

Igiugig News & Notes

Igiugig Tribal Village Council

January 2003

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Pancake Breakfast and Craft Fair

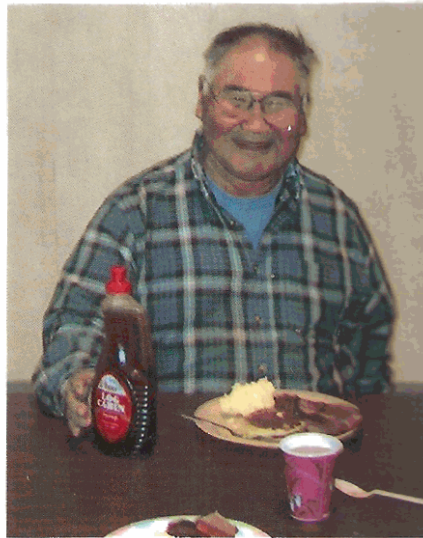
By Tanya Salmon, 10th Grade, Igiugig School

December 14th was a busy day for the volunteers and students of Igiugig. The morning started off early with a pancake breakfast at the school. Staci and Greg Anelon, Betsy Hostetter, and Bernadette Andrew were at the school in the wee hours of the morning making pancakes, eggs, and ham.

This year's pancake breakfast was different compared to the previous years' breakfast: the adults did the cooking and the meal was served family style. I think the adults smartened up after last year's raw pancakes and egg shells! Almost everybody went to the breakfast and had a great time eating and socializing. The breakfast made over \$200, which was all donated to the Linda Johnson Memorial Scholarship Fund.

Once breakfast was over, students and volunteers wiped down tables, helped clean the kitchen, swept the gym floor, and began preparing for the Craft Fair. Tables were brought into the gym, the concession stand was set up, and cake walk numbers were made.

People began filing into the gym even before the Craft Fair A.K.A Junk Food Fest started! This year's



Mike Sr. enjoying his pancakes.



Villagers participating in cake walks.

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Birthdays this month

- January 7
Ray Apokedak Jr.
- January 23
Annie Wilson

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Igiugig Native Corporation Annual Meeting

By Tanya Salmon, 10th Grade, Igiugig School

"Who will be the lucky winners this year?" people thought as they scurried down to the Rec-hall for the annual Native Corporation (INC) meeting on December 15th (or like Jeremy -hopped around the house loudly repeating "I hope I win \$100 dollars"). As soon as a shareholder entered the building, they signed their name on a ticket and dropped it into the coffee can before walking over to a table which was covered with fruit, doughnuts, cookies, pretzels, juice, coffee, and other goodies.

Led by Jerry Liboff, the meeting began at 12:30. It opened with \$100 money drawings. Everybody excitedly looked at their tickets when Julie Salmon, secretary of INC, read the ticket numbers. When somebody won, everybody clapped, but deep down, they were wishing their ticket had been drawn.

Once the drawings were over, Jerry Liboff handed out a sheet of paper to everyone. The sheet showed the Corporation's financial status: the amount of money spent last year, the amount of income that the Corporation earned, and the amount

of money the Corporation currently has. I learned that INC's main money source comes from lodge's paying land fees.

When attendee's were becoming antsy, Liboff would pull out the coffee can containing the blue tickets. Again, Julie called out the numbers while everybody greedily looked at their tickets. As the money prizes increased from \$100 to \$200, everybody became more excited.

After the short break, the meeting continued. The vice president seat of the Corporation was open and Mike Andrew Sr. soon filled it after a quick vote. Moving on, the Corporation announced they would donate up to \$2,000 to the Igiugig school students who are planning a trip to Katmai National Park.

The meeting ended with the highest and last money prize, which was a total of \$350; Christina Salmon ended up as the lucky winner. Everybody left the meeting happy and full, while others like Jeremy, Shayna, Johnny, and Gabe went home a few bucks richer.

Igiugig Village Council Meeting

By Sandy Alvarez

The regular monthly meeting of the Council was held on December 18th at the Main Office. Council members received reports from staff to update them on activities and financial information for the past month. They also reviewed two trip reports for staff travel.

The craft fair was recently accomplished through joint efforts of the Council staff and school students and was reported to be a success.

The Environmental Program noted that staff has submitted the final narrative report due for the previous 4-year funding cycle. Director, Lydia Olympic, also reported that she was nominated to the Executive Committee of the National Tribal Operations Committee (NTOC) and then elected as Vice-Chairman.

