

# Igiugig News & Notes

Igiugig Tribal Village Council

November 2005

Volume 8, Issue 11

## Vin Capone by Dawsey Apokedak, 11th Grade, Igiugig School

Al Capone's great grandson has walked on the soil of Igiugig. Vin Capone, descendant of the great mobster, "Al Capone," came to Igiugig on behalf of the Apple Company to teach the students how to use Final Cut Express. This is software that is designed to make movies which we received for winning first place in the iDidaMovie Contest.

When Vin Capone arrived, we first just got acquainted with him, and then we waited until he was settled in. After he was settled in, we got started on our movie. We had decided we were going to make a short movie out of an interview with an elder. We set up a meeting with Mary Olympic to interview her, and then we got the camera equipment ready for the next day. We chose Mary, because she grew up in this area and knows a lot of its history.

The next morning, we went over to her house for the interview. We asked many questions and were eager to listen to her answers with full attention. When we were all out of questions, we brought the equipment back to the school to edit

(Continued on page 2)



The gang and Vin at Mary Olympic's house.

### Inside this issue:

Movie Nights	3
AFN	3
Library/Computer Lab	4
Pizza Anyone?	5
My In-service Break	5
Word Building	6
"Older Kids" Class	7
Elementary Class Action	7
Changing Classes	7
Letter Writing	8
Gardeners Goodies	9
Bits 'n Pieces	10
ILC Update	11
WTBF	13
Weather Watch	14
Recipe Corner	14

### Birthdays this month

- November 8  
Julie Salmon
- November 13  
Agafia Nelson
- November 21  
Mary Olympic
- November 26  
Simeon Zackar



The No-see-ums: Jon, Mary, and Dawsey call for the ball.

## Volleyball

By Alicia Zackar,  
8th Grade, Igiugig School

Volleyball, volleyball, volleyball, that's what we did the weekend of October 21<sup>st</sup> and 22<sup>nd</sup>. All the high school students were excited, and we eighth graders were too. The weekend was fun, we won, and we made a lot of

(Continued on page 2)



## VOLLEYBALL (Continued from page 1)

money on concessions.

On October 21<sup>st</sup> we had our first volleyball matches and they went well. The teams were Pedro Bay, with Coach Chris Sanner, Bianca, Val, Beka, and Kiska and on our team were coaches Kristin Hathhorn and Mark Battaion, and players, Mary, Jon, and Dawsey. In the first game, the players just warmed up, and then during the second game, they were more competitive. When each of the games ended, the eighth



Jon spikes the ball as Kiska goes up for the block.

graders had to go out and watch the concession stand. The scores were pretty close, but our team won each game that day: 25-19, 25-8, 25-19.

On October 22<sup>nd</sup>, we had our next set of volleyball games. That day there weren't that many people attending because everyone was still sleeping. However, there were still enough people, and the games were fun to watch. We sold a lot of concessions to people because, I guess, they were still hungry. Again we won, but the scores were close: 25-16, 25-15, 25-21.

Through the whole weekend, both teams did their best and everyone had a lot of fun watching the No-see-ums play volleyball. The teams that will attend the 3-on-3 Tournament will be Chignik Bay, Chignik Lagoon, Pedro Bay, and Igiugig, playing here in Igiugig on November 11-12. Good luck during the rest of the season. Go No-See-Ums!



Bianca hits the ball back to the No-see-ums.

## VIN CAPONE (Continued from page 1)

the footage, and put all the clips together to make one movie. That is how we learned to use Final Cut Express - from Vin Capone teaching us first hand. We also learned how to use our new software and we learned how to make or mix our own music with Garage Band.

Vin brought eight laptop computers so the students could check out the software on the laptops which is the same as the kind he had installed on our iMac. He was very generous and we were able to take them home and make our own music using Garage Band, which is a fancy software program.



Dawsey and April learn some videography techniques from Vin.

What we all learned was that new technology is evolving each year and it is very hard to keep up with in a rural village. With Final Cut Express it is much easier to make movies than when we had the old software.

Vin Capone is a really nice guy! When he returned home he sent an Apple Company logo hat to each of us along with a box full of candy and Halloween decorations. Thanks Vin. We really appreciated your time here.



