

# Igiugig News & Notes

Igiugig Tribal Village Council

September 2006

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## Summer Reading Club 2006

With the end of summer, Summer Reading Club came to a close. For some reason, Igiugig readers did not fare as well as in past summers. We can't blame it on the fact that our days were sunny and warm like the last few years. This summer was a pretty typical Alaskan summer . . . **rainy**. So what happened? Compared to last year, our 32 members read 651 books and 22,581 pages **less** this summer! We were missing some of our youngest participants and some participants didn't read much or get read too very much.

Participants did read enough to earn a yummy banana split party. Awards were handed out during the Back-to-School meeting (see the chart to the side for winners and participants totals) and then everyone dug into their **delicious banana splits**. Even those who didn't join SRC were able to get one . . . but they had to pay \$5.00.

Let's make a community goal for next summer to get **ALL** of the kids involved in Summer Reading Club 2007 and to **READ** more! Congratulations to those who made their goals this summer!

NAME	books read	pages read
0 to 4		
Aiden	57	1334
Madison	200	4230
Rylee	4	124
☆Kyle☆	200	4855
Simeon	14	422
5 to 8		
Hunter	82	2681
Fewnia	50	1296
Tatyana	24	606
☆Camille☆	100	3581
Dolly Ann	50	1378
Gregory, Jr.	6	330
9 to 18		
☆Shaun☆	32	4099
Tess	18	1573
Spirit	23	822
Sharolynn	5	818
Corey	8	2153
Alicia	10	3117
Jeremy	4	2164
April	6	1603
Angel	1	64
Mary	8	3089
Jon	4	1590
adults		
Bernadette	11	2633
Sandy	1	304
☆Julie☆	17	7075
Betsy	10	5158
Tanya	12	3986
AlexAnna	8	3494
Annie	3	706
Renae	5	1703
Mark	3	916
Kristin	7	2092
<b>TOTAL</b>	<b>983</b>	<b>69996</b>

### Inside this issue:

SFAC	2
ANSWER Camp	3
Science Writing	4
Library/Computer Lab	6
Camille's Summer	7
Word Building	7
ANSWER Camp	8
Gregory's Summer	9
Sharolynn's Summer	9
Gardeners Goodies	10
Environmental News	12
Bits 'n Pieces	12
WTBF	13
Weather Watch	14
Recipe Corner	14

### Birthdays this month

- September 10  
Sandy Alvarez
- September 27  
Angel Alvarez

# Sitka Fine Arts Camp

By April Hostetter, 9th Grade, Igiugig School

Racing down the steps, Tara and I were laughing at ourselves for thinking class was actually over. When we got to the gym, the group was already rehearsing for our performance the next day. This happened during our modern dance class at the Sitka Fine Arts Camp (SFAC) which was a ton of fun. I learned a lot in my classes and met new people.

I went to five classes at SFAC –stretching/conditioning, drawing, beginning ballet, the fundamentals of acting, and modern dance. My favorite classes were drawing and modern dance. Stretching and conditioning was mainly to wake up, relax, and get our bodies ready for the day. The first day in drawing we had to make a contour line drawing of a plant with A LOT of leaves named Mrs. Fizbutt. A contour line drawing is where you never pick up your pencil from the paper. We had to draw Mrs. Fizbutt for the grants that SFAC needed.

In beginning ballet we worked a lot with our legs and on balancing, and I learned some French. In the fundamentals of acting class we learned about voice projection, breathing, and how to be more into character when you are acting. Modern dance was my favorite because we were able to express ourselves through motions.

We also had a couple hours of free time each day when we could go to totem park, downtown, play in the sub, do an activity with the counselors, or just hang out until dinner time. One day was recreational day (rec. day, when there were no classes) and we got to choose to go on a hike, a bike and hike, or kayaking. I went kayaking with my friend Kelly. We were supposed to go to an island to see sea otters and sea lions, but it was too rough for beginner kayakers and some people were getting sea sick, so we had to go back. But it was fun anyway. We got soaked because it was raining and we got splashed a few times.