The Library project has more new materials in, which will be cataloged soon, however shelf space is still limited so until new shelving

arrives these materials probably won't be available to check out.

Betsy Hostetter reported that the rescue squad has recently received a new life blanket and stretcher related to a grant request submitted last year.

The Council continues to recruit applicants to fill two open Health Aide positions in Igiugig. Possibilities and interested parties were discussed for follow-up.

Other business included discussion of the subdivision work from the December 14th special meeting, approval for a donation toward this year's student activity needs, information about consultant work on the Float Plane Lake Plan, and the status of applications for wellness grant funds.

The next meeting of the Council was scheduled for January 15th, 2003.

The Christmas Play By Mary Hostetter, 7th Grade, Igiugig School

Days of practicing lead the students of Igiugig School to the stage. Long days of working on lines and dances exhausted kids from all ages, props were made and the set had to be built before any real practicing could happen. Have you Hugged an Orphan Today was a play that the junior high and high school students managed to survive through. It was a Robin Hood story. The elementary students did various acts for the Ringing and Singing Sensations: native dances, bell ringing and story telling which Staci Anelon taught. Her students were equipped with cardboard and feather dance fans and bells. This event happened on the 19th of December and as people started coming students became more nervous about how they would do.

Steve Atwater, the LPSD's superintendent even came to watch the production. Villagers laughed at the hilarious characters (Mr. Pete played the Queen, and Ray and Jon had lady characters too) costumes and play lines. Behind the scenes people were frantically running back and forth changing costumes to suit their character. People dressed in suits, dresses, and costumes ran through the stage reciting lines they either remembered or improvised. After the play people enjoyed refreshments and juice, while exchanging stories to one another, as hyper little children ran all around the gym with costumes from the play. After all actors, actresses and audiences had a wonderful time.



Our concession stands main customer.

CRAFT FAIR (Continued from page 1)

Craft Fair was more of a junk food year, seeing that Bernadette ran the cotton candy table, Renae made snow cones, students heated up pizza rolls and chicken wings, many cookies were exchanged, and there were plenty of desserts for the cake walks. Food was not only sold: Julie sold her beaded and quill earrings, Alex sold "Chunkie Monkey" bracelets, Dallia sold crocheted plastic steam bath bags, Mary Olympic had grass baskets for sale, and variety of other items were sold.



Mary Olympic

The main attraction of the Craft Fair was the free-throw shoot out. Participants paid \$5.00 for 10 shots at the free throw. The person who made the most baskets would win half of the entry fee; a person could enter as many times as they wanted. The game heated up as Michael, Pete, and Greg Anelon competed for the high numbers. Michael ended up winning the contest with 9 out of 10 shots, winning him \$92.50 (half of it was probably his own money anyway). The other half of the money went to the Igiugig Student Fund.

The Craft Fair was a great success. Everybody who bought a table and sold items went home a few bucks richer and the Student Government made an estimated \$500.00.

- The price for breakfast: \$5.00
- The price for 4 chicken wings: \$2.00
- The price for homemade beaded Eskimo earrings: \$10.00
- The fun times: PRICELESS.



Sharolyn and Alicia Zackar

Library/Computer Lab News

Happy New Year! New hours are from 6 p.m. to 7 p.m. (one hour earlier) Monday through Saturday. We got a HUGE shipment of books in. Now, it seems like our library is small again, this time filled with books not space! Lots of non-fiction books are here too. So, take the time and come to our library.

Books on Tape:

Our Only May Amelia, Because of Winn-Dixie, The Mighty

Videos:

Abiyoyo, Return of the Iceman, Anansi and the Moss-covered rock, Follow That Fish. Free Willy, Spy Kids and Call of the Wild

Easy books:

Bear's Toothache, Sitti's Secrets, Two Messy Friends, The Wild Christmas Reindeer, How the Grinch Stole Christmas, Where are You Going Little Mouse? Sheep in a Shop and If You Take Mouse to the Movies.

Fiction books:

Comeback, To the Hilt, The Color Purple, The Poisonwood Bible, Stone of Tears and From Time to Tim.

Non-fiction books:

Funnel Web Spiders, Trapdoor Spiders, Tale of the Tadpole, A Bed for the Winter, Big Machines

Alaska Books:

Alaska's Wolf Man, Stories of Alaska and the Yukon, Race Across Alaska, and Snow Problem.

