

Igiugig News & Notes

Igiugig Tribal Village Council

April 2006

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School Board Meeting

By Jeremy Salmon, 8th Grade, Igiugig School

Shyly, the students showed the School Board Members around the school, the younger kids trying to talk quietly so the members wouldn't hear them. On March 17th, Igiugig hosted the monthly LPSD School Board Meeting and afterwards, the students showed their iDida-Movies and Native danced for them.

When the School Board Members first came, the students brought their bags up to the library. Two students, one from the older students' class and one from the elementary class, were assigned to a member of the school board and had to provide them a tour of the school. Next, they showed them around our small school while some of the younger students talked quietly or tried to hide because they were shy. When they were all done, the kids went back to their classrooms and the School Board Meeting started.

At the meeting, some villagers showed up, like Willy Nickoli, Ida Nelson, Julie Salmon, Greg and Renae Zackar, Betsy Hostetter, and Mary Olympic. When the meeting started, Mary Hostetter gave a speech about the Juneau CloseUp and Jon Salmon gave a speech about D.C. CloseUp. Then, Tanya Salmon talked about college, and gave us some advice on what to do to prepare us for when we go. After the meeting, the school held a barbeque lunch.

At the lunch, which the secondary class was responsible for preparing, there were cheeseburgers, some desserts the villagers made, berries, and other delicious foods. It was all marvelous, and I thought the lunch went well.

After lunch, the kids showed the

(Continued on page 2)

D.C. Close Up by Jon Salmon, 11th Grade, Igiugig School



The five man basketball tournament was exciting and tired out all of the players, but some of us still had to get ready for the big trip afterwards. Mark Battaion, the elementary teacher here in Igiugig, Bianca Jensen, a student from Pedro Bay, and myself left from Kokhanok and flew to D.C. for Close Up on February 24th. This program allows students from around the U.S. to visit the capital and experience a week of intense government learning. There were eleven

(Continued on page 10)

Inside this issue:

Jr. High AA Meet	2
Pancake Breakfast	3
Basketball	3
Library/Computer	4
Bits 'n Pieces	5
Elementary Class	6
In Service Break	6
Lynx's House	7
Kokhanok Carnival	7
Fire Safety	8
Gardeners Goodies	8
Juneau CloseUp	9
Slow and Steady	9
Word Building	11
Lynx and Lion	11
Metabolism	12
WTBF	13
Weather Watch	14
Recipe Corner	14

Birthdays this month

- April 14
Renae Zackar
- April 23
Mike Andrew, Sr.
- April 27
Randy Alvarez

SCHOOL BOARD MEETING *(Continued from page 1)*

high school's iDidaMovie, which was about the hairy man. Then they presented the middle school movie, which was about the Iliamna Lake Monster. Everyone liked them, and I thought they were excellent also. After showing the two movies, the kids took down the projector, and prepared for Native dancing.

When the kids were all ready, they began dancing. They started off with "The Blessing Song", then "Nighttime", and finished with "Reindeer Love Song". The Blessing and Nighttime songs went well, but some of the words were mixed up or sung differently in the "Reindeer Love Song." Besides that, the rest of the dancing went fine.

The presentations were swell, but maybe next time we can practice Native dancing more so we know how to sing the words and teach the younger students how to dance. I would also like to thank the village for attending the meeting and for helping out with the lunch.



Jr. High AA Meet

By April Hostetter, 8th Grade, Igiugig School

The Jr. High AA (Academic Athletic) Meet was held March 20th to March 23rd in Bristol Bay. All the students were put into four different groups: red, green, yellow, and purple. The activities started Tuesday morning when red and purple went swimming for three hours while yellow and green learned about leadership skills, Native dancing, and tobacco/alcohol. After that, lunch was from 11:30 to 12:30. Then the teams switched, so that the yellow and green groups went swimming while red and purple worked on different workshops.

On Tuesday, we participated in NYO (Native Youth Olympics). There was the seal hop, stick pull, wrist carry, Alaskan high kick, one foot high kick, and the two foot high kick. Everybody had to participate in the seal hop, but most of the people stopped after a couple of inches. Freddie Wassillie and Robert Clay won the stick pull. Matthew Askoak and Jamie O'Domin were the last two to finish the one-foot high kick.

Earl Polk talked to us on Wednesday about new issues that affect our generation, like alcohol and drugs. He also talked about how his grandpa had told him things that would happen in the future. He brought his own "steam" which was a tent with water boiling over a few hot plates.

