

Igiugig News & Notes

Igiugig Tribal Village Council

October 2005

Volume 8, Issue 10

Student Government

By Dawsey Apokedak, 11th Grade, Igiugig School

Movie nights, hamburger sales, and Uganda... and these are only the activities we've done this month! Looks like we are going to be having another busy year.

This year our student government officers are: Mary Hostetter, President; April Hostetter, Vice President; Dawsey Apokedak, Treasurer, and Alicia Zackar, Secretary. The president's job is to organize the meetings and make sure all student government activities run smoothly. The vice presidents job is to help assist the president. The secretary's job is to take notes at all the meetings and to organize information, and the treasurer's job is to

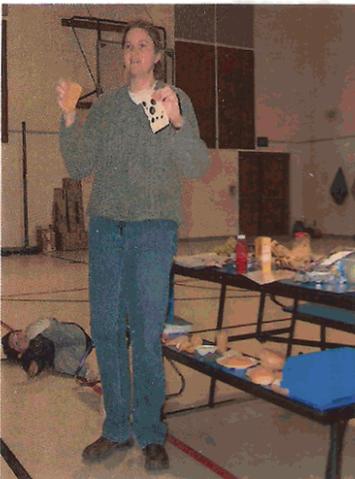
keep track of the budget and make all the deposits.

Our goals for this school year are to fundraise at least \$8,175, do a service project which is sponsoring an Ugandan student. We will pay for the student's education for one year. We also plan to have a class trip for the secondary and elementary students and we have already planned where we want to go. The secondary class decided we want to go to Arizona to learn about the Anasazi cave dwellers, and hike the Grand Canyon, not to mention going to Six Flags, and rafting down the Colorado River.

(Continued on page 2)

Lois Schumacher

By Alicia Zackar, 8th Grade, Igiugig School



Lois Schumacher during her presentation to the community about diabetes.

Sugar, sugar, sugar... is it good or bad for you? The answer is sugar is both good and bad for you according to Lois Schumacher, Director of the Diabetes Prevention Program, BBAHC.

When Lois was here on September 20 and 21, she made a presentation about diabetes. Lois talked about gestational diabetes, which is when a woman is pregnant and gets diabetes during this time. The baby turns out to be really big and is not as healthy as a normal baby. She also talked about what good foods are like fruits, vegetables, chicken without the skin, fruit drinks, and whole wheat bread. Lois continued by talking about certain types of diabetes and showed us what one pound of fat looks like. She finished by telling us how we can get diabetes and how we can avoid it – exercise and eat healthy foods!

The same night that Lois held her presentation, she

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Birthdays this month

- October 5
Madison Andrew
- October 11
Camille Andrew
- October 27
Dallia Andrew
- October 31
Yako Nickoli

STUDENT GOVERNMENT (Continued from page 1)

In order to achieve our goals, we students must fundraise enough money to make this trip possible. Whenever we receive a movie in the mail we will have a movie night the following weekend, if we are not too busy with school work. We also plan to have a hamburger or pizza sale every month. The elementary class is planning on taking their class to Naknek for a swimming trip, so they are also helping the high-school fundraiser and get ten percent for helping.

I am hoping that we will raise enough money to reach our goals because it will be my first time leaving the state of Alaska and it will be a new learning experience

DIABETES PRESENTATION (Continued from page 1)

also held a fruit art competition. We had to make art out of fruit! For first place, April got the vegetable basket and for second place, Tess got the fruit basket. The judges were Mary Olympic, Annie Wilson, and Dallia Andrew. The fruit that we used were grapes, watermelon, kiwi, strawberries, raisins, bananas, nectarines, apples, and oranges. April used a lot of fruit in her art, using almost all of them. Tess created a house with a person on it. Sharolynn made a house, my mom, a face, and I made a sailboat. I think each of us did a good job, but April and Tess created the best sculptures.

The next morning the secondary students had to get their blood sugar tested and it took until lunch time to test the blood sugar of everyone. Everybody was starving that morning because we couldn't eat anything before we were tested. When we got done, all of the secondary student's blood sugars were alright.

All of Lois presentations were informative, but I think the fruit art was the most fun for the kids.