INTERESTING WEB SITES

www.orisinal.com

Do you think you are really quick clicking the mouse? Do you have quick reflexes? These games may be just made for you. This site has many, many games to play. You will be saying to yourself... "Just one more time."

www.terrsvillage.com

This site features many items from gifts from the heart to redecorating your bedroom. It also has reasonable prices on items. You can spend many hours looking through this site and find that special "something" for someone.



(left) Agafia Nelson selling her knitted crafts and Ida's sewing kits and homemade beach scrubbers. (right) Community members sit down to a big breakfast.





DEAR SANTA....



A compilation of letters from Igiugig students, typed as the original written

Dear Santa:

Where are you Santa? I like my sisters and brothers. May I please get Christmas at Agafia's house, toys, babies and Christmas tree, and a white house? How are you doing? I have been good...and I want a ducky for Christmas.

Love Tatyana Zackar, Pre-3

Dear Santa,

12.19.02

I love you! Thank you for the Barbie. Kood I wosh for you aot my windo? (Could I watch for you out my window?) Thank you for coming to Igiugig.

From your friend,
Zoe Anelon, Kindergarten

Dear Santa, 12.19.02

Thanke you for the gift whoot you ga me. (For the gift you gave me.) Thank you for coming to Igiugig.

From your friend,
Josh Nelson, 1st Grade

Dear Santa, 12.19.02

Thank you for the toy. I wisht you can woch are play. (I wished you could watch our play.) Thank you for coming to Igiugig.

From your friend,
Tess Hostetter, 1st Grade



Dear Santa, 12.19.02

Thank you for the toy. I will [wait] for you. How are yor rayderer? (Your reindeer). Thank you for coming to Igiugig.

From your friend,
Shaun Andrew, Kindergarten

Dear Santa:

I have been good. Shaun is not being good. Kyle, my mom and my dad are good. Please may I get a stove, a doctor thing, skis and skates? I am going to San Diego for Christmas. I don't have any more questions.

Love always Camille Andrew,
Pre-3

Dear Santa:

Alicia was not being good, and Josh. I was being good, and my dad has been being mean and nice at the same time. I am thankful for my house and you. May I please have a "boom-boom thingy," a motorcycle, a monster truck? How are your reindeers, Santa? Are you nice, Santa? I want skis, another boom-boom thingy and another monster truck and another motorcycle.

Dear Santa:

I'm good. I want Christmas for my mom. I like babies, my brother and my sister, and my mom and my dad and I like you. May I please get babies, a toy and peek-a-boo? How are you doing? I want snow for Christmas.

Love Kayla Nelson, Pre-3

Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

ELECTRICAL FACTS:

QUESTION: Did your December electric bill scare you?

ANSWER: If your answer was "No" then you have obvious learned some very good energy saving ideas, or you don't celebrate Christmas with lights!

If your answer was "Yes" then maybe we can give you a few tips that will limit the power drain next month.

- ☐ Put your lights on a timer or sensor that will turn them off during daylight hours when you can't enjoy them anyway.
- ☐ Turn Christmas lights off at night when you go to bed.
- ☐ Use mostly small twinkle lights rather than the ones with the 'nightlight' size bulbs.
- ☐ Put strings of lights where they can do "double duty", for example in windows they can be part of both the indoor and outdoor decorations.
- ☐ Use lots of reflective tinsel, balls and foil items so less lights will make just as much sparkle.

Win 100kwh of free electricity and other electrical prizes!

Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.

19 entries to date!

ELECTRICITY SAVING TIPS:

- *Decide how much the Christmas decorations mean to you. If you look forward to the lights and decorations all year, then you can always determine to save energy next month and enjoy your favorite season. If on the other hand you don't really care one way or the other, leaving off some of the extra decorations can save energy for you.*

-Author's tip

I want to enter the drawing!

Here's my favorite electricity saving tip:

Name :

Drop off your tips to the office or send to Sandy through the Post Office or via e-mail.

LSAC by Bernadette Andrew

The LSAC meeting for December was held in the primary classroom on Tuesday, December 17th.

Pete reported that the students are looking at putting together a trip to Katmai in the spring. They will be deciding on this at their next student government meeting. If they choose to do this, they will then begin working on the proposal packet to submit to the school board.

