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Igiugig News and Notes

Issue 2

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Spring Concert by Tanya Salmon



On April 6th, the Igiugig Students held a Spring Concert & a Choose Respect Potluck. Everyone was encouraged to attend & bring a dish to share. The evening started off with everybody serving themselves a delicious meal. There was a variety of different dishes & everyone's plates were piled high! Afterwards, the school kids began their performances.

First up was the whole elementary class singing their favorite song, "Stinky Food." Next up was Rylee & Walt in their version of "The Three Little Pigs." The audience enjoyed the poetic banter between the wolf & the pig who built his house out of bricks. Next everybody enjoyed watching Aiden's slideshow presentation. He took all the photos & even made the music himself off of garage band. Kiara & Ms. Toews sang "A Thousand Years." Kaylee & Rhiana performed, "A Princess & a Pea," & Ella & Lorin sang "You Can Count On Me" while Lorin played the ukulele. Afterwards, the elementary class finished off by singing "I Ride An Old Paint," "Old Dan Tucker," "John Henry," & "The Alaska Song."

The kids did an excellent job singing & acting. Even if one of the pre schoolers went up to stand next to the princesses, as Avery did during Kaylee & Rhaiana's performance, the show continued on. Great job No-see-ums!

Birthdays this Month:

- May 5th
Tate Gooden
- May 6th
April Hostetter
- May 11th
Ella Gooden
- May 12th
Tanya Salmon
- May 29th
Walt Gooden

The 4 1 1 In The 5 3 3

By AlexAnna Salmon

The extended daylight, and warming sunny days seem to have re-energized and rejuvenated the staff and local woodsmen! As we push paperwork in a nice warm office, local crews have been delivering cords of wood for the hangar wood boiler. We are very appreciative of these efforts.

First, on the paperwork frontier, we worked on multiple applications and requirements. One is an ICDBG grant application for site development of Lot 18 on High Ridge Subdivision for an Emergency Response Vehicle Garage. The two-bay garage will house the emergency patient transport vehicle, and a fire brush truck. One application is to receive technical assistance for determining energy solutions. Another is for minor repair to our water distribution line, to install a gas card system at the tank, and to acquire the fire brush truck. We have also looked for a solution to the Bulk Fuel Farm storm damage from last fall. The mundane task of completing the annual audit, and BIA direct budget is also behind us for another year.

Before summer, we hope to welcome a new Village Public Safety Officer to the community. Two of the rental homes in the vicinity of the water treatment plant will need to be relocated, as plans are moving ahead for the water in-take system and upgrade. Summer 2013 will also see the installation of a barge landing ramp, and two additional wind turbines.

The cultural grant from First Alaskans is making good progress: "Investing in Cultural Understanding to Empower Igiugig Youth". The five students that went on the Kukaklek Lake Cultural Camp have created a 15 minute video that will be showcased at the end of year school potluck. The Yup'ik place name map and coffee table book are underway as well. We hope to publish both this summer.

For me, the highlight of the quarter has been the Igiugig School Spring Fling hosted by the elementary students. The evening was filled with good food, company, and mesmerizing performances! Thank you to all of the students and staff and good weather for the fun and productivity and GOOD BYE WINTER!



ANNOUNCEMENTS

Important Dates:

4/22-5/3: Moses Wassillie, tool maker/mask carver, will be at the school to work with the kids.

4/22-4/25: Dental team will be in Igiugig

4/23: LSAC meeting at the school at 3:30 PM

4/24: Health Fair @ the school

5/6-5/10: ETT Class in Igiugig

5/13: Newsletter articles DUE

5/21: Pebble Limited Partnership meeting at the office at 12:00.

5/22: Last day of school & Village Clean Up

The Rec Hall will be getting a Ping Pong Table as soon as it can be delivered to Igiugig. With that said, we need to refresh our understanding of the rules of the Recreation Hall. Currently, we are removing old equipment that does not work and removing any other items that are not in use.

