

Igiugig News & Notes

Igiugig Tribal Village Council

December 2003

Volume 7, Issue 1

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Birthdays this month

- December 10
Charley Apokedak
- December 11
AlexAnna Salmon
- December 12
Tatyana Zackar
Dave Hostetter
- December 16
Shayna Nelson
- December 29
Willie Nickoli

Volley Ball

By Charley Apokedak, 9th Grade, Igiugig School

On November 7th and 8th we had a home game here in Igiugig. The teams were Pedro Bay, Kokhanok, and the home team Igiugig. The team members were Bobby Rickson, Brittany Jensen, Josh Sanner, Dave Sanner, and Kiska Shugak from Pedro Bay. From Kokhanok there was Kyle Wilson, Andrew Eknatty, Bob Hester, Anna May Wassillie, Loretta Wassillie, Trefim Wassillie, and Elena Ishnook. From Igiugig there was Alexanna Salmon, Tanya Salmon, Charley Apokedak, and Jonathan Salmon.

After school, Kokhanok's first plane arrived with only half their team members. About forty-five minutes later, Pedro Bay showed up. At about four, the rest of Kokhanok's team showed up. The teams had time to run to the store and get munchies while Dallia was making the teams dinner. At five in the afternoon it was time to set the tables and feast. They had about an hour to settle their bellies and start their warm ups before the game.

First of all, Kokhanok and Pedro Bay started out the games. They played for only three games and Pedro Bay won three in a row. After they finished playing, the Igiugig team had to play against Kokhanok. Kokhanok lost to us in the first game. Then Kokhanok won the second and also the third. Igiugig won the fourth so we had to play against Kokhanok to fifteen instead of twenty-five and they won. The Igiugig team was so tired they felt like collapsing on the floor only to

find out they had to play against Pedro Bay. Then Tanya, one of the Igiugig team's players, hurt her leg, so there was only Alex, Dawsey, and Jon. They had to play all five games and Igiugig still won without one of their players.

The next morning, after all the teams had a good night's rest for the next games, Dallia, the cook, made the teams breakfast, which was eggs, toast, and bacon. The teams ate, then had an hour to settle down and wake up for the games to start. The first people to play were Pedro Bay and Igiugig. The first people to win were Pedro Bay, then we won three in a row. We beat Pedro Bay for the first time ever! Then we had to play against Kokhanok on a six-man team, so Pedro Bay teamed up with us. All three girls, Alex, Tanya, and Brittany, had to stay in the games the whole time. The Kokhanok team was the winner of the six man teams. After that, we all just sat around talking - then Mark was passing out bags for the team's lunches. We all ate and waited for the planes so the team could go and some kids played volleyball for fun. At about one o'clock all the teams were finally gone.

Our next game is going to be down at Chignik Bay with six other teams for the Three Man Tournament. We will be leaving on the twentieth of November, weather permitting. We will leave on Thursday and be back on Saturday. Wish us all luck in the games!

Igiugig Village Council Meeting

A regular meeting of the Village Council was held on October 30, 2003 at 3:30 p.m. at the Council Office Building.

Staff members provided the Council with financial and program information, including Dan Salmon, Administrator who reviewed activities and accomplishments of the summer construction season, local work projects done on the bulk fuel facility, the Big Mountain project and local hire that resulted. It was noted that a number of local individuals were able to continue on working with one of the companies both in King Salmon and Anchorage well into the fall. (Good remarks were made by outside companies this summer about the dedication and hard-working attitudes of the people from Igiugig.) Also discussed by Dan were plans and contracts for the coming year for our construction company, the Iliamna Lake Contractors.

Randy Alvarez informed attendees of the recent and upcoming discussions for the Fish & Game Advisory Committee and the Board of Fish & Game. Things of particular note for local residents are proposed fisheries man-

agement strategies, and predator control management plans.

The Village Council passed a number of resolutions related to funding and capital improvement priority listings. One additional resolution was discussed and is pending regarding the relationship with, and representation of Igiugig by BBNA.

Environmental Director, Lydia Olympic also reported on recent travel and discussions in Washington D.C. with various federal entities and our legislative delegation. It was noted that many of the lawmakers have incorrect facts and misconceptions about the ability of villages to function as tribal entities and to deal with their own problems and needs. Hopefully some of the input that she and other tribal leaders were able to give will provide a fresh perspective on the level of functioning that villages are capable of.