A lot of the talents in the Talent Show were great most of them were humorous skits, and different Native dances. One person played the guitar, one person recited a poem, and another tried to play the accordion... but said "Okay, I quit" and walked off the stage. Jeremy, Alicia, and I showed our iDidaMovie about the Iliamna Lake monster.

While we were there, we also worked on team building and leadership. The first day we had the Great Egg drop, but only seven eggs survived the eight foot drop. Sadly, my group's egg was crushed the moment it hit the floor. Another day we took part in a balloon train where we had to walk all over the school with balloons between our bodies, and we couldn't touch the other people or the balloon with our hands. We also learned about communication, consensus, body language, motivation, and team work, during our leadership class.

Going to the Jr. High AA meet was a great experience and I look forward to going to the high school AA meet next year.

Pancake Breakfast

By Dawsey Apokedak, 11th Grade, Igiugig School

On March 25, 2006 the Igiugig Student Government held a pancake breakfast for the community. This year's pancake breakfast was not as hectic as last year's where everyone was running around like chickens with their heads chopped off. This time, we were more organized and because there weren't as many people, there wasn't any rushing around the school.

First of all, we arrived at the school. Well, three of us did anyway. It was eight o'clock in the morning, and Jon was still sleeping and Alicia came late. So Jeremy, April, and I waited until they arrived to get started on the breakfast. Once we were all there, we set up the tables and chairs around the gym.

We pulled everything from the freezers, put them on the counter, and everyone washed their hands to get ready for the breakfast. We had to first make the batter for the pancakes, then separate the bacon/sausages onto the frying pan, and remove the plastic wrap from the frozen bananas.

Then, there was Jeremy cooking the bacon/sausages, April and Alicia were burning the pancakes while Jon and I were making the delicious eggs, after I was done with the smoothies. There was plenty of time, so we started to setup the utensils, butter, and syrup.

After all the food was done and set out on the tables, the people started to arrive. The breakfast was like a buffet, you just had to pay for one person and it was all you could eat. There weren't too many people who came to the breakfast, so we made just enough for the student government to break even. When everyone was full and had gone home, the students started to clean up the gym for later use. When the gym, kitchen, and dishes were clean, the students were free to go home. I think that we should have waited until everyone in the village was here to have the breakfast because there were only 15-20 people present. However, there was still a lot of excitement and I hope we can do it again.



Basketball Tournament

By Corey Olympic, 6th Grade, Igiugig school

Go Igi -Bay Go! Go! Go! At the basketball tournament on February 22nd -24th we came in fifth place. The tournament took place in Kokhanok with seven games, and the champion was Newhalen.

In Kokhanok there were eight teams. They were Newhalen, Kokhanok, Port Alsworth, Perryville, Igi-Bay, Chignik Lake, Nondalton, and Port Heiden. The first day, Newhalen, Igi-Bay, Perryville, and Kokhanok played. The second day all the teams played. The last day Newhalen, Kokhanok, Port Heiden, Perryville, and Chignik Lake played. Igi -Bay played their first two games against Newhalen then Port Heiden. The last game they played was against Chignik Lake. Igi-Bay lost against Newhalen, but won against Port Heiden, and beat Chignik Lake by three points to finish in fifth place.

One of the games I remember is the one we played against Port Heiden. At the beginning Igi-Bay was leading by between two and ten points. Then, in the second quarter, we were leading by sixteen points, but Port Heiden began creeping up and stealing the ball in the third quarter. That was in the third quarter though, and in the fourth quarter, Port Heiden started to fall way behind and lost.

On the last day of the basketball tournament, Newhalen won the championship against the Kokhanok Warlords. At the beginning it was a close game, but at the end Newhalen won by about twenty points.

I wish the games were longer and there were more teams. I had fun at the basketball tournament because at half time I got to shoot around. The next time there is a basketball tournament it should be like the one at Kokhanok, but it should be here in Igiugig.





Library/Computer Lab News

April Fools Day! Happy Easter! Happy Earth Day! So many things to celebrate this month! We also have “Book Buddies” every Friday, from 10 a.m. to 10:20 a.m. Come and enjoy the fun! Our children love us to visit them in THEIR school and listen to them READ a book to us! It gives them a boost of confidence! Thank you Greg, Willie, Lydia, Mary O, Dave, Bernadette and Betsy for showing up in the first weeks! It has brightened our young readers day!