1

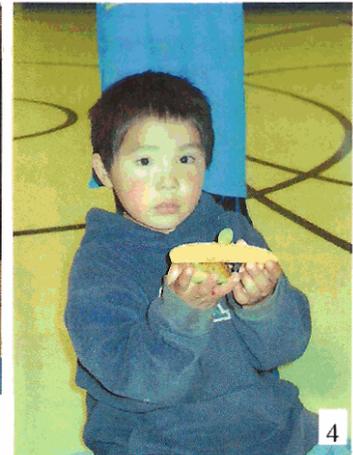
1. Alicia, Jeremy, Jon, Dawsey, Mary, and April
2. Kyle
3. Fewnia
4. Simeon
5. Tatyana
6. Tess
7. Camille
8. Mary and April



2



3



4



5



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7



8

School Goals by April Hostetter, 8th Grade, Igiugig School

Raising \$8,175 dollars, holding at least two performances for the community, getting first or second place in Battle of the Books and sports, winning the iDidaMovie Contest, having secondary and elementary class trips, getting one hundred percent proficiency on standardized tests, holding more fundraisers (like hamburger, pizza and movie nights), writing grants for Ossie to come out to teach drum making, and to travel to Anchorage to attend a speech contest. Wow! Our list of aspirations is pretty long, but that won't get us down; we will work as hard as we can to achieve all of our goals.

In student government we would like to make \$8,175 dollars for our service project, knee pads for volleyball, and a secondary and elementary trip. For our travels, the secondary students want to go on an educational trip to Arizona, and the elementary students are planning to go to Naknek for a swim trip. Our service project will be sponsoring a child from Uganda to go to school. We are going to hold more hamburger, pizza, and movie nights to raise money for student government. Also the secondary students will be writing grants, hoping to get Ossie out here

again to teach drum-making and to travel out to Anchorage for the Alaska State High School Drama, Debate, and Forensics Tournament at the end of April.

We would like to present at least two plays, or other performances, and have one hundred percent involvement. There will be a Halloween and Christmas presentation this year which will also include some of the elementary students. We would like to win first or second place this year in the iDidaMovie Contest and we have new software called Final Cut Express to help us in creating the movies.

In the Battle of the Books Competition we would like to win 1st or 2nd place amongst other district teams and have more community involvement. Hopefully at least one of our teams will get into the state competition. In sports, the high-school students would like to get 1st place in volleyball and basketball and also receive the sportsmanship award.

Although our goals are high, we hope that by the time school gets out we will have achieved our goals and will be content with our school year.

The BOB Teams

By Corey Olympic, 6th Grade, Igiugig School

On September 29th, come see which team knows their titles and authors. This year our Battle of the Books goal is for at least one team to go to the state tournament. I hope one of the teams goes to the state tournament.

