

Igiugig News & Notes

Igiugig Tribal Village Council

June 2006

Volume 9, Issue 4

Kodiak by Jonathan Salmon, 11th Grade, Igiugig School

Command: Slice

Command: (X,Y,Z) or R, Plan, L: huh?

Have you every tried to use the computer program AutoCAD? I found it to be the most complicated program that I have ever used. I spent April 2nd to 7th in Kodiak with the goals of building a computer and learning how to use AutoCAD. The course was offered through the Alaska Native Science and Engineering Program (ANSEP) and funded by Northern Dynasty. We worked a lot with AutoCAD, but we also engaged in exciting activities like kayaking, watching movies, and playing basketball as well.

I was picked up by Iliamna Air and joined Tony Wassillie and Kyle Wilson, the other LPSD students going to Kodiak, for the hour and a half flight. We met up with Josh Lewis in Kodiak and

waited for two more girls from Old Harbor. After picking up the other students, we went to the Baptist Mission, our home for the next five nights. Later that night, two more students from Point Hope showed up. During dinner the Baptist staff showed up and ate with us.

The next day, our brains were put to the test; we had to put our computers together. We found it not to be too complicated, requiring mostly common sense and being able to listen to instructions. The hardest step was wiring everything to power. Naturally, this made everybody paranoid, unsure if the computer would turn on; even worse, turn on and then fizzle out. To the amazement of everybody, all of the computers worked without a glitch. Before the end of the day, Auto-

(Continued on page 2)

Drum Making by Dawsey Apokedak, 11th Grade, Igiugig School

Ben Snowball and Louise Leonard arrived in Igiugig on the first of May to teach the students how to make Native drums and dance.

We started our drum making by selecting a frame and filing down the center of the frame so that when we are finished, we can tie the fabric around it. Then, when the groove is cut far enough into the frame, we had to sand it down so that we didn't get any splinters. After you have all the sand papering done, the next



Mark and Ben drumming for the Native Dancing

(Continued on page 3) Presentation.

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Birthdays this month

- June 15
Kevin Olympic
- June 20
Jeremy Salmon

CAD was loaded onto the computers and Josh checked all of the programs to make sure they were functioning properly.

For the rest of the week, we learned about different aspects of AutoCAD and why it is so useful to engineers. You can receive an associate's degree in AutoCAD, so four days was barely scratching the surface of possibilities for the program. We learned how to manipulate objects in two and three dimensions and how to create everyday items accurately. I even won fifty dollars because I was the first done creating a couch to Josh's specifications. Another person won forty dollars and two others were given t-shirts.

The evenings were a fun time to get together and do a little team building or socializing. We watched King Kong and Ice Age 2, completed a ropes course, and went kayaking in the bay. The ropes course was the most exciting, and nobody fell down or got hurt. Every night, Tony, Kyle, and I went to go play twenty-one in a garage that had a hoop inside. Tony dominated with thirteen wins while Kyle and I celebrated with our two wins each.

I hope to go back to Kodiak for another session next year. Not only was it fun, but educational as well. I would like to thank Northern Dynasty for funding my flight and the school district for choosing me to attend ANSEP. I also recommend all students interested in engineering to apply for the program.

Command: End!

AA Meet...Alcoholics Anonymous??

By Mary Hostetter, 10th Grade, Igiugig School

"Okay, now if we were in water...and not the carpet, you would practice rolling these kayaks," Mark told the kids who chose the kayaking class. Besides trying to learn how to get into a kayak on the carpet (a skill I don't think I will ever use because I learned it on a *carpet*!!!), we had different workshops at the LPSD's high school AA Meet. And no, it wasn't alcoholics anonymous; it was our academic/athletic meet!

During the high school AA Meet, students had the choice to attend a number of different classes: scrimshaw, woodworking, the kayaking class, service/experiential learning, and electronic portfolio. Classes that we *had* to take were STD awareness and news hour. Instead of reporting news, however, during the news hour we interviewed each other. Kimberly McKennett and I did a fake interview with a cook named Floocia Sipsy. And the STD class, well, I never took it.

Okay, now, the kayaking class...on the carpet in a wrestling room! With Mark Battaion and Krysta Williams as our instructors, we learned how to get into a kayak, how to put on the spray skirt, and how to put on our dry suits. This wasn't as exciting as I thought it would be, I expected to practice in the water, but because of our unusually cool weather, the water was still frozen.

