

Igiugig News & Notes

Igiugig Tribal Village Council

December 2001

Volume 5, Issue 1

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Birthdays this month

- December 11
AlexAnna Salmon
- December 12
Dave Hostetter
Tatyana Zackar
- December 16
Shayna Nelson

Halloween Party and Haunted House By Tanya Salmon

Halloween was an exciting day for the young kids, while a busy day for the older students in Igiugig. The secondary class wanted Halloween to be thrilling for the younger kids, so they held a party and a haunted house!

On October 30th a Halloween Party was held at the school. The gym was decorated with black and orange streamers, little ghosts, fake spider webs, and pumpkins. By 1 PM the tables and games were set, and the party was ready to begin!

The costume contest was held first; people judged the



Alicia Zackar and April Hostetter.



Camille Andrew as Piglet, and Kayla Nelson as a butterfly.

scariest, most original, and funniest costumes for kids and adults. Tanya and Julie Salmon won the scariest, Shaun Andrew and Sandy Alvarez were most original, and Camille Andrew and Sandy Alvarez were voted funniest.

Students played beanbag toss, pin the stem on the pumpkin, bobbing for apples, coffee can race, but smashing the Piñatas was the most enjoyed event. The 4th graders broke the first Piñata and greedily ran to get the candy. Instead of being

(Continued on page 3)

Volleyball Tournament Held by No-see-ums

By Ida Nelson, 11th Grade, Igiugig School



Igiugig No-see-ums setting up for a spike.

November 15, 2001 was no ordinary day for Igiugig Students. The No-see-ums were buzzing around for the 3-man volleyball tournament held the next day. Two teams were flying to home court: the Port Heiden Wolves and the Nondalton Warriors. Igiugig students were busy making posters, setting up the concession stand, and decorating the gym and lobby with streamers. The elementary students were busy making little flags that said "Go No-see-ums" to show their support. In addition, the BBQ dinner was scheduled the next night to

(Continued on page 2)

TOURNAMENT (Continued from page 1)

reward Igiugig Summer Reading Club members for reading 1500 books this summer.

Thursday night the No-see-ums had their last practice of the season. They perfected spiking and serving skills for the game. At 7:30 pm the team met at the Salmon's to pop popcorn for the student government store. Kernels covered the floor, and salt scattered the table as over twenty bags of popcorn were made and happy faces went home.

On Friday, the teams arrived around 1:30. At 2:00, the teams were ready to play. Once they were suited out and warmed up, the games began. Nondalton and Port Heiden played the first match. Two No-see-um players were the line guards; they helped the ref decide if the balls were in or out. After Port Heiden won, the No-see-ums competed against the Warriors. The Warriors won the first game. After losing two matches the No-see-ums competed against the Wolves and sadly, they lost! The competition was close (13 to 6, Igiugig, at one point), but the Wolves pulled ahead. The second game the No-see-ums lost 15 to 0, and were out of the tournament, so Nondalton and Port Heiden battled for the championship. The Wolves won both matches, making them the champions of the season!

After the games, awards were given to every team. Port Heiden received the 1st place trophy, Nondalton won the 2nd place trophy, and Igiugig was awarded the sportsmanship trophy. AlexAnna Salmon, Jesse Trefon, Jamie Matson, and Michael Kalmakoff all received MVP medals.

Next year, the No-see-ums are going to work harder to put a first place trophy in their trophy case!

Game Two:

Igiugig vs. Nondalton

Match #1: 14-16 Nondalton

Match #2: 6-15 Nondalton

Game Three:

Port Heiden vs. Igiugig

Match #1: 15-13 Port Heiden

Match #2: 15-0 Port Heiden

Championship Game:

Port Heiden vs. Nondalton

Match #1: 15-8 Port Heiden

Match #2: Port Heiden Wolves

WON!



MVP winners: Michael Kalmakoff, AlexAnna Salmon, Jamie Matson, and Jesse Trefon.



The Igiugig No-see-um fans



The Port Heiden Wolves won the 1st place trophy.



Port Heiden, Nondalton, and Igiugig coaches.



Jesse Trefon serving.

The Igiugig No-see-ums won the Sportsmanship Award. →

← Jamie Matson jumps high with his serve.



The Nondalton Warriors won the 2nd place trophy.



Mr. Pete, the referee, reviews the rules with Nondalton and Port Heiden.



Tianna Carlson returns the ball.

HALLOWEEN (Continued from page 1)

happy, they were disappointed and furious because it wasn't filled with candy, but with pinecones and paper. One student especially did not like the prank and madly kicked the Piñata, hoping to find candy.

The other three pinatas were broken by the kindergartners, adults, and 6th-11th graders (don't worry, the 4th graders got their share of candy). That ended the party. Volunteers

cleaned the gym and put away refreshments.

On Halloween, older students set up a Haunted House at the Rec-hall. At 8 p.m., the house was open and people paid a dollar to enter. A flying bat, fake glowing spider webs, scary masks, fire crackers, pumpkins, a hanging doll with blood, a black light, a talking wizard, Halloween music, and people jumping from behind mats made the haunted house eerie (for a little while). A few kids even began to cry with fright!

The Haunted House was closed at 9 p.m., but some die-hard celebrators stayed longer. The next day, most older students helped clean up the mess. Next year, the Haunted House will be even more terrifying!



Angel Alvarez swings hard at the pinata that held no candy!



The Nelson trio: Joshua, Shayna, and Kayla.



Tess Hostetter, Sharolyn Zackar, Tanya and Jeremy Salmon.