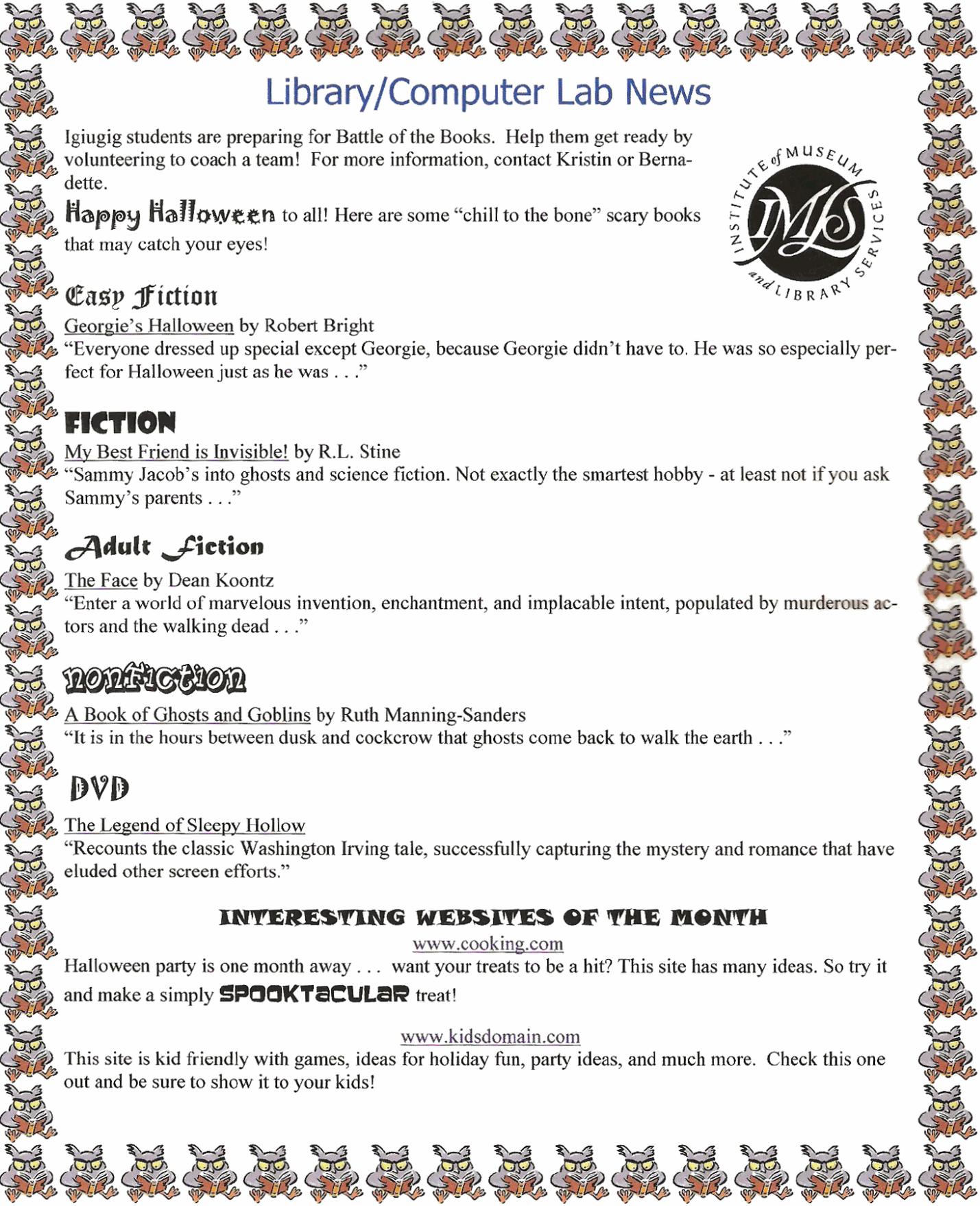
This year, for the 2005 Battle of the Books, there are going to be six teams in our school and there is one coach for each team. The coaches meet with their teams at least once a week to help them prepare for the competition. The coaches are Ida for high school, Julie for 7-8, Renae for 5-6, Bernadette for 3-4 and 1-2, and Betsy for kindergarten.

Each month we are going to have a special community event like a potluck, competition, games, and talk about the books. We are having our first event this month, so prepare yourself for it. Also, don't forget to read to the students who are in the Battle of the Books.

Finally, I hope one of the teams goes to the state tournament, any team, it doesn't matter as long as we get a trophy. So, wish us luck.



Camille, Dolly Ann, and Gregory feverously search for the author to their book in the first school Battle of the Books competition.



Library/Computer Lab News

Igiugig students are preparing for Battle of the Books. Help them get ready by volunteering to coach a team! For more information, contact Kristin or Bernadette.

Happy Halloween to all! Here are some “chill to the bone” scary books that may catch your eyes!

Easy Fiction

Georgie’s Halloween by Robert Bright

“Everyone dressed up special except Georgie, because Georgie didn’t have to. He was so especially perfect for Halloween just as he was . . .”

FICTION

My Best Friend is Invisible! by R.L. Stine

“Sammy Jacob’s into ghosts and science fiction. Not exactly the smartest hobby - at least not if you ask Sammy’s parents . . .”

Adult Fiction

The Face by Dean Koontz

“Enter a world of marvelous invention, enchantment, and implacable intent, populated by murderous actors and the walking dead . . .”