During the nights we watched Native Youth Olympics, or NYO. The most exciting, I think, were the

boys stick pull and jumping events. Not many of the students signed up for any of the events, but I tried even though I wasn't very good at them. A new event was introduced to us, Indian Stick Pull, where a stick was greased up with Crisco and people had to try pulling it out of their opponents' hand.

The last night was the National Honor Society presentation and prom. Jonathan Salmon and I were inducted into NHS along with Courtney Natwick, from Port Alsworth. Shane Mullins and Kimberly McKennett, NHS members, gave us a warm welcome by lighting candles and presenting us with certificates. Pictures were taken and speeches were recorded, and then, prom started.

Everyone was dressed up and ready to go, except a few of the anti-dress-up crowd who didn't try to dress up, but instead went to prom in clothes they had worn earlier that day. Before prom was halfway over, however, nobody was dancing, so, to encourage them, Nondalton boys dressed up in dummy suits used for a service project, and went onto the dance floor and began showing their moves. After this, some people started to trickle onto the middle of the floor and began to dance; however, the DJ didn't choose very good dancing music. Despite the bad music, everyone had a great time and I can't wait for next year, my senior prom!

DRUM MAKING *Continued from page 1*

step is to add the colors you want on your drum, and that is how far we have gotten as of Monday afternoon, May 8th.

We have also learned three new dances called, "Let Me Drum for You," "Duck Hunting," and "Berry Picking." We will be performing these dances on May 11, 2006 at Igiugig School. We have been practicing every school day from 1:00 P.M. until school gets out.

This year, instead of just focusing on the moves and words for the dances, we are learning what the moves mean. This helps us learn the song easier. Ben and Louise have also taught us when to move from a sitting position to our knees (for boys) and that you start dancing slowly and quietly, but after the singer says, "pumyua", you should put everything you have into the dance.

While here in Igiugig, Ben and Louise donated a drum and a kuspuk to be raffled off at the community meeting and Linda Johnson Memorial dinner. The dinner and the raffles brought in about \$450. The Igiugig students would like to thank Ben and Louise for coming to our school and teaching us how to make drums and more dances. It has been tons of fun!



1. Louise sits in front facing the dancers to help out if need be. 2. The high school performed a few dances on their own and then the elementary students joined in. 3. Dolly Ann, Betsy, and April prepare their drum frames. 4. The elementary students opened the performance and entertained the crowd. 5. Fewnia, Camille, Gregory, and Sharolynn during the "Reindeer Herding Love Song".

"The best time to plant a tree was 20 years ago. The second best time is now."

~Chinese Proverb



Library/Computer Lab News

Did you join Summer Reading Club 2006? We started on May 30th and will meet on Tuesday each week at the library from 10:30am to 11:30am. Our theme for the year is “**catching butterflies**”. Come and set a goal for yourself of how many books you are aiming to read this summer and earn prizes and awards! Help us reach our goal of 1,500 books! It’s not too late to join!



Easy fiction

Where’s My MOM? by Leon Rosselson

“A boy looks all over the house for his mother and finally finds her in her own bed, asleep.”

FICTION

Tell the Truth, Marly Dee by Barbara Williams

“When Dennis Cunningham, the new boy at school, insulted her mother, Marly Dee Peterson knew something...”

Adult fiction

The Quilt Trilogy by Ann Rinaldi

“Everyone who has touched our lives... will have a square in the quilt.”

Alaska Nonfiction

Alaska Gardening Guide by Ann D. Roberts

“If you can garden well in Alaska, with its immense size and varied climates you should be able to garden in any northern area, from Canada to Maine, from Norway to Northern Oregon.”

INTERESTING WEBSITES OF THE MONTH

www.adfg.state.ak.us

This sight has information on the Avian Bird Flu and the how to file your harvest reports. Also, did you know that we are in 9B game management unit? If you plan to going hunting somewhere else in the state, the State has regulations on what can be taken and when. So if you are as curious, check this out!

www.gardeners.com

Are you looking for a composter? This site has everything from garden shoes to garden tools. Would you like to be the first person in the Lake area to have a butterfly beacon? Then, this site is for YOU!

The Bird Who Could Not Fly

By Gregory Zackar, Jr., 2nd Grade, Igiugig School

Once there was a bird who couldn't fly because he was too little.

