

Igiugig News & Notes

Igiugig Tribal Village Council

October 2001

Volume 3, Issue 11

The Back-to-School Potluck

By AlexAnna Salmon, 10th grade, Igiugig School

Our annual back-to-school potluck on September 7, 2001, served as a gathering for many activities. Winners of the Summer Reading Club were announced, as well as a banana split party which the club earned, the Walk-to-Be Fit program had a surprise gift for its members, we welcomed the new teachers Pete and Bonnie (who was unable to attend because of a Coaches clinic in King Salmon) Hauschka, and had guests visit from the park service.

The potluck was held at the school gym at 6:30 PM. After a variety of foods were served and everyone finished eating, Bernadette Andrew, the club advisor, announced the winners of the Summer Reading Club 2001. The results were as follows:

Each member of the club received an award for participating and depending upon their numbers of pages and books they contributed at each meeting, certain members got a \$2 or \$5 dollar gift certificate to Igiugig's Book Fair, which is held in the spring. Together, the team of 33 participants, which included all the kids of Igiugig, easily hit the goal of 350 books to receive a free pop, reached the banana split goal of 750 books with no problem, and for the first time in the club's history, hit the 1500 mark exactly and won a BBQ. When the barbeque will be, has not been announced. Congratulations to all the members of the Summer Reading Club who did a fantastic job reading this summer. We especially would like to thank the kids under 7 years old who accounted for 1,190 books out of 1500 read. Outstanding!

After the awards and prizes were distributed, members of the club anxiously lined up for their well-deserved banana splits. They topped them heavily with

sprinkles, maraschino cherries, chocolate, caramel, and strawberry sauce, and m&m's. Those who didn't have a coupon paid \$3 for one.

While Bernadette Andrew served the banana splits, Sandy Alvarez, the Walk-to-Be Fit coordinator, announced that BBAHC rewarded every member of Igiugig's Diabetes Prevention Program with fruit baskets filled with apples, oranges, and grapefruits. Some families

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Birthdays this month

- October 11
Camille Andrew
- October 27
Dallia Andrew
- October 31
Yako Nickoli

POTLUCK *(Continued from page 1)*

left gratefully with 5 or more baskets of fruit. Thank you BBAHC!

The special guests from the park service who attended the potluck were Bill Schneider from the University of Anchorage, Alaska, Don Callaway, Jeanne Shaaf, and Martha Crow from the National Park Service. After the banana splits, they showed the Katmai National Park Project Jukebox in the classroom to interested viewers. This CD-rom included interviews with Igiugig's elders: Mary Olympic, Mike and Dallia Andrew, and Annie and Georgie Wilson. The program even had vocal recordings of the elders, photographs of yards and relatives, and maps of cultural areas. It was very interesting for the elders to see themselves put on CD-rom, and to hear what they said over 10 years ago. To other villagers it was a cultural learning experience. Thank you to the National Park Service for visiting!



Jeanne Shaaf, Martha Crow, and Lydia Olympic.



Below: Chow time!



Overall, the back-to-school potluck was another success. Everyone went home stuffed to the max and some didn't have room to finish the splits. It was also a great time for Pete Hauschka to meet the community. Thank you to the volunteers who helped clean up the gym and kitchen afterwards.



Bernadette Andrew serving banana-splits to everyone.



Tess Hostetter receives a Walk-to-be-Fit award from Sandy Alvarez.



Below: Tess and Mary Hostetter, and Alicia Zucker eating their banana-splits. Yummy!



CLINIC INFORMATION

Renae will be on maternity leave from October 31, 2001 through January 28, 2002. During this time, Sue Anelon will provide itinerant coverage according to the following schedule:

November 12 – 16, 2001

December 10 – 14, 2001

January 14 – 18, 2002

When Dr. Powers is here, October 3 – 5, 2001, be sure to make an appointment to see him if you are on medication. This will enable you to request refills by calling the Kanakanak Pharmacy at (800) 478-5201 and have the refill sent directly to your home.

During the time that we have no health aide coverage, village members who are ill may call Kanakanak Hospital at (800) 478-5201. If it is during the weekday, ask to speak with an Outpatient Nurse. If it is after 5 PM on a weekday or on the weekend, ask to speak with an Inpatient Nurse. The Nurse will take information from you and then speak with a physician for direction.

If you have any questions or concerns, please call or stop by the council office.



September Village Council Meeting By Sandy Alvarez

The regular meeting of the Council was held on the 26th of September. Reports were given, updating the Council on activities of the past month.

The current BIA Road Project has been completed with the other section of road scheduled for construction in the spring.

