

Igiugig News & Notes

Igiugig Village Council

February 2000

Volume 3, Issue 3

January Village Council Meeting by Sandy Alvarez

The regular monthly meeting of the Igiugig Village Council was held on January 12, 2000. This meeting covered the regular monthly items, including tribal enrollment for Charles H. Nelson. In addition the Council members and people present received and reviewed charts covering the total expenditures and incomes for 1999. It was noted that the Village Council and related public utilities provided for over \$200,000 in wages during that year.

The Public Landing Ordinance #98-01 revisions were reviewed. Proposed changes were noted and it was opened for public comment. After the public comment period, the Council approved the changes to this Ordinance.

Tribal operations reports covered the most recent work to the airport building, plans for dump closure with Burns Consulting's assistance, budget formation discussion, and

plans for training local people in anticipation of upcoming projects.

Lydia Olympic was approved as the alternate board member to the BBAHC, and authorization was provided for her to become the Full Board Member should she wish to run for an office of the Health Corporation's Executive Committee.

Other program reports and information included the announcement that Igiugig has been approved by AITC for a Solid Waste Demonstration Model Grant, Randy Alvarez received the Council's nomination to the Lake & Peninsula Borough's Fisheries Commission seat, Dave Hostetter was approved to attend generator maintenance training, fuel prices will increase by 10¢ per gallon at the end of January, and the Community Planning grant application will be resubmitted with some changes.

The next regular meeting of the IVC is scheduled for Thursday, February 17th.

The Foods of Slavi by AlexAnna Salmon

January 7, 2000, the people of Igiugig celebrated Russian Christmas, or Slavi. The weather was perfect for Slavi; it was not windy or cold. Johnny Zackar, Jonathan Salmon, and Ponty Askoak took turns spinning the star. Ponty also took turns with Shayna Nelson as the candleholder. This year there was different versions of Slavi songs. Delores Askoak had a choir of English singers. "I like all the Slavi songs, and the English was different and sounded good once you got the hang of it," Julie Salmon, a choir member said. This was everyone's first time singing the new songs. Songs were also sung in the traditional Russian and Yupik.

Nothing can compare to the foods of Slavi. The foods are the highlight of

every Slavi. As usual, this year's food was mouth-watering. The food varied from hot and tasty caribou soup, delicious turkey, tender goose, and appetizing salmon loaf to colorful cupcakes, scrumptious brownies, and yummy cookies. "I enjoyed the cooked goose at Annie's because it was very tender and sweet. There was no food that I didn't like," Christina Salmon said. Dalia Andrew cooked a huge and delicious meal for the Slaviers. "I like to serve the Slaviers," she says.

Slaviers took their time eating because they ended at 6:30 P.M., which is one hour later than last year. Bon appetite!

Inside this issue:

BBAHC meeting	2
New Year's Party	2
Driver Tips	2
What is Yours?	3
LSAC Meeting	3
Thanksgiving	3
SCHOOL NEWS	4
Proud To Be...	5
House Calls	6
Health Tips	7
It Got The Best...	8
Avoid...	8
Quiz	9
Poems	9
Weather Watch	10
Recipe Corner	10

Birthdays this month

- February 2
Mary Hostetter
- February 14
George Wilson, Sr.
- February 26
Tess Hostetter

Annual BBAHC Meeting by Sandy Alvarez

Both Lydia Olympic and Sandy Alvarez attended the annual meeting of the Bristol Bay Area Health Corporation held in Anchorage on January 17-20, 2000.

There were a number of speakers from other organizations including Alaska Native Health Board, Alaska Native Medical Center and the BBEDC. Throughout the meeting your representatives provided input to the board and staff about the concerns of Igiugig's residents, including patient travel, elder escorts, health care directly from the Anchorage Hospital, reinstatement of two health aide positions in every village, inclusion of Lake Area villages in the diabetes prevention program, etc. A copy of the written village report is available at the Council Of-

fice for anyone interested.

Lydia is now the Full Board member and Sandy the alternate. Lydia was interested in running for the sub-regional representative position on the Executive Committee of BBAHC, but Dennis Trefon was named as the rep for the Lake Area. He will be responsible to forward any concerns from Igiugig (and all of the Lake Villages) at each meeting of the Executive Committee. If you have something that needs to be passed along you are welcome to discuss it with either Lydia or Sandy and it will be written up for Dennis to submit. Everyone's input is important to help the Health Corporation provide the best service to its villages.