Notice was given to residents of a number of upcoming things that would involve people coming into the community to give presentations or do other work around the village.

Halloween Party

By Tanya Salmon, 11th Grade, Igiugig School

On October 31st, the Igiugig school students put on a Halloween Party at the gym. The older class decked the gym with paper cats, orange and black streamers, ghosts, and other spooky decorations.

The party began at 12:30 with kids and adults playing pin the eyes on the ghost. Alicia and Sharolyn Zackar won the contest and their prize was two miniature pumpkins. A walk in the park, musical chairs, orange pass, and monster maze were also played. Everybody's favorite game was probably a walk in the park, seeing as it got the most laughs. All of the little kids were excited to play monster maze, but the game soon ended as kids kept knocking down the mats and little ones started to cry.



What a crew!

Everybody brought refreshments: cupcakes, a pie, cookies, a cake, and the preschoolers contributed by making ghost candies on a popsicle stick. Everybody had a great time watching the games, joining in the fun, eating (of course), and socializing. Next year, the Halloween Party will be even better!



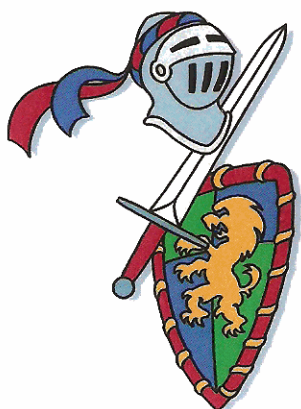
Kyle, the pumpkin



Nice glasses, Kristin!

Doing Knights

By Shaun Andrew, 1st Grade, Igiugig School



First, I sharpen my pencil.

I get my knights paper ready.

Then I write my name and date.

Next, Mark says go!

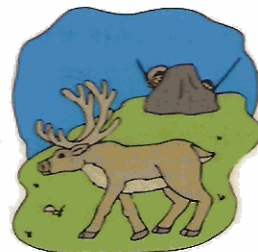
I go for three minutes.

Then Mark says stop!

How To Get Ready for Hunting

By Corey Olympic, 4th Grade, Igiugig School

I make coffee for my dad. If I make coffee, my dad cooks me breakfast. After breakfast we put on our ski pants. Then we put on our coats. After we put on our gloves. Then we put on our hats. Then we make sure the guns are clean and we don't put in bullets. After that, we start the Honda, and we go hunting. After we get our caribou, we bring it home. Then we eat it.



My Day

By Tess Hostetter, 2nd Grade, Igiugig School

I get up in the morning, eat breakfast then I get dressed. Then I get my coat on. Then I get my ski pants on. Then I get my shoes on. Then I go to school. Then I do activities in school. Then I eat lunch, after lunch we will do P.E.P. or technology. After that we have P.E. Then we go home.



Tess,
the
princess

Battle of the Books

By Jeremy Salmon, 6th Grade, Igiugig School

Last week when we had the play, we also had a little battle of the books competition between the kindergartners all the way to high schoolers. The fifth-sixth and the third-fourth graders were out after the first ten rounds. It was then a competition between the junior high, high school, and the kindergartners-second grade. After the first question, the eighth grader was out, so it was a fight between kindergartners-second and the high schoolers. The k-2nd grade missed their question and gave the high school a chance to win. The high schoolers got their question right and they won. I think that the third, fourth, fifth-sixth graders need to practice and read more so they would get more questions right. Also, next month will be the next practice competition so we will need to work hard so we can win the *REAL COMPETITION* in January.



Library/Computer Lab News

Merry Christmas, everyone and Happy New Year! Ttaaaaaaaa! The Alaska section is finished and ready. Now I will be moving onto the video section that I will be working on until next year!

Here are some interesting books that are in our library:

EASY FICTION

The Night Before Christmas by Clement C. Moore

“ ‘Twas the night before Christmas, when all through the house not creature was stirring, not even a mouse.”

Adult Fiction

The Song of the Christmas Mouse by Shirley Rousseau Murphy

“Rick’s efforts at capturing a beautiful wild mouse for a pet seem constantly thwarted by his willful younger cousin who has come to stay for Christmas.”