For the first week, we had art share in the evening, where the counselors, teachers, and staff members performed. The last week was mainly student performances. The staff performed mime, half mask, reader's theatre, and salsa and swing dancing. The students had salsa and swing dance, modern dance, Shakespeare, mime, and vocal performances. There was an all camp choir that also performed at the end of the camp and we had to sing "Halleluyan" and "Shut De Do." I performed with the modern dance group and the all camp choir.

I loved going to the Sitka fine arts camp, and hopefully this year or next year I will go again. I would like to thank the Igiugig Village Council for helping me get to Sitka and paying for my classes. THANK YOU SO MUCH!

# ANSWER Camp

By Alicia Zackar, 9<sup>th</sup> Grade, Igiugig School



Alicia holding a star fish.

Jeremy and I walked as fast as we could towards the jail in King Salmon to get my I.D. and then tried to get the lady who was running the place to hurry up or else we might have missed our plane. We rushed back to the airport, but we had to wait for a whole hour after we got there! That is what we had to do to get ready for ANSWER (Alaska Native Student Wisdom Enrichment Retreat) camp. The biggest part of my summer was ANSWER Camp (which was mostly about school) and that is what I will be writing about.

For two weeks during the summer we had school at ANSWER camp. During class we had to study how traditional methods of putting up fish work. We had to do three main assignments which were the Petri film experiment, the cabbage juice experiment, and creat-



Alicia sure didn't leave much fish on that backbone!

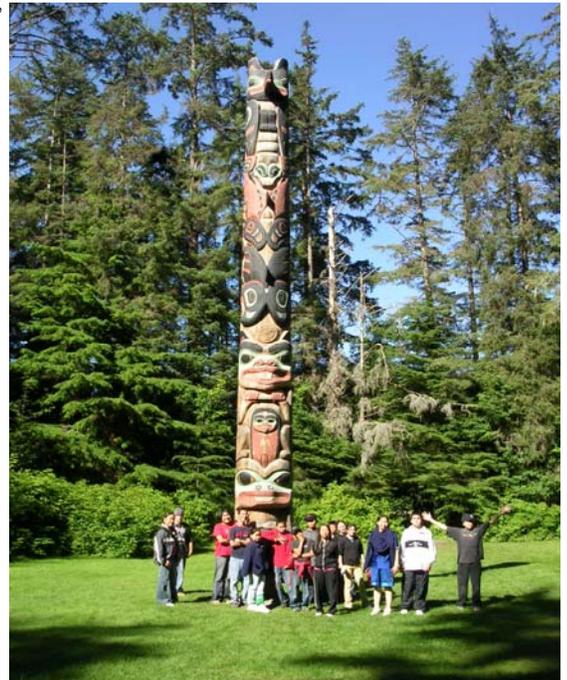
ing a solution for the ANSWER camp question. In the Petri film experiment, we had to get some samples and wipe them on the Petri film without touching the film with our fingers. With the cabbage juice experiments, we had to put cabbage juice into different kinds of water. The purpose was to teach us how to follow the scientific process and follow directions.

Then we had to do the biggest experiment which was writing a newspaper with our CLGs (Cooperative Learning Groups.) First, we started brainstorming about the ANSWER camp question, "why do traditional methods of putting up fish work?" We asked if smoked or dried dog salmon lost more mass. In the end the smoked salmon lost more mass, showing us that if you have a lot of fish to put up and only a little bit of time, you should smoke them to make the process go faster.

During ANSWER Camp we also had a lot of time for fun. After we were done with the long hard seven and a half hours of class, we got to go with our counselors and play some games. My favorite game was Switcharoo where one person was in the middle and all the other kids were on the outside. The person who was in the middle said something that they liked and all the other people who liked the same thing would run to another place. Every night we got to go to the pool, have cultural night, or go hiking. Mostly I went in the pool, but cultural night was fun too.

