

Igiugig News & Notes

Vol. 1 No. 6
May 1998

LSAC News

by Sandra Alvarez

The LSAC's monthly meeting was held on April 14th in the school gym. Reports were given by Christina & Kevin on the recent AA Meet, and by AlexAnna on the Statewide Spelling Bee where she was the representative for Lake & Peninsula School District.

The 1998-99 School calendar selection was made. The winter break will include the Russian Christmas holiday's, with the kids out of school January 1st through 14th. Because this option uses more vacation days than traditional Christmas, we still need to choose one Saturday when the kids will attend school to make up for it. The selection will be done at the May 19th meeting, so if you have input, be sure to attend. We reviewed the Igiugig School Strategic plan during this meeting and found that the progress toward our goals is good. One suggestion is that we be sure to have a potluck again at the beginning of the new school year to give teachers the opportunity to get information out to new families and those with new students. Bernie gave a presentation on the "Asset Building" program that the School District is working on. It sounds very good and should help find ways we can help children succeed even if they don't have good situations in all areas of their life.

The Thurston's will be teaching here again next year according to Bernie, so keep your cameras ready, we can look forward to some good productions by our kids in the coming year as they explore their talents in performance and public presentations.

MAY BIRTHDAYS

Sharolyn Zackar May 8
Alice Zackar May 8
Shaun Andrew May 10
Tanya Salmon May 12
Greg Zackar May 30
Happy birthday everyone! ☺☺☺

INSIDE

Campbell's Labels	2
BBAHC Meeting	2
Newsletter Scavenger Hunt	2
Personal Floatation Devices	2
Summer Reading Club	3
Suicide Prevention Grant	3
ANHB Grant	3
OEDP	3
EPA/GAP	3
Igiugig Health Fair	3
The Effects of Milk	3
Igiugig Health Fair	4
Igiugig Health Fair	4
School Picnic	4
Graduation Day	4
LAST DAY OF SCHOOL!	4
School Raffle Winner	4
Yearbooks!	4

Igiugig News & Notes

Igiugig Village Council
PO Box 4008
Igiugig, AK 99613
907.533.3211
fax 907.533.3217

Michael Andrew, Jr., President
Dallia Andrew, Vice President
Mike Andrew, Sr., Member
Randy Alvarez, Member
Greg Zackar, Member

Editor:

Bernadette Andrew

Contributing writers:

Sandra Alvarez
Dan Salmon
Bonnie Thurston

TAKE TIME...

What a Child Learns From You Lasts Forever.

Take Time...

- ... to talk about the good things in your child's report card.
- ... to ask how you can help your child do better in school.
- ... to explain why a behavior is wrong. Let the child have time to think about it.
- ... to learn what tasks and behaviors can be expected from your child at that age.
- ... to think about what your children will remember about you when they are grown.
- ... to think about how you might sound to your child when you're talking to him.
- ... to let your child pick one thing to buy at the store from choices you offer.
- ... to really listen to what your child is trying to tell you.
- ... to read a bedtime story every night.
- ... to think about how you could help a child who needs a friend.
- ... to remember how you liked to be treated when you were a child.
- ... to get help. Parenting is a learned skill, just like driving a car or cooking, and no parent has all the answers.

Village Council Meeting

by Sandra Alvarez

The Village Council held it's regular monthly meeting on April 28th at 4 p.m. in the RecCenter.

We will be working on cleaning up and putting in some trees and flowers around the village this spring. The annual cleanup day with the school is May 18th and work on planting will also be

done that day. Everyone is encouraged to join in and help. The school picnic is also on that day as part of the festivities.

New Stuyahok's annual Wellness Conference* is May 1-3 and we have six representatives going from our village. People who volunteered to go are Marie Nelson, Julie Salmon, Agafia Nelson, Mary Olympic, Johnny Zackar, Yako Nickoli and Anecia Olympic, so be sure and ask them how they enjoyed it when they get back.