Alaska Nonfiction

The Way Winter Comes by Sherry Simpson

This book has true stories about Alaska.

“The Way Winter Comes is a book that maps an expansive landscape- physical and psychic- with uncommon clarity”...

Nonfiction

Christmas Everywhere by Elizabeth Hough Sechrist

“A book of Christmas Customs of Many Lands.”

INTERESTING WEB SITE OF THE MONTH

www.christmasgifts.com

Wanting a special gift and don’t know where to look? This site has TONS and TONS of items for everyone on your list... naughty or nice, but make sure that you check your list twice!



Thoughts of Thankfulness by the Igiugig Preschoolers

I am thankful for my mom and dad and my Alla, and for my toys and books.

- by Dolly Ann Zharoff, age 4

I am thankful for mom and dad, my dog, my brothers. I am thankful for snow, numbers and ABC's.

- by Camille Andrew, age 4



I am thankful for my mom and dad and my allas. I am thankful for me.

- by Fewnia Zharoff, age 3

I am thankful for my mom, dad, my sisters and brothers. I am thankful for my books and toys and my teddy bear.

- by Tatyana Zackar, age 3



CAMPBELLS LABELS

We have collected a total of

11438

Campbells Labels!!!

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

Student Government

By Jonathan Salmon, 9th Grade, Igiugig School

Lately our school has been working hard to raise money. On November 13 the school hosted a play, a dinner, the Alaska State song was sung by K-4th graders, and all the battle book teams of Igiugig held a competition against each other. At the home volleyball games concessions were sold. On the 15th of November there was a movie night for the younger

kids along with gym night. Concessions were also sold.

Our school goal is to make four thousand dollars this year. We have already made five hundred. We want to raise money for a school trip this year or next year.

Poetry in Igiugig

By Kristin Hathhorn

Included in this month's newsletter are poems written by students studying reading and writing at levels V to VII. Students have been reading published poetry while writing their own poems. Some of these poems may be a little difficult to understand without a little background, so here you go... For the first assignment, Found Poems, students first *found* an article in a newspaper or magazine. They used words from the article, then manipulated the words and added their own to create a short, meaningful poem.

For the Circle Poem assignment, students started with a word, used word association techniques to add the next word, and continued until the poem made a *circle* back to the original word. The goal was to create clever word associations that surprise the reader.

Hope you enjoy these poems – we are planning a *poetry slam* (students will recite poetry) on December 13th at the school. See you there...

Volcano
Lava
Fire
Heat
Cold
Snow
Warmth
Hot
Explosion

By Jeremy Salmon,
6th Grade,
Igiugig School

Harry Potter
Cooking
Cupcakes
China
Country
Fair
Pony
Hair

By April Hostetter,
6th Grade,
Igiugig School

Winter and Summer

By Jeremy Salmon, 6th Grade, Igiugig School

Winter is **very cold** and is very fun
Inside it **feels warm** and cozy
Nobody **ever stays** inside all day
There is lots of **snow** to make snow tunnels
Everyone likes to **go sledding** and snow boarding
Rabbits are **out and** good for hunting

Summer is very warm
Under the **suns flames**
My **friends and I** go swimming
My **brothers and sisters** do too
Everyone **loves to jump** off the barge
Running in the **sand** feels warm on my feet

FOUND POEM

by Mary Hostetter
8th Grade, Igiugig School
Alaska Geographic-2002
Pg. 73

---Mid---way:
A

D
O
W
N
R
I
V
E
R

Race, a new
Channel breaks the
Water that moves
So
S....L....O....W....

He was Ahead
(behind) not
until
he *Rocketed*
(back,) to the
unhurried he *Floated*
past the finish line
with a
sheepish
G N
R I
On his face.