During ANSWER Camp I also got to go and visit my family. First I got to see my grandma Harriet who took me to go see Stephanie and her four kids. Her kids' names are Kalahee, Kylee, Braden, and Brandon. Braden and Brandon

*(Continued on page 10)*



They sure look little next to the totem pole.

## *Science Writing in the Heart of Igiugig* by Kristin Hathhorn

Mark and I were inspired by a course we took over the summer (*Science Writing in the Heart of Denali*) to create a nature-based writing unit for Igiugig School. During the first week of school, we set aside a couple of hours each afternoon to take our students outside, observe their natural surroundings through scientific eyes, and then complete short writing assignments. For most assignments, older students were paired with those younger. Here is a smattering of their accomplishments:

### *Speculation of Igiugig 20 years from now...*

In twenty years I believe Igiugig will have grown to the size of Iliamna and will have paved roads. There will be more houses and fewer trees because they will need more space for construction. There will also be fewer animals because more people will hunt for food which might cause some animals to become extinct. Also, the mine will offer lots of jobs, attract more people to Alaska, and will destroy a big chunk of nature. The air will become polluted from all the vehicles driving around.

*By Jeremy Salmon, age 14*

I think Igiugig will either grow in population or become a ghost town. If it grows, we will have a bigger school, probably a dock near the lake and river, more roads, and a bigger town. Maybe people who live here now might come back – who knows? There may be a bridge across the river.

*By April Hostetter, age 14*

In 20 years Igiugig will be bigger. The school will also be bigger. There will be more hunters and fishermen. The animal and fish population will be smaller. There will be more trees. Igiugig will have a baseball field and the gym will be bigger.

*By Shaun Andrew, age 9*

### *Observation from 6 feet, 2 feet, and through a magnifying glass...*

The rock was speckled like a deer. It was filthy and dusty. It weighed about 10 ounces. It had some rain drops on it, but it was mostly dry. The peppered rock was bumpy and rough. The rock was a boulder to the mouse we saw and was heavy to Fewnia.

*By Tess Hostetter, age 10; and Fewnia Zharoff, age 6*

From six feet, the birch wood looked like a forest and had the colors of grey, orange, brown, and red. It looked like a rainbow when it is raining. The birch trees were kind of moldy and old looking. Then Gregory and I moved up closer to the tree. It looked skinny with black spots, and a little wet from this distance.

*By Jackie Woods, age 17; and Gregory Zackar, age 8*

Our mushroom had white spots, and some others that were red, yellow and orange. The stem of the mushroom was white and had little lines on it. There was a bug on the top that looked like an umbrella. To the bug, the mushroom looked like the sun. There were water droplets on the mushroom. It smelled nasty and it was a gilled mushroom. That was our mushroom!

*By Alicia Zackar, age 14; and Camille Andrew, age 6*

*(Continued on page 5)*

## SCIENCE WRITING *(Continued from page 4)*

I pushed and ate my way through the luscious, moist and extremely root-filled moss I call home. Mushroom roots barricaded my pathway while I breathed the fresh, wet soil scent the moss held like a sponge. Finally, I reached my destination and could see the tiny forest of mushrooms and miniature trees. I crawled through the tiny, but to me, life-size trees, only to find myself crowded by pine needles. A being from above would say my fluffy, soft home looked like a green hedge hog. This microscopic wet land proves to be home not only to colorful plants and mushrooms, but also slimy and slippery worms like me.

*By Mary Hostetter, age 16, and Dolly Ann Zharoff, age 7*

Our first observation was from six feet; we quickly realized the rock was dirty and bumpy. The rock varied in colors, about fifty percent was black and the other half was brown. The large rock was chipped and cracked in several places. The rock was kind of dry, but mostly wet. Preston thought the irregular shape looked like a head or a shoe.

Preston advanced four feet towards the rock where he noticed it looked like a Hershey's kiss with the top bit off. Its immense size looked heavy. We also noticed that the surface was porous and wet. From this distance, it became apparent that it was black inside the chipped rock and light-brown outside. We whipped out our magnifying glasses and found that the light brown was striped and black. We also noticed the rock was layered and had mashed grass in the cracks. Through the magnifying glass, the raindrops appeared to be large puddles. Preston thought the rock looked rough and brittle.