Extra charges on fuel deliveries were talked about during the meeting. There will be extra charges for: 1) "emergency deliveries" (when people need fuel right away because they ran out), 2) Weekend and evening deliveries, 3) small deliveries (5 - 10 gallons at a delivery) A copy of the minutes for the meeting are available for review at the Council Office for residents who are interested in coming by to read them.

* The theme is Preserving our Heritage through Sobriety & Unity

Have you borrowed something from the RecHall or Pumphouse and forgotten to return it? We would like to be able to leave items in the RecHall so everyone is able to use them. Cleaning items, such as brooms, dust pans, mops, and mop buckets, need to be left in both locations. So, if you have borrowed anything, please return them as soon as possible. Thank you.

Campbell's Labels

by Bernadette Andrew

Thank you to all who took the time to save label's for us! We collected enough to order some pattern blocks for our preschoolers. It will be about 12 weeks before we receive them, but will be a great addition for the children. Please continue to save labels through the year and put them in the drop box located in the post office lobby.

Boat Parking always becomes messy during the summer and fall months. Please remember that commercial operators like lodges and guides should be parking their boats down by the Fish & Game Landing area which is designated for public use.

Local people are free to tie up where they normally do, but if there are boats that belong to businesses parking up in the village by the residential beach road (by Murphy's) they should be reminded to use the public area.

Also be sure that there are bumpers on your skiff or boat to protect it from damage by banging against others.

BBAHC Meeting

by Sandra Alvarez

I attended the mid-year meeting of the Bristol Bay Area Health Corporation on April 21st - 24th in Dillingham.

The health care services we receive are very much the same as they have always been, but they are also looking at placing more personnel in the villages. Two positions that many villages already have are called Family Service Worker (FSW) and the Community Health Representative (CHR). FSW's work for the Alcohol Program or the Mental Health Department and work with people who need that sort of service. CHR's provide health education and prevention information. Igiugig is still too small to have our own FSW or CHR stationed here, so we are served by people located in other villages. Martha Anelon works as our CHR and has provided several presentations to the village—one on tobacco by Rick Bender, one on water safety by Glen Hart and she helped organize the Heath Fair several weeks ago. Hopefully when our village is a little bigger we can have a CHR in our own village. (Tweet was just hired as a traveling CHR.)

One area that Bristol Bay Area Health Corporation is looking into, that is important to the Iliamna Lake area is a Sub-regional Clinic which would be staffed by a Physician's Assistant (PA). It is still in the early planning stage and no money has been found to build it, but it is being researched as a future priority. One other major change to the Native

Health Care system is coming, but it probably won't affect the service received individually. This change is the take over of management of the new Native Hospital in Anchorage, by a consortium of all the tribes around Alaska. Negotiations right now are determining how many of the services South Central Foundation can contract and what part are the essential Statewide services belong to everyone and will be managed by the Consortium. Bill Trefon Jr. is our Sub-Regional Representative and he has been doing a very good job bringing our concerns to the Executive Committee.

If you have any questions or concerns about the health care you receive be sure to come to the Council Office and bring them up.

Newsletter Scavenger Hunt

Within the pages of this issue you will find the following items if you look carefully:

Santa Clause (hint-tip your head to the left as you look)
the word "potluck"
an equal sign
a fish
an ampersand
the name "Murphy"
the number "28"
an asterisk
a question mark
the name "Tweet"

Personal Floatation Devices

by Sandra Alvarez

A question all the kids will be asking this summer. "Are you wearing your PFD or just sitting on it when you ride in the skiff?"

Glen Hart with the National Park Service visited the school April 20th and presented information about water and boating safety. All the kids and a number of adults earned badges and took an oath to be safe around the water this summer.

RESIDENTS: Please observe the "Dump Here" signage located at the dump. Efforts and money has been spent to clean-up the scattered garbage deposited by bears and birds throughout the area. By using a common area to dump our trash and keeping it burned, we will hopefully keep this problem to a minimum and allow us to spend time and money in more productive projects. <*)}}}}>< "Please Keep Igiugig Clean!"

