

Igiugig News & Notes

Igiugig Tribal Village Council

August 2000

Volume 3, Issue 9

Summer Reading Club

By AlexAnna Salmon, 8th Grade, Igiugig School

Every Monday at 10:30 am, members of the Summer Reading Club meet to turn in the number of books read in the past week. They also turn in borrowed books and can borrow more. While down at the RecHall, kids are read to by volunteer readers, and also add "eggs" or "air bubbles" to their fish.

There are group prizes earned by reading books. So far 792 books have been read, totaling 44,375 pages. The 28 participants earned a banana split party.



Tess and Shaun listening intently as AlexAnna reads "The Gingerbread Boy."

The Summer Reading Club allows a head start on reading battle books, and helps keep reading skills sharp over summer vacation. Our goal this summer is to read 1500 books for the barbecue, so continue reading!

MOST BOOKS (as of 24 July 2000)

0 - 4	Camille Andrew	125
5 - 8	Jeremy Salmon	54
9 - 18	Gordon Hester	24
19 ↑	Lydia Olympic	10

MOST PAGES (as of 24 July 2000)

0 - 4	Shaun Andrew	3534
5 - 8	Shayna Nelson	2355
9 - 18	Jon Salmon	2380
19 ↑	Julie Salmon	3138

Inside this issue:

WALK . . .	2
Driver Tips	2
Age -Buster	3
Saving Energy	4
SAFETY ALERT!	5
AK Standards	6
One Week . . .	6
Here's The Catch	7
Weather Watch	8
Recipe Corner	8

The 4th Of July Bash

By Tanya Salmon, 7th Grade, Igiugig School

Even though it rained throughout the 4th of July party held at the beach, it was a great success. 76 people attended the party: 42 residents and 34 visitors. AlexAnna Salmon and I set up the tables, while Christina and Jon Salmon, Maryann Skraba, Betsy Hostetter, Kevin Olym-

pic, and Bobby Hester got the wood for the fire. Everybody chipped in and brought some food, everything from fudge to fish. Bernadette and Dallia Andrew, and Mary Olympic grilled the fish over the open fire.

Some people brought some fire

(Continued on page 6)



Birthdays this month

- August 4
Dan Salmon
- August 13
Bernadette Andrew



WALK TO BE FIT



New mileage numbers will be available after August 1st, so keep a look out for it and see who is in the lead and how far they have walked. Remember that you can pick up your water bottle from the office as soon as you report over 60 miles walked. Check out the chart showing where everyone was as of the last day of June.



For those who haven't joined yet applications are also still available at the Office.



Walker Miles:



1258 miles

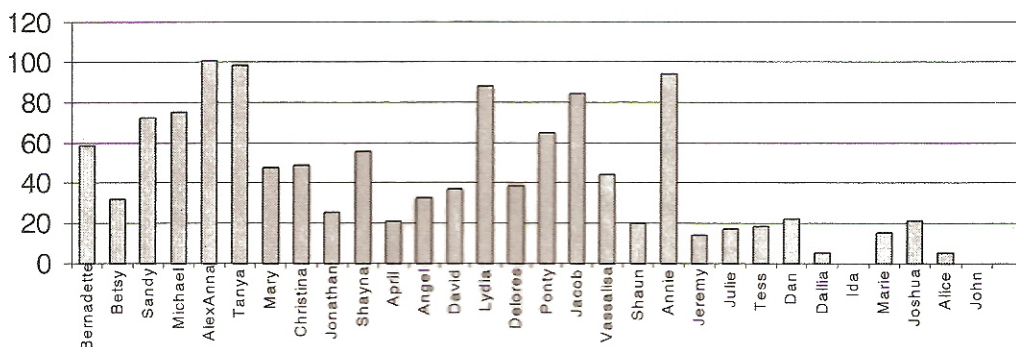
(This is approximately the distance from Igiugig to Cumshewa Inlet in southwestern Canada on Queen Charlotte Island.)



Keep on Walking!



Walk To Be Fit



Bernadette	58.5
Betsy	32
Sandy	72.5
Michael	75.25
AlexAnna	100.75
Tanya	98.75
Mary	47.5
Christina	49
Jonathan	25.5
Shayna	55.75
April	21
Angel	32.5
David	37
Lydia	88
Delores	38.625
Ponty	65
Jacob	84.5
Vassalisa	44.125
Shaun	20
Annie	94
Jeremy	14
Julie	17
Tess	18.5
Dan	22
Dalia	5
Ida	0
Marie	15
Joshua	21.25
Alice	5
John	0

Good Driver Tips of the Month

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

EMERGENCY VEHICLES: Police, Fire Department & Ambulances are equipped with sirens and front red lights. (See page 65 of the State of Alaska Drivers Manual)