Several village members will be traveling to the annual Suicide Prevention Conference in October, and the Environmental Director reported meetings scheduled in various areas across the country throughout the coming month.

Of concern to the community is recruitment of a second Health Aide. It was decided that we need to advertise more aggressively by word of mouth and expand the advertising to outside newspapers & magazines. The village is also scheduled for an ETT training late this month and they need to have six

people volunteered for the class. It is important to have enough people to hold the class because our ETT member's certificates expire soon.

One resolution was passed at this meeting to provide support for the BBNA proposal to have a coordinator for monitoring fisheries projects region wide. Approval was also given for the Tribal Policy on Solid Waste Management and the Community Strategic Plan.

Residents and those in attendance were also informed that BBNA will no longer be serving us with the food bank, but we can be taken care of through the Anchorage agency.

The next regular meeting of the Village Council will be on Monday, October 29th, 2001. The meeting will begin with the annual village wide meeting followed by a regular Council meeting.

An Exciting Adventure By Tanya Salmon, 9th grade, Igiugig School

This weekend, on September 22, 2001, AlexAnna, Ida, Mary, and I decided to go riding around. At first we were cruising around the village on the main roads, but after awhile, we decided to go on some tundra trails.

Alex and I were on our Honda while Ida and Mary where on Ida's. Alex and I were leading the way when we decided to drive to Gabe Gust's cabin down river. It has been done by lots of people before, but we wanted to try it ourselves. Because Alex had already driven there with Kacey, she said

she'd lead the way. So, off we went, bouncing off into the tundra.

We started on a trail by Charlie Groat's Lake, but it soon became too swampy, so we drove to the end of the new road and turned into the pit. The pit is not far from the cabin, so we headed off into the tundra in the general direction of the cabin.

One problem stood in our way: we could not find the trail! The four of us figured that we could keep on driving

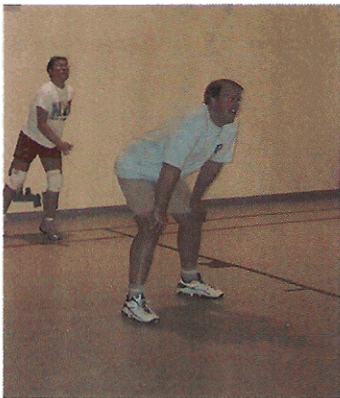
(Continued on page 5)

The New Teachers

By AlexAnna Salmon, 10th grade, Igiugig School

Igiugig's new school teachers are Pete and Bonnie Hauschka, who are both from Washington. This is their first year in the Lake and Peninsula School District, and their first year teaching in Alaska.

Pete Hauschka, the head teacher, was born in 1967, in Seattle, Washington. Before coming to Igiugig, he was a ski instructor for twelve years in Dupont Pass, Washington. He also taught in Kingston, Washington, and Kuwait City, Kuwait. He decided he wanted to become a teacher after he had been coaching soccer. He enjoyed coaching and working with kids, and he thought teaching would also be an enjoyable experience. Pete, or Mr. Pete (as his students call him) ended up teaching in Alaska, through Alaska's Job Fair for Teacher's, which is how the Thurston's ended up here. He was offered a job in this district, among other places like Northwest Arctic Bureau. The reason Pete chose LPSD was because, "I liked the climate, the location, and was intrigued with the idea of working in a school with a lot of autonomy." He was also lured by the chance of a teaching experience that was, "going to be worthwhile." Prior to Igiugig, he mainly taught grades 7, 8, and 9. "I



Mr. Pete playing volleyball.

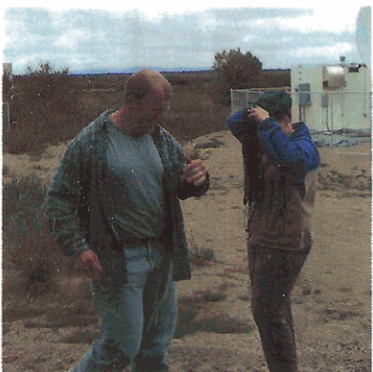
really enjoy working with the students here," he replied after I asked him what he likes most about teaching in Igiugig. The difference between the students in Igiugig, and other students Mr. Pete has taught, is our outside experiences and travels. His students in both Kuwait (a middle-eastern country) and Igiugig were well-traveled, but the majority of the students in Washington hadn't been anywhere. All sports, especially skiing, drawing pictures, and sail-boating are Pete's hobbies. His medium range goal is to "figure out how to acquire an airplane," by next year. His longer range goal is to enjoy himself in whatever he is doing. Mr. Pete has a teacher's certification license, a private pilot's license, and a driver's license.

