

Igiugig News & Notes

Igiugig Tribal Village Council

July 2006

Volume 9, Issue 5

Igiugig Beautification Project

By Tanya Salmon

The ancient Greek historian and author Thucydides once said that “The bravest are surely those who have the clearest vision of what is before them, glory and danger alike, and yet notwithstanding, go out to meet it.” Well, if that is how “bravery” is defined, then the Igiugig planters, without a doubt, should receive a medal of bravery.

On a raining, cold, and blistery day, the Igiugig volunteers: Sandy, Bernadette, Julie, Annie, Tanya, April, Alicia, Sharolynn, Gregory, Dolly Ann, Camille, Tatyana, Fewnia, and Simeon, set out on an important mission: to plant all of the village flowers in every flower box and flower bed at the public buildings. Equipped with nothing but their warm gear, gloves, trowels, rakes, and shovels, the planters braved the extreme weather to complete their task.



Every year the kids enjoy the hose and this year was no different. Tatyana and Dolly Ann tried to squirt the photographer.

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Dump Closure

By Tanya Salmon

Driving to the old dump, you would never be able to tell that it once was a dump site. The old trailer house, huge tanks, boats, old vehicles, and barrels that once crowded the area are now all gone; everything was either taken to the new dump or burned in the old pit. The whole area is covered in new dirt and leveled so it is completely flat.

Dave, George, Angel, Jon, Jeremy, and Corey worked long, hard hours clearing

up the old dump in the hot sun and swarming mosquitoes. People in the village were busy tossing out old motors and other junk from their yards to throw in the old dump site where it was burned and later covered.

I went to check out the dump a few times, but never paid much attention to the activity down there until my dad came to the office one day and said, “Babe, we’re going

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Birthdays this month

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

BEAUTIFICATION (Continued from page 1)



Alicia and Simeon used the Honda to climb up to the Re-Hall flower box.

Once the soldiers were gathered at the Welcome to Igiugig sign, planting expert Sandy split the troops into teams. The adults and older students were paired with the younger kids. Everybody selected the flowers they wanted and headed out to complete one flower box at a time. When every box was filled, they moved to the flower beds at the satellite dish and the Welcome sign until every flower was planted and well watered by the hosing crew.

When their planting was complete the soldiers, tired, wet, and cold, were finally done with their mission. Proud of their work on beautifying the already beautiful Igiugig, the soldiers called it a day and were able to head home. Thanks to all the volunteers who helped plant the flowers. They braved the cold and dreary weather with one vision; to make Igiugig more beautiful, in which they truly succeeded.



Our fearless planting leader, Sandy, digs in to loosen some soil and get it ready for beautiful flowers.



April and her partner, Fewnia, planted the boxes at the Pumphouse.



Camille partnered up with Tanya and worked on the boxes at the environmental office.



After beautifying the church garden, Julie and her green thumb worked in the flower bed at the Welcome sign.



Gregory helped with weeding and fluffing the soil in the satellite boxes before we planted the new flowers.



Annie helps weed and plant flowers in the Welcome to Igiugig flower bed.



Tatyana and Bernadette worked together on the window box at the clinic.

DUMP (Continued from page 1)

for a ride to the dump.” Without asking any questions I jumped on the Honda with him and we went to the old dump site. “You’re going to need to find Dave to teach you how to drive this,” he told me as we neared the old army compactor.

I looked at the old compactor, which looked in pretty tough condition. “What do you mean?” I asked.

“We need somebody to compact. Wear two sets of ear plugs, one to go in your ears and another to cover it, you are gonna need it. This thing is



Leveling the fill out

loud.” I looked at my dad like he was joking, but he wasn’t. So, I started to walk around the compactor, checking out the old beast that I was to drive.

Later that day, I was out at the old dump site, wearing work boots, junky jeans, and of course my “Hollywood sunglasses.” Dave showed me how to drive the compactor. I had a rough start. I kept getting stuck and Jeff, one of the other workers, would have to push me out. After awhile, however, I got the hang of it.

The dump was busy with dump trucks (Willy and Tref) coming and going, the CAT leveling the gravel (Jeff), the compactor, the mechanic (Jeffrey) running around from vehicle to vehicle, and of course, the bosses, Dan and Steve, coming and going. When I was done compacting, my cousin Brian took over and Terek came down from Iliamna to help drive the dump trucks.

Now that the old dump site is completely covered with new gravel and leveled off, Jeremy, Mary, and Angel have been out there raking out all of the large rocks and twigs. When that task is completed, the seeder is going to come through and spray grass seeds everywhere. Part of the area is going to be a baseball field for the kids and the other section is going to be camping grounds. Hopefully by next summer, everything will be ready!

Many thanks to the staff and crew of Iliamna Lake Contractors and the Igiugig Village Council for their efforts in closing out Igiugig’s old dump site and making our newest play area.



Dumping the fill



Jason fills the dump truck out at the south pit.