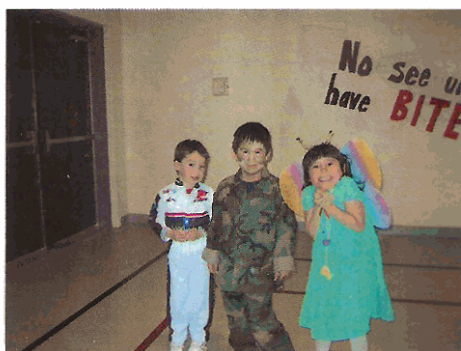
The better side of the No-see-ums volleyball team: Tanya and AlexAnna Salmon and Ida Nelson.



Angel Alvarez with her little pal, Camille Andrew.



Mary Hostetter, David Alvarez, and Jon Salmon.



Nascar racer Shaun Andrew, Army man Joshua Nelson, and sweet butterfly Tess Hostetter.



Angel Alvarez as an ostrich.



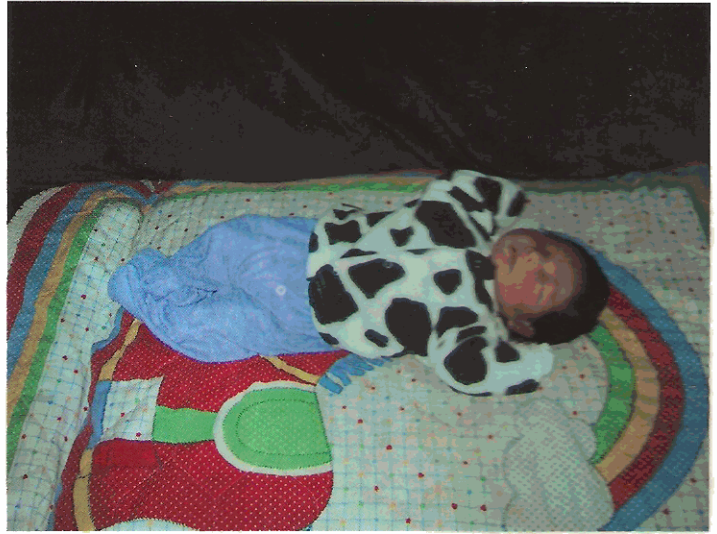
A New Baby Boy

Simeon Arthur Murphy Zackar graced his mother with his presence on November 26th, 2001 at 12:45 PM at the Alaska Native Medical Center in Anchorage. He weighed 9 pounds 13 ounces, was 21 inches long, and his head circumference was 14 centimeters. Renae was expecting a baby girl, so when the doctors handed her a boy, "I was extremely surprised," she said.

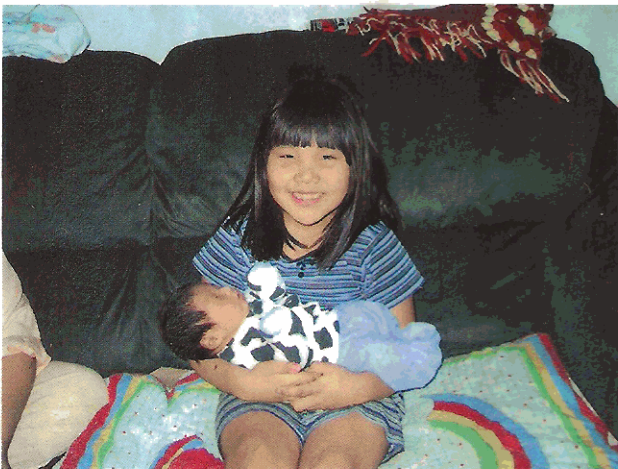
Renae and Simeon came home to Igiugig on Friday, November 30th, to meet the rest of the family: Alicia, 9, Sharolyn, 6, Gregory, 3, and Tatyana, 1, and Dad, Greg. Simeon's brother and sisters are very proud and happy. "He really likes me," says Gregory.

Sharolyn says her new brother is "cute", and enjoys holding him a lot.

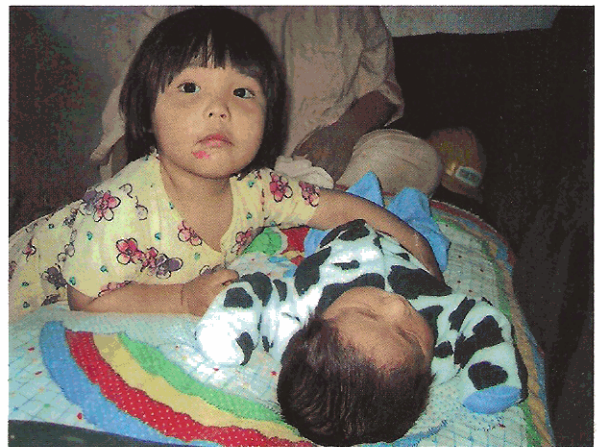
Congratulations on the arrival of your new baby boy Simeon to Greg and Renae, and family!



Simeon Arthur Murphy, born with a headful of hair, sleeps in between the hugging and kissing of his siblings.



Sharolyn holds her new brother.



Tatyana proudly watches over her new baby brother.



Still looking for a Christmas present for someone?

Why not shop at the

Igiugig Gift Shop?

We have lots of local handmade crafts, Igiugig t-shirts, and hats available.

Stop by and check it out!

