

Igiugig News & Notes

Igiugig Tribal Village Council

October 2000

Volume 3, Issue 11

Back to School by Tanya Jo Salmon, 8th Grade, Igiugig School

On September 1, 2000 there was a Back-to-School potluck at the school. Everyone in the village was invited to attend. Everybody brought a dish up to the school. People were also introduced to the new teachers, Chip and Missy McMillan.

After dinner, awards for the Summer Reading Club were given out. People who joined the Summer Reading Club had received coupons for a free banana split. People who did not join had to pay \$3.00. Vanilla, chocolate, and strawberry were the ice cream flavors. Butterscotch, strawberries, hot fudge, whipped cream and cherries on top were the toppings. Everybody enjoyed the dinner, dessert, and socializing. They all went home happy and stuffed.

Here are the final results of Summer Reading Club 2000!

Total Books - - - 1305
Total Pages - - - 80,034
Total Participants - - - 35

MOST BOOKS (final results)

0 - 4	Camille Andrew	198
5 - 8	Shayna Nelson	64
9 - 18	Gordon Hester	24
19 ↑	Lydia Olympic	15

MOST PAGES (final results)

0 - 4	Kayla Nelson	5737
5 - 8	Shayna Nelson	3588
9 - 18	Mary Hostetter	4520
19 ↑	Lydia Olympic	5230

Congratulations to all the winners!

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Road Construction Project Update

by Kacey Walker

The road to the new dump has finally reached its full length of 1.6 miles (2.73 km), but there is still a lot of work to be done before the road is actually finished and ready for use. Currently workers are adding lifts of a foot at a time to the road, which involves getting more gravel from the south borrow source (a 10-acre lot), dumping the gravel on the road, smoothing it, and compacting it. Workers are also beginning to store construction equip-

(Continued on page 2)



Excavating work to widen the existing road at the end of the airstrip.

Birthdays this month

- October 11
Camille Andrew
- October 22
Panteleimon Askoak
- October 27
Dallia Andrew
- October 31
Yako Nickoli

3rd Annual Coastal Clean-up a Success

By Christina Salmon, 12th Grade, Igiugig School

Do we have a clean beach or what? On September 16th the residents of Igiugig held their third annual coastal clean up. Approximately 16 volunteers met at the Rec-Hall at 10:00 A.M. to divide into three groups. One adult was put in command for each group: one team was sent to clean the Fish and Game Landing, another to Uppa

Nick's Landing, and the third to clean the main beach. All in all there were no more than 5 full bags of trash. That goes to show how respectful we are of our environment. Thank you to those that volunteered their Saturday morning doing community service and thank you to all those who continue cleaning our beach year round.

September Village Council Meeting by Sandra Alvarez

The first meeting of the Council this fall was held on September 20, 2000 at 7 p.m. Dan Salmon and other staff members gave a review of the summer activities and accomplishments. Items of interest included the good progress on the Road Construction, set up of an adult computer lab by our VISTA worker, Kacey Walker, and successful projects undertaken by our construction company, Iliamna Lake Contractors. It was also noted how nice all the flowers looked again this year due to the great work of the Council staff and volunteers.

Council members were informed that there would be a visit by the Governor's task force on this year's salmon disaster happening tomorrow morning, which will be important for people to attend and give input.

Concerns expressed included the low water levels in the Kvichak, which may keep the fall barges from delivering some of the fuel order and there is still some question about the delivery of propane. Also, the Council continues to work on moving primary healthcare services from Dillingham to Anchorage but with only minimal progress.

The next meeting of the Council is scheduled for October 25th and will be preceded by the regular annual meeting of the whole village. Two Council seats are up for election at that time, the President and one Council Member, positions currently filled by Michael Andrew Jr. and Randolph Alvarez. There will also be an annual meeting for the Iliamna Lake Contractors on that evening.

ROAD PROJECT (Continued from page 1)

ment and supplies for the winter. Right now, Iliamna Lake Contractors estimates that about 80% of this year's portion of the construction project is done, and the rest should be completed over the next three weeks.