Easy Fiction

ABC Easter Bunny by Ida DeLage

“A- April- It is April. It is spring. It is almost Easter time!”

FICTION

How will the Easter Bunny Know? by Kay Winters

“Mike, who will be spending Easter at his grandmother’s apartment, worries that the Easter Bunny will not know where to find him.”

Nonfiction

Kids’ Money Book by Neale S. Godfrey

“Money- you know all about it. Or do you?”

Alaska Nonfiction

The Whale and the Super Computer by Charles Wohlforth

“Climate change isn’t an abstraction in the far North; it is a reality that has dramatically altered daily life.”

DVD

Rabbit - Proof Fence - Based on a true story

“Is the powerful true story of hope and survival, and had been met with international acclaim!”

INTERESTING WEBSITES OF THE MONTH

<http://sled.alaska.edu/databases>

Are you frustrated not finding a manual for that 1985 Ford Explorer? Do you want to read newspapers dated in the 1990s? This site may be what you are looking for. Passwords are available at the library if you want to view this site.

<http://www.boats.com>

Looking for a boat? Tired of looking in last month newspapers classified section? This has many options; do you want to buy or sell a boat? Need a boat motor? Check this site out as you get ready for spring!

Bits 'n Pieces

Camping and outdoor sports will soon be in full swing again with the coming of warmer weather. Along with the warmth come pesky little bugs. If you've ever thought of screening out the little critters www.campmor.com is the website to visit.



Rectangular Mosquito Nets - Double

Item Number: 86663



Ht. x Width x Lgth: 59 in. x 63 in. x 78 in., Pack Size: 5 in. x 9 in., Wt.: 7oz.

Nets are made of polyester mesh and hang from 4-6 suspension points (rope not included). For indoor or outdoor use. Color: White

BUY ITEM

Price: **\$13.99**

QTY: [ADD TO CART](#)

MORE GEAR HERE!

- [View all Bug-Free Sleeping](#)
- [View all Insect Deterrents](#)
- [View all Men's Bug Protection Clothing](#)
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- [View all Climbing Gear Glacier Glasses](#)
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Consider These:

- [Rectangular Mosquito Nets - Single](#)
Item No. 86662
\$9.99
- [Travellers Mosquito Net](#)
Item No. 86661
\$39.99
- [Bedroom Mosquito Bed Net - Single](#)
Item No. 41110
\$29.99
- [Bedroom Mosquito Bed Net - Large](#)
Item No. 41109

Beyond bug deterrents, this website is full of great deals on camping items of every sort. They also have sporting equipment for activities ranging from biking, hiking and mountain climbing to great swim accessories and sunglasses for your favorite beach activity. Of course all the special clothing that you might need for any given activity is also part of their listings.

Check out this site and visit the "hot deals" tab often and you just may be lucky enough to get just what you need at a hugely reduced price.

What's Happening in the Elementary Class?

By Tess Hostetter, 4th Grade, Igiugig School

The elementary class screamed like a coyote in the dark because they were having so much fun. Do you know what the elementary class is doing? I will tell you.

Let's start off with the projects. We are learning about gravity, Isaac Newton, and are doing some of Isaac Newton's experiments. We are also going to dissect frogs! The elementary is also going to plant strawberries.

The elementary class and Kristin's class are getting ready for Igiugig's carnival. Almost everyone in our village goes to our carnival. Sharolynn is with Jeremy making posters. Shaun is with April and they're working on prizes. Tess is with Alicia and they are working on the book fair. Mary is doing booths with Camille. Dawsey is with Corey and they are working on concessions. Jon is with Gregory and they're finding volunteers. 'R' carnival has booths, concessions, cake walks, door prizes, and this year we are going to have the book fair at the same time.

The animals in Igiugig School are the fish and ants. On March 30, 2006, we are going to release the fish in Sandy's lake. The fish that we put in Sandy's lake two years ago are probably going to eat the ones we are going to put in Sandy's lake today. Most of the ants are dead, but they lasted longer than they were supposed to, and we are probably going to get more ants.

Maybe you will want to come to help release to fish, or even go to the carnival. It was fun to tell you what the elementary is doing.

In-Service Break

By Shaun Andrew, 3rd Grade, Igiugig School

Gregory asked Shaun, "What happened during in-service?"

"I know!" Shaun said. "Most people in Igiugig went to Kokhanok carnival, but my family stayed home."

