

# Igiugig News & Notes

Igiugig Tribal Village Council

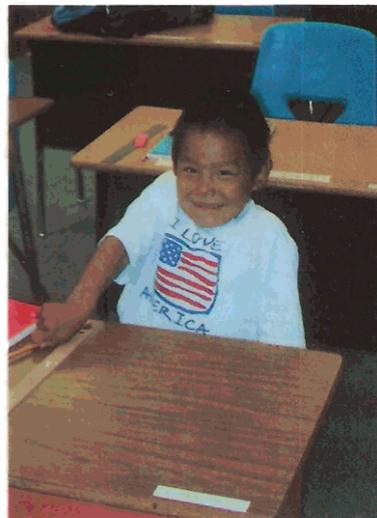
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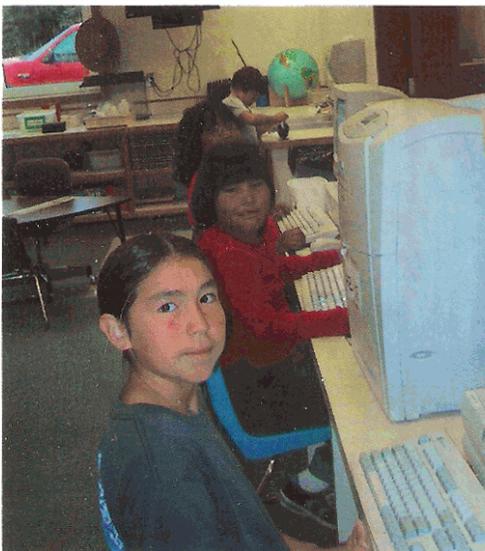
## SCHOOL STARTS IN IGIUGIG!



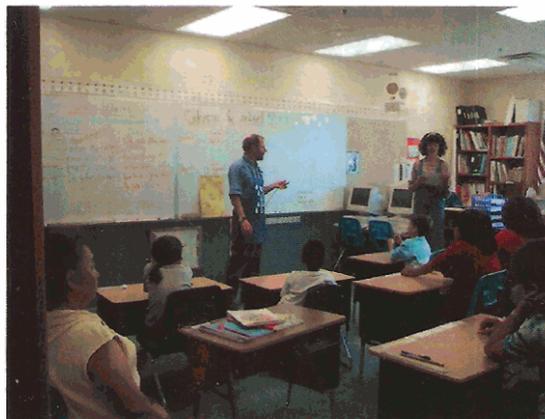
Preschoolers Camille Andrew, Dolly Ann Zharoff, Tatyana Zackar, and Fewnia Zharoff had fun being back at school with teacher Betsy Hostetter.



Kindergartner Gregory Zackar was excited to be in the "big school" and have his own desk.



April and Sharolyn busily working on the computers.



Mark and Kristin instruct the students before beginning "Knights of the Round Table". Students have three minutes to do 100 problems, either addition, subtraction, multiplication, or division. They need to get 100% to move on to the next sheet. Keep on practicing!

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### Birthdays this month

- September 10  
Sandy Alvarez
- September 27  
Angel Alvarez

# Traveling the West Coast

Vacationing for the Alvarez family members this summer involved all four states on the west coast. While Randy kept the home fires burning so to speak, Sandy, Davy and Angel headed south. Landing briefly in Anchorage, the three travelers stopped by to see a brand new baby cousin, Sean Ryan Veal, who was born on Davy's birthday. After a quick visit it was back to the airport and the "red-eye" to Portland. Following the overnight flight, the travelers straggled over gathered up baggage and a rental car and headed off to Gram & Grandpa Wiebe's house with a detour to McDonalds which accidentally diverted the sleepy group around the exit they should have taken, making the



Sean, Angel, Michelle, Bradley, and David



Grandpa's river crossing muscle powered tram.

last leg of the journey an adventure in map reading and at least a half hour longer than necessary. On a positive note, everyone but the driver got an extra 30-minutes of sleep en route!

Davy noted a favorite activity in Otis, Oregon as dam building with his cousin Tom Riley, and Angel's highlight there was breaking her toe while participating in the same river activity. Everyone enjoyed pulling back and forth across the little "Salmon River" in the hand-operated tram that Grandpa put up.

Following a five-day visit, the troop headed on to California to visit the MacNeill cousins for another six days. The Fresno area is really quite a desert and the temperatures were near 100



Target shooting with cousins and uncles.

degrees most days. At their property outside town Davy enjoyed shooting at targets with the cousins, and both Angel & David noted the camping trip to Dinky Creek as a great time. The campground, located in the mountains to the east of Fresno is among some nice tall trees and at a higher elevation so it was very shady and in the 80-90 degree range most of the time. Strangely "dinky" creek flows across a solid rock bed, is only a few feet across, has big pools along it that have been hollowed out by years of running water, and has no small rocks to be found anywhere near it. Great for swimming but you're out of luck if you need a rock to throw at a wild critter!

With just two hours to spare the traveling Alvarez's left the campground, hit the showers at Aunt Carol's, gathered up all the newly purchased school clothes and caught a jet north. After a brief layover in Seattle it was on to Anchorage where Randy was already



Grace and Angel in their "twin" outfits.