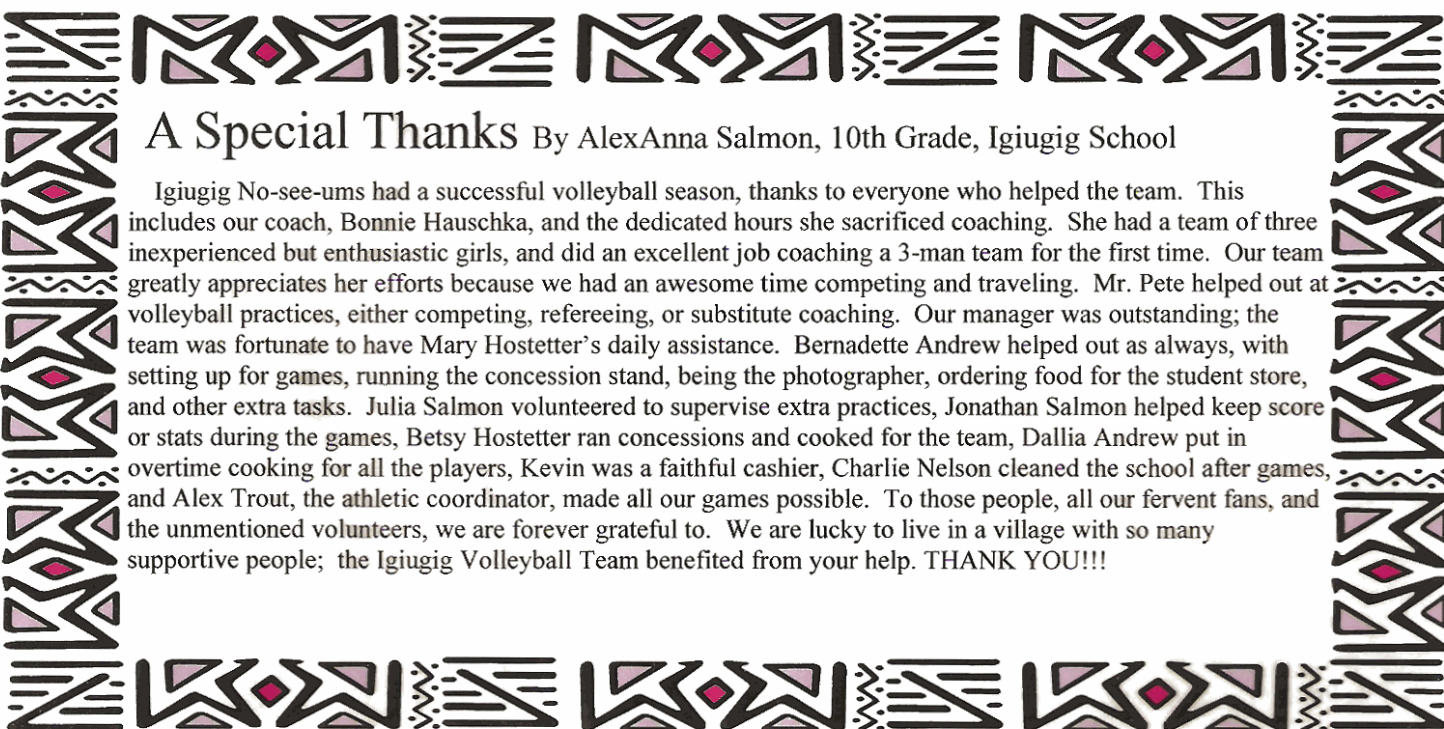
Spirit Week By Tanya Salmon, 9th Grade, Igiugig School

We have spirit, yes we do! We have spirit, how 'bout you?' Igiugig School had their first spirit week from November 12-16th to raise school spirit for the upcoming volleyball tournament.

Students stayed after school and attended a meeting to discuss Spirit Week. Together the students brainstormed what should be worn that week. Before the meeting closed, everybody agreed that on Monday pajamas would be worn to

school, backwards day would be on Tuesday, Wednesday would be crazy hair day, hat day would be on Thursday, and school colors day would be Friday.

Most students liked backwards day the best. Everybody, including the two pre-schoolers and Kayla, Camille, and Tatyana, wore their pants on backwards and inside out shirts! Spirit Week was enjoyed by all the students and some kids wanted Spirit Week more often!



A Special Thanks By AlexAnna Salmon, 10th Grade, Igiugig School

Igiugig No-see-ums had a successful volleyball season, thanks to everyone who helped the team. This includes our coach, Bonnie Hauschka, and the dedicated hours she sacrificed coaching. She had a team of three inexperienced but enthusiastic girls, and did an excellent job coaching a 3-man team for the first time. Our team greatly appreciates her efforts because we had an awesome time competing and traveling. Mr. Pete helped out at volleyball practices, either competing, refereeing, or substitute coaching. Our manager was outstanding; the team was fortunate to have Mary Hostetter's daily assistance. Bernadette Andrew helped out as always, with setting up for games, running the concession stand, being the photographer, ordering food for the student store, and other extra tasks. Julia Salmon volunteered to supervise extra practices, Jonathan Salmon helped keep score or stats during the games, Betsy Hostetter ran concessions and cooked for the team, Dallia Andrew put in overtime cooking for all the players, Kevin was a faithful cashier, Charlie Nelson cleaned the school after games, and Alex Trout, the athletic coordinator, made all our games possible. To those people, all our fervent fans, and the unmentioned volunteers, we are forever grateful to. We are lucky to live in a village with so many supportive people; the Igiugig Volleyball Team benefited from your help. THANK YOU!!!

The No-see-ums Buzz to Nondalton By Ida Nelson, 11th Grade, Igiugig School

Friday afternoon on November 9, Igiugig No-see-um volleyball team buzzed to Nondalton. Bags were packed and the team was ready to "unleash the fury".

Dinner was prepared and served by Mary Trefon. The teams were too excited to eat a lot, and wanted to play volleyball as soon as possible. The two coaches, Bonnie Hauschka-Igiugig and Susan Dedionisio-Wymer – Nondalton, sat down with the referee Dennis Trefon of Nondalton to review rules for the official games. Both teams dressed and warmed up in the gym as Warrior fans arrived. The referee reviewed rules with the teams, and talked to the people of Nondalton to show good sportsmanship.