Circle Poem

*By Jonathan Salmon,
9th Grade, Igiugig School*

Keys
Doors
Access
Passwords
Computers
Components
Ram
Sheep
Wool
Yarn
String
Piano

Water

*By Charley Apokedak,
9th Grade, Igiugig School*

People
Cannibals
Piranha
Eat
Cheese burgers
McDonalds
Fat
Animals
Fur
Money
Greed
Evil
Hell
Devil
Fire

Computer
Internet
Shop
5th Avenue
Corn Dogs
Ears
Drum
Beat
Hurt
First Aid
#1
Winner
Game

*By April Hostetter,
6th Grade,
Igiugig School*

Water
River
Crocodile
Hunter
Hat
People
Trees
Air
Clouds
Weather
Rain

*By April Hostetter,
6th Grade, Igiugig School*

Boats
Water
Fish
Seagulls
Eggs
Baby birds
Worms
Ground
Trees
Apples
People

*By Jeremy Salmon,
6th Grade,
Igiugig School*

Avalanche
Skiers
Stuck
Rescue team
Help
Hospital
Injured
Cast
Spell
Witch
Broom
Dirty
Cabin
Mountain

*By Jeremy Salmon,
6th Grade,
Igiugig School*

Snow
Cold
Winter
Ice
Skate
Wood
Cabin
Mountains
Sickness
Pass Out
Share
Greedy
Money
Gift
Christmas

*By April Hostetter,
6th Grade Igiugig School*

Baby
Young
Scared
Monster
Bad
Devil
Lived
Dead
Born

*By April Hostetter,
6th Grade, Igiugig School*

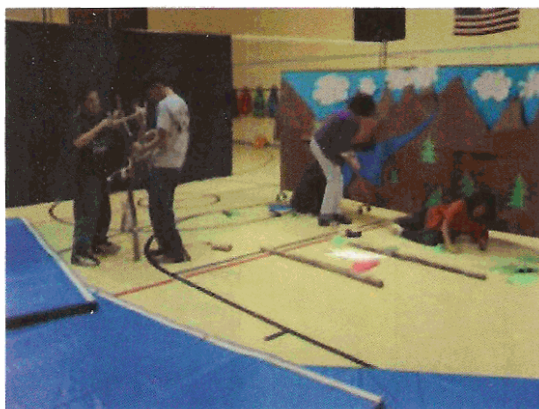
Otters

*By Charley Apokedak,
9th Grade, Igiugig School*

Pelts
Money
Paper
Trees
Wood
Beavers
Houses

The Girl Who Swam with the Fish written by Michelle Renner

By Mary Hostetter, 8th Grade, Igiugig School



← Dawsey and Jon work on the fish rack, while Kristin and Alicia work on the scenery.

April, the narrator, tells the story of The Girl Who Swam with the Fish. →

The week before the play, all the school kids worked



The Alaska Flag singers: (clockwise from lower left) Gregory, Corey, Sharolyn, Tess, and Shaun.

hard to finish the fish heads, the sets, to get their play lines memorized, and to get dinner ready for the guests. On Thursday, the day of the play, we prepared beef stew, as-sallaq (asalyuk), biscuits, agutak, and many more deserts before 5:30PM.

As students started to get ready for the play, people started to arrive. The bleachers started filling up as the students in the play started to get nervous, their blood pressure rising. And then, the time had come, the play started. Fish moved to and from on the blue mats that acted as a river; on the bank the family split fish, and worked on the fish racks. Although the play was only about six minutes long, the audience still liked it.

Soon after, tables were set up and food was placed on the tables for the community to help themselves to. Most of the people brought desserts and the dinner and play, in all, ran very smoothly.



Jonathan leads the "preschool" fish: (l-r) Tatyana, Camille, Fewnia, and Dolly Ann.

NEWS FLASH!!! NEWS FLASH!!! NEWS FLASH!!!

Just before this newsletter went to print, Lydia informed the council that an opportunity to receive a piece of exercise equipment was at hand. A follow up call to the BBAHC and conversation relating how IGIUGIG's residents, especially the youth, are regular and responsible users of the village work out equipment ensued. A great selling point for our community to be eligible for this equipment was the regular documented information we provide on treadmill use, Walk To Be Fit, and other equipment. We are very happy to report that we are to be the recipient of a

BOW FLEX machine!!!

This is made possible through the BBAHC Diabetes Program. Many thanks to Lydia for bringing it to or attention, BBAHC, Lois Schumacher, and to all of you who faithfully use our treadmill and weight room and log in on the provided sheets.

The bow flex should arrive in the next few months. Watch for more information to follow and get ready to work out!