What did I do during in-service break? After school I played out with my best friend Gregory Zackar till 4:30. The next day, I stayed home and played my PSP. Later I ate dinner, had a delicious dessert, watched television, and went to bed. After I woke up the next morning and had breakfast I watched television and later played my PSP. I played basketball with my hoop and Kyle's little basketball. Then I played on the computer for about 15 minutes. After awhile I played with my little brother Kyle. Most of the days were the same and some were different.

Who stayed and what did they do during in-service? The people that stayed were Shaun, Camille, Kyle, Madison, Michael, and Bernadette Andrew, Dan Salmon, and Gabe Gust. Also, our teachers Mark and Kristin, came back from in-service Friday afternoon. Usually the people who stayed in Igiugig just stayed in their houses and watched television, played outside, or did housework. My parents did housework and Camille, Kyle, Madison, and I watched television and cleaned our rooms. My younger sister Camille was bored because her friends weren't in Igiugig and we couldn't go to the Kokhanok Carnival.

I think in-service break was boring because I had nobody to play outside with. Next year I hope that more people stay in Igiugig.

When Lynx and Tiger Went to Lynx's Home

A fable by Sharolynn Kristene Zackar, 5th Grade, Igiugig School

Once there was a Lynx and a Tiger. One day the Lynx said, "Let's go to my home in Igiugig, Alaska!" Then they went to a hole in the ice because they wanted to catch fish for their journey to Igiugig. Crash! Tiger fell in the ice cold water and Lynx helped him out. "Are you o.k.?" said Lynx. "Yes" uttered Tiger. Then Lynx remarked, "Do you want to play hide and go seek?" "Yes!" Tiger declared. Then Lynx ran into a bear. Lynx shouted, "Help!" Tiger came running and roared fiercely that he scares the big black bear away. After that they finely got to Lynx's home in Igiugig.

Moral of the Story:

Helping a friend earns a helping friend!

Kokhanok Carnival

By Alicia Zackar, 8th Grade, Igiugig School

Mirror, mirror on the wall, which game is the most fun of all? At the Kokhanok carnival, there were many games to play and many games to watch.

On Friday, we got to go to the fun house, a dance, and my parents went to bingo. At the fun house, there were bean-bag games, a fishing game, bowling, and a game where you had to knock over bottles. Out of these games, my siblings said the fishing game was the most fun. The dance that night was not all that much fun because almost nobody was there, but there were a lot of kids with glowing sticks. They held the Eskimo bingo for preschool through first grade that night. The Eskimo bingo that night was not fun because most of the really tiny kids were with their parents at home or somewhere else other than the school.

On Saturday, it was almost like Friday except that there was a coffee can race. When we went to the fun house we all wished there were more games, but there were good prizes. Again all the kids were at the bingo hall because the fun house was not that much fun. When there was nothing to do, they held the coffee can race. A coffee can race is where an age group of kids run to get as many cans as possible and open them up and see how much money they got from the can. That was enjoyable because I got to see everyone running for a can and sometimes stealing it from another person to get more money. Right after the coffee can races, they held the foot races which were fun because again you got to see people running for money. In this event my forty-nine year old grandma won, but they still had to run once more to see who the real winners were. That night the dance was more fun because more people were there and everyone danced, except for the little kids.

On Sunday, there was bingo, bingo, and more bingo, until later on in the day when we went to the banquet and the dance. While bingo was going on at the old school, I had to stay home and watch my brothers and sisters, with my Grandma Sharon. That day Billy and Gregory started and finished a fortress. The fortress had a lookout and could fit at least seven people! They also finished another fortress they had been working on for a long time, but I didn't get to see that one because I couldn't find them, but Gregory said it was even bigger than the other ones.

While Gregory and Billy were making a fortress, I left to go watch my grandma and aunt run because I wanted to see who won the five hundred dollars. The results were my Gram won and my aunt came in third. Sharon was really happy that she won. At five o'clock we started to head up to the school for the banquet. The banquet was very long and there was a lot to look at because people were raffling off dolls, earrings, stereos, etc. While some people ate their dinner, some got raffle tickets and some sat waiting for people to sell raffle tickets. The dance that night was fun because everyone one danced! They also played snowball and broom dances two or three times.

Out of all the games at the Kokhanok Carnival I think that the banquet and the last dance were the most fun. Staying home and watching Gregory and Billy build a fortress was also kind of fun, but I enjoyed watching people race for money and getting the money afterwards.