Please observe the following:

- Power down any equipment, media devices, and lights upon exit of building
- Keep Toyo Stove at a minimum temperature and if temperature is increased, please turn down upon exit

• Use provided wipes or cloth to wipe down equipment after use

• Bring an extra pair of shoes to use on equipment

• Wipe shoes before entering so as not to track in mud

• Do not sit, lay, or climb on Ping Pong Table

• The paddles and balls are provided by IVC for community use, please do not remove from building.

• Children under 11 must be supervised by someone at least 16 or older.

No-see-um Bakers (elementary class) have been busy baking goods. Orders are due every Wednesday & are delivered every Thursday. Please keep a look out for their flyers, seeing as they change their menu frequently!

Turn Out The Lights

It's a simple task. When you leave any public building, please turn out the lights behind you. Even if you plan on returning later. The next time you look at your light bill and start to complain about the cost of it, remember that we can't keep electric bills down when you keep public lights on! We can only help you if you help yourself!

The Igiugig Student Government is selling new items at the gift shop! The items include:

Long-sleeved shirts \$30.00

Colors: Black, Gray, and Maroon S-XL

Baseball hats \$20.00

Colors: Black and Maroon

New Zip-up hooded sweaters \$50.00

Colors: Black and Gray sizes from S-XL

Additional pull over sweaters along with Youth sizes of Orange

Youth size s-XL

If interested call the Igiugig Village Council during normal business hours of 830 am to 430 pm M-f excluding holidays. The Price of shipping will be a flat rate box depending on the amount of your order.

WALK TO BE FIT Submitted by Sandy Alvarez Written By Mehmet C. Oz, MD, & Michael F. Roizen, MD

12 Healthy-Body Strategies Your Brain Will Love, Too

We love it when life's little things add up to something BIG -- like socking away a few bucks in a vacation account every week or spending a minute flossing your pearly whites before you hit the hay each night. But here's a doozy that didn't get the front-page attention we think it deserved:

Taking care of "little" health glitches now could slash your risk of dementia and Alzheimer's later by 40%.

Yep. Turns out that sweating the small stuff -- updating eyeglass prescriptions; clearing up skin and foot problems; getting chronic sinus infections, arthritis, leaky bladders, and digestive disorders treated; even making sure dentures fit and hearing aids work -- makes a huge difference. A major new Canadian study has found that each ignored problem boosts your risk for brain trouble 3%. Having 8 to 12 untreated little health issues boosts risk by 24% to 36%. That's large!

It's also a shake-up for three reasons. First, these "little things" aren't what most of you, or we docs, or even brain scientists focus on in terms of protecting gray matter. Second, brain benefits could be just the motivation needed if you've been dawdling about taking care of a small health nag. ("Why aren't you answering me?" "Didn't hear you, hon.") Third, this study points out a potent new way to keep what you've got upstairs in great working order.

Why does it work? For one thing, staying mentally active keeps your brain connections as fast as an iPad's. When your vision and hearing are sharp, your body is nimble, and you're not flustered by, say, bladder leaks. Instead, you're eager to catch a new play, take a writing class, or learn Esperanto between flugelhorn lessons. But the benefits don't come just from brain stretching.

Investing in your own get-up-and-go keeps you physically active, too, which showers your cranium with brain chemicals that encourage new links between neurons. That brings us to more brainy news: Daily activity protects your gray cells even if you're at high risk for dementia. And even if you can't do much: Taking an easy walk, doing some light house-keeping, or puttering in the garden still cuts the

threat by 16%. Do a little, and soon you can do more. And more. Suddenly, you'll find you can do some serious exercise for 20 minutes three times a week, and that yields a bonanza: a bigger hippocampus! Yep -- it grows your key memory center.

Meanwhile, clearing up infections (including inflamed gums) and treating arthritis stomp down inflammation that can scratch, dent, and ding your arteries and brain cells.

