

Igiugig News & Notes

Igiugig Tribal Village Council

December 2008

Volume 11, Issue 12

Diabetes Awareness by AlexAnna Salmon



November is National Diabetes Awareness month *and* National American Indian Heritage Month. The Igiugig Village Council received two nice surprises for our local Diabetes Prevention efforts.

First, Holli Scott, the Dietician for the Bristol Bay Area Health Corporation (BBAHC) Diabetes Prevention/Lifestyle Change Program, visited Igiugig from November 5-7. The first evening we gathered at the school to learn about the causes of different types of Diabetes. Holli informed us that diabetes means that blood sugar, or glucose, is too high. Glucose comes from the food we eat and also is made in our liver and muscles. After an in-depth info session, we played Diabetes Bingo with fresh vegetables as the grand prizes. Teacher Jeff

Thurston looked like he had just finished grocery shopping by the end of Food Bingo. Everyone who attended the event were winners because of the mountainous pile of door-prizes. On November 6, Holli visited with each class of students at Igiugig School doing fun age-appropriate Diabetes Prevention activities. That evening the village reconvened to study food pyramids, learn how to prepare a healthy snack (fruit and yogurt parfaits), and ended the evening with some physical activity. The simple exercise routine using the "Xero Tube" bands had everyone laughing. Most people were sore the next day from what seemed to be an easy workout. During Holli's stay, villagers also had the opportunity to have their blood sugar levels tested at the clinic.

The second surprise was a mini-grant from the American Association of Indian Physicians that will strengthen our local Diabetes Prevention efforts. IVC will host sessions throughout the winter that will combine cultural activities and physical exercise/nutrition. We will also purchase more exercise DVDs for the Community Fitness Center and a *Wii Fitness Nintendo*. The goal is to encourage more physical exercise amongst Igiugig youth, especially throughout our long

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Birthdays this month

- December 11
AlexAnna Salmon
- December 12
Dave Hostetter
- December 29
Willie Nickoli

DIABETES AWARENESS *(Continued from page 1)*

and cold winter season. We will try to host more open-gym so that the new equipment can get used. So stay posted for more activities to come! Also, if you are interested in hosting an event, please contact AlexAnna Salmon at the Village Council.

Answers to the Diabetes Knowledge Quiz:

Type 2 Diabetes is when **blood sugar (glucose) is too high**. The percentage of all people with diabetes that have Type 2 is **90-95%**. Treatment of Type 2 Diabetes includes **exercise** and **healthy eating**. The most important factor that can increase Alaska Native youth's risk for developing Type 2 Diabetes is **obesity**. Symptoms of Type 2 include feeling tired, feeling thirsty, blurred vision, slow healing of wounds or sores. The population with increased risk for developing Type 2 is *Latinos* and *Native Americans*. Lastly, exercise benefits people with diabetes by *1) improving oxygen flow, 2) reduces insulin resistance, 3) regulates blood pressure*. Remember: by eating healthy and exercising you can help prevent TYPE 2 DIABETES!



Mary ponders which of the fresh vegetables to choose during the BINGO game.

Further Information

To learn more about what and how much to eat visit www.MyPyramid.gov.

For those interested in weight loss, find your balance between food and physical activity. About 60 minutes a day of physical activity may be needed to prevent weight gain and for sustaining weight loss, at least 60-90 minutes a day (USDA: Center for Nutrition Policy and Promotion). For weight control help visit www.win.niddk.nih.gov.

For ideas regarding Health and Fitness Improvement visit www.physicalfitness.org.



(From left to right) Shaelayla had fun exploring the XERO bands while Holli explained what we were going to do.

Camille, Dolly Ann, and Fewnia make their delicious fruit, yogurt and granola parfaits.

Aiden looks on with a very happy face as he played diabetes bingo. He enjoyed singing the B-I-N-G-O song with the older kids everytime someone yelled bingo!