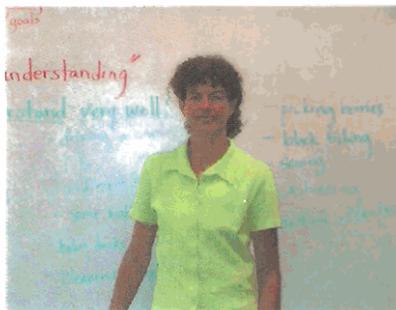
waiting to join in on the vacationing. H2Oasis was again one of the kid highlights there; with lots more water action, only indoors this time.

By the time the group was once again home, a full two weeks had elapsed and everyone had experienced plenty of fun, a little relaxation, and was fully 'warmed up'.



Swimming holes in Dinky Creek.

## New Teachers at Igiugig School by Tanya Salmon, 11th Grade, Igiugig School



Kristin Hathhorn teaching the secondary students.

Igiugig has new teachers this school year! Kristin Hathhorn teaches the secondary students, while her husband, Mark Battaion, teaches the younger ones.

Kristin mainly grew up in Anchorage, but she has lived in Bethel and Girdwood for a few years. Before she came here, she taught in Perryville, Haines, Washington, Japan, Anchorage, and Mongolia. Teaching students all subjects is a new experience for her. She previously taught English as a second language and this is her third year teaching in a public school.

This year, Kristin looks forward to putting on play productions, teaching Japanese, and conducting weaving projects. The most rewarding part of her job is when "they [students] feel they are learning, improv-

ing, and catching on." When Kristin is not busy teaching, she enjoys back-packing, weaving, knitting and reading.

Mark is from San Francisco. This is his second year of teaching. His favorite subject to teach is math. Mark's most rewarding experience is when "the light bulb over the kids' head clicks on." The most difficult part of his job is "preparation. To come up with things that will tweak kids' curiosity and keep them interested."

This year, he looks forward to polishing his teaching skills "cause the kids here are easy going and excited to learn." When Mark has free time, he can be found hiking, canoeing, playing his guitar, or reading.



Mark's level of patience gets tested everyday!

## Alaska State Fair by Tanya Salmon, 11th Grade, Igiugig School

It was all I wanted to do. I had butterflies in my belly and my palms were sweaty thinking about it. This event would be the most daring experience that I would do on my trip. I kept changing my mind whether I wanted to do it or not.

In case you are wondering what I am talking about, it is the Ejection Seat at the Alaska State Fair in Palmer. Courageous people, daring people, pay \$25.00 to be strapped down in a seat and flung into the air. It is like bungee jumping, only you are sitting down.

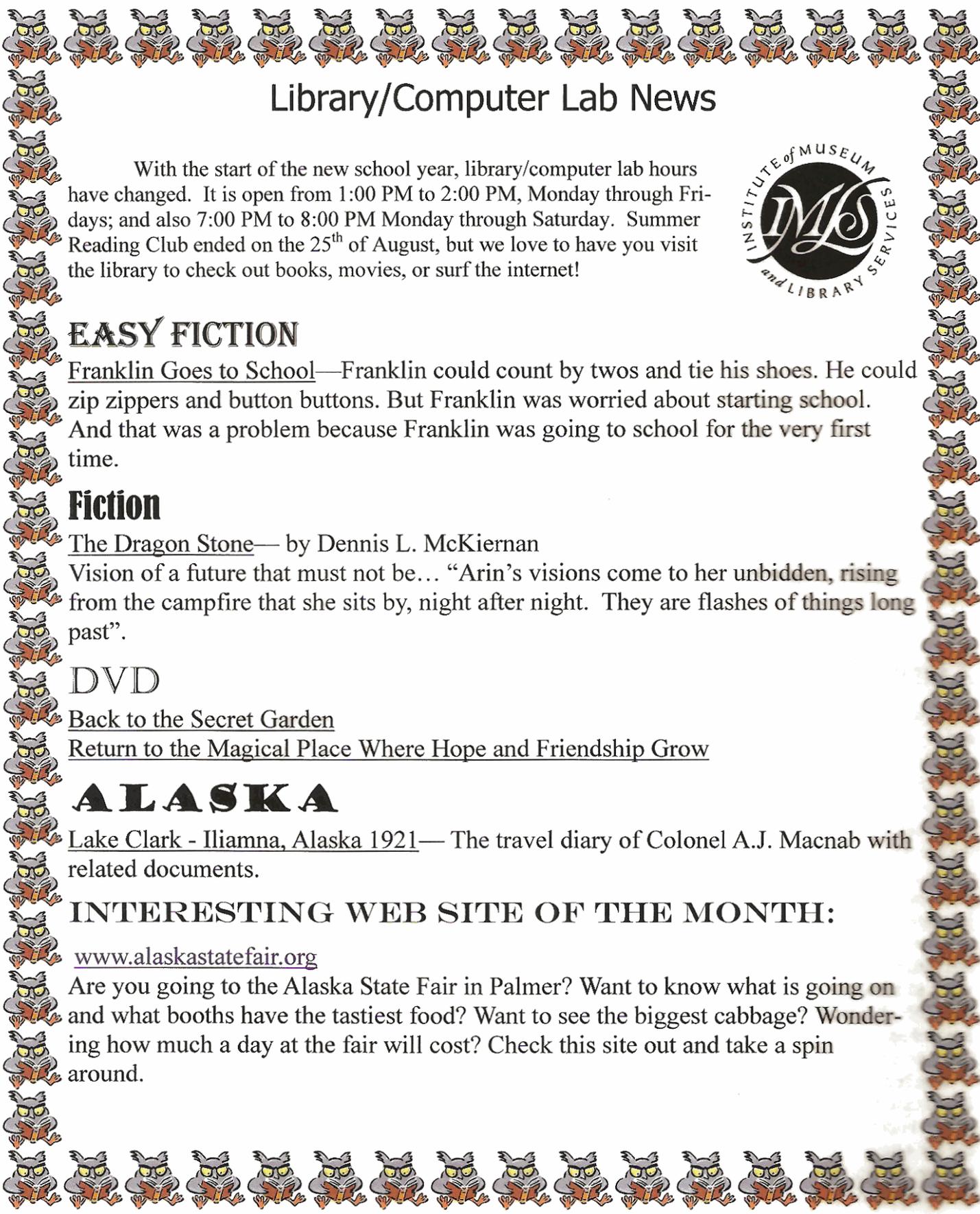
As soon as I got to the Fair, all I wanted to do was try this thrilling ride. I talked Jon into riding with Mary and I watched from down below as he was sprung into the air at 100MPH. I could hear them both screaming and yelling. Jon's cheeks were fluttering away like a dog sticking his head out a truck window. This was one freaky ride.