# Movie Nights

By Jonathan Salmon, 11th Grade, Igiugig School

Ding! Oops, forgot to leave the cash register open when the movie started. Everybody settles back down from the minor interruption so they won't miss the next part of the night's premiere. Netflix movie nights have been working great; not only do they pull in a steady income for the student government, they also create an excellent opportunity to get rid of your kids and relax.

The average movie night makes about \$90, so after a couple of showings, we surpass our goal of \$400 dollars a month. Attendance fluctuates with the different types of movies that we show. Sometimes there might be a crowd of fifteen people, and other days you could count everybody on one hand. The hardest part of showing a movie is probably keeping the preschooler's attention on the tube.

The money made from the movie nights is helping the younger classroom as well as the secondary student. This year, student government decided that ten percent of our profits would go to the Igiugig Elementary Activity Fund, the younger classroom, as long as they put effort into the fundraising. The younger students agreed because they want more responsibilities this year so they can go to Naknek for a school trip. Showing them the value of money now will help them later when they are Igiugig School's student government. Movie nights are not our only income though. Every month we plan a more substantial fundraiser. Next month, we will be hosting Pedro Bay, Chignik Bay, and Chignik Lagoon for the 3-on-3 Volleyball Tournament.

Our student government isn't all about money, if that's what you're thinking so far. Every year we do a project to raise our karma; this year we are sponsoring a Ugandan child by paying for her education for one year. So, help us help others and send a check to Igiugig Student Government. Thanks!

## AFN by Mary Hostetter, 10th Grade, Igiugig School

Two minutes late to check in and my group, Rebecca Russell and Jessie Wilson from Kokhanok, David Parks from Newhalen, Val Shugak from Pedro Bay, and I almost missed our flight. We finally got on the plane and met up with the other half of our group: Matt Wacker and Virginia Anderson from Port Heiden, Marty Takak from Chignik Lake, Shane Mullins from Port Alsworth, Tasha Stepanoff from Chignik Bay, and Colette Topkok from Perryville.

This year, the Alaska Federation of Natives (AFN) was held in Fairbanks, sponsored mostly by the First Alaskans Institute. All the workshops and presentations were held at the Carlson Center and at Pioneer Land, where the dance and short films festival were held.



The most interesting part of the AFN Elders and Youth conference was the dancing and the presentation on how many Natives there are in Alaska and how many can speak their language. The statistics were scary; hardly anybody in Alaska knows how to speak their native tongue. Jessie and I went to a workshop where a man who was a mythologist told us stories, and how he was able to find their meaning. Although, the presentation was confusing and you couldn't really hear, it had its interesting moments. We also had to attend a BBNC meeting about share holding, but we talked mostly about youth not knowing how to speak their Native language and how to speak out

(Continued on page 10)



# Library/Computer Lab News

Happy Thanksgiving to all! We have had two meeting so far for the students to compete against each other with the Battle of the Books. Coaches—keep on meeting with your team each week to practice for the next competition coming later this month.

Here are some books that may make your mouth water! So come to the library and check these books out!

## EASY FICTION

Franklin's Thanksgiving by Paulette Bourgeois

"Franklin liked everything about Thanksgiving. He liked eating pumpkin-fly pie and cranberry jelly. He liked making cornucopias and cornhusk dolls. But most of all, he liked having his grandma and grandpa come for dinner..."

## Fiction

My name is America- The Journal of Jasper Jonathan Pierce by Ann Rinaldi

"I am so weary, yet I must write. I have been ashore! We walked a while along the beach, carefully at first because the elders were looking for the tracks..."

## Adult Fiction

Second Helpings by Megan McCafferty

"A hilarious, candid sequel to *Sloppy Firsts*... Jessica is a captivating, intelligent, acidly funny - but always believable adolescent..."

## Nonfiction

The Healthy Kitchen by Andrew Weil, M.D. and Rosie Daley

"Recipes for a better body, life and spirit..."

## DVD

The Great Escape - starring Steve McQueen, James Garner and Richard Attenborough

"In 1943, the Germans opened Stalag Luft III, a maximum security prisoner-of-war camp designed to hold even the craftiest escape artists..."