Have you filled out your PERMANENT FUND DIVIDEND application yet?
They must be postmarked by March 31, 2000
If you need help with yours, please stop by the office.

New Year's Eve Party by AlexAnna Salmon

At 7:00 P.M. on December 31, 1999, a New Year's Eve party was held at the RecHall, which was decorated and colorful with balloons. Fast Scrabble, Eskimo Bingo, and Boggle were played. The adults had a fun competition playing Fast Scrabble while the younger kids enjoyed running around playing with balloons. Ten years old and below played the first game of Eskimo Bingo and the older kids and adults played the second game. Refreshments such as fudge, cupcakes, punch, cookies, Chex Mix, and cake were served. Firecrackers were to be lit at the airport at midnight; how-

ever, due to the cold weather people stayed home and there were not many fireworks that night.

Russian Orthodox New Year's was celebrated January 13, 2000. There was a quick church service before the bonfire was lit. People ran around the bonfire three times for good luck, and lit off fireworks. There were beautiful fireworks, but the seal bombs were deafening. No one stayed too long at the bonfire and there wasn't as many people attending because it was a school night. Happy Year 2000!

Good Driver Tips of the Month

Information for everyone who drives a vehicle—truck, honda, snow-go or bicycle

- Clean your brake lights frequently so they will be visible to drivers behind you.
- Tap your brake pedal well ahead of where you intend to stop. This flashes the brake lights to alert the vehicles behind you that you will be slowing down.
- Keep a safe distance between your car and the one ahead of you. In regular conditions this is at least two seconds. On icy roads you need to add extra time. . .
- Signs shaped like this are always what? (See answer elsewhere in the newsletter.)



What is Yours? By Tanya Salmon

I asked several people what their resolution for the year 2000 was. Here are the results....

"My New Years Resolution is to..."

Ida- "get money for college, lose some weight, and do good in school."

Christina- "start working on all of my new years resolutions that I stated in the past."

Jon- "catch a wolf, caribou, and a moose for the year 2000."

Mary- "go to Kokhanok, Hoonah, and Sitka."

Tanya- "focus more on my school work and to have a terrific year."

Julie- "spend more time making bead quill earrings."

Lydia- "learn to fly a kite, I would like to get back into shape, eat more healthy foods, and learn to type very well."

LSAC Meeting by Betsy Hostetter

The LSAC Meeting was held on January 20th, 2000. This was our first meeting of the year! People were reminiscing about the Christmas Play that was a great success. The hard work and effort that went into the play certainly was apparent. The students did a great job on their performance. A big thank-you to Charlie and Bernadette for their time and support with the production.

There was discussion about the School to Work program. Phase I was held at Newhalen and was a success. The time capsule

has been sealed and is ready for burial in the spring. A lot of activities are scheduled for our students... AA meet, Battle of the Books, Spelling Bee, goose posters, Valentine's Day party. Best of luck with the Spelling Bee and Battle of the Books! New t-shirts and caps are on sale now at the school. Contact Christina or Ida if you are interested in purchasing any. The next scheduled meeting will be on February 24th, 2000.

A Thankless Thanksgiving by AlexAnna Salmon

Thanksgiving morning, hours after my parents began preparing our feast, delicious aromas filtered throughout the house. Cooked to perfection, the 22-pound golden turkey was set in the windbreak to cool - a regretted mistake. Inside my siblings and I talked to my Grandma Salmon over the phone. While on the phone I looked out the frosty window and saw an unusual sight. "Dad do you know - " I impatiently said while holding the phone under my chin so my gram wouldn't hear.

"You are on the phone, if you are not going to talk, hand over the phone to someone else," he commanded sleepily while laying on the couch trying to get a cat nap before dinner.

"I guess he doesn't want to know the dogs are gobbling up the turkey," I plainly said. My dad's big brown eyes flashed open. He jumped from the couch. He stared through the window snorting like a bull. I could almost see smoke escaping through his nostrils like a dragon.

"What!" he exclaimed with unpleasant words following. "The ***** dogs got the turkey!" Grabbing a shotgun and Carhartt coat he dashed out the door, leaped on the Honda and chased the dogs.

Inside the house, running from window to window we reported to my gram the events taking place. "Now he's turning the corner - do you hear the gun? Oh, I can't see him anymore! There he is! Look at the Honda, it almost tipped over. When he was turning the corner he was riding on two wheels. Boy, is he mad!" we shouted. Then Tanya, Christi, and Jon repeated the same news.