He tried and tried. He went out on a fat tree branch and flapped his wings and almost started to fly when his mother came and said, "It is time for lunch." He had a delicious pepperoni pizza and ate 21 enormous pieces.

He went to the same fat tree branch after lunch. He tried and tried to fly again but couldn't. His mother came and scared him so bad he almost fell off the tree branch.

His mother came and told him it was time for bed, so he went to bed in the cozy nest. A couple of hours later, after she finished reading a bird book, she asked him if he was asleep and because he didn't answer she knew he was.

The next morning he saw a giant garter snake. The snake saw the little bird and slithered up the tree hoping to have the bird for his lunch. The garter snake was finally close to the frightened bird. Suddenly the tiny bird flew down and ripped part of the snake's skin off! His mother was proud of him because he bit the snake and made the snake slither away fast! He didn't want to be attacked by that bird again.

He realized he had flown for the first time in his whole entire life!

He felt happy and great about himself. He flew to his friends nest and tells him the exciting news: he has learned to fly. He lived happily ever after flying around the woods.

Lion and Tigers' Adventures Through the Forest

By Camille Marie Andrew, 1st Grade, Igiugig School

One sunny day Leo the Lion's mother told Leo to go get fresh meat but he would have to go through the forest. Leo was scared so he stopped at the entrance of the dark forest. Leo whispered, "I have an idea. I'll get my friend Tony the Tiger to go with me."

He knocked on Tony's wooden door. Tony said, "Yes! I'll go!"

Tony said, "I am getting scared going through the scary, freaky, slimy, ghostly, spooky forest." When they got to the other side Tony said, "Glad that's over. Now let's continue our adventures to find some meat!"

They searched and searched for their prey. Lion spotted a baby jaguar and he caught him. Tony said, "Where's my meat?" Tony then spied a baby leopard. He caught the baby leopard by jumping on him when he wasn't looking.

"Now let's run home!" So they started back through the spooky forest. They couldn't find the way out. They got scared and they cried "Help!" but nobody answered. They cried "Help!" again and the biggest brown Kodiak bear came out of his cave. "Mommy!"

Leo and Tony ran from the bear and hid behind a bush. They dropped their meat and the bear sniffed it out and devoured the meat. Then they thought they heard their mother calling them.

They did! They screamed, "We're over here!" Leo's mother growled, "Where's over here?" "By the darkest green bush!" yelled Leo.

Leo's mother saw the darkest green bush and found them hiding in the middle of the bush. She saw they had no meat. She asked, "Where's the meat?" Leo said, "The bear ate it. We dropped it when we ran to hide.

"We'll go get some more meat," said Leo's mom. They went deeper in the forest. They saw a striped Zebra browsing on the golden grass. Leo's mom sneaked up to it and bit it on the neck.

Leo, Tony, and his mother dragged the meat home. They all had a delicious Zebra soup dinner. Tony and Leo were never scared of the forest again.

R-Carnival

By Jeremy Salmon, 8th Grade, Igiugig School

Games, raffles, and kids screaming all over the place. This is what the R-Carnival was all about. On April 8th, the school held our annual R-Carnival. There were games, concessions, and the book fair was held at the same time.



Alice and her granddaughter, Tatyana, take a break from the activities to enjoy some cotton candy.

The main purpose for the R-Carnival is for people to play games and just have fun. Each year, all the older students are responsible for a booth. The



Kevin tries his luck at the ever popular dart booth run by Dan.

highlight of this year's Carnival was the Eskimo bingo. Even though I got only one present, I liked the part when you steal other people's presents. The other games were also amusing. My favorite game was *coin toss* because it was challenging to get a coin in the small jars. The game I disliked was *ring toss* because I am not good at it, and when I tried, I didn't even make a point. Besides the games, there were concessions.



Corey twirls up some yummy cotton candy.

At the concession booth, we sold candy, pop, juice, and other goodies like corn dogs and chicken wings. The food was good, especially the chicken wings. This year we made around \$800 in total, but I don't know the exact amount of money we made from the concessions.



Miss Madison visiting Jeremy at the No-See-Um Snack Shack.

The book fair was held at the same time as the Carnival. Every year we sell books for the Cook Inlet Book Company. First, they send us books, and we sell the books for them.



Dolly Ann shows off some of the goodies that she won at the carnival.

We get 25% of whatever we make from selling books, and this year we made \$1000, so 25% of that is \$250.