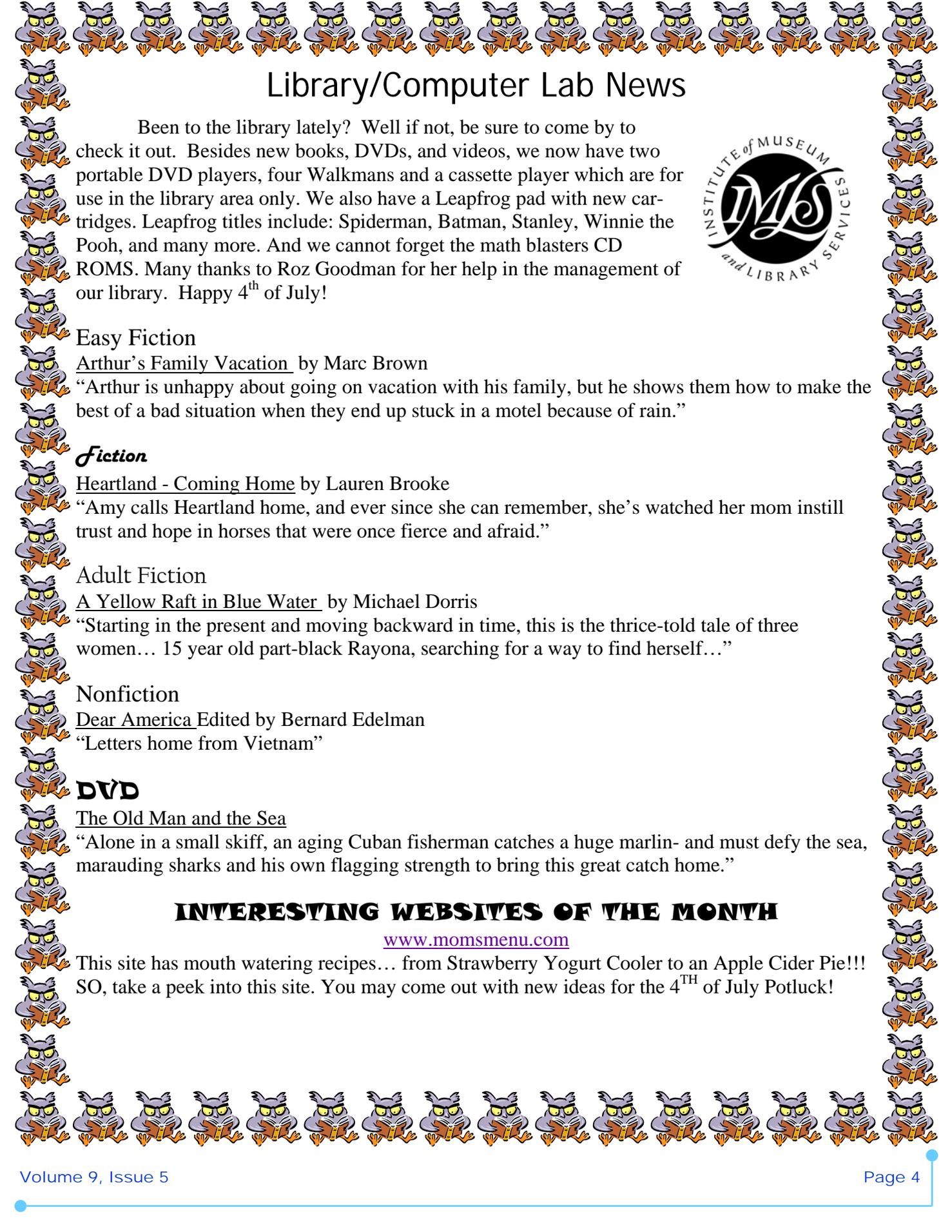
Rural Alaska Law Enforcement by Dawsey Apokedak, 11th Grade, Igiugig School

Have you ever heard of people committing a crime and getting away with just saying they will change their ways but continuing to do illegal activities anyway? About three dozen of Alaska’s more than two hundred villages have no law enforcement due to lack of state or local funding. There is not very much law enforcement in rural Alaskan Villages which is causing many problems: many of our youth are dropping out of high school, staying in villages with no jobs, and living and depending on their parents for the rest of their lives. This type of life style drives youngsters to try new things like drugs and alcohol.

Hello, my name is Charley Apokedak better known as Dawsey. I am son of Peter Apokedak Jr. and Anecia Chukwak, and grandson to Peter Sr. and Ida Apokedak, and Olga Chukwak. I live in Igiugig now, but am originally from Levelock, Alaska.

My story consists of actual people, but the names have been changed. It all started one night with a little booze given to Joe, Greg, and Eric. They had a full half gallon of tequila that they would end up consuming between the three of them. Greg had just gotten his four wheeler fixed so that’s how they were getting around that night. So, they took the booze happily and drove off into the wilderness where they would guzzle the entire bottle of the lethal substance. After they had finished drinking, they rode around the village crazily while Eric was on the front of the four-wheeler. They were driving so horribly, a couple of times Eric fell off the vehicle and got run over.

(Continued on page 10)



Library/Computer Lab News

Been to the library lately? Well if not, be sure to come by to check it out. Besides new books, DVDs, and videos, we now have two portable DVD players, four Walkmans and a cassette player which are for use in the library area only. We also have a Leapfrog pad with new cartridges. Leapfrog titles include: Spiderman, Batman, Stanley, Winnie the Pooh, and many more. And we cannot forget the math blasters CD ROMS. Many thanks to Roz Goodman for her help in the management of our library. Happy 4th of July!



Easy Fiction

Arthur's Family Vacation by Marc Brown

"Arthur is unhappy about going on vacation with his family, but he shows them how to make the best of a bad situation when they end up stuck in a motel because of rain."

Fiction

Heartland - Coming Home by Lauren Brooke

"Amy calls Heartland home, and ever since she can remember, she's watched her mom instill trust and hope in horses that were once fierce and afraid."

Adult Fiction

A Yellow Raft in Blue Water by Michael Dorris

"Starting in the present and moving backward in time, this is the thrice-told tale of three women... 15 year old part-black Rayona, searching for a way to find herself..."

Nonfiction

Dear America Edited by Bernard Edelman

"Letters home from Vietnam"

DVD

The Old Man and the Sea

"Alone in a small skiff, an aging Cuban fisherman catches a huge marlin- and must defy the sea, marauding sharks and his own flagging strength to bring this great catch home."