I waited until Garrette got to the Fair before I decided it was time to take a risk. "Are you sure you want to do this?" I kept asking Garrette when we were in line waiting out turn. "You could always back out if you don't want to," I would say. He would laugh at me and tell me it was not that bad.

Finally it was our turn. I slowly climbed up the stairs leading to the seat and waited until the person working there strapped me in. I made sure he made my straps extra tight. My heart was pounding so hard, I thought for sure people could see it beating from 20 feet away. The seat was slowly rising and then it stopped. The suspense was killing me. "When are they going to let us go?" I kept wondering. I did not like waiting, dangling, knowing that any minute, I would be springing in the air.

Suddenly, I was soaring up in the air, fast. I felt completely weightless. I screamed so loud, I startled Garrette, who sat there like he did this kind of event every day. Once we reached the peak, I looked down below and saw people looking up at us, they looked so tiny and far away. Then we plunged down, did a couple of flips and bounced back up. We bobbed around a few more times and did a couple more flips. I practically screamed the entire time.

When the ride was over, I stepped off the seat. I was shaking, excited, and my voice was hoarse. The Ejection seat was by far, the highlight of my Fairing experience and my adrenaline was bursting inside of me. I just don't know why I didn't do it sooner!



## Library/Computer Lab News

With the start of the new school year, library/computer lab hours have changed. It is open from 1:00 PM to 2:00 PM, Monday through Fridays; and also 7:00 PM to 8:00 PM Monday through Saturday. Summer Reading Club ended on the 25<sup>th</sup> of August, but we love to have you visit the library to check out books, movies, or surf the internet!



### **EASY FICTION**

Franklin Goes to School—Franklin could count by twos and tie his shoes. He could zip zippers and button buttons. But Franklin was worried about starting school. And that was a problem because Franklin was going to school for the very first time.

### **Fiction**

The Dragon Stone— by Dennis L. McKiernan  
Vision of a future that must not be... “Arin’s visions come to her unbidden, rising from the campfire that she sits by, night after night. They are flashes of things long past”.

### **DVD**

Back to the Secret Garden  
Return to the Magical Place Where Hope and Friendship Grow

### **ALASKA**

Lake Clark - Iliamna, Alaska 1921— The travel diary of Colonel A.J. Macnab with related documents.

### **INTERESTING WEB SITE OF THE MONTH:**

[www.alaskastatefair.org](http://www.alaskastatefair.org)

Are you going to the Alaska State Fair in Palmer? Want to know what is going on and what booths have the tastiest food? Want to see the biggest cabbage? Wondering how much a day at the fair will cost? Check this site out and take a spin around.

# SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup> – SAFETY 1<sup>st</sup>

## Heard any good ones lately?

Ear protection isn't just for looks, although some headsets are actually quite charming. Damage to your hearing can result from both very loud noises such as gunshots and lower level continuous noises like a boat motor (or a CD player on too loud). Sound levels are measured in decibels (dB) with noises over 75 potentially damaging to your hearing. At 95 decibels as little as four hours of exposure can cause permanent damage.

- Whispering = 25 dB
- Quiet Library = 30 dB
- A person yelling = 60 dB
- Outboard motor = 80 dB
- Screaming child = 90 dB
- Rock concert = 120 dB
- Jet engine = 140 dB
- Instant perforation of eardrum = 160 dB

**Wear** earplugs when working around power tools.

**Wear** earplugs when traveling by airplane, boat, ATV or snow machine.

**Wear** earplugs when driving heavy equipment.

**Wear** ear protection when shooting.

**Wear** earplugs when you vacuum if it's a loud or high-pitched machine.

**Use** protective ear-wear whenever you may be exposed to excessive noise (if you find yourself with a baby screaming in your ear or chaperoning a kids dance?!)

**Reset volume** on music and TV to the lowest level at which you can still hear it.

**Be** aware of environmental noise and take steps to avoid unnecessary exposure.

## Prevention

Your choice to avoid ear damage now is for the rest of your life!

