

Igiugig News & Notes

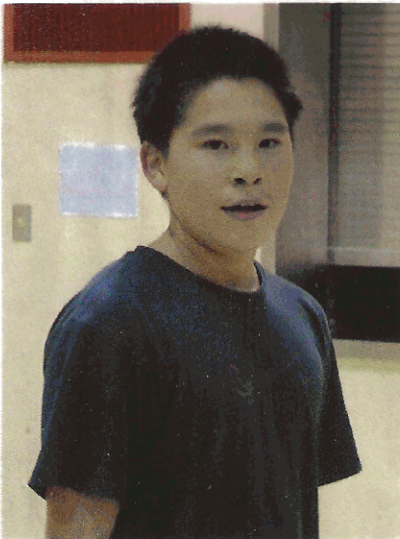
Igiugig Tribal Village Council

October 2003

Volume 6, Issue 11

Starting the Volleyball Season

By Jonathan Salmon, 9th Grade, Igiugig School



Look at Dawsey's GAME FACE!!!

This year there will be some new players for the Igiugig No-See-Um team, Charley and I. This is the moment that I have been waiting for. Ever since our school started sports, I have always wanted to play, to practice, and to travel. Now I can with our four-man team. The team members will be Alexanna Salmon, number 11, Tanya Salmon, number 7, I, Jonathan Salmon and Charley Apokedak, whose numbers are not known yet, and Mary Hostetter, who is only practicing with us and getting ready for next year.

The team had their physicals on the 15th for our first practice with the coaches, Kristin Hathorn and Mark Battaion, who are also our teachers. At 5:30 on Mondays, Wednesdays, and Fridays we run about a mile and a half and on Tuesdays and Thursdays we work out at the village weight room. Our first practice started with a run-down of the year, some stretching, and then we all ran half a mile down the road and back. After that, we were all very tired, being out of shape and all. We worked on some volleyball techniques: serving, setting, hitting, and spiking. Then we did some drills such as running lines and jumping at the net. Before we leave every volleyball practice we say a group cheer to raise team spirit.



Tanya and Dawsey rigorously practice passing drills.

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Birthdays this month

- October 11
Camille Andrew
- October 27
Dallia Andrew
- October 31
Yako Nickoli

Message From the Teachers

By Kristin Hathhorn

Mark and I would like to thank everyone in the Igiugig community for the warm welcome we have received. We are in heaven teaching such motivated, well-mannered students - a reflection of supportive parents and community. Your hard work has paid off!

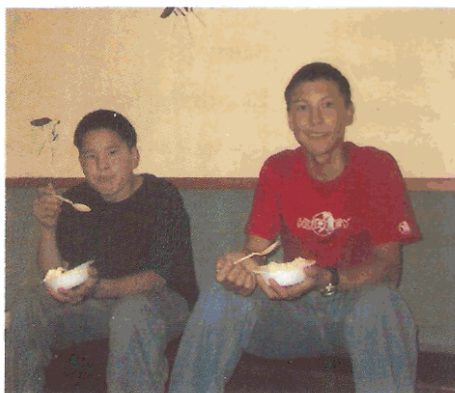
The school year has gotten off to a good start. In the mornings, we teach the core subjects, reading, writing and math. Afternoon classes include: social studies (upper level students are studying world history and lower level students are studying Alaska cultures/history), P.E., PEP (each student has his/her individual learning plan), Japanese and art (we are currently working on weaving

projects and I have reserved space in the capitol building in Juneau to display the students' art work during the month of January.) Our days are full, but we see lots of smiles and are pleased by the students' progress so far.

Next month, we hope to present a cultural play and serve dinner as a fund-raiser for student government. I will keep you updated on how this project evolves and may be asking for assistance with practice, creating sets, etc. Plays are always most successful when there is participation from the entire community.

Our doors, both at school and at home, are always open. Feel free to drop by and visit any time!