Bonnie Hauschka, or Ms. Bonnie, was born in 1972, in Olympia, Washington. After graduating from high school, Bonnie went to Centralia Community College for two years, and then received her Bachelor degree and then Master's at Central Washington University. She started her teaching career in Olympia as a substitute teacher. Later, she taught in Kingston, Washington, and then full time in Kuwait City, Kuwait. Bonnie has teaching experience in all grades. Besides possessing a 1st aid and CPR card, she is a certified K-12 special education and K-12 regular education teacher. Bonnie has always wanted to teach in Alaska because her family teaches in King Cove, Alaska, and she wanted to teach at a small school where her teaching would have, "a bigger effect." Igiugig is different from the other schools she has taught at because it has "a family feel," and is "more close-knit." She is talking about the interaction between the community and school. Her hobbies include reading, playing volleyball, and fishing. Bonnie is Igiugig School's three-person volleyball team coach. This is a field where she has past experience in. She has coached volleyball for four years, but only a six-person team. Bonnie has also coached a track and field team for one year. One of Bonnie's future goals is to eventually acquire another certification, maybe as a librarian.

Currently, Mr. Pete teaches a class of six students in one classroom, and Ms. Bonnie teaches a class of 9 students. However, for one period of the day, Ms. Bonnie teaches the older kids English, and Mr. Pete teaches the younger students science, which is his area of specialty. On certain days, Mr. Pete and his students do activities with Sharolyn Zackar, the first grader, Tess Hostetter, and Joshua Nelson, both kindergartners. Jeremy Salmon, a 4th grader, says Ms. Bonnie is "nice", and he likes the hot air balloon project Mr. Pete is conducting.

April Hostetter, also a 4th grader, says Ms. Bonnie is "a very good teacher, and she always has news in the morning." April also likes it when Mr. Pete reads them a story if the class has been behaving.

Tanya Salmon thinks the teachers are "fun, interesting, and willing to try new activities." So far, the students of Igiugig are satisfied with their new teachers, and are looking forward to another successful year.



The bugs of Igiugig welcome the Hauschkas to their new home.



Igiugig welcomes the arrival of the new teachers.



The volleyball coach demonstrates her expertise.

ADVENTURE *(Continued from page 3)*

down river and eventually run into the trail or the cabin. So, off we went, scouting around for the trail. We did not do too well searching, because we soon passed the cabin and the trail without even realizing it!

Alex, Ida, Mary and I finally figured out that we went too far when we were nearing Blueberry Island. So, we turned around and followed the river until we found the cabin. We stopped and let our Hondas cool down for a few minutes before we continued our journey. Some of us thought that we should continue going down river until the trail became too rough and swampy to go anymore.

The creek by the cabin was too deep to pass, so we decided to drive out towards the swamp until we went around the creek. That is exactly what we did, but instead of heading back towards the river, we slowly drove away from it! We ran over the snow machine trail to Alaska Sportsman's Lodge a couple of times, but we wanted to make our own trail. Every once in a while, the drivers, Alex and Ida, would turn off the Hondas to listen if they could hear the generators at Brian's lodge. Even though we strained our ears, none of us could hear them.

Since we couldn't hear the generators, we wanted to keep on going until we reached the lodge. If we had more time, I am sure that the four of us could reach the lodge, but because it was getting late and because our Honda lights do not work,

we headed home. Ida said that our first way was too long, so we started driving through swamps instead of going around them, which took less time.

Ida and Mary were bravely leading the way home, when Ida went into a swamp that looked shallower than it really was. Her Honda got stuck, and started to sink in the marsh. I did not know that they were stuck at first, because I thought that they saw the three caribou that were right by a hill, not far from where they got stuck. I showed them to Alex and the two of us told Ida and Mary to look by the hill. When they saw them, the four of us forgot the sinking Honda and watched the caribou. The caribou were also interested in us because they started to walk towards us. Alex was busy snapping pictures, but she stopped when the caribou got closer and closer until she thought that they would charge us. She took much convincing from Ida and I that the caribou would not charge and that she was safe.

When the caribou finally lost interest and trotted away, the four of us realized that the front wheels of Ida's Honda were half way sunk. We removed our socks and shoes and stepped into freezing swamp bog. Alex, Mary, and I pulled on the Honda, while Ida stood up to her knees in the water and pushed the front of the Honda. In no time, the Honda was out and we headed towards home.

