we had to identify different parts of a computer and the parts that hook the computer to the server and network. We learned about the two different types of memory, short and long term memory. Short term memory is used for everyday happenings. For example, if you are typing a document on Word, all the information is being saved in the short term memory which empties itself when the computer is turned off. Long term memory, or the hard drive, is where your Word document is saved at all times, unless deleted.

In just about six or seven hours all together, we learned about the different components of a computer like an Ethernet switch, patch panel, and a CPU (Central Processing Unit). We also learned how to make an electronic profile, so that we will be able to help other kids in our school complete one and download to our school's website. In addition to learning all of this technology, we acquired a sign-in name for FirstClass so that we will be able to email Brett when something goes wrong with the computers that we cannot fix by ourselves.

Other than learning about technology, I got to meet people from Port Alsworth- Mike and Eric Brown and Nondalton - Brooke Delkitt. I already knew Kiska Shugak, Linda Wassillie, and Benji Bromiley. We had a lot of free time between the classes with Brett, so we got to know each other a little better. And, I learned how to make Spanish rice...I figured out that you aren't supposed to drain it, the water is supposed to evaporate by itself.

So, all in all, I learned a lot, and over time I should be able to learn more. I hope that we hold another one of these technology trainings; I enjoyed learning about the computers and most of all, meeting new people.

## WORD BUILDING

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

## ARNOCT

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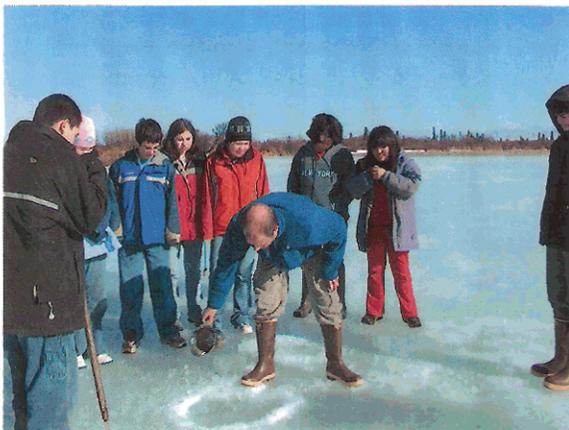
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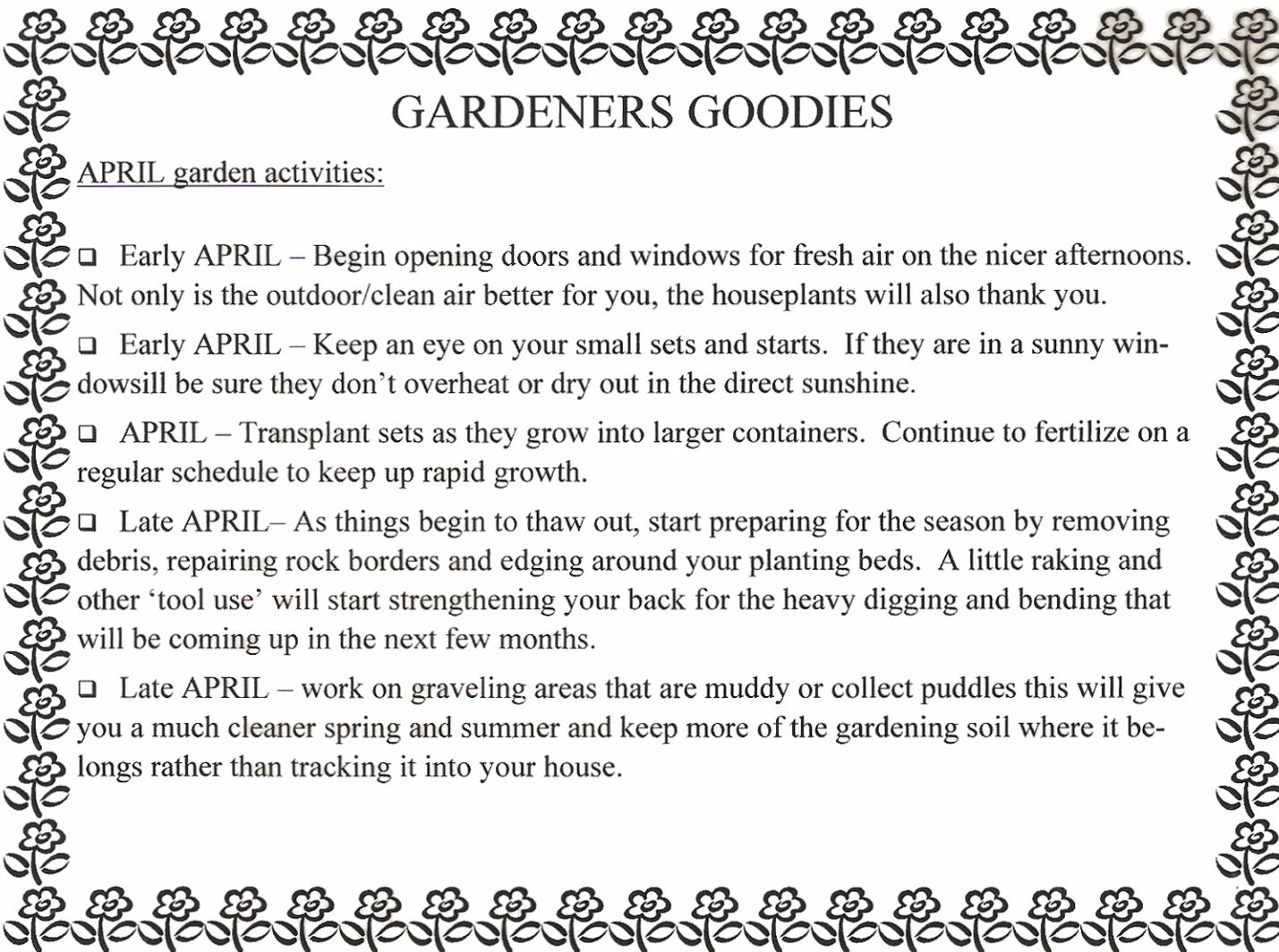
Answers can be found on page 14.