*By Jonathan Salmon, age 17; and Preston Chukwak, age 11*

From far away the moss looked like a hill covered in furry grass, but under the magnifying glass, the moss was like a miniature forest with grassy green trees and spiked bushes that looked like sea urchins.

*By April Hostetter, age 14; and Sharolynn Zackar, age 11*

### ***What am I?***

I am one of the many species that live around me in my watery home, I glide gracefully through the murky, cloudy water to find my meals. I swim hurriedly away from larger animals pecking at me from above. Size doesn't matter to what I am; we can be less than an inch or up to two inches or bigger. I have neutral colors that decorate my back like a butterfly's. My shell, if you can call it that, is shiny and hard. My cousins on land take horrendous bites that are painful and itchy. Older species of my kind grow wings and are able to leave our water-logged world. Some, not from Alaska, are more decorated and can grow very large, not just in height.

*By Mary Hostetter, age 16*

### ***Vertical Poems***

Fast swimming up the river

In the swift water

Swinging their tails

Hopping the stream to get to the lake

If they don't

Not a single fish will come back next year

Go fishing

*By Jackie Woods, age 17*

Meandering down the trail, I looked

Underneath the large spruce trees to discover a

Small world of blossoming fungi.

Harsh and torrid rains despair,

Robbing the ground of its dehydration -

Orbiting insects fly to cover, mini

Oval raindrops fall from the sky, as the

Mushroom inhales the delicious, moist air.

*By Mary Hostetter, age 16*

*(Continued on page 8)*



# Library/Computer Lab News

Have you checked out the library recently? We have done some rearranging and have gotten new items in! Many thanks to Tanya and Annie for all their help in the library over the summer.

Starting this month we will have monthly get together's with a new theme each month. This month's theme will be: BERRIES AND BEARS! Be sure to watch your mailbox for more information!



## Easy fiction

Every Autumn Comes The Bears by Jim Arnosky

“Every autumn a bear shows up behind the farm, and goes through a series of routines before finding a den among the hilltop boulders where he sleeps all winter long.”

## Fiction

Tell a Lie and Your Butt Will Grow! by Dan Greenburg

“Everyone at school knows that Andrew Clancy is a huge lair. But suddenly, everyone knows! Every time he tells another whopper, his butt grows bigger- Will it ever stop?”

## Adult Fiction

People of the Lightning by Kathleen O’Neal Gear

“...Pondwader, the White Lightning Boy, the first of his kind to be born in tens and tens of summers.”

## Alaska Nonfiction

Coming into the Country by John McPhee

“... Is an unforgettable account of Alaska and Alaskans. It is a rich tapestry a vivid characters, observed landscapes, and descriptive narrative...”

## INTERESTING WEBSITE OF THE MONTH

[www.acorn-childrensclothing.com](http://www.acorn-childrensclothing.com)

It's BACK TO SCHOOL time! Do you want your child to go back to school in style? Want one of a kind pants? This sight is for you! This has reasonable prices and one of a kind clothing. Shop until you can't feel your fingers on the keyboard anymore!

# My Summer

By Camille Andrew, 2nd Grade, Igiugig School

This summer I went to California for my Uncle's wedding. I had fun at the wedding. I wanted to be a flower girl and I was. Also I went to a baseball game. The Padres were playing and the other team hit back to back homers and our team lost. Also we went to the beach and I went boogie boarding. It was fun because there were huge waves. Next I made sand castles and I got to spend a few nights at my auntie's house. I played dress up with my three cousins. Their names are Noelle, Nadia and Jessa. I was excited when I got home to Igiugig.

## The Worst Things That Happened

The worst thing was that I got lost at Fred Meyers. It is a huge store. When I was babysitting it wasn't that fun because it was hard getting Madison dressed. Madison's my little sister. She is one year old.