We drove through a couple more swamps until we reached the pit and headed on home, our two hour journey was over, but the four of us still want to make a trail to Brian's!

Library/Computer Lab News

We are still in the process of getting information from SLED. This program is located in Fairbanks, Alaska and we will be able to check out any reading material we would like, by the click of a button.

When this process is done, and if there are any books that you are interested in, please let Betsy know at the Village Council Office. Here are some exciting web sites that may be of interest to you.

Web Sites of the Month

Ranger Rick Magazine— www.nwf.org/rangerrick

Have you had a great fishing experience and want the world to know? Type a letter and e-mail it to rick@nwf.org, or check out their website. You may even take a picture of the fish you caught and send it to them. Maybe you will be their lucky catch and get your picture in the Ranger Rick magazine.

Anchorage— www.anchorage.net

Are you going to Anchorage and think there is nothing to do? You can log on to www.anchorage.net before you go to town. Are you looking for some interesting places to go or where the great sales are? Do you want to see a movie and don't have a newspaper? Why not log on this web page and surf.

ALASKA STANDARDS FOR STUDENTS*

MATHEMATICS: A. *A student should understand mathematical facts, concepts, principles, and theories.*

1. Students will perform basic arithmetic functions, make reasoned estimates, and select and use appropriate methods or tools for computation or estimation including mental arithmetic, paper and pencil, a calculator, and a computer;
 - Encourage your child to do math problems in their head, especially related to household activities.
 - Practice rounding off things with them to make mental multiplication & division easier.
 - Work on spreadsheets with your students and help them enter equations in the cells to analyze data.
2. Students will represent, analyze, and use mathematical patterns, relations, and functions using methods such as tables, equations, and graphs;
 - Chore charts with stickers can be used for very small children to help them visualize math principles.
 - Daily temperatures can be graphed or used in a number of different ways to show annual weather patterns.
 - Computer spreadsheets can be used to create graphs and charts using family activities, expenses or businesses for data.

TIP TO PARENTS: *Spend time with your child either helping them with their math homework or letting them explain it to you if they're doing things beyond what you retained from your school years!*

*Note that 'lettered and numbered' items are quotes from the *Alaska Standards* pamphlet published in February 2000. 'Bulleted' items are ideas for things you can do to help your students achieve these standards.

You can request a booklet of these standards from:

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

First LSAC Meeting of the Year by Sandy Alvarez

The first Local School Advisory Committee (LSAC) meeting for the 2001-02 school year was held on the 13th of September at 4 p.m.

Prior to the start of the regular meeting items, everyone viewed a video produced by students about the Newhalen House/ Anchorage House project. School staff attending included our new teachers, Peter & Bonnie Hauschka, Steve Atwater, the acting superintendent and Alex Trout, activities coordinator. Mr. Atwater provided lots of information about the new standards based system of evaluating our students, which will be in place of the traditional letter grade report cards. Also broached was the subject of a regional high school in Chignik Bay because of the unused facilities there.

Pete Hauschka discussed a number of items including the fact that we will have a three person volleyball team this year, and hiring of a new janitor has been done.

The students will again be running a number of fundraising activities again this year, so community members should look forward to their opportunity to purchase things or participate in other ways.

The next regular meeting will be held on Thursday, October 25th, 2001 at the school.

Fall fuel deliveries to the Village Council are in process.

You Can Help!

Pay up your account so the Village will be able to pay for the large quantities of fuel we need on hand for winter.

Good Driver Tips of the Month

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

Routine Maintenance

Before the beginning of cold weather it's a good idea to go through your vehicle and do some preventative maintenance to be sure that your winter travel is as safe as possible.

1. Vehicle Maintenance

- Change oil in your engine. A lighter weight, such as 5W-30W, will make your vehicle easier to start in cold weather.
- Check the fluid levels on any other systems, such as the cooling system, windshield wiper, transmission, or power steering.
- Check all belts for wear and order extras if they need to be replaced. Replace worn belts before they break to avoid damaging your engine by overheating.
- Check treads on your tires. If they are well worn consider replacing the rubber before you need to try to drive in snow or slushy weather.
- Lube up any gears or bearings that need greasing.

2. Emergency Supplies

- Be sure your spare tire is in good repair and inflated to the right pressure.
- Be sure to carry a jack and jumper cables in your vehicle.
- If you are traveling any distance from home have survival supplies such as a blanket, dried food, flashlight, fire starting supplies and a way to communicate—handheld radio or cellular phone.
- If traveling with a small child be sure to carry plenty of extra supplies such as formula, diapers, snacks, etc.