Games started at 6:30 pm, with Nondalton serving first. The coaches introduced their teams and wished each other good luck. Jeff Thurston and Katrina Weedman kept score for all the games and did a wonderful job. The first three games were official, which Nondalton won all of. More games were played

for fun afterwards. Snacks were provided before bed. The coaches visited with each other and the players, still full of energy, played basketball and volleyball. Time flew by like a flash. At 10:30, the students headed home and the No-see-ums went to bed.

6:00 am rolled around and the No-see-ums woke up sore but ready to play again. Breakfast was served at 7:30 am, and then the No-see-ums stretched out their tired muscles and warmed up. The first three matches were official and refereed by Susan Dedionisio-Wymer. Igiugig won one match. Seven more matches were played for fun and practice until 11:30 am when the plane for Igiugig landed. Sack lunches were handed out and we said our goodbyes.

No-see-ums piled into the suburban and were driven to the airport.

Igiugig Tribal Library Awarded Prestigious IMLS Grant

Igiugig, thanks to a grant from the federal Institute of Museum and Library Services (IMLS), will be able to increase library collections and other information resources available to the community, increase accessibility of the library to community members, and organize and modernize library systems. Our library has the potential for becoming a focal point of the community—being a place for conducting researches and finding information, for enjoying a variety of circulation materials, and for pursuing lifelong learning for the old and young alike.

"With more than \$1,516,000 going to 13 libraries serving the needs of American Indian tribal

communities and Alaska Native villages, IMLS continues its tradition of supporting an important, but often underserved part of the nation's community of library users," said Dr. Robert Martin, Director of the IMLS. "These grants will use the power of technology to connect people to the critical information they want and need."

"This unique opportunity will allow us, as a community, to enter the 21st century with the technological tools to succeed," says the grant administrator Dan Salmon.

IMLS is a federal grantmaking agency located in Washington, D.C., that fosters a lifetime of learning by supporting museums and libraries.

Library/Computer Lab News

By Betsy Hostetter, Librarian



New library hours starting November 19th, 2001.

Morning hours are from: 10:45 a.m. to 11:45 a.m. Monday through Friday (excluding holidays) and evening hours are from: 7:00 p.m. to 8:00 p.m. Monday through Saturday (excluding holidays). I hope to see you there!

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.

Web Sites of the Month

www.whowhere.lycos

Lost your address to your friend from high school? Lost contact from someone in the past and want to reunite? This may be the website for you. Just type in your friends name, city and state you think they may be in, and click.

www.quizyourfriends.com

Want to quiz all your friends? On this website, you can make up your own quizzes and send them to your friends. This site has all sorts of interesting subjects for young adults.

ALASKA STANDARDS FOR STUDENTS*

ENGLISH/LANGUAGE ARTS: *A student should be a competent and thoughtful reader, listener, and viewer of literature, technical materials, and a variety of other information.*

1. A student should comprehend meaning from written text and oral and visual information by applying a variety of reading, listening, and viewing strategies; these strategies include phonic, context, and vocabulary cues in reading, critical viewing and active listening.

(The following information is from the November 2001 issue of Better Homes & Gardens)

The National Association for the Education of Young Children (www.naeyc.org) urges that parents teach children about language from birth. Here are things parents can do to help their children learn to read.

Infants

- Talk, read and sing to your baby. Infants learn from everything they see and hear, even in the first stages of life.
- Add books to the toy list, even if your baby enjoys handling books more than being read to.

Toddlers

- Ease the transition from baby talk to developed language by repeating your toddler's words correctly without reprimanding. Let toddlers "read" their favorite picture books by themselves. Or, pause before a familiar word while reading and let him fill in the missing word.
- Buy magnetic and block letters to introduce a toddler to the spelling of his/her name.

Preschoolers

- Add new books to your child's collection, but keep reading old favorites. Take books on long trips.
- When shopping, help children match product names with names on coupons. As you prepare a recipe, have preschoolers follow the words.

School-aged

- Continue to read to your child, even if she has already learned to read. Take turns reading pages of your favorite books.
- Play such word games as Scrabble, Boggle, or crossword puzzles

TIP TO PARENTS: *Use words in everyday conversation that your children may not understand, but be sure to use them in a sentence so they will be able to figure out meanings for themselves. Follow up by asking whether they know what you meant, just to see if they got the right meaning. This can become a game between you over the years, and you will be amazed at how quickly your kids will start trying to do it back to you!*

*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

Electrifying News

Electricity Used is money out of your Pocket!

ELECTRICAL FACTS:

Water System switches:

The **circulation pump** uses very small amounts of electricity—less than one light bulb (around 50¢ per day).

The **short heat tape** uses between 125 and 150 watts per hour (about \$2.40 per day).

The **long heat tape** (which runs all the way from your house to the road) uses around 500 watts per hour (about \$7 per day).

As a general rule here is how you should manage you water system:

If the Weather is:	You should have:
Above 32°	none of these running
Between 10° to 31°	circulating pump at night
Between -25° to 9°	circulating pump on all the time
Less than -26°	circulating pump on all the time and short heat tape on when you are not using water (at night and when you leave to carnivals etc.)
If your water is already frozen:	
Frozen a short time	Turn on the short heat tape and wait for water to start running—do not turn on the circulating pump because it can burn out if it has no water to move.
Frozen a long time or the whole town is frozen	Use the long heat tape to thaw out your pipes all the way to the main road.

Just remember that each home is a little different if it's really windy or if the skirting doesn't keep it as warm under the house, so you may need to change the temperatures listed above a little, but following these general guidelines should save you extra electrical costs and keep your water running smoothly through the winter.

ELECTRICITY SAVING TIPS:

- Turn the light off every time you leave a room, even if you will only be gone a short time. Over time this can save lots of money in electric bills.
- As you use up your frozen goods, refill the freezer space with gallon milk jugs $\frac{3}{4}$ full of water. When you put more food back into the freezer, you can move these frozen jugs into the refrigerator to help it run less.