Banana Split Party by Tanya Salmon, 11th Grade, Igiugig School



Dawsey and Jon, Igiugig School's two freshmen, chillin' and pigging out on sundaes!

On September 5th, the village had their "back to school potluck" and their well-earned banana split party. People began gathering in the gym and bringing food to the school around 6:00 P.M. There was agutak, halibut, macaroni, pies, cakes, and other foods and yummy deserts to eat.

After everybody was done feasting, awards were presented to the Summer Reading Club members. This year, the younger students did not read very many books, so we did not earn a barbecue and we barely made the banana split party. A total of 892 books with 80,602 pages were read during the summer vacation.

Once the

awards were handed out, Bernadette, Kristin, and other volunteers served banana splits to everybody. There was chocolate, vanilla, and strawberry ice cream, caramel, chocolate, whip cream, sprinkles, m&m's, cherries, and other toppings to eat. The ice cream was delicious, the rewards were fun, and overall, everybody had a good time!



April was one of many who enjoyed mouthfuls of whipped cream!



Mmmmm good! Dolly Ann is enjoying her treat!



Kristin dishes up ice cream while AlexAnna piles topping on her banana split.

WINNERS		
MOST BOOKS READ		
0 to 4	Camille Andrew	182
5 to 8	Shaun Andrew	161
9 to 18	Tanya Salmon	30
19 & up	Julie Salmon	19
MOST PAGES READ		
0 to 4	Camille Andrew	4887
5 to 8	Shaun Andrew	6596
9 to 18	Mary Hostetter	8196
19 & up	Julie Salmon	8319

VOLLEYBALL SEASON *(Continued from page 1)*

I think with all the rigorous training we are getting this year, the No-See-Ums will **DOMINATE!** Our first game is in Nondalton the first weekend in October. Wish us luck!



Above: Volleyball action figures! (l-r) AlexAnna Salmon practicing her serve while Kristin Hathhorn coaches the team. Future volleyball all-star, Mary Hostetter, is in her receiving position, ready for a killer pass.



Craft Night

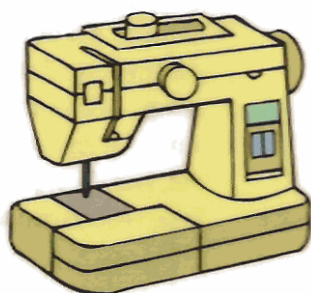
When: Thursdays from 7:00 PM—9:00 PM

Where: Village office

Bring your favorite craft and come for an evening of fun.



Get ready for the annual Christmas Bazaar!



Children under 13 are welcome if they bring a parent to assist them.

Any questions? Contact Kristin at the school!

Supplies available.

Yummy! Contributed by Mark Battaion's students

The purpose of this writing assignment was to come up with a wide variety of descriptive words for only one object. In this case the object was ice cream. Each student was given the assignment of explaining to an Alien, using as many descriptive words as they could, what ice cream is. Over loud protests, the students had to close their eyes and eat one big spoonful of ice cream to "jog" their memory (the protests stopped instantly once they had their ice cream). It didn't take long before the words started flowing. So sit back, grab a bowl of ice cream and see if you agree with the descriptions. The Alien is now a Ben and Jerry fan.



Mr. Alien,

This is what ice cream is like. It could be cold, hard, yummy, slimy, and it could be on a cone. It could be on a cone in the shape of an animal. Sometimes it melts on the stick or a cone. It could be fluffy on a cone. It could be soupy in a bowl and have a sweet taste.

- by Corey Olympic, 4th Grade, Igiugig School

Mr. Alien,

This is what ice cream is like. It is cold. It can be delicious. It is slimy. It might be smooth. It might come in different flavors. It might be yummy. If you want to eat ice cream you can eat it with a spoon.

- by Shaun Andrew, 1st Grade, Igiugig School

Mr. Alien,

This is what ice cream is like. Ice cream is fluffy. Ice cream is smooth. Ice cream is soupy. Ice cream is velvety. Ice cream is cold.

- by Sharolyn Zackar, 3rd Grade, Igiugig School

Mr. Alien,

This is what ice cream is like. Sometimes it is soupy, creamy, and hard. It comes in different flavors. It can be on a cone and it is yummy.

- by Tess Hostetter, 2nd Grade, Igiugig School

Big Mountain by Charley Apokedak, 9th Grade, Igiugig School

This summer Dan, Jake, Jon and I loaded the powerboat with grub. Then we loaded the skiff with two Hondas. We got in the boat and attached Jon's little boat to the other boat full of Hondas. We got past the reef, then Dan got on Jon's boat and headed back up to Igiugig. While Jake started driving, Jon and I went into the cabin and looked around. I found a cell phone in one of the cupboards and Jon looked at it and tried to get it to work. Towards Big Mountain, we got hungry, so we tried to hurry and work the stove. Jon suggested using the sink water so we did. We waited for about 15 minutes.

We were almost there when Jon started driving. He landed the boat just right, then I pulled in the boat with the two Hondas. After I tied up the boats to trees, we unloaded the Hondas. Then we packed the things needed

for the camp and off we went. We were going up the 3 mile ride to the camp site and on the way, Jon and I saw a spruce hen and tried to run it over, but the bird was too quick for us.

We reached the site to find AlexAnna and Tanya relaxing on their fold up chairs. Jake, Jon, Alex, Tanya, and I stood around talking. Then Dan flew over and landed. All of us got up and headed toward the plane. We got the rest of the camp equipment and brought it to the camp. We packed all the unneeded stuff into the stinky tent. All day Jon and I were fixing tents, setting things out, and fixing up the 'John'. After all was done, Dan and Jake went down to the powerboat and Alex and Tanya

(Continued on page 6)

Library/Computer Lab News

Just because Summer Reading Club is over, it does not mean you have to quit reading.... Reading is good for the soul and mind... So read on!

You will again see changes in our library. Please be patient with us, we are slow but steady with our tasks.

You may see what is in our library through the Internet now. If you are having any problems using this website, please see Betsy in the library from 1-2 p.m. Monday-Friday or from 7-8 pm Monday through Saturday.

www.autolib.com/elibrary/

Want to see what books we have in our library? This is just a click away.

In the eMedia Center login type in the LIBRARY PIN# FOR Igiugig Tribal Village Council Library: PITV4827 (second letter is I as in Igiugig)

IMPORTANT: DO NOT USE THE BROWSER NAVIGATION BUTTONS BACK AND FORWARD!! USE THE BUTTONS AND LINKS ON THE AUTO LIBRARIAN.NET screens to navigate the website.

HOW TO SEARCH MATERIALS:

Click Search Materials on the bookshelf.

Choose SEARCH CRITERIA by clicking on appropriate book stack: TITLE, AUTHOR, SUBJECT, CALLNUMBER, TITLE & SUBJECT, COMBO (TITLE, SUBJECT, PUBLISHER, SUMMARY) or eMaterials ONLY

Type the search text in the search window and click "any of these words" for an "or" search (each word in the search window is searched), click "exact match" for an "and" search (exact phrase must be found). Click the SEARCH NOW button.

Easy Fiction Book

Scary, Scary Halloween by Eve Bunting

"I peer outside, there's something there that makes me shiver, spikes my hair. It must be Halloween."

FICTION BOOK

The Girl with the Silver Eyes by Willo Davis Roberts

"Katie Welker is used to being alone. She would much rather read a book than deal with other people. Other people don't have silver eyes and other people can't make things happen just by thinking about them!"

ALASKA NONFICTION BOOK

Coming Back Alive by Spike Walker

"The true story of the most harrowing Search and Rescue Mission ever attempted on Alaska's High Seas."



SAFETY 1st – SAFETY 1st – SAFETY 1st

DO YOU KNOW WHERE YOUR FIRE EXTINGUISHER IS?

With the coming of cooler weather, more indoor activity and the greater use of heating equipment, the possibility of fires becomes greater. Preparation is key in addressing fire danger.

- ✓ **NO** matter what your job, be sure you know where the nearest fire extinguisher is.
- ✓ **CHEMICALS** in extinguishers settle to the bottom making them less effective, so when you go by 'yours' pick it up and shake it upside down occasionally. (Part of your daily exercise program?)
- ✓ **BE** aware of the location of flammable materials, especially if you are working with heat/fire sources.
- ✓ **REMEMBER** that water doesn't work on oil fires.
- ✓ **CALL** for help immediately if you see a fire that may get out of hand.
- ✓ **KIDS** and fire can be a bad combination so be sure to closely supervise activities where both are present.

PREVENTION

Fire and Smoke damage is very costly to fix, but easily avoidable with a few precautions and some common sense!

BE FRIENDS WITH YOUR EXTINGUISHER

PAY ATTENTION AND BE READY TO HELP IN AN EMERGENCY

THINK SAFETY

BIG MOUNTAIN *(Continued from page 4)*

were just coming back from a ride up the mountain. We gathered wood for a fire and started it. The famous cook, Al, burnt the meat and the potatoes were not done. Jon finally got done fixing the makeshift bathroom and he was taking it for a test drive. He then came up and ate Alex's burnt food.

After awhile, Tanya and Alex went to bed. Jon and I stayed up late watching and feeding the fire. It was getting pretty late so we decided to hit the hay. We got in the tent and laid there for a long time. We heard something, but could barely hear what ever it was. Then after a long time of listening we found out it was Tanya and Alex's CD player. After a couple minutes, I heard barking and howling in a different direction. I then opened the bottom part of the tent to hear better. At first we thought it was the music, but it was from a different direction. I forgot to close the tent before we went to bed.

In the morning Jon got me up because he was freezing. It had rained through the night and his shoes and toilet paper got wet. We tried to get a fire going, but then we decided to take a ride up the mountain. We looked at all the buildings and the runway.

After getting bored, we started heading back down to the camp. On the way down we grabbed the food and brought it to the plane. Right after that, Jon and I pulled up to the sisters who were just getting up. Dan and Jake came up to the camp and said they didn't have a good night. The boat kept hitting the ground and making noise. The sisters wanted to go home really bad so Dan flew them home and Jake, Jon, and I got to ride down to the boat and started our long journey back to Igiugig.

Electrifying News

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

Electrical Fact: *a long evening watching TV or videos is worth about \$2.00 in electricity!*

WINTER'S ON THE WAY

Plan Ahead for Economical Energy Use:

- ✓ Check out your heat tapes and decide at what temperature you need to switch them on and make a note of it. A mental note if you're good at remembering everything—or one taped to the wall next to the thermometer if you or your family members need reminding.
- ✓ Look at the weather stripping around your doors—if the puppy chewed it off the door frame this summer, replacing it before winter sets in can not only avoid chilling drafts but will save you energy dollars in extra heating costs.
- ✓ Check your windows to be sure they seal properly for the same reason, and get them repaired before it really gets cold out.
- ✓ Go through your sheds and outbuilding and bring in things that shouldn't freeze—food, canned goods, paint, etc.
- ✓ If you have something that should come on when the temperature drops below freezing consider getting a "Thermo Cube" which will turn on electricity automatically (www.ImprovementsCatalog.com or 1-800-642-2112, item #221595). You can plug a heat tape or light bulb into this and it will come on at 35 degrees and go back off when it gets to 45 degrees.
- ✓ Take a look at the fans, blowers and other parts on your heater to be sure they are in clean and working order to help them run more efficiently and to avoid breakdowns during the winter weather when they will be running harder and longer.
- ✓ Clean dead bugs and dust out of your light fixtures for brighter lighting while using the same amount of wattage.

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!

I want to enter the drawing!

Here's my favorite electricity
saving tip:

Name: _____

Thought for the day:

Prepare now to avoid a chilling experience later!

Notice from:

THE IGIUGIG NO-SEE-UMS!

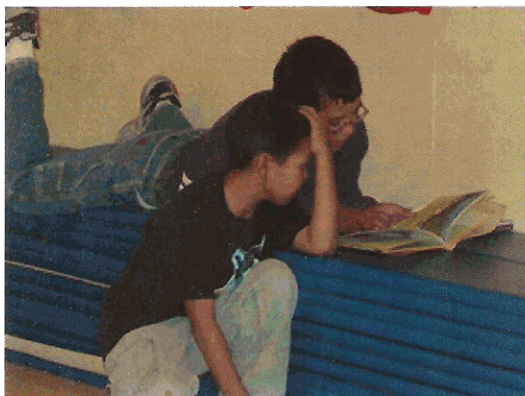
With the approaching volleyball games and increasing team spirit, it is time to buy

No-See-Um Sportswear

to show off your support. As of now, we are low on adult clothing—tourist season cleaned us out. Luckily, we have **COOL, stylish** youth sweaters and shirts in stock at the hangar! Youth shirts are only **\$15.00** and sweaters range from **\$22.00-\$27.00**. Hurry up and **GET IN-STYLE!**

Not to mention, No-See-Um Sportswear make **AMAZING, oRiGiNaL, and EASY** Christmas gifts. Buy clothes for gifts and support the **STUDENT ACTIVITY FUND!** During the month of October, our high school class will be doing special orders for our loyal **FANS** and customers. You can pick out your choice of colors and sizes for t-shirts and sweaters. They will be conveniently available for you before **CHRISTMAS!** Stay posted for details or contact the **STUDENT GOVERNMENT** to take advantage of this wonderful opportunity!!!

School Snap Shots

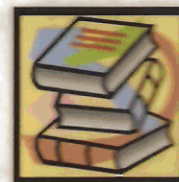


Above: Jeremy is reading to Corey during Buddy Reading Time.

Right: How cozy! Look at those upperclassmen entranced in their battle books. (l-r) Tanya, AlexAnna, Dawsey, and Mary.



Above: Mary reads to preschoolers Tatyana and Dolly Ann during Buddy Reading Time.



H2OASIS by Jeremy Salmon, 6th Grade, Igiugig School

When Mary, Jon, and I went to H2OASIS it looked like we wouldn't have fun because the building was plain and painted brown, but when we got inside, we could already smell the chlorine and people screaming. We walked up some stairs and there was a desk in front of us. We paid our way and rented two lockers. After that, we went into the bathrooms, got our swimming stuff on, and took a quick shower. When Mary and I got done, we went on the biggest water slide they had. When we went down there were a couple of turns and a really dark part. At the end, there was a pool that was sort of like a water trail and led us to where we got out and go again.

The second place we went to was the pool where a machine makes these big waves that are bigger than me. I liked to float on the waves. When we were done there, Jon and I went on a little ship that had lots of slides. On the ship there were also cannon ball shooters that shot out water and you could squirt people.

Later on Jon and I went on the big water slide again and then we got something to eat. Jon had a pizza with a pop and I had the same, but I got my pop for free. After we ate, I was really full so Jon and I decided to go to the arcade and play some games. When we were done, we went swimming in the pool again and lots of people got a warning from the lifeguards that they couldn't do the things they did again or they would be kicked out of the pool.

We were at H2OASIS for about an hour and a half and then we had to get ready to go home. Before we left, we took a shower to get the chlorine off and got dressed. When we got to the car, we noticed Mary was missing. We looked all over for her. Then when we got back to the car, Mary was waiting in there for us. We left to the hotel and when we got there, I told my mom and sisters all about it.

Small Town Blues? by Tanya Salmon, 11th Grade, Igiugig School

Many people my age and even adults ask how I can stand living in a village with 50 people. I have to admit that it can be hard when you want to hang out with somebody else or do large group activities. Sometimes, I just need to get out of here, see new faces and do other things that I really can't do here.

However, when people ask me this question, I tell them I always find something to do. If you live in a small community, you don't sit around thinking there is nothing to do. You have to go out and do something. When I am feeling bored, I sit down and try my patience with crafts, work on my scrapbook, talk on the phone with family and friends, bake goods, read, or go riding around. I also do a lot of outdoor things: go up the beach, collect beach wood for the steam,

pick berries, go for walks, and go camping.

I have found that living in a small community can be a good thing. When I go other places, I am not bored because there is so much going on. I also have found that I can be creative and try sewing or beading (which I rarely do because I don't have a lot of patience for that) without trying to be cool. I can just be myself because there isn't really anybody here to try to impress!

Living in Igiugig has some up and downs, but I would rather live here than in a big city like New York because here I have the freedom to do what I want. I can drive the truck without a license or a permit, pass the speed limit (I don't think anybody follows it), and run around like my head is chopped off if I want to.

GARDENERS GOODIES

OCTOBER garden activities:

Early OCTOBER – clean up the yard in preparation for snowfall.

Early OCTOBER – deal with your worm bin. If you don't mind them indoors, move them in now. If you prefer to be a summer worm keeper consider dumping the contents of your bin on the ground in an out of the way place for use on next year's plants and let your worms 'go wild' so they can head for deeper ground for the winter, rather than freezing in the bin and turning the whole thing into a mushy mess.

OCTOBER – Gather up flowerpots and remove dead plants so they can be stacked up in an out of the way corner to keep them from winter damage. Clay pots should be emptied since wet soil will freeze and cause them to crack.

OCTOBER – Check out your houseplants and spray them down with soapy water at the slightest sign of bugs or diseased areas. Getting rid of problems early will keep you from having an infestation later in the winter.

OCTOBER – Give houseplants their last dose of fertilizer for the winter. Since the days are shortening they will go into a slow growth phase during the winter months and fertilizer too late will weaken them and make them grow leggy.

Late OCTOBER – Add surveyor's tape (or some other bright fluorescent color) to the stakes marking the edges of flower beds and plants if people seem to be driving nearer than you like them too.

Late OCTOBER – If you want to try 'forcing' bulbs in pots for winter flowers indoors be sure to **buy or order** them in the fall. After a few months' storage in the back of the refrigerator you can start them for some cheerful mid-winter greenery and early spring flowers.

THE 5R's

Reduce – Refuse – Reuse – Renew – Recycle



CAMPBELLS LABELS

We have collected a total of

10,880

Campbells Labels!!!

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

My Dream House

By April Hostetter, 6th Grade, Igiugig School

My dream house will be 2 stories high and will have a window in each room (except the ones that are on the inside). In my house on the first story, will be my bedroom with a bed, a mirror, and a dresser drawer. My room will have blue walls and even the ceiling will be blue. Next to my room, on the right, will be Mary's room with her stuff in it and on the other side will be Tess' room with her stuff in it. Then next to Tess' room will be my Mom and Dad's room with their stuff in it.

There will be a hallway that connects all the rooms. Then the hallway will connect to the living room with a TV in the corner, a light blue couch and a twirly-chair that is colorful. There will also be a desk with a computer on it. The living room will lead to the kitchen (the hallway leads there too).

In the kitchen there will be counters, cabinets, a refrigerator, stove, sink, table and a dishwasher. At the end of the hallway, there will be a spiral staircase that leads up to the upstairs. Upstairs there will be a storage room where there is lots of stuff like my pictures, papers, videos, and other stuff too.



The Monster Computer

By Alicia Zackar, 6th Grade, Igiugig School

Once there was a boy and his computer and he liked his computer very much, but when he let his friend use it something weird happened. But I am going to tell you the story from the beginning.

Once there was boy who was named Ryan. He was 10 and he got a computer for his birthday that he liked very much. And one day when he was in school, one of his friends asked him to use it and he said yes.

When his friend came over to use the computer, Ryan heard a big boom and he rushed over to see what happened. The room was filled with smoke and his computer was broken. So he called his other friend who was really smart and he fixed the computer. When he used it, he was play-

ing a game and then the computer shut down and when it died down it said, "Help!"

So Ryan got really scared and he told his mom that he was going out. So he went to all his friends' houses and he said out loud, "Where is everybody?"

He looked in everyone's houses and nobody was in them and he got so scared. He remembered the computer and he looked again and he saw all the computers with eyes and legs and then they started talking. The computer said in a weird way, "Where are my buttons?"

Ryan said he didn't know and then the computers started coming toward him. Next thing he knew, he was awake and said, "Good thing that was just a dream."



A.N.S.W.E.R Camp

By Mary Hostetter, 8th Grade, Igiugig School

After many forms and applications I made it. I was going to ANSWER Camp... I reached Anchorage around 7:30PM, and was met by Sonta, who brought me to our terminal where over 60 students were waiting to leave. Finally we left, it took two and a half-hours by plane, but we had to wait, maybe an hour, to get on the planes. Around midnight, we reached Sitka and got into our rooms and met some of the other girls.

If I were to write about my whole time at camp, that would be very long - hey, the highlights already take up a page...

During the mornings, we ate breakfast and went to the Chapel from 9:45AM until 10:00AM. We listened to a whole bunch of stories from when they were growing up or traditional stories. Bob Sam was a big hit for the students. He told interesting stories of Raven and how he created the world or how he was white and then turned black. I didn't really care for the other storytellers; their stories were boring. At ten, Robin would play a short game with us so we could get motivated for the next three hours. From 10:00AM to 1:00PM we had classes, almost like school, but they were all about science and doing projects with math or learning something traditional. At 2:00PM, again we went to the classroom and did the same things until 4:30PM when everything started getting fun.

Team building was really fun. There were 16 students and we had to learn to work as a group, which was really hard, on my part. Some of the games were really complicated and to make it even worse for us, our counselors got really mad at us if we never got the game right. One of the games that I really liked was really hard - Iceberg. The game has 11 squares, and with 16 people. It was hard getting all of us on 10 squares so we could move. It took us forever, I swear, a cruise boat was moving faster than we were, but finally we got over and continued with our games. On the last day, it was really nice and we had a slip-n-slide. That was really fun, all of the kids loved the game and we didn't freeze ourselves doing it.

We also went on field trips. Point Gavon was the best though. We went searching for sea creatures under the rocks. Valda and I found a dead jellyfish and started playing around with it; it was sort of like Jell-O but stayed together a lot better than Jell-O. We found many different sizes of crabs, worms, and clamshells. Also, we went shopping; for CD's, clothing, and souvenirs (mostly for people out of Alaska). That was a lot of fun, but it was very tiring. We went to see Tlingit dancers at the Clan House, which was very interesting and at the end, we got up and danced a little. Most of the students just walked around.

We had cultural projects or free time from 6:45PM to 9:45PM when we either worked on cultural things such as knives, drums, Tlingit dances, or birch-bark baskets. I did a story knife, which we got to design and color ourselves. And then there was the choice night - you ALWAYS had to be with a counselor or an adult with the program. Once we went on a hike to the muskag and almost got stuck. Other times we played in the gym or went swimming, watched movies or played in the rec-center.

My time at camp was really fun. I hope that I will be accepted this year so I can meet new people and see others that I already know. I hope that anybody (in Alaska) that is in 6th to 8th grade will apply to go. It is a really good experience.

WALK TO BE FIT

Total Village Mileage through August is 35,767!!!

SuperSized Kids?!

That's not a good thing!

'Super' usually means something really great, but in this case it identifies a real health problem and is probably directly linked to lots of other 'super' things like super-burgers, super-sub sandwiches, supersized bags of snacks, and supersized sodas. Did you know bottles of soda used to be 6oz.? Try to buy one that size now and you will be shopping around all day! (A regular can of soda today is 12oz.)

Recently experts have estimated that nationwide, one in two kids is overweight and one in four is considered obese (more than 20% over the ideal weight for their height). It was nearly as bad for a group of 6th and 7th graders surveyed by researchers in California. Of the 319 kids interviewed 18% were considered obese, (that's almost one in every five). Risk factors the researchers looked at showed that watching TV for more than three hours daily greatly increased the chance that children would be overweight. It also showed that 58% of kids who drank three or more sodas daily were overweight.

I guess that's not really news—most of us have mothers that were always saying, "Go out and play, sitting around eating junk food isn't good for you!" The fact that the problem is now so widespread in our country is a scary thought that should get all of us up and out of our chairs more often!

If you're concerned about your kids here are some things that you can do to help them help themselves.

- ✓ *Model good eating habits*
- ✓ *Fill the fridge with healthy foods*
- ✓ *Eliminate fattening and unhealthy foods from your cupboards*
- ✓ *Stock individual size snacks rather than eating freely from a jumbo size bag or box*
- ✓ *Plan family activities that don't include food—crafts, rides, playing musical instruments to name a few*
- ✓ *Play active games*
- ✓ *Set up your own exercise program and invite them to join you—or compete against you*
- ✓ *Encourage your kids whenever you see positive behaviors like active play and choosing healthy foods*

On the bright side, remember that kids are always growing so changes to diet and exercise make a much bigger difference for them than it does for adults. If you can just get them onto a moderate, healthy diet they can grow into their weight rather than needing to lose pounds. Another positive effect is that habits can be formed with about a month of repetition, and kids tend to carry their early habits throughout life. So get them craving carrots and loving active sports now, and your efforts at giving them good habits could affect the quality of the rest of their life!

Keep on Walking!

John	2871
Sandy	2484.5
Annie	2248.5
Lydia	1973.25
Joshua	1580.25
Shayna	1512.25
Mary H.	1277.5
Yako	1184
Dallia	1125
Marie	1123.5
David	1075
Ida	957
Alice	882.25
Angel	861.75
Kayla	831.5
AlexAnna	814.75
Julie	771
Tanya	761.75
Alicia	687.5
Michael	682
Bernadette	670
Shaun	661.75
Betsy	618
Dan	606
Jonathan	599.75
Jeremy	450
April	440.5
Sharolyn	390.25
Camille	349.5
Tess	347.5
Kevin	325

Igiugig Tribal Village Council

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Betsy Hostetter, Tribal Clerk & Librarian
Kevin Olympic, Administrative Trainee
AlexAnna Salmon, Clerk Trainee & Assistant
Editor
Tanya Salmon, Library Intern

Weather Watch

September 1—30, 2003

No wind speed due to technical difficulties.
We hope to be back on track next month!

Dominant Wind Direction . . . S

Highest Temperature . . . 66.9°F

Lowest Temperature . . . 21.8°F

Below Freezing . . . 10 days

Below Zero . . . 0 days

Precipitation . . . 0.88 inches

Recipe Corner

Contributed by . . . Sandra Alvarez

Cranberry Nut Bars

2 eggs

1 cup sugar

1 cup flour

1/3 cup butter or margarine, melted

1 1/4 cups fresh or frozen cranberries

1/2 cup chopped walnuts

1. Preheat oven to 350*. Grease an 8"x8" pan.
2. Beat eggs in a medium mixing bowl until thick. Gradually add sugar, heating until

thoroughly blended. Stir in flour and melted butter, blend well. Add cranberries and walnuts, mixing gently just until combined. Spread evenly into pan.

3. Bake for 45 minutes, or until golden brown. Cool and cut into squares.