INTERESTING WEBSITES OF THE MONTH

www.momsmenu.com

This site has mouth watering recipes... from Strawberry Yogurt Cooler to an Apple Cider Pie!!! SO, take a peek into this site. You may come out with new ideas for the 4TH of July Potluck!

Summer Reading Club 2006

By Tanya Salmon

It is that time of year again (and NO, I don't mean bug season!)...it's the annual Summer Reading Club! The SRC officially began on Tuesday, June 23rd. The anxious readers headed up to the school at 10:30 AM to pick up their book-lists from the library.

The library was full of kids reading in groups, Dette handing out book lists, adults wandering the shelves looking for a good read, and little kids running around playing. The bulletin boards downstairs were covered in paper with everybody's name already on it. This year's theme is "Catching Butterflies," so butterfly nets were placed underneath each name-tag.

This year Dette had everyone make a goal of the number of books and pages they want to read. In previous years, I read an average of 25 books, so this year my goal is 26 books and 6000 pages. BIG MISTAKE! I didn't take into consideration that I was working full time and by the end of the day, I want to do other things besides reading.

So far, 310 books and 16,751 pages have been read by everybody. Each week, the contributors have their name written on a ticket and thrown in a can. Whom-ever's name is picked out of the can wins a prize; \$1.00 worth of goodies from the store as an incentive to keep reading and turning in books and page numbers. Winners to date include: Julie, Tatyana, Madison, and Aiden.

So remember, if you don't have anything to do pick up a book and read, if not to yourself, but to your kids or other kids. Reading to them aloud and having them read to you keeps them sharp on their reading and prepared for the next school year. So get out there and 'catch as many butterflies' as you can and help us reach our goal of 1500 books!

NAME	books read	pages read
0 to 4		
Aiden	15	433
Madison	76	1506
Kyle	47	1158
Simeon	7	216
5 to 8		
Hunter	24	801
Fewnia	13	298
Tatyana	23	583
Camille	45	1737
Dolly Ann	14	403
Gregory, Jr.	1	105
9 to 18		
Shaun	14	1799
Tess	3	333
Sharolynn	2	146
Corey	5	1061
19 and older		
Bernadette	5	731
Julie	5	2160
Betsy	1	281
Tanya	2	719
Annie	2	510
Renaë	5	1703
Mark	1	68
TOTALS	310	16751

WORD BUILDING

Use the following letters to make words in the slots provided

LISAMY

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□□

10. □□□□

11. □□□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□

16. □□□□

17. □□□□

18. □□□□

19. □□□□□

20. □□□□□

21. □□□□□□

Answers can be found on page 10.

Bits 'n Pieces

Another word on Sleep...

Lack of sleep has reached epidemic proportions in the United States. The average American gets about 7 hours of sleep—in 1910 the average hours of sleep per night were 9!

DID YOU KNOW??

- ⇒ Lack of sleep contributes to the diabetes epidemic in our country.
- ⇒ One night of sleep deprivation can be as impairing as a legally intoxicated blood alcohol level.
- ⇒ Insulin response to glucose is 30% lower in a sleep deprived state.
- ⇒ An estimated 100,000 motor vehicle accidents each year are caused by fatigue and drowsiness.

Public Speaking by Kristin Hathhorn

With the goal of building confidence and developing leadership skills, over the past three years Igiugig students have focused on public speaking. In 2004 and again in 2005, students participated in the annual Alaska Native Oratory Society's speech contest and did quite well competing mainly against college students.

This year Igiugig School secondary students competed in the Alaska State High School Drama, Debate, and Forensics Meet held at West High School and UAA April 27th-29th. The reasons for making this change in venue are to expose students to more students their own age and to give them an opportunity to participate in a wider range of speaking events. Most have chosen to compete in expository speaking or original oration using speeches they have written; one will compete in humorous interpretation.

As teacher of these bright young men and women, I am often awed and moved by their poise and developing confidence in speaking publicly, an activity most would do just about anything to avoid. But, you be the judge...I've included three speeches (Education, Fighting a Losing War, and Rural Alaska Law Enforcement) in this newsletter.



☺ Simeon and Rylee were busy playing by the clinic while the planting project was going on.

☺ Sharolynn picks out some flowers to plant in the bed by the Igiugig sign.



Education by April Hostetter, 8th Grade, Igiugig School

Did you know that forty percent of Alaska's high school drop outs are Alaska Native or Native American? That is more than the Asian, Pacific Islander, Black, Hispanic, and mixed ethnicity student drop out rates combined. Many more Alaskan students aren't dropping out; they are simply not putting effort into school work. Why are Alaska's students dropping out of high school? Why do many others lack motivation? How can education look more interesting to students?

Hello, my name is April Hostetter; I am from Igiugig, a small village in southwestern Alaska, and a student in the Lake and Peninsula School District (LPSD).

The Lake and Peninsula School District follows a standard based system instead of grades. The standard based system has levels for reading, writing, math, science, social studies and other non-academic subjects such as career development, cultural awareness, and personal/social/health. This has worked great for many students in our district, including myself. It lets me progress at my own pace, work more independently, and focus on my strengths and weaknesses in each subject. However this system may also be difficult to keep up with, especially if a high school student has fallen behind, and needs to pass a lot of standards and levels to graduate. But, even if this happens, the standards make staying on track easier than a traditional system because it doesn't categorize the students into one grade in all subjects; instead it lets them work at different levels for each subject. For example, in our school, a group of third, fourth and sixth graders are working at level five reading despite the difference in their ages. This shows that we work at our own pace and proficiency, not at our grade level.