Preventing a problem is much easier than dealing with a breakdown when you are far from home and in bad weather conditions.

Take special precautions when traveling with children since they can get frostbite or hypothermia much faster than an adult. Be sure someone at home knows where you are going and will check on you if you don't arrive on schedule. If it's really cold consider finding a nice family activity at home instead of traveling.



CAMPBELL'S LABELS

We collected 33 labels this past month, which puts us at a total of
2909!!!

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

The First Volleyball Practice of the Season

By Tanya Salmon, 9th Grade, Igiugig School

After many years of no team sports (not including Battle of the Books), Igiugig School finally has enough high schoolers to have a three-man volleyball team! Ida Nelson and Tanya and AlexAnna Salmon are the students on the team while Bonnie Hauschka is their coach.

Our first volleyball practice was on September 24, 2001. The three team players had to meet at the gym at 5:00 PM, ready for practice. We started off practice with writing down the main rules that we have to follow (i.e. being on time and traveling regulations) and our team goals. Some of our team goals were to learn how to spike, play the ball off the net, and not waste a ball on a serve. After we completed that, the coach handed out our traveling schedule, which we talked about. A while later, Bonnie gave us papers that needed to be signed by us and our parents.



Ida setting the ball to Tanya and Pete (who was substituting for Bonnie) during practice.

After the paper work, we were ready for some action! Mrs. Hauschka has coached volleyball teams before, but this is her first time teaching a three-man team. She made us run laps

and afterwards, we did some stretches. Since most of us barely know how to play the game, Mrs. Hauschka had to go over the basics: the proper way to bump a ball, how to set a ball, and the importance of calling a ball when you are running towards it. We stood in a circle and practiced accurately bumping and setting a ball to our teammates.

When we were done with that, Mrs. Hauschka showed us the three-man formation (one person near the net, the setter, and two people in the back). We practiced bumping, setting, and spiking. We learned some rules while we were at it and how to communicate with our teammates. By the time that we were done, it was almost time to go home. We wrapped up our first day of practice with stretching and called it a day!

I look forward to practice everyday, and so do my teammates. We are anticipating a great season!



Villagers scrimmage with the volleyball team.

A Great National Tragedy By AlexAnna Salmon, 10th grade, Igiugig School

America suffered the loss of thousands of innocent civilians during the terrorist attack on September 11, 2001, clearly making it America's greatest national tragedy. Many villagers watched in helpless horror as both of the World Trade Center's twin towers collapsed due to deliberate plane collisions, and then as the Pentagon was attacked. This tragedy affected the village of Igiugig and the surrounding lodges.

On the morning of the attack, Bernadette Andrew woke up at 6:20 AM and turned on the TV, which is when she saw the horrific event take place. "At first I wasn't quite sure what was hap-

pening, I thought it was a movie or something." This was a common reaction for the people of Igiugig. Dan Salmon, who was raised in New York, woke up at 5:20 AM to check the lake for his barging business. He turned on the TV and began making his coffee when he saw the footage of the plane collisions. Similarly, he also thought it was a movie. Then the footage was shown again and he realized it was the World Trade Center in New York City.

"I couldn't believe it," Dan remarked during his inter-

(Continued on page 9)

TRAGEDY *(Continued from page 8)*

view. He waited until 7:00 to tell his kids what was happening, and they all sat around the TV and watched wide-eyed and stunned as history was being made. Once in a while you would hear, "A person just jumped out the window," or "There's another plane coming!" or "Oh my God!" When asked if America should go to war with Afghanistan for harboring the criminal Bin Laden for his terrorist actions, Dan replied nonchalantly, "I think we should make a parking lot out of it."

The news had the same effect on Greg Zackar also. That morning he turned on the TV and saw the first building was already hit. "I didn't know what was going on," he said. Even though he saw the footage a few times he says it, "didn't really set in. I couldn't believe it."

Ida Nelson was walking to school thinking that today was just another day, another day of school, when Tanya and Alex-Anna Salmon rushed out the door (having watched the news for an hour already) and couldn't get the news out quick enough. Ida's first reaction was like, "No way!" and then she was "dumbfounded". That morning, the students reached school and started e-mailing all their friends about the terrible event. Mr. Hauschka had his 6 students look for articles on the terrorist attack, and then they shared their news, and had discussions. These discussions continued for the whole week, and still haven't died down yet. I watched more news that week, than I ever have in my whole life.

Jeremy Salmon watched the news until he had to go to school. "I felt sad," he said. Unlike his father, he believes that the U.S. shouldn't go to war with Afghanistan, "because then it'll be too much killing." However, when asked what the police should do with Bin Laden, his reply was a simple, "They should

kill him." His class, under Bonnie Hauschka, wrote letters to the mayor of New York City, Mr. Gulianni, saying they were sorry for what happened.