## INTERESTING WEBSITES OF THE MONTH

[www.alaskabushservice.com](http://www.alaskabushservice.com)

Alaska Bush Service now has a website! They have seasonal sales on items such as pumpkin pie filling and much, much more. Look this up as they may have what you have been looking for.

<http://www.celebrate-thanksgiving.com>

Tired of the "same old, same old" recipes? Need some new ideas for decorating for Thanksgiving? Then this might be the sight for you! Check it out soon so you will have time to order any supplies you might need to make a special Thanksgiving meal.



*Any views, findings, conclusions or recommendations expressed in this publication do not necessarily represent those of the Institute of Museum and Library Services.*



## Pizza Anyone?

By April Hostetter, 8th Grade, Igiugig School

Our first pizza night was held on Tuesday, October 11<sup>th</sup>. We had only a few problems. The crust was doughy on some of the pizzas and we didn't have enough pizzas for everybody. But other than that, the night went by smoothly.

Before we started making the pizzas on Tuesday, we ordered all the topping we needed from Air Supply Alaska (ASA). Then on Monday, Mary, Jon, and Dawsey made the dough. They had to go upstairs and get the mixer which is so big that it takes two people to carry. They made about fifteen batches of pizza dough, and put them into the refrigerator to rise. Then, on Tuesday, we (Mary, Jon, Dawsey, Jeremy, Alicia, and I) took the dough, put it on pans, and cooked it for a little while, without anything on it. Then we plopped the toppings on the crusts and baked them (but some pizzas were doughy, so we should probably have put the crusts in a little longer). Besides the negative points, it was fun making the pizzas, and we made about \$250 off the pizzas, so the event was a success.

Our next fundraiser will be our Halloween Presentation and Dinner Theater on the 31<sup>st</sup> of October at 5:00pm. We will be serving spaghetti and dessert after our presentation. We thank everybody for supporting Igiugig Student Government and we hope you enjoyed the pizzas.



## My In-service Break By Jeremy Salmon, 8th Grade, Igiugig School

Kids cheering, teachers leaving, and no school for five days! This is what the end of school on Tuesday, October 11<sup>th</sup> was like, for the in-service break had begun. Over the in-service break, I went camping, drove around on Hondas, but mainly, I sat inside.

On Friday, Corey, Gregory, and I went camping at the Figure Eight. First, we set up the tent, then went back to buy food at the store, and got what we needed from our houses. When we had everything we needed, we drove back to the tent where we lit a fire. When the fire was going, we sat there a while warming up until about eleven when we got too cold. In the tent, we were kind of bored, so we created shadow figures with our hands from my big flashlight for about an hour. Then we lazily walked to the fire again to warm up, for it was kind of chilly outside. After that, we just talked and lay down until about five in the morning, when I finally fell asleep. When I got up at about ten, the bottom of my sleeping bag was wet. Because of all the rain that night, water soaked through the tent and soaked the whole floor. This made me wish I didn't go camping that night and just stayed home. We cleaned up the tent, put our stuff away, and brought the tent to the hangar to dry. That is what we did on our camping trip. Next time we go camping, I think we should do a better job covering the tent with its rain guard. I not only went camping during the break, but also went on a Honda ride.

First, I trudged to the blackberry patch up the beach, then through the tundra trail by the airport, and lastly to Muskrat Lake and back home. On the way to the blackberry patch, I was drenched from the waves from when I drove through the water because the trees were the only dry place, but I couldn't drive through them. On the tundra behind the airport, I clumsily hit a tree from the side of the Honda and that's when I burned my ankle, which surprised me at first, for it didn't really hurt, but felt like nothing happened to it. Then on the way to Muskrat, I was careful of where I drove until I reached my house. That's about the only Honda ride I went on through the whole break.

Lastly, I sat around the house for most of the break. In the house, I watched television mainly. I read once in a while, so I was able to achieve my goal of reading twenty pages a day in my B.O.B. book, and I finished Tom Sawyer and the chapter summaries the first two days, for I wanted to finish that book first. I also went outside to play no touch-ground tag, or to jump on the trampoline with Gregory and Corey, but that's about it. The most inspiring experience over the break was when Gregory, Corey, and I moved the trampoline by the Conex and put a ladder next to it so we were able to jump from the top of the conex, and onto the trampoline, which was pretty fascinating.