## WORD BUILDING

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

## CYRENN A

- |         |          |             |
|---------|----------|-------------|
| 1. □□□  | 11. □□□  | 24. □□□□    |
| 2. □□□  | 12. □□□  | 25. □□□□    |
| 3. □□□  | 13. □□□  | 26. □□□□    |
| 4. □□□  | 14. □□□  | 27. □□□□    |
| 5. □□□  | 15. □□□  | 28. □□□□    |
| 6. □□□  | 16. □□□  | 29. □□□□    |
| 7. □□□  | 17. □□□  | 30. □□□□    |
| 8. □□□  | 18. □□□  | 31. □□□□□   |
| 9. □□□  | 19. □□□□ | 32. □□□□□   |
| 10. □□□ | 20. □□□□ | 33. □□□□□   |
|         | 21. □□□□ | 34. □□□□□□  |
|         | 22. □□□□ | 35. □□□□□□□ |
|         | 23. □□□□ |             |

Answers can be found on page 9.

*SCIENCE WRITING* (Continued from page 5)

Whispering quietly in your ear  
Always flowing down the river  
Temptation stirs as I stare into the  
Everlasting coldness and its  
Refreshing taste that quenches my thirst  
*By Jeremy Salmon, age 14*

Flowery  
Little flowers  
Open up for  
Water

Every year  
Returning to our land  
*By Alicia Zackar, age 14*

Flowing  
In  
Radiant fields of  
Everlasting beauty, the flower  
With  
Elegant petals  
Emboldens its  
Dreary surroundings  
*By April Hostetter, age 14*

## ANSWER Camp

By Jeremy Salmon, 9th Grade, Igiugig School



Jeremy and Alicia's group, Heen Kwaani, pose around the whale's tail.

I slowly walked to class, hoping the day would go by fast because I had a rough night trying to fall asleep. "But wait, today is Sunday. Maybe we won't have class today! Oops, I guess I was wrong."

These were my thoughts as I walked to class one Sunday morning at ANSWER (Alaska Native Student Wisdom Enrichment Retreat) Camp. When at Sitka for this camp, we had a lot of activities, heard stories from some of the elders who lived there, and after class, played games with my group counselors, except for the first day when all the students were just settling in and learning each others names.

When everyone first arrived at Sitka, it was around eleven thirty and everyone was tired. When we got our bags and all the kids jumped onto the buses that were waiting for us outside. When all ninety kids got to the dorms, we all went to the rooms we were assigned and started to get to know each other. I had two roommates whose names were Dominic and Alias.

Then we went to bed and prepared to go to class the next day.

When we all awoke, we headed off for breakfast at the Mount Edgecombe cafeteria. After breakfast, all the students had to march their way down to the auditorium to listen to an elder, which we had to do every morning and afternoon. When the elders finished talking, all the kids would stand up, thank the elder, and all head off to their separate rooms for class. My opinion of all this was there was too much walking.

In class, we started off writing in our journals about what we did the previous day and what we liked the most. Next, we worked in our cooperative learning groups, or CLGs for short. Our CLG group worked on presentations to answer the camp question which was, "why do traditional methods of putting up fish work?" We had to

*(Continued on page 11)*

## WORD BUILDING ANSWERS (game can be found on page 7)

YEN, YAR, RAY, ERA, NAY, ARE, ANY, CRY, CAR, YEA, RYE, RAN, EAR, AYE, ARC, ACE, CAY, CAN, YEAR, RACY, EARN, NARY, ACNE, CARE, YARN, RACE, NEAR, ACRE, CYAN, CANE, YEARN, CRANE, CANNY, CRANNY, CANNERY

Check out Word Definitions: (from [www.dictionary.reference.com](http://www.dictionary.reference.com) )

**yar** / *-adjective*, **yar-er**, **yar-est**. quick; agile; lively. (of a ship) quick to the helm; easily handled or maneuvered.

**cyan** adj : a bluish shade of green [syn: [bluish green](#), [blue-green](#), [teal](#)] n : a blue-green that is one of the primary pigments

### My Summer

By Gregory Zackar, 3rd Grade, Igiugig School

This year I went to Tanalian Bible Camp and I had lots of fun. The best thing I did this summer was I got to learn to how to swim. I learned how to do the dead man float and I learned how to hold my breath.

