



IVC Annual Meeting
Photos and highlights of the Igiugig Village Council Annual Meeting.

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My Phase 2 Experience
Angel Alvarez reports on her recent trip to Anchorage to attend Phase 2.

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Looking Back on 2009
Remembering 2009 through photos.

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New VPSO
Introducing Dan Decker, Igiugig's first VPSO.

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january 2010

Igiugig

news & notes

□ VOLUME 13 □ ISSUE 1

Annual Meeting

BY CHRISTINA SALMON-WASSILLIE

On December 18, 2009 almost every village member could be found at the Hangar for Igiugig Tribal Village Council's Annual Meeting. Awesome door prizes such as propane, heating fuel, sleds and a grand prize of a round trip ticket wherever Alaska Airlines flies enticed locals to attend. Sandy was the first to report our Council's financial status to everyone, breaking it down into pie graphs explaining where we made money and where we lost a little. Over all, we made more

than we expended, another successful year!

Christina Salmon-Wassillie gave an overview of the environmental department and the future plans for that program and AlexAnna then gave her annual report covering everything we accomplished this year. Iliamna Lake Contractors sent Karl Hill over as a guest presenter and he educated the community on all ILC completed this construction season, the list was long! Three board seats were up, Kevin Olympic, Annie Wilson, and Dallia Andrew. Kevin was re-elected, Christina Salmon-Wassillie was elected in Annie's seat, and longtime board member Dallia Andrew kept her seat as well.

(Continued on page 3)

Birthdays This Month:

- January 3
Aiden Wassillie
- January 23
Annie Wilson
- January 26
Jason Bickling
- January 29
Mark Battaion



The 4-1-1 in the 5-3-3 by AlexAnna Salmon

IVC's financial year ends on September 30th with final close-outs, budget wrap-ups, and the ensuing audit. We enter 2010 before the year even begins. It can be a little discombobulating for a greenhorn. But, following tradition, we host our "Annual Meeting" in December in celebration of the year's highlights—a meeting full of prizes, a slideshow, elections, and this year even a potluck. I also gave our annual update, and will give the short-and-sweetened version now.

2009: A Year of Musical Houses, Residents, and Jobs

We will end 2009 with a population of 60. IVC has five rentals filled, six new homes occupied (an enormous "thank you" to Iliamna Lake Contractors!), and all residential homes weatherized by BBHA.

Ida Nelson is officially a new health aide, Tanya Salmon the new ICWA Social Services Worker, and I will begin my first full year as Administrator. We welcomed several new maintenance/laborers to payroll, and appreciate the young workforce as we continue building local capacity. Karl Hill also completed his first year as ILC Assistant Manager and is an exceptional addition to the team.

2010: Where We Are Headed

Igiugig continues to work towards achieving a sustainable self-sufficient community. This involves maintaining a healthy community, economy, and environment. In 2010, we look forward to:

- *Improved Law and Order*, with the new VPSO Dan Decker.
- *Improved Health Care*, by securing construction funding for a new primary health care facility.
- *Energy Efficiency and Conservation*, by adopting an energy strategy for Igiugig Village that will help to reduce our diesel dependence, and help foster an energy efficient culture.

...How Will We Get There?

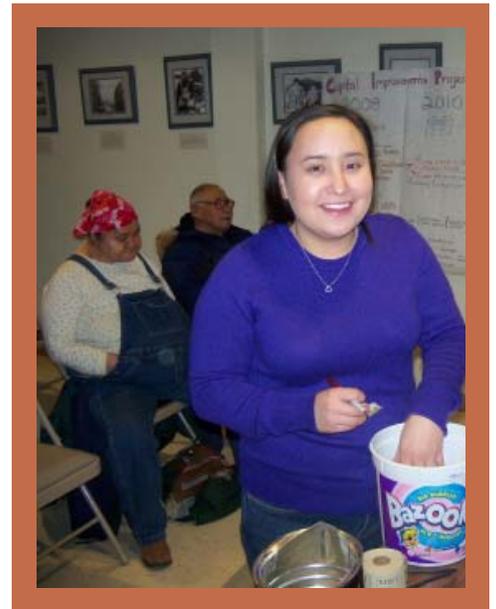
Community Involvement! In retrospect, 2009 was an incredible year, and the success can be attributed to our teamwork. Special individuals that deserve recognition include 2009 Citizen of the Year, awarded to Dave Hostetter for his outstanding services in maintenance, and Martha Crow, awarded 2009 Iliamna Lake Contractors Employee of the Year for her dedicated excellence in "Culinary Arts". Recently the council was sent a letter and I appreciated the individuals' comment: "I can see how the unity in your community maximizes your social, cultural, and economic benefits, thus instilling pride in all of your residents." Let us welcome 2010 in this spirit. *Merry Christmas and Happy New Year!*



Out with the Old... In with the New!

Far left: July 31, 2009 - Kevin Olympic's old house comes down.

Left: November 26, 2009 - Kevin's new house ready for him to move in.



(Annual Meeting Continued from page 1)

As the meeting came to an end, the final door prize of a RT AK Airlines ticket was drawn, the Bicklings, (our new teachers) were the big winners! Clapping and whistling filled the room as Teresa and Jason were congratulated. Another year over with in Igiugig, we are now looking forward to all we have to accomplish in 2010!