Dates of note: Christmas program is scheduled for December 19th, with desserts, coffee, and juice to follow; second quarter ends January 15th and parent teacher conferences will be scheduled shortly after that; early dismissal on the 24th for the start of Christmas break; back to school on January 15th.

Fundraising since the last LSAC included pizza night and the craft fair, both of which benefited the students activity fund.



(left) Dalia Andrew selling her famous plastic bags and colorful knitted socks at the craft fair.

The LSAC sponsored a pancake breakfast prior to the craft fair. The proceeds of \$205 will be donated to the Linda Johnson Memorial Scholarship Fund.

Other news of note: the volleyball team took 4th place at the recent 3-person tournament. They also won the sportsmanship award for the second year running. Congratulations girls! Greg Zackar is the coach for the 3-person basketball team. Get ready to watch some competitive hoops in Igiugig sometime after Christmas break.

Many thanks to Staci Anelon for teaching the primary class while Bonnie Hauschka was on maternity leave. She has done a wonderful job with the students. We will miss her and her daughter, Zoe. Thanks again.

The next meeting will occur on January 23rd, 2003.

CHRISTMAS FACTS & FIGURES

By Sandy Alvarez

<http://www.census.gov/Press-Release/www/2002/cb02ff20.html>

45,827

Number of malls and shopping centers dotting the U.S. landscape in 2001

\$11.2 billion

Value of e-commerce sales for the fourth quarter of 2001.

\$33.9 billion

Retail sales by the nation's department stores (including leased departments) in December 2001,

\$841 million

Value of U.S. imports of Christmas tree ornaments from China between January and September 2002.

\$493 million

The amount the nation's farmers received from Christmas tree sales in 2001

CAMPBELLS LABELS

We have collected a total of

5702

Campbells Labels!!!

Remember you can earn a prize by saving labels and turning them in at the Village Council office.



Dear Santa, 12.19.02

Thank you for the gift. I want a Braabe. (I wanted a Barbie). Thank you for coming to Igiugig.

From your friend,
Sharolyn Zackar, 2nd Grade

Dear Santa,

Thankyou for the lotains they are very nice smelling. If you can make me this please give it to me. What I wanted a lap top but I was happy with what I got but this year I whould like to get a Barbie lap-top if you can make. Please right back to me.

Sincerely,
Alicia Sharol Zackar

Dear Santa,

Thank you for coming to Igiugig this year. I also want to thank you for the pirate set. I hope you can make it here this year. I also want to ask you one question. How many elves do you have?

Sincerely,
Jeremy Salmon

Dear Santa,

Thank you for the nailpolishes. I really love them. Also thank you for coming to Igiugig. I am sure everyone loves your gifts and love. I hope you come next year.

Sincerely,
April Hostetter, 5th Grade

Dear Santa,

Thank you for the gift you gave me when you came. Santa why did you lose weight. I have been a good little girl. Are you santa's helper. I think you are. Also the real Santa is God because Santa knows every thing and God knows everything to. I am 11 years old. Thank you for your time.

From: Shayna Marie Nelson, 5th Grade



MERRY CHRISTMAS!!! Ho
Ho Ho!

(left) All the kids of Igiugig
pose with Santa Claus inside
the hangar. **Thank you**

Pen Air for flying old Kris
Kringle around and saving
his reindeer the flight. Your
efforts are greatly appreci-
ated. The children enjoyed
your visit. We'll see ya next
year!

GARDENERS GOODIES

JANUARY garden activities:

- ☐ Early JANUARY – after you manage to clear away the Christmas debris, dig out those seed catalogs and start dreaming of your 2003 gardening.
- ☐ JANUARY – place your orders with seed companies. Especially if you plan to grow flowers or vegetable that need to be started indoors early. Be sure to include soil in your order so you will be ready to plant in February or March.
- ☐ JANUARY – order or begin saving containers that will make starter pots for your seedlings.
- ☐ Late JANUARY – trim back ‘leggy’ houseplants and when the days start being longer give them their first feeding of fertilizer for the new growing year. New growth should begin with the lengthening days.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Reuse – milk or juice boxes as starter pots for your seedlings indoors.