Although larger schools have more resources, most of the smaller schools in rural Alaska have been able to keep up with education. Rural schools are obviously much different from larger schools. They have less people for students to interact with, fewer teachers, and less resources. But, being small has advantages as well as disadvantages. It is quieter in a smaller school and we get more time to work individually on school work. Since there are fewer students, the teacher has more time for us if we need it. On the other hand, bigger schools have more resources like larger libraries, better equipment, and more extra curricular activities.

Although smaller schools usually don't have as many opportunities as the larger schools, the Lake and Peninsula School District has done an amazing job of creating opportunities for students to learn more; they have created School-to-life programs such as the Newhalen and Anchorage houses where students go and learn about job opportunities after high school. Other programs include Juneau and Washington D.C. CloseUp, volleyball, basketball, Native Youth Olympics (NYO), and LPSD sends students to the Alaska Federation of Natives' annual conference. All the students have to do is apply and since there are so few students, there is hardly any competition at all. Sadly, even without competition, few students apply for these great opportunities. Which leads me to ask... why are so many students not taking advantage of educational opportunities?

The truth is a lot of kids aren't interested in school, and I am sure that if some kids had a choice to go to school or not, they probably wouldn't go. I know that sometimes school is a bit boring because students can't always see how or why certain subjects are important to their own lives. That's probably one of the reasons which makes them not really motivated to learn. Also, many students don't see how important it is to get a good education, which means they are probably willing to follow others in their community who don't go to college or finish high-school. This is due to lack of good role models. I know a village where about ninety percent of the adults drink... almost every night, school nights, weekends, whenever. This means that the kids have a much greater chance of following their "role models" and drinking themselves.

So what can be done? How can we get students interested in education? Make compromises? Include vocational education opportunities, something students think is fun like...art, music, or mechanics? Ask the students what they want, what they think? Instead of bombarding them with boring information, ask what they think would be fun for them and what they would like to learn, so that people can teach not only to the academic standards, but alternative programs also. Have interesting programs that are exciting to students and that teach healthier living habits. Use compromises by saying they have to pass set levels in academic standards to be able to participate in the alternative programs. The community also needs to participate.

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Fighting a Losing War? By Mary Hostetter, 10th Grade, Igiugig School

The things that make a soldier great
and send him out to die,
To face the flaming cannon's mouth
nor ever question why,
Are lilacs by a little porch,
the row of tulips red,
The peonies and pansies, too,
the old petunia bed,
The grass plot where his children play,
the roses on the wall:
'Tis these that make a soldier great.
He's fighting for them all.

'Tis not the pomp and pride of kings
that make a soldier brave;
'Tis not allegiance to the flag
that over him may wave;
For soldiers never fight so well
on land or on the foam
As when behind the cause they see
the little place called home.
Endanger but that humble street
whereon his children run,
You make a soldier of the man
who never bore a gun.

Things That Make a Soldier Great, by Edgar A Guest. My name is Mary Hostetter. I believe that the courage of soldiers isn't measured by how long they have been fighting for their country or by how many battle scars they have. It is measured by how hard they fight for a cause, how much they care about what they are protecting.

Right now young men and women go out to fight for our noble country, but in reality we are fighting for another country, for somebody else. There is currently no threat to the United States, but young men and women are dying each day because of our leaders' beliefs.

President Bush thinks that the current war we are in, that has been going on for three years, is helping Iraqis. But the questions he needs to ask himself and our country are: Is this war helping the United States? Are we, as Americans, getting anything out of the war?

In an article published by the White House's website, President Bush states that by helping Iraq, there will be no more terrorist attacks on the United States because Iraq will become a democracy and will not have terrorists residing in their country. And, that helping the Iraqi people makes America look like we are strong.

I don't think that either reason is right. Helping Iraq construct a new government will help Iraq become more stable, but it will not change the way people think about the United States. I think that people from other countries view America as a country that often involves herself in other countries affairs, no matter what country it may be. I think this is looked upon as a negative trait because we seem to want other countries to be just like us. As for making America look strong, we only look like we want the spotlight, to look like we care about the welfare of other countries. And our means do not justify our intended end.

One third of all the deaths in the United States' War Against Terror are young men and women between the ages of twenty and twenty-two. Many of our soldiers, our sons, daughters, mothers, fathers, and friends die before they can legally use alcohol or tobacco products.

My cousin joined the war against terror in November; he is now stationed in Iraq. When he left Kokhanok, his hometown, he was just out of high school; if he didn't leave, he would never have, just like most of the graduates from the past ten years who are still living with their parents or living off of somebody else. I am glad that he left, that he made a life for himself. If he never left, he would probably have gotten addicted to drugs and alcohol and would live an unhappy life, but I am scared for him because each day in Iraq or the Middle East, young people are dying quickly. Out of the two thousand plus men and women that have died during this three-year war against terrorism, 357 of the young men and women did not live to see their twenty-first birthday.

I think that the U.S. is allowing young people into the army or military at too young an age. If the government can not trust an eighteen year old to drink alcohol, then he or she shouldn't be able to operate a gun or join the army. If we cannot trust eighteen year olds to drink or have alcohol in their possession, how are we supposed of feel safe when it is

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LOSING WAR? (Continued from page 8)

these young men or women who are in possession of U.S. guns and other lethal weapons?

If in three years, 357 under 21 year olds have died; think what five more years will do. Officials have said to expect more deaths, which means more people will have to join the military; many will join up right out of high school; some not even knowing how to wash their own clothing. I think that the youth of our nation are attracted to the excitement of fighting, to be in battle, not to the realities of war.

At the beginning of the War on Terror, President Bush had many U.S. supporters, but now, his supporters are starting to abandon him. At the beginning of this war, our president believed that Iraq and the Al Qaida were connected, but there is no evidence to support this belief. He also believes that being in Iraq will keep the Al Qaida members from planning to attack the United States again, but, many of his followers have begun to stop believing in him because of the lack of results during the past three years.