This in-service break was kind of boring and went by too fast, so I hope the next break is more interesting.



## WORD BUILDING

Use the following letters to make words in the slots provided

SEPPDA

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□

11. □□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□

16. □□□□

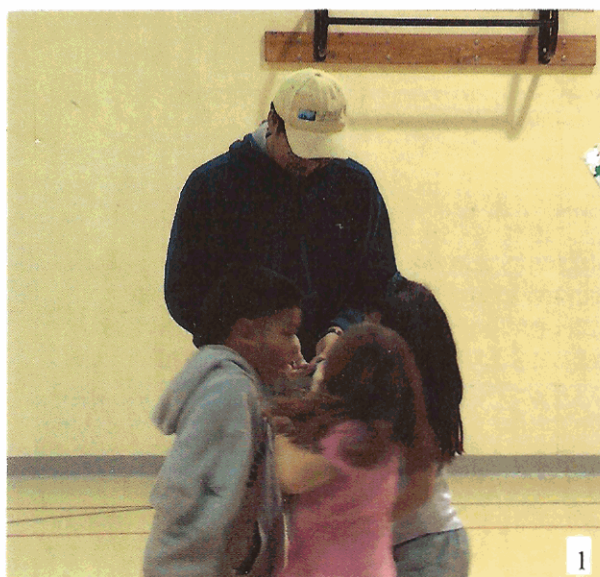
17. □□□□

18. □□□□

19. □□□□□

20. □□□□□□

Answers can be found on page 9.



1

1. Pete handed out the tickets to the kids if they got their question correct at the "BoB" competition.
2. Kiara had a great spot to watch the BoB action while atop he mom's (Ida) shoulders.

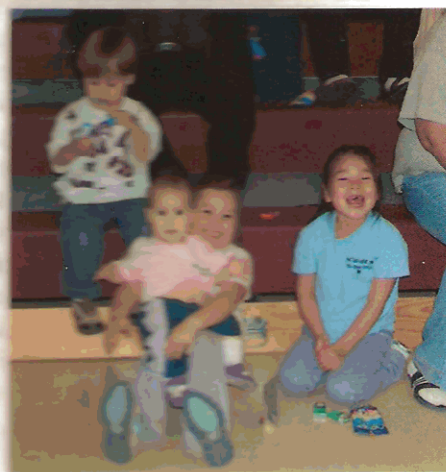


2



3

3. Mary, Jon, and Dawsey wait for the serve.
4. Future cheerleaders, Camille and Dolly Ann, with Madison and Kyle.





## Moving to the "Older Kids" Class

By Shaun Andrew, 3rd Grade, Igiugig School

We type. We study vocabulary. We do Hyperstudio. In the older kids class we work diligently.

In the older kids class, we have harder work and the older kids get to chew gum. We get comfy chairs and have bigger desks. There is no break, but you get to eat a snack. Tess Hostetter and I stay in the class from 9:00-11:00, but from 10:00-10:15, we get a little break.

However, it is not so fun when it comes to very hard homework because you have to look in books, read, and study. You have to type more on the computer. There are important projects like vocabulary, Hyperstudio, and plays. The high school students get to play 2 sports which are volleyball and basketball. Everyone has many goals each year.

Now, Corey, Tess, and I work on vocabulary a lot more, we type a lot more, and we do Hyperstudio a little bit. We sometimes write newsletter articles now.

In the older kids class we have to work diligently because some of the time Kristin can't help us because she has a lot of students to help. I think that the secondary class is fun, but challenging.

## Elementary Class Action by Tess Hostetter, 4th Grade, Igiugig School

What is all that action going on in Mark's room? In the Elementary class there is lots of learning going on.

The elementary students have cool animals. They got ants from L.A and they are going to get fish in the beginning of November. The fish are coming from Fort Richardson, near Anchorage. We will raise them and then let them go in the lake near Sandy's.

The elementary class has an Elementary Class Fund. The elementary class is trying to get enough

money to go to Naknek for swimming. We also gave the older kids some money to give to Juliet Buribawa so she can go to school. She lives in Uganda.

Here are some of the other fun things the elementary class does. They are finishing a bulletin board of our Alaska timeline and are going to have a sleep over at the school.