FIRE SAFETY CHECK-LIST

Check your batteries: Make sure that your smoke alarms are working properly by pressing and holding the test button for about 5 seconds until it “beeps”. It is recommended that you replace your batteries every six months.

Turn your fire extinguishers upside-down: It is very important to do this so that the chemical inside doesn't get stuck at the bottom. Just turn it upside-down 2 or 3 times every six months.

Practice your escape plan: Make sure that everybody in your household knows what to do in the event of a fire or any emergency situation. You should have a “meeting place” to go to as soon as you are out of the house. It is also a good idea to keep a fire extinguisher in every room in your house, but if you only have one or two make sure to place those near a common exit point (front door, back door, and/or hallway).

Make sure your drawers are safe: A common practice in most households it's to have a “goody drawer” where you would store paper clips, loose alkaline batteries, pens, pencils, paper, etc.; it is very dangerous to have the batteries in such a place because they could come in contact with the paper clips or any metal you were to have in there and this could create a spark by heating the metal just enough to create a small fire and it would spread from there to the rest of the house. The best thing to do is to keep the batteries separate from these elements in a cool dry place.

If you have any questions, comments or concerns please feel free to contact Eudi (Angel) Nuñez, Fire Chief, at the Village Council office. Thanks for helping protect your home and those around you by practicing safety.

GARDENERS GOODIES

APRIL garden activities:

- EARLY APRIL – Are your window sills full of small plants by now? If you are doing tomatoes, peppers, or other long season crops they should be. If cabbage, broccoli and other short season crops are your thing, you still have a bit of time before you really need to be starting them.
- APRIL – Clear out winter debris from the yard and begin bed preparation for the upcoming growing season.
- LATE APRIL – If you have perennials that should be growing back in your flower beds, take a tour of your gardens and look for small leaf crowns beginning to poke through the surface. If you do lots of work for your garden, be sure to mark these small emerging plants with a colorful stick or flag so you won't accidentally ruin them all as you dig, fertilize or otherwise work your beds.

REMEMBER those 5R's

Reduce – Refuse – Reuse – Renew – Recycle

Remember to clean the reused pots before starting seeds in them to avoid mold and other things that can cause damage to your little seedlings.

And what about a 6th R?—Recharge—all those batteries and plastic phone cards that could end up taking landfill space!

Juneau CloseUp by Mary Hostetter, 10th Grade, Igiugig School

After surviving the flight from Anchorage to Juneau, which I thought was scary because of the turbulence, Natalie Sorenson, my chaperone, and I finally got to the Juneau hostel where we would be staying for the next week. Upon our arrival, we met our roommates and found out all we could about what we would be doing the next few days; I was excited. I was at CloseUp and I was ready to learn about our government.

Alaska CloseUp in Juneau is a program where students learn more about their government through hands on activities. I learned about the judicial, executive, and legislative branches. The teachers were a great help; they presented how a bill became a law and acted as senators in our mock sessions.

While in Juneau learning about our government, we visited the Capitol building to see the House session in action. I was surprised at this because they didn't seem to discuss anything thoroughly, but instead discussed topics in Committee Meetings before the House Session took place. We also visited the Governor's Conference Room. Danny DeWitt was there on the first visit and we asked him some questions about the Governor; for example, 'Why is there a salmon on an Alaska Airlines jet?' Mr. DeWitt answered that it advertised our salmon industry, so that other countries would want Alaskan salmon. The second time we visited the Conference Room, our very own Frank Murkowski was available to talk to us for a few minutes. We asked him questions about how he is running the state and what to expect in the future. His answers were long and detailed. One question was asked about the Pebble Mine: "When, if it were to happen, would they begin construction?" The governor replied by saying that we are very far from beginning the Pebble Mine and if it were to happen, it would be far into the future. By the time we were finished, his answers were short and he sounded irritated.

Before we met with our governor, we were at Courtroom 5 where we held a mock trial with a real magistrate and two lawyers who helped us out. I really enjoyed this activity because it helped us understand the judicial process, and some of the witnesses were hilarious and played their parts well.

On Wednesday, we visited the Lemon Creek Prison and Mendenhall Glacier. Visiting Lemon Creek Prison was frightening for me; I hope I never end up in prison, I would have to wear already-been-used-for-many-years clothes and be scared by the voices of some of the officers. Three prisoners talked to us about how they got in prison and how they planned to work to get out. After asking the prisoners questions, we set out for the glacier. It was raining a little, so seeing the glacier was difficult. But, we tried; anyhow, the glacier was just gorgeous despite the rain and fog.