Annie Wilson was awoken by her husband who told her, "I think we are being bombed!" early that morning to see the action. "I just got scared. I didn't know where it (the terrorist attack) was. I thought it was in Anchorage or something," Annie said.

Local lodges were definitely affected by the terrorist attack. From September 11 to noon on September 13, no planes or floatplanes were allowed to fly. The military and national guard were providing escort for people invading airspace. The radio station 122.9 broadcasted every 5 minutes that all airplanes were to remain on the ground. Four planes were hijacked that day, and after the landing warnings were issued, any plane in flight around New York and Washington D.C. were considered to be the enemy. Mike McDowell, owner of Kvichak Lodge, said "I had 9 clients whose flights were canceled. I lost 20 grand." Dan Salmon also lost some clients for his rental business. Many lodges weren't able to get their clients out of Igiugig, or in. This resulted in them closing early, or suffering a major loss in money.

This is an excerpt from my journal entry that disastrous day: "Today is September, 11, 2001- a day I will always remember- a day in which I experienced something inhumane, horrific, tragic, and a great act of evil, a day in which grew a hate in me for another country, the kind of hate my gram feels towards the Japanese after Pearl Harbor, a hate I couldn't understand yesterday, a day in which our nation grew stronger, a day where I experienced a true sense of patriotism and nationalism, a day in which I saw a Hollywood horror scene but tried to realize that what I saw truly happened..."



Annual VILLAGE COUNCIL MEETING

When: Monday, October 29, 2001

Time: 7:00 PM

Where: Airport Building

Election of one council member!!!

Door prizes!!! Refreshments!!!

Be sure to be on time for the

EARLY BIRD

drawing promptly at 7:00 PM

SEE YOU ALL THERE!

!Heads up! Styrofoam Products

Contributed by the Environmental Department

In the previous article Is Styrofoam Worth the Pain?, volume 3, issue 4, the Igiugig Environment Department informed the Igiugig readers and many others about the harmful effects of Styrofoam products. The article is published again to remind the public about the risky effects of Styrofoam. The Igiugig Student Government will be passing a resolution enforcing Igiugig School to use environmentally friendly products. A copy of the resolution is below.

In the 1980's the Igiugig School LSAC members discussed the use of Styrofoam products; the Lake and Peninsula School District suggested that we were to use environmentally friendly products. It has been about 18 years and students today are still using Styrofoam products.

The Igiugig Student Government is hoping that they can make a difference not only in their school but also throughout the entire School district.

Igiugig Student Government Resolution

#01-01

Entitled: That the Igiugig students are using Styrofoam products that are harmful and are not safe for the environment and should be eliminated from student use,

Whereas: the air the student's breathe is polluted when burned and can be a health hazard; and

Whereas: the issue was discussed but never enforced upon students and among the community; and

Whereas: the students of Igiugig School are endangered to health problems and many other health complications; and

Whereas: Styrofoam chemicals can leach into tea, coffee, and many other soft drinks, and it is odorless, tasteless, and colorless.

Now therefore be it Resolved: That the Igiugig Student Government hereby urges Igiugig School to stop the use of Styrofoam products; and

Be it further Resolved: that Igiugig students will live in a healthier learning environment.

Adopted: this ____ day of _____, 2001 at the village of Igiugig, Igiugig School.

Ida Nelson,

Student Government President
2001 Igiugig Student Government

Stop by the Council Office
and pick up your sheet to play
FAMILY FUN BINGO

So that you can start earning prizes soon!





Is Styrofoam Worth the Pain?

Contributed by the Environmental Department

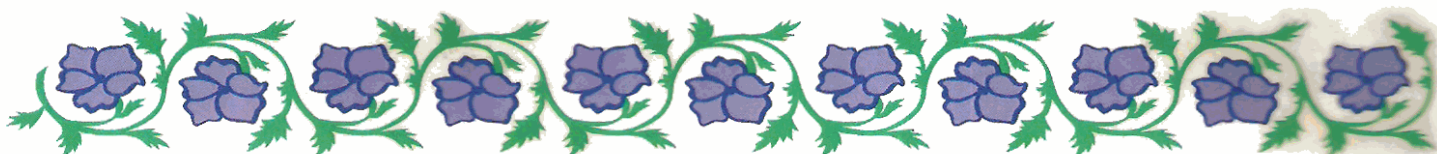
In many homes and schools you will find Styrofoam cups, plates, and bowls that are being used by children. Homeowners and school organizations find it cheaper to buy Styrofoam and it is a lot sturdier than paper products. There are reasons for **not** buying Styrofoam because it is **not** safe for the environment and our health.