NONFICTION

A Book of Ghosts and Goblins by Ruth Manning-Sanders

“It is in the hours between dusk and cockcrow that ghosts come back to walk the earth . . .”

DVD

The Legend of Sleepy Hollow

“Recounts the classic Washington Irving tale, successfully capturing the mystery and romance that have eluded other screen efforts.”

INTERESTING WEBSITES OF THE MONTH

www.cooking.com

Halloween party is one month away . . . want your treats to be a hit? This site has many ideas. So try it and make a simply **SPOOKTACULAR** treat!

www.kidsdomain.com

This site is kid friendly with games, ideas for holiday fun, party ideas, and much more. Check this one out and be sure to show it to your kids!



WORD BUILDING

Use the following letters to make words in the slots provided

INWTDMO

1. □□□

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Answers can be found on page 7.

Palmer Fair by Jeremy Salmon, 8th Grade, Igiugig School

Food, rides, and a concert! That is everything Jon and I did at the fair, where we gobbled lots of food, rode all sorts of rides, enjoyed a motorcycle show, and went to a concert.

The first thing I did was eat because I didn't eat breakfast and was awfully hungry. The very first thing I felt like munching on was a turkey leg. After I finished the turkey leg, I had a big bag of cotton candy and a caramel apple which both tasted delicious. There was tons of food to choose from, like corn, tacos, salads, pizza, and much more, but I didn't eat that much because I got full off the turkey leg.

Not only did we eat, but went on rides. Jon and I rode a couple rides, including one called 1001 Knots. That ride held twenty or more people who sat down, and the place where everyone sat would twirl around in a circle. We also went on bumper cars. Bumper cars are truly fun, but the line was really long, like a tail on a fox. We waited for a long time until finally we got to go on. When we fi-

nally got to go on the ride, it went by fast, so it didn't seem worth the wait. After bumper cars, Jon and I went on a ride that has a cage around the seats and can twirl in a complete circle. It was really fun, but Jon forced the compartment to go upside down and stay there while the ride was moving which was pretty scary. The second to last thing we did wasn't really a ride, but a game. The game was where you had guns that shot out B-Bs at a small target. Jon and I about tied because we both hit the target.

The best ride of all was the sling-shot. It's where you sit on a seat and a metal bar holds on to you and then you shoot into the air. You go up and fall down, go back up, and fall back down until you stop. When the ride is done, you are lowered to the ground and the people working there give you a video tape of yourself on the ride.

After going on all the rides, Jon and I watched amazing motorcycle shows where motorcyclists drove around in a circular cage. First, the show started off with

(Continued on page 8)

only one motorcycle, then two, and lastly three. They would follow each other in a circle, and then they'd switch places. When they had three going at the same time, it looked as though the motorcycles would crash into each other, but luckily they didn't.

The last thing Jon and I did at the fair was watch the Uncle Kracker Concert. It was an outside stadium, so people sat on the grass (which was fun because it was the first concert I went to). The music was so loud we could feel the vibration from where we were sitting, and we noticed the curtains the speakers were behind move on every beat which looked like a rock hitting the water. Even though the concert was over an hour long, I still had fun and didn't mind because I had practice sitting through a three hour long speech before.

This was one of the best times I had at the fair because I hadn't gone on the sling-shot before or watched a concert. I hope we get to go again next year.

Bits 'n Pieces

AP Associated Press

Updated: 2:26 p.m. ET Sept. 28, 2005



WASHINGTON - Hooray for the red, yellow and orange! Those are the colors featured on the newly redesigned \$10 bill, the third currency denomination to add splashes of color to the traditional green of U.S. currency. Some 800 million of the new bills will be put into circulation starting early next year.

A red image of the Statue of Liberty's torch [is] on the left side of a revised portrait of Alexander Hamilton, the first secretary of the Treasury, who is shown without the traditional oval frame around his portrait.

Also highlighted in red is the phrase from the Constitution "We the People" on the right side of Hamilton's portrait. The bill overall has a subtle orange background. The yellow is seen in small 10s around the torch on the front of the bill. There are also small yellow 10s to the right of the U.S. Treasury building, which remains on

the back of the bill. The makeover of the \$10 bill follows similar colorization of the \$20 bill in 2003 and the \$50 bill last year.