Pizza Night by Jeremy Salmon, 11th Grade, Igiugig School

Pizza dough rising excitedly out of pans and onto the library books was a sign the pizza night was going to be hectic. On Friday, November 14th, the Igiugig high and middle school students stayed after school to make dough for the pizza night on Saturday, the 15th. Little did we know we were in for a surprising night.

Before starting, two students carried the massive mixer from the deep, dark depths of the upstairs storage room. After the grueling task was complete, the students focused on measuring and mixing ingredients. After all the flour, water, oils, sugar, and of course yeast were mixed, the students kneaded the dough into volleyball size balls and set them on a pan in the library to rise overnight. When asked how the dough making process went, Angel Alvarez said, "I'm a spaz, I made a mess." Little did we know we hadn't made close to enough dough since we miscounted the number of pizzas ordered.

Just as things seemed normal, I received a message while sitting at the Igiugig Native Corporation meeting that the pizza dough in the library had over-risen and was all over the books. But after a quick clean up, the students began flattening dough, dicing pizza toppings, and folding boxes. As the first batch of pizzas were cooked and delivered, I thought the fund-raiser was going to go smoothly. Then as the night went on, the pizzas gradually came out of the ovens slower and at one point, it seemed like none were being made at all. Along the way we did hit a bump. We discovered that we had miscounted the number of pizzas. We had only counted 16 pizzas so we made 21 to be safe, but later we noticed we had about 15 more pizzas to make and only 5 dough balls left. We sud-

denly thought the night was going to end in disaster and some people wouldn't get their pizza. Then Angel Alvarez saved the day by making two more batches of dough and let them rise while the other pizzas were being made. By 10 o'clock that night, I was still delivering pizzas to the starving customers all asking why it took so long, and Mike Andrew had said, "I thought you forgot about us." As I brought the final pizza to the Alvarez family, Randy was falling asleep in his chair waiting for dinner. With the pizzas all delivered it was now time to clean up the mess in the kitchen.

By now the students were exhausted from the long day but they still managed to stay and clean before returning home. The dishes were washed, pizza pans were returned to their owners, and the floors were swept and mopped. The last task was to count up all the money we had made. All of us got excited to hear that we had nearly \$500. But the next day we learned we had only made \$200 after paying the bills. April Hostetter said "The pizza night required much more work than should have been required, so for the future pizza night fundraisers, we are going to try and explore new ways to make the pizza night more efficient and less time consuming." Yet when asked how the pizza night went, customer Christina Salmon said, "I love a fundraiser that involves me not having to cook, and the pizzas were delicious."

The pizza night was a bit overwhelming, but we did get all the pizzas out even though some were still raw. The lesson learned that day was to be more efficient and make sure we do the job right the first time. Maybe next month we will do a hamburger night instead.

How Liboff Got His Name by AlexAnna Salmon

Jerry Liboff, known in this region as *Callmaq*, the Yup'ik-speaking Kass'aq, hosted Igiugig Native Corporation's (INC) annual meeting on November 15, at 1PM in the Igiugig hangar meeting hall. Shareholders eagerly signed in or sent proxies to the meeting in hopes to win a chance at one of the 15 money prizes ranging in amounts from \$100-\$300. They also enjoyed an array of snacks before discussing "business."

The meeting was introduced with a presentation by AlexAnna Salmon about the history and intention of the land claims era in Alaska, resulting in the

establishment of INC. Igiugig's land claims are special because our elders are not only the last generation of people who lived freely "out on the land" and managed to secure a permanent land base for their future generations, but these elders still actively serve on the INC board and engage in all aspects of village life. The annual meeting was an opportunity to recognize their hard work and determination before celebrating the success of our village corporation.

This segued into Liboff's financial report.

(Continued on page 7)

Library/Computer Lab News

Merry Christmas to you and your family! Merry Christmas to you!!! Pearl Harbor Remembrance Day is on the 7th. Want to watch the Geminid Meteor Shower? The shower is on the 14th. Winter Solstice is on the 21st. Christmas is on Thursday this year. On the 21st of November we had a gathering at the school which included a pie tasting contest. Thanks to those who participated.