GARDENERS GOODIES

DECEMBER garden activities:

- Early DECEMBER – prepare your winter garden for the holidays. String power cords to the trees that will have lights on them and be sure to mark where these cords are so after they cover with snow they won't be a danger to people shoveling or plowing snow.
- Early DECEMBER – look at your yard through 'winter eyes'. Decide where it would be nice to have evergreen trees that could be decorated for the season and put a note on your calendar for April or May so you will be sure and transplant some to those sites.
- DECEMBER – Deck out your indoor houseplants with miniature decorations or lights for a change.
- DECEMBER – When putting up your Christmas tree be sure to make a fresh cut on the bottom just before putting into the stand so it will be able to take up water and stay fresh longer.
- Late DECEMBER – If you are using a live Christmas tree be sure to ease it outdoors gently after the season —chill for several days in a cool place then several days in a cold windbreak before putting it out doors. Also be sure to keep it in a protected area (near a wall, out of the wind) and mulch around the pot and root ball to retain moisture and a little warmth so it will still be alive to plant in the spring.
- Late DECEMBER – Begin your planning and dreaming for next summer's gardening projects. Many trees and bushes have interesting bark or growth habits that look nice in winter after the leaves all fall off. Consider putting in some of these plants next spring, for winter variety in the years to come.

THE 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Use household things like egg shells, or cartons, paper, glitter, and craft supplies to make ornaments that are not only ecologically friendly but may become family keepsakes in years to come.

Ice candleholders can be made for outdoor decoration by allowing water to freeze in a bucket until it's about 2" thick along the walls. Then chip open the ice at the top, dump the water out of the middle, set the bucket indoors just until it comes loose from the sides and take out your new candleholder. Locate outdoors beside your stairs or walkway and burn a votive candle inside for a cheery and inviting holiday look. (These type of decorations often happen naturally when the last person out forgets to empty the steambath buckets!)

Take in your outdoor Christmas lights when the season is over and allow them to dry out well before storage so they will last longer.

Repetitive motion problems

Many of the things we do can cause problems for us if proper precautions are not taken to avoid it. For example typing for long periods of time can cause problems with nerves in a person's wrists called carpal tunnel syndrome or sitting for long periods of time can cause circulation problems in legs. Following are some tips to help avoid some of the most common problems.

- ✓ **Type a lot?** Be sure your desk and chair are adjusted to allow you to sit in a comfortable position. Take frequent breaks to reposition your hands and arms and stretch tense muscles.
- ✓ **Sit a lot?** Take a moment to stand up and stretch out at least each hour or maybe stand whenever you talk on the phone. This helps keep up good blood circulation and relaxes muscles.
- ✓ **Stare at a computer screen for long hours?** Make a point to look away and focus on something distant. This relaxes and exercises the eye and can help avoid eyestrain and headaches.
- ✓ **Lift heavy stuff?** Bend your knees and use leg muscles to do most of the work. Avoid twisting around with a heavy load, which strains the back and spine.
- ✓ **Stand Around on concrete?** Invest in shoes that have soft soles and are well cushioned. If you stay in one spot most of the time invest in a cushioned rubber mat.

Prevention

Anytime you maintain the same position for long periods of time it can cause stress to muscles and bones involved, so changing position frequently can avoid damage that could result in costly surgery and the need for physical therapy.

PAY ATTENTION TO POSITION

BE AWARE OF YOUR NEED TO MOVE ONCE IN A WHILE

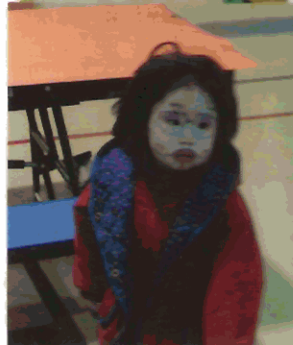


The Primary Class: (clockwise from bottom right) Gregory, Shaun, Corey, Tess, and Sharolyn.

Mary and Camille, the Statue of Liberty



Fewnia



Nice hair do Jonathan!