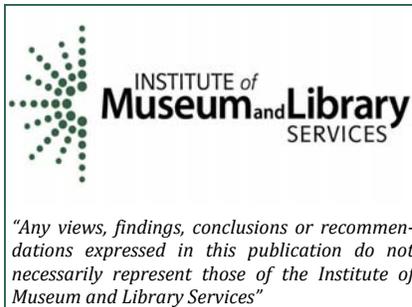




Library/Computer Lab News

Betsy Hostetter - Tribal Librarian

Happy New Year! 2010! I remember when I was young, 2010 was hundreds and hundreds of years away! Now I am living it! Slavi is on the 7th, which is on a Thursday. We start school on the 12th. Our library theme was "Let it snow!" We made snowflakes, in many different designs. Thank you Sandy! For buying the "fancy" paper, which we made our breathtaking snowflakes from!



EASY FICTION

The Shepherd's Story - Halcyon Backhouse

"I will not forget that night. We had lit a fire to keep our sheep safe..."

Junior Fiction

The Wish Giver - Bill Brittain

"Thaddeus Blinn gives them each a magic card. Just press your thumb on the red spot in the center, he tells them, and wishes!"

Alaska Nonfiction Books

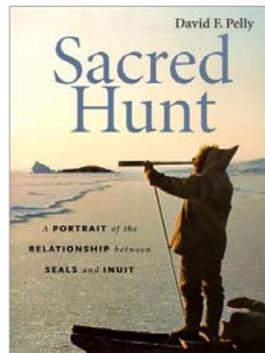
Sacred Hunt - David F. Pelly

"The seals were a lifeline, the very means of survival of the people."

Dnaghelt' ana Out' ana K'eli Ahdelyax-
"They Sing the Songs of Many People" -

John Coray

This comes with a DVD; you could listen to the old songs of the people of Nondalton.



In the spring of 1954 schoolteacher John Coray made a tape recording of Dena'ina singers in the village of Nondalton in southwest Alaska. This has old Slavi songs in it also.

INTERESTING WEBSITE OF THE MONTH

www.akla.org/akasl/bb

Battle of the Books challenges will be end of January. If you would like to keep your child up with the questions, or would like to see what books they are reading, this is the website for you. Please come and support our children every Friday at 10:30am.

Let it Snow! by Betsy Hostetter

"Let it snow!" was our December theme. My plan was to let everyone that came build snowmen and drink hot cocoa, and mingle with friends, but as the weather became warmer, my thinking turned 180 degrees! I had to think of something else and fast. So then I pondered around... for this I needed my brain! So, I turned on the computer, and started browsing through the Internet. I DO love the internet! That is when the ideas came "pouring into my brain!" I saw ideas that made me say "Wow, I never thought we could make that!" My eyes literally popped open; when I saw "How to make a 3D paper snowflake". "This," I said to myself, "is a GRAND idea!" So, I printed a copy of directions on how to make it. I took some scrap paper; thinking that this project would not work out as well as I thought it would, but I did surprise myself! I was amazed! I was speechless! I then showed off my first snowflake to my daughter; she thought it was cool. So, I made another snowflake with "cooler" paper. The snowflakes I made were great. My daughter made some with "Christmassy" paper and they turned out SUPERB! I then started cutting out squares for patrons to use, but I thought maybe they would like to make it from scrap. So, I asked the community members for some "Christmassy" paper and they brought me paper in many different designs. Thank you for helping me out!

The day finally came; it was on the 17th of December. I thought no one would come because the temperature went down to 18 below zero, plus the North wind was blowing, but 25 community members came in excited to see what I had in store for them to make or do. We had 10 adults and 15 children during the event. I had a table with a display of what they were to make. The table was full of tape dispensers, scissors, and of course, paper. For the ones that did not want to make snowflakes, I had a table with "Christmassy" things to color such as Santa, stockings and candy canes. Everyone looked like elves that night. They were so busy making their snowflakes and coloring. I did help some patrons out, but I just watched, and smiled to myself. This event was the brightest one. While we were making snowflakes, we munched on desserts that the community members brought in. This event did brighten up our spirits for the holidays. Thank you everyone for making MY day!



My Phase 2 Experience (Oh Yes!)

by Angel Alvarez- 12th Grade

Tuesday, December 1, 2009 was the day I, Angel D. Alvarez, was scheduled to be leaving on a bush plane to attend Phase 2 at the Anchorage House for a full ten days. As much as I may have hoped the plane picking me up would not arrive until after school was out, I was summoned from class at the beginning of taking science notes. Not an omen...just a major bumner. Unlike boarding the plane headed off to Phase 1 back in August, I was not as nervous. In fact, I was rather excited! I had no idea what to expect, but let me assure you, I was far from disappointed.

I must admit, I was expecting (as well as looking forward to) Ms. Lester to be the main person in charge, but she was in Florida until the upcoming Friday! Christa, Lenard (pronounced LEN-ARE-DDDDD...not LE-NERD), and Zac filled in nicely though; they were tons of fun.

The night our group of Phase 2ers got in (with the exception of the two coming from the Chugach School District who had not yet arrived) we went out to see a movie called the Blind Side. It was a great movie, each character gave you something to think about.