Win 100kwh of free electricity and other electrical prizes!

Submit your favorite energy saving tip and get your name entered in a drawing. For each tip submitted to the office and used in the newsletter, a ticket will be added to the drawing bucket on your behalf. The drawing will be held once a year.

November Village Council Meeting By Sandra Alvarez

The regular meeting of the Council was held on the 14th of November. Reports were given, updating the Council on activities of the past month.

Discussion included information about the plans for a hazwopper course in Igiugig, a water system leak that ANTHC is assisting to repair, the USDA's failure to fund the recent line extension project, anticipated insurance rate increases, library hours & activities, service disconnect procedures, construction of the new dump facility, and interim coverage at the clinic. It was noted that office intern, AlexAnna Salmon will be editing

and producing the upcoming newsletter on her own.

Information was also provided to everyone present about how to deal with nuisance calls using the phone company's trapping system along with a form that will help document the things they will need to know. People who require assistance in the follow-up of this process were also told that the Council staff would be available to help them.

The next regular meeting of the Village Council will be on Wednesday December 19th, 2001.

NOVEMBER LSAC by Sandy Alvarez

The regular meeting of the Local School Advisory Committee met on Thursday, November 29th. Pete Hauschka was in King Salmon for a meeting so Bonnie provided the head teacher report. It was noted that the bleachers are finally here and should be set up soon. Our volleyball team's good efforts were mentioned. It was also reported that we have a new student starting next week, which will bring the student count up to 15. In review of the calendar it was noted that December will have one vacation day on the 25th for Christmas, one half day on the 28th, and the Holiday vacation running from December 29th, 2001 through January 14, 2002. It was also

reported that the 'Newhalen House' project is coming up in January and some of our older students will be attending.

The next upcoming fundraising event will be the Craft Fair on Saturday, December 8th.

Elections were scheduled for the November monthly meeting and no additional candidates expressed an interest in the LSAC positions, so the same Committee was retained.

The next meeting of the LSAC is scheduled for Thursday, December 27th, 2001.

CAMPBELL'S LABELS

We have now collected a total of

4168 labels!!!



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

Did you remember to mail in your

SUBSISTENCE PERMIT?

Be sure to mail yours in to:

ADF&G SUBSISTENCE

PO BOX 1030

DILLINGHAM, AK 99576

Don't delay! Do it today!

Blackfishing

By Mary Hostetter, 6th Grade, Igiugig School

Alex, Tanya and I went black fishing November 3rd; we got all the gear ready for fishing and supplies for a picnic. All the wood and food were packed and we were ready to leave. While walking, I fell in the swamp and my feet were cold later. When we got on Skating Lake we made up "native" names for each other: Alex as Black Fish, Tanya as Caribou Girl and me as Snowflake. We

reached the other side of the lake and started fishing in the creeks. I caught a small black fish and Tanya caught one also. We stayed for an hour and returned home. Although we never had our picnic, fishing was fun. Two fish were caught, but Alex never caught anything. At home we warmed up and tried to look at our fish. A few days later the fish died.

Thanksgiving Day

By Jeremy Salmon, 4th Grade, Igiugig School

Everything in the village was carefree and quiet, except for one house. This was the home of the Salmon's. The Salmon's had a problem, they had no turkey for Thanksgiving. The Salmon's (Mom, Dad, Jeremy, and Jon) decided to put on warm clothes and went to the airport. They took the plane out of the hangar and flew to Naknek.

When they got to Naknek the Salmon's walked to

Mark's workshop. Mark let the Salmon's borrow a truck to get their turkey. Mark said that he'd pick up the truck at the airport when the Salmon's were done with it.

The Salmon's bought the turkey, brought it to the plane, and then left. When they arrived back home they had to cook the turkey. After it was finished they ate it. It tasted really good.

Thanksgiving

By Shayna Nelson, 4th Grade, Igiugig School

My family and I were at home making food for Thanksgiving when my Mom asked, "what should we do for Thanksgiving this year?" Joshua, Kagla, and I said, "Let's play a game." My Dad said, "We can go on a flonda ride."

But My Mom didn't want to do any of those things. Instead she got on the phone and called my Uncle Greg and asked, "What can we do for Thanksgiving?" He said, "We

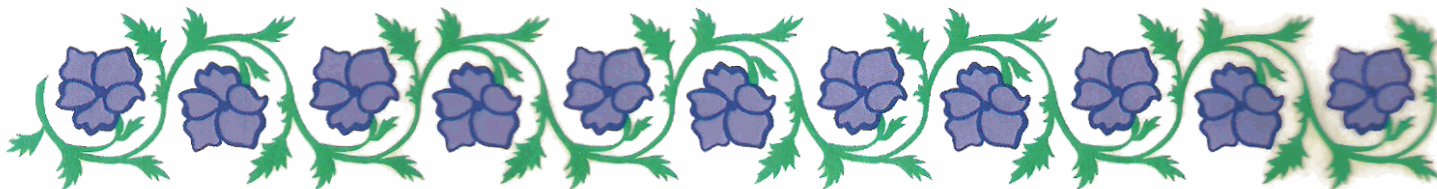
can watch TV." Then my brother said, "Mom can I talk to Alicia?"

My brother asked Alicia, "What can we do for Thanksgiving?" Alicia said, "We can eat together and share the food we made." Everyone liked that idea because eating together as a family is what Thanksgiving is all about.