← Mark scoops ice out of the hole as the school prepared to release the fish.

→ Tess and Shaun look at the fish swimming in their new home.





## GARDENERS GOODIES

### APRIL garden activities:

- ❑ Early APRIL – Begin opening doors and windows for fresh air on the nicer afternoons. Not only is the outdoor/clean air better for you, the houseplants will also thank you.
- ❑ Early APRIL – Keep an eye on your small sets and starts. If they are in a sunny windowsill be sure they don't overheat or dry out in the direct sunshine.
- ❑ APRIL – Transplant sets as they grow into larger containers. Continue to fertilize on a regular schedule to keep up rapid growth.
- ❑ Late APRIL – As things begin to thaw out, start preparing for the season by removing debris, repairing rock borders and edging around your planting beds. A little raking and other 'tool use' will start strengthening your back for the heavy digging and bending that will be coming up in the next few months.
- ❑ Late APRIL – work on graveling areas that are muddy or collect puddles this will give you a much cleaner spring and summer and keep more of the gardening soil where it belongs rather than tracking it into your house.

## Walk to Work Day 2005

**Friday, April 1, is *Prevention's* national Walk to Work Day.**

by Ana Mantica

You already know **walking** is one of the best ways to hit the road to good health. So join us for a brisk stroll on Friday, April 1, *Prevention's* second annual national Walk to Work Day, which promises to be even more inspiring than the 2004 blitz.

Last year, we got thousands of people across the country moving, including mayors of some of America's top walking cities. *Good Morning America* tracked our progress, and the US Department of Health and Human Services named Walk to Work Day part of its national effort to get America in shape.

This year, we're expecting an even bigger turnout at events all over the country. We're also a national sponsor of **March of Dimes WalkAmerica** 2005 (late April in most areas), which raises money to fight premature birth (to join the campaign, call 800-525-WALK). No matter how much joking you do on April 1, your health is serious business. So make time to stretch, step, walk, or climb toward a fitter you.