\*\*\*TURN IT DOWN\*\*\*\*\*LEAVE THE AREA\*\*\*\*\*WEAR EAR PROTECTION\*\*\*

## SUMMER READING CLUB

The last meeting of the Summer Reading Club was on August 25th. This year was not as productive as years past. With 20 children and 11 adults reading for the club, we were only able to read a total of 892 books totaling 80,602 pages. However, participants earned themselves a banana split party which will take place at the Back to School Potluck on Friday, September 5th beginning at 6:00 PM at the school gym. Be sure to come and see who won in the different age groups! Overall results from the year will be published in next months newsletter.

Next year be sure to join and participate and help us reach the goal of 1500 books and earn a barbecue!

**Keep on reading!**

# WALK TO BE FIT

Total Village Mileage through May is 34,149

## Good Nutrition?!

Take the following quiz to see if you're really doing all you can to get the most nutrition out of your daily food intake!

**#1 - I CAN GET MORE NOURISHMENT OUT OF MY BREAKFAST CEREAL BY:**

- A. adding fruit
- B. eating it earlier
- C. drinking the milk from the bottom of the bowl
- D. all of the above

**#2 - MY VITAMIN TABLETS WORK BEST IF I:**

- A. take them on an empty stomach
- B. take them with lots of water
- C. take them with food

**#3 - MY BODY ABSORBS CALCIUM BETTER IF I:**

- A. only take it once a week
- B. have Vitamin D with it
- C. avoid taking iron at the same time
- D. both b. and c.
- E. none of the above

**#4 - I ABSORB THE MOST IRON BY:**

- A. eating Vitamin C rich foods with it
- B. eating meat
- C. both of the above
- D. none of the above

**#5 - VITAMIN TABLETS SHOULD BE STORED:**

- A. in the bathroom cabinet
- B. at room temperature
- C. in a cool dry place away from children

(Answers listed on page 10.)

There are many small things that we can do daily to improve our own health. If you didn't know some of these things, it would be worth your time to read some articles on healthy nutrition. Books and magazines are available through the library on many of these topics and the Internet is a wealth of information on any of these subjects. Your efforts to keep yourself healthy now could mean many more years of easy movement.

## Keep on Walking!

### Personal Totals

(Since Mar.00)

John	2871
Sandy	2255.5
Annie	2169.5
Lydia	1923.25
Joshua	1580.25
Shayna	1512.25
Mary	1222.5
Yako	1134
Marie	1123.5
Dallia	1105
David	1065
Ida	912
Alice	857.25
Angel	851.75
Kayla	831.5
AlexAnna	784.75
Julie	741
Tanya	721.75
Alicia	677.5
Michael	657
Bernadette	650
Shaun	636.75
Betsy	603
Dan	601
Jonathan	599.75
April	440.5
Jeremy	435
Sharolyn	380.25
Camille	329.5
Tess	327.5
Kevin	315
	34918.75

## The Day I Forgot... By AlexAnna Salmon, 12<sup>th</sup> Grade, Igiugig School



I am 17 years old now. Some people classify that age as a teen, young adult, or even –as Steve Atwater would say – a “sub-adult”. That doesn’t mean I always act my age. Sometimes I don’t even act my shoe size, which is 9 or 10.

Today happened to be one of those days. I was chaperoning my sisters and brothers to New York (a trip I have made often). I bought their plane tickets, helped them pack, made sure they owned I.D.’s, gave them the 411 on our vacation, and tried to act responsibly. I even impressed myself.

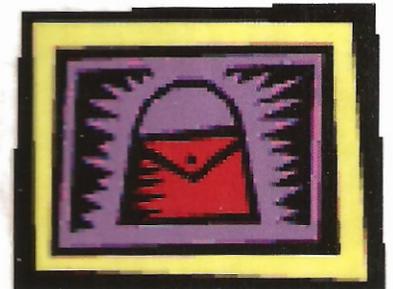
Minutes before our charter flight landed, my Auntie Lydia sent garden flowers for me. Being a green thumb, I rushed to plant them since I wouldn’t be home for two weeks. When I heard our plane land I rushed to wash-up and grab my suitcase before left behind. All this rushing put me in a state of **discom-bobulation**, if that is even a word.

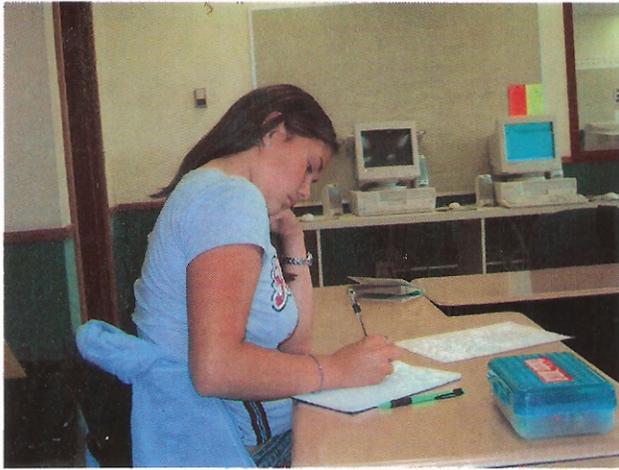
I will pause my story here to briefly describe my father. He is a worrier, he runs a very tight ship, and our household is definitely patriarchal. His blood pressure can pop the chart at any given time. You don’t want to mess with him. All week long he played *Sir Drill Sergeant*, reminding us to remember our I.D. “Make sure you have your I.D.” I got sick of him saying that and even told him “That’s the last thing I would forget.”