Since the war on Iraq began, over 2,000 men and women have died. They have died fighting for a cause not all people understand. I myself don't understand why we are fighting in Iraq right now. I understand that in the beginning, the United States was in Iraq to find Saddam Hussein, but now, we are in Iraq to rid the country of the insurgents and help Iraq build a democracy. But there has been little progress since 2001. For instance, all of the dangerous Al Qaida members have been driven out of Tal Afar, but this has caused much damage and sorrow to the Iraqi people. It is estimated that 30,000 to 100,000 Iraqi soldiers and civilians have died during the War on Terror. Each day in Iraq, on the average, fifty to sixty people die from this battle.

The United States is not only causing suffering and sadness for itself; it is causing sadness for many other countries. A number of civilians have been taken hostage during this war; some of them have been beaten horribly and even killed. Seventeen countries have lost civilians or soldiers to this war. From non-hostile drowning to hostile ambushes, the number of dead is rising with each passing day we are in Iraq.

One of my friends' dads is in the military. One day I made the mistake of saying something negative about the War, how I thought that the United States shouldn't be in Iraq, and how I didn't like Bush's ideas for our country. Immediately, my friend started telling me that what troops in Iraq were doing was right and that her dad's job depended on President Bush's rule over the U.S.. She believes Bush is doing an excellent job of running our country. I know it is all opinion, and mine may just be based on the opinions of others around me, but even if my opinion is influenced, I still believe strongly that our presence in Iraq right now is wrong. It is a fact that we are sending our young men and women out to die.

Opinion is all that matters; only you can choose between supporting the War on Terror or not. But the fact still remains, many young men and women in the U.S. and other countries are dying for President Bush's idea to change the Iraqi government into a democracy. Is this a democratic way to change a country's government? Did Iraq ask for the U.S. to go in and change their way of life?

What is it through the battle smoke
the valiant soldier sees?
The little garden far away,
the budding apple trees,
The little patch of ground back there,
the children at their play,
Perhaps a tiny mound behind
the simple church of gray.
The golden thread of courage
isn't linked to castle dome
But to the spot, where're it be --
the humblest spot called home.

And now the lilacs bud again
and all is lovely there
And homesick soldiers far away
know spring is in the air;
The tulips come to bloom again,
the grass once more is green,
And every man can see the spot
where all his joys have been.
He sees his children smile at him,
he hears the bugle call,
And only death can stop him now --
he's fighting for them all.

Poem by Edgar A.

LAW ENFORCEMENT (Continued from page 3)

But that did not stop them from drinking, riding around, and drinking some more. Eventually they stopped the four-wheeler to have a cigarette, and while standing around, Eric hopped onto the ATV, planning to steal the vehicle from Greg and Joe. His plan did not work so well because Joe ripped Eric right off the four-wheeler and started to beat him up. It was Greg's four-wheeler, so he also started to stomp on Eric and punch him in the face. He became angrier because he was over protective of his machine and continued to pound on Eric with the help of Joe. They beat him so badly Eric lost consciousness.

When Joe and Greg brought Eric home after beating him, the door was locked so they just left him on the porch. Then, later on that day, his guardians finally woke up and found Eric still out on the porch in a real bad condition, so they called the clinic and took him to the health aide. In rural Alaska, many villages don't have doctors, so they make up for it with health aides. He was in a coma. After asking around, the guardians soon found out that he had been out riding with Greg and Joe, and Greg and Joe were told to go to the clinic to see the results of their beating.

When they arrived at the clinic, they looked at Eric. They didn't feel one bit sorry for him and said he got what he deserved. The health aide called the State Troopers and so they went to Levelock to investigate. Joe was sent to the McLaughlin and Greg was put on sight and sound which means he had to be within sight and sound of both of his parents.

Joe was released not too long after their incident and Greg was never around his parents. At night you could see him out running around with his friends. That is how bad the rural Alaskan law enforcement is. If kids can beat another kid into a coma and still be out running around, you know that the new generation of youth are not being disciplined and don't have real superior role models to set an example for them. Many of the youngsters are not learning from their mistakes, so they just keep on doing them over and over again. Some of the adults are also participating in these illegal activities and do not know they are setting a bad example for their children.

There are many ways that this incident could have been prevented. The parents and guardians could have been more responsible by applying a curfew for their children. I also think that the Law Enforcement didn't do their job correctly because there was a kid knocked into a coma, and after the crime was committed, a lack of follow through for the two boys responsible. In only some villages, community councils have provided villages with different approaches so that the youth will try and straighten out their acts.

In Igiugig, if you get into trouble, you have to stand in front of the whole village and say you're sorry and that you will never do the illegal act again. If they believe you, you still have to do community service, but in time they will gain your trust back if you do not get into any kind of trouble again. However, if you keep repeating your mistakes instead of learning from them, they will not feel sorry for you, call the Alaska State Troopers, and ensure the full extent of the law is followed through.

I think that the security in villages could be better, because there are many teenage kids out riding wild abusing drugs and alcohol. There would be less criminal activities if Village Public Safety Officers would be out patrolling whenever there is suspicious behavior. It would also help if the communities had many after school programs that would help keep our minds off of drugs, alcohol, and decrease negative peer pressure.

In conclusion, if communities want a safer village for their children, they should think about setting examples for them instead of letting them be out experiencing drugs and alcohol. Using drugs and alcohol at such a young age can cause long-lasting damage and with our lives still so far ahead of us, we should be learning how to work or make a living instead.