"Oh no!" cried my mom without hope of getting the turkey.

Not one bullet hit the dogs, and my dad returned empty-handed and bad tempered with foul words. For us kids, the chase was better than Tom and Jerry cartoons. Upset about the turkey, Mom decided to bake a salmon. The fish could never compare to a golden brown turkey with stuffing, and our Thanksgiving dinner felt ordinary, but it had delicious topic for conversation.

We never did see the turkey or dog. Who knows what happened to them, but I have an idea.

CONGRATULATIONS STUDENTS!

Perfect Attendance 2nd Quarter:

Christina Salmon
Tanya Salmon
AlexAnna Salmon

Perfect Attendance 1st Semester

Tanya Salmon

*We had 2 students who missed only 1/2 day 2nd Quarter. A special recognition goes to Shayna Nelson and Jacob Askoak.

Honor Roll 2nd Quarter

AlexAnna Salmon
Tanya Salmon

Igiugig School Time Capsule 2025 Update

Thank you to everyone who contributed a package to the Time Capsule 2025. The drum is ready to be buried in the spring. We do not have the exact location yet, but will keep everyone posted.

Plans include some type of marker and putting Time Capsule 2025 on the Annual Meeting of the Igiugig Village Council. Everyone had a great experience preparing for the Time Capsule.

Battle of the Books

This year Battle of the Books will be held in the gym. Everyone is invited to attend. The schedule will be posted for all grade levels. Come out and support the students. All of the competitions will be held February 7th - February 10th. Students are working hard preparing for this competition. Come out and support their efforts.

Igiugig School Spelling Bee

Congratulations to the winner in the Igiugig School Spelling Bee, AlexAnna Salmon. The next level of competition is a written spelling test on Friday, February 4th. Good Luck!



Now let me see, was that a "c" or an "s"?

Fast Fact:

Last Year, Americans produced 208 million tons of Solid Waste. Everyday, you produce approximately 4.3 pounds of waste - Solid Waste.

Friendly Environmental Reminder

Remember the 4 R's of waste reduction.

REFUSE

REDUCE

REUSE

RECYCLE your household waste, like plastic bags, aluminum, lead acid batteries, and scrap food for compost.

"Proud to Be Alaskan Native" by Lydia Olympic

The Anchorage Daily News ran an article that just caught my eye and had my full attention. The article "Pride fighting prejudice" features Al Bramstedt Jr general manager of KTUU-Channel 2.

Mr. Bramstedt will be running ads on successful Alaskan Natives. The first three ads began airing the last two weeks in January. Featured in this ad are Alaska Airlines pilot Tamara Thiele; University of Alaska teacher Marie Meade; and Lisa Nason, owner of Stems floral shop. The ads will show Natives who are "maintaining healthy lives, successful lives."

Too often Natives are thought of in negative terms. Many people who are not around Natives think of them as uneducated, lazy and basically bums. Those are the people that they see in the streets. They are the ones that get the negative attention.

Mr. Bramstedt will be aiming the ads towards young Native children, who are looking for positive role

models. "One of the most important rules in success is to first believe in yourself", that is how he feels on that issue.

As a child I had a positive role model, my most beautiful Mom. Mom is and always has been alcohol and drug free. She taught by example, a hard worker all of her life. She raised four daughters without any help. She didn't receive any public assistance although it was offered to her. Mom taught us the values of good work ethics, integrity, honesty, and most of all the willingness to accept who I am, where I came from, and to embrace my Native culture.

I would like to thank Mr. Bramstedt for addressing this issue. I am getting some letters together for him to thank him personally for a job well done. If anyone is interested in sending one to him, commending his effort please let me know. I also have the article on file here at the IVC office.

DID YOU KNOW?

- 208 million tons of Solid Waste = 416,000,000,000 oranges. If you were to stack all of these oranges, you would have a pile as tall as Mount Everest and 170 miles wide.
- 208 million tons of Solid Waste = 208 million cars. If you were to stack 208 million cars end to end, you would have to travel 315,151 miles to place the last car-the distance of traveling to the moon and halfway back.
- Our daily Solid Waste is 4.3 pounds per person per day = 1570 pounds of Solid Waste per person a year. This means Washington D.C. (population 519,000) produced at least 814,830,000 pounds of garbage this year-the equivalent of 4,074,150 baby elephants on the rampage in D.C. Talk about traffic problems.
- Igiugig (population 53) produces approximately 83,210 pounds of Solid Waste each year, not including the tourism season.