Once everyone arrived, there was a total of twelve students, six boys and six girls. Sadly, our ever famous Jonah (I say 'famous' because every other time the phone rang you could bet it was for Jonah) left us, so we were down to five boys and six girls. Matthew, Chad and Demetri were the boys from our district (LPSD), and Steven and Kenneth attended schools in the Chugach School District. Sharolyn, Kelsey and I were the girls from our district, and Joleen, Glenda and Eva were all apart of the Kuspuk School District. It was nice to have a variety.

Anyway, back to the best ten days of Christa, Lenard, and Zac's lives. Day two we were assigned jobs chosen by Christa and Lenard due to the information they gathered in our individual job interviews. I was super nervous during my individual interview, but Christa, Lenard and Zac gave some great feedback that helped me gain confidence that I will be able to use when it comes time to apply for a real job.

By taking on our assigned roles, we were each able to participate in our House Corporation Meetings. Each morning, or whenever a meeting was called, we would give individual reports and discuss what was good and what needed to be done. It was not as formal as an actual business meeting, but it was practice, so in my opinion we did great! (Well, after we got into it that is.)

Two of the ten days we experienced a complete different setting with corporation meetings. One meeting was at the South Central Foundation, and the other was at the Chugach Corporation. We went to the Chugach Corporation first and learned the hardships and successes of the business, the roles and persons occupying those roles. Towards the end we each were assigned to someone in the corporation to job shadow for a couple hours. I was placed with an intern named Barbara Olsen, who was very upbeat and friendly, and it was obvious that she loved the position she was in. She provided some great information for applying to a job, and if she did not know how to answer one of my questions she was quick to find the answer.

The South Central Foundation was a little more formal, there we traveled in a group. We learned that the South Central Foundation is a customer owned business and got a tour of the ANMC hospital. We were given tours of dental, optometry, training areas, conference rooms, and the different levels inside of the hospital. There were some really neat pieces of art all throughout the hospital, even some parts of the building happened to be special works of art. I think my three favorite would have to be the meditation room, the woven grass baskets, and the summer/winter solstice wall. It was a wall with certain angles cut into it with an unseen skylight that would show the peaks of summer and winter.

Not everyone got to go on an individual job shadow, but I was one of the lucky few. On Monday, December 7, Steven and I were dropped off at Sand Lake Elementary to shadow a man named Ken at a construction site. We started off in his office where he explained the planning that goes into the building before it can be approved and be built. I was amazed at how much work went into it! After I thought about it and let it set in, it made sense for the need for every little bit of it for it all to come together. During our tour we got to see the painters at work, lights being hung at just the right height, the heating system, and so much more. After our tour around the entire school building we went back to Ken's office and learned what other sorts of things he does throughout the day. He was one of the main men in charge, so it was often answering



phones and questions people had on what to do if something was not working out as planned. The man is pure genius.

Throughout the week we also learned different life skills. On Saturday we got dropped off at a bus stop, and were supposed to find our way over to meet the leaders at Diamond Mall. We got on the first bus just fine, but missed the next two buses and ended up being late. That same day, after we ate lunch, we went over to Value Village to find a decent job shadow outfit for under \$20.

Sunday night we had an open house night where family and friends got to come in to visit, have desserts, and watch a fashion show we put on using the clothing we got the day before. It was a blast! There was another day we had an unexpected visitor, Bill Hill! It was wonderful to see him.

Throughout the week during our free time we did a variety of different activities. We went bowling a few of the nights, ice skating once, watched *The Lion*, *The Witch*, and *the Wardrobe* at the Alaska Performing Arts Center, and went out to see a couple of movies. We stayed home at least two of the nights, once for the Sunday night visitation, and once for not completing our housework on time.

Phase 2 was a great experience, and I would encourage anyone who has the opportunity to go to the different phases that are offered in our school district.

John Henry's

By the Elementary Students

These stories are written using a writing technique developed by Andrew Pudewa. They read a story, make an outline, and then re-write the story. They need to add "dress-up" words (action verbs, adjectives, -ly words).

John Henry

By Joshua Brown - 4th Grade

When John Henry was born, even the bright sun came out to see him. His momma knew he was certainly going to be a mighty man someday. When it came to the time he had to depart, his dad gave him two 30 pound sledgehammers with 12 foot handles. John Henry headed to West Virginia to the mountains.

There was a large mountain between the railroad tracks. The boss had an idea. The steam drill would punch right through the mountain. John Henry wanted a contest: your steam drill against my hammers. The next morning the bright sun came up early and the steam drill was on one side of the mountain and John Henry was on the other. When he slashed, flames came out of his hammers. The boss thought it was an earthquake.

John Henry worked all night. The steam drill was 9 feet into the mountain and John Henry went 15 feet. The crowd clapped and John Henry dropped his hammers and died. He swung so hard and so long his heart broke. The sun shed tears that day. They put him on a flatbed and brought him home. When he went by the crowd cheered, "John Henry, John Henry!"

John Henry

By DollyAnn Zharoff - 5th Grade

When John Henry was born, even the bright sun came out to see him. His mama knew that John Henry would be mighty man some day. It was about this time for John Henry to depart from his gorgeous family and his lovely friends. His dad said, "You are going to need these in the big, wide world." His father gave him two huge sledgehammers that were 30 lbs and the handles were 12 feet long. John Henry was headed for West Virginia where a big mountain was between the Chesapeake and Ohio Railroad tracks.

