

# Igiugig News & Notes

Igiugig Tribal Village Council

February 2007

Volume 10, Issue 2

## No-See-Um Home Games

By Jackie Woods, 12th Grade, Igiugig School

Our only basketball home game welcomed Pedro Bay, Levelock, and Kokhanok to the home town of the Igiugig No-See-Ums. We came out on top of three teams, and finished with the best record for mixed 3 with 2-0. We played very hard against the other teams.

While the teams were arriving from their hometowns, the passionate No-See-Ums waited for the games, finished up their schoolwork and made posters. After the home team made the posters, they stayed at school, talked with their friends, and waited until dinner was done because the players were very hungry.

Our first game was against the Levelock Vikings. After stretching out, it was tip off time. The starting three for the Igiugig No-See-Ums were Jeremy Salmon, April Hostetter, and me, Jackie Woods. As for the Vikings, there were Chris Apokedak, Chadlin Washington, and Jordan Chuckwak. I jumped against Chris and the No-See-Ums got the ball. We did very well and moved into the lead in the very first quarter. Everyone had a chance to play, and by the third quarter some of us were pretty tired.

In the final quarter, the game became a blowout because of the fantastic playing by the No-See-Ums, and by the end of the game, there was

*(Continued on page 2)*



The No-See-Ums kept the pressure on the Vikings throughout their first game of the season.



Jackie blocks Nicholas Mike as Jon shoots for two.

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### Birthdays this month

- March 6  
Gabe Gust
- March 21  
Jonathan Salmon

# Levelock Basketball Games by Dawsey Apokedak, 12 Grade, Igiugig School

“Veni, Vidi, Vici,” We came, We saw, and We conquered. Last Friday, the Igiugig No-See-Ums ventured into Levelock Viking territory for the second round of basketball games... and returned undefeated.

Early the morning of February 2, 2007, the Igiugig basketball team took the thirty-minute flight to Levelock to drop our luggage off. After leaving our load in Levelock, we flew to King Salmon so that we could apply for our passports. We arrived at the airport, and our conveyance was waiting for us in the parking lot to take us to the Bristol Bay Borough Building.

At the borough building, we took turns taking our photos and giving Mrs. Coghill our birth certificates and identification cards to start the process of obtaining a United States passport in preparation for our trip to Costa Rica. When we were all finished it was off to Eddie’s Fireplace Inn to have lunch - thanks to Dan Salmon. After our delicious lunch, we headed to the district office where we waited for our plane to pick us up.

As we approached take off, the winds started to blow pretty hard, and our flight to Levelock was a little bumpy. The Levelock students were still in school, so the

opposing teams sat on the benches to watch the students of Levelock play a game of kick ball while the coaches decided who would play in the first games.

Kiska of the Pedro Bay Chiefs and Jon Salmon of the Igiugig No-See-Ums got ready for the tip off, and Jon got the upper hand. This game against Pedro Bay gave the No-See-Ums a chance to practice up on their movement of the ball. This worked out really well because the final score ended at 79-39 with Igiugig the victors.

Then, after wearing us down in the first game, we had a little more of a challenge when we had to play the Levelock Vikings on their home court. We had a good tussle in the beginning until we beat the Levelock Vikings 86-66.

Our return trip home wasn’t all that exciting except for April forgetting her sleeping bag, sandals, lip gloss, and sweater at the school. As for me, I forgot my belt in the library where I told myself I wouldn’t forget it. Oh well, we had a superb time and practiced handling the ball better. Our next games are scheduled for February 9-10 when we will be playing against the Pedro Bay Chiefs and the Kokhanok Warlords.

## NO-SEE-UMS (Continued from page 1)



Pedro Bay’s Bianca tries to work her way around the Leonard of the Warlords.

no chance for the Levelock Vikings to catch up. The No-See-Ums won by 30 points because of their good rebounds, many steals, and also a few good blocks.

Play continued with the No-see-ums taking on the Kokhanok Warlords. Kokhanok has some good shooters, but we again were

the victors due to moving the ball quickly and not giving up.

It looks like this will be a good season for the Igiugig No-see-ums, but we won’t know for sure until the district tournament on February 23<sup>rd</sup>-24<sup>th</sup>. Wish us luck!

Sergie Jr., Dawsey, and Rhea kept score and the record books.



Mary shoots as the Vikings Chadlin jumps to block the shot.





## Super Bowl Fundraiser by Jeremy Salmon, 9th Grade, Igiugig School



It's a fight between the Indianapolis Colts and the Chicago Bears. Who do you think will win? On Super bowl Sunday, the Igiugig Students held a burger fundraiser to help raise money for our Costa Rica trip. We had to wash our hands, cook the burgers, and clean the kitchen.

The high school students gathered together at the school on February 4<sup>th</sup>, also known as Super Bowl Sunday. They began cooking the fries first because they took an eternity to cook. While Jon cooked the burgers, Dawsey and April put the mayonnaise, lettuce, onions, and other ingredients that were needed on the buns, while I made the fries and, Jackie delivered the burgers to the anxiously waiting villagers. The burgers took about two hours to cook and deliver, which was fast, probably the fastest yet. We got home in time to watch the Super Bowl, which wasn't that exciting. The one and only problem that occurred was the propane on the grill.