The elementary class is very fun because we do fun projects. Maybe you should try visiting their class.

## Changing Classes by Corey Olympic, 6th Grade, Igiugig School

"Hurry up. We have to finish our math problems." In the older kids class we have harder work.

In the secondary class, we also have bigger desks, and comfy chairs. We can chew gum in class, except when we do speeches. Most of the time we do not get a break, like getting to run around in the gym, but I don't care. The secondary students get to travel more and get to go to Alaska Federation of Natives and other events. Shaun and Tess stay in the secondary class from 9:00- 11:00, and I get to stay from 8:30- 1:45. In the class there are six older students.

The students get more homework and have more goals. In the secondary class, we also type more on the computer. The secondary students have more projects to do, and play more sports, like volleyball, and basketball.

Tess, Shaun, and I also get to write newsletter articles like the one I am writing right now. I wrote five essays the whole time I have been in the secondary class.

I like being in the secondary class because we learn more about subjects that you never knew before.



## Letter Writing

Here are three letters Gregory, Camille and Sharolynn wrote to Joseph, a student from Egegik. Egegik's school project was to write letters to other schools in the district and hope for a reply. We replied and in doing so worked on writing and technology standards.

Hi Joseph,  
My name is Camille and I am five years old. My birthday is October 11. I have a sister. Her name is Madison. She is a baby she can almost stand up all by herself and she is not even one. Her birthday is October 5. My birthday will be 6 more after her birthday. I was born in 1999. I have some friends and they are fun to play with. Their names are Dolly Ann and Fewnia Zharoff, and Tatyana Zackar. Do you have any brothers or sisters? I have two brothers and their names are Shaun and Kyle. I only have one sister. Dolly Ann and Fewnia are

sisters. My best friend is Dolly Ann. My second best friend is Fewnia. She talks quietly. My last friend is Tatyana. She always likes to play with me. She is the tallest. Have you ever been to Igiugig? It is small but it is fun. I think I know everybody here in Igiugig. My little sister is probably the youngest. I have lots of fun with my friends. Yesterday I played out with one of my friends.

Hope to hear from you soon,  
- Camille Andrew  
1st Grade, Igiugig School

Dear Joseph,  
My name is Sharolynn and I'm in 5<sup>th</sup> grade. My teacher is Mark. Mark is very funny. My friend's name is Tess. Tess is really fun to play with. Last summer Tess and my family went to Egg Island. We found almost one hundred eggs. Tess lost her hat there and this summer we found it again. In winter we go towing. When we go towing we use a sled and the Honda. Then Alicia, my sister, and I call Tess and then we go towing. When we go towing, if we fall, then it's another person's turn. Sometimes we go and visit my Grandma Sharon, Uncle Billy, Uncle Jeff, and Aunt Clara. Clara is 10 years old like me. They are very fun to play with. In the fall Tess and I go play in our fort. We rake the leaves and make play things. In the spring we help my mom with her gardening. We put all the seeds in the ground and in a week they grow. Then we go swimming.

Please write back!  
- Sharolynn Kristene Zackar  
5th Grade, Igiugig School

Hi Joseph,  
My name is Gregory I am 7 years old. How old are you? My birthday day is on July first. I like to play basketball and monster maze. I like to run. I like to exercise and I like to fish. I like to play baseball. I like to eat vegetables and ice cream. I play outside a lot. I like to read and I like to ride my bike. I only have one friend. His name is Shaun.  
Hope to hear from you soon!  
- Gregory Zackar, Jr.  
2nd Grade, Igiugig School



## GARDENERS GOODIES

### NOVEMBER garden activities:

- ❑ Early NOVEMBER – Take a look at those houseplants. If you brought any flowerpots in from outdoors, pests may have come in too. Make sure that all the plants in your house are free of insects.
- ❑ NOVEMBER – Put gardening tools—shovels, rakes, trowels, etc.—in a dry shed and out of the way so they won't get moved around while people are looking for other equipment through the winter. If you have some tools that tend to rust use a paper towel to spread some vegetable oil over the metal parts.
  - ❑ NOVEMBER— Sharpen your shovel – If you had a hard time digging last summer consider that a sharper shovel will cut through the sod much more easily.
  - ❑ NOVEMBER – Consider your winter decorations. Remember all those pinecones that made the trees look almost rust colored through the summer. Plan ways to use them in wreaths and other holiday décor. Without needles, the decorations made with cones will last for many months. Cardboard, hot-glue, some 2"-3" wide ribbon, and cones are all the raw materials you need to make beautiful wreaths for your own use or as fund-raising projects.
  - ❑ NOVEMBER – Take lots of walks in the crispy winter weather and enjoy the leafless branches of the winter garden.