There was a new machine that was arriving that day. So John Henry decided to have a tough contest. John Henry said, "Who ever goes through the mountain will win. You can use your steam drill and I will use my sledgehammers." When John Henry was ready he got his sledgehammers and ferociously smacked his sledgehammers right into the mountain. The boss thought it was an earthquake! In the morning they both were still on the opposite sides of the mountain.

Near the afternoon John Henry was finished pounding through the mountain. Later on the boss was just getting finished drilling through the mountain. The crowd was yelling, "John Henry! John Henry!"

Then John Henry laid down his sledgehammers and DIED! They put him on flat bed railroad car and took him home. The crowd was still yelling, "John Henry! John Henry!"

John Henry

By Fewnia Zharoff - 3rd Grade

When John Henry was born the bright yellow sun came out to see him. His lovely mom pronounced, "I bet he will be a mighty man someday." When he got older and tough his dad responded, "You will be needing these when you go out in the wonderful world." They were hammers. They were 30 pounds and 12 feet long.

John Henry was now heading towards West Virginia. He was walking slowly on the railroad track and there was two trains that were trying to go past a mega mountain. They couldn't. John Henry made a deal with another man. He said, "Your steam drill against my two hammers and whoever punches through the mountain first wins." The next lovely morning the sun came out and shined. They went out and scampered to the opposite sides. They started and John Henry broke the rocks so hard that flames quickly came out and the boss said, "It feels like and earthquake!"

The machine went all night. In the glowing morning, John Henry dug 13 feet and the mega steam drill went 9 feet. All the people were clapping at him and then he put his hammers down and sadly died. John Henry swung so hard and so long that his heart broke. The sun had tears because John Henry died.

Looking Back on 2009



Announcements

- **January 11th - 14th**, Dr. Norris will be at the clinic.
- **January 19th**, LSAC Meeting, 3:30PM at the school.
- **Mid-January**, Igiugig Village Council Meeting, Time and Date TBA.
- **January 21st**, Igiugig Volunteer Fire Department Regular Meeting, 8:00PM at Barb's House.

VOCATIONAL TRAINING

Tribally Eligible Adults residing in Igiugig who are in need of Vocational Training to become gainfully employed in the village should consult with Tanya Salmon, Social Services Director, on available programs.

PLEASE remember to chain up your dogs! People have been complaining about loose dogs hanging out in porches, trash bags being ripped open, and poop on the roads. TAKE CARE OF YOUR PET!



BIRTH ANNOUNCEMENT

Jared Nelson and Tanya Salmon welcomed a new baby girl on Christmas Day.

Avery Lynne was born at 12:19 PM. She weighed in at 6 pounds 13 ounces and was 20 inches long.

Congratulations Jared & Tanya!

REMINDER!

Please help us get the January newsletter in the mail on time by having all newsletter items turned in by...

**January 25
by 7PM**

Thank You!

Food Bank

The Igiugig Food Bank is now open and is located in the hangar. If anyone has excess food, they can make a donation to the Food Bank. Although the Food Bank is open to everyone in the community, families in need will have priority. Thanks!

WORD BUILDING

Use the following letters to make words in the spaces provided. (Answers can be found on page 13.)

SKNEDA

- | | | | |
|---------|----------|----------|----------|
| 1. ____ | 7. ____ | 14. ____ | 21. ____ |
| 2. ____ | 8. ____ | 15. ____ | 22. ____ |
| 3. ____ | 9. ____ | 16. ____ | 23. ____ |
| 4. ____ | 10. ____ | 17. ____ | 24. ____ |
| 5. ____ | 11. ____ | 18. ____ | 25. ____ |
| 6. ____ | 12. ____ | 19. ____ | 26. ____ |
| | 13. ____ | 20. ____ | 27. ____ |

GARDENERS GOODES



by Sandy Alvarez

THE BEGINNING OF A NEW YEAR & THE BEGINNING OF A NEW DECADE

JANUARY garden activities:

- **EARLY JANUARY** – Since the snow has obligingly left the area, you get one more chance to gather up the things that didn't get put away at the end of the growing season, just go gently on frozen hoses, etc. plastic things really do become quite brittle when they are cold, or full of frozen water.
- **EARLY JANUARY** – Calendars? Some years they come in bountiful supply, other years not so much. If you need a calendar, consider making one with some of the photos of your summer flowers or activities. This is a wonderful way to review and enjoy again the fruits of your labor and times just past.
- **JANUARY** – Browse through all the wonderful seed catalogs that come in the mail from your favorite supplier. Spend time on their website too if you enjoy the computer—they often offer early bird sales, and winter clearance on last year's supplies. Dream big, you can always do less than you plan too, but it's pretty hard to make something out of nothing.
- **JANUARY** – With the beginning of the new decade, we can be reminded to think in the long-term about garden plants that will last for years and plan a layout that won't block views, send roots into important underground areas, or create a bear hiding place. Think about perennials and contemplate transplanting trees to create natural windbreaks.
- **LATE JANUARY** – Plan your schedule for the coming gardening season. Be sure to figure in mailing time for things you plan to order later, and shipping times for sets that you may want to have sent just a the right time to plant. If you start from the date that you want to see your flowers blooming and count backward for each significant activity (which you of course are marking onto that new calendar that you just made) you should have no trouble getting things into the garden at just the right time without too much stress.



What's Blooming?

It's the Christmas Cactus again—very predictable and easy to grow!