- **APPROACHING:** When an emergency vehicle approaches all other vehicles must yield the right of way, pulling over to the side of the road and remaining there until the emergency vehicle has passed.
- **FOLLOWING:** A vehicle may not follow an emergency vehicle responding to an emergency closer than 500 feet.
- **PARKING:** Do not park within 500 feet of fire apparatus/vehicle in response to a fire alarm.
- **CROSSING A FIRE HOSE:** Vehicles may not be driven over an unprotected hose of a fire department without the consent of a department official.
- **DRIVER'S TRIVIA QUESTION OF THE MONTH:** What does it mean when a curb is painted yellow or red?
(Answer found elsewhere in this newsletter.)

Age-Buster Food Plan from Prevention Magazine

Rules for the Age-Buster Food Plan

Post the Age-Buster Target in your kitchen. It groups veggies, fruits, and juices in 3 levels of Anti-Aging points based on average oxidant power: Blue Zone – 200 points; Green Zone – 500 points; Red Zone – 1200 points. To achieve 5000 Anti-Aging points a day and help slow your aging clock, follow these guidelines:

1. Aim for red, green, and blue. Eat three servings a day of foods from the Red Zone, three from the Green Zone, and three from the Blue Zone. You'll automatically average more than 5000 Anti-Aging points.
2. Think nine a day. Yes, we are asking you to eat five servings of vegetables and four servings of fruits a day, quite a bit above the old five-a-day total. But the newest thinking is that you get the most benefits at this higher level.
3. Cover all the zones. It's critical to eat and drink from all three zones, not just the superhigh Red Zone. Foods lower in antioxidants are often rich in key nutrients that are hard to get elsewhere – such as tomatoes, which are high in cancer fighting lycopene.
4. Hold the grease. Make the rest of your diet low in fat. A high-fat diet can generate extra free radicals.

Can you score too many points? While it's not a good idea to overdo antioxidants in supplement form (they could become pro-oxidants!), Ronald Prior, PhD, chief of the USDA-HNRCA phytochemical lab at Tufts University in Boston, says that overdosing is unlikely when you get your antioxidants from foods.

RED ZONE – center of target

1200 Anti-Aging points (on average) per serving – choose three a day.

GREEN ZONE – second ring of target

500 Anti-Aging points (on average) per serving – choose three a day.

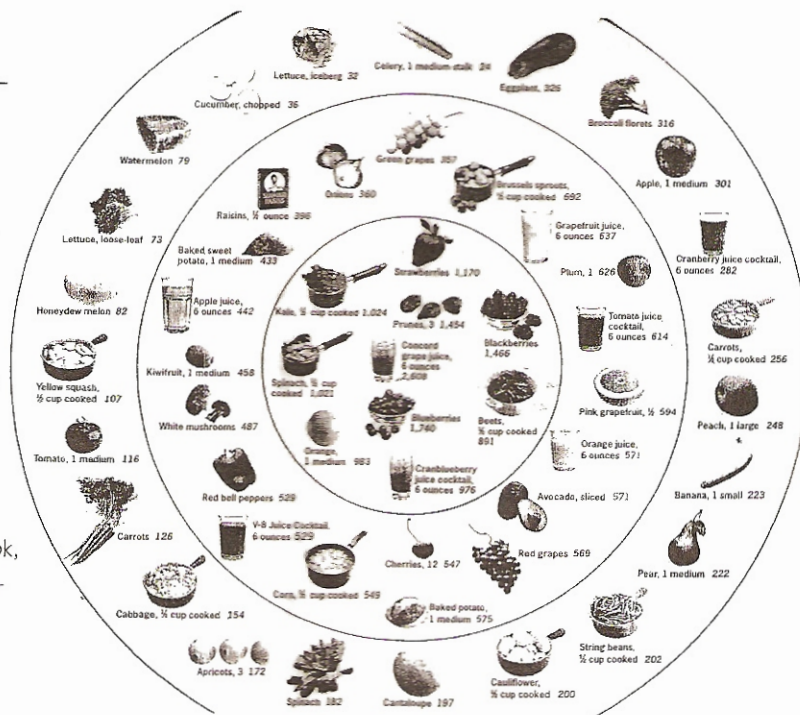
BLUE ZONE – outside ring of target

200 Anti-Aging points (on average) per serving – choose three a day.

All servings are ½ cup, uncooked, unless otherwise noted. Because heat alters antioxidant levels, the Anti-Aging points for the cooked foods are approximate. When you cook, limit the loss of Anti-Aging points by steaming lightly or microwaving.