I think this was one of the best Carnivals we have had because it was organized and enjoyable. I hope the rest of them are all like this one.



Camille tries her luck at the bean bag toss.

Grandparent Project

by Shaun Andrew, 3rd Grade, Igiugig School

All my grandparents are ready to hug me and I can't imagine my life without them. One of my grams lives in San Diego, CA and the other two live here in Igiugig, Alaska. All three of my grandparents are important to me.

The first grandparent I will tell you about is my grandma Sheila Allen. She was born on December 31, 1925 in Leicester, England. She has white colored hair and tannish skin. She was married in 1948 to a handsome man named Francis Allen. I will tell you a little bit about my grandpa Francis. He was born in Alexandria, Egypt. Francis and his mother moved to India because his father got stationed there in the army. Francis joined the Gurkha Risles, an army, in India. Sheila moved to the U.S. in 1968. She now is 80 years old and lives in San Diego, California. Her gifts to me are respect and encouragement. She taught me respect because at her 80th birthday we had a big hotel room and she told me to be polite, so I tried to act the same as her. The way she taught me encouragement is by saying she's proud of me and I should keep my grades up.

The next grandparent I will tell you about is my grandma Dallia. She was born on October 27, 1943 at Kulkakluk. When she was young, she used dogsleds to get food and water. Sometimes her family even used canoes. She mostly worked during the entire day. She told me a few stories about when she was young and a few about the past. She now lives in Igiugig, Alaska and is 62 years old. Her gift to me is support. She gives me support by telling me to do well on my school projects.

The last grandparent I will tell you about is my uppa Mike. He was born on April 23, 1935 at the Branch River. He has grayish white hair and brownish colored skin. When he was young, he packed wood in the morning, packed water in the evening, and he still packs water and wood. He mostly worked the entire day. He now is 71 years old and lives in Igiugig, Alaska. He has told me a few stories about the past and about when he was young. His gifts to me are strength and courage. He gives me strength and courage because he told me that you need strength and courage to hunt and get fish from the net.

I think my grandparents are great and I love to visit them. My grandparents are very important in my life because they always love me.

WORD BUILDING

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

WLALOS

1. □□□

2. □□□

3. □□□

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18. □□□□□

19. □□□□□□

20. □□□□□□

Answers can be found on page 11.

Medical Camp by April Hostetter, 8th Grade, Igiugig School

Have you always wanted to be in the medical field? Then the medical camp in Dillingham is for you. On May 3rd to May 6th I was in Dillingham learning about the different jobs at the hospital.

Along with fifteen other students, I learned about almost all the jobs you could possibly have in a hospital. We learned about what an audiologist, nurse, EMT, coder, physical therapist, the maintenance people, security guards, and many others in the hospital do. The first day (May 3rd) we arrived and got settled in, and made ourselves at home in the trailer. The second day, we (the students attending the camp) were at the hospital from 7:00am to 7:30pm. It was a long day, but most of us got through it without sleeping too much.

The next day we went for CPR training. We learned adult, child and infant CPR, and we also learned how to “remove an airway obstruction” or make an adult, child, or infant stop choking. Then we took a test on what we learned, and I got most of my questions right.

The last day was tons of fun. We went to the fire station and learned what the emergency response team does; they have to be ready for any emergency, at any time. After learning about what the people do, we got to shoot the fire hose and learn about the different trucks. The firemen said that the hose could have up to 250 pounds of pressure! There was a big neon green truck that had a huge nozzle on top, and one in front, that we got to see shoot out foam and water. The bigger one went about thirty to thirty-five feet up in the air, and it was really cool to see.

The last couple of days were the highlights. The last night we had fun playing *Phase 10*, which was fun because we made up different rules like if you misdealt the cards you would have to prance around the table. Also the fire station was a really big highlight. I got to sit near the driver’s seat in the green truck, and see how it worked. I was a victim, and was put in an ambulance on a gurney. When they were putting me into the ambulance, I was almost rolled off, but luckily, they stopped me. Then they showed us how they find blood pressure and heart beat using a special machine.

This camp was fun, and if you really are interested in the medical field, you should look into it.

Summer Plans by Alicia Zackar, 8th Grade, Igiugig School

What am I going to do over the summer? Hopefully, I am going to two camps if I am accepted.