Anyway, we enthusiastically loaded our luggage in the Lake Clark Air plane, and piled aboard to begin our long journey. I couldn’t settle down because I felt I was forgetting something, and spent some time video recording, trying to “capture the moment.” The one moment I didn’t capture, however, was the most unforgettable. After being airborne for close to an hour I felt suddenly sick, and I don’t get air sick. **I FORGOT MY PURSE!!!** I took a deep breath because my heart stopped beating for that second. Frantic because my purse held my I.D., I tapped my mom’s shoulder (she was sitting in front of me, and my dad was in front of her). I’m so grateful she was sitting between my dad and me. At this point I wished I wasn’t going on vacation. I wished I was three years old or a hundred and twenty so I could have an excuse for my forgetfulness. But no, I was, and still am, *17 years old*. At this age you are not supposed to make these mistakes, or cause such catastrophe.

To continue my story, my mother repeatedly tapped my dad’s back, to relay the information. To this day I am surprised he never had a heart attack. His expression went from peaceful and relaxed, maybe even excited himself, to **OUTRAGED!!!** “Unbelievable! Un-f\*\*\*ing believable!” were his only words. Throughout the plane ride he would turn around and tell my mom to tell me what he thought of my actions. It was the longest flight of my life; I had that sinking, end-of-the-world, wanna crawl under the ground and die feeling the whole way. While in flight my dad asked pilot Glen Alsworth if he would be returning to Igiugig that evening. He had one last trip to Nondalton, during which he agreed to stop in Igiugig pick up my purse. After landing in Anchorage, we contacted a friend to break into the house, grab my purse, and wait at the airport with it. Meanwhile, I waited at Lake Clark Air until my package arrived. I owe my entire vacation to those that helped me, especially Glen Alsworth. **THANK YOU!**

During the aftermath of this event, my family tried to joke about the purse, but it was no joke to me! To this day whenever Glen sees me he asks if I have my tickets, and I tell him I have my purse. He was my **hero** of the day! Unfortunately, the part of growing up includes having moments or days like this: times when a person doesn’t feel their age.

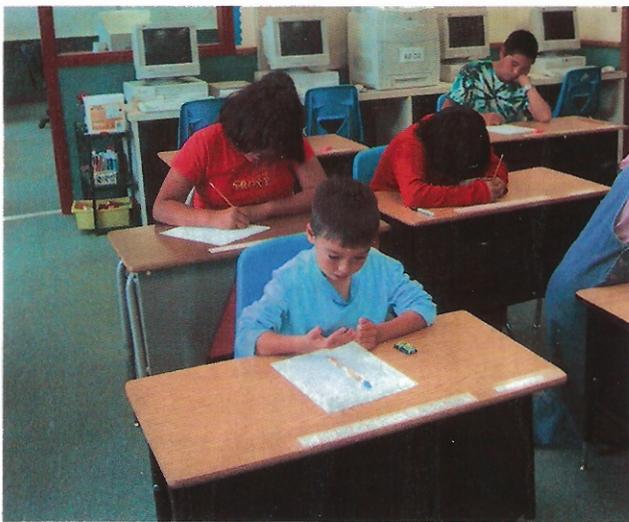




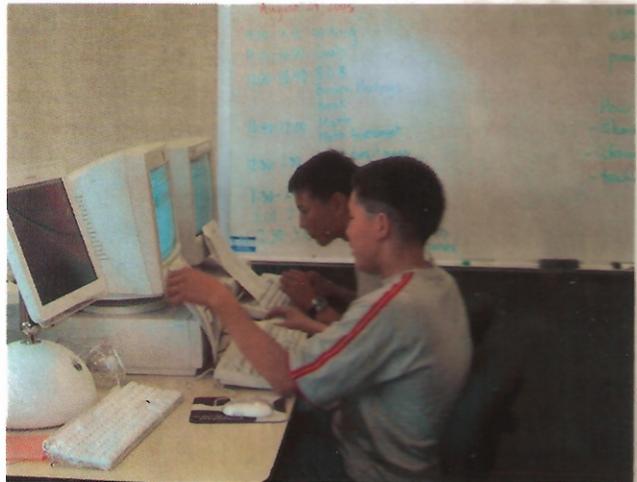
Picture of a perfect student: Tanya Salmon is deeply engaged in her note taking.



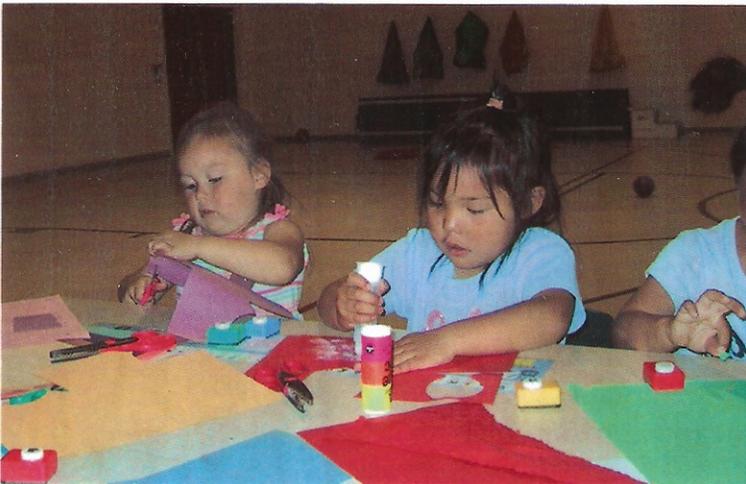
A visit from Kyle Andrew, age 13 months, had all the kids rolling a ball to him during lunch recess.