Mixed Three Volleyball Tournament

By AlexAnna Salmon, 11th Grade, Igiugig School

After being postponed until December 5-7, the Igiugig No-see-um volleyball team finally traveled to Pilot Point for the mixed three tournament. We were the first of 6 teams to arrive: Igiugig, Pilot Point, Perryville, Pedro Bay, Chignik Lake, and Chignik Bay. Mrs. Thurston, the principal of the 5 south schools, picked us up at the airport; we were so happy to see her. One of the highlights of the trip was seeing Mr. Thurston face to face, this time not as teacher, but coach of the Bay team. Since the way the winners and losers bracket was designed, his team wasn't arranged to play the No-see-ums unless both teams made it to the final championship. We agreed to meet Coach Thurston's team at the finish line. As hard as we battled neither of us followed through on the deal, but we did put up a tough competition.

Our first rival was the Chignik Lake Wolves. The No-see-ums were fresh, ready, and fierce. All of our practices paid off as we won the match by a landslide. The next day we played the Perryville Eagles. Their all-star team showed us no mercy, but we persevered and made it to the third round, both teams either taking turns with the lead or keeping a tied score. Though the Eagles refused to wear kneepads they were quick, ruthless ball placers, and excellent spikers. Though our mighty No-see-um Tanya Salmon was recovering from a sprained ankle, she still dove and hustled like mad. All three of us girls proved our ability to spike, and our serving percentage was high, but eventually we lost.

The last game for us was against Pilot Point for third place. We deserved to win the first game since

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we were ahead 14 to 11 with possession for serve. However, we lost two rotations to bad serves (the only time we had lousy serves had to come at game point) and Pilot Point server and MVP Leon Neketa took the game into overtime since you have to win by two points. We lost the first game, but tied the match by the second. The final game that determines third place began. Our team misjudged 5 serves for out of bounds balls when they were really "in". That got our team off to a bad start, and though we got our act together and played hard, we couldn't catch up.

In the end, our team walked off with fourth place and the sportsmanship award. Perryville won first place, Pedro Bay took second, Pilot Point took third, Chignik Lake fifth, and Chignik Bay sixth. Overall, we had an awesome season. We appreciate all the support from Igiugig and especially the Hauschka's for coaching. Thank you!



(left) Tatyana, Chad Anelon, Tess, Shaun, and Camille playing on the mats during the pancake breakfast. (right) Kyle takes a nap on Tanya while she watches her mom's booth at the craft fair.



Igiugig Weather Statistics for 2002

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	YEAR
Highest wind speed (mph)	72	88	74	45	47	72	54	31	53	80	74	64	88
Average wind speed (mph)	12.6	15.6	9.9	9.2	8.9	10.4	10.1	7.1	9.9	13.9	13.1	10.1	10.9
Dominant wind direction	ENE	ENE	ENE	NE	NE	ENE	ENE	SW	SSW	ENE	ENE	ENE	ENE
Highest temperature (°F)	43.4	43.8	47.7	63.9	73.6	86.8	88.6	91.8	70.1	58.0	50.2	49.5	91.8
Lowest temperature (°F)	-19.9	-11.9	-3.3	10.2	26.6	37.5	44.1	40.4	30.5	21.9	14.2	-18.6	-19.9
Days below freezing	26	26	30	24	7	0	0	0	2	5	15	21	156
Days below zero	6	7	1	0	0	0	0	0	0	0	0	5	19

CAN I BUM A SMOKE? YOU GOT A LIGHT?

Contributed by the Environmental Department

Does that sound familiar? One of the top New Years resolution is to quit smoking. Remember each time you take a puff from a cigarette think about all the chemicals you inhale.

Did you know that a person who smokes a pack a day will have spent \$2,098.75 in one year? That is approximately 7,300 cancer sticks one person inhales, talk about a regular smoke stack. Here are a few quotes from a smoker.

"I can't believe I smoke that much!" - "I could have spent the money on something else!"