Plans call for the \$100 bill to be redesigned in 2007, a rollout delayed so more security features can be added to the favorite denomination of counterfeiters outside the United States. There are no plans to change the \$1, \$2 and \$5 bills.

Other security features of the \$10 bill, which were introduced in an earlier makeover, include a plastic security thread that repeats "USA Ten" in tiny print. There is also a watermark that can be seen when the bill is held up to the light, and color-shifting ink that makes the numeral "10" to the right of Hamilton change color from copper to green when the bill is tilted.

Each bill denomination has different colors mixed in with the traditional green. For the \$20, the additional colors were peach and blue while the \$50 bill has blue and red.

Thomas A. Ferguson, the director of the Bureau of Engraving and Printing, which produces all U.S. paper money, said the government plans to redesign the currency every seven to 10 years to keep ahead of counterfeiters armed with ever more sophisticated devices.

GARDENERS GOODIES

OCTOBER garden activities:

- ❑ Early OCTOBER – Winding down another growing season. Dig any root vegetables that are still in the ground—potatoes, turnips, radishes, carrots, as well as any other food crops that are still out there. Freezing weather is already just around the corner.
- ❑ OCTOBER – Shake seeds from local wild flowers into your flower beds. They will likely sprout in the spring just like they would if they dispersed naturally.
- ❑ OCTOBER – clear away your gardening supplies including pots and digging tools. Store anything that can get broken or ruined by the winter weather in a protected/little used area.
- ❑ Late OCTOBER/Early NOVEMBER – Outline the paths in your yard—frequently walked routes to dog houses, steambath, etc.—with stakes or rocks so you can find the regular trail regardless of how deep the snow may get. This will not only help you know where to shovel, but will also protect the rest of the yard (grass and flowerbeds) from foot traffic and avoiding tracking around extra mud.
- ❑ Late OCTOBER/Early NOVEMBER – Hang bird feeders to encourage winter visitors in the yard. Smaller birds like them best if they are in or near trees, so they can perch and easily take cover. If you are putting out a ‘seed bell’ be sure to wait until all bears have left or they may be attracted to the suet used in them.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Winter is the time when the earth itself recycles, breaking down yard waste and turning it into rich soil for next years growing season.

*Be sure you do your part during this time of year for recycling by keeping your aluminum cans out of the dump. Not only is it good for the environment, it brings in money for community or student activities that would otherwise just be environmental waste. (To make this as easy as possible, put a box or garbage can for **cans only** near the places that they are normally used—steam bath, favorite TV viewing chair, etc.) Make a difference in our world with one flick of the wrist!*

Answers to WORD BUILDING game on page 5.

NOW, NOD, WON, WIT, TWO, TOW, DON, DIN, ION, MID, NOT, NIT, WIN, OWN, TON, TIN, DOT, DIM, MOW, WONT, WIND, TWIN, TOWN, DOWN, DINT, INTO, MINT, MIND, WINO, OMIT, MID-TOWN

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

wont *adj.* Accustomed or used: “The poor man is wont to complain that **this is a cold world**” (Henry David Thoreau).

dint *n.* interchangeable with ‘means’ in the expression ‘by dint of’

All Good Things Have an End by Jon Salmon, 11th Grade, Igiugig School

Another hot and beautiful summer day in Igiugig; today was the promised day. My father asked me if I was ready for the training wheels to come off and that if they did, I would have to learn how to ride a bicycle without their comforting aide. I had been looking forward to this day for a long time thinking - no, *knowing* that I was ready.

That morning I woke up early with my mind full of thoughts about how I would ride my bike if my training wheels were set aside. I was a late bloomer; friends my age were already riding adult size bikes. When my father asked me over breakfast if I wanted to help him go do a chore, I went half-heartedly. I had other things to think about and didn't want to waste my time doing chores all morning. My father went to the closet and pulled out a couple of wrenches and I cheered up a little bit because I like mechanics. Outside the door was my gray and black Huffy bike turned upside down. I instantly knew what was happening and ran back inside to tell my older sister that I was soon to have a bike just like hers. She came with me as I ran back outside to watch the training wheels being cast from my back tire.