WORD BUILDING ANSWERS (Game can be found on page 5)

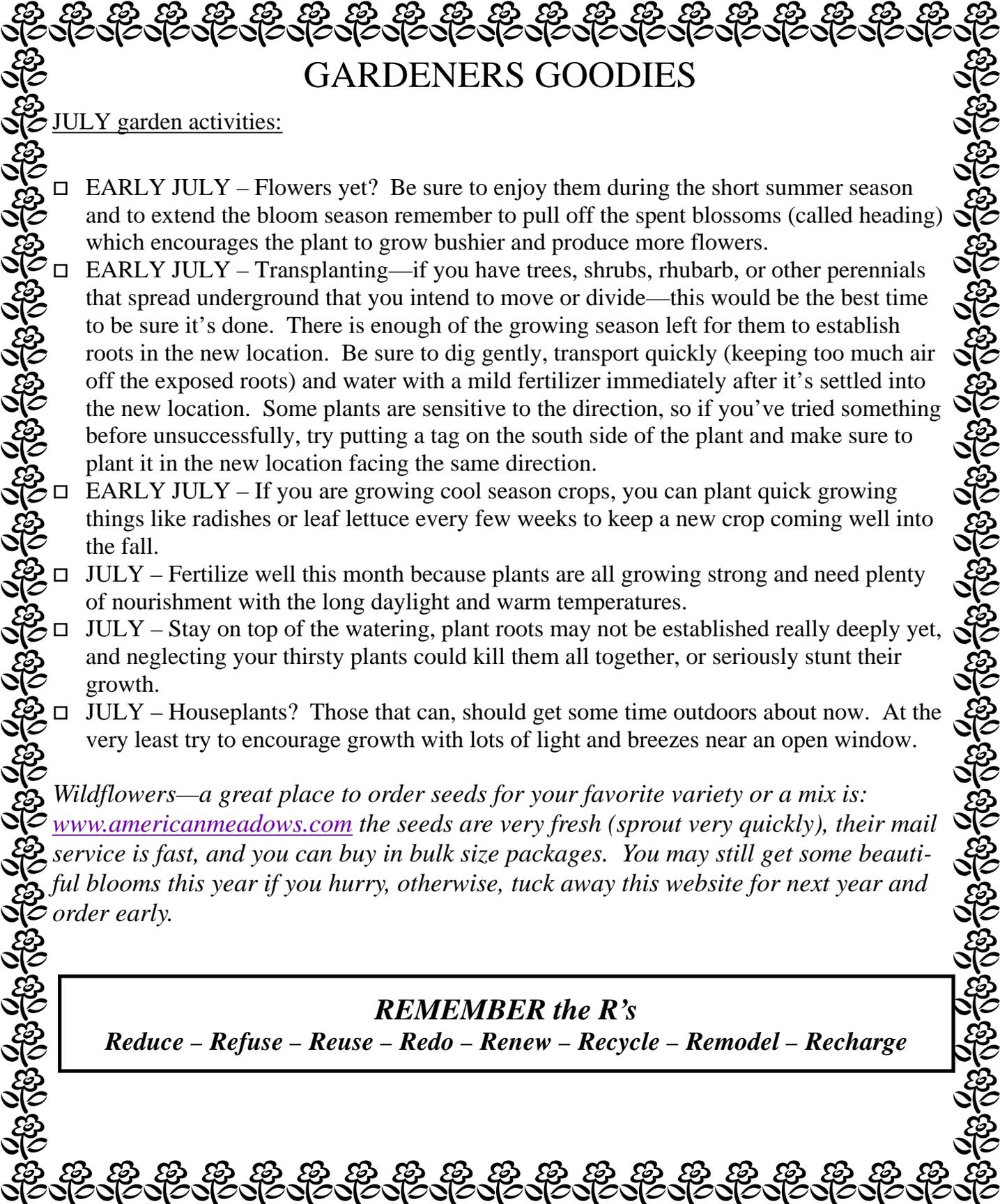
YAM, AIM, LAY, LAM, SAY, SLY, MAY, AIL, YAMS, ALMS, AILS, AIMS, LAYS, SAIL, SLAY, SLAM, SLIM, MAIL, SLIMY, MAILS, MISLAY

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

EDUCATION (Continued from page 7)

Have community members set a better example, and be aware what their kids are doing. All this can be done just by a little effort from the students, community, teachers, and staff and would make learning and teaching engaging and easier for everybody.

Thankfully, I am surrounded by teachers, community members, and a family that is motivated and who support me through all my educational efforts, so that I can get the best education possible. By working together, the educational future will be brighter for all students.



GARDENERS GOODIES

JULY garden activities:

- ❑ EARLY JULY – Flowers yet? Be sure to enjoy them during the short summer season and to extend the bloom season remember to pull off the spent blossoms (called heading) which encourages the plant to grow bushier and produce more flowers.
- ❑ EARLY JULY – Transplanting—if you have trees, shrubs, rhubarb, or other perennials that spread underground that you intend to move or divide—this would be the best time to be sure it’s done. There is enough of the growing season left for them to establish roots in the new location. Be sure to dig gently, transport quickly (keeping too much air off the exposed roots) and water with a mild fertilizer immediately after it’s settled into the new location. Some plants are sensitive to the direction, so if you’ve tried something before unsuccessfully, try putting a tag on the south side of the plant and make sure to plant it in the new location facing the same direction.
- ❑ EARLY JULY – If you are growing cool season crops, you can plant quick growing things like radishes or leaf lettuce every few weeks to keep a new crop coming well into the fall.
- ❑ JULY – Fertilize well this month because plants are all growing strong and need plenty of nourishment with the long daylight and warm temperatures.
- ❑ JULY – Stay on top of the watering, plant roots may not be established really deeply yet, and neglecting your thirsty plants could kill them all together, or seriously stunt their growth.
- ❑ JULY – Houseplants? Those that can, should get some time outdoors about now. At the very least try to encourage growth with lots of light and breezes near an open window.