The worst thing that happened is I jumped off the dock at camp and when I got out of the water my short pants fell off. Then I found my short pants and I put them on. I did not tell anyone.

### My Summer

By Sharolynn Zackar, 6th Grade, Igiugig School

#### My Good Summer Days

This year I went to Tanalian Bible Camp. On the plane I looked down and saw Egg Island. I couldn't see any birds on the island. When I got to camp my counselor, Gia, brought me to my cabin. My cabin name was Puffin. The girls' in my cabin names were Dlanee, Mia, Thea, Jenny, and my counselor's names were Gia and Shasa. The first day we were waiting for Dlanee to come from her village. She came when it was dinner time. After dinner we went up stairs to the chapel. Then we had to go to bed. Two days later we had to do lots of activities like kayaking, arts and crafts, wide games, basketball, fishing, and ping pong. Two days after that we had to decide which activities we were going to do. I picked wide games for all choices. Camp was really fun.

#### My Bad Summer Days

The worst thing that happened was it rained too much. I couldn't even go swimming! It was really boring when it was raining. I had to clean the living room in my house when it was raining because I had nothing to do.

When I was at camp it was fun but when I got home it was too rainy.

# GARDENERS GOODIES

## SEPTEMBER garden activities:

- ❑ EARLY SEPTEMBER – Enjoy the last of your flowers—we are lucky if they’re not frozen off by now.
- ❑ EARLY SEPTEMBER – If your houseplants spent the summer out and have just recently moved back in doors, open windows near them to allow some air movement and cooler temps while they get acclimated. This helps avoid mold problems and it helps them adjust from a cool/bright climate to a warmer/darker one.
- ❑ SEPTEMBER – Dig potatoes if you had them growing in your garden this summer. Allow them to air dry thoroughly before storing them away for winter. This will help them last longer in storage without rotting.
- ❑ SEPTEMBER – collect up and store away seeds from flowers that went to seed. Remember that some prefer to be directly seeded out in the fall and will sprout first thing in spring this way—in which case you can just shake out the seed heads over the bed or patch where you want them to show up in the spring.

*One of my favorite weeds: A small wild flower that looks like a miniature snapdragon commonly called “Butter & Eggs”*



***REMEMBER the R's***  
***Reduce – Refuse – Reuse –***  
***Redo – Renew – Recycle –***  
***Remodel – Recharge –***  
***Rebuild***

## **ANSWER CAMP** *(Continued from page 3)*

were twins; they were so cute. While I was there I got introduced to a lot of new people, and my Grandma Harriet kept on saying that I was her great granddaughter. When I was at their house, I got to visit my Grampa who I hadn't seen in about four years, and I got to visit Maureen who I had never met before. I liked visiting them most. I spent my birthday at Stephanie's house, and Maureen gave me a whole bunch of earrings. Now I've started to collect them because Maureen gave me about 30 pairs!

My time at Sitka was lots of fun. I hope I get to go back and see my family again sometime.

think of a different question to find out the answer, and our question was, “does halibut or red salmon dry faster.” The answer to that question was red salmon, which proved that halibut has more water in its meat. At twelve we walked back up the stairs to the cafeteria and had lunch.

Lunch lasted until one when the kids had to walk back to the auditorium to listen to a different elder and hear another story. My favorite story was the one where the elder killed a giant and in the end it explained how mosquitoes came to



Alicia and Jeremy share techniques for cutting the belly bones from the fish.

after class with our counselors.

Everyday after class, groups would have a snack and then would play activities with our counselors. Every class had different counselors, and ours were Thomas and Keely. One of the games we played was a game that was like freeze tag, but we had Styrofoam bats and when we hit someone with the bat, they were frozen, and once the person who caught you was caught, you were free. Everyone would run around trying to freeze everyone until



Jeremy and Maurice taking a break from picking berries

be. After a half hour, the kids once again stood up, thanked the elder, and went back to class. Once in class, we gathered back into our CLG groups and began working on our PowerPoint presentation to present to everyone at the end of camp. This is what our schedule was like most of the time. Now let’s rewind to the elder talks so I can explain them more.