One camp I want to go to is BBEDC’s Salmon Camp, which is going to be in July. This camp is full of fun. While there, we have to find out about the life of five species of pacific salmon, learn about where fish spawn and the behavior of sockeye salmon, go boating, learn bear safety, and study salmon’s importance to the ecosystem. I bet it will be really fun to check out what is inside fish and go boating and learn bear safety. Also, it will be fun to find out about how long some of the fish we catch live, when they change colors, and where they move to.

Another camp that I want to go to is Tanalian Bible Camp (TBC). I have been to this camp 3 times before and I know what it is like, that’s why I want to go back. When I went to TBC the first time I was about seven years old and I remember it perfectly. My auntie, her family, and I stayed in a cabin, but when we did activities we went to a huge house. The kinds of activities were playing with puppets, watching “Veggie Tales”, and playing games outside. The next time I went, I was about nine and that was a fun year. We had a carnival (which was the most fun). No money was needed at the carnival; I only needed beads to play the games. At the carnival there was a “grabbing marbles with your feet” game, hair dying game, and roasting marshmallows by the fire. Other than that, I learned how to make a fire and I played tag around the house. One day we were going swimming, Shayna and I saw a boy and a girl that were wearing the same kind of ring watches and we asked, “Are you guys married,” and they laughed at us and said they weren’t married. They just had the same kind of watches. I had a counselor at camp that I remember very well because she was very nice to all of us in our cabin. During the night we got to have a snack and talk about what the colors we liked and memorize verses from the Bible. I hope to go to this camp again because it was fun.

So you can see I am doing a lot this summer. I forgot to add that Clara my aunt is coming to visit us for the whole summer.

Grandparents by Tess Hostetter, 4th Grade, Igiugig School

A gram and grandpa who live different lives are very important to me. I have one gram who lives in a regular house and one grandpa who lived in a Quonset hut. I am going to tell you about my gram and my grandpa's lives.

First, I will tell you about my gram's life. The gram who I'm going to write about is my dad's mom. My gram lived in Summerville, Massachusetts and had two brothers. Then she went to war. She moved around and finally settled in Fall Brooks, California and had five children whose names are Karen, Kipp, Deborah, Dave, and Mike.

Next I will tell you about the gifts that she gives me. She gives me cards, presents to my whole family, and stories when I call her. One of the stories that she told me is when she was about eight. She said that the USA was broke.

Next I will tell you about my grandpa. My grandpa's real name was Nick. My grandpa is my mom's dad. My grandpa lived in Alaska. His family died in a flu epidemic in 1918. He stayed with blind grandma, another person who survived the flu. Then he lived with my great gram in Kokhanok. My great gram said that he was the one that was going to let her in heaven because people treated him badly because they didn't like him. Then people started treating him better. They started moving around Alaska and finally settled in Kokhanok. He had an arranged marriage to my grandma Mary and had 13 children. He died in 2001.

My mom tells me the stories that he told her when he was alive. He died when I was five, so he couldn't really give me anything, but I still have his stories.

When you see your grandparents you could ask them about their lives. If your grandparents are dead you could ask your parents. Grandparents can be really different.

My Grandpa by Corey Olympic, 6th Grade, Igiugig School

My Grandpa is the best grandfather in the world. He taught me everything I know. That's why he is my favorite grandpa. In my essay, I'm going to write about my grandfather's life and the gifts he gave me.

My magnificent grandpa was born in 1931 and raised in Kokhanok. When my grandpa was a little kid, he went hunting and fishing with his dad for the family. When he was sixteen, he married my gram, Martha Olympic; she was fourteen at the wedding. They were joyfully married in a church. When they had their first child, my uppa was 21 and my gram was 19. Three years after that, they had another child and then two years after that, they had another child. The names of the three children are Cecelia, Cindy, and Alex Ann, also known as Pluckie. Once they had the three children, my uppa became hardworking and caring for the family. Before they moved to Newhalen, they waited until the daughters were old enough to travel. The reason why they relocated to Newhalen was because the kids needed to go to school. My uppa lived in Kokhanok, Newhalen, and now he lives in Nondalton.