Did You Know . . .

- Polystyrene is better known to consumers as Styrofoam?
- Did you know the chemical Dihydrogen monoxide/DHMO is found in Styrofoam products, DHMO's are also used in nuclear power plants, biological and chemical weapons, in abortion clinics, fire retardants, and are major ingredients in home brewed bombs? DMHO's are also, used as an additive in food products such as jarred baby food and baby formula, in many carbonated beverages, supposedly all natural fruit juices, and many soups.
- The EPA report released in 1986 ranked the Polystyrene aka Styrofoam production as the fifth largest amount of toxic waste of generated by any single production process?
- Laboratory tests have found 57 chemical byproducts released during the burning of Styrofoam and a large number of these chemicals are cancer causing?
- When Polystyrene is manufactured it caused destruction to the ozone layer?
- Is a major component of acid rain?
- Styrofoam chemicals leach into tea, coffee, hot liquids, and it is odorless, tasteless, and colorless?
- That many people suffer from allergic reactions to Styrofoam? Severe swelling and tissue damage are effects of the allergy. In fact one of Igiugig's residents is allergic to Styrofoam.
- That it is found in tumors of terminal cancer patients?
- Styrofoam **is not** biodegradable?

Helpful Hints

- We can take the time to wash dishes.
- Use alternative packing materials.
- Educate the public about the hazardous effects of using Styrofoam products.
- Use handy thermal cups and mugs for coffee and tea.
- Talk to your local businesses and schools about replacing their Styrofoam products.
- Once again take the time to wash the dishes.



GARDENERS GOODIES

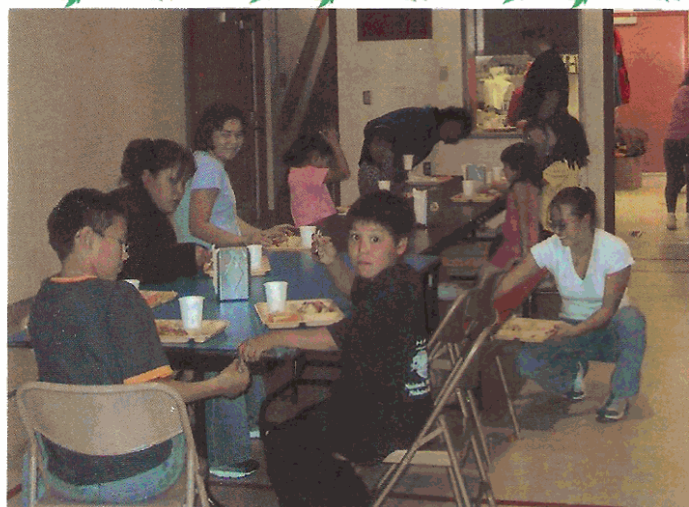
OCTOBER garden activities:

- ☐ Early October – Dig those potatoes and harvest all other underground plants before the serious frosts start.
- ☐ Early October – Dig up any garden plants that you would like to keep longer indoors, such as herbs, flowers or leafy greens.
- ☐ Early October – If you have lots of bare soil in your flower/garden beds, consider planting a cover crop to avoid erosion of your soil.
- ☐ Mid October – Finish mulching perennials to protect them from winter damage.
- ☐ Mid October – mark your perennials if you have plantings near roads and driveways, put up stakes with surveyor tape or some other marking on it. Be sure the stake is taller than the normal snow depth so that people plowing the road will see it as they are working. It's also a good idea to mark any plants that are in areas that may be run over by snow-machines or 4-wheelers in the winter. *REMEMBER our kids usually trick-or-treat in the snow so get this task on your schedule!*
- ☐ Late October —if your worms have been living outdoors for the summer, get them moved to their indoor spot incase the weather turns cold. If you have a fairly warm windbreak they should be fine out there for a few more months.
- ☐ Prepare your yard for winter – put away tools and other things that may be lying around prior to snowfall. (How many things have you lost to the snowplow?)

Definitions for gardeners

Erosion – the wearing away of the earth's surface by natural forces such as wind and water.

Cover Crop – a planting primarily for prevention of erosion. Cover crops are fast growing plants with good root systems that also may serve to improve soil structure if they are turned under in the spring. Some good choices are buckwheat, clover, wheat, rye or alfalfa.