While Jon was busily cooking the burgers, he

came upon a problem. We were out of propane. We had four tanks of propane and three had run out. Unfortunately, the last one wouldn't fit onto the connection to the grill. We had to borrow one of the Andrew's bottles (thank you!), and then were on our way to finishing the burgers. This was a record so far this year for having few problems.

The last duty we had before going home was to clean up the gym and kitchen. I did the dishes, Dawsey washed down the tables and put them away, Jon picked up the grill area, and April and Jackie picked up the kitchen area. When we had cleaned up all of our mess, we went home and made it just in time to see the Chicago Bears lose to the Indianapolis Colts.

This was just one of many fundraisers needed to reach our goal to go to Costa Rica. Thanks to all the support from the village of Igiugig, we are sure to reach our goal.

## Chicks and Fish by April Hostetter, 9th Grade, Igiugig School

The whole school (now consisting of nine students and two teachers) were all anxiously huddled around the incubator as another baby chick emerged from its shell. Just twenty-one days ago, Mark placed nineteen fresh chicken eggs in the incubator. Thanks to the Igiugig Village Council, who bought the incubator last year, a "Hatchmaster A" incubator protected the soon to be chirping chicks. All yellow, soft and fluffy (not how they looked when they first hatched), ten chicks are now noisily crowded in the boiler shed behind the school. Sadly, there is a little lame chick that we are hoping will make it, but it doesn't look very promising.

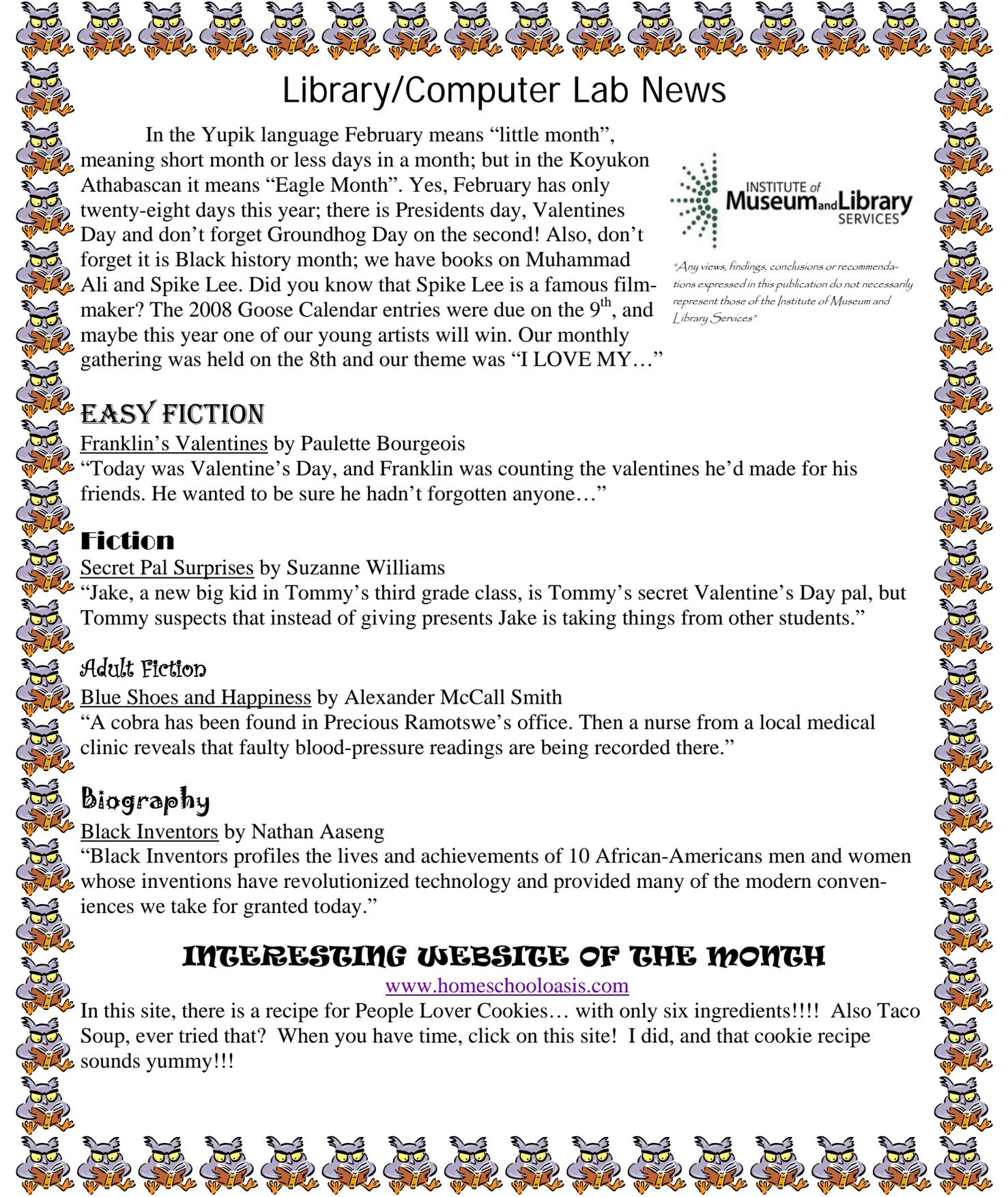
Another hatching occurred a couple months ago –this time of fish. New junior "Ne" and "Moe"s (named after the only two survivors four years ago when we tried to raise fish, but the copper in the water killed all but two) burst out of their watery enclosures, and now, over three hundred little fry are