The reason why my grandpa is important is because he spoils me, cares for me, and he supports me. He also gave life to my mom and life to me. My grandpa taught me how to do math, ride a Honda, and shoot a gun. He also taught me how to cook. The gifts that he gave that are important are support, care, strength, intelligence, and stories about when he was a little kid and the past. One of the stories is about when he was hunting with his friend. On the day he got his new black, heavy gun, they went hunting. They went at least two miles before they saw some caribou eating moss. They were wondering which caribou to catch. Then they said to each other that they would catch the one that had the biggest antlers. Once they got close enough to shoot the gun, he shot. After that, he flew back and landed on his bottom. Afterwards, they started to laugh, and all the way home they giggled.

I wish that my grandpa could live forever like an immortal king. When I grow up and become a grandpa, I will treat my grandchildren the same way that my grandpa treated me.

Gardeners Goodies

JUNE garden activities:

- ❑ EARLY JUNE – Planting out! After hardening off for a week, plant out your starters and nursery plants. It's also time to put in the direct seeded items. After preparing the soil—digging it up, adding fertilizer or compost, and clearing out weeds, you're ready to plant seeds for things like radishes, lettuce, turnips and other cool weather crops.
- ❑ EARLY JUNE – Potatoes are also ready to go in. Seed potatoes can be cut into several pieces as long as there is an eye on each part, but they should be allowed to air dry until the cut is no longer wet to avoid rotting. Plant them in a bit of a trench so you have room to 'hill' around them. By adding soil as they grow taller (leaving half the plant showing above ground each time you hill them more) it will send out more roots to produce more potatoes on. You can double the number of potatoes per plant just by paying attention to hilling up the soil every week or two.
- ❑ JUNE – Check on your perennials. Weed around them, fertilize, mulch, and put in supports for those that grow tall and may need to be tied up to something—like delphiniums.

REMEMBER the R's

Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Recharge

“Re” is the key word (or should I say prefix) here—because it means again—so when ever you have something you can re-do rather than trashing, you are both money ahead and being good to our village environment.

Old Proverb for the day:

Use it up

Wear it out

Make it do

Or do without!

Bits * n Pieces

Pollution Solution

Put fish on the menu to help your heart and lungs battle pollution.

The fats in fish may help prevent the unhealthy irregular heartbeats that can be caused by breathing in particulate matter, the fine airborne particles from car emissions, industrial processes, and other sources. Dine on some chunk light tuna or salmon to help get your fill of heart-healthy fish fats.

RealAge Benefit: Eating at least 1 serving of fish per week can make your RealAge up to 2.7 years younger.

Fox Gets Caught

By Sharolynn Kristene Zackar, 5th Grade, Igiugig School

Fox was playing outside. He walked between two humongous spruce trees and got caught in a net that was hidden under the leaves. A hunter went and grabbed the fox by the ruff of his neck and said, "You are too small to skin, so I will keep you as a pet."

Fox barked, "Let me go!" but the hunter didn't understand what Fox said.

When the hunter and Fox got to the hunter's cabin, he handed Fox to his little skinny daughter.

The girl told Fox to go to bed and take a nap so he did. Half an hour later she woke Fox up. She put a tight collar around Fox's thin neck. She walked him around the big, uncrowned cabin.

After the girl walked Fox, it was time to go to bed. The girl took the collar off fox and put him in his bed. Fox was sad because he missed his home.

That night Fox made a plan. The plan was to sneak out the dog door.

Fox sneaked to the dog door while everybody was sound asleep. On his way to the dog door Fox stepped on the girl's squeaky ball. The hunter suddenly woke up, ran into the living room, and snatched Fox away from the dog door. The hunter gently put fox back in bed. Fox said to himself, "I'll make another plan." Fox looked around the daughter's room and he saw an open window.

He sneaked over to the window. When he got to the window he used the girl's tall toy fire truck, which had a tall ladder on it, to climb up to the open window. Fox jumped off the window sill and into the hunter's garden.

Fox heard a bear growl. He saw the bear looking at him from the berry bush. The mad bear, whose dinner had been disturbed, got up and chased Fox. He chased Fox all the way to Fox's home. Fox ran into his house. The bear, tried to get Fox but got his head stuck in the tiny, tiny hole, which led to Fox's house.

Fox hugged his mother and told her his frightening story.

After telling his story, Fox fell asleep on his mother's furry warm tail.



The students and teachers show off their beautiful drums that they made while Ben and Louise were in Igiugig.

(Back row l-r) Alicia, Corey, Mary, Jeremy, Jon, Dawsey, Kristin, Louise Leonard, April, Camille, and Mark.

(Front row l-r) Ben Snowball, Shaun, Gregory, Dolly Ann, Fewnia, Sharolynn, Tatyana, and Tess.