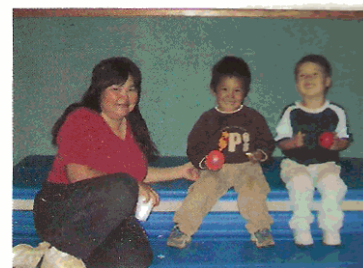
Tanya, a.k.a Grace, prefers to eat her lunch of chicken, mashed potatoes and gravy on the floor. WAY TO GO GRACE!!!

Jon working on his bridge.



Ida pondering the construction of her bridge.

Betsy, Gregory, and Shaun at their first day of preschool.



WALK TO BE FIT

Pull out your woolies. The cooler weather is coming on quickly so get out those fleece, down and wool clothes so your walks will remain enjoyable. Although the cooler weather means the blueberries will be ruined, it also means that we are almost done with mosquitoes, sandflies, whitesocks and the like for another year. So take the opportunity to enjoy a walk outdoors before the snow and ice arrives.

Keepp walking around the berry patch for at least another month for the cranberries—they don't mind if there's a little frost, in fact David Alvarez likes them better after they come out from under a snowdrift in the spring!

Thanks to the BBAHC Diabetes Prevention Program in Dillingham, all the WTBF members were presented with fruit baskets at the recent Back To School Potluck on September 7th.

IDEAS!

Set your sights on at least 30 active minutes each day (even if you don't do it all at the same time):

- #1 ~ **S**plit your exercise sessions into shorter segments that fit into your daily activities.
- #2 ~ **W**alk to and from places like the post office, pumphouse, and store.
- #3 ~ **T**ake a half hour at the hangar to hike on the treadmill.
- #4 ~ **B**ounce on a trampoline.
- #5 ~ **I**f you don't play ball, walk around the building while your kids are playing at open gym.
- #6 ~ **C**hop some firewood

Just grab a buddy and go do something physical.

Total **V**illage **M**ileage through June is 12,659.

This puts us at the South Pole!

You've earned the "Penguin Party". If you are a WTBF member watch your mailbox for details on the upcoming bash!!!

KEEP ON WALKING!

Numbers:

In the lead--still **John Zackar**, with 1886 miles. Second in mileage is **Annie Wilson** at 666, and **Sandy Alvarez** is in third place with 650 miles. Twenty-six walkers are over the 200-mile mark with one more only a mile short of the mark.

As a group we have had 43 participants but since the recent move of several families, that number has gone down to 32 active members.

Personal Totals (Since Mar.00)

John	1886
Annie	665 1/2
Sandy	649 1/2
Lydia	493 3/4
Shayna	451 1/4
Mary	448 1/2
Joshua	413 1/4
Dallia	370
Tanya	326 3/4
Michael	310 3/4
Marie	309 1/2
Bernadette	297
AlexAnna	292 3/4
Yako	268
Alice	262 1/4
Ida	252
Shaun	220 3/4
David	213
Angel	211 3/4
Julie	200
Dan	199
Jonathan	183 1/4
Charles	163 1/2
Alicia	160 1/2
Betsy	158
Kayla	154 1/2
April	120
Sharolyn	115 1/4
Jeremy	110 1/2
Tess	74 1/2
Camille	73 1/2
Kevin	60

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Betsy Hostetter, Tribal Clerk
Ida Nelson, Environmental Program
Intern
Marie Nelson, Solid Waste Program
Coordinator
Kevin Olympic, Administrative
Trainee
AlexAnna Salmon, Clerk Trainee

Weather Watch

September 1-28, 2001

Highest Wind Speed . . . 55 mph

Average Wind Speed . . . 9.7 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 68.4°F

Lowest Temperature . . . 32.7°F

Below Freezing . . . 0 days

Below Zero . . . 0 days

Recipe Corner

Contributed by . . . AlexAnna Salmon

Russian Tea Cakes

Ingredients:

1 cup stick margarine or butter, softened
½ cup powdered sugar
1 teaspoon vanilla
2 ¼ cups all-purpose flour
¾ cup finely chopped nuts
¼ teaspoon salt
Powdered sugar

Directions:

Heat oven to 400 degrees. Mix margarine, ½ cup powdered sugar and the vanilla in large bowl. Stir in flour, nuts and salt until dough holds together. Shape dough into 1-inch balls. Place about 1 inch apart on ungreased cookie sheet. Bake about 10-12 minutes or until set but not brown. Remove from cookie sheet. Cool slightly on wire rack. Roll warm cookies in powdered sugar; cool on wire rack. Roll in powdered sugar again. Makes about 4 dozen cookies.