Shaun, Alicia, and Sharolyn concentrate on their "Knights of the Round Table" math.



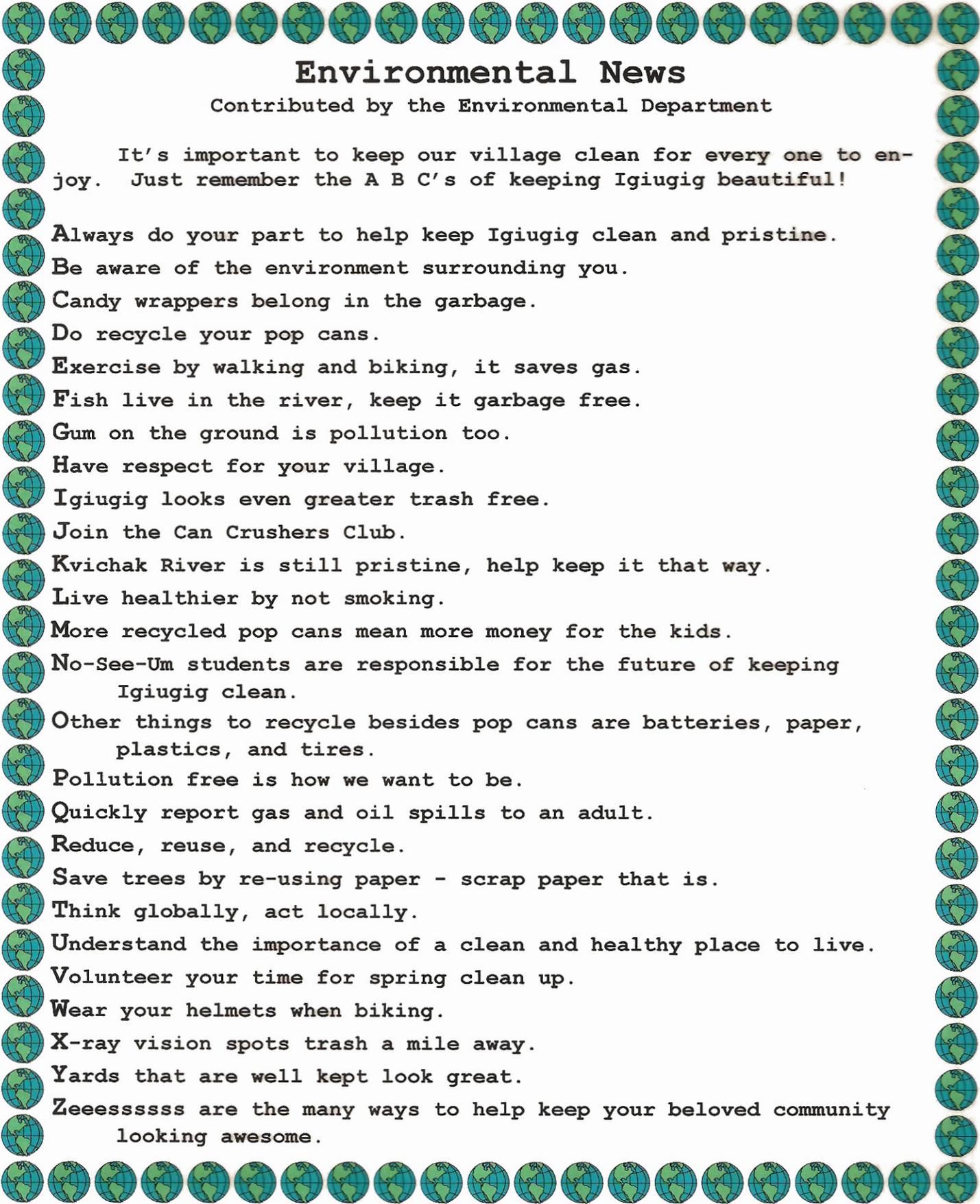
Jon and Dawsey practicing keyboarding skills and their WPM (words per minute).



Camille and Tatyana busily cutting and pasting. What FUN preschool is!!!



Kristin works with Gregory doing his math.



# Environmental News

Contributed by the Environmental Department

It's important to keep our village clean for every one to enjoy. Just remember the A B C's of keeping Igiugig beautiful!

Always do your part to help keep Igiugig clean and pristine.

Be aware of the environment surrounding you.

Candy wrappers belong in the garbage.

Do recycle your pop cans.

Exercise by walking and biking, it saves gas.

Fish live in the river, keep it garbage free.

Gum on the ground is pollution too.

Have respect for your village.

Igiugig looks even greater trash free.

Join the Can Crushers Club.

Kvichak River is still pristine, help keep it that way.

Live healthier by not smoking.

More recycled pop cans mean more money for the kids.

No-See-Um students are responsible for the future of keeping Igiugig clean.

Other things to recycle besides pop cans are batteries, paper, plastics, and tires.

Pollution free is how we want to be.