# Bits \* n Pieces

-Inspirations-

## *Stop Doing – Start Being*

by Leigh Anne Jasheway-Bryant

*For all those people with long “To Do” lists, she suggests the following list of qualities that are important for us to “be” while we are busy “doing”:*

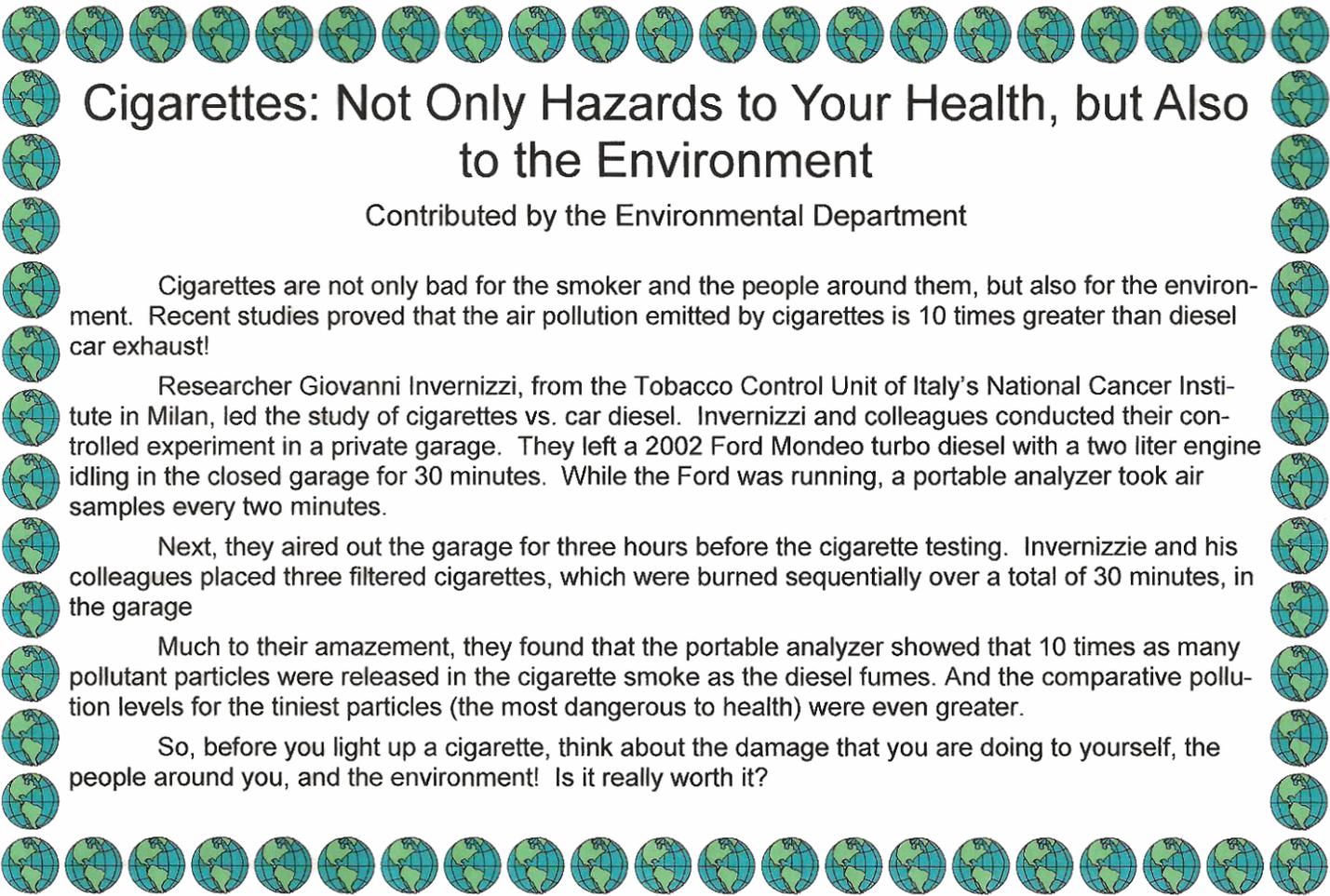
Appreciative	Natural
Brave	Optimistic
Creative	Peaceful
Delightful	Quiet
Exuberant	Rewarded
Forgiving	Selfless
Grateful	Tolerant
Humane	Unselfish
Informed	Vigorous
Joyful	Wild
Kind	(e)Xuberant
Loving	Young
Mirthful	Zealous