Answers to WORD BUILDING game on page 7

SOW, SAW, WAS, OWL, LOW, LAW, AWL, ALL, SLOW, SLAW, WALL, OWLS, LOWS, LAWS, AWLS, ALSO, WALLS, ALLOW, SALLOW, ALLOWS

Check out Word Definitions: (from www.dictionary.reference.com)

sal·low¹ (səˈlɒ) (səˈlɒ)

adj. Of a sickly yellowish hue or complexion.



Recycling Pays Off for Everyone

By Mary Hostetter, Environmental Intern

Even though Igiugig is a small village, the support we get from people for recycling batteries, aluminum cans, and antifreeze has helped us reach the amount we are at today. Between the years of 2003 and 2005, the people of Igiugig and the surrounding lodges have recycled 4,392 pounds of aluminum cans (and we earn money to do that too!!! It averages out to \$0.20 a pound...hehe that is almost \$1,000!). Over 10,000 pounds of lead acid batteries from machines and what not have also been recycled. How about your regular household batteries, like the ones commonly used for flashlights or your CD player? In just two years there has been 500 pounds of these batteries recycled!

Over the years, we have provided plastic juice containers for lodges and households, which were used to hold their batteries for recycling. If you need any more, please contact the environmental office at 533-3260 and we will give you a recycling container.

Did you know that two-thirds of the whole office/hangar building is heated by oil that is recycled from the generator building? The 2,000 gallons of used oil collected over two years is recycled to keep the office warm in below freezing temperatures during the winter.

All the old freezers, ovens, and microwaves amount up to twenty-five of our recycled white goods.

The Environmental office would like to say THANK YOU to everyone who helped make Igiugig's recycling possible. Recycling lead acid batteries, batteries, aluminum, used oil, and white appliances is a community effort. A big THANK YOU goes out to the residents and lodges for participating in our recycling and not throwing everything into the dump! And again THANK YOU Igiugig for making this possible!

Battery Fun Facts:

- Did you know that ***one*** car battery holds eighteen pounds of lead and one pound of sulfuric acid?
- On the average, American's recycle three billion dry-cell batteries that power toys, watches, portable power tools, and cell phones.
- Ninety-nine million wet-batteries lead-acid are produced each year for cars.
- Single use batteries contain less toxic chemicals than rechargeable ones.
- Each year there are about 179,000 pounds of batteries thrown out by Americans.
- Just from cell phone use, over 200 million batteries will have entered the waste stream each year.
- The first batteries were believed to be made in Baghdad between 250 BCE and 640 CE.
- The battery is the most recycled product in the whole nation.

Chemicals in batteries are very harmful to the environment and people. One pound of mercury can make salmon and other animals in the water unsafe to eat. And this dangerous chemical causes heart and lung damage and birth defects.

The next time you think about using that battery, think again and see if there is an alternative to the object you are using. You may just be saving the earth, the animals, and yourself!

WALK TO BE FIT

Total Village Mileage through November is 59,931.

Birds, Beautiful Plants...and Bugs!!!

...things that will be out there with you when you walk in the great outdoors these days. Hopefully the first two will add so much joy that the last one won't cause serious annoyance.

Exercise for What?

Besides feeling good, looking good, staying healthy and living longer, try being smarter!!

A Gym for Your Memory

Want to have the kind of mind that can recall directions with Map-like accuracy? Get moving.

Take a walk, go for a bike ride, hit the gym. Exercise makes extra space in the "scratch pad" part of your brain, also known as your working memory. It's where you jot down bits of information that you need to act on immediately, such as which street to turn onto or what the chef's daily specials are.

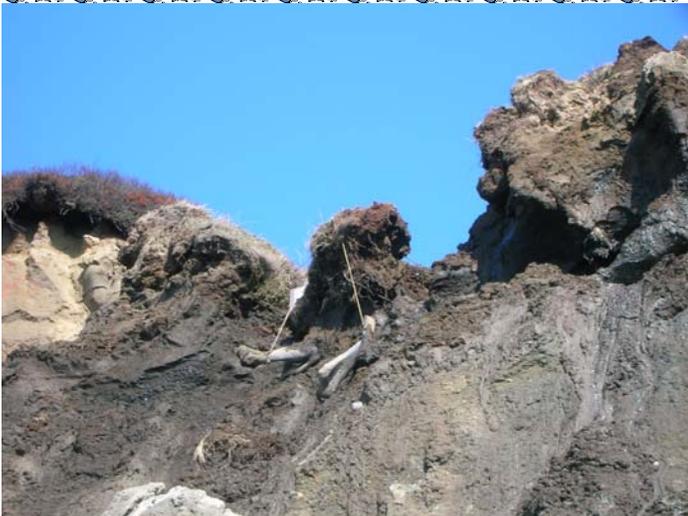
RealAge Benefit: Exercising regularly can make your RealAge as much as 9 years younger.