Quickly report gas and oil spills to an adult.

Reduce, reuse, and recycle.

Save trees by re-using paper - scrap paper that is.

Think globally, act locally.

Understand the importance of a clean and healthy place to live.

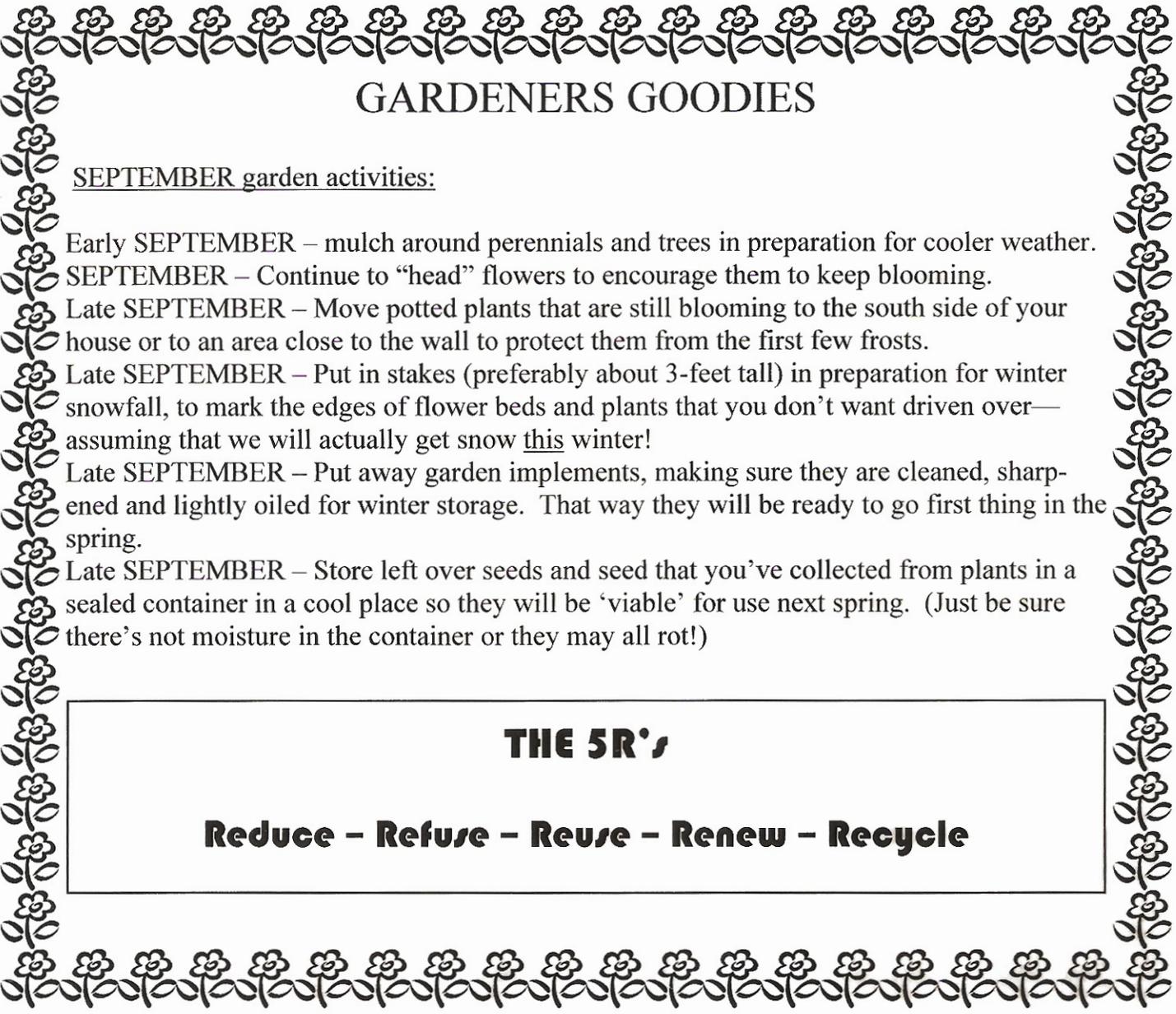
Volunteer your time for spring clean up.

Wear your helmets when biking.

X-ray vision spots trash a mile away.

Yards that are well kept look great.

Zeeessss are the many ways to help keep your beloved community looking awesome.



## GARDENERS GOODIES

### SEPTEMBER garden activities:

Early SEPTEMBER – mulch around perennials and trees in preparation for cooler weather.

SEPTEMBER – Continue to “head” flowers to encourage them to keep blooming.

Late SEPTEMBER – Move potted plants that are still blooming to the south side of your house or to an area close to the wall to protect them from the first few frosts.

Late SEPTEMBER – Put in stakes (preferably about 3-feet tall) in preparation for winter snowfall, to mark the edges of flower beds and plants that you don’t want driven over—assuming that we will actually get snow this winter!

Late SEPTEMBER – Put away garden implements, making sure they are cleaned, sharpened and lightly oiled for winter storage. That way they will be ready to go first thing in the spring.

Late SEPTEMBER – Store left over seeds and seed that you’ve collected from plants in a sealed container in a cool place so they will be ‘viable’ for use next spring. (Just be sure there’s not moisture in the container or they may all rot!)