*From A to Z, resolve that from now on you will be...*

*If you would like to read the full article with descriptions of each quality and suggestions for how exactly to put it in practice, check out the Family Circle Magazine, April 1, 2005 issue, page 10-11, available either at the Council Office or the Library.*

Answers to WORD BUILDING game on page 8

ROT, RAT, ORT, OAT, TAR, NOR, ART, ANT, COT, CAR, CAN, ROC, RAN, OAR, TON, TAN, CAT, CON, ACT, ARC, NOT, ROAN, TORN, CORN, CART, RANT, TACO, COAT, CANT, ACORN, ACTOR, CANTO, CARTON, CANTOR



# Cigarettes: Not Only Hazards to Your Health, but Also to the Environment

Contributed by the Environmental Department

Cigarettes are not only bad for the smoker and the people around them, but also for the environment. Recent studies proved that the air pollution emitted by cigarettes is 10 times greater than diesel car exhaust!

Researcher Giovanni Invernizzi, from the Tobacco Control Unit of Italy's National Cancer Institute in Milan, led the study of cigarettes vs. car diesel. Invernizzi and colleagues conducted their controlled experiment in a private garage. They left a 2002 Ford Mondeo turbo diesel with a two liter engine idling in the closed garage for 30 minutes. While the Ford was running, a portable analyzer took air samples every two minutes.

Next, they aired out the garage for three hours before the cigarette testing. Invernizzi and his colleagues placed three filtered cigarettes, which were burned sequentially over a total of 30 minutes, in the garage.

Much to their amazement, they found that the portable analyzer showed that 10 times as many pollutant particles were released in the cigarette smoke as the diesel fumes. And the comparative pollution levels for the tiniest particles (the most dangerous to health) were even greater.

So, before you light up a cigarette, think about the damage that you are doing to yourself, the people around you, and the environment! Is it really worth it?

## AA Meet

By Mary Hostetter, 9th Grade, Igiugig School

"Can we go to the store?" was the main question when students began arriving at the Bristol Bay High School for the Academic/Athletic Meet. Chaperones hurriedly ran their students to Naknek Trading, hoping to get back in time to attend the introductory meeting. Once everybody arrived, we all gathered into the auditorium to listen to Todd Washburn tell what we would be doing that week.

The AA Meet was primarily held to cover standards that we aren't able to cover in school. Students completed standards in Cultural Awareness, Service Learning and Personal Social Health; we also got to attend a career fair, which taught us about different types of careers. In addition to learning about careers, we attended a water survival class where we tried on different types of floatation devices and got to get in a life raft with a survival suit on. That, I think, was the toughest task to accomplish, for me anyways. Students also attended a service learning class and a drugs and alcohol class; unfortunately I was unable to attend these classes,

but I had fun setting up for prom.

Between hanging out with friends, meeting new people, and trying to dump my date (I felt so bad about it, but I didn't really know him...sorry!), I got to explore the Bristol Bay High School's facilities. During free time, students were allowed to go swimming, play in the gym, or participate in NYO. The pool was a popular place to find friends enjoying the warm water.

When Thursday came, everybody was excited for prom. Some students eagerly set up for the dance that night, while others didn't help at all. After getting dressed and watching a presentation by the National Honors Society, students filed into the gym, hoping to have a good time, which we all did.

After all this fun, on Friday students said their good-byes and were brought out to King Salmon to fly home. After spending four days with students from all around the school district, it was hard to come back to school and only see six different faces.

## “R” Carnival by April Hostetter, 7th Grade, Igiugig School

Our 2005 “R” Carnival was a blast! People were laughing, smiling, and playing games. All the little kids helped with their booths (or even ran their booths) - fishing, milk bottle toss, bean bag toss, coin toss, bowling, ring toss, and darts, all of which were very entertaining and enjoyable.