EMERGENCY HOUSE CALLS AND AFTER-HOUR CALLS And SCHEDULED HOME VISITS

PURPOSE: To determine which patients should be seen immediately and which patients need to be seen in their home.

ALL PATIENTS SHOULD BE SEEN AT THE CLINIC
WHENEVER POSSIBLE

SCHEDULED HOME VISITS ARE ONLY FOR:

1. The very old who have health conditions that need to be checked.
2. Other people who have health conditions that need to be checked and are physically unable to come to the clinic.
3. Very sick babies when it is extremely cold outside.

PATIENTS WHO NEED TO BE EXAMINED AFTER HOURS ARE:

1. Very sick babies under 1 year of age.
2. All new, serious injuries.
3. Serious illnesses that cannot wait until regular clinic hours.
4. Any problems on the Emergency Call to the Doctor list.

EMERGENCIES SHOULD BE MOVED TO THE CLINIC
AFTER INITIAL CARE AND ASSESSMENT BY THE
HEALTH AIDE.

ALL OTHER PATIENTS
SHOULD BE REFERRED TO REGULAR CLINIC HOURS

Generally speaking, patients should be seen at the clinic. At the clinic, equipment, medication, and bright lights are available to make a better diagnosis and provide better treatment for each patient.

HEALTH TIPS FROM THE IGIUGIG CLINIC

Village Antibiotics and Resistance Study

Resistance to antibiotics is increasing in Alaska

- showing up in those with serious infections: resistance increasing year after year
- most common concern is about *S. pneumoniae* (pneumococcus; not to be confused with "strep")
- pneumococcus most common cause of ear infections, sinusitis, bacterial pneumonia, and meningitis
- healthy people carry the pneumococcus germ: this is normal
 - in 1992 about 1/3 of these germs showed some antibiotic resistance and all of it was "low level"
 - in 1998 again about 1/3 of these germs showed some resistance, but now 2/3 were "highly resistant" (=super bug)

Overuse of antibiotics is causing the development and spread of resistance

- antibiotics wipe out the sensitive (susceptible) germs and allow space for resistant ones to grow
- now "for first time" clearly hurting people by giving antibiotics when not necessary
 - does not prevent more serious infection
 - sets them up for infection with resistant germ

Antibiotics

- not necessary for infections caused by viruses
 - common cold (upper respiratory infection)
 - bronchitis (chest cold)
 - most pharyngitis (sore throat)
- not necessary for symptoms of:
 - cough and/or runny nose lasting up to two weeks
 - green or yellow sputum/nasal drainage
 - sore throats without positive rapid strep test/culture for strep

Prevention occurs by:

- careful handwashing
- avoiding others with colds
- staying away from smoke (yours/others)
- continuing to breast feed
- not asking for antibiotics

GOT A COLD?

A cold is an infection of the nose and throat, that is caused by a virus, not a germ. Antibiotics will not kill viruses.

The only treatment for a cold is to allow the body's own natural defenses to destroy the virus.

You may have a runny nose and stuffy nose, headache, low fever, dry or wet cough, and a sore throat. If you have a severe sore throat, a throat culture will be taken. The doctor or health aide will do the strep test and find out if you have strep throat.

WAYS TO HELP YOUR BODY FIGHT THE VIRUS

1. Rest when you feel tired. Don't push yourself.
2. Drink at least 8 glasses of liquids a day.
3. Stop smoking to reduce sore throat and cough.
4. Use a humidifier or vaporizer to reduce nose and throat irritations. Standing near boiling water will help.
5. Dress right for the weather. Avoid drafts and becoming chilled.

TREATMENT FOR SORE THROAT AND COUGH

- Gargle with salt water: ½ teaspoon salt in a glass of warm water. Avoid gargling with any prepared mouthwash as they may irritate and dry your throat.
- Sucking on throat lozenges, cough drops or hard candy between gargling will soothe and moisten your throat and relieve a cough.
- Cough syrup can be obtained at the Health Clinic.

TREATMENT FOR A RUNNY OR STUFFY NOSE

- Use a humidifier or vaporizer, or boil water on the stove for steam.
- If your baby has a runny or stuffy nose, keep the nose clear to aid breathing.
- Decongestant tablets or syrup can be obtained at the Health Clinic. Take medication only as directed.