Turkey is yummy
Up in my tummy
Readin jokes about Thanksgiving
Knowing we will eat soon
Eating turkey is fun
Yeah! Time to eat
By Jeremy Salmon, 4th Grade, Igiugig School

Giving
Is living in a
Very nice way
I think it is important on Thanksgiving Day
Never forget to
Give thanks on this day
By Shayna Nelson, 4th Grade, Igiugig School

The food is hot
Under the lid
Right on the pot
Keepp your hands off, we'll
Eat soon
Yells the cook
By April Hostetter, 4th Grade, Igiugig School



GARDENERS GOODIES

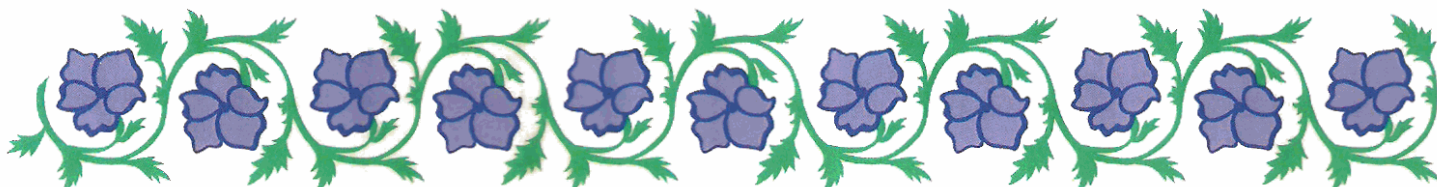
DECEMBER garden activities:

- ☐ December – Begin gathering seed catalogs and browsing magazines for interesting plants to grow.
- ☐ December – Think about trees and perennials that you may want to put in next year and look for “bare root” catalog sources. Be sure to check the shipping dates for our area and order early so the company will ship them at the right time.
- ☐ Late December – If you had a poinsettia for the holidays, remember that it can actually be kept for years and makes a great houseplant. Just remember that a poinsettia is quite toxic if eaten by a small child or pet, so keep it out of reach if you have those in your house.
- ☐ Throughout the winter – keep feeding those worms so you will produce lots of good soil for next growing season.

Definitions for gardeners

Bare root – plants or trees that are shipped in a dormant state without any soil on their root ball.

Dormant – when a plant is alive but not in a growing phase (similar to hibernation in animals).



Veteran's Day By the Secondary Students of Igiugig School

Armistice Day remembers and honors the signing of the armistice that ended World War I on Nov. 11, 1918. In the United States it became an annual day of grieving by President Wilson in 1919. Later, in 1954, the name changed to Veterans Day to honor the fallen in all U.S. wars. In Igiugig School, Ms. Bonnie read the poem “In Flanders’ Fields” to the class. Written by the surgeon attached to the 1st Field Artillery Brigade in WWI, John McCrae, the poem is one of the most memorable war pieces ever written. Our class assignment was to write a response poem to it. We had to follow the same pattern, rhyming scheme, and the syllable format as the poem below:

In Flanders’ Fields By John McCrae

In Flanders’ Fields The Poppies Grow
Between The Crosses Row On Row
That Mark Our Place, And In The Sky
The Larks Still Bravely Singing, Fly
Scarce Heard Amid The Guns Below.

We Are The Dead, Short Days Ago
We Lived, Felt Dawn, Saw Sunset Glow.
Loved, And Were Loved, And Now We
Lie
In Flanders’ Fields.

Take Up Our Quarrel With The Foe,
To You From Failing Hands We Throw
The Torch: Be Yours To Hold It High!
If Ye Break Faith With Us Who Die
We Shall Not Sleep, Though Poppies
Grow
In Flanders’ Fields.

Flanders’ Fields Response
By Jon Salmon, 7th Grade
In Flanders’ Fields I also fought
But unlike you I was not caught
I caught the torch with all my might

I now live on from that worthy fight
I have the knowledge I have sought

In your footsteps I too taught
I’m now a general too and was bought
I’ve lost almost all of my sight
Now I fight no more

Before my sight was gone I fought
I had fought will all I got
For a weapon I had to bite
Without my gun I could not fight
I’m now a veteran from that fight

(Continued on page 12)

Happy Thanksgiving

By the students of Igiugig School

Gregory Zackar, Pre-school, Igiugig School:

I am thankful for birthday presents because Josh gave me a toy airplane. The plane goes hundred miles per hour! My plane is fast.

I am thankful for my mom and dad because my mom and dad loves me. They tickle me all over. Thank you mom and dad for my cars.

Shaun Andrew, Pre-school, Igiugig School:

I am thankful for my mom and dad because they love me too much. They tickle me. My mom bakes me cupcakes and my dad cooks lunch for me. I am happy for Camille because she tickles me too much. I love my family all the way to the moon and space!

I am thankful for toys. It would be lonely without toys. I like to play trucks the best.

Joshua Nelson, Kindergarten, Igiugig School:

I am thankful for my Gramma because she buys me stuff. She also hugs me. She watches Kaylie and I. She helps put Kaylie to sleep.

Tess Hostetter, Kindergarten, Igiugig School:

I am thankful for all my friends because they play kickball, hide-and-go-seek, and tag with me. They are nice to me.

Sharolyn Zackar, 1st Grade, Igiugig School:

I am thankful for my brother and sisters because I love them very much. I like to play on the trampoline with them. I also like to play barbies with my sisters and trucks with Gregory.

April Hostetter, 4th Grade, Igiugig School:

I am thankful for the Earth because without it we wouldn't have anywhere to live. That means we wouldn't be here.

Alicia Zackar, 4th Grade, Igiugig School:

I am thankful for my Gramma because she buys me candy and toys. She loves me a lot and I love her. She watches us a lot. My Gramma and I pick berries together. She gives us berries too. She introduces me to new people.

Angel Alvarez, 4th Grade, Igiugig School:

I am thankful for food because if we had no food we would starve and we wouldn't be able to grow, we would also die. And there wouldn't be much pizza.