The training wheels were handed to me and I looked at them in disgust, hatred even, at how they plagued me so. They were the cause of my minimum bicycle skills and they were the reason I was laughed at every time I got stuck. I couldn't understand how they had helped me as I looked at the little plastic wheels bolted on to a thin metal bar, bent from seasons of use. I threw them aside, ready to take on the challenge at hand.

My bike was pushed to the dusty, gravel road by my sister who couldn't help but smile the whole time. As she held the bike steady, my father lifted me onto the seat and took hold of the handlebars and my shirt. I was excited as my heart beat against my chest, sounding like the thud of a drum being hit. My

knuckles were white from gripping the handlebars so tightly and my legs were tense, ready to take off in a mad flurry of peddling. My father ran beside me, pushing me towards freedom, releasing me as if putting an animal back into the wild. As soon as his grip left my shirt, I knew I was on my own. It was a feeling so great that I had to do something to show my sister that I was big. I was trying to restrain myself, but it happened so fast, there was no way to stop my actions. I raised my hands in glee and shouted, "Look at me, I am..."

These were the only words that left my lips before I toppled over into a tangle with my bike. My face was shoved into the gravel road and my arms and legs were scraped and bruised. My happiness, my smile and joy left me before I even touched the ground. Then, I opened my eyes to look around, trying to figure out what happened to the glorious moment. Only, I could not see; my eyes were hazy with tears and I was brimming with anger as my sister laughed maliciously at my pain.

I was carried back inside to rest and have my wounds taken care of by my mother who couldn't help but smile and feel sorry, for I had gone through what she had before. I rode a bike with training wheels and crashed without them for the first time, all in a time span of about ten seconds. My pride was injured just as much as my body.

Later that day my stubbornness began to show as I told my father that I would try the bike again. Only this time I was more cautious and thoughtful as I was lifted onto the bike. I was most relieved that my sister wasn't there this time; I wouldn't have been able to even try if she had been there. Once again my father let go, but this time I had my priorities straight, just as straight as I rode my bike. I had accomplished my goal. I had ridden a bike without training wheels, entering into another stage of childhood.

Garbage – More Than Meets the Eye

Contributed by Mary Hostetter, Environmental Intern

Do you notice when you go for a ride up the beach or for a walk in the village, that there are lots of pop cans, candy wrappers, and cigarette butts lying on the ground and in the grasses? When I go for walks to the beach, I see candy wrappers on the ground and pop cans or plastic bottles hiding in the trees. Do you know how long it takes these to biodegrade?

Pop cans: 80-100 years
Orange peels: 6 months
Cigarette butts: 1-12 years (!)
Plastic 6-pack holder rings: 450 years
Plastic bottles: forever
Rope: 3-14 months
Paper: 2-5 months

What is biodegradation? Biodegradation is the breakdown of a material by bacterial action. The more bacteria that is present when a material is degrading makes that degradation process much faster. However, garbage in a landfill often will not decompose because there is no bacteria to eat away at the garbage.

Even though garbage does biodegrade, it takes many years and it is very unattractive. Leaving trash laying around not only hurts the environment, but may also hurt the animals; for example you always hear about the sea animals getting plastic 6-pack holder rings stuck to their heads or feet. It isn't that hard to throw away your trash. The effort it takes to recycle your garbage will help the environment a lot and it will keep people from thinking that you live in a dump.



☞ Tatyana would say the author of the book to Betsy, who would help her locate the card.

☞ Students race to find the correct card with the author's name in the first competition for Battle of the Books.





Many thanks to

ALEXA JARDINE OF HEWLETT PACKARD

*for the recent donation of
a Color Laser Jet printer*

to the Igiugig Village Council.

Their continued support of this community is greatly appreciated.



The village of Igiugig sends their

thanks to

**GLEN & PATTY ALSWORTH
AND FAMILY**

for the

POTATOES

given to the residents of our community.





WALK TO BE FIT

Total Village Mileage through August is 55,557

What do I do?

Take a positive track...make a healthy change...start a good habit.

There are lots of things that are bad for us, but stressing on the bad stuff isn't what will benefit our health and well being in the long run.