There's no cure (yet) for Alzheimer's. But don't wait for one. In addition to sweating the small stuff, these proven steps can protect you from this thought-robbing, YOU-erasing disease:

- **Order the walnut salad and grilled fish with couscous for dinner, and have fruit for dessert. Then, take that stroll.** Cutting back on saturated fat (ice cream, butter, full-fat milk and cheese, red meat) and getting more brain-pampering omega-3s (the fish), monounsaturated fats (the nuts), and enough folate, vitamin B12 and vitamin E (fresh produce, whole grains) could cut your Alzheimer's risk by a serious 38%. Combine your healthy meal with a 30 minute walk and that number jumps to 60%.
- **Get serious about LDL cholesterol, blood pressure, and diabetes.** All three threaten the arteries that deliver oxygen-rich blood to your brain cells. Ignoring them boosts your risk for dementia by up to 46%. Make preventing or reversing them a mission.
- **Enjoy a second mug of coffee.** Two mugs a day, or three to six small cups, could lower your risk 67%. Why? Something in coffee helps protect you. What, exactly? We don't know yet.
- **If you still smoke, call it quits.** Smoking is the worst for Alzheimer's. A two-packs-a-day habit boosts your risk 157%. If you've tried to quit and failed, try again. North Americans, on average, require seven attempts to quit for good.
- **Pop some good fat.** Your brain's 60% fat, half of it the type of omega-3 fatty acid we take every day: DHA. People with mild memory decline see their brains become 3 years younger when they take 900 milligrams a day for just 6 months.

Hold the mojito. Moderate drinking (one a day for women, two for men) protects your brain only to a point. If you or a loved one has signs of mild cognitive problems (memory slips, slowed thinking), it's time to toast with sparkling cider instead of champagne. Just a couple of alcoholic beverages a week can double dementia risk if there are signs of trouble.

This article can be found at:

<http://www.realage.com/better-memory/use-your-brain-prevent-dementia?>



Karl checking out the vertical axis wind turbines in California.



Tess sat with the Lake & Peninsula Board Members as the North Student Government Representative.



No-see-ums were #1 in the 3-man basketball tournament. Way to go Loretta, Lukas, Coach Tony, & Tess!



Our health aides, Marisa & Alexann, trying to keep warm in the clinic when the boiler went out.

PLEASE keep a watch out for children playing outside. **SLOW DOWN** near the school & where children play. Also, **ALWAYS** check to make sure kids aren't behind you when you are backing up. With all this sun & warmth, kids have been playing out much longer & more frequently!



Igiugig people ice fishing at Big Mountain



Stacy Hill jumping a pressure crack.



Aiden, Kiara, & Danni enjoying their picnic.



Gregory, Ida, Alicia, Loretta, & Dolly Ann warming up.



Keilan & Kaylee playing with cranberries.



Erika happy to be outside playing.



Kaylee & Fewnia taking a break from fishing.



IGI fisher people driving back from Big Mt.



Tanya fishing for pike at the 1st Lagoon.



Avery testing out the new drum set at the school.



Danni, Shea, & Jon show off their pre-school project.



Terek releasing a Chinese lantern.



Spring fun! Karl towing Kaylee, Kaleb, & Keilan.



Dannika & Kannon enjoying the Spring Concert.

Igiugig Village Council

AlexAnna Salmon, President

Randy Alvarez, Vice President

Kevin Olympic, Member

Christina Salmon, Member

Mary Olympic, Member

AlexAnna Salmon, Interim Village Administrator

Sandy Alvarez, Director of Accounting & Finance

Christina Salmon, Environmental Director

Tanya Salmon, Social Services Director, News-
letter Director

April Hostetter, Library Director

Eudi Nunez, Fire Chief

Kannon Lee, Grants Administrator

Ida Nelson, Local PLP Delegate, Tribal Clerk

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www.igiugig.com



First Class Mail

PO Box 4008
Igiugig, AK 99613

Front Page Photo Credit: Dolly Ann Zharoff

View from above a fishing hole

Back Page Photo Credit: Dolly Ann Zharoff

Roasting marshmallows, boiling water.

Igiugig Tribal Village Council Newsletter