Weather permitting, actual work on the road will continue through October 15, and up to another week after that will be spent winterizing equipment. Work is tentatively scheduled to resume May 1, 2001, but the date is again weather dependent. Also, this past Sunday a few construction workers spent their day off filling the potholes on the main road through the village, making for smoother Honda rides for everyone.



Work continuing at the end of the airstrip.



Dumping and spreading the fill material over the Tyeat.

First LSAC Meeting of the School Year by Sandra Alvarez

The Local School Advisory Committee met at 4 p.m. on Thursday, September 28, 2000 in the School Library. It was the first for the 2000-01 school year and the first with new teachers, Chip & Missy McMillan.

Most of the discussion centered around regular school functions and activities.

There were some decisions made about adult gym use (see box below), discussion about adult use of the library and adult computer courses that will begin later this month, taught by the new VISTA worker, Kacey Walker.

Students reported t-shirt, yearbook & cap sales of approximately \$600 this summer, which will further supplement their student fund. Residents should look forward to assisting our students with their fund raising efforts again this school year.

The next regular meeting of the LSAC will be on October 26th.

ADULT GYM

One adult resident will volunteer to be responsible for the activities at school each time they wish to use the gym. These responsibilities include:

- Monitoring all the people who are in the school, with no use of the classrooms.
- Cleaning up afterward including removing any garbage and sweeping up the gym, entry and restrooms.
- Taking responsibility for anything that occurs during the time they are using the school facility and reporting problems immediately to the head teacher.
- Keeping out younger students or preschoolers unless another adult is watching them (not playing ball).
- Checking the eligibility list (older students may participate at the discretion of their parents and Mr. McMillan).

Friday & Saturday are still the days designated for kid's gym use but adult use can be on any day.

Doors will be locked at 10 p.m. but people can still exit after that time.

Igiugig Welcomes New Teachers

By Christina Salmon, 12th Grade, Igiugig School

Chip and Missy McMillan, I know what you're thinking, what kind of teacher names are those? Nicknames, they are also known as Claude and Marie McMillan. Chip was born September 13, 1953 in Boulder, CO and Missy was born August 3, 1969 in Michigan. Missy lived her childhood in Michigan, while Chip moved to Brazil, Michigan, and then back to Boulder, CO before leaving to Africa when he was 27 with the Peace Corp. He stayed there for two years and then returned to Colorado.

Teaching isn't all that the McMillan's are interested in; Missy enjoys picking berries, quilting, reading, snowshoe, ski, and going hiking. Chip likes to spend his free time playing Ultimate Frisbee, climbing mountains, and taking pictures of nature. In the future Mr. and Mrs. McMillan would like to buy a house, have 2-3 kids, and travel. So far the McMillans are enjoying Igiugig. "The people here have been really friendly and we appreciate

that. It is surprisingly pretty because we thought it would be flat and boggy tundra, but it is really pretty. The kids are really amazing, they are fantastic students because they are willing to learn, polite, and smart, this is a huge pleasure," Chip and Missy McMillan.

JUST THE FACTS

Mrs. McMillan attended Gustavus Adolphus College in Minnesota where she majored in journalism and then attended UAF where she got her endorsement in elementary education and she is currently working on her masters in reading. Mr. McMillan attended the University of Colorado where he received four different degrees. In 1979 he got his bachelors in biology, in 1980 he received a masters in chemistry, in 1986 he got his masters in geology, and finally in 1989 he got his Ph.D. in education.



WALK TO BE FIT

New mileage numbers will be available after October 12th, so keep a look out for it and see who is in the lead and how far they have walked. (Check out Johnny's mileage!) Remember that you can pick up your water bottle from the office as soon as you report over 60 miles walked and a whistle after 120. Kids can also get a Frisbee when they pass 90. Check out the charts around the village showing where everyone was as of the last day of August.

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

Walker Miles:

3186 miles
(This is approximately the distance from Igiugig to somewhere in Northern California.)

Keep on Walking!



Library News

Following is a list of items that the Village Council has on loan from the Fairbanks Library and are available to be borrowed. If you borrow them, please return them as soon as possible. See Kacey or Betsy at the Village Council office to check them out.