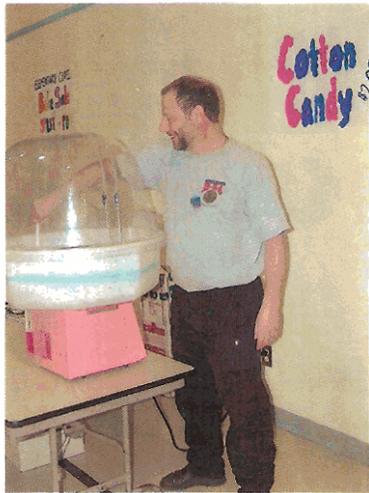
Tanya was busy selling tickets for games and raffles and buttons for door prizes.

There were prizes and raffles that you had to buy tickets for. Some of the raffles were for a beach towel, Easter baskets, a bug vacuum kit, and a steam bag kit.

AlexAnna won the beach towel, both Madison and her older brother Shaun won Easter baskets, my dad Dave won the bug vacuum, and Alice won the steam bath kit. There were a few split-the-pots, and other Easter basket raffles for the Linda Johnson Scholarship fund, which will be raffled off on April 10<sup>th</sup> and April 15<sup>th</sup>. Mark’s class had a bake sale and a guess-how-many-little-teddy-bears were in the tub; there was 453 little bears, and I won (I guessed 455). There was also cotton candy and concessions (which were very delicious by the way).



Gregory takes his turn running the Bake Sale held by the primary class.

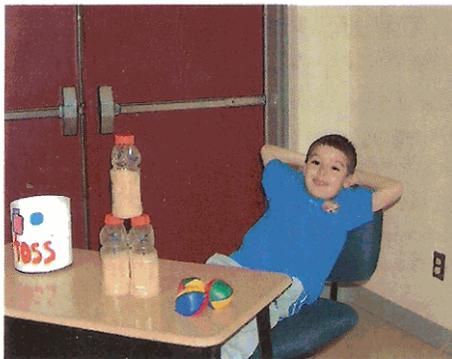


Mark makes the cotton candy.

I stayed at my booth, which was the bean bag toss, for the first half hour or so, then an adult volunteer took over. That’s when I went around and played some games, then bought a pretzel and some juice at the concessions. After a while I just walked around our gym. I tried darts, but I didn’t even hit one balloon! But, I had fun anyway, and I think everyone else did too. It was another successful “R” Carnival and next year you should come and join the fun!



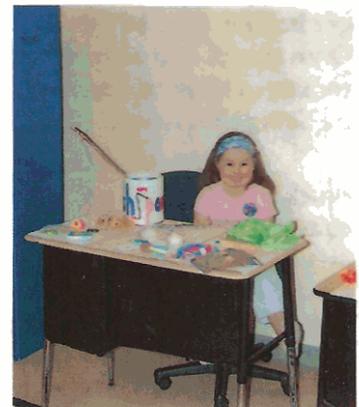
Dawsey sells goodies at the “No-see-um SnackShack”.