Enjoy the season before the temperatures become **bitingly cold**.

- ❑ Late NOVEMBER/Early DECEMBER – Buy bulbs for forcing. Some grow very rapidly like the narcissus and make very beautiful flowers for your holiday decoration. Others like the amaryllis take longer to get to flower, but are very large, **showy and will be very cheerful** for the winter months later on.
- ❑ Start stacking up those garden supply and seed catalogs for browsing mid-winter as you plan for the next year.

### **REMEMBER those 5R's**

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

*Winter is the time when the earth recycles itself, cover bare ground with partially finished compost. This will protect the soil and add nutrients to the area for next summer's plants.*

### ANSWERS TO WORD BUILDING GAME on page 6

PEP, PEA, PAD, ADE, ADS, APE, ASP, SEA, SPA, SAD, SAP, PEPS, PEAS, PADS, APED, APES, APSE, SPED, SPADE, SAPPED



# Bits 'n Pieces



U.S. Fish and Wildlife Service  
Bureau of Land Management  
National Park Service  
Bureau of Indian Affairs

## Federal Subsistence Board

## News Release



*For Immediate Release:*  
October 26, 2005

*Contact: Maureen Clark*  
(800) 478-1456 or (907) 786-3953  
Maureen\_Clark@fws.gov

### **Caribou Hunting Season Closed in Units 9C Remainder and Unit 9E**

The Federal Subsistence Board has closed the winter subsistence caribou hunting season on Federal lands in Units 9C Remainder and Unit 9E on the Alaska Peninsula, effective Nov. 1, 2005. No Federal registration permits will be issued.

The Northern Alaska Peninsula Caribou Herd has declined since 1984, from a peak population of 20,000 caribou to an estimated 1,200 caribou in 2005. This drastic population decline represents a conservation concern. The Alaska Department of Fish and Game also has announced that it will not issue Tier II permits for this hunt.

The exact reasons for the decline of the Northern Alaska Peninsula Caribou Herd are unknown, but are believed to be related to nutritional stress in the herd due to over-grazing of the range south of the Naknek River, disease, predation and poor habitat conditions throughout their entire range.

For additional information, please contact Laura Greffenius with the Federal Office of Subsistence Management at (800) 478-1456 or (907) 786-3872. Additional information on the Federal Subsistence Management Program can be found at <http://alaska.fws.gov/asm/home.html>.

*AFN (Continued from page 3)*

against the Pebble Mine Project.

On the first day we were in Fairbanks, Wacker forgot to turn the lights off in the van while we were at Pioneer Land watching the short films, and the battery ran out. So, we waited for about an hour before we could leave. And, the first time we went to Fred Meyer, we got to the hotel after half an hour of shopping, when a few minutes later, Colette came in all red and cold, telling us that we left her. Wacker's fault, again - he forgot to count and see if all of us were there.

Fairbanks is really tiny compared to Anchorage. We went to the Bentley mall on Tuesday evening; you can walk from one side of the mall to the next in two minutes... (about). One thing I didn't like was being

15...I was rejected from watching 'Waiting' at the movie theater, and I couldn't buy the movie I wanted at Wal-Mart.

On Tuesday night, there was a dance at Pioneer Land. There were live performances by Alaska Young-taz and many songs blasted on the stereo equipment. All of us danced except Marty and David and our chaperones. By the end of the night, we were all tired. At about 11:00 at night, Wacker decided he would show us the Alaska Pipeline. When we got there, we took our picture in front of it and we continued to drive off, none of us knowing where we were going.

My time in Fairbanks was totally well spent! I got to meet new people and see old friends. I would recommend that everybody go to AFN - it was a blast and you will learn a lot!