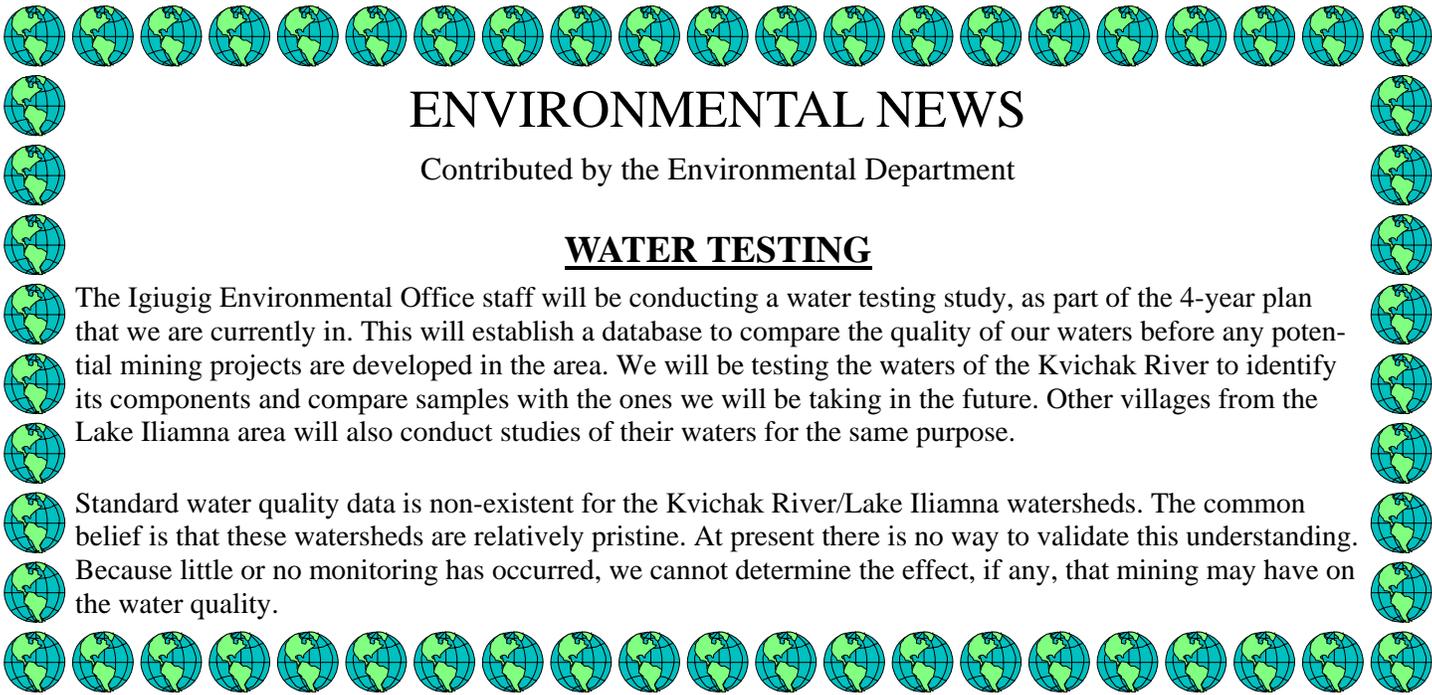
As we sat and listened to what the elders had to say, we also learned new stories. Some of the other stories we heard were “The Man Who Created the Killer Whale,” and one guy told us about how hard it was to get an education in Alaska in the past. I learned how Natives told stories for entertainment, while today we watch television or drive around on our Hondas. Those were some of the stories I learned at ANSWER camp. I also had fun playing games



Jeremy got some more practice at Native Dancing.

the counselors decided it was time to stop. The other game we played was where we had to reach a destination