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EASY FICTION

The Wild Christmas Reindeer by Jan Brett

"Little Teeka thought she had to be firm with the reindeer to get them ready for Santa's important flight, but when her bossy yelling only got their antlers tangled up, she knew she had to try something different."

Junior Fiction

The Christmas Toy Factory by Geronimo Stilton

"Ho, ho ho! I love Christmas in New Mouse City, but this year, there was just too much work to do at my newspaper."

Adult Fiction

A Highland Christmas by M.C. Beaton

"In the dark, wintry highlands of Lochdubh, Scotland, where the local Calvinist element resists the secular trimming of Christmas, the spirit of Old St. Nick is about as welcome as a flat tire on a deserted road."

Nonfiction

Christmas Gifts Good Enough to Eat by Susan Purdy

"Includes simple step-by-step recipes for candles, cakes, breads, snacks, sauces, and cheeses suitable to give as holiday gifts."

INTERESTING WEBSITE OF THE MONTH

www.gifts.com

Need unique stocking stuffers? How about "The Man Can", it has sensual fragrance of manly bath products! What about this "Ear Ring key chain", this key chain rings if you can't find your keys! This sight has the silliest things I have ever seen. **Please** look up this item up for me; it is the **YULE DOOS** ornament. IF you woke up on the wrong side of bed, take a look at this sight, and I promise you, you will be laughing at some of the items you find here!

Winter by Angel Alvarez, 11th Grade, Igiugig School

Like a father in a waiting room,
Pacing between the vending machine and front desk,
Minutes last forever,
But they pay off when he holds his firstborn.

Like a child sitting at the bus stop on a bright September morning,
Squirming at his father's side as he waits for his first day of pre-school,
The bus seems to take a lifetime,
But sooner rolls along.

Like an 8th grader on her last day of middle school –
High school just months away –
12 weeks to worry,
But her first day signifies a spectacular year.

Like the senior prom king waiting for his queen,
Who takes hours after she's already ready,
She seems to take forever,
But she's worth it.

Like a groom positioned at the alter,
Waiting for his bride,
He stands breathless, counting moments passing,
But one glimpse of her makes the delay worthwhile...

Although late, winter came quick,
Straight from rain, to hail, to snow,
The temperature dropped...7 below zero,
The lakes freeze in time...
Time to sort the snow gear;
Hats and gloves, snow boots and coats,
We take out the skates, the snowboards, and sleds,
Drinking hot chocolate to warm our bellies...
The beautiful winter skies are complimented
With the stars sparkling in the crisp night air,
The arrival of winter took *weeks!*
...but the memories are worth it.



Answer can be found on page 11.

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

Sailing into History with John Branson

By Shaun Andrew, 6th Grade, Igiugig School

“My father came up on one of those boats,” quoted Georgie Wilson. The presentations by John Branson were held at the school and village office last Friday and Saturday. John Branson’s presentation included the following: pictures of canneries, sailing boats, some questions and answers from the audience, and slide descriptions.

John Branson’s slides included many interesting topics i.e. sailing and canneries. A few descriptions of some slides were a wooden road that led to the cannery, but later a plane ended up landing on the lumpy wooden road. Pictures of assorted vessels included: tugboats, sail boats, steamers, and transports during the era of sail boat fishing.

The canneries developed to more modern machines, like diesel engines, but commercial fishing continued. The interesting cannery labels, which had red salmon on the cover, the cannery name, and some beautiful scenery, intrigued me because they were a piece of history. One of Mr. Branson’s personal favorites was a person paddling a canoe with a appealing background scenery.

“They were cool labels,” Jeff Thurston, secondary teacher at Igiugig School, said. “The canneries captured the spirit that goes into harvesting their product. And used that for marketing. They’d be worth some money today.”