# Iliamna Lake Contractors Update

## Personnel Update

Iliamna Lake Contractors would like to welcome Steve Smith, Professional Land Surveyor back on board. Steve brings with him an extensive background in Land Surveying. We would also like to welcome Julie Neff. Julie will be taking the place of Jamie Wheatley as office administrator. Julie comes to us with an extensive background in Construction Accounting.

## Project Updates

- ILC has been awarded the subcontract by Dowland Construction, Inc for the Kokhanok Health Clinic site work. We look forward to working closely with Dowland Construction on this upcoming project.
- ILC is working with Kokhanok, and hopefully some of the other villages around the Lake to create a road and transportation consortium which will further the transportation needs of the villages and our region as a whole. ILC is very excited about the possibilities for Igiugig.
- We have been working closely with Mike Rhoads of the US Air Force on finishing out the Big Mountain Phase 3 POL remediation.

## Upcoming Events

Dan, Helene and Walton will be attending:

- The BIA Providers Conference November 28<sup>th</sup>—December 2nd at the Egan Center. ILC plans to have a booth at the conference in order to foster business relationships with other villages for design, construction, and other services performed by ILC.
- Associated General Contractors Annual Meeting November 9<sup>th</sup> - November 12<sup>th</sup> at the Captain Cook Hotel.

Iliamna Lake Contractors will be starting an intern program for interested young men or women from Igiugig to work with us in our offices. The focus of this internship will cover all aspects of construction, payroll, and financial management. We will keep you posted on the details of this opportunity!!!

## Good-bye...

I would like to take a moment to thank the Village of Igiugig and Iliamna Lake Contractors for giving me the opportunity to work for you for 3 ½ wonderful years. It gave me great pleasure to meet all of you when I visited Igiugig this past February. My family and I will be relocating to Fairbanks in January. At the end of October I will be passing the accounting torch to Julie Neff in Homer. Julie has an extensive accounting background in the construction industry as well as general accounting.

Thank you, Jamie Wheatley





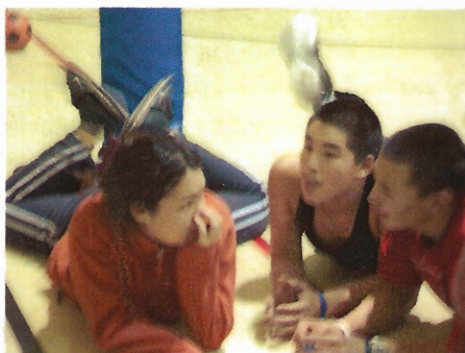
The Pedro Bay Chiefs: Kiska, Bianca, Val, and Beka



To show school spirit, the entire school wore the old "flaming stars" jerseys.



Mike and Dallia posing with their granddaughter, Madison.



Mary, Dawsey, and Jon discuss which book is the correct one in the recent Battle Book competition.



The primary class combined their Battle Books teams to win the second school competition.



Val hits the ball back to the No-see-ums.



Annie helps coach the 5th/6th grade BoB team: Corey and Sharolynn.



The 8th graders frantically try to come up with the right book before the 30 seconds expire.

*Many thanks to*  
**Brian Kraft of Alaska Sportsmans Lodge**  
 for covering the freight of Igiugig Village Council's new  
 Color LaserJet Printer.



# WALK TO BE FIT

Total Village Mileage through September is 56,439

## Cancer Everywhere?

*If you get the feeling that there are lots of people you know with cancer lately, you are right. According to a recent article in November 2005, Prevention Magazine "3 in 4 American families have experienced cancer or will in the future. Or look in the mirror: you have a 1 in 2 chance of developing some type of cancer in your lifetime."*

Taking this personally, that means in a room of 20 people, 10 of us will eventually get some sort of cancer during our lifetime.

These statistics in themselves are scary; however, there are many factors that play into which person it will be. On top of that the good news is that nationwide, 75% of children with cancer will survive it, and over 60% of adults will be able to recover. While this is encouraging, it's still much better to do things to avoid becoming a cancer patient in the first place.

Genetics is one thing that we can't control. But, if cancer runs in your family and you are more predisposed to get it than other people, there are many things you can do to avoid ending up with the disease. The following suggestions are especially for high risk people, but are good for all of us to follow.

