

Igiugig News & Notes

Igiugig Tribal Village Council

April 2008

Volume 11, Issue 4

Basketball Tournament

By Jeremy Salmon, 10th Grade, Igiugig School

On February 20-22, the Igiugig population doubled as it held the 2007-08 Mixed Three-man Basketball Tournament. With only three players on the team, the Igiugig No-See-Ums played excellent games on Thursday and Friday, completing a total of four close games.

As the students waited for the arrival of all nine teams coming for the tournament, they first had to prepare the school to fit about fifty students and coaches. After the whole school was cleaned up and set up for the tournament, the teams began arriving. One by one they showed up and by dinner, a barbeque prepared by IVC, all the teams were here. After dinner the first game matched Pilot Point against Port Alsworth. The Pilot Point Lynx were victorious and then Perryville B team played Chignik Lake. Perryville B, the stronger of the two Eagle teams, won, and Pedro Bay played Levelock afterwards. Pedro Bay lost and that was the end of the games that night. The next morning, the three No-See-Ums played their first game against Perryville's A team. We started off with a kick and were ahead until the last quarter when we ran out of energy and started making sloppy passes and shots causing us to lose by only seven points. We waited and rested through three games before we played again.

Our second game was against Port Heiden who started off with three girls. The girls did okay, but once they got behind they put both of their boys in. Even with two boys in and their best girl, they couldn't catch back up. It felt great to be winning for once in our season, because before the tournament we only had one win out of the six games we

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Birthdays this month

- April 23
Mike Andrew, Sr.
- April 27
Randy Alvarez

BASKETBALL TOURNAMENT *(Continued from page 1)*

played. At the end of the game, we had beaten Port Heiden, gaining us our second win of the season. After another three games, we were set and ready to play against the Levelock Vikings. Some people thought we would lose because we had previously lost to them in Levelock by twenty points. Fortunately, we were a lot better at shooting and passing this time, which earned us our third and last victory of the entire basketball season. We beat them by twenty points, which surprised us too. Then we played Chignik Lake the next game.

The Lake was harder to beat since they had fast players and mostly shot three pointers. Throughout the game, we were practically tied because each team took turns taking the lead. In the end, though, they beat us by only one point. We did our best and ran our hardest, so I am proud.

Coming in fourth place out of nine teams is excellent considering we only have three players and no substitutes. Let us hope that next year we still have a team and that we improve over this year.



The all tourney team.

Close-up Alaska by April Hostetter, 10th Grade, Igiugig School

Alaska Close Up was a blast. We were very busy learning about Alaska's government, participating in mock legislative sessions, meeting with our representatives and senators, and socializing with the other students.

I traveled to Juneau back in February. I left on the 24th, but I was originally supposed to leave the day before. This meant I had to be picked up at around 8:00 AM to be brought to King Salmon. As soon as I arrived in King Salmon, I hopped on the plane to Anchorage where I was met by my chaperone Miss Tippet and the other student who was going to attend Close Up, Donna O'Domin. After we got my luggage, we checked in and then boarded the plane for Juneau. We finally arrived in Juneau, along with other Close Up students, at around 1:30 P.M. We checked into the hostel, where we would be staying for the next week. To both Donna's and my dismay, all the participants were responsible for different chores. The lessons didn't begin until the next day, so we were free to get lunch, and I was overjoyed to find out Juneau had a McDonalds.

We met some of the students who we would be associating with throughout the week. Not all of the students had arrived yet, and didn't until the second or third day. Of all the students and chaperones attending, about half were from IDEA, a home school organization. Those students were from Palmer, Wasilla, Gustavus, and Anchorage and a few other towns. There were a couple students from other districts such as Napakiak, Tuluksak, White Mountain, and Gambell. In addition, the Junior Alaska Close Up was put together with our session, so junior high students from North Pole attended also.

We learned a lot of about Alaska's legislature. We attended a legislative session in the House of Representatives. We

also participated in a mock legislative session where we were able to research bills. Each student was put in a group, pro or con, for a certain bill, or the committee for a bill. The three bills were on aerial wolf hunting, raising the minimum wage, and the relocation of the capital. All of these bills were real, and were going through the legislature while we were there. I was on the committee for the aerial wolf hunting bill. We got to talk to people in the legislature who were either for or against each bill, and then at the end of the session, we participated in a mock legislative session where we tried to copy the exact procedure of a real session.

The highlights of the trip were visiting Lemon Creek Prison, the Mendenhall Glacier, meeting with the legislators at the Legislative Luncheon, and getting to know other people from across Alaska. While at the Lemon Creek Prison, we talked to the warden, a guard, and two prisoners. Though we didn't get to see the glacier for long, or get to see it close up, it was incredible. I got to talk with our representative, Gabrielle LeDoux, at the legislative luncheon. All the students who attended were very courteous and fun to be around. We thought we would teach the IDEA kids some NYO. Though they had never before attempted the one foot high kick, kneel jump, or any other events that we showed them, I'm pretty sure they would be very good competitors. They did better than probably half the people in our district and made me feel incredibly uncoordinated. Between having NYO tournaments, learning about prison life, the legislative session, how a bill becomes a law, and meeting with representatives and senators, this was a busy but very enjoyable trip. I plan on applying to Washington D.C. Close Up next year.

Poetry Slam by Angel Alvarez, 10th Grade, Igiugig School

This Valentines Day, the students of the Igiugig School each prepared a poem or two to recite during our Poetry Slam. This local poetry slam actually began as a contest to see which LPSD high school student would be sent off to Anchorage to represent his or her school in the Poetry Outloud contest.

The night began with an introduction as to how the evening would progress. First there was a showing of the most recent iDidaMovies. Shortly thereafter, the camera was set up and the contest began. The younger students presented short rhyming poems while the older students chose poetry at higher levels. Each student was evaluated on his or her level of difficulty, voice, presenta-

tion, understanding of the poem, dramatization and overall performance. This wasn't just a local contest since the winner would be eligible to compete at the State level, so everyone's opinion was needed and valued. The poems ranged from short and simple to medium-long and a bit intense.

After all the votes were in, April Hostetter was chosen to represent the Lake & Peninsula School District at the statewide Poetry Outloud contest held in Anchorage on March 4th. Congratulations April! This event was fun, and Igiugig School has plans to make the student poetry slam an annual event.

Anchorage Trip by Shaun Andrew, 5th Grade, Igiugig School

The Natural History Museum, Ol' 556, Jabali African Acrobats, the movies, and shopping at 5th Avenue Mall...there were so many things to do in so little time. The Igiugig Middle and Elementary classes went to Anchorage from February 25, 2008-February 28, 2008 for four extraordinary days, but these are only two of them.

We all awoke at different times in the morning and ate an okay breakfast on the third day. Next we got ready to head out and packed a lunch. When we were slowly getting ready, Bonnie Thurston and her loveable dog, Keefe, stopped by. Keefe was scared of everybody because there were so many people and most of the kids left him alone. As we were about to leave, Dan stopped by and he said he was going back to Igiugig that day. We left, and Bonnie came with us to Ol' 556, a legendary train that kids can play on. Dolly Ann got her foot stuck under a bar and no one believed her, but the rest of the kids in the class told the adults it was true, so someone finally helped her out. Then we walked until we got to 5th Avenue Mall where Mark split us into groups and we had to meet at a certain spot in forty-five minutes. Kyle and I looked and looked, but we couldn't find anything to buy. My mom helped us find something in a toy store and we bought some products.

The Natural History Museum is a great hands on experience for the kids where they also got to make fossils like the ones that Kyle proudly displays.



The kids had fun climbing on Ol' 556 and posing for pictures.

After that we walked over to the Performing Arts Center and watched the Jabali African Acrobats. They were astonishing because the acrobats did amazing stunts like doing the limbo with a fire lit on the bar, squeezing through a tiny ring, diving through the tiny ring, stacking up chairs and doing handstands on top. After that we walked out of the building to start walking to the cars, but when we were just out the door, we saw someone carving an ice castle; it looked jaw-dropping! On the way back to the car, we played a game called slug bug, and Tess and Mark kept hitting each other because Mark kept teasing her.

We went back to the Salmon's Duplex to rest up before going to a movie with Bonnie. We went to Century 16, a movie theater, to watch The Spi-

(Continued on page 6)

Library/Computer Lab News

April Fools Day is on the first Tuesday of the month. Sooooo be aware! Earth Day is the 22nd. Russian Orthodox Easter is on the 27th. I am updating most of the reading materials with Lexile. Our books for next school year's Battle of the Books came in; they are all logged into the computer and ready to be read! And, we do have some brand new books out, mostly Alaska books as of this date. Thank you to those who did the yearly survey!

We will be giving away books on the 28th of April at 3:15pm. So if you want books galore, come up!



INSTITUTE of
Museum and Library
SERVICES

"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

The Wild Horses of Summer Bay by Margarida Kondak

"On the windswept island of Unalaska, there lived a wild horse..."

FICTION

Snow Flower and the Secret Fan by Lisa See

"In nineteenth-century China, in a remote Hunan county, a girl named Lily, at the tender age of seven, is paired with a laotong, or "old same", in an emotional match that will last a lifetime."

Alaska Nonfiction

The Frozen Toe Guide to Real Alaskan Livin' by Brookelyn Bellinger

"Learn how to survive moose attacks, endless winters and life without indoor plumbing."

Alaska Biography

The Eskimo Girl and the Englishman by Edna Wilder

"The Eskimo Girl and the Englishman tells a tale of Minnie Tucker and her first encounter with a white man."

INTERESTING WEBSITE OF THE MONTH

www.Alaskool.org

What to know about the Alaska Native Land Claims? Want to read about the 1966 letters and village newsletters from Willie Hensley's private collection? This site is for you.

WORD BUILDING

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

DOREBOD

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2. □□□
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32. □□□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

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

ANCHORAGE TRIP *(Continued from page 3)*

derwick Chronicles, and it was great because it was full action and adventure. The main characters Jared, Simon, Mallory, Thimble-tack, and Hogsqueal fight an evil ogre Mulgrath who wants to steal The Book which contained secrets about unknown creatures to man. After that we went back to the Salmon's Duplex to eat dinner, write in our journals, and read before going to bed.

I awoke early in the morning, and then Tess woke up, but my Mom told us to sit down. She told us that Dan died in a plane crash while piloting his way back to Igiugig. She added that we had to help clean up, pack, and would go to breakfast at a restaurant after. While we cleaned up the house for the Salmons so they could stay there, my mom and Mark made phone calls canceling visits to different places in Anchorage and Girdwood. After we packed everything, we went to breakfast at Denny's; it was good there because our food came quickly and it tasted delicious. We went to the airport and flew home with Iliamna Air.

The trip was a blast mostly, especially at the beginning, because I got to spend time with my family and friends, but at the end it was very sad because none of us would ever see Dan again.

Elementary Anchorage Trip

By Camille Andrew, 3rd Grade, Igiugig School

Ring, ring, ring... that's the sound of our phone ringing. First of all the Iliamna Air plane was going to leave at 10:30 to go to Anchorage, but Iliamna Air changed our flight so we left at 9:45, and we were glad it came early because we were all so excited to go to Anchorage for our school trip. My family and I started scurrying after that call. It seemed like ages waiting for the plane to land. Finally we got in the air.

How about me telling you the story from the beginning? First I woke up in the morning and ate breakfast. Then I got dressed and made sure my bag was packed all the way. Then my mom answered the phone. After she got off the phone she told us to hurry up. We put luggage on our Honda and went to the office. It felt like it had been 5 years and continuing until the plane landed. We eventually said our good byes to the people in the village and got on the plane. When we landed in Anchorage my mom and Mark had to go get the cars from Enterprise. We waited and waited until they finally came with the 2 cars, a Pontiac Grand Prix and a Chevy Colbalt. Then we went to the Salmon's house and put our luggage away.



Next we got a small bag and put our towels and swim suits in them, so that we didn't have to come back to get our stuff. Then we went to a place called Tastee Freez to eat lunch. We were astonished when we saw a sign that said, "Welcome Igiugig No-See-Ums." It was amazing. We went inside and ordered our lunch and sat down at the table. While we ordering hamburgers and french fries for lunch, Mark and Kristin's friend, Julie, came in the door. We all instantly became friends with her. She works at an Air Base called Kulis Air Base.

After we ate, we got into the cars. Some went in Julie's car, my mom's car, and Mark's car. We followed Julie to Kulis Air Base. We went into a building and met a lady who worked at the same place Julie does; her name was, Kim.

Kim took us to a person named, Tony. He showed us a C130; he took us inside and we got to sit in the seats where the drivers usually sit. Next, we went to the back and Tony said that they could put a grader in the back and launch it out in two seconds! Then we went shopping.



There were two different cars again. One was red and the other one was silver. Mark drove the silver and my mom drove the red one. Shaun, Dolly Ann, Mark, and I were in the silver one. While Tess, Fewnia, Kyle, Madison, and my mom were in the other car. The red car went to Wal Mart. The silver car went to Costco; when we were at Costco we got food. When they were at Wal Mart they got notebooks, pens, pencils, and bubble wands. When we were at Costco we got also churros which are a sugary candy.

Next we went to H2Oasis. We were all extremely excited, but after awhile we couldn't find my mom. We were upstairs at H2oasis and looking down at all the people having

(Continued on page 7)

ELEMENTARY TRIP *(Continued from page 6)*

fun in the water. Then we found my mom, Madison, Tess, Kyle, and Fewnia. After we were all together, we paid our way in. Mark, Shaun, and Kyle went into the boy's bathroom. My mom, Madison, Dolly Ann, Tess, Fewnia, and I went into the girl's bathroom. We all got our swimming suits on and went to have fun in the water. We were in the wave pool waiting until the Master Blaster or the River opened. The Master Blaster opened first. We had to wait in line to get an inner-tube shaped as an eight. Then we went up the stairs. We sat down on the inner-tube. Only two people can sit on it at once. Then the lifeguard pressed a button and the gate opened and we went straight down a slide and into a tunnel so it turned dark. I went on the Master Blaster about eight times. After I went on the River about three times; next I went back to the wave pool. When my mom told us it was time to go we were disappointed because we were having so much fun. We went under the showers to rinse off. Then we went into the changing room and got into our regular clothes. When we were going back, we got a pizza that already had the toppings on it and all we needed to do was put in the oven. Mark also got chicken, so we had pizza, chicken, and water. After we ate dinner we wrote about our day and read for a little bit before going to bed.

Now do you know what happened from Monday morning through Monday night? From my point-of-view, I thought it was a magnificent day for the first day in Anchorage although we still had more days coming. I hoped we would all enjoy the rest of the trip and it wouldn't go by to briskly.

The 26th of February by Tess Hostetter, 6th Grade, Igiugig School

I woke up with a lot of energy. Who wouldn't waking up scared to death by people surrounding you and singing "happy birthday". On the morning of the 26th of



February my day started out this way. By the end of the day I was completely exhausted by all of the events that went on during that day in February.

Splitting up into two groups (Bernadette and her kids went to get their IDs and the rest of us went to some stores) we were off. While Dolly Ann, Fewnia, and I were searching for the most expensive items we could find, Mark was trying to find a new jacket. Wandering around the store looking at new things, Dolly Ann, Fewnia and I decided that we wanted to go to the bookstore. After walking about five minutes, Dolly Ann started freaking out and saying that we were lost, so we turned back and waited for Mark, who still had never bought his jacket. When we finally went to the bookstore, Dolly Ann bought stuffed animals along with Fewnia.



Tess holds Savannah the snake.

Deciding that we better go downtown and look for a place to park to go to the Imaginarium, we drove hitting every possible red light ever! Mark said he would drop us off and then we would walk the rest of the way. And once again, we went the wrong way and asked directions from a person who was in charge of a funeral home. Seeing Bernadette drive by in a car surprised us and we waited across the street for her. Finally we all made it in the Imaginarium. We got to go directly into the classroom. We learned about four different kinds of reptiles and even got to hold some. After that we got to go into the planetarium and lastly, we got to learn about dog sledding. Once we were all done playing around, we split into two groups again, Mark taking Camille, Shaun, and me back to the same store to decide if he wanted to get the jacket or not (which he decided a half an hour later that he didn't), and Bernadette taking Kyle, Madison, Dolly Ann, and Fewnia back to Dan's house to get some rest before going to Red Robin for dinner. At the Red Robin Restaurant we met up with Kevin, Yako, Lydia, Kristin, Bonnie and Julie (the dentist) and her family; we all ate all together using two tables.

After a long exhausting day we headed back to Dan's house to get some sleep. We wrote in our journals and got ready to go to bed and wait for the next day ahead of us.



Instead of using the ball for the Bernoulli effect, they had fun letting their hair blow all over.

Snakes by Dolly Ann Zharoff, 3rd Grade, Igiugig School

One day we got to visit the Imaginarium and some of us got to hold a brown snake with black stripes and black eyes. The snake's name was Savanna. She was named after the Savanna in Africa where she came from. Tess, Shaun, Mark, Camille, and I got to hold the snake. The snake had lots of scales. The scales felt really weird. The scales felt cold and smooth. The name of the lady that was showing us the reptiles was Renee. She also showed us a turtle named EJ, Draco the lizard, and an alligator. I really want to go to the Imaginarium again.



Jets by Kyle Andrew, Kindergarten, Igiugig School

One day we got to go see the biggest jet and it was fun. The pilot's name was Tony. He showed us the front and there was a lot of buttons. Then he showed us the back. They could drop a grader out the back of the jet. The grader is the same size as the one in the village. We also walked to the back where the bathroom is. The small bathroom had blankets on the side so no one would see in. We took our picture in front of the jet. The jet had 2 engines on each wing. The jet was green colored. When I get bigger, like the pilot, I want to fly the jet.

Toothbrush Story

by Fewnia Zharoff, 2nd Grade, Igiugig School

I wake up in the morning and I wander into the small bathroom. Then I sleepily brush my grimy teeth. First I get my new green toothbrush. Then I put watermelon toothpaste on my new green toothbrush. I put warm water on my new green toothbrush. After that I twirl the cap onto my toothpaste. Next I put tepid water on the toothbrush and I don't neglect to turn off the racing water. After, I sluggishly brush my teeth for two minutes and spit in the glittery sink. Then I scour my toothbrush and I happily rinse my fresh smelling mouth out. Finally I'm done. Then I put my new green toothbrush away.



Brush My Teeth

by Kyle Andrew, Kindergarten, Igiugig School

The 1st thing I do is wake up in the dark morning. I brush my dusty teeth in the evil bathroom. I put some Crest toothpaste on my clean, blue toothbrush. Now I put fresh water on my toothbrush. I don't forget to turn off the water. I brush my dusty teeth. I spit it in the sparkling sink. I wash my dirty toothbrush. I rinse my spotless mouth out. I put away my blue toothbrush and I put away my Crest toothpaste.



GARDENERS GOODIES

APRIL garden activities:

- ❑ APRIL – Begin preparing to start more things from seed. Some crops should be planted toward the end of this month in order for them to be ready to be planted out at the end of May. Read your seed packages and plan to start the things that have ‘growing seasons’ of more than 70 days to give them a good head start. When packages list days, they usually mean nice warm days which for us usually start actually counting about the middle of June and go through August, so we really can only count on having about 75 all together!
- ❑ APRIL – If you started ‘long season’ plants previously be sure they are getting enough plant food, light, and protection from chilly drafts (leaky window sills, etc.)
- ❑ APRIL – Make your lists & plan your layouts for flower beds. If you will be getting plants from a nursery be sure to find out when and how they would like you to order. If you are ordering on the internet, be sure to check their shipping policy carefully—many don’t list the fact that they won’t ship to Alaska until you are placing your order, and some will actually let you place the order and then will call up to cancel your order after a day or two.



What’s blooming now?

Not yet—but soon—Pussy Willows! Bring in a handful of branches to enjoy watching them come out “wearing their furry mittens” and then shedding the fuzzy stuff to show cute little green leaves.

POETRY SLAM REVISITED

<http://www.poetryoutloud.org/students/find.html>

If you love poetry check out the above link for lots of classic poems that the students can choose from to participate in this national contest.

Following is one of the selections presented at the village gathering on February 14th

Henry Wadsworth Longfellow

A Psalm of Life

What the Heart of the Young Man

Said to the Psalmist

Tell me not, in mournful numbers,
Life is but an empty dream!
For the soul is dead that slumbers,
And things are not what they seem.

Life is real! Life is earnest!
And the grave is not its goal;
Dust thou are, to dust returnest,
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us farther than to-day.

Art is long, and Time is fleeting
And our hearts, though stout and brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!

Be a hero in the strife!

Trust no Future, howe'er pleasant!
Let the dead Past bury its dead!
Act, -- act in the living Present!
Heart within, and God o'erhead!

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time;

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labor and to wait.

Footprints in the sand of time.



Answers to WORD BUILDING (game on page 5)

DOE, ODD, ODE, ORE, ORB, RED, ROE, ROD, ROB, BED, BOO, DODO, DOER, DOOR, ODOR, OBOE, REDO, RODE, ROOD, ROBE, BODE, BOOR, BORE, BRED, ODDER, RODEO, ROBED, BODED, BOOED, BORED, BROOD, BROODED

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

brood (brōōd)

-noun.

The young of certain animals, especially a group of young birds or fowl hatched at one time and cared for by the same mother
The children in one family

-verb.

To sit on or hatch eggs
To hover envelopingly; loom.
To be deep in thought
To be depressed

rood [rood]

-noun.

A crucifix, esp. a large one at the entrance to the choir or chancel of a medieval church.
A unit of length varying from 5 ½ to 8 yards.

dodo [doh-doh]

-noun.

Any of several clumsy, flightless, extinct birds, related to pigeons but about the size of a turkey formerly inhabiting the islands of Mauritius in the Indian Ocean (has been extinct since the late 17th century).
A dull-witted, slow-reacting person.
A thing that is outmoded or obsolete

1. Shaun enjoyed playing with the flight simulator at the Imaginarium.
2. Fewnia has fun playing with the bubbles and succeeded in encasing herself in a huge one.
3. At Kulis, the kids liked the sign that the jets follow on the back of the truck so they know where to go.
4. Mark helps the "Rasta Buddy" scratch Kyle's head.



Answers to SUDOKU (game on page 5)

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

Environmental Report

Contributed by IGAP Staff

March was a super stressful and busy month for our entire village. Sheryl and I were kept busy working on lesson plans and day-to-day operations of our office. We have started the Borrow-A-Bag Program in the store. So from now on, if you forget to bring your canvas bag to the store, you will be given a bag to use and hopefully return it. We are trying to phase out the use of plastic bags in our community or at least in the store. Visitors and people passing through the community will be the exception to this and will be given a plastic bag. We appreciate everyone in the village working together to help us reach this goal!

Our electronics drive will be sometime this Spring. We wanted to do it sooner, but have decided to wait until we have a freight plane flying back to Anchorage. Otherwise, we will have a huge pile of electronics sitting in our office taking up space!

Did You Know...

- ⇒ **Hydropower is the most efficient way to generate electricity. Modern hydro turbines can convert as much as 90% of the available energy into electricity. The best fossil fuel plants are only about 50% efficient.**
- ⇒ **Six western states – Alaska, Washington, California, Idaho, Oregon and Montana – have the highest power potential.**
- ⇒ **Hydropower prevents the burning of 22 billion gallons of oil or 120 million tons of coal each year.**
- ⇒ **Hydropower provides about 10% of the electricity in the United States. Coal is at the top with 55.1%, nuclear at 22.5%, natural gas at 10.3%, hydroelectric at 9.8%, petroleum at 2.0%, geothermal at .2%, and solar, wind, and biomass at .1%.**
- ⇒ **Hydropower is one of the cleanest forms of electric generation.**



← Tess was busy videoing the action during the basketball tournament.

→ Mike Sr. takes a cat-nap between the action at the 3 person basketball tournament,





WALK TO BE FIT

Total **V**illage **M**ileage through April is 67,796

Inspiration!

Finding that just right way to stay motivated in your pursuit of a healthy life is forever challenging, and seems to change with the stages of your life and current interests.

If you are a stay at home mom with toddlers it's very enticing to get out and walk either for peace and quiet (and the chance to actually be alone), or with someone who is old enough to speak in full sentences and whose interests extend beyond peanut butter and 'Sponge Bob'.

One way to stay motivated is to chart your progress. This can be done in many ways. If your goal is just exercise and general fitness you can track mileage, steps, or minutes in your activity of choice. You can then choose to log them by just tallying numbers, marking a calendar, making a graph, throwing money in a jar for each session, etc. If your goal is weight loss along with fitness you can choose to track, weight, body measurements or you can use a scale that will tell you levels of body fat.

Join a group of Millions

The latest fun way to work out with others (without actually ever needing to see them) is by joining one of the many internet based programs that are promoting fitness. The programs available are numerous and all just a bit different. If you love browsing this sort of thing, just type in "online fitness program" and it will give lots of different sites to try.

Some are free for a trial period and then require you to subscribe if you want to continue, but some sites are open to anyone and completely **FREE** no strings attached.

- www.Presidentschallenge.org – This one is an easy to use online program to track activity only (doesn't figure food/calories etc.) It has lots of activities to earn you points and has a five week program to earn certificates and arm patches for your fitness efforts. One fun feature to this program is that you can compare yourself to others in your age group, in your State or in your town (of course so far there is only one from Igiugig, but if you join we can compare progress with each other.) A **FREE** program sponsored by the US Dept. of Health & Human Services.
- www.Fitday.com – Provides you the opportunity to track your food intake, daily activity and your weight. You also can enter goals and then track your progress with various reports. **FREE** for basic use but the website lists software it would like to sell you for \$19.95
- www.Prevention.com – "My Health Tracker" is the program name and it is sponsored by the Prevention Magazine, so it naturally has links to lots of articles about health, nutrition, weight loss ideas, cooking, etc.
- www.freetrainers.com – Focused on "pumping iron" strength training and body building with lots of exercise plans to choose from, and good instructions on exactly how to do the exercises. **FREE** plan but only gives you a 4 week workout schedule at a time—if you want the whole thing and the ability to track your workouts, you have to subscribe to 'PRO' for \$29.95 for three-months or \$44.95 for 1-year.
- www.sparkpeople.com – An online community where you can track nutrition, activity, goals, and overall health. You can join various groups with different interests, participate in online chats, set up your own 'page' with pictures and blogs, read all sorts of informative articles. **Free** but has lots of sponsors that have links on their website.

***Add exercise the rest of this Winter - Hit the ground
"running" this Spring***

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Weather Watch

March 2008

Highest Wind Speed . . . 58 mph

Average Wind Speed . . . 9 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 46.4°F

Lowest Temperature . . . -8.2°F

Below Freezing . . . 26 days

Below Zero . . . 4 days

Recipe Corner

Shrimp Scampi

Ingredients:

- 2 pounds shrimp
 - 8 tablespoons butter
 - 4 large cloves garlic
 - 2 tablespoons olive oil
 - 4 tablespoons fresh parsley, or dried
 - 2 teaspoons flour
 - Dash of lemon juice (1/2 of a lemon)
 - 1 pound linguine (or your favorite pasta of choice)
 - Salt and pepper to taste
1. Cook linguine according to package directions (al dente).
 2. Rinse, peel, and de-vein the shrimp in cold water. Dry on paper towels.
 3. Sauté garlic and parsley in butter and oil for 1 to 2

minutes.

4. DO NOT let the garlic turn brown.
5. Add shrimp.
6. Raise heat to medium-high and cook for 3 to 5 minutes stirring frequently.
7. Do not overcook. Season with salt and pepper.
8. Add flour to slightly thicken the garlic butter.
9. Add the lemon juice during the last minute of cooking.
10. Remove from the heat. Serve immediately over pasta. Serves 4 to 6.