TREATMENT FOR FEVER, HEADACHE, OR MUSCLE PAIN

- Take Aspirin or Tylenol:
 - ADULT – two tablets every 4 hours with a full glass of water.
 - CHILD – before giving medicine, check with your doctor or health aide.

If you get a fever of 101°F that does not go away after two days, see your doctor or health aide.

REMEMBER:

1. Antibiotics are NO value in the treatment of colds, coughs or flu.
2. Flu shots do NOT provide protection against coughs and colds.

If you get an earache, develop shortness of breath, or have chest pain, return to the Clinic for a check-up.

Answers to the quiz on page 9

Answers: 1 B, 2A, 3C, 4 C, 5 B

This is a warning sign to let people know there are things like:
sharp corners, animal crossings, steep hills, road construction, etc. ahead



It Got the Best Out of Him by Ida Nelson

The summer of 96' my brother, Howard, frightened us half out of our wits when the smallest insect startled him.

Howard, Kevin, Tricia, and I were sitting around the table talking about things we did in the last months.

"I am going outside to smoke. I'll be right back," said Howard.

When Howard came back in an unnoticed insect flew in. Howard went on finishing his story, "I just missed the caribou by a long shot and then it ran behind the hills. I couldn't find it so I searched for a while and headed home."

Glendora talking on the phone with Garrett, son in Iliamna. "How is everything going along with you guys? How is your summer coming along? There is Kevin, Ida, Howard, your sister, and myself. Well that's good."

"Do you hear anything?" asked Tricia.

"LOOK at the window. What is it," exclaimed Kevin.

Howard, screamed and ran into the nearest bedroom, "ah, ah!" leaving behind spilled coffee and a tipped over chair.

He ran into the bedroom bumped Glendora while talking on the floor with a thump, "oh you ... ha, ha," laugh

Glendora.

Kevin rolled into the room like a marble rolling down a steep slope. Tricia running frantically into the same bedroom and asking, "why did you run into the bedroom Howard?"

Howard answered, "there is a bee in the corner of the window. It must have flown in when I came back in. Glen, are you O.K.?"

"Yeah I am O.K, but I lost connection with Garrett on the phone," responded Glendora.

"Ha, ha, ha, ha," everybody began to laugh all at once. While everyone was holding his or her ribs I fell threw a open door and to the floor, "ouch!"

When I fell I thought there was a wall to support me but there wasn't any. When everybody pulled themselves together and walked out to the living room and saw fallen chairs spilled coffee and the bee still on the corner of the windowsill.

Glendora asked, "what happened, and who is going to clean up this mess?" Everyone looked around a pointed at Howard. "Howard!"

Avoid Scenic Routes! By Christina Salmon

Our family was in Anchorage and decided to spend our penultimate day out of Igiugig attending the Alaska State Fair in Palmer. My immediate family - 7 members - and our Aunt Lydia were crowded together at Merrill Field Motel. We shared a two-bedroom room and a mini van. We were as cramped as sardines in a can.

At 11 AM, eight people crammed into the green Ford each complaining about no space. Five minutes into our drive I started whining about being too hot. Before we reached the outskirts of Anchorage the two boys, then 6 and 8, were fighting over toys from a McDonald's Happy Meal. Alex wanted my dad to change the radio station. Tanya was laughing at Jon and Jeremy fighting. Mom and Lydia were unsuccessfully trying to solve the boys' conflict. I continued complaining. Dad wanted everybody to be quiet and settle down. Our van was in disarray.

That's when Dad chose a shortcut to Palmer. We soon noticed we were in Wasilla. The car finally cooled down, (three cheers for air conditioning) the boys stopped fighting, Alex and Tanya were reading comic books, and all deemed to be running smoothly, but a squeamish feeling was creeping up on me.

"Why don't we ask for directions?" Lydia finally asked after driving wondrously through Wasilla.

Dad pulled up to a small snack shop and asked for directions. We were all happy to know we would be at the fair shortly, or so we thought.

"Are we driving in circles?" asked Mom curiously.

"I think we are because this is the place we asked for directions at!" answered Dad groaning.

Moaning noises vibrated throughout the van. I needed to get out of the car ... Fast.

"We'd better get to Palmer, I need air!" I yelled from the rear of the van. I felt like a claustrophobic child in an elevator.

Dad replied, "Hang on a little while longer, we'll be there any minute now."