### **THE 5R’s**

**Reduce – Refuse – Reuse – Renew – Recycle**

### **ANSWERS TO WALK TO BE FIT QUIZ** from page 6

- 1.-d. (little know fact: vitamins are added to breakfast cereals by spraying it on the outside of the flakes, so most of them rinse down into the milk),
- 2.-c. (taken on an empty stomach your vitamins zip right through your system and don’t stay long enough to absorb much),
- 3.-d.(Vitamin D must be present for calcium to be used by your body, but iron is absorbed in the same way so if both are present, one doesn’t absorb as well),
- 4.-c. (Meat contains lots of iron and it’s best absorbed with some added vitamin C—so have salad with your steak),
- 5.-c. (moisture and high temperatures can ruin vitamins)

# Electrifying News

Extra Electricity Used is extra money out of your Pocket!!!

**ELECTRICAL FACTS: Fireworks are for the 4th!**

## WHAT'S WRONG WITH THIS PICTURE?



## OUTLET OVERLOAD!!!

Plugging too many appliances into one outlet can cause serious problems, including: ruined appliances, overheated extension cords, and house fires. This is because each outlet is sized to carry a certain number of watts and when it's overloaded it will either trip the breaker in your breaker box, or overheat in the wall. To avoid these and other problems, check the following:

- ✓ Appliance wattage. Very low wattage items such as nightlights can be plugged with other items, but very high wattage items such as electric heaters and automatic coffee pots should have the whole outlet to themselves.
- ✓ Check out cords to be sure that they aren't frayed or worn and that the prongs of the plug are in good working order.
- ✓ If you are using extension cords be sure they are in good condition, rated high enough to carry the wattage of the item you are plugging in, and be sure to keep them away from high traffic areas and out from under carpets.
- ✓ If a cord ever feels warm to the touch when in use, that's a sign that it's probably damaged or conducting more electricity than it's rated for. You need to either get the cord repaired or use a different one.

### 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.

19 entries to date!

#### I want to enter the drawing!

Here's my favorite electricity saving tip: \_\_\_\_\_

\_\_\_\_\_

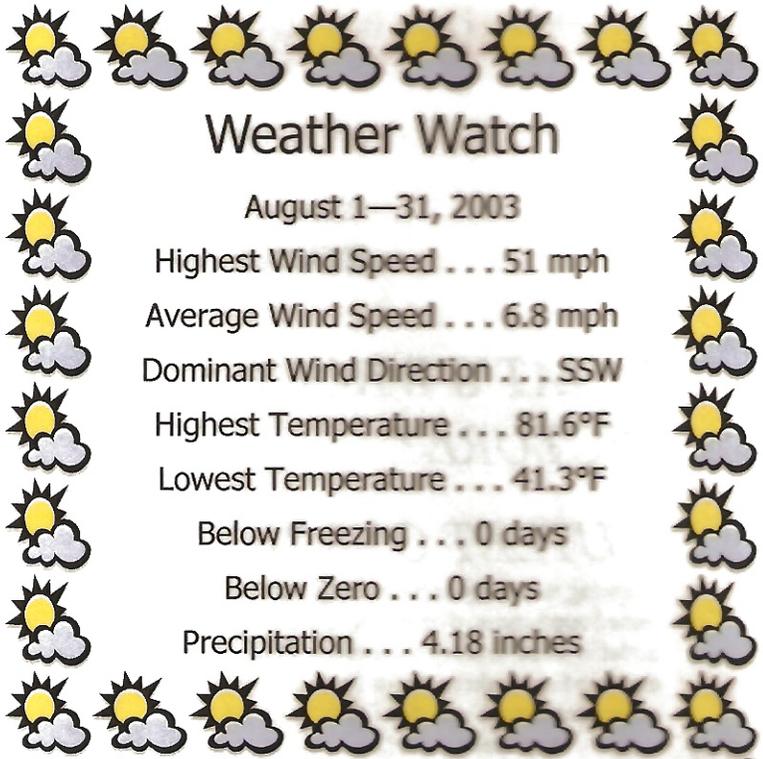
Name: \_\_\_\_\_

**So the thought for the day:  
Ignore your outlets and you  
may see fireworks!**

## Igiugig Tribal Village Council

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## Recipe Corner

Contributed by . . . Bernadette Andrew

### Moist Skillet Corn Bread

1 1/2 cups all-purpose flour  
1 1/2 cups yellow cornmeal  
2 tablespoons sugar  
1 1/2 teaspoons salt  
1 1/2 teaspoons baking powder  
2 1/2 cups fresh corn kernels  
1 1/4 cups milk  
1/4 cup melted butter  
2 large eggs

1. Preheat oven to 450\*.
2. Lightly spoon flour into dry measuring cups, level with knife. Sift together flour, corn-

- meal, sugar, salt, and baking powder; set aside.
3. Place a 9-inch cast-iron or oven proof skillet in oven for 10 minutes.
4. Combine 1 1/4 cups corn, milk, and 2 tablespoons butter and mix until smooth. Add eggs, and mix just until combined.
5. Add the milk mixture to cornmeal mixture, stirring until just moist. Stir in 1 1/4 cups corn.
6. Add 2 tablespoons butter to preheated pan, tipping to coat bottom and sides of pan. Pour corn mixture into pan. Bake at 450\* for 25 minutes or until a wooden toothpick inserted in center comes out clean. Yield: 14 servings.

**ENJOY!**