(The ones I leave behind in Naknek for winter do the best because they need very little water and long dark nights.)

REMEMBER those Re's

Reduce – Refuse – Reuse – Renew – Recycle – Remodel – Refurbish – Rebuild – Recharge – Refill – Refinish – Repurpose – Recover – Reclaim – Reload – Reinvest Reinvent – Remind yourself to always Re...



A message from your Volunteer Fire Department



Sudoku

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



Environmental Report

by Christina Salmon-Wassillie – Environmental Director

December

The month of December first could not come fast enough and then it went too quickly! We could not wait to leave Igiugig for the warm sunny beaches of Hawaii, but then we had several deadlines to meet before we could leave.

First I had to complete the last 4 year grant cycle close-out, a first for me. Through trial and error and a lot of help along the way, I finally figured it. Then, there was a 3 year fiscal plan to complete as well, that I had experience in, but it was still time consuming! With the patience of my tribal coordinator, Wenona Wilson, I was able to complete both in time before boarding my flight to Kauai.

For the next few years our village will work on carbon use reduction, exploring and learning what we can do to not rely solely on fossil fuels. With a possible in river hydro project and several wind turbines going up in our village, we need to be as educated as possible alternative energy.

Angel and I look forward to holding community meetings to discuss our long term environmental plan and educational activities at the school. That is it for this month, I am already on vacation mode!

Community Projects



Community Potato Garden



Construction of New Greenhouse



Bits 'n Pieces

Contributed by Sandy Alvarez

LOOKING FOR THAT LAST MINUTE TAX DEDUCTION

Get a Bigger Tax Deduction for Donated Clothing

William R. Lewis, CPA, CFP

That clothing packed away in your attic could be worth hundreds or even thousands of dollars in tax deductions, much more than it would bring at a garage sale. Simply donate the clothes to a charity, such as Goodwill Industries or the Salvation Army.

According to IRS rules, you are allowed to deduct the "fair market value" of clothing -- the amount that it would sell for in a thrift or consignment store. Trouble is, most taxpayers assign lower values to their donated clothing -- and pay higher taxes as a result.

Below is a sampling of fair-market values of common used clothes based on nationwide thrift and consignment store prices. You also can find fair-market values at charity Web sites, including www.goodwill.org and www.salvationarmyusa.org. When donating your clothes, write up a list of all the items, with fair-market value assigned to each one. Get your list signed and dated by the charity.

Important rules: You must file Form 8283, Noncash Charitable Contributions, with your taxes if you claim property donations of more than \$500 in a year. An independent appraisal is required if your noncash donations total more than \$5,000. Your charitable-contribution deductions cannot exceed 50% of your Adjusted Gross Income (AGI) in any year. If they do, the excess can be applied to future tax years.

Clothing Type	Clothing Condition			
	Like New		Good	
MEN				
Two-piece suit	\$51		\$41	
Sport coat	\$20		\$18	
Long-sleeve dress shirt	\$16		\$11	
Blue jeans	\$15		\$10	
Silk tie	\$10		\$8	
WOMEN				
Two-piece suit	\$40		\$26	
Long-sleeve dress shirt	\$14.50		\$10.50	
Casual dress	\$22		\$13.50	
Blue jeans	\$16		\$10	
Leather dress shoes	\$20		\$11	
CHILDREN	BOYS	GIRLS	BOYS	GIRLS
Long-sleeve pullover sweater	\$7	\$9.50	\$5	\$7.50
Long-sleeve casual shirt	\$6	\$8.50	\$4	\$6.50
T-shirt	\$4	\$2.50	\$2	\$1.50
Blue jeans	\$8	\$11.50	\$5	\$9.50
Dress shoes	\$8	\$10	\$5.50	\$7.50

Bottom Line/Personal interviewed William R. Lewis, CPA, CFP, an accountant in Lincoln, Nebraska, with more than 30 years of experience. He is author of *Money for Your Used Clothing*, a booklet published annually since 1990, featuring up-to-date used-clothing valuations for tax purposes (Certified Used Clothing Values, Inc.). His Web site is www.mfyuc.com.

NOT ONLY WILL YOU BE REDUCING YOUR TAX BILL...
YOU WILL ALSO BE HELPING PEOPLE IN NEED AND THE ENVIRONMENT.

Giving Babies Tylenol May Blunt Vaccine Effects

Submitted by Barb Brown



Giving babies Tylenol to prevent fever when they get childhood vaccinations may backfire and make the shots a little less effective, surprising new research suggests.

It is the first major study to tie reduced immunity to the use of fever-lowering medicines. Although the effect was small and the vast majority of kids still got enough protection from vaccines, the results make "a compelling case" against routinely giving Tylenol right after vaccination, say doctors from the U.S. Centers for Disease Control and Prevention.

They wrote an editorial accompanying the study, published in Friday's issue of the British medical journal, *Lancet*.

The study only looked at preventive use of Tylenol — not whether it is OK to use after a fever develops.

Widely recommended

Tylenol or its generic twin, acetaminophen, is widely recommended as a painkiller for babies. Many parents give it right before or after a shot to prevent fever and fussiness, and some doctors recommend this. The CDC's vaccine advisory panel says it is a reasonable thing to do for children at high risk of seizures, which can be triggered by fevers.