(Continued on page 7)

WORD BUILDING

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

I U E N F S S

1. □ □ □

2. □ □ □

3. □ □ □

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25. □ □ □ □ □ □

26. □ □ □ □ □ □ □

Answers can be found on page 11.

SAILING (Continued from page 6)

Georgie and Annie Wilson contributed with a lot of information that kept the audience interested. They said that they had been to some canneries; others had been destroyed or taken down, and finally commented on people they met while growing up. I had the chance to interview John Branson before his presentation and here are some of his answers. He responded to the first question, why did you choose this career with: when I was a little boy I was interested in history and all through school so it seemed like a natural career. This question was how did powerboats change commercial fishing, and the answer was it made things easier, faster and less capable people could commercial fish safely.



After choosing a xero band, Holli had all of us do some simple exercises.



AlexAnna checks out the t-shirts for her door prize.

HOW LIBOFF GOT HIS NAME (Continued from page 3)

Here it is worth mentioning how Liboff got his name: *Callmaq*. In Yup'ik, it means "patches for clothing" because he would wear his clothes ragged before buying new jeans. This name, however, applies to more than clothing. Due to INC's conservatism, the corporation has not suffered as bad as others in the current economic recession. In fact, this year the corporation saw an increase in their annual dividends and the organization is prospering under its Land Use Program. Next, the trespass officers Christina and AlexAnna Salmon gave a two-minute report highlighting the need for more signage and an informational brochure so that visitors are aware of proper land use fees and permitted activities.

The monotony of the meeting was broken by door prize drawings. This year many outsiders won the prizes—a few lucky locals being the Andrew family, Kevin Olympic, Jonathan Salmon, and Yako Nickoli. Lastly, an election was held for two board seats: Dallia and Mike Andrew, the President and Vice-President. The two, along with Gabby Gregory, were nominated; after a quick vote, Dallia and Gabby were the victors.

The meeting adjourned, but was followed by a special presentation by Lake Clark National Park and Preserve historian John Branson. He showed a documentary, "Windfall Fishing Sail Boats of Bristol Bay" about the remodeling of a historic Columbia River double ended sail boat. For those of you who missed it, the DVD can be checked out of the school library. This was a wonderful compliment to his previous day presentation on Bristol Bay canneries. Branson recently published another book, "The Canneries, Cabins and Caches of Bristol Bay, Alaska," which can also be found at the library. The older people especially enjoyed the "old time" photos and the crowd enthusiastically added comments and stories. Needless to say, we were impressed with the presentations and many people considered the 2008 Annual Meeting one of the most enjoyable. Thank you for coming!

A Handful of Healthy Helpful Hints from Holli

By Tess Hostetter, 7th Grade, Igiugig School

“ Bingo! ” shouted a few of the Igiugigans playing a bingo game with the object of grouping different food types. The game ’ s pace was quick and the players were lucky as nearly everyone had scored one bingo. From November 5—7, Holli Scott, a dietitian from Bristol Bay Area Health Corp., visited Igiugig to teach the villagers about the importance of a wholesome diet, exercise, and a lot about diabetes, which effects many people of all ages in rural Alaska. This included a nutrition bingo with vegetables as prizes, information of diabetes, and physical activities for the students and villagers.

Holli taught the students in the secondary class how to live a healthy life with excellent nutrition and exercise. With fake food, she told us to make up a meal with all the categories of food (fruit, meat, vegetable, grain, and dairy) that would help give you more energy during the daytime. Many of the children had enjoyed Holli ’ s visit

“ It was fun watching the other students put together their food, ” laughed Mollie a student who attended the secondary class. “ I like teaching and being in the classroom with the students, ” said Holli. Also that day, she did a nutrition bingo that categorized some regular eaten foods that we have to be aware of and the foods that we should eat more of.