swimming around in the fish tank located in the school hallway. Mark's class is planning on releasing the little Ne and Moe's in a couple months.

We are going to put more eggs –chicken eggs that is, in the incubator in the following weeks. This time there will be a watchful eye on the chicks, so local dogs or foxes won't find them as dinner.

Both the chickens and the fish are part of the elementary student's projects to learn lifecycles of different animals. The chickens are a joint project with the Village Council so that the chicken population (there is currently about twenty-eight chickens) will increase, and continue to lay eggs for the village.





# Library/Computer Lab News

In the Yupik language February means “little month”, meaning short month or less days in a month; but in the Koyukon Athabascan it means “Eagle Month”. Yes, February has only twenty-eight days this year; there is Presidents day, Valentines Day and don’t forget Groundhog Day on the second! Also, don’t forget it is Black history month; we have books on Muhammad Ali and Spike Lee. Did you know that Spike Lee is a famous filmmaker? The 2008 Goose Calendar entries were due on the 9<sup>th</sup>, and maybe this year one of our young artists will win. Our monthly gathering was held on the 8th and our theme was “I LOVE MY...”



*“Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services”*

## EASY FICTION

Franklin’s Valentines by Paulette Bourgeois

“Today was Valentine’s Day, and Franklin was counting the valentines he’d made for his friends. He wanted to be sure he hadn’t forgotten anyone...”

## Fiction

Secret Pal Surprises by Suzanne Williams

“Jake, a new big kid in Tommy’s third grade class, is Tommy’s secret Valentine’s Day pal, but Tommy suspects that instead of giving presents Jake is taking things from other students.”

## Adult Fiction

Blue Shoes and Happiness by Alexander McCall Smith

“A cobra has been found in Precious Ramotswe’s office. Then a nurse from a local medical clinic reveals that faulty blood-pressure readings are being recorded there.”

## Biography

Black Inventors by Nathan Aaseng

“Black Inventors profiles the lives and achievements of 10 African-Americans men and women whose inventions have revolutionized technology and provided many of the modern conveniences we take for granted today.”

## INTERESTING WEBSITE OF THE MONTH

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

In this site, there is a recipe for People Lover Cookies... with only six ingredients!!!! Also Taco Soup, ever tried that? When you have time, click on this site! I did, and that cookie recipe sounds yummy!!!

# My Christmas Vacation

By Camille Andrew, 2nd Grade, Igiugig School

When my family and I went to Anchorage we flew on Iliamna Air Taxi. It was a smooth flight. The first thing we did when we got to Anchorage was to go shopping at Dimond Center, which is a mall. My mom bought me two pairs of pants. The next day we went to my auntie and uncle's house. We went sledding and I crashed because my sled tipped. I was dizzy after I crashed. Also that day we went cross-country skiing around the block. A few days after that we went swimming at the hotel and I held on to the edges of the pool

because the water was too deep. After I went around the pool a few times, I did cannon balls. It was very fun. The next day we went to Dimond Center and we saw Happy Feet. It is a movie. It was very good and funny. It is about singing and dancing penguins. Also, we saw fireworks. They were loud and colorful and they were downtown. After a few days we went to H2Oasis. It was very fun. My dad and I went on the Master Blaster. That ride was exciting. Our trip was fun and exciting and I couldn't wait to get home.



← Christina and Keilan came from Newhalen to watch the No-See-Ums play.

→ Julie sits with her grandson, Aiden who was busy sharing snacks with Madison.



# Sudoku

Answer can be found on page 10.

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 |   | 1 |   |   |   |   |   |   |
|   |   | 7 | 8 | 3 |   |   | 6 |   |
| 4 |   | 9 | 2 | 6 |   |   |   |   |
|   |   | 3 |   |   |   |   |   | 1 |
|   |   |   |   | 9 |   | 5 |   |   |
|   | 5 |   |   |   |   | 6 | 4 |   |
|   |   |   |   |   | 7 |   |   |   |
|   |   |   | 9 |   |   |   | 1 | 8 |
|   | 7 | 8 |   | 1 |   | 2 |   |   |

# Costa Rica Plans

By Jonathan Salmon, 12th Grade, Igiugig School

Hola, Buenos dias! Last month, Igiugig Student Government's travel proposal for an educational trip to Costa Rica was approved. The proposal was an accumulation of weeks of planning, days of studying maps, and hours of locating hotels. We gathered enough information to present it to the school board who reviewed the document and passed it without any fuss.