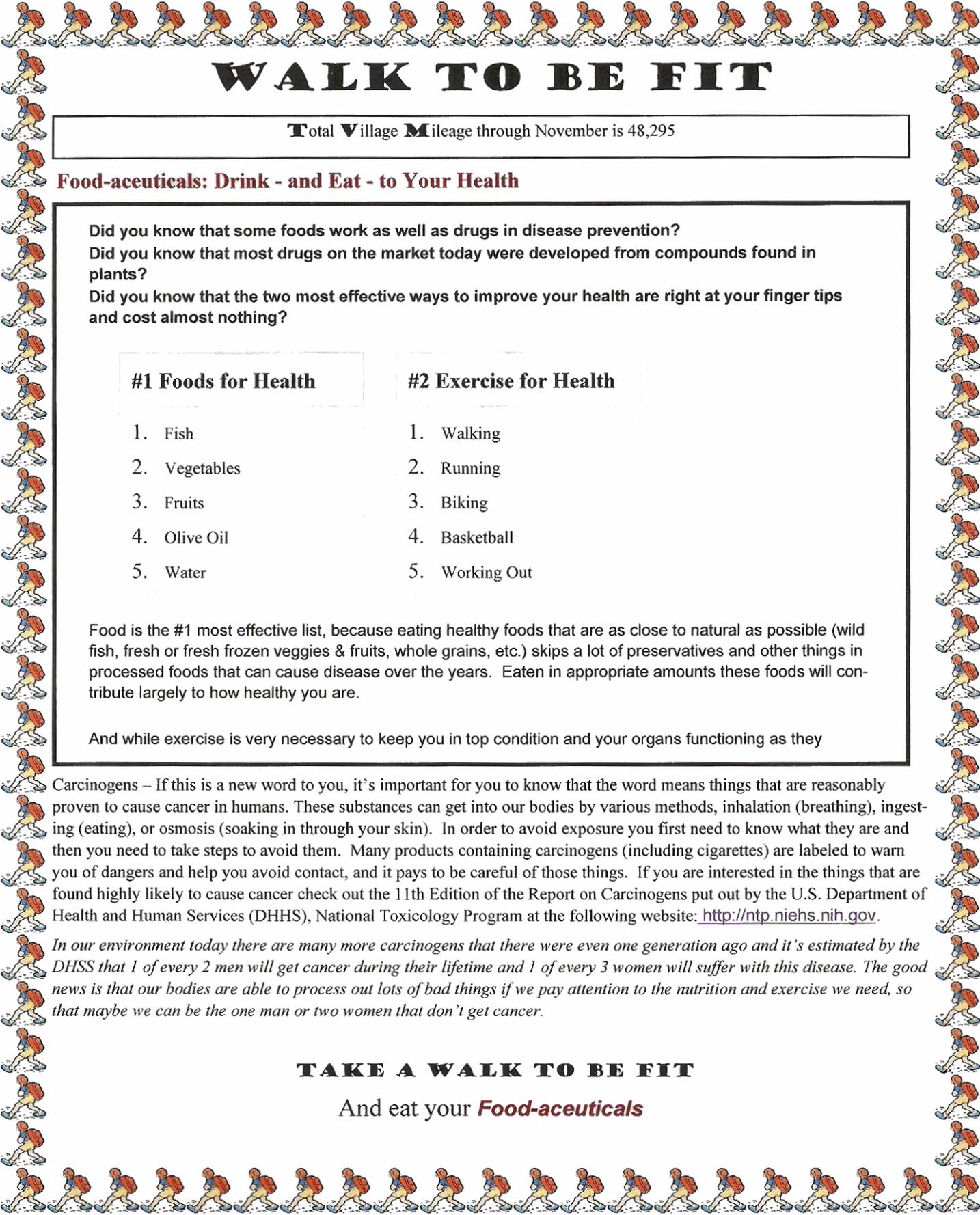
Shaun takes a break while waiting for customers at the milk bottle toss booth.



Gabe and Dalia get ready to throw some darts at the booth run by Dan.



Camille was in control at the fishing booth.



# WALK TO BE FIT

Total Village Mileage through November is 48,295

## Food-aceuticals: Drink - and Eat - to Your Health

Did you know that some foods work as well as drugs in disease prevention?

Did you know that most drugs on the market today were developed from compounds found in plants?

Did you know that the two most effective ways to improve your health are right at your finger tips and cost almost nothing?

### #1 Foods for Health

1. Fish
2. Vegetables
3. Fruits
4. Olive Oil
5. Water

### #2 Exercise for Health

1. Walking
2. Running
3. Biking
4. Basketball
5. Working Out

Food is the #1 most effective list, because eating healthy foods that are as close to natural as possible (wild fish, fresh or fresh frozen veggies & fruits, whole grains, etc.) skips a lot of preservatives and other things in processed foods that can cause disease over the years. Eaten in appropriate amounts these foods will contribute largely to how healthy you are.