The next day we got our blood tested at the school for how much glucose is being carried in our blood. “ The blood health is remarkable, ” said Holli “ The people are really active here. ” The same day we did some exercises with zero bands. “ The over-all health of the village is really good. Igiugig is excited to learn about nutrition and is concerned about their health. The only advice I have is be careful of drinking and eating too much candy and pop, and to keep walking everyday, ” advised Holli. “ The subjects she taught us helped me think about the foods I buy at the store, ” remarked Shaun, a student who attended the activities.

Using the new knowledge, which taught us the importance of eating healthy and being fit to help prevent diabetes, we will try to live a better life style. Her activities were fun and entertaining to the people who showed up.

New Beginnings: Learning New Skills for Life

By Maggie Stoltman, 8th Grade, Igiugig School

Patiently waiting for the plane, the first day, the second day, and finally on the third day I boarded a plane to go to Newhalen. Learning job skills and communication skills are some activities I did while at New Beginnings, which was attended by eight other students from LPSD.

To develop job skills, the other students, Ms. Lester, and I went to two different places and interviewed the people who work there. The first place we went to was the Newhalen clinic and there we met Juliana Anelon and Michael Trefon who showed us the medical equipment used there. At the end of our tour Juliana said

there was still on thing to see: the ambulance. The ambulance was cool. As we were leaving we thanked Juliana and Michael for showing us everything then left for lunch. The second place we went to was Iliamna Air Taxi and interviewed the owners of the business. One of them told us a couple stories about bad customers and how she dealt with them (it so happens that one was a senator from Texas). After we were done, Ms. Lester asked what our flight times were as a customer would, then said good bye and left. The job skills we learned from both experiences were

(Continued on page 13)

Bits 'n Pieces

THE WAY THE MONEY GOES

What's a dollar worth?

During this season of extreme shopping, do you feel like your money is worth less and less all the time? If you wonder about inflation rates check out this website. It lets you enter a dollar amount and a starting year and it will tell you what it would be worth in today's inflated market.

<http://www.westegg.com/inflation/>

For example, something that cost \$10 in the year 1900 would cost \$246.14 today.

Purchasing Christmas Gifts? -- Check out some things from the 1930's

WOMEN'S CLOTHES	
Winter Coat	\$28.00
Bathrobe	\$1.00
Sweater	\$1.00
MEN'S CLOTHES	
Broadcloth Shirt	\$1.00
Wool Sweater	\$1.00
Overcoat	\$18.50
GAMES AND TOYS	
Sled that Steers	\$3.95 - \$8.95
Doll	\$1.95
ITEMS FOR THE HOME	
Table Lamp	\$1.00
Portable Electric Sewing Machine	\$23.95
Electric Washing Machine	\$33.50
Gas Stove	\$19.95

And Wages then and now --

WEEKLY WAGES (general averages)	THEN	NOW
Manufacturing--Production Worker	\$16.89	\$500
Cook	\$15.00	\$236
Doctor	\$61.11	\$1800
Accountant	\$45.00	\$700

**Just remember—money isn't everything—
it's still the thought that counts!**

GARDENERS GOODIES

DECEMBER garden activities:

- ☐ DECEMBER – Pretty much all indoors with your houseplants!!
 - Trim back leggy houseplants and remove any dead parts.
 - Don't over water during this season because the plants are dormant during these darkest winter days, but be sure they don't dry out completely when the humidity indoors goes down.
 - Certainly don't fertilize unless you are giving them artificial lighting.
 - Keep plants away from the heater's direct forced air because that will dry them out very quickly.
- ☐ WHY TO KEEP HOUSE PLANTS?
 - They convert carbon dioxide to oxygen
 - They clean pollutants out of the air
 - They remind us of summer days and warmer weather and occasionally they even bloom!
 - Either by coincidence or because of plants--
 - People who keep live plants in their homes experience less depression.
 - People in hospitals have quicker recovery times when surrounded by plants & flowers.
 - Office workers are more productive/less stressed when plants are present in the workplace.
- ☐ DECEMBER – the first of the seed catalogs should begin arriving, so you can also enjoy dreaming of next year's garden as you browse all the glossy photos of all the possibilities.