The best thing you can do for yourself today is begin making small positive changes—gradually add just one more healthy habit at a time until the good begins to crowd out the bad. After all, if you add in enough small bursts of exercise, quick walks, runs to the store and P.O., etc. it will soon break apart those uninterrupted hours of sitting in front of your TV or computer. Or if you consume more healthy foods, it will fill you up leaving less room for things that are not so good for you.

ALL STAR FOODS!

A study by the USDA lists the following foods as highest in antioxidants:

FRUITS

1. Cranberries
2. Blueberries
3. Blackberries

VEGETABLES

1. Beans
2. Artichokes
3. Russet Potatoes

NUTS

1. Pecans
2. Walnuts
3. Hazelnuts

SPICES

1. Ground Cloves
2. Ground Cinnamon
3. Oregano

If any of these things are your favorites, just remember to enjoy them often by eating them plain or putting them in your favorite dishes and you will have added another good habit! Other edibles high in antioxidants include broccoli, grape juice, curry and dark chocolate. If none of the things listed above are your favorites, just remember that all fruits, vegetables and nuts are healthier foods than the pop, candy or chips that may currently be part of your daily food choices.

MAKE A POSITIVE CHANGE TODAY

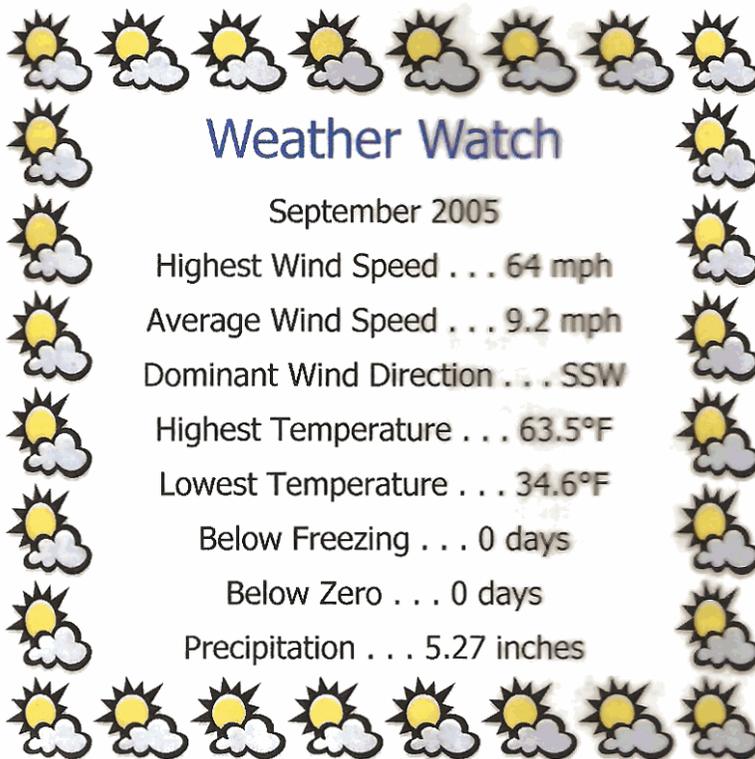
Use a good for you food item. Walk to your place of work or school today.

Look for a way to accomplish some Daily Exercise.

Igiugig Tribal Village Council

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Recipe Corner: **Honey Cranberry Oat Bread**

INGREDIENTS:

2 1/2 cups all-purpose flour
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon ground cinnamon
1 cup quick cooking oats
3/4 cup honey
1/3 cup vegetable oil
2 eggs
1/2 cup milk
2 cups fresh or frozen cranberries

1 cup chopped walnuts

DIRECTIONS:

Preheat oven to 350 degrees F (175 degrees C). Grease two 8x4 inch loaf pans.

In a medium bowl, stir together flour, baking powder, baking soda, salt, cinnamon, and oats.

In a large bowl, mix together honey, vegetable oil, eggs, and milk. Mix in flour mixture until just moistened. Stir in cranberries and walnuts. Divide batter into prepared pans equally.

Cook for 40 to 45 minutes, or until a tester inserted in the center of the loaves comes out clean.