Wildflowers—a great place to order seeds for your favorite variety or a mix is: www.americanmeadows.com the seeds are very fresh (sprout very quickly), their mail service is fast, and you can buy in bulk size packages. You may still get some beautiful blooms this year if you hurry, otherwise, tuck away this website for next year and order early.

REMEMBER the R's

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

Walking vs. Driving

Contributed by the Environmental Department

Ding, ding, ding, ding; the stage is set and the title is up for grabs, so let's see what's better for you and the environment:

- ⊗ Walking is free, gasoline is not.
- ⊗ Walking is good for your health, driving is good for the oil companies.
- ⊗ Walking does not affect the environment, gasoline emits pollution.
- ⊗ Walking energizes you, driving makes you dependable on gasoline.
- ⊗ Walking allows you to hear the birds, the water, etc., driving doesn't.

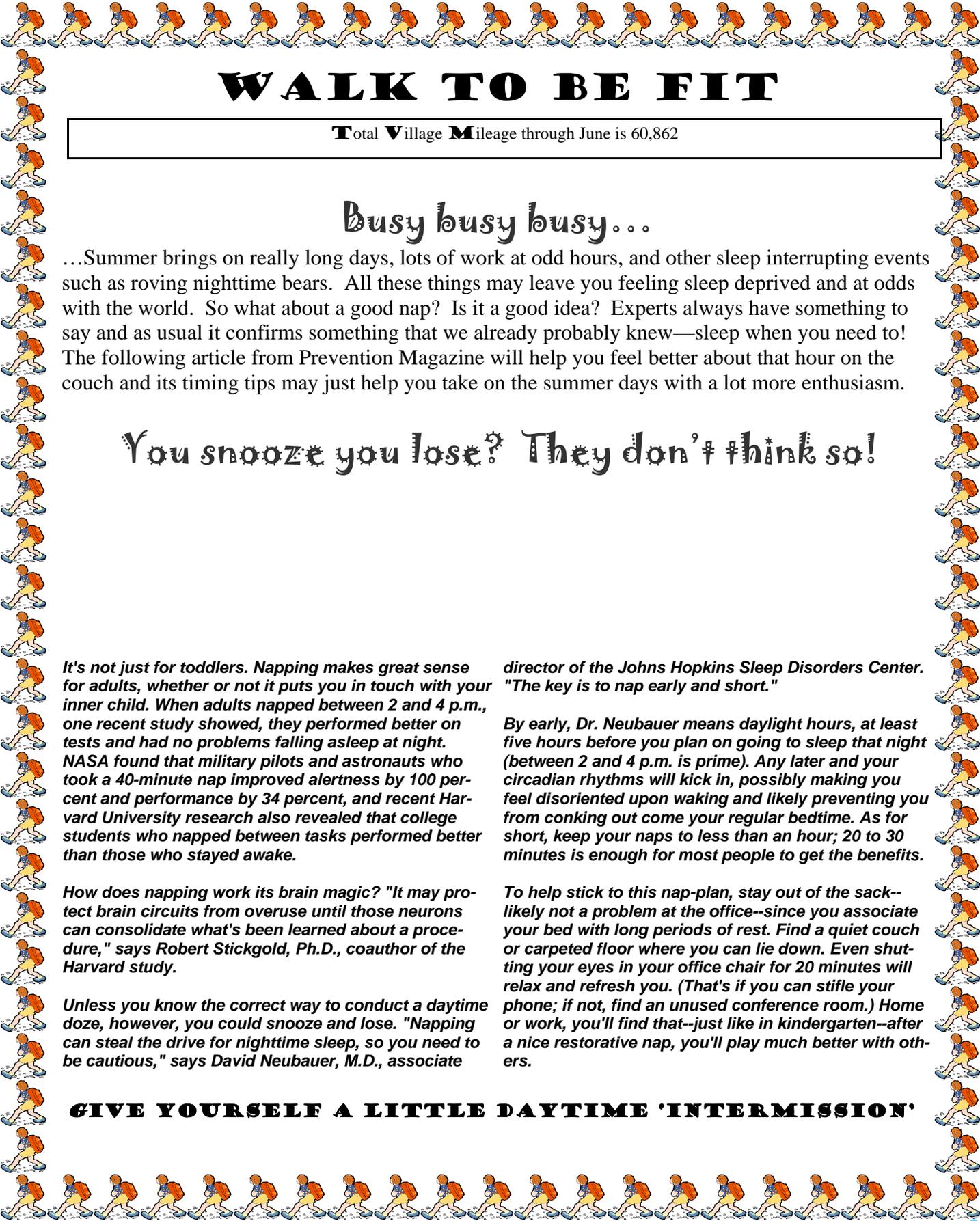
These are just some of the reasons why walking is the undisputable champion. Now, we are not saying that driving is not necessary in this day and age, what we are saying is that the next time you're about to get on that ATV or in that truck, you should think about the environment, your pocket, and your health.

Did you know...?

You burn 25% more calories when you walk 10 minutes than if you rode a bike for the same amount of time.



1. Tess, a.k.a. Momma Moose, took care of the baby moose that was abandoned by its mother. The baby would trail Tess waiting to drink its bottle of milk. The baby has since left Igiugig and has not returned.
2. The kids, Shaun, Camille, Kyle, Tess, Tatyana, and Gregory, walk with the baby moose while trying to get it to eat something.
3. Gabe helps with herding the baby moose to take it to where its mother was last seen.



WALK TO BE FIT

Total Village Mileage through June is 60,862

Busy busy busy...