Smoking: What's In A Cigarette? It's just one cigarette...but wow! That little thing has over 4,000 chemicals in it! You already know that cigarettes contain Nicotine, but did you know that Nicotine is also used in bug spray? One puff of a cigarette, you breathe in all the toxic poisonous substances! Before you decide to light up, you might want to know just what it is that you're inhaling. Below are just a few of the other chemicals found in cigarettes:

Acetaldehyde (used as a solid fuel)
Acetone (paint stripper)
Acetic Acid (vinegar)
Acetylene (metal welding)
Acrolein (tear gas)
Acrylonitrile (poisonous liquid)
Ammonia (toilet and floor cleaner)
Arsenic (rat poison)
Benzene (carcinogen)
Benzo(a)pyrene (car exhaust)
Butane (lighter fluid)
Cadmium (batteries)
Carbon Monoxide (car exhaust)
Cresol (explosives)
Dimethylamine (agricultural fungicide)
DDT/Dieldrin (pesticides)
Ethanol (alcohol)
Formaldehyde (body tissue preservative)

Furfural (industrial solvent)
Hexamine (barbecue lighter)
Hydrogen Cyanide (gas chamber poison)
Hydrogen Sulfide (toxic sewer gas)
Hydroquinone (photographic developer)
Isoprene (synthetic rubber)
Methane (swamp and sewer gas)
Methanol (rocket fuel, antifreeze)
Methylamine (rocket propellant, explosives)
Naphthalene (mothballs)
Nicotine (insecticide)
Nitrogen Dioxide (deadly poison)
Phenol (plywood adhesive)
Propane (tractor fuel)
Pyrene (coal tar)
Stearic Acid (candle wax)

Clearing the air. How to quit smoking...and quit for keeps. Quitting takes hard work and a lot of effort on your part, but you can quit smoking. Now that you read some interesting facts about smoking how about some tips on how to quit?

Prepare yourself for quitting:

- Decide positively that you want to quit. Try to avoid negative thoughts about how hard it might be.
- List all the reasons why you want to quit. Every night before you go to bed, repeat one of those reasons 10 times.
- Join the walk to be fit program. The village council has exercise equipment upstairs just for you to use. Drink more fluids; get plenty of rest; and take your vitamins and plenty of iron.
- Set a target date for quitting. Pick a special day to quit and do not change your mind. This will make it easier for you to keep track of the day you became a nonsmoker and to celebrate that date every year.

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WALK TO BE FIT

Total Village Mileage through November is 26,784.

To tired to walk? Sometimes the more out of shape we become the more tired we feel all the time!

Terrible head cold? Not being able to breath definitely makes it less enjoyable to walk! So following are some interesting, strange and not altogether scientific methods to avoid or deal with this seasonal illness.

AVOIDING:

- Take vitamins, especially C.
- Eat things that help build immunity like fruits & vegetables.
- Drink tea, especially 'green tea' (researchers say it also helps build immunities).
- Take immunity enhancing herbs like Echinacea.
- Wash your hands frequently particularly in public places or if someone else in your house has a cold.
- Wear enough clothing when you are working or playing outdoors to avoid a chill.
- Wear a hat & gloves.
- Exercise frequently.
- Get plenty of fresh air, and air out your house to avoid germs building up in stale air around you.

FIGHTING:

- Vinegar & honey mixed with a little water can soothe sore throats and cough.
- Drink tea with honey and lemon.
- Take time out and get plenty of rest at the first signs of a cold. (That way your body has a chance to rally it's immunity rather than dragging along until the invading virus has you totally outnumbered.)
- Keep taking vitamins and double up on the Vitamin C.

Following is information found through a link at www.Prevention.com --Luis Rodriquez, San Diego

"Make no mistake: If you come down with a cough or cold in Spain or Latin America, your host will likely serve up a pile of garlic and a hot cup of lemon honey tea," says *Prevention's* clinical herbal advisor, Douglas Schar, DipPhyt, MCPP, MNIMH, who was served garlic, lemon, and honey tea when he caught a cold in the mountains of northern Spain. "The combination worked quickly, but it was a bit rough going down." Dubbed the "Spanish cure," this cough-inhibiting decoction may help ease colds three ways.

Garlic

The same oils that give garlic its unmistakable scent are deposited by the bloodstream into the respiratory tract. There, they inhibit cough and cold microbes, and they are effective decongestants.

Honey

While there's little research on the subject, many cultures believe that honey is a respiratory tonic, gently improving breathing. Honey is known to be antimicrobial, and it helps the immune system fight infection.

Lemon

According to Schar, "Lemon juice reduces and thins mucus, which makes it easier to unclog a stuffed-up respiratory system." Lemon juice also alters the body's pH, potentially making it less hospitable to viruses and bacteria.