Our trip begins in San Jose where we will continue around the small country by bus, the cheapest and safest travel. To speed up the tedious process of outlining the whole trip's plans, which takes up several pages, a list of the towns we will visit would make more sense. The days spent in Costa Rica include the following cities: Puntarenas, Boca Tapada, Santa Elena, Tortuguero, Puerto Viejo, and then back to San Jose. If you trace the cities planned, they form a semi-circle that will bring us to many different regions of Costa Rica, including both the Pacific and Atlantic Oceans.

While there, we plan on spending a minimum of two days at each city. Our list of activities includes visiting several rain forests, boating, and beaches. To learn more about Costa Rica's history and government we have planned museum visits along with a historical tour in San Jose. We may even have the chance to visit a serpentarium and view animals uncommon in our part of the world.

Of course, Spanish is needed and the class now spends a portion of the day working on common phrases. Our chaperones consist of our teacher, Kristin Hathhorn, and village administrator, Dan Salmon. Last week the class applied for passports because none of us have ever left U.S. territory before. This trip is well anticipated and we are excited about the possibility of visiting another country. We would like to thank all those that helped sponsor our trip to make it possible and we will continue our fundraising to cover the loose ends. Further updates will follow as soon as we iron out the wrinkles and set our plans in stone. Muchas gracias!

## WORD BUILDING

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

## GSIYPME

- |        |          |             |
|--------|----------|-------------|
| 1. □□□ | 7. □□□   | 16. □□□□    |
| 2. □□□ | 8. □□□   | 17. □□□□    |
| 3. □□□ | 9. □□□   | 18. □□□□    |
| 4. □□□ | 10. □□□  | 19. □□□□    |
| 5. □□□ | 11. □□□  | 20. □□□□    |
| 6. □□□ | 12. □□□□ | 21. □□□□□   |
|        | 13. □□□□ | 22. □□□□□   |
|        | 14. □□□□ | 23. □□□□□□□ |
|        | 15. □□□□ |             |

Answers can be found on page 11.

# Bits 'n Pieces

*What career should you pursue if you never want to be out of job?*

## 12 Jobs That Will Never Disappear

By Candace Corner, CareerBuilder.com writer

While there are certainly more than 12 occupations that will stand the test of time -- like artist and politician -- check out this list of jobs that have staying power:

### 1. Doctor

*Why it's everlasting:* While humans pride themselves on being the most intelligent of species, we still have a mortality rate, and we still get bumped, bruised and diseased along the way. We will always need people to investigate and treat our medical conditions.

*What it pays:* The median annual salary is \$120,000.

### 2. Teacher

*Why it's everlasting:* There will always be a need for education, and there will always be a need for people to do the educating.

*What it pays:* The median annual earnings of kindergarten, elementary, middle, and secondary school teachers ranged from \$41,400 to \$45,920.

### 3. Mortician

*Why it's everlasting:* Unless a solution for mortality is found and available to everyone, there will always be a need for someone to care after the deceased.

*What it pays:* The median annual salary is \$37,000.

### 4. Waste Disposal Manager

*Why it's everlasting:* Humans create a lot of waste, biologically and otherwise. We'll always need people to maintain and relocate our messes.

*What it pays:* The median annual salary is \$35,000.

### 5. Scientist

*Why it's everlasting:* Humans will always ponder our surroundings and how it all works. We need people to dedicate their lives to the cause and effects of ourselves and our environments to deal with changes.

*What it pays:* The median salary for a research scientist (biotechnology) is \$70,000. The median annual salary for an environmental scientist is \$42,000.

### 6. Tax Collector

*Why it's everlasting:* As the old saying goes, "In this world nothing is certain but death and taxes." For all reported income, there will always be a form of collection to aid government programs.

*What it pays:* The median annual salary is \$38,000.

### 7. Barber

*Why it's everlasting:* People will always need to have

their hair cut and groomed.

*What it pays:* The median annual salary is \$21,200.

### 8. Soldier

*Why it's everlasting:* Even if world peace were a reality, there would still be a fear of future wars based on history.

*What it pays:* The basic pay for enlisted personnel is an annual income of \$14,137. The position also includes paid housing, food allowances, healthcare at little to no cost for the soldier and their family, extended vacation/leave, education stipends and additional incentives.

### 9. Religious Leader

*Why it's everlasting:* As people continue to ponder the meaning of their own existence, a majority find a need for people to assist them with a form of spiritual guidance.

*What it pays:* The median annual salary is \$34,000.

### 10. Law Enforcement Officer

*Why it's everlasting:* If we are dependant upon a system that governs, we will also be dependant upon people to enforce the rules of that system.

*What it pays:* The median annual earnings at government state and local levels are \$38,236. The median annual earnings for companies are \$62,700.

### 11. Farmer

*Why it's everlasting:* One of the basic human needs is food and, even though farming is increasingly consolidated, there will still be a need for someone to grow it.