TIPS TO MAKE IT WORK

- ⇒ Think in threes. It's easiest to get nine servings in by breaking them up: three before noon, three in the afternoon, and three from dinner to bedtime.
- ⇒ Make snacks count. Plan to have a fruit or veggie for at least three snacks a day: midmorning, midafternoon, and evening.
- ⇒ Get it served to you. In restaurants, diners, or company cafeterias, always order a side or two of fruit or veggies.



\$aving Energy means \$aving MONEY

Saving energy means using less stove oil, using less firewood, using less electricity, doing less work and staying warm and healthy. Using less stove oil and electricity will save you money. There are things you can do to save money and energy:

- Turning off the lights and appliances when they are not being used.
- Don't leave the water faucet running while brushing your teeth.
- Put your heater or stove on a low setting while everyone is away from the house.
- Buy low watt light bulbs.

"The Winterization" people replaced old leaky windows and doors, and insulated the homes. Heat escape-ment through the windows and doors have been reduced and less oil has been used. The remodeling in the homes has left them warmer and cozier in the winter. This has left more money in many peoples pockets.

Tips for Energy savings

Less energy is more...money in your pockets.

1. Using your lights only when necessary.
2. Buying appliances that use less energy and money.
3. Going for boat rides without a good reason to do so.
4. Instead of watching T.V. go exploring.
5. Instead of looking in the refrigerator go look around for something else to do.
6. Set the heater stove at the right temperature for the right season.
7. Keep doors and windows closed.
8. Why not walk n' talk instead of driving an ATV vehicle.
9. Don't leave the Honda running.
10. It also saves energy by jumping on your Honda rather than walking. (Saving your own energy). Tee-hee
11. Instead of playing Nintendo, Sega, or computer games play board games.
12. Use rainwater instead of faucet water for steam baths.
13. Take short showers.
14. Every flick counts when you switch the light on and off.

A tip for saving energy

*Warm air rises and collects on the ceiling. Sometimes the floor is cooler than the ceiling. This can be solved by circulating the heat in the house with a fan to help circulate the heat in the house and plus the heat can be spread to rooms that are not near the heater.

*As what Mr. Wonder Watts said, "Bigger is not always better. Buy small appliances for small jobs. They'll save energy too!"

Did you know...?

Having a windbreak or a porch keeps the wind from blowing in when you open the door. Also adding a skirting around your house keeps the wind from blowing under your house. Remember that if your house is built on soft ground or permafrost the skirting can cause the house to shift. The solution for that is to put the skirts only where the wind blows. Otherwise the shifting can cause damage to your home.



SAFETY ALERT!!!

WITH THE BEGINNING OF ROAD CONSTRUCTION,
NO ONE OTHER THAN EMPLOYEES WILL BE
ALLOWED ON THE PROJECT FOR
SAFETY REASONS!

PLEASE TELL YOUR CHILDREN
AND VISITORS TO
STAY OFF THE CONSTRUCTION SITE!
REMEMBER THE ROAD WILL BE
CLOSED
TO ALL TRAFFIC!

Where the heat goes out	% lost	Cost oil @ \$2.20/gallon ordered	Cost Oil @ \$2.60/gallon unordered
Through air leaks and opening through doors and windows	19%	\$350.90	\$414.70
Through the ceiling	15%	\$277.20	\$327.60
Through the walls	27%	\$499.40	\$590.20
Through the floor	13%	\$239.80	\$283.40
Through the window glass	19%	\$350.90	\$414.70
Through the door	7%	\$129.80	\$153.40
TOTAL		\$1848.00	\$2184.00
TOTAL DRUMS		33.6 drums	39.7 drums

ALASKA STANDARDS IN EDUCATION

"Alaska Student Performance Standards" are guidelines adopted by the State to help our schools focus on the abilities our students need, to lead a successful life. A book of these standards is available from:

Alaska Department of Education
801 West Tenth Street
Juneau, AK 99801-1894

Learning can happen at home as well as at school. To help encourage our students in learning over the summer and at home anytime, try to use some of the following suggestions in daily life.

ALASKA STANDARDS

SKILLS FOR A HEALTHY LIFE: A. A student should be able to acquire a core knowledge related to well-being.

1. Teach your children how their everyday behaviors relate to well being:
 - Wearing life vests can keep people from drowning,
 - Eating nutritious foods keeps our bodies healthy,
 - Good personal hygiene helps avoid diseases and things like food poisoning,
 - Physical fitness (exercise) develops strong bodies,
 - Using harmful substances damages your body, etc.
2. Help your children learn safe ways to use common household appliances and electrical items and warn of the dangers if things are not used appropriately.
3. Recognize patterns of abuse (physical, mental, substance, etc.) and help your children to understand how to break these patterns.