For ages 0-8

Maisy's Colors - Lucy Cousins
Make Way For Ducklings w/ cassette tape - Robert McCloskey

For ages 8-14

Animorphs, The Departure - K.A. Applegate
Misty's Twilight - Marguerite Henry
Amazing Grace - Jonathan Kozel

For Sports Fans

Scottie Pippen, Reluctant Superstar - Robert Schnakenberg

For Adults

Driving Force - Dick Francis
The Client - John Grisham
Panther in the Sky - James Alexander Thom

Video Tapes

Ghost - starring Patrick Swayze and Demi Moore

Cassette Tapes

"Kickin' it up" - John Michael Montgomery
"Naked Songs" - Rickie Lee Jones



Bernadette	88
Betsy	45
Sandy	117.5
Michael	102.75
AlexAnna	100.75
Tanya	144.75
Mary	84.5
Christina	81
Jonathan	55
Shayna	107.5
April	31
Angel	82
David	82.25
Lydia	128.75
Delores	73.875
Ponty	143
Jacob	157.5
Vassalisa	86.625
Shaun	36.75
Annie	146
Jeremy	24.5
Julie	29
Tess	26.5
Dan	29
Dallia	30
Ida	76
Marie	41
Joshua	51.75
Alice	46.75
John	697
Kayla	12.5
Charlie	39.75
Sharolyn	14.25
Alicia	22.5
Kacey	91
Yako	5
Annie	53.75
Martha	0
Camille	1.5
Chip	0
Missy	0

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

EMPLOYABILITY: A. A student should be able to develop and be able to use employability skills in order to effectively make the transition from school to work and life-long learning.

1. Help your children develop a work ethic necessary for success in the workplace that includes honesty, integrity, dependability, punctuality, self discipline, initiative, reliability, accuracy, productivity, respect and perseverance.
 - Reward your children for honesty. (verbal praise or special privileges)
 - Give extra jobs children can do to earn money.
 - Encourage them to buy some of their own school clothes and extra things they would like to have.
 - Begin to encourage very small children to do little jobs as soon as they begin toddling, such as helping pick up toys or putting things in the garbage.
 - Expect children to do age appropriate tasks without direction or supervision.
 - Be a role model to your children by your own actions: always being on time, only making promises which you follow through on, speaking respectfully to elders, etc.
2. Prepare children to function in a workplace setting.
 - Take your children to work with you and show them what you do.
 - Discuss different jobs and talk about what those workers do (linemen, heavy equipment operators, engineers, secretaries, accountants, pilots, biologists, etc.)
 - Comment to you child about things they seem to enjoy and what sort of jobs could use those skills.
3. Help your older child succeed at their first job.
 - Help them write a resume.
 - Assist them in filling out job applications.
 - Do practice interviews so they will know how to respond to questions about their skills and interests.
 - Talk about appropriate dress for work settings.

New Computer Lab and Computer Classes

The Village Council is currently in the process of setting up a community computer lab in the school's library, with the goal of getting residents of Igiugig up to speed on how to use computers, both at home and for business purposes. Right now three computers no longer used by the Village Council are set up on one side of the library, and the Council hopes to acquire two new computers and a printer shortly, for a total of five computers. We also plan to hook up at least three of the computers to the school's Internet connection, with the help of the

Lake and Peninsula School District. This will allow free public access to the Internet, although users will have to sign an agreement to use the Internet appropriately. Also, a big thanks to Lex Jardine and Hewlett Packard for donating three color scanners to the school, one of which may be used in the new computer lab.



(Continued on page 6)

Wild Over Worms

from the Environmental Department

It has been 3.5 months since our community was introduced to our 1,000 + pet worms. It is an ongoing effort to reduce waste going to our open dump and we thank all of you who have continued taking good care of your worms.

VERMICOMPOSTING

"Vermi" means worm and compost means to convert so vermicomposting is worm composting. Changing organic material such as lettuce, coffee grounds, hair, toenail clippings, and etc. to soil by earthworms eating and digesting the organic matter vermicomposting.