College Life

By AlexAnna Salmon, 12th Grade, Igiugig School

I am so excited to be the Class of 2004. The only problem is I don't know where I am going after graduation. I am the worst decision-maker alive, so choosing the right college for me was proving impossible, nearly life-threatening. Then one day I received an application for Dartmouth's Native American Fly-In Program. Free transportation. Free lodging. Free food. Perfect, I thought, and sent my papers ASAP. A week later I was filling out applications for the same programs at Stanford and Cornell University.

One month later I am rooming in a dorm at Dartmouth's Native American House, attending college classes, getting campus tours and an interview at admissions in Hanover, New Hampshire. I lived real college life for four days, got a true feel for this Ivy League institution and all it had to offer. I loved Dartmouth, a college I had never even considered before. Also, after coincidentally running in to other Alaskans, some I knew, I learned that it is a small world, but an even smaller world for Alaskans.

As a pit stop between college visitation programs, I was dropped off at my other hometown in Penfield, NY. I stayed a few days with my family, visited my old high school, and hung out with old friends. The next weekend I was driven to Cornell University in Ithaca, NY. The campus in fall time was beautiful. It was also the size of downtown Anchorage! I had the opportunity to attend a psychology lecture hall with 750 students discussing what is wrong with men these days. I also got to dance with Iroquois Indians, attend a Gates Millennium Scholarship presentation, and explore an even larger Ivy League university composed of seven different colleges! Cornell was actually a college I highly considered; however, after getting a 'preview' I realized it isn't really my type.



Dartmouth prospective students (left to right) Andrea from Anchorage, Jeremy from Fairbanks, AlexAnna, and Sarah from Anchorage.



(left to right) a Dartmouth student from Dillingham, Sarah and AlexAnna (two prospective students) and a Dartmouth alumni from Kotzebue.

Now I am back in Igiugig, Alaska. I am still the only senior in a class where my brothers and sister make up half the students. I still have a pile of scholarship and college applications the size of Big Mountain to fill out. But, I was granted the chance to fly to the other side of the country to learn about these colleges I am reading about, and for free. Now I have a better idea of what type of colleges I am looking for. These experiences have made my decision making extremely easier. I know what to look for, what questions to ask, and who to go to. I feel more confident in my long search for the right place to pursue my goals. My advice for all juniors reading this article is to apply for these programs next year. They are worth it!

WALK TO BE FIT

Total **V**illage **M**ileage through October is 37,153

"Healthspan"??

Lifespan is the term most often used when we talk about living a long time, but "healthspan" is a better term to consider when we talk about how long we will be able to lead a healthy and active life. (See Prevention Magazine's June 2003 issue, page 140 article entitled "Eat Now, Live Longer")

Daily activities and food choices could make a big difference in a persons "healthspan".

Consider the older people you have known and you will realize that some of them spent the last twenty years of their life in pain and constantly dealing with health problems, while others of them lived healthy active lives right to the end. What makes the difference? Researchers note that some of this relates to their genetic make up, but a large part of health relates to personal habits, food choices and activity levels.

Past articles have talked a lot about keeping your activity levels up: taking time to walk, run, or play at something active everyday. This is extremely important in helping you stay physically fit and able to do the everyday things you enjoy.

Diet is the other factor in how well you live and how long. On page twelve of this newsletter is a list from the Prevention Magazine article that gives twelve foods that, when added to your regular good eating habits or used in place of less healthy choices, will help to increase your "healthspan".

Consider this when you shop, when you cook, and when you are just looking for a quick snack. Stock your cupboards, refrigerator and freezer with these healthy foods today and look forward to your many future healthy days.

**Keep on Walking
on your way to
a long healthy &
active life!**

Personal Totals

(Since Mar.00)

John	2871
Sandy	2603.5
Annie	2334.5
Lydia	2073.25
Joshua	1580.25
Shayna	1512.25
Mary	1326.5
Yako	1309
David	1225
Dallia	1145
Marie	1123.5
Ida	1007
Angel	926.75
Alice	902.25
AlexAnna	844.75
Kayla	831.5
Julie	831
Tanya	821.75
Michael	742
Shaun	711.75
Bernadette	710
Alicia	702.5
Jonathan	666.75
Betsy	658
Dan	616
April	475.5
Jeremy	465
Sharolyn	400.25
Tess	392.5
Camille	389.5
Kevin	350

Letter to the Editor

The October 2003 issue of 'Igiugig News & Notes' arrived. It is always fun to find it in the mailbox and read what is happening with the folks in Igiugig. This issue caused some comment among the relatives of the writer. We were surprised to read such a negative account of our part of the world.