*What's blooming now?
The lights of Christmas.*

REMEMBER those Re's

***Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge –
Refill – Refinish – Repurpose – Recover – Reclaim
– Reload –Reinvest – Reinvent – Re...something.***

Best pollution removing House Plants:

*Philodendron – Ferns – Aloe Vera – Bamboo – Rubber Trees – Chrysanthemum
Spider Plants – Ficus Trees – English Ivy – Dwarf Palm Trees*

Winter

By Camille Andrew, 4th Grade, Igiugig School

Dark, cold, star-filled nights
 Sprinkled white snow
 Like ground up crystals glistening in the sun
 Cold winds sting the face
 Like a swarm of summer No-see-ums
 Sledding, towing, snowmen building
 Winter delights for all ages
 Bundled up so tight you can barely move
 Like you grabbed and squeezed
 All end up in winter

Answers to WORD BUILDING (game on page 6)

SUE, SIS, USE, FUN, FIN, SUN, SIN, FEN, FIE, INS, SUES, SUNS, SINS, SINE, USES, FENS, FUSS, FUSE, FINE, FINS, SINUS, FUSES, FINES, ISSUE, INFUSE, INFUSES

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

fen [fen]

-noun.

Low land covered wholly or partially with water; boggy land; a marsh.

fie [fahy]

-interjection.

(used to express mild disgust, disapprobation, annoyance, etc.)

(used to express the humorous pretense of being shocked.)

sine (sahyn)

-noun.

A mathematical term having to do with ratios.

infuse (in-fyooz)

-noun.

To introduce, as if by pouring; cause to penetrate; instill

To imbue or inspire

To steep or soak in a liquid so as to extract the soluble properties or ingredients



← Gabby Gregory patiently waits for Holli to call out the next food item.



↓ Kiara looks on as Annie scans her bingo card to see if she has the food item that was called.

Answers to SUDOKU (game on page 5)

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



Environmental News

Contributed by the Environmental Department

Starting on October 1, 2008 we began working on our final year of our 4-year IGAP grant. Fiscal Year 2009 will be a busy year, completing our baseline water quality study, continuation of recyclables backhauling and the completion of the 2010-2014 IGAP grant proposal. We have exceptional ideas and goals for where to take our community in the environmental field for the next 4 years and hope that we are approved for the next round of funding. Before November 30th, I will be meeting with each household in the community asking for input and ideas on the next 4-year proposal.

AlexAnna and I attended the Alaska Tribal Council on Environmental Management Conference in Anchorage from October 26th to the 30th. There we learned about many funding and grant opportunities to enrich our current recycling program. Right now we are working on a grant to hopefully start a community-recycling center.

While I am in Anchorage on maternity leave, April will still be in the office working from 8:30 am to 10:15 am, Monday through Friday. She will complete the Potato Recipe book and manage day-to-day office operations. We have stopped the Can Crushers Club every Wednesday due to all lodges being closed and few cans being dropped off at the hangar. Once the bin is full, April will announce can crushing at school on the day it will take place.

Just a reminder to save your household batteries! Every few months we will be swinging by to pick up your batteries for backhaul to Anchorage. If you need a container to keep them in, call our office and let us know, we will be happy to help.

DID YOU KNOW?



The world's largest battery is located in Fairbanks, Alaska. The battery is a high performance nickel-cadmium storage battery made up of 13,760 energy cells. This NiCad battery is approximately 21,520 square feet in size and weighs approximately 2,866,009 pounds. This big battery provides 40 megawatts of power - enough electricity for 12,000 people –but for only seven minutes.



The smallest battery in the world measures 2.9 mm in diameter and 13 mm in length (about the size of a pencil tip) and is designed to stimulate damaged nerves and muscles inside the human body.



The hazardous waste characterization requirements of Alaska, California, Minnesota, Rhode Island and Washington include bioassay –which means we have to recycle our alkaline batteries, instead of disposing them with the household garbage.