But I knew the truth, we were hopelessly lost in the twisted roads of Wasilla. It was 12:30 PM and we'd driven a complete circle around Haystack Mountain. I found that keeping my head tucked between my knees settled my stomach, a little.

Dad finally decided to drive back to the outskirts of Wasilla and follow the signs leading to Palmer. At 1 PM, 2 hours later, we arrived at the fairgrounds. I was sick, cranky, and hungry, but unable to eat for fear that I would lose more food than consumed.

I expected to arrive in Palmer happy, excited, and ready to go on all the rides until I was sick. Little did I know the ride to Palmer would do that to me, without having to use a ticket. As I complained about our long ride Dad interrupted me and said with a smile, "I went that way intentionally, I wanted to travel the scenic route." While holding my stomach I grumbled, "Scenic routes make me sick!"

How Civilly Correct Are You?

Choose the letter that best fits the **incomplete sentence** then grade your work. Good Luck!

1. The American Constitution

- A. declares our independence from Britain.
- B. establishes the basic laws and procedures for the operation of our government.
- C. establishes the Articles of Confederation to lead the country during the Revolutionary war.
- D. says who will be President

2. The Constitution establishes three branches of government. These three branches are

- A. executive, legislative, judicial
- B. federal, legislative, economic
- C. executive, economic, judicial
- D. financial, judicial, political

3. The Constitution

- A. makes no reference to political parties
- B. establishes a two-party system, but doesn't name the parties
- C. establishes the Republican and Democratic parties as the two major political parties.
- D. all of the above

4. The Constitution

- A. cannot be changed or revised
- B. can only be changed through national election called by the President
- C. provides for two ways to propose changes and two ways to approve the changes.
- D. all of the above

5. Following the Constitution are several amendments that guarantee basic freedoms for Americans. These amendments are called

- A. the Declaration of Independence
- B. the Bill of Rights
- C. the Articles of Confederation
- D. Article 1, Section 4

Answer's can be found on page 7.

When The Wind Blows

By Tanya Jo Salmon

When The strong wind blows,
the river flows,
the baby birds cuddle next to their mother,
the wolves and her pups go to their den,
almost every animal goes to a shelter,
expect for the caribou who keep migrating,
and mother bear who looks for food for her hungry cubs,
the trees dance in the wild wind,
the grass moves silently,
to the sound of swish, swish, swish.

- Read to your children every day. By doing this from a very early age, you are instilling a love of language, and preparing them to learn to read for themselves.
- Encourage your children to do things for themselves - like picking up their toys and zipping up their coats. This will help them develop the confidence and self-reliance they'll need to be successful in school and beyond.

\$Money\$

By Tanya Salmon

Pennie\$, nickel\$, dime\$:
Not enough.

Quarter\$, a Washington (1 dollar), a Lincoln (5 dollar\$):
Give me more!

A Hamilton (10 dollar\$), A Jackson (20 dollar\$), and a Grant (50 dollar\$):
I'm still broke.

How about million and billion dollar bill\$;
That's more like it,
But trillion\$ would do just fine☺

It

A Poem by Ida Nelson

It is only a word, a word
To replace a meaning for an
Object.

It, is the only thing it can be?
It's a noun a verb to explain it

What is it?

It can be a bird,
Any type of animal, but no one knows
What it is.

It is an unknown word in English.
It and that's it.



Igiugig Village Council

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Sandy Alvarez, Administrative

Assistant

Bernadette Andrew, Social Services

Betsy Hostetter, BIA Clerk

Christina Salmon, IGAP/EPA Intern

Kevin Olympic, IGAP/EPA Intern

Weather Watch

January 1 – 31

Highest Wind Speed . . . 58

Average Wind Speed . . . 8.8

Dominant Wind Direction . . . SSW

Highest Temperature . . . 42°F

Lowest Temperature . . . -32.3°F

Below Freezing . . . 30 days

Below Zero . . . 20 days

Recipe Corner

Cranberry Pie

Pastry for double crust, 9-inch pie

3 cups lowbush cranberries

1 ½ tablespoons cornstarch

1 ½ cups sugar

Dash of salt

3 tablespoons water

1 teaspoon vanilla

Prepare pastry and line a pie pan with bottom crust. Combine the remaining ingredients in a saucepan and bring to a slow boil for one minute. Cool. Turn into the pie shell and cover with lattice pastry strips. Bake at 450* for 10 – 15 minutes, then reduce heat to 350* and continue baking for 30 minutes. Enjoy!