In the article 'Small Town Blues' the writer stated that she "would rather live in Igiugig (understandable since it is where she was born and brought up) 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, and run around like my head is chopped off if I want to." She cannot really mean New York City, which is the greatest city in the world. I'm fairly sure she never visited there. So, she must be referring to the area she did visit—Penfield, New York.

Penfield is a town, not a city and, admittedly, you cannot drive anything on the road without a license or permit, or exceed the speed limit. I've also never seen any one running around without a head—nor do I wish to. In defense of this

location we can offer some diversions. In less than a ten-minute walk from where I live, there are department stores, drug stores, restaurants, beauty salons, a donut shop, pizza parlor, etc.

If that is too limiting, a person could cross the road and board a bus to the nearby city of Rochester and in twenty-five minutes you would have available: museums, art gallery, Planetarium, 4 star restaurants, historic buildings, live theater, great architecture, concerts and shops galore.

Right now we are in autumn of the year. Orange pumpkins dot a large field up the road, it is apple picking time and fresh apple cider is on tap. The foliage is breathtakingly beautiful with the trees arrayed in their red, gold, and green leaves. When I take my walk every day, I look at the scenery and think to myself, what a wonderful, wonderful place to live. It's home. It's New York.

Sincerely,

Tanya's Grandmother

Longevity Shopping List

Put these 12 top foods in your shopping basket

Food	The AgeLess Advantages
Olive Oil	<i>Monounsaturated fats</i>
Nuts	<i>Can lower risk of heart disease, raise levels of good cholesterol, lower levels of bad cholesterol, and provide vitamin E, fiber, and plant protein</i>
Salmon	<i>Omega-3 fatty acids and vitamin D</i>
Fat-free yogurt	<i>Calcium and vitamin D (with little lactose)</i>
All-Bran cereal	<i>Cereal fiber</i>
Legumes (pick one: beans, peanuts, split peas)	<i>Folate, fiber, plant protein</i>
Cruciferous vegetables (pick one: broccoli, cauliflower, cabbage)	<i>Carotenoids, flavonoids, and indoles; vitamin C; fiber</i>
Spinach	<i>Lutein, zeaxanthin, folate, fiber</i>
Cooked tomatoes	<i>Lycopene, fiber, vitamin C</i>
Oranges	<i>Vitamin C, fiber, folate</i>
Berries (pick one: blueberries, strawberries, raspberries)	<i>Vitamin C, fiber, antioxidants</i>
Dark chocolate (in moderation)	<i>Flavonoids—and great taste</i>

Igiugig Tribal Village Council

PO Box 4008

Igiugig, AK 99613

Phone: 907.533.3211

Fax: 907.533.3217

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Weather Watch

November 1-28, 2003

Highest Wind Speed . . . 53 mph

Average Wind Speed . . . 10.1 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 49.9°F

Lowest Temperature . . . -6.8°F

Below Freezing . . . 15 days

Below Zero . . . 2 days

Precipitation . . . 2.81 inches

Recipe Corner

Contributed by . . . Bernadette Andrew

Coconut-Cranberry Cookies

3 cups all-purpose flour

1 teaspoon baking powder

1/4 teaspoon salt

1 1/2 cups butter

1 3/4 cups sugar

2 teaspoons vanilla extract

Grated zest of one orange

1 1/2 cups dried cranberries

1 1/2 cups sweetened shredded coconut

1. Preheat oven to 350*. Line two baking sheets with

parchment paper; set aside. In a medium bowl, whisk together flour, baking powder, and salt; set aside.

2. In the bowl of an electric mixture, beat the butter sugar, vanilla, and orange zest until creamy and light. Add flour mixture; beat on medium-low until mixture comes together. Beat in cranberries and coconut.
3. Shape dough into 1 1/4 inch balls; place 2 inches apart on prepared baking sheets. Flatten each ball slightly. Bake, rotating sheets halfway through, until edges begin to brown, 15 to 17 minutes total. Let cool on baking sheets 5 minutes, then transfer to wire racks; cool completely.