I had the most fun visiting the prison, even though it scared me, and the mock trial. Also, I got to visit my Auntie Martha. We went to see a jazz band performance at the school in Juneau and bid for a chocolate cake made by my auntie's friend (which, when we pooled our money together, we bought for \$115). I had a lot of fun spending time with my auntie and with Natalie; she was a great and entertaining chaperone.

I would recommend Close-Up to everyone. You get to meet new people and see your government in action. I also hope to attend the Washington D.C. CloseUp next year. So to everyone, if you have the opportunity to go to either CloseUp session, do it. It is a great learning experience.

Slow and Steady Wins the Race

A fable by Camille Marie Andrew, 1st Grade, Igiugig School

One day horse's mother, who is really a bear, told her and lion (lion is horse's sister) they had to clean their messy rooms so they stomped up the stairs. Lion went to his room and cleaned it rapidly and hurried down stairs because their mother declared the first one done gets cake and jell-o. Lion remarked, "I am done". Mother mentioned, "I am going to check your room." She opened the door and expressed, "You're not done! You never made your bed and you never vacuumed your rug. Your toys are still out!" Then horse came down stairs and said, "I am done!" Mother went to check and said, "You're done!" She said, "Lion, that's how I want it! Her clothes are put away and her rug is vacuumed." She said, "You may have the cake and jell-o."

Moral of the Story:

You don't have time to do it right the first time, but you have time to do it right the second time.



In front of the Capitol Building.

states represented by 120 students at CloseUp, but Mark, Bianca, and I were the only people from Alaska.

After the butt numbing flight from Anchorage to Washington Dulles International Airport, most of our excitement had waned and we were ready to move around. We were directed by CloseUp staff at the airport to the designated pick up. I was looking for a van or a car, but instead a huge Eyer bus pulled up in front of us. The bus ride became a big joke for all the small schools attending CloseUp because there were only three of us on the fifty passenger bus. All of the teachers and CloseUp students stayed at the Chevy Chase Holiday Inn. There, everybody was split into groups; luckily, Bianca and I were kept together.

While in D.C. we toured famous monuments such as Franklin D. Roosevelt, Abraham Lincoln, Thomas Jefferson, and George Washington. There were memorials for Martin Luther King Jr., World War II, Vietnam War, Korean War Veterans,; museums like the National Air and Space Museum and the Holocaust. We also visited the Library of Congress, National Archives, and the Senate Hart Building where Lisa Murkowski works. Mark, Bianca, and I toured the capitol with Ted Steven's aides, and took our picture with him on the capitol balcony. My two favorite tourist stops were the Korean War Veterans Memorial and the Holocaust Museum. I would have missed Martin Luther's memorial if one of the other

students hadn't pointed it out; nobody had noticed the worn down square on the top of Lincoln's steps.

D.C. wasn't all about touring the sights though; we were busy from 7:30 in the morning until past 10 at night with activities such as workshops, seminars, and presentations. Every morning there was a race after breakfast to see who could catch one of the two elevators to the twelfth floor to meet with our personal instructor (PI). Those who missed out, which often happened to be me, took the stairs. All of the speakers that we listened to were very informative; in one day we listened to a general talk about the necessity of war, and later, a pacifist express his thoughts on where the military budget should be spent. There was also a professional debate between a liberal and conservative about various current issues such as ANWR and the percent of income going to taxes. At night, everybody signed up for different workshops. One that I joined included a debate on whether or not intelligent design should be taught in schools. The debate was in a hot, stuffy room, which didn't help the frustration between two girls who had very different ideas about who was right (many, including me, stayed neutral just in case).

To cool down, Mark would take Bianca and me out for walks to explore D.C. and its sidewalks. Some sidewalks had quotes engraved in the surface, so I shared these with my Alaskan partners. One



At the train station.

read, "The only problem with life is that people grow old too soon, and wise too late." I was the philosopher on life... until they looked down. These walks usually took us meandering without a specific stop in mind. We did visit the Air and Space Museum and the monuments again, which was helpful because no one can see everything in just one passing, or two; it would take months to meticulously study and enjoy D.C. to its fullest. While exploring, we got to enjoy many city engineering delights, like the escalators to the metro which took minutes from top to bottom. While Bianca and I were busy with CloseUp activities,

Mark was able to experience the elevator ride in the Washington Monument.