Garlic Tea Recipe

In a large saucepan, bring 3 cups of water and 3 cloves of garlic (cut in half) to a boil. Turn off the heat when the water boils, and add ½ cup of honey and ½ cup of fresh lemon juice. Strain. Sip ½ cup, warm, three times a day. Refrigerate

CONTINUED ON PAGE 13

OUTDOOR IDEAS???

- #1 ~ **G**o sledding—hiking up and down hills is great exercise.
- #2 ~ **T**ake a turn on someone's snowboard. This is even better exercise, just be sure to start on a really small slope if you've never tried this sort of sport.
- #3 ~ **B**uild a snowman with a friend. Pushing heavy snowballs around can build those shoulder muscles too.
- #4 ~ **I**f all else fails, there's probably some snow somewhere that you could shovel, just for fun!

KEEP ON WALKING (and exercising)!

ENVIRONMENTAL ARTICLE (Continued from page 11)

Ways of quitting:

- Join the Great American Smoke Out on November 21st.
- Think about all the chemicals you inhale
- Smell your full ash tray before you light up
- Switch brands or simply stop carrying a pack
- Visit the clinic and look at a lung infection
- Avoid people who smoke; spend time with nonsmoking friends. Find something to do that makes it harder to smoke.
- Put something other than a cigarette in your mouth. Candy, sugarless gum or nibble on a carrot or celery stick.

On the day you quit:

- Throw away all your cigarettes.
- Visit the hygienist and have fun discovering how white your teeth can look.
- Save and spend the \$2,098.00 wisely.
- Keep busy on the big day. Clean your house spotless, exercise, take long walks
- Find a special support system

Smoking isn't worth the rest of your life. It takes one day at a time. Just remember family and friends will have to live with the consequences tobacco brings upon you. Remember to mark your calendar for November 21st, 2002 – Great American Smoke Out day.

Did you know that?

- Second hand smoke kills 3,000 non-smokers each year from lung cancer?
- Family members are at risk of developing cancer related diseases if you continue to smoke around them?
- The more smoke your children are exposed to they will develop illnesses and diseases such as: colds, bronchitis, pneumonia, earaches and asthma attacks.
- It fills the air with many of the same poisons found in the air around toxic waste dumps?
- Within 12 hours of your last cigarette, your body will begin to heal itself?

Personal Totals (Since Mar.00)

John	2729
Annie	1731.5
Sandy	1442
Joshua	1340.25
Shayna	1280.25
Lydia	1139.25
Marie	1018.5
Mary	927.5
Dallia	910
Yako	904
Pete	859
Kayla	696.5
AlexAnna	634.75
Alice	612.25
Tanya	561.75
David	531
Ida	527
Michael	522
Bernadette	520
Angel	516.75
Charlie	491
Shaun	476.75
Dan	476
Betsy	468
Julie	467
Jonathan	385.25
Alicia	352.5
April	314.5
Jeremy	285
Bonnie	260
Sharolyn	230.25
Camille	219.5
Tess	216.5
Kevin	195

Igiugig Tribal Village Council

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Sandy Alvarez, Administrative Assistant
Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk & Librarian
Ida Nelson, Environmental Program Intern
Kevin Olympic, Administrative Trainee
AlexAnna Salmon, Clerk Trainee &
Assistant Editor
Tanya Salmon, Library Intern

Weather Watch

December 1-31

Highest Wind Speed . . . 64 mph

Average Wind Speed . . . 10.1 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 49.5°F

Lowest Temperature . . . -18.6°F

Below Freezing . . . 21 days

Below Zero . . . 5 days

Recipe Corner

Contributed by . . . AlexAnna Salmon

Alphabet Pretzels

This is a simple recipe that's fun for kids and adults of all ages.

Ingredients:

2 tablespoons of honey
1/2 packet of yeast
1/3 cup warm water
2 eggs
2 tablespoons of cooking oil
1 1/2 cups flour
Salt
Cookie sheet
Spoon

Procedure:

First, mix honey, yeast, and warm water. Beat one egg into the mixture. Add cooking oil and then gradually add 1 1/2 cups of flour so that you have a stiff dough. You may not need to add all of the flour. Knead the dough. If you use your hands, make sure you've washed them. Break off small bits and roll them into "snakes." Take the snakes and shape them into any letters you want. Beat the other egg in a bowl and using the back of a spoon, brush the egg on the pretzels. Sprinkle salt over them and then bake in the oven at 350 degrees for 10-12 minutes until they're golden brown. Enjoy!