FOR BETTER CARE OF YOUR WORMS

Red worms will eat almost anything organic, but there are some things you must NOT feed them.

- Anything salty (The salt will dehydrate them)
- Anything greasy (The grease clogs the pores of their skin and they can't breath)
- Meat or dairy products (They take too long to break down)
- Chocolate (It is too much of a stimulant for their bodies)
- Strong acids, bases, or color dyes (They are toxic)

So what's left? They love greens, bread, pasta, cornmeal, cereals, birch leaves, moldy food, used paper, cardboard, toenail clippings, and even your old cotton T-shirt.

RESOURCES, RESOURCES, RESOURCES

Books, *The Magic School Bus Meets The Rot Squad* by Joanna Cole

Worms Eat our Garbage by Mary Applehof

Video, *Worm Bin Creatures* by Flower Field Enterprises

Websites, www.wormwoman.com, www.vermistechnology.com, www.vermico.com

DID YOU KNOW?

Did you know that the 2000 Olympics in Sydney, Australia are using red worms to compost the food waste generated by the Olympic athletes and participants?

COMPUTER LAB (Continued from page 5)

Once the road construction project is completed, the Council will begin to hold night classes for adults in basic computer skills in the new lab. Classes will be taught by Kacey Walker, Igiugig's VISTA worker. No knowledge of computers is required, and the first several classes will be especially for beginners. Classes will include how to use Windows, how to use word processing, spreadsheet, and business programs such as Microsoft

Word and Excel and Quicken, and how to use the Internet and e-mail. One-hour classes will be held twice a week, on Tuesday and Thursday evenings. Classes will be held at whatever time is most convenient for those interested. If you are interested in attending these classes, please sign up at the IVC office. Also, if you are interested in learning a specific computer skill, let us know and we will try to have a class on it. The first class is right now scheduled for Tuesday, October 17 – further updates will be mailed out later in the month.

Weight Loss Quiz

Watching your weight? Take this quiz to find out how your weight knowledge adds up.

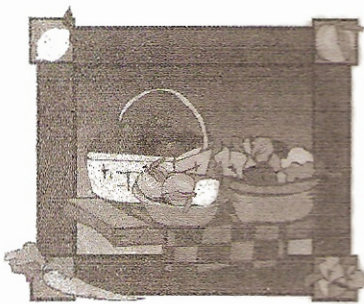
1. The annual health costs of obesity in the US add up to
 - a. \$976 million
 - b. \$2.75 billion
 - c. \$140 billion
 - d. \$238 billion
2. The number of overweight American adults is now
 - a. 1 of 10
 - b. 1 of 9
 - c. 1 of 8
 - d. 1 of 5
3. Evening exercise
 - a. burns more calories than watching TV
 - b. can make you stronger
 - c. increases metabolism all night so that you burn at least 10% more calories while you sleep
 - d. may improve your mood
4. Every pound of muscle you add via exercise
 - a. may turn to fat if you stop exercising
 - b. burns 30 to 50 extra calories
 - c. increases your appetite so it's harder to lose weight
 - d. all of the above

5. Overweight people tend to
 - a. always eat a big breakfast
 - b. eat three big meals a day
 - c. eat 75% of their calories at night
 - d. eat 75% of their calories at breakfast and lunch
6. Snacking
 - a. raises metabolism which burns more calories
 - b. makes you gain weight
 - c. should always be done standing up
 - d. destabilizes blood sugar levels
7. For most American adults, metabolism (the body's calorie burning) slows down by up to 5% every decade because
 - a. aging inevitably slows metabolism
 - b. as you get older you eat less
 - c. an older liver is a slower liver
 - d. we exercise less as we get older
8. Between ages 40 and 60 most Americans
 - a. gain 1 to 5 pounds
 - b. gain 5 to 10 pounds
 - c. gain 10 to 15 pounds
 - d. stay the same weight

Answer's are on page 9.

FOOD & YOU

Tocotrienols, ellagic acid, brassinin, isothiocyanates, zeaxanthin, phytoestrogen, silymarin, carotenoids, lycopene, quercetin, lignans, isoflavones, saponins, protease inhibitors, bioflavonoids, kaempferol, myricetin.....what are all those weird words!? Believe it or not, they are things that are good for your health and they are found in the food you eat.