As you can tell, we had a lot of fun in D.C., but many sights still remain, and that is why I want to go back someday and tour the city again. There are places like Arlington Cemetery, museums, and the Pentagon left to investigate. My gratitude goes to the school district for allowing me to represent Alaska. I recommend all LPSD students apply for CloseUp. And everybody else, you should visit the nation's capital.



Mark, Jon and Bianca in front of the Washington Monument.

WORD BUILDING

Use the following letters to make words in the slots provided.

OVIGFER

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Answers can be found on page 13.

The Lynx and the Lion

A fable by Gregory Zackar, 2nd Grade, Igiugig School

The lion needed to clean her room. The lynx had already cleaned up his room. The lynx came in the room and said, "This room is a mess!" So the lynx helped the lion. Later that day the lion went to lynx's house. Lion knocked on the door. Lynx was doing his homework and he was having problems with $10 + 200$. Lynx asked lion, "Can you help me with my home work?" So the lion help the lynx.

They lived happily ever after.

Moral of the Story:

Helping a friend earns a helping friend.

Boosting Metabolism: 10 Tips That Work

by Susan Woodward for MSN Health & Fitness

Metabolism. Simply put, it's the process by which the body makes and uses energy (calories) for everything from the cellular absorption of nutrients to running a marathon.

Sounds like pretty boring science on paper. Except that knowing *how* to efficiently metabolize calories could translate into a healthier body.

Whether you're trying to lose extra pounds or preparing for the inevitable metabolic slowing that comes with age, here are some surefire ways to boost your metabolism to keep your energy pulsating and your body in shape.

1. **Build lean body mass.** As mentioned above, metabolism slows as we age – by as much as two percent a year! But there is something you can do to counterbalance nature.

“Muscle is the single most important predictor of how well you metabolize your food, how well you burn calories and burn body fat,” insists Shari Lieberman, author of *Dare to Lose*. Strength training with dumbbells or resistance bands at least twice a week is essential to boosting your metabolism. Repeat – *essential*. And here's the really good news: Your metabolism stays pumped for many hours after you finish your workout.

2. **Get moving.** You know the drill, but here's a reminder. At least 30 to 60 minutes of walking, jogging, cycling, swimming or some other form of aerobic exercise a minimum of three times a week is the other half of the exercise equation. “People don't like to hear it but you have *got* to exercise,” says Lieberman.

3. **Eat.** It may sound crazy to those trying to lose weight by severely restricting their daily caloric intake, but the problem with this old school of thought, explains Michigan dietician Julie Beyer, is that it actually slows metabolism. “Every cell of the body is like a flashlight bulb,” she explains. “When our bodies don't get enough food, or fuel, every cell burns less

brightly.” Recent studies show that eating smaller meals every three to four hours aids metabolism and weight loss.

4. **Ditch the sugar.** Of course, you still have to make good choices about *what* you eat. “When you eat sugar you throw your metabolic switch into fat storage mode,”

5. **Don't skip breakfast.** It's a fact that people who eat a healthy breakfast are skinnier than people who don't. And try to think outside the box. A breakfast bowl of vegetables and brown rice is a great way to kick-start your metabolism for the day.

6. **Include hot foods.** If Mexican and Thai are favorites, you're in luck. “Spicy food that has hot peppers in it appears to boost metabolism,” Lieberman says.

7. **Drink green tea.** “There are unhealthy things that can boost your metabolism, like a really strong cup of coffee, or nicotine, but I would never say go have a cigarette!” says Michelle Streif, a personal trainer in Nebraska. Nor overdo it on caffeine, which also has undesirable side effects. Instead, go for green tea, says Lieberman, which is known to stimulate metabolism longer and more effectively than coffee.

8. **Don't forget H2O.** Staying well hydrated is essential to flushing the body of toxic byproducts that are released when fat is burned. Cold water may also give your metabolism at least a small boost because energy is required to heat the body.

9. **Avoid stress.** At all costs. “Stress can actually cause weight gain, particularly around the tummy,” says Lieberman. Why? Because physical and emotional stress activates the release of cortisol, a steroid that slows metabolism.

10. **Sleep.** Research shows that people who don't sleep for seven to eight hours a night are more prone to weight gain. Additionally, we now know that lean muscle is regenerated in the final couple of hours of sleep each night, says Beyer. Which takes you right back to tip number one!