POEMS (Continued from page 11)

A Reply to Flanders' Fields

By Tanya Jo Salmon, 9th Grade

In Flanders' Fields where poppies
grow,
Thousands have died fighting their foe.
Soldiers who in the graves they lie,
Fought until they fell down to die.
From Heaven they watch us below.

Soldiers watched the noon sun sink
low,
In the dark they fought with their foe.
Flanders' Fields where the dead now
lie.
Remember those strong brave
soldiers.

The torch that the soldiers did throw,
Was caught by every sis and bro.

Everyone holds it very high,
Letting the torch reach the sky,
The poppies still peacefully grow,
In Flanders' Fields.

Flanders' Fields

By David Alvarez, 7th Grade

In Flanders' Fields the Poppies grow
Where dead men lay all in a row
Yet I lay looking at the sky
Dreaming that I could fly
Feeling the of the steady blow

I seen blood fly a few hours ago
The brave will never see the sunset glow
Now I have to say bye
And stand in Flanders' Fields

Then have yet another quarrel with the foe
Now throw a grenade into the row
Direct hit then pray for those who die
But those who die fly high

Defeat the foe and go go go
Over Flanders' Fields

For Those Who Died in Flander's Fields

By AlexAnna Salmon, 10th Grade

In Flander's Fields where soldiers lie,
Where poppies bloom and comrades cry,
I saw graves from people long ago,
Who fought for their country's bold ego,
What occurred here, one can't deny.

You all have died in honor high,
In our hearts, you'll forever lie,
The liberty of tomorrow,
Is the cause of your great sorrow,
In Flander's Fields.

Our faith in you will always show,
Together we'll defeat The Foe,
Rest peacefully and pacify,
The precious Torch shall burn on high,
And lighten the poppies to grow,
In Flander's Fields.



Air Pollution; Our Point of View

Written By the Environmental Department Intern

Ida Nelson, 11th grade

"This is our first year having recess. I like having recess outside but when the dump is burning the smoke is very [bad] to breathe. It is bad to have the dump so close to the school," said Shayna Nelson, 4th grader who is presently enrolled in Igiugig School. She mentioned in the interview conducted by the Environmental Department Intern Ida Nelson that the dump is too close to the school. As of right now the dump is located approximately 100 yards away from the school. When the wind blows west-northwest it blows right into the children's classroom.

Every school day, garbage is dropped off and burned. Every day, chemicals are released into the air and inhaled by students of Igiugig.

Lydia Olympic, Environmental Program Director says, "I remember playing in the dump, and I thought it was a great place to play."

AlexAnna Salmon, a 10th grader, went to Penfield High School in New York for her freshman year said, "Igiugig is the only place I know where the dump is right behind the school. The landfills are more sanitary in New York and they do not affect the animals whereas here the dump is a good food source for animals like foxes, birds, and bears." She has also mentioned that she "have not seen a dump located nearby a school. They are usually apart from each other."

In the past children of Igiugig were drawn to the dump finding supplies to build a playhouse or a fort. The fort was located between the school and the dump. Three generations of children have claimed to play inside the dump. The dump was an attraction to children who went to school in Igiugig. Today kids don't like playing in the dump.

One preschooler, Gregory Zackar said, "I feel sad and it smells stinky," without knowing that he will have to go to school breathing in the dangerous chemicals released into the air.

April Hostetter, a 4th grader said that the dump is "not very good, it makes me cough when it burns and when it comes into the play ground. I feel bad and I feel sick."

"It stinks, and it stinks, and it stinks, and it stinks," as Jeremy Salmon a 4th grader waves his hand back and forth furiously across from his nose indicating that he does not like it at all.

9 year old, Alicia Zackar thinks that it is "scary because the school can catch on fire. It can catch on the trees and move to the village. I don't like it because it smells bad," as she continues, "it doesn't make us breathe good."

Kayla Nelson, a two year old toddler told her mommy (Marie Nelson, the Environmental Program Technician) driving by the dump said, "It's stinky, Mom."

Sharolyn Zackar a 6 year old said, "it smells stinky," complaining while playing in the playground.

Tess Hostetter is in her first year of school told Ida Nelson, "I like it right next to the school because it will be too far and we have to drive a long way to the dump." I asked her if she would play in the dump and her response was: "NO! Because my mom don't let me. And when the dump is burning and it is black and it can get on to your shoes."

Joshua Nelson, a Kindergartener said, "It's stinky and bad for us to smell." Children of all ages in Igiugig mentioned that they do not like the dump being so close to the school.

Igiugig Tribal Council's goal is to have that open dump closed. They are currently seeking funding for open dump closure.

Air Quality

Environmental Issue or Personal Health Problem

People can live a month or more without food.
They can live days or weeks without water...
...but only a few minutes without air!

Air Quality refers to how healthy—or not, the air is. So how is the air in your house?
When you come in from outdoors do you notice an unidentifiable smell?
Does the air in your house feel heavy (like in the steambath)?

There are several things that affect the quality of the air you are breathing in your house. One is particulate matter—stuff floating around in the air. This includes combustion byproducts, chemicals, dust, and mold or mildew.

- Combustion byproducts come from anything that has a flame including woodstoves, propane stove, candles, and hot-water heaters to name a few. You can limit the amount of this stuff in the air you breath by running the fan over the stove when you cook, running the bathroom fan, or opening a window occasionally.
- Chemical smells can come from household products (such as Clorox, or pine sol), beauty products (such as nail polish or hairspray) and new furniture, carpet or cabinets. Ventilating when you do household chores, running the bathroom fan to help clear these things out of the air and growing houseplants can all help eliminate chemicals.
- Dust is made up of a collection of all sorts of outdoor dirt, pollen, insect parts, and dead skin particles. These are usually pretty heavy and fall out of the air onto things such as your pillows and TV screens! The best way to keep from breathing this is to regularly dust and vacuum. Try wearing a pair of old cotton gloves spritzed with a bit of window cleaner and then just go around the room feeling everything like a little kid would! (This is actually quite a speedy way of dusting.)
- Mold or mildew is actually something that grows in damp areas of your home and then releases spores into the air. This is directly related to a second major area of air quality...