## Preventive measures:

### EARLY DETECTION

1. Health screenings by your doctor such as colonoscopies, mammograms, MRI, and blood tests.
2. Self exams for lumps, pains or changes in your skin
3. Pay attention to pain and bloating

### ACTIVITIES - Sweat 30-minutes daily

1. Dance
2. Shoot hoops
3. Run
4. Walk
5. Lift weights
6. Clean house

### FOODS – good:

1. Oranges
2. Broccoli
3. Decaffeinated coffee
4. Bananas
5. Garlic

6. Tomato sauce

### FOODS – bad:

1. DON'T eat white bread (stick to whole grain)
2. SKIP wieners, sausages and other processed meat.
3. DON'T char foods when grilling

### OTHER

1. Spend 10 to 15 minutes in the sun each day.
2. Choose a doctor with lots of experience.
3. Drop 10 pounds (if you are overweight).
4. View your future chance of getting 12 types of cancer by going to:  
[www.yourdiseaserisk.harvard.edu](http://www.yourdiseaserisk.harvard.edu)
5. Stay away from smoke, your own or that of others around you.
6. Avoid environmental pollutants in your home, food, air or water

## MAKE A POSITIVE CHANGE TODAY

*Use just Two of the above suggestions each Month during the coming Year and you will have added all of them to your collection of healthy behaviors before the end of 2006!*



## Igiugig Tribal Village Council

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## Weather Watch

October 2005

Highest Wind Speed . . . 52 mph

Average Wind Speed . . . 8.8 mph

Dominant Wind Direction . . . SSW

Highest Temperature . . . 52.2°F

Lowest Temperature . . . 10.5°F

Below Freezing . . . 19 days

Below Zero . . . 0 days

Precipitation . . . 1.13 inches

## Recipe Corner: *Almond-Crunch Pumpkin Pie*

- 1 Single-Crust Pie (see below)
- 1/4 cup finely chopped almonds or pecans
- 1/4 cup packed brown sugar
- 2 tablespoons butter (no substitutes), softened
- 1 teaspoon finely shredded orange peel
- 2 eggs, beaten
- 1 15-ounce can pumpkin (1-3/4 cups)
- 3/4 cup packed brown sugar
- 1 tablespoon all-purpose flour
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 12-ounce can evaporated milk (1-1/2 cups) or 1-1/2 cups half-and-half or light cream
- Whipped cream (optional)

### Directions

1. Prepare and roll out Pastry for Single-Crust Pie as directed. Line a 9-inch pie plate with pastry. Trim and flute edge of pastry. Do not prick shell. Line pastry with a double thickness of foil. Bake pastry shell in a 450 degree F oven for 8 minutes. Remove foil.
2. For praline layer, in a small mixing bowl stir together almonds, 1/4 cup brown sugar, butter, and orange peel. Spoon mixture into the hot, partially baked pastry shell, spreading it over the bottom as butter melts. Bake for 5 to 6 minutes more or until shell is set and dry and praline is bubbly.
3. For filling, combine eggs, pumpkin, 3/4 cup brown sugar,

flour, cinnamon, nutmeg, and ginger. Gradually stir in the evaporated milk. Mix well.

Reduce oven temperature to 375 degrees. Place partially baked pastry shell on the oven rack. Pour pumpkin filling into the pastry shell. To prevent over browning, cover edge of pie with foil. Bake 25 minutes. Remove foil. Bake 20 to 25 minutes more or until a knife inserted near center comes out clean. Cool on a wire rack before serving. Refrigerate within 2 hours; add cover for longer storage. If desired, serve with whipped cream. Makes 8 servings.

**Make-Ahead Tip:** Up to seven days ahead, prepare pastry. Roll the pastry and fit into pie plate. Place in freezer bag; seal, label and freeze. Thaw at room temperature before using. Pastry may also be refrigerated for up to three days.

**PASTRY FOR SINGLE-CRUST PIE:** Prepare pastry. On a lightly floured surface, use your hands to slightly flatten dough. Roll dough from center to edges into a circle about 12 inches in diameter. To transfer pastry, wrap it around the rolling pin. Unroll pastry into a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim pastry to 1/2-inch beyond edge of pie plate. Fold under extra pastry. Crimp edge as desired. Do not prick pastry. Bake as directed in individual recipes. Makes 8 servings.