WALK TO BE FIT

Total **V**illage **M**ileage through November is 58,334

What a Day!!! *If you're saying that because it's been way to stressful, then you need to take a break and get some exercise—warming up your muscles as you cool down your mind.*

However if you say that because as you look out it's an awesomely beautiful day, you are on the right track with a positive attitude but you still need to get out and do something physical to boost the positive benefits to your immune system.

Healthy body, healthy mind:

You can picture yourself as a line of dominoes. When you knock over the first one (for example healthy food), it will knock over the next one (poor immunity/sickness), and continue on down the line until every part of you has become less able to do it's best. If we allow our body to go without proper exercise our metabolism level becomes lower and leaves you with a constant need for that afternoon nap. If you want to stay alert, lose weight, or just feel better about life in general, refer to the article featured in this issue "Boosting Metabolism: 10 Tips That Work"

As you go through your day just remember that the things which cause you to have a strong and healthy body are the same things that cause oxygen filled blood to pump through your brain allowing you to have good concentration, coordination, and functioning deductive skills.

Answers to the WORD BUILDING game on page 11:

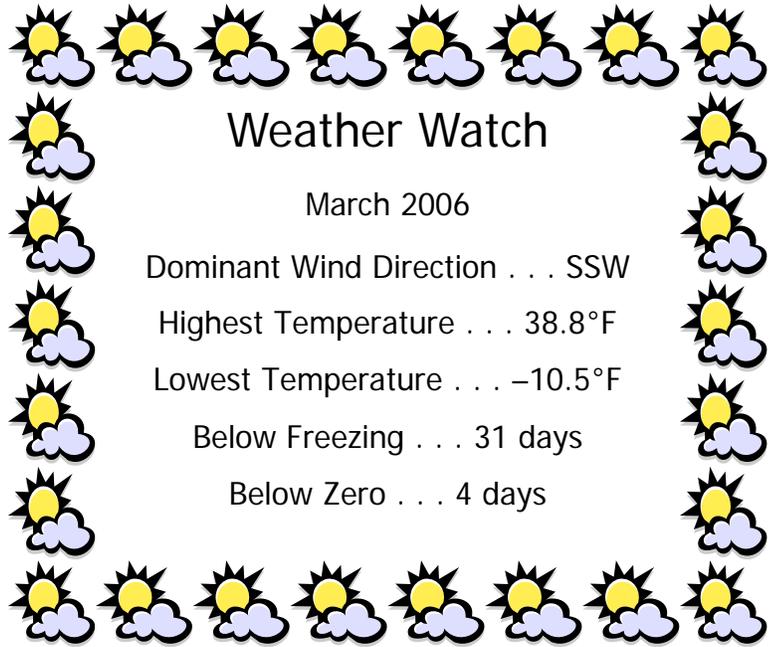
EGO, VIE, REV, RIG, ORE, FIG, FRO, FOG, ERG, IRE, REF, ROE, FIE, FIR, FOE, FOR, ERGO, GORE, RIFE, OVER, FIVE, FROG, GIVE, RIVE, ROVE, OGRE, FIRE, FORE, VIGOR, GIVER, GROVE, GOFER, FORGE, VIREO, GRIEF, FORGIVE

Check out Word Definitions: (from www.dictionary.reference.com)

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Recipe Corner

Peppy's Pita Bread

INGREDIENTS:

- 1 1/8 cups warm water (110 degrees F)
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons active dry yeast

DIRECTIONS:

Place all ingredients in bread pan of your bread machine, select Dough setting and start. When dough has risen long enough, machine will beep.

Turn dough onto a lightly floured surface. Gently

roll and stretch dough into a 12 inch rope. With a sharp knife, divide dough into 8 pieces. Roll each into a smooth ball. With a rolling pin, roll each ball into a 6 to 7 inch circle. Set aside on a lightly floured countertop. cover with a towel. Let pitas rise about 30 minutes until slightly puffy.

Preheat oven to 500 degrees F (260 degrees C). Place 2 or 3 pitas on a wire cake rack. Place cake rack directly on oven rack. Bake pitas 4 to 5 minutes until puffed and tops begin to brown. Remove from oven and immediately place pitas in a sealed brown paper bag or cover them with a damp kitchen towel until soft. Once pitas are softened, either cut in half or split top edge for half or whole pitas. They can be stored in a plastic bag in the refrigerator for several days or in the freezer for 1 or 2 months.