*What it pays:* The average net cash farm business income is last reported at \$15,603. Government subsidies and additional incomes or cost reductions are not included in this figure. Incomes for ranchers and farmers vary with the weather, price of farm equipment and factors that involve the quality and quantity of the product.

### 12. Construction Worker

*Why it's everlasting:* In the same way we'll always need food, we'll always need a form of shelter to protect us from the elements. We will always need construction workers to build and repair our buildings.

*What it pays:* The median annual salary is \$35,000.

\* Salary sources: Bureau of Labor Statistics, Payscale.com, the Department of Defense, GoArmy.com and About.com.

# GARDENERS GOODIES

## FEBRUARY garden activities:

- ❑ FEBRUARY – Catalogs and Magazines? If you’ve not found what you are looking for, or if you don’t get very many, try the internet. Following are a few of my favorites:
  - [www.seedsofchange.com](http://www.seedsofchange.com) – “Seeds of Change – Certified Organic” 888-762-7333 offers lots of heirloom varieties (i.e. varieties of plants that have been grown for generations, not hybrids, so you can save the seed and have the exact same plant grow from them year after year).
  - [www.burpee.com](http://www.burpee.com) – “Burpee Seeds” 800-888-1447 a good all around source for flower and vegetable seeds with many varieties of hybrids and heirloom.
  - [www.americanmeadows.com](http://www.americanmeadows.com) – “American Meadows” 877-309-7333 has all varieties of wild flower seeds and large bulk size packages of “meadow mixes” if you want to seed a large area in a variety of flowers.
  - [www.gardeners.com](http://www.gardeners.com) – “Gardeners Supply Company” 888-833-1412 specializes in growing supplies and equipment including many types of trays and lighting for starting plants indoors.
  - [www.organicgardening.com](http://www.organicgardening.com) – “Organic Gardening” the online version of the magazine. If you don’t find time to go down and read the one the village subscribes to you can always sign on and read this one on the internet.
  - [www.directgardening.com](http://www.directgardening.com) - "Direct Gardening" an online only source for supplies and seeds (no catalog).

All of the websites listed also have very nice catalogs full of not only seed selections, but also growing supplies, fertilizers, cooking/canning accessories, nutritional information, tips for gardening and pest control, and articles about all sort of interesting yard and garden topics.

The websites for these companies generally also have online information ‘libraries’ where you can get your gardening questions answered by typing in key words or phrases.

Most also have search engines within the site so that you can find things even when you don’t know what they are called—for example if all you know is that the flower was blue, type in “blue flower” and it will pull up all the selections that have that in the description. They generally have pictures of every item too, so if you do best visually, you can just keep browsing until you see the one you wanted.

- ❑ FEBRUARY – Take advantage of the longer days, for some outdoor activities—either for your yard or just for fun. With any luck a regular February is relatively warm (around 10\*) with lots of beautiful sunny days.

- ❑ Large Plant Potting Mix (recipe from Organic Gardening Magazine)

You can grow perennials, shrubs and trees, even fruit trees, in large containers. But they require a soil mix that provides a long-term, steady supply of nutrients. This recipe ensures the drainage that is essential for healthy growth in containers and also provides organic soil amendments to nourish your plants.

4 parts sphagnum peat

2 parts compost (or 1 part compost and 1 part garden soil)

1 part small bark chips (composted)

1 part perlite

Mix the above ingredients, and for each cubic foot (0.03 cubic meters) of media, add these slow-release organic fertilizers:

4 ounces (110g) of dolomitic limestone

4 ounces (110g) of bonemeal

1 pound (500g) of greensand

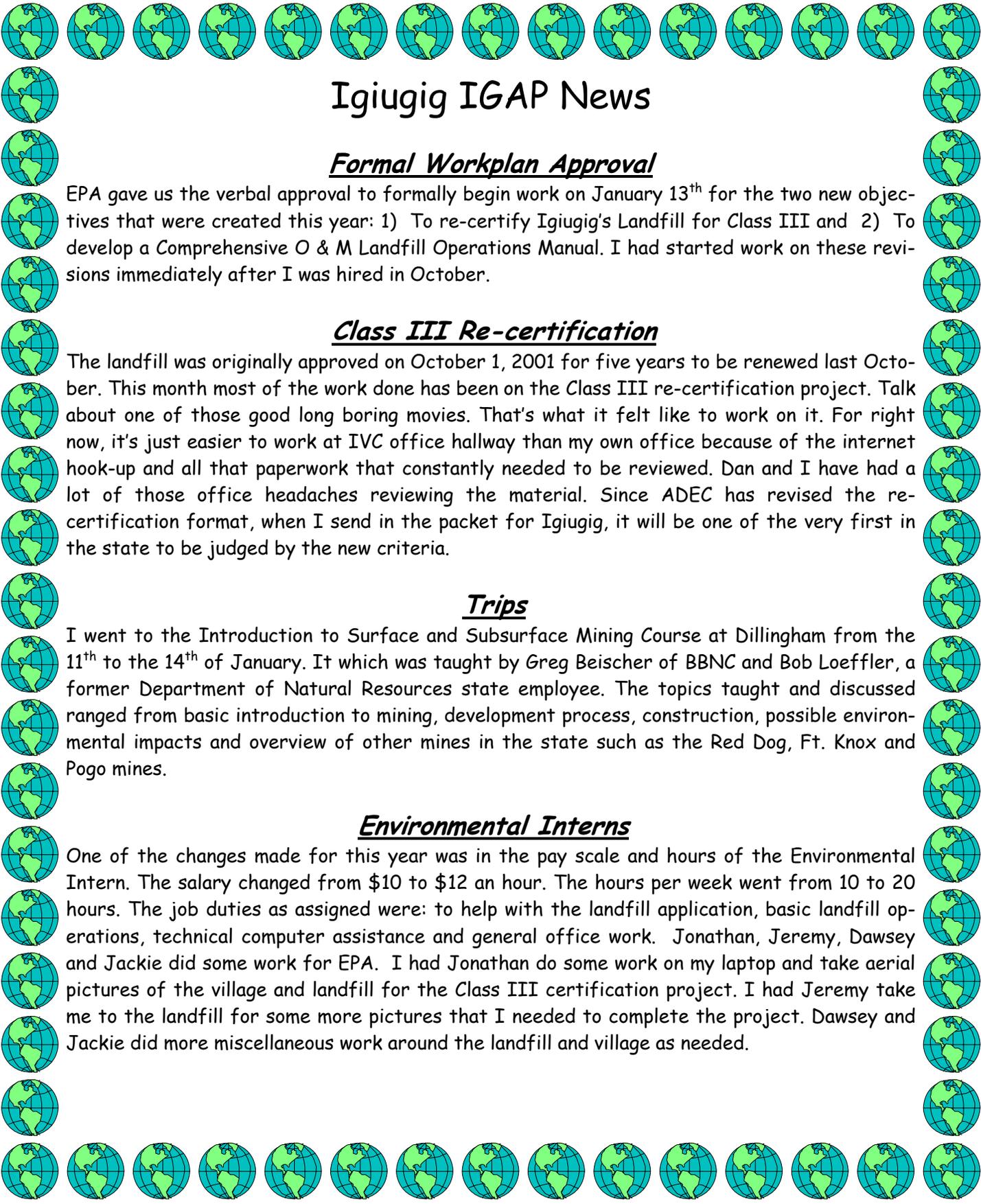
2 ounces (55g) of bloodmeal

2 ounces (55g) of kelp meal

With this hefty dose of nutrients, your plants will not need additional fertilizing until a month after potting.

### **REMEMBER the R's**

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



# Igiugig IGAP News

## **Formal Workplan Approval**

EPA gave us the verbal approval to formally begin work on January 13<sup>th</sup> for the two new objectives that were created this year: 1) To re-certify Igiugig's Landfill for Class III and 2) To develop a Comprehensive O & M Landfill Operations Manual. I had started work on these revisions immediately after I was hired in October.

## **Class III Re-certification**

The landfill was originally approved on October 1, 2001 for five years to be renewed last October. This month most of the work done has been on the Class III re-certification project. Talk about one of those good long boring movies. That's what it felt like to work on it. For right now, it's just easier to work at IVC office hallway than my own office because of the internet hook-up and all that paperwork that constantly needed to be reviewed. Dan and I have had a lot of those office headaches reviewing the material. Since ADEC has revised the re-certification format, when I send in the packet for Igiugig, it will be one of the very first in the state to be judged by the new criteria.

## **Trips**

I went to the Introduction to Surface and Subsurface Mining Course at Dillingham from the 11<sup>th</sup> to the 14<sup>th</sup> of January. It which was taught by Greg Beischer of BBNC and Bob Loeffler, a former Department of Natural Resources state employee. The topics taught and discussed ranged from basic introduction to mining, development process, construction, possible environmental impacts and overview of other mines in the state such as the Red Dog, Ft. Knox and Pogo mines.

## **Environmental Interns**

One of the changes made for this year was in the pay scale and hours of the Environmental Intern. The salary changed from \$10 to \$12 an hour. The hours per week went from 10 to 20 hours. The job duties as assigned were: to help with the landfill application, basic landfill operations, technical computer assistance and general office work. Jonathan, Jeremy, Dawsey and Jackie did some work for EPA. I had Jonathan do some work on my laptop and take aerial pictures of the village and landfill for the Class III certification project. I had Jeremy take me to the landfill for some more pictures that I needed to complete the project. Dawsey and Jackie did more miscellaneous work around the landfill and village as needed.

## Answers to WORD BUILDING

(game on page 6)

SIP, IMP, GYM, YES, YIP, PEG, PIE, PIG, SPY, GEM, GYP, ESPY, IMPS, GEMS, GYMS, GYPS, YIPS, PEGS, PIES, PIGS, GIMPY, YIPES, PYGMIES

Check out Word Definitions: (from [www.dictionary.reference.com](http://www.dictionary.reference.com) )

### imp

*-noun*

a little devil or demon; an evil spirit.  
a mischievous child.

*Archaic.* a scion or offshoot of a plant or tree.