Vibrant pigments like beta-carotene, found in carrots and cantaloupe, put the vivid hues in the foods we eat. Potent sulfur compounds in garlic and onions...act as bug repellents to keep the vegetables healthy. Other compounds protect plants from bacteria, viruses, and other natural enemies.

We aren't onions or carrots, so why should we care about this? Because nature recycles its resources. When we eat foods containing these plant-protecting compounds, they begin protecting us—not from bugs but from the forces that wreak havoc in humans, such as high cholesterol, hardening of the arteries, heart disease, certain cancers and even aging itself.

-(Page 421, *The Doctors Book of Food Remedies* by Selene Yeager)

Eating healthy foods can save people from suffering many diseases and scientists are finding that many of the most protective nutrients are in grains, fruits and vegetables. It is recommended that you eat between 7 and 9 servings of fruits and vegetables each day. "Plant foods" should make up most of your daily diet with only a small portion from meat, fats and sweets. Take a look at your dinner plate today—if more than ¼ is covered by meats or other "animal foods" (eggs, milk, cheese, etc.) maybe you need to add more fruits, vegetables, pasta or rice to you diet.

Healthy foods can help you avoid ailments such as diabetes, add years to your life and increase the quality, keeping you strong and vital well into your elderly years.

SCHOOL NEWS by Chip and Missy McMillan

Well, the first month of school has flown by! There are a few important things for this month. First, be looking for a Personal Education Plan for each child around the first of October. We will be writing these in class and will send home a copy for you. If you have questions or concerns about this plan, please call or stop by the school

Secondly, there will be no school on October 11, 12 and 13, as it is a district wide in-service. Also, the week after that, Missy will be going to a state literacy conference and will be gone for several days.

October 25-27 will be the first AA meet for grades 7-12 in Newhalen. We wish the kids good luck!

One last housekeeping note; we need parents to sign and send back the form in the student parent handbook you received at open house. We need to have that wrapped up before kids can travel. Also, please submit free/reduced lunch applications as soon as possible.

We had a visitor from Lake Clark National Park recently, which was fun for everyone. The elementary kids are still working on plants. We have several experiments going on now -- feel free to come and see our bean plants any time! Secondary students are moving along with the SIMMS math projects, and are continuing with physics projects related to radioactivity and molecules.

Have a great week, and please stop in the school any time!

Good Driver Tips of the Month

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

BEFORE YOU DRIVE: It is important to know that your vehicle is working properly before you begin driving. When it's the vehicle you drive each day, you are familiar with these things, but if you are driving someone else's car or a rental, it is important to check it out thoroughly before you drive.

- **WALK AROUND:** Before getting into the vehicle walk around it and note any damage, dents, etc. and check the tires to see that they are in good condition. Also check to be sure there is a license plate with a current sticker, or a dealer permit in the window.
- **WORKING LIGHTS & SIGNALS:** Check to see that the headlights are clean and operating. Test brake and turn signals to see that none of them are burned out. Test the hazard lights to see that they all flash in case of emergency.
- **ADJUSTMENTS:** Adjust the driver's seat so you can comfortably reach all the pedals, steering wheel and control panel knobs. Rearview mirrors should be aimed directly out the back window and the side mirrors should allow you a view of the traffic coming up behind and beside you. (Side mirrors should show part of the back end of your own vehicle for proper depth perception.)
- **CONTROL PANEL:** Check out all the switches and knobs for things like windshield wipers, window defrosters, heat, cooling, fan, headlights (and dimmer switch), radio, windows, doorlocks, etc. If you have not driven this vehicle before be sure to actually turn on each item to be sure it really works—a rainstorm with no wipers on a busy road is quite scary!
- **BEFORE PULLING INTO TRAFFIC:** After you start the car and begin moving, test the brakes and get a feel for how hard you need to push on the pedal. Gently beep the horn when you are not likely to startle anyone nearby.