However, fever after a vaccine isn't necessarily bad — it's a natural part of the body's response. Curbing fever, especially the first time a baby gets a vaccine, also seems to curb the immune response and the amount of protective antibodies that are made, the new study found.

It was led by military and government scientists in the Czech Republic and was done at 10 medical centers in that Eastern European country. It involved 459 healthy infants, 9 to 16 weeks old, who were getting vaccines against polio, pneumonia, meningitis, whooping cough, tetanus, hepatitis and other childhood diseases.

Half were given three doses of Calpol, or paracetamol — a Tylenol-like brand sold in Europe — during the first day after vaccination. The others were given nothing besides the vaccines.

Babies given the painkiller were significantly less likely to develop a fever — 42 percent versus 66 percent of the others — and very few in either group developed a high one.

However, lower rates of protective antibody levels from several vaccines were seen in the group given the drug. Levels remained significantly lower in this group after booster vaccines, given when the babies were 12 to 15 months old.

Immune system interference

Next, the researchers looked at 10 other vaccine studies and found some supporting evidence that using Tylenol to prevent fevers at the time of vaccination may curb immune system response rates. The same may not be true of using the drug to treat fevers after they develop.

The research was sponsored by Belgium-based GlaxoSmithKline Biologicals, which makes all the vaccines used in the study. Some authors have financial ties to the company, including owning stock in it, and Glaxo had a role in reporting the results.

Even with the fever-lowering drugs, more than 90 percent of children in the Czech study achieved protection from the various vaccines after the booster dose, so the effect of lower levels of antibodies on any individual might be small, Dr. Robert Chen and two other CDC doctors wrote in an editorial.

Routine use discouraged

Yet the consistency of findings from other studies makes "a compelling case against" routine use of fever-lowering medicines during immunization, they write.

It's not known if Tylenol or other painkillers might reduce vaccine response in adults, but they are less likely to develop a fever after vaccination or to be so bothered by it, said Dr. John Treanor, a vaccine specialist at the University of Rochester Medical Center in Rochester, N.Y., who had no role in the study.

Tylenol is the only member of the family of over-the-counter pain relievers that is not a nonsteroidal anti-inflammatory drug, or NSAID.

"There's been speculation for a long time that the use of NSAIDs might have an effect" on antibody production after vaccination, but this is far from proved, Treanor said.

Given that so few children develop high fevers after vaccines, skipping the meds unless fever develops "may be the way to go," he said.

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Germ Prevention by Zachary Clark 10th Grade

The public health nurse recently visited the village of Igiugig. She came to talk to us kids about germs. Germs are little particles that live in your body and they come out and spread when you cough or sneeze. If you touch something the germs will jump onto whatever it is you touched. If someone else touches it, they will get your germs. Then the person that touched it would get sick because of the germs.

The nurse that came showed us two short movies about the process of how germs are spread. The movie was about how when you cough or sneeze on your hand and touch something like a doorknob someone else who touches that doorknob would get the germs on their hands as well. Before you touch a piece of food, it is smart to wash your hands. When deciding on a piece of food, it is better to just look at them rather than touching the other ones.

The nurse also taught us a song to sing when we are washing our hands. She said once you have finished the song, you have washed your hands long enough to kill germs. She also talked about not touching your face or putting your hands in your mouth; it can transfer germs in side of your mouth, causing you to get sick. She also explained to us how quickly germs spread under a black light.

The nurse also demonstrated to us where cough and sneeze on our sleeves. It keeps the germs from spreading and it keeps people from getting sick. At the end of the presentation she asked us questions; when we got the right answer she gave us a certificate.



"Sink Those Germs" coloring contest winners
Molly, Kiara, Andrew, & Joshua
(Fewnina not pictured)



Clinic News

by Barbara Brown

Congratulations to Ida Nelson who completed her post-session learning needs in Togiak and returned to Igiugig in November. She is now a fully certified Session 1 Health-aide.

I returned from Nome on December 21st after successful completion of Session 3 Health-aide training and had the opportunity to assist in the birth of 5 babies, and actually delivered 2 of them myself. This was a VERY rare and exciting opportunity. Session 3 health-aides rarely get to see a delivery let alone be involved in one during training.

After nearly 10 years in the health care field, I am excited to be invited to attend AFHCAN Telehealth "Train the Trainer" course. AFHCAN is part of the Alaska Native Tribal

Health Consortium. When complete, I will be certified to teach telemedicine to my fellow health-aides in the Bristol Bay region. This training is tentatively scheduled for early February. Though I will be traveling occasionally to provide this much needed training, my main focus will remain, as always, your village health-aide and providing you with the best possible health-care available.

I am also looking forward to working with our new VPSO, Dan Decker, on his *DARE* project at the school and providing personal health education to the children of our community. The *DARE* project will begin after winter break and continue for 10 weeks. This project is special to me because when I was in 5th grade it was the highlight of the year for me. I wound up being the *DARE* student of the year for the entire state of Oregon. I think the *DARE* program is a great experience for all children.

Have a Happy and Healthy New Year!

Barb

Important Clinic Dates:

- Dr. Norris will be here from January 11th thru January 14th.
- Barb Brown & Ida Nelson are scheduled to be in the clinic for the month of January.