Check out this and other facts and tips at the real age website:

www.realage.com

There are lots of interesting things about health and good tips to follow to help you be younger than your years.

GIVE YOUR EYES A FRESH VIEW AND YOUR EARS A TREAT

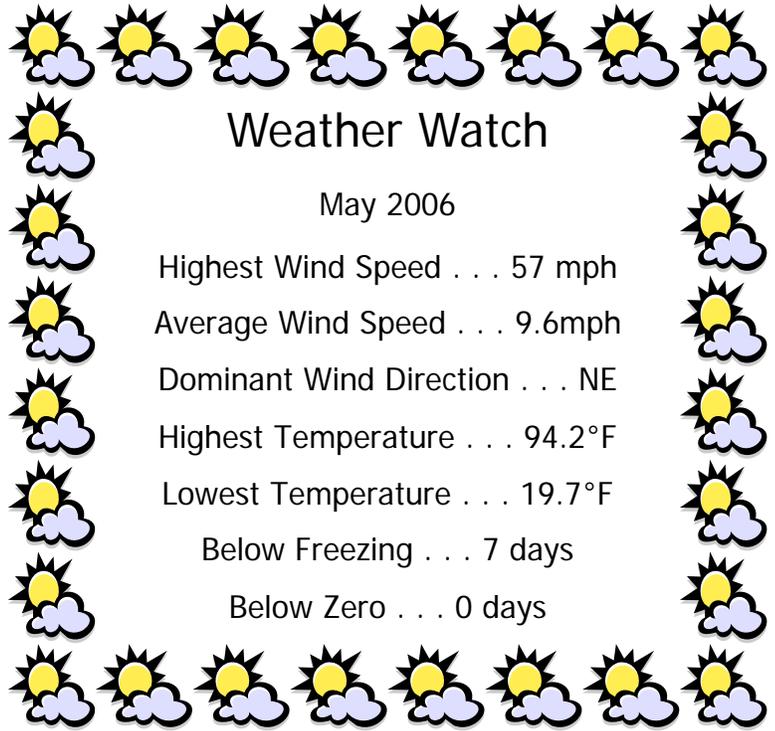


Two very large mammoth bones emerging from the bank at Naknek. Several tusks have been found near here in years previous and apparently miscellaneous bones have been coming out over the years and are being stored away in hopes of reassembling the whole thing at some point in the future.

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Recipe Corner

Contributed by . . . Sandy Alvarez

Wild Salmon Tostada

Serves: 4 Prep Time: 15

2 cans (7.5 oz. each) [traditional bone-in Wild Red Salmon](#) OR 2 cans [Wild Red skinless, boneless salmon](#)
2 to 3 Tablespoons fresh lime juice
½ cup diced fresh tomato
1 to 2 Tablespoons chopped onion
2 Tablespoons [organic extra virgin olive or macadamia nut oil](#)
2 Tablespoons chopped cilantro
1 teaspoon minced garlic
1 teaspoon ground cumin
4 large tostada shells (7-oz. package)

1 can (16 oz.) refried beans, warmed
4 cups shredded lettuce
1 cup shredded Monterey Jack or Mexican cheese blend
Sour cream, as needed for garnish
Salsa, as needed for garnish

Drain and flake salmon. Place salmon in a medium bowl; sprinkle with lime juice. Add tomato, onion, olive oil, cilantro, garlic, and cumin; toss. Layer each tostada with one-fourth of the beans, lettuce, salmon mixture, and cheese. Garnish with sour cream and salsa.

Nutrients per serving: 523 calories, 29g total fat, 11g saturated fat, 49% calories from fat, 98mg cholesterol, 36g protein, 30g carbohydrate, 8g fiber, 1203mg sodium, 510mg calcium, and 2g omega-3 fatty acids.