4th of July Party (Continued from page 1)

works and shared them with people who did not have any. Lighters hardly worked out in the rain, so the kids used sparklers to light the fire works. As the rain continued, the crowd started to drizzle out of the party. Only kids and a few adults talked around the fire and blasted the rest of the firecrackers.

After everybody was gone Christina, Alex, Maryann, and I cleaned up the mess and put away the tables. Once that was done, the sun finally

came out (we could have used that during the party), so we went swimming.

Everybody had a great time at the rainy 4th of July party, but my favorite part was when a woman was pushing out her boat and got knocked over in the waves. Everybody started to laugh as she tumbled in the whitecaps and crawled to shore looking like a drowned rat. People had their laugh of the day. Everyone had a great time and enjoyed the delicious food. We would like to give thanks to everybody who helped out with the party!

One Week Without My Family!

By Shayna Nelson, 2nd Grade, Igiugig School



On June 26th, until July 3rd, 2000. I went to Tanalian Bible Camp in Port Alsworth, Alaska.

I waited all spring to go and I finally went. We had a fun time! I went with my cousin Alicia Zackar. I waited all spring for

camp and I finally went. We had a fun time!

Some of the things we did were a polar bear dive, swimming, walking, playing games at Sieg Field, free time, chapel and we met some new friends. I hung around with Jordan.

I plan on going to camp again next year. I am looking forward to it.

DRIVER'S TRIVIA ANSWER: This is a "No Parking Zone". (See page 62 of the Alaska Drivers Manual.)

Here's The Catch (with Kvichak Lodge)

By Christina Salmon, 11th grade, Igiugig School

I recently interviewed Michael "Mike" McDowell, owner and operator of the Kvichak Lodge on his personal views of operating a summer lodge and life as a commercial operator.

C.S. What year did you start your business and what got you interested in being a commercial operator?

M.M. I started this lodge in 1984, I wasn't interested in running a lodge, but was up here for fishing in 1980 and Red Clark offered me the lodge he owned.

C.S. Why did you choose to run your business in this area?

M.M. I did not choose to run a lodge here, there was an opportunity offered to me and I took it. I wasn't shopping or looking in the market to buy a fishing lodge.

C.S. What was the hardest part of starting your lodge?

M.M. The hardest part would have been booking clients for the first year.

C.S. What makes you lodge unique?

M.M. There are not a lot of rules, the lodge is very relaxing and clients do what ever they want to, it is a very low key atmosphere. When they walk into the lodge it is no longer mine, the lodge belongs to them and it makes them feel at home.

C.S. What attracts most clients to your lodge?

M.M. It would be the quality fishing and while they are at the lodge they feel like they

are at home away from home.

C.S. What are the benefits and drawbacks of operating this business?

M.M. The benefit is only having to work 3 ½ months a year, but one drawback is when we have clients and the fishing is poor, we can never predict mother nature and the Sockeye runs.

C.S. How do you go about hiring your summer crew?

M.M. Most of the crew are people who have been working the year before, but others are hired by word of mouth or look at the web page on the internet, and sometimes I put ads in the paper.

C.S. What do you find personally fulfilling about the lodge?

M.M. Seeing people have a really good time enjoying their vacation.

C.S. With the last few years of poor Salmon runs has it disrupted the amount of clients your lodge books yearly?

M.M. No change, Sockeye season is booked every year and clients understand when salmon runs are slow.

For more information about the Kvichak River Lodge contact Michael McDowell at:

403 E. 24th Avenue
Anchorage, AK 99503
Phone (907) 272-0209
Fax (907) 272-0309
Web page, www.kvichaklodge.com





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Bernadette Andrew, Editor & Social
Services Director
Betsy Hostetter, Tribal Clerk
Christina Salmon, Environmental
Program Intern
Ida Nelson, Environmental Program
Intern
Marie Nelson, Solid Waste Program
Coordinator

Weather Watch

Sorry!

Technical difficulties
this month and no
information
is available.

We should be back on line
next month.

Recipe Corner

Contributed by . . . AlexAnna Salmon

Fireweed Jelly

Ingredients:

1 ½ cups tightly packed fireweed petals
2 ¼ cups water
2 tablespoons lemon juice
3 ½ cups sugar
3 oz. pectin



You will need 1 ½ cups tightly packed fireweed petals. When packed, pour into saucepan with 2 ¼ cups water and then crush the petals. Bring to a boil and simmer until petals have washed out color. Strain and measure 1 ¾ cups of fireweed juice. Then put it in a saucepan with 2 tablespoons of lemon juice. This will alter color. Add 3 ½ cups sugar; mix.

On high heat, boil, stirring constantly, pouring in 3 ounces pectin (Certo). Bring to a full rolling boil for 1 minute, stirring constantly with a metal spoon. Then pour into hot jelly jars and cover with paraffin.