Community



Answers to WORD BUILDING

(game on page 8)

SAD, SEA, DEN, ASK, ADS, ADE, AND, END, KEN, SAND, SANE, SANK, SAKE, SEND, DANK, DESK, DEAN, DENS, ENDS, KENS, SEDAN, SNAKE, SNEAK, DEANS, ASKED, NAKED, KNEAD, KNEADS, SNAKED

Answers to SUDOKU (game on page 9)

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

Energy Saving Tips

BY TANYA SALMON

With the rising cost of electricity and fuel it is becoming a priority in many of our lives to become more energy efficient. I will be submitting monthly energy saving tips to help guide you in lowering your energy consumption. By following just a few simple tips, you will be able to make your home more comfortable and easier to heat and cool while saving you money... sounds like a win-win situation to me!

The first step to making your house more energy efficient is to find out which areas of your home consume the most energy. You can do this by conducting a home energy audit. Remember, when auditing your home you should make sure to keep a checklist of areas you have inspected and problems you found. This list will help you find "problem" areas that need extra attention.

Locating Air Leaks:

Did you know that reducing drafts in a home may save you anywhere from 5% to 30% per year? This can be done by simply checking for air leaks throughout the house. Important places to check include:

- Electrical outlets
- Switch plates
- Window frames
- Baseboards
- Weather stripping around doors
- Fire place dampers & stove pipes

Remember to look for gaps around pipes, wires, electrical outlets, and foundation seals. Make sure to check to see if the caulking and weather stripping are applied properly with no gaps or cracks. Inspect windows and doors for air leaks. If leaks are discovered, you may want to seal them with caulking or weather stripping. Installing low-cost plastic for the windows during the winter months is also an excellent way to conserve heat.

If you are having difficulty locating leaks throughout your house, you may want to conduct a basic building pressurization test:

1. First, close all exterior doors, windows, and fireplace flues.
2. Turn off all combustion appliances such as furnaces and water heaters.
3. Turn on all exhaust fans (generally located in the kitchen and bathrooms) or use a large window fan to suck the air out of the rooms.

This test increases infiltration through cracks and leaks, making them easier to detect. You can use incense sticks, a candle, or even your damp hand to locate these leaks. If you use incense sticks, moving air will cause the smoke to waver, and if you use your damp hand, any drafts will feel cool to your hand.

On the outside of your house, inspect all areas where two different building materials meet, including:

- All exterior corners
- Where siding and chimneys meet
- Areas where the foundation and the bottom of exterior brick or siding meet.

You should plug and caulk holes or penetrations for faucets, pipes, electric outlets, and wiring. Look for cracks and holes in the mortar, foundation, and siding, and seal them with the appropriate material.

Lighting

Energy for lighting accounts for about 10% of your electricity bill. Do a quick walk through of your house and check the wattage size of the light bulbs. You may have a 100-watt (or larger) bulb where 60 or 75 watts would do. You should also consider purchasing ENERGY STAR bulbs, which provides a bright, warm light and uses about 75% less energy than standard lighting, produces, 75% less heat, and lasts up to 10 times longer.

Visit www.energystar.gov to find the right light bulbs for your fixtures. They are available in sizes and shapes to fit in almost any fixture!





WALK TO BE FIT contributed by Sandy Alvarez

Total **V**illage **M**ileage through December - 73,439

So who is healthier?

Skinny **M**ini **-vs-** **C**hunky **H**unky

As it turns out, looks can be deceiving! Those super slender models may not be healthy after all, It's not the overall shape of your body that determines your health—rather it's your fitness level.

As scientists have followed the life events of a large group of people over the course of their adult years and studied their jobs, lifestyle habits, food choices and many other factors, they have found that the amount of body fat (or lack thereof) had very little to do with the cardiovascular health of their subjects. As it turns out, the best predictor of heart disease, cholesterol problems, and heart attacks was their subject's fitness level.

Take a minute to consider your own fitness closely:

Can you hike up a flight of stairs and still talk to someone as you go?

Do you go easily from sitting to standing or are you making strange grunting noises as you get up?

Can you comfortably sit on the floor and get back up without help?

Can you run?

Flexibility? Are your toes out of reach or can you still bend down and touch them?

Balance? Can you stand on one foot while putting a sock on the other one?

How many actual sit-ups and push-ups can you do?

Can you play catch without waking up with a sore shoulder the next day?

Can you jump rope?

Have you hauled and cut up any firewood lately?

How many hours out of your day do you spend sitting?

If you review your honest answers to these and similar questions, you may squirm under your own scrutiny because you probably already know whether you are physically fit or not. And if you already have a feeling that something should be done, take heart, it's not that bad—in respect to the age old feeling that “I really need to lose weight”, it's probably not what you really need. Whether you are an XXS or an XXL the message should rather be, “don't be sedentary”.

The best New Year's resolution it turns out, is to be determined to “move it” for at least thirty minutes three times a week—dance, play ball, walk, bike, chase around a wild child—whatever it is and whatever your size you can reduce your risk of heart problems and increase your productive (pain free) life with just a little bit of additional exercise through your daily activity.

If what you do all day involves a chair, find a way to skip a few of the other passive activities after school or work... (maybe TV!?)

...and take a walk today!

The Decker Family *by Dan Decker*

Hello from Dan, Susie, Krystine 18 (Who is in St. Paul for the time being) Amara 17, Dan JR. 15, Blaise 13, Josephine 12, Caleb 8 and Jolynn 6.