*Archaic.* an offspring.

*—Synonyms* 2. scamp, rascal, brat, devil.

### gyp

to defraud or rob by some sharp practice; swindle; cheat.

a swindle or fraud.

[gypster](#). a swindler or cheat.

Also called **gypsy**. an owner of racehorses who also acts as trainer and jockey.

### es·py

*-verb (used with object), -pied, -py·ing.*

to see at a distance; catch sight of.

*—Synonyms* discern, descry, discover, perceive, make out

### gimp

a limp.

a person who limps; lame person

to limp; walk in a halting manner: *a sprain that made her gimp for weeks*

*—Related forms*

**gimpy**, *adjective*

Congratulations to the Igiugig students! In the recent LPSD Battle of the Books competition, all Igiugig teams placed second. The 3rd/4th grade team consisted of Camille and Shaun Andrew; Tess Hostetter was the lone participant on the 5th/6th grade team; and the high school team had Jon Salmon, Dawsey Apokedak, and April Hostetter.

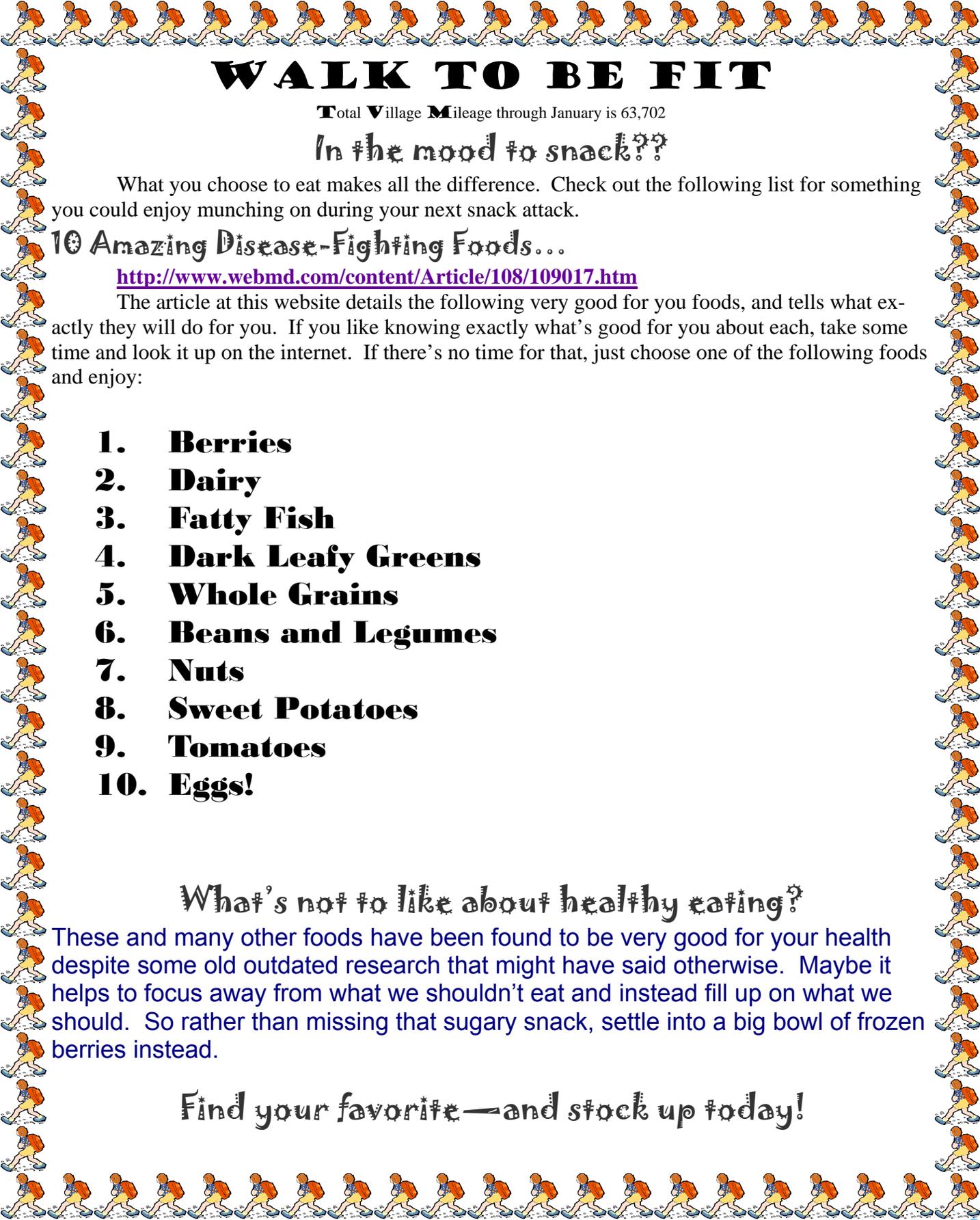


↑ Camille was the recorder and Shaun the spokesperson for the 3rd/4th team.

← With no other 5th or 6th graders in Igiugig School, Tess did everything on her team.

## Answers to SUDOKU (game on page 5)

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 8 | 6 | 1 | 7 | 4 | 9 | 3 | 2 | 5 |
| 5 | 2 | 7 | 8 | 3 | 1 | 9 | 6 | 4 |
| 4 | 3 | 9 | 2 | 6 | 5 | 1 | 8 | 7 |
| 6 | 9 | 3 | 5 | 2 | 4 | 8 | 7 | 1 |
| 7 | 8 | 4 | 1 | 9 | 6 | 5 | 3 | 2 |
| 1 | 5 | 2 | 3 | 7 | 8 | 6 | 4 | 9 |
| 2 | 1 | 5 | 6 | 8 | 7 | 4 | 9 | 3 |
| 3 | 4 | 6 | 9 | 5 | 2 | 7 | 1 | 8 |
| 9 | 7 | 8 | 4 | 1 | 3 | 2 | 5 | 6 |



# WALK TO BE FIT

Total Village Mileage through January is 63,702

## In the mood to snack??

What you choose to eat makes all the difference. Check out the following list for something you could enjoy munching on during your next snack attack.

### 10 Amazing Disease-Fighting Foods...

<http://www.webmd.com/content/Article/108/109017.htm>

The article at this website details the following very good for you foods, and tells what exactly they will do for you. If you like knowing exactly what's good for you about each, take some time and look it up on the internet. If there's no time for that, just choose one of the following foods and enjoy:

1. **Berries**
2. **Dairy**
3. **Fatty Fish**
4. **Dark Leafy Greens**
5. **Whole Grains**
6. **Beans and Legumes**
7. **Nuts**
8. **Sweet Potatoes**
9. **Tomatoes**
10. **Eggs!**

### What's not to like about healthy eating?

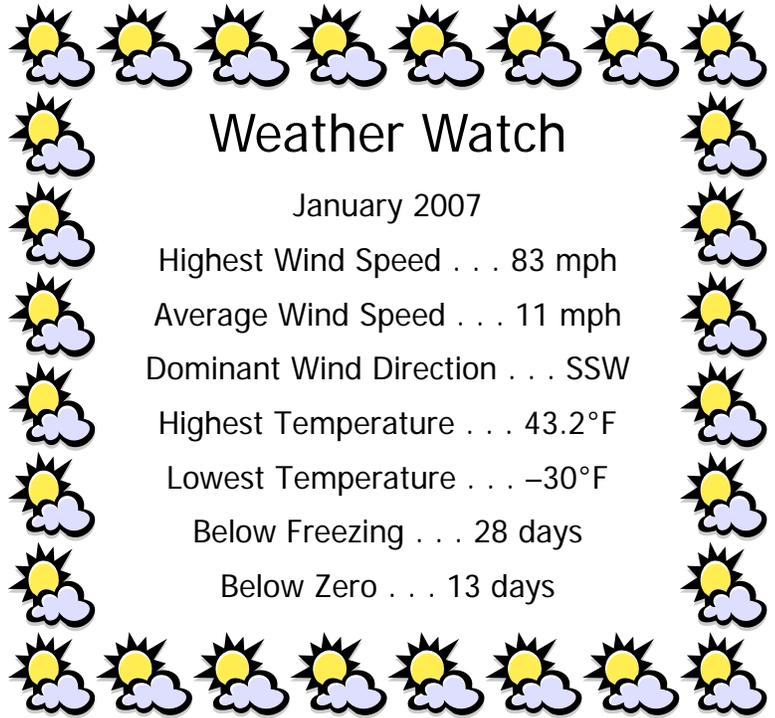
These and many other foods have been found to be very good for your health despite some old outdated research that might have said otherwise. Maybe it helps to focus away from what we shouldn't eat and instead fill up on what we should. So rather than missing that sugary snack, settle into a big bowl of frozen berries instead.

Find your favorite—and stock up today!

## Igiugig Tribal Village Council

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## Recipe Corner

Contributed by . . . Sandy Alvarez

### Chocolate Oat Brownies

1 cup rolled oats  
½ cup unsweetened cocoa powder  
1 ½ tsp baking powder  
¼ tsp salt  
1 cup packed brown sugar  
½ cup applesauce  
⅓ cup canola oil  
½ cup vanilla almond milk\*  
1 ½ tsp vanilla extract  
½ cup chopped pecans, toasted  
⅓ cup mini-chocolate chips

1. Preheat the oven to 350\*. Oil an 8"x8" baking pan, and set aside. In a food proces-

sor, blend the oats until powder-fine, pulsing occasionally. Transfer the oat flour to a large bowl. Add the cocoa, baking powder, and salt, and whisk together.

2. In the food processor, mix together the brown sugar, applesauce, and oil. Add the almond milk and vanilla extract, and pulse to blend. Add the wet ingredients to the dry, using a rubber spatula to mix the ingredients until just blended. Stir in the pecans and chips. Pour the batter into the pan, and smooth the top.

3. Bake for 35 minutes, or until a tester inserted in the center comes out clean. Let it cool completely.

(\* I substituted ½ cup milk with ¼ tsp almond extract.)