...Summer brings on really long days, lots of work at odd hours, and other sleep interrupting events such as roving nighttime bears. All these things may leave you feeling sleep deprived and at odds with the world. So what about a good nap? Is it a good idea? Experts always have something to say and as usual it confirms something that we already probably knew—sleep when you need to! The following article from Prevention Magazine will help you feel better about that hour on the couch and its timing tips may just help you take on the summer days with a lot more enthusiasm.

You snooze you lose? They don't think so!

It's not just for toddlers. Napping makes great sense for adults, whether or not it puts you in touch with your inner child. When adults napped between 2 and 4 p.m., one recent study showed, they performed better on tests and had no problems falling asleep at night. NASA found that military pilots and astronauts who took a 40-minute nap improved alertness by 100 percent and performance by 34 percent, and recent Harvard University research also revealed that college students who napped between tasks performed better than those who stayed awake.

How does napping work its brain magic? "It may protect brain circuits from overuse until those neurons can consolidate what's been learned about a procedure," says Robert Stickgold, Ph.D., coauthor of the Harvard study.

Unless you know the correct way to conduct a daytime doze, however, you could snooze and lose. "Napping can steal the drive for nighttime sleep, so you need to be cautious," says David Neubauer, M.D., associate

director of the Johns Hopkins Sleep Disorders Center. "The key is to nap early and short."

By early, Dr. Neubauer means daylight hours, at least five hours before you plan on going to sleep that night (between 2 and 4 p.m. is prime). Any later and your circadian rhythms will kick in, possibly making you feel disoriented upon waking and likely preventing you from conking out come your regular bedtime. As for short, keep your naps to less than an hour; 20 to 30 minutes is enough for most people to get the benefits.

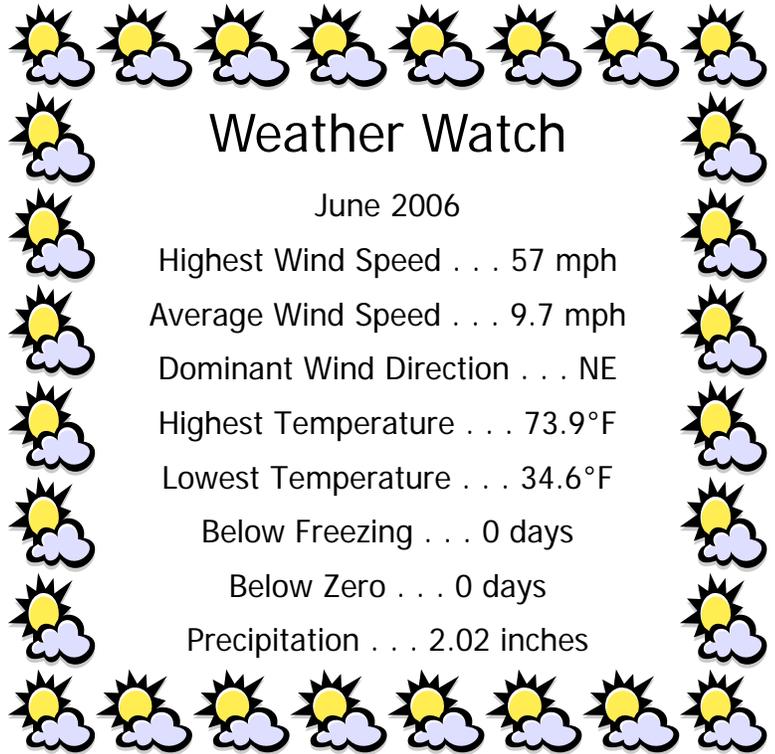
To help stick to this nap-plan, stay out of the sack--likely not a problem at the office--since you associate your bed with long periods of rest. Find a quiet couch or carpeted floor where you can lie down. Even shutting your eyes in your office chair for 20 minutes will relax and refresh you. (That's if you can stifle your phone; if not, find an unused conference room.) Home or work, you'll find that--just like in kindergarten--after a nice restorative nap, you'll play much better with others.

GIVE YOURSELF A LITTLE DAYTIME 'INTERMISSION'

Igiugig Tribal Village Council

PO Box 4008
Igiugig, AK 99613
Phone: 907.533.3211
Fax: 907.533.3217
www.igiugig.com
Email: igiugig@bristolbay.com

Lydia Olympic, President
Dallia Andrew, Vice-President
Randy Alvarez, Member
Greg Zackar, Sr., Member
Cecelia Suskuk, Member
Dan Salmon, Tribal Administrator
Sandy Alvarez, Administrative Assistant
Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk & Librarian
Kevin Olympic, Administrative Trainee
Tanya Salmon, Clerical Staff
Eudi Nuñez, Tribal Clerk



Recipe Corner

Contributed by Sandy Alvarez

Potato-Crusted Salmon

Potato chips make a great crust for salmon!
(Adapted from a recipe by Dave Lieberman, author of *Young & Hungry*, and host of Food Network's "Good Deal with Dave Lieberman.")
Makes 8 servings

1 (24 oz avg.) [boneless wild sockeye salmon fillet](#)
Kosher sea salt
Pepper
One 5.5-ounce bag kettle-cooked potato chips
Zest of 1/2 lime
1/3 cup chopped fresh dill
2 Tbsp. Oil

- Preheat the oven to 400 degrees F.
- Lay the side of salmon, skin-side down, in the center of a baking sheet. Season it lightly with salt and pepper.
- Crush the potato chips, lime zest and dill together in a bowl until the chips resemble coarse crumbs. Mix in 2 tablespoons of oil until incorporated.
- Coat the salmon with a thin, even layer of potato-chip crumbs. Pat them on the fish gently so they stay put.
- Bake for 20-25 minutes, or until chip coating is browned. Serve the salmon from the baking sheet, or use 2 spatulas to transfer the salmon to a serving platter, putting one at either end and lifting them up together.