I have been a VPSO for approximately 10 years and have had a 17 year career in law enforcement. We just transferred out of the Glennallen area where we had been since May of this year.

My posting previous to Glennallen was in Ekwo where we spent the past 5 years. Our first impression of Igiugig was good. The people here have been great and friendly which is a nice change from some of the areas of the state that we have been in. The area is beautiful and we look forward to becoming and staying a part of the community of Igiugig for the foreseeable future. We are excited to be here.



Top Left: The Decker Family attending the school Christmas play December 21st.

Top Right: December 22nd, after arriving in Igiugig only 2 days earlier, VPSO Decker is already busy at work. Here he removes a rogue bear that had attacked Mary Olympic's dogs.

2009 Craft Fair *by Christina Salmon-Wassillie*

Tables lined with baked goods, T-Shirts, handmade wool hats, beaded earrings, and even cotton candy lined our gym on December 19th 2009. Our annual craft and book sale proved once again to be successful! The High School class made about \$2200.00 and the younger students made \$400.00.

Student government sold homemade pizzas and sundaes that were delicious and Mark sold his famous cotton candy. Aiden, Keilan, Ronan and Andrew hyped up with sugar chased one another around the gym with little Dannika and Shealayla not far behind. Danni and Shea also took it upon themselves to taste test all the little zipper pulls the younger students made!

Sandy Alvarez had a fun booth where she took family pictures by the Christmas tree and printed them on the spot for you, Julia Salmon sold her cute Christmas earrings, the St. Nicholas Church sold baked goods, Dallia Andrew had an assortment of toys, bags and other odds and ends, and Molly Stoltman sold hats her mom made.

Eager shoppers made their rounds, purchasing No-See-Ums attire, perusing the impressive selection of books, and enjoying each other's company. Around 3 PM that afternoon mostly empty booths started shutting down and the students began cleaning. Another successful craft and book sale over with in Igiugig, leaving us to look forward to what will be sold next year!



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Betsy Hostetter, Librarian

Christina Salmon, Environmental Director

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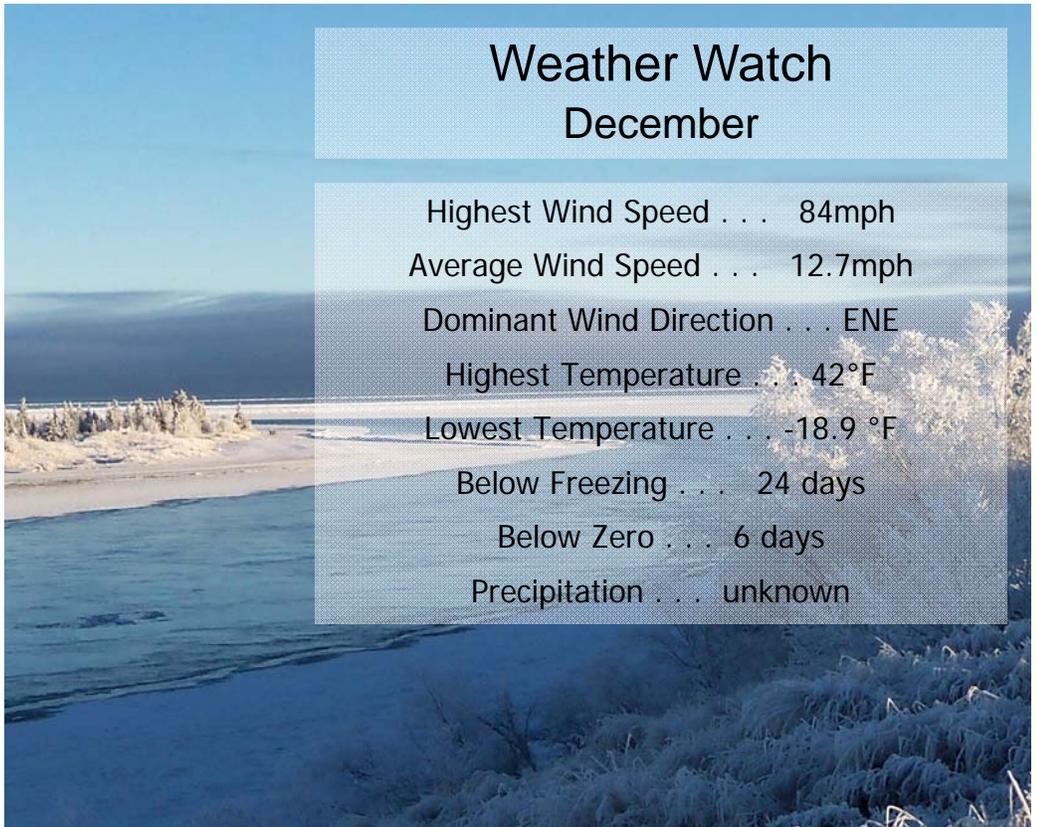
Tanya Salmon, Social Services Director

April Hostetter, Tribal Clerk Intern

Nancy Nease, Newsletter Editor

Weather Watch December

Highest Wind Speed . . . 84mph
 Average Wind Speed . . . 12.7mph
 Dominant Wind Direction . . . ENE
 Highest Temperature . . . 42°F
 Lowest Temperature . . . -18.9 °F
 Below Freezing . . . 24 days
 Below Zero . . . 6 days
 Precipitation . . . unknown



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