And while exercise is very necessary to keep you in top condition and your organs functioning as they

Carcinogens – If this is a new word to you, it's important for you to know that the word means things that are reasonably proven to cause cancer in humans. These substances can get into our bodies by various methods, inhalation (breathing), ingesting (eating), or osmosis (soaking in through your skin). In order to avoid exposure you first need to know what they are and then you need to take steps to avoid them. Many products containing carcinogens (including cigarettes) are labeled to warn you of dangers and help you avoid contact, and it pays to be careful of those things. If you are interested in the things that are found highly likely to cause cancer check out the 11th Edition of the Report on Carcinogens put out by the U.S. Department of Health and Human Services (DHHS), National Toxicology Program at the following website: <http://ntp.niehs.nih.gov>.

*In our environment today there are many more carcinogens that there were even one generation ago and it's estimated by the DHSS that 1 of every 2 men will get cancer during their lifetime and 1 of every 3 women will suffer with this disease. The good news is that our bodies are able to process out lots of bad things if we pay attention to the nutrition and exercise we need, so that maybe we can be the one man or two women that don't get cancer.*

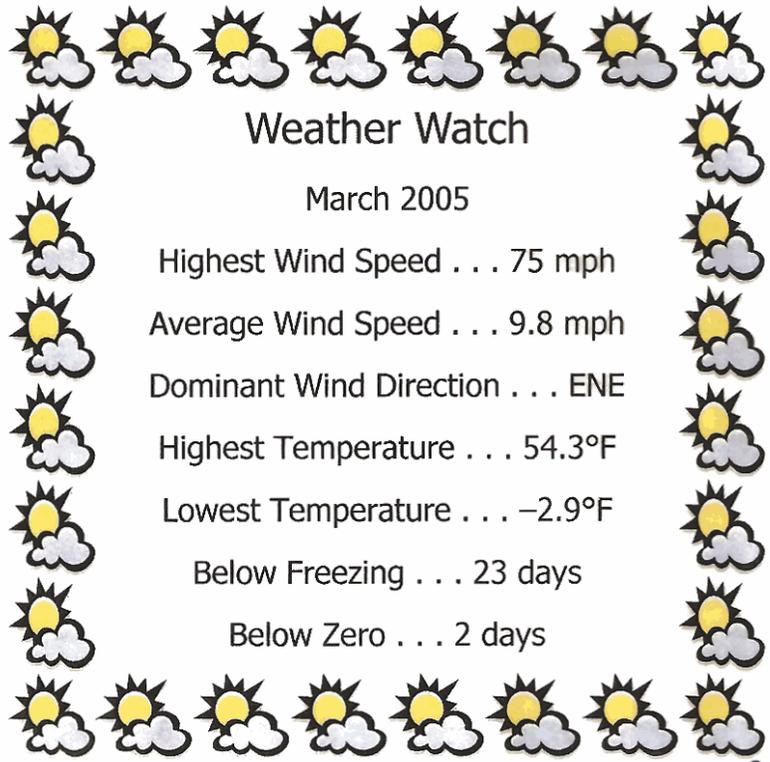
## TAKE A WALK TO BE FIT

And eat your **Food-aceuticals**

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Tanya Salmon, Clerical Staff  
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## Recipe Corner

Contributed by . . . Bernadette Andrew

### Breakfast Burrito

#### Ingredients

- 1 strip bacon, chopped
- 2 tablespoons chopped green pepper
- 1/8 teaspoon salt (optional)
- 1/8 teaspoon ground cumin
- 1/8 teaspoon crushed red pepper (optional)
- 2 large eggs, slightly beaten
- 1/4 cup shredded cheddar cheese
- 2 tablespoons chopped tomato
- 3 - 4 dashes bottled hot pepper sauce (optional)

- 1 8-inch flour tortilla, warmed

#### Directions

In a medium nonstick skillet cook bacon until crisp. Add green pepper, cumin, and salt and crushed red pepper, if desired. Cook for 3 minutes. Add egg; cook for 2 minutes. Add shredded cheese and stir for about 30 seconds. Stir in tomato and hot pepper sauce, if desired. Spoon onto tortilla and roll up. Makes 1 serving.