REMEMBER, THESE SMALL STEPS COULD SAVE YOUR LIFE SOME DAY, (or at least help you avoid a lot of minor traffic accidents)!

DRIVER'S TRIVIA QUESTION OF THE MONTH: Is it legal to drive a car with a horn that doesn't work?
(Answer found elsewhere in this newsletter.)

MARK THE DATE!!!

The Annual Village Council Meeting

will be on
Wednesday, October 25
at 7:00 PM
at the RecHall!

*There will be updates on village programs and projects
as well as elections for two seats.*

There will be drawings for door prizes and refreshments will be served!

*Remember to be on time so that you have a chance at the
EARLY BIRD door prize drawing right at 7:00 PM! See you all there!*

Answers to Weight Loss Quiz

1. d Obesity increase the risk of heart disease, diabetes, arthritis, stroke, and possible cancer.
2. d
3. a, b, c, and d are all correct
4. b 5. c 6. a 7. d 8. c

A Reality Check

For high school and college graduates, here is a list of 11 things they did not learn in school. In his book, Bill Gates talks about how feel-good, politically-correct teachings created a full generation of kids with no concept of reality and how this concept set them up for failure in the real world.

RULE 1 – Life is not fair, get used to it.

RULE 2 – The world won't care about your self-esteem. The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself.

RULE 3 – You will NOT make \$40,000.00 a year right out of high school. You won't be vice-president with a car phone, until you earn both.

RULE 4 – If you think your teacher is tough, wait til you get a boss. He doesn't have tenure.

RULE 5 – Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping; they called it opportunity.

RULE 6 – If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them.

RULE 7 – Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool

you are. So before you save the rain forest from the parasites of your parents' generation, try "delousing" the closet in your own room.

RULE 8 – Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades; they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

RULE 9 – Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

RULE 10 – Television is NOT real life. In real life people actually have to leave the coffee shop and go to jobs.

RULE 11 – Be nice to nerds. Chances are you'll end up working for one.

DRIVER'S TRIVIA ANSWER: No! It is illegal. A horn is required equipment, and must be audible under normal conditions from a distance of not less than 200 feet. (See page 68 of the State of Alaska Drivers Manual.)



Igiugig Tribal Village Council

PO Box 4008
Igiugig, AK 99613-4008
Phone: 907.533.3211
Fax: 907.533.3217

Michael Andrew, Jr., President
Dallia Andrew, Vice-President
Randy Alvarez, Member
Greg Zackar, Sr., Member
Lydia Olympic, Member &
Environmental Program
Manager
Dan Salmon, Administrator
Sandy Alvarez, Administrative
Assistant
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
Kacey Walker, VISTA Worker

Weather Watch

September 1—29, 2000

Highest Wind Speed . . . 46 mph

Average Wind Speed . . . 8.8 mph

Dominant Wind Direction . . . SW

Highest Temperature . . . 65.3°F

Lowest Temperature . . . 25.3°F

Below Freezing . . . 6 days

Below Zero . . . 0 days

Recipe Corner

Contributed by . . . Tanya Jo Salmon

Lemon Squares

Prep: 10 minutes Bake: 50 minutes Makes 25 squares

This delicious treat came in 2nd place in the dessert contest last year!

1 cup all purpose flour
 $\frac{1}{2}$ cup stick margarine or butter softened
 $\frac{1}{4}$ cup powdered sugar
1 cup granulated sugar
2 teaspoons grated lemon peel (if desired)

2 tablespoons lemon juice
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{4}$ teaspoon salt
2 large eggs
powdered sugar

- 1) Heat oven to 350*.
- 2) Mix flour, margarine, and powdered sugar. Press in ungreased square pan, 8" x 8" x 2" or 9" x 9" x 2", building up to $\frac{1}{2}$ -inch edges.
- 3) Bake crust 20 minutes.
- 4) Beat remaining ingredients with electric mixer on high speed about 3 minutes or until light and fluffy. Pour over hot crust.
- 5) Bake 25 to 30 minutes or until no indentation remains when touched lightly in the center. Cool in pan on wire rack. Dust with powdered sugar.