Humidity. This refers to the amount of water suspended in the air. If your house is too humid, mold or mildew will grow on walls, bathtubs and any other damp place it finds. A healthy moisture level is between 40% and 50%. If you have a weather gauge set, you probably have a meter that will tell you what your humidity is. If you don't have a meter you can consider some factors such as whether your glasses fog up even when it's not too cold out, whether your skin is very dry, whether your dish rag dries out quickly or sits on the counter wet for a long time, whether you have lots of static electricity, and how long it takes damp shoe packs and gloves to dry out.

A simple experiment to find generally how humid your air is can be done using a glass of lukewarm water, a thermometer and ice cubes:

- Fill the glass most of the way with lukewarm water.
- Put in the thermometer and add the ice cubes.
- Carefully observe the outside of the glass. As soon as you see water condensing on the outside of the glass check the temperature and that number will be the humidity of your air (or at least very close to it).

Since we still live where outdoor air is clean, the best advice for breathing clean healthy air is to go outside for a while each day, air out your house frequently and pay attention to those little clues that will tell you there may be something wrong with the air you're breathing.

WALK TO BE FIT

Diabetes is a bad disease to have! Just ask the editors of any health magazine—Prevention Magazine's November cover says "The Epidemic We Should Fear-Diabetes Special Report"—Energy Times Nov/Dec. issue carries an article "Dispense with Diabetes" with the lead in reading:

"If you are overweight and never get off the couch, you run an increased risk of diabetes, one of the leading causes of death and disability in the US."

In the United States as a whole, 6% of the population is diabetic, but a report from the Indian Health Service shows that the people served in the Bristol Bay region are 19.9% diabetic (the report is for 1996). In numbers, that means one out of every five people served by BBAHC had diabetes when they made this report.

Most people realize that diabetes has to do with blood sugar and not feeling to well, but most don't realize that complications from diabetes include blindness, amputation, heart problems and all sorts of other things that are really not fun. The other thing that most people don't realize is that even if it runs in your family, it can be avoided by doing two things.

#1 - Physical Activity

- Walk
- Run
- Bicycle
- Play Basketball
- Jump on a trampoline
- Work out on the weight machines or treadmill
- Play tag or kick the can

#2 - Weight Control

- Eat lots of fruits, vegetables & fiber.
- Eat smaller portions of everything.
- Drink a glass of water before you start your meal.
- Limit the amount of fat in your diet and cook with olive or canola oil.
- Don't eat while you watch TV.

One pound of fat equals about 3200 calories. Log what you do in a typical day then use the chart below to figure your daily calorie need. Trade one hour of TV watching for a strenuous hour in your normal routine each day and you could take off a pound of fat in 10 days!

Calorie Facts – Depending on your size you burn calories at the following rate (small people use lower number, larger people use the high end of the range):

30 – 50 calories per hour doing absolutely nothing (i.e. sleeping, watching TV, etc.)
80 – 100 calories per hour doing sedentary activity (things you do sitting down, i.e. reading, writing, computer, sewing, etc.)

110 – 160 calories per hour doing light activity (dressing, cooking, doing dishes)

170 – 240 calories per hour doing moderate activities (walking, gardening, carpentry, hanging laundry, etc.)

250 – 340 calories per hour doing vigorous activities (heavy housework, walking fast, etc.)

350 + calories per hour doing strenuous activities (running, swimming, playing basketball, dancing, etc.)

Total Village Mileage through September is 14,611. Since the earth is just less than 25,000 miles around, we are already a couple thousand miles on our way up the other side.

A little effort today could equal a better quality of life for many years in the future.

KEEP ON WALKING!

Personal Totals (Since Mar.00)

John	1886
Annie	851 1/2
Sandy	779
Lydia	618 3/4
Shayna	606 1/4
Joshua	558 1/4
Mary	523 1/2
Yako	468
Dallia	435
Marie	414 1/2
Tanya	356 3/4
Michael	350 3/4
Bernadette	342
AlexAnna	322 3/4
Alice	322 1/4
Ida	312
Shaun	270 3/4
Charlie	250 1/2
Kayla	244 1/2
David	243
Angel	241 3/4
Dan	219
Julie	217
Betsy	203
Jonathan	192 1/4
Alicia	175 1/2
April	148
Jeremy	123 1/2
Sharolyn	123 1/4
Tess	98 1/2
Camille	93 1/2
Kevin	75

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Ida Nelson, Environmental Program Intern
Marie Nelson, Solid Waste Program Coordinator
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AlexAnna Salmon, Clerk Trainee & Assistant Editor

Weather Watch

November 1—30, 2001

Highest Wind Speed . . . 70 mph

Average Wind Speed . . . 9.1 mph

Dominant Wind Direction . . . ENE

Highest Temperature . . . 43.3°F

Lowest Temperature . . . -12.3°F

Below Freezing . . . 26 days

Below Zero . . . 4 days

Recipe Corner

Contributed by . . . Tanya Salmon

Muffins

Ingredients:

1- $\frac{3}{4}$ cup flour
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{4}$ cup sugar
2 teaspoon double acting baking powder
2 eggs
2-4 tbsp. Melted butter
 $\frac{3}{4}$ cup milk

Directions:

Preheat oven to 400 degrees. In a separate bowl, beat eggs. Add the milk and butter. Combine the liquids and the dry ingredients with a few swift strokes. Fill well-greased muffin pans two-thirds full and bake 20 to 25 minutes.