Summer Reading Club

by Bernadette Andrew

This summer we will be having a reading club. It will begin June 1st and continue until August 31st. There will be individual awards as well as group incentives. The 1998/99 Battle of the Books will be available to be checked out as well during this time. Watch for a notice for our first meeting so you can join up!

Suicide Prevention Grant

by Sandra Alvarez

It is time to renew our Suicide Prevention Project Grant for the coming year. Sandy is working on putting together the proposal and budget right now and it will be sent to Juneau by May 15th. If you are interested in reading through it, the draft should be done sometime next week. If anyone has suggestions for things that should be happening under this grant, please stop by the office and discuss your thoughts. Some of the things that are now done are providing learning activities at the RecCenter for the kids and any adults that want to participate, keeping the RecCenter open for everyone's use and helping out with school and student activities (like the =R Carnival=).

ANHB Grant

by Dan Salmon

The IVC was happy to learn it has received a \$9998.00 grant to install a waste oil boiler in its soon to be built airport facility. This boiler will "Help the Earth" as we will use old motor oil to

provide winter warmth instead of disposing it in the dump or on the ground. Soon households, businesses, the power house, school district, etc. will be informed on a "waste oil recycling" collections program so we can begin using this newly discovered valuable resource and making it work for our community.

OEDP

by Dan Salmon

Overall Economic Development Plan(OEDP) for our community is making progress. Many attended the Lake & Peninsula borough meeting in the RecHall where we discussed economic opportunities and future plans for Igiugig. Well, beginning this summer we'll begin Phase 1 by constructing a 60'x100' office/hangar airport facility which will create better access to tourism dollars. Come by the office with any ideas or to view the building plan and get involved.

EPA/GAP

by Dan Salmon

No, not the fashion jeans but the Indian General Assistance Program given out by the Environmental Protection Agency. Igiugig applied for and has received \$85,000.00 under this program to develop an Environmental Program for our community. Beginning October 1st, we will employ our high schoolers to develop their skills identifying and solving environmental issues for Igiugig. Recycling, water quality, garbage management, etc. are topics we will soon have experts on.

Igiugig Health Fair

by Christina Salmon

On April 16th Igiugig held its first annual health fair. Students were all assigned a table to interview. Deb Dahlberg presented the table about HIV/AIDS. HIV is a disease anyone can get. It is spread through blood contact and sexual intercourse.

Do you know what BBAHC has been doing to inform you about HIV/AIDS? BBAHC has been giving

classes on HIV/AIDS since the early 1988's. They started these classes because they felt everyone should know about the dangers of HIV/AIDS. When asked to evaluate BBAHC's job on spreading the word of HIV Deb said they were doing a fair job. Deb stated, "People think that they know all about HIV/AIDS and are not willing to come to classes on it. If you aren't asking for education they (BBAHC) won't give it. Just ask."

There is no known cure for HIV yet. When you do get HIV doctors will give you medication, to slow the reproduction of HIV cells, but won't totally kill the virus. It is very important for rural villages to know about the dangers of HIV. People need to be informed on HIV before it's too late.

The Effects of Milk

by Tanya Salmon

Igiugig had its first health fair on April 16, 98. The students and the community were able to come and go to each table. Well I had to do an interview, and I picked the dietician/nutritionist lady. She knew about teeth and milk too, so I interviewed her about teeth, and the effects of milk. You will be amazed what milk can do to your baby.

Did you know that milk has sugar? Well it does. If you take your baby to bed with a bottle it's not good. When you take the baby to bed with the bottle, then milk can go around his/hers mouth. The sugar settles around the mouth and stays there over night. When you keep putting the baby to bed with milk after a while the baby may get soars.

Should you give your baby a bottle when it is over two? No! If your baby is older than two, still carries the bottle all over, and still drinks, it's not good. The sugar settles on the teeth and eats it away. Even if your baby does not have teeth the sugar settles on the gums. When the teeth grow sugars settles on the teeth. The teeth would come out rotten and deformed looking.

Is powder milk better than breast milk? No, powder milk has more sugar than breast milk and breast milk is 100% better. Breast milk would gradually

change and powder milk won't.

When should you start brushing your baby's teeth? You should start when they are born. When they don't have teeth damp a rag. When they have teeth you should start using a brush.

Igiugig Health Fair

by *Ida Nelson*

Igiugig have had their first Health Fair on April 16th 1998. Students and adults were welcome to come in and learn about facts of Health. The students came in and roamed around to each booth. While the adults were roaming around the students went to each booth and interviewed the presenters. Here are some questions and answers on tobacco and Health.

Q. Why does BBAHC want to give out info. on tobacco?

A. To help people learn more about tobacco and to show what tobacco could do and what you see and what you don't see in tobacco. To show how addictive nicotine is and how harmful it is.

Q. What can we do to help people to stop smoking?

A. Is to have support from a family and encouragement. If a person wants to quit smoking would rely quit successfully, either for themselves or for other who loves that person very much.

Q. When two people want to quit will they succeed?

A. Yes. Two people are too quit smoking with each other and faster to quit, because they have support and encouragement from each other.

Q. Why do healthy people get cancer early in their body than unhealthy people?

A. In a healthy person the cells can produce a lot more better than an unhealthy person. The cancer cells thrive the healthy persons better than an unhealthy person. This is called a mutating cell.

Q. Why is second-hand smoking is worse than just smoking?

A. The left over chemicals that are not burned goes into the air. The person who's around that person or in the room with the smoking person will

have a higher risk of dying because it causes heart problems and cancer. Just from second-hand smoking 58,000 to 60,000 people die in a year alone.

Igiugig Health Fair

by *AlexAnna Salmon*

Igiugig had its first health fair on Thursday, April 16. The students learned about many different health issues. We interviewed each person at their respective table on their health topic. The tobacco/smoking table interested me, because just recently a visitor, Rick Bender, who was a victim of cancer caused by tobacco, talked at our school. Chewing tobacco affects the mouth area, that includes gums, tongue, teeth, lips, jaws, cheeks, and throat. The mouth tissue is so delicate that tobacco penetrates it so easily, and enters the blood stream. People who chew snuff absorb nicotine so much quicker, and the chances of getting mouth cancer are high.

"Nicotine produces a calming effect on persons who are already addicted," says Cathy, the lady I interviewed.

All ages, especially children as young as 5 years but more common around 7 or 8 years start chewing tobacco.

Tobacco is a serious topic to keep educating children about. Share factual information and guidance to young children and adults.

SCHOOL NEWS

School Picnic

by *Bonnie Thurston*

Everyone is invited to attend the Igiugig School Picnic. It will be held on May 18th. The location is being determined by the students and plans are in the workings. Please look for notices as the day approaches. Students will also be doing community clean up on that day. It will all be lots of fun for everyone!

Graduation Day -

May 20th

by *Bonnie Thurston*

Igiugig's School's Graduation

and Awards Ceremony will be held at 2:00pm on May 20th. The kindergarten graduates are:

Angel Alvarez

Shayna Nelson

Alicia Zackar

Jacob Askoak

Jeremy Salmon

Awards will be given to all students for achievements during the 1997-98 school year. Our guest speaker will be Principal Bernie Gurule. Please plan to attend the celebration for the graduates and honor all students for their achievements. A dessert potluck will follow.

LAST DAY OF SCHOOL!

by *Bonnie Thurston*

Our last day is May 22nd.

Summer vacation for students begins May 23rd. Everyone have a wonderful summer and read those Battle Books!

School Raffle Winner

by *Bonnie Thurston*

Bernadette Andrew was the lucky winner drawn at the conclusion of "The Fisherman and his Wife." The round trip ticket, Igiugig/Anchorage, was donated by Peninsula Air. Igiugig School wants to thank everyone who purchased a ticket. All proceeds went to the Student Activity Fund.

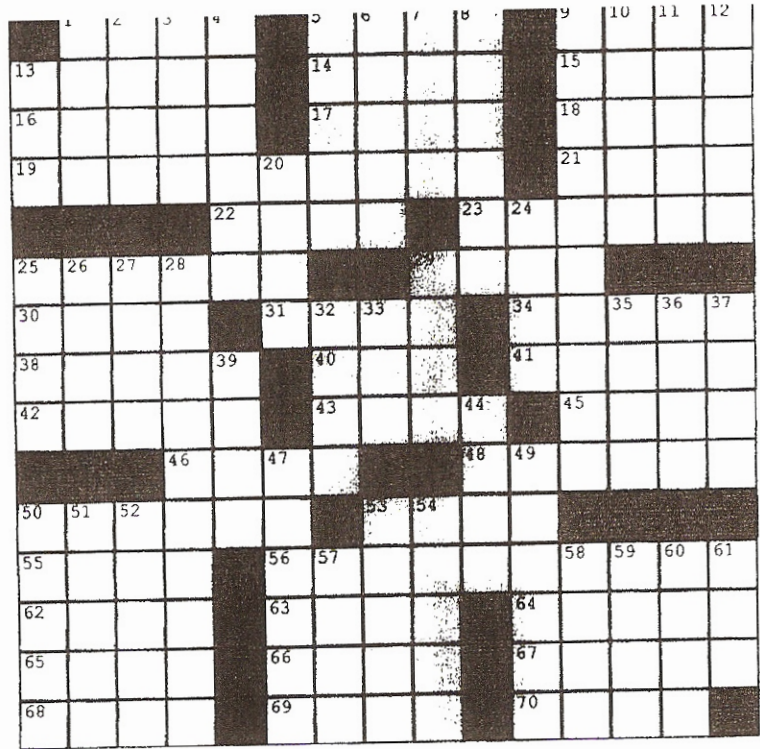
Yearbooks!

by *Bonnie Thurston*

Everyone at school is anxiously awaiting the arrival of the 1997-98 Yearbooks. Students worked very hard to meet the deadline. It will prove to be the best one yet! People who reserved a yearbook will get theirs first, then any left over will be for sale. The cost is \$13.00 per copy. We expect arrival around May 11th. Purchase a yearbook to have a lasting memory of this school year.

ACROSS

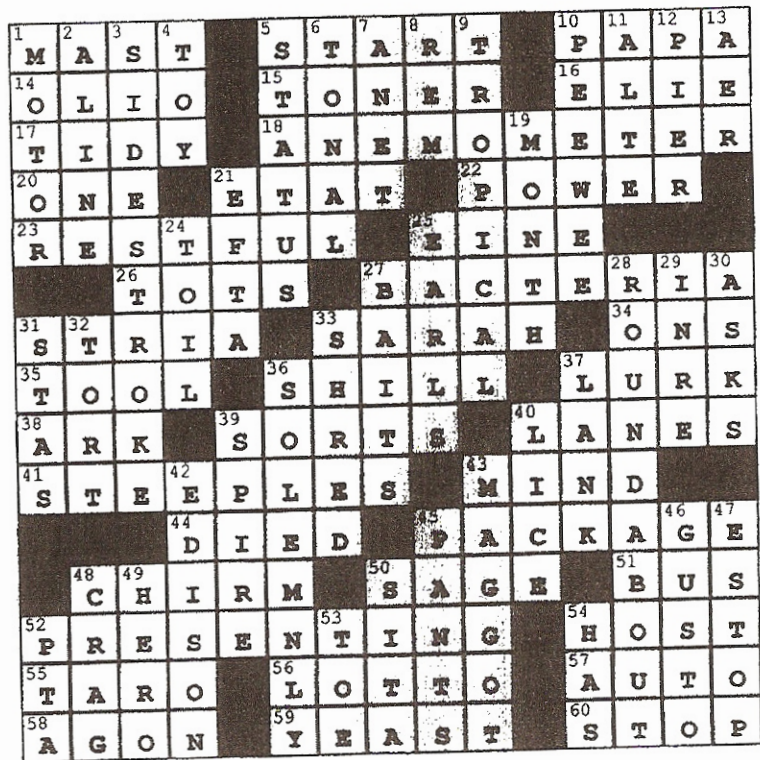
DOWN



- 1 Precious stones
- 5 On _____ with (equal to, 2 wds)
- 9 Intermediate missile
- 13 A caper
- 14 Plural of serum
- 15 Claudius successor
- 16 Apish _____ Presley
- 17 Elvis _____ Presley
- 18 Shredded cabbage often with fish
- 19 Ambrosia
- 21 Errand boy
- 22 Mend
- 23 Axion
- 25 Sound system
- 29 God of war
- 30 Identifier
- 31 Ace
- 34 Auth., Publ. Ass. (acr)
- 38 Get up
- 40 Lamb
- 41 Abeyance
- 42 Ament
- 43 Gypsy lady
- 45 Evergreen
- 46 Singing brothers
- 48 Byzantine
- 50 Gice away
- 53 Saturnian
- 55 Actor Guinness
- 56 Atomic
- 62 Unwilling (var.)
- 63 Artist's studio
- 64 Father Time
- 65 Fencing sword
- 66 Nobelist Wiesel
- 67 Wash out soap
- 68 Bring up
- 69 A spree
- 70 Ship

- 1 Masticate
- 2 Cigar end
- 3 Tiny insect
- 4 Mowing tool
- 5 Yoga posture
- 6 Hazard
- 7 Elvis _____ Presley
- 8 Audubon Society
- 9 Beat up
- 10 'Let down your hair'
- 11 Aesir
- 12 One who cuts grass
- 13 Amer. Bible Soc. (acr)
- 20 Employment comm. (acr)
- 24 'Able to _____ tall buildings ...'
- 25 Impediment
- 26 A root
- 27 Biographer Ludwig
- 28 Analyst
- 29 Expression of assent
- 32 Female possessive
- 33 Charity org. (acr)
- 35 Devonshire cream
- 36 Confused
- 37 Skin
- 39 Thompson or Samms
- 44 Inactive
- 47 Button hole
- 49 Absorb
- 50 Hay machine
- 51 Run away to get married
- 52 _____ tete
- 53 Black Hand
- 54 Bury
- 57 Grand slam in bridge
- 58 Calliope
- 59 Writer Ferber
- 60 Chick shelter
- 61 Three (It.)

answers to last month's crossword



Puzzle page

- Dolphins
- Whales
- Sharks
- Waves
- Fish
- Salmon
- Salt
- Coral Reefs
- Animals
- Plants
- Water
- Beach
- Shells
- Clams
- Oysters
- Ships
- Cruises

P I N W N W H A L E S Z L D Y X F Y
 H S P V Y F A Y F F K N U S T I W Q
 E J D V W W H J Q E K R E I B S J K A
 M M R B Y X C E H A A F R H E W J V
 R Y T D T I R G B W H Y E W P L V I
 K F T W X L U L G X S L T M V L X J
 S K G A A P I Y J H L O A W K E O M
 T V N R O V S B I S A D W I G W H D
 D Q O C R Y E P U M M O J E L Q H S
 E C V T L A S S F T I A O E I A L H
 N Y G C C R D T E O N D L C K O L H
 M Z G H G G R N E O A C B C X O A J
 B Z E J L Y L A M R D L O W B H F V
 L R Y U P A I L S M S N I N N M B P
 A D T U X A A P C P V O W W W W