The main toxic chemicals inside batteries are lead, cadmium and mercury.



Nickel metal hydride and nickel cadmium batteries (rechargeable) will self discharge a few percent a day if they are stored in room temperature (around 70 degrees). Putting them in a freezer or storing them in a cooler place will minimize their self-discharge.

A decorative border of hikers with backpacks, walking in a line, surrounds the central text area.

WALK TO BE FIT

Total Village Mileage through October is 69,522

Do you remember the Diabetes Prevention Lady?

Fruit & Veggie Bingo?

Order up some and you can eat your way through the bingo list for better health.

So are you hopping to it?

Lots of you won prizes during the diabetes prevention presentations that are good for indoor exercise during these winter months—so are you walking with the videos, stretching those elastic bands, flinging those Frisbees and jumping those ropes?

Just remember that every little bit helps and the quality of your life depends on the amount of effort you put into keeping your body fit. Just like everything else, if you keep it running smoothly with good diet, exercise and the correct amount of rest, you will avoid problems later like heart disease, high blood pressure and high cholesterol. Just like any other machine, when you don't take care of it and you let the little squeaks and clunks get worse you can end up with a big repair job—so rather than heart repair surgery later, give it a good walk and a vegetable or fruit or chunk of salmon today.

Fix it now or fix something worse later!

NEW BEGINNINGS *(Continued from page 8)*

dealing with bad customers you must stay calm, let the person know that you do not appreciate the person acting that way, and when answering a phone how to greet the person who is calling and giving information while on the phone.

For practicing communication skills, the other students and I prepared to read a story about snakes to the kindergarten students in Newhalen. When we were done with the story we all sat around the table to make paper snakes and then color them. This was how we practiced communication skills around with the kids. After all of the fun of coloring the paper snakes, I brought out a real snake, explained to the kids how they had to act around the snake because we did not want any accidents to happen, and if they were calm they would be allowed to hold the snake. After we got back to the place where we were staying we revised what we had done with the kindergarten class and talked about what we could have done different to make things move more smoothly. We decided we could have acted better and explained things better to the kids.

In the end it was great. I learned new skills that can be used for future references and I met new people as well. I recommend New Beginnings to anyone who is interested in learning new skills for life.

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

Dallia Andrew, President

Randy Alvarez, Vice-President

Kevin Olympic, Member &
Administrative Trainee

Annie Wilson, Member

Michael Andrew, Jr., Member

Bonnie Thurston, Tribal Administrator

Sandy Alvarez, Administrative
Assistant

Bernadette Andrew, Editor & Social
Services Director

Betsy Hostetter, Librarian

Christina Salmon, IGAP Director

AlexAnna Salmon, Tribal Clerk

Ida Nelson, Tribal Clerk

Weather Watch

November 2008

Highest Wind Speed . . . 49 mph

Average Wind Speed . . . 7.2 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 40.8°F

Lowest Temperature . . . -17.2°F

Below Freezing . . . 29 days

Below Zero . . . 8 days

Precipitation . . . 0.29 inches

Recipe Corner

Contributed by . . . Bonnie Thurston

Rainbow Jello Jigglers

5 3 ounce boxes Jello,
(use 5 different colors/flavors)
4 ounces sour cream
5 cups boiling water

Dissolve first box of Jello in 1 cup boiling water. Pour 2/3 cup into 8 by 8 inch pan. Refrigerate until firm. Mix 2 tablespoons sour cream with remaining 1/3 cup hot liquid Jello. Jello must be hot for sour cream to blend. Once the first layer is firm, pour sour cream and Jello mixture on top of first layer. Repeat, using remaining 4 boxes of Jello. Each layer must

be firm before additional layers are added. The first layer usually takes the longest to chill, approximately 30 to

45 minutes. The remaining layers usually chill in 15 to 20 minutes. To serve, place pan in warm water for about 5 seconds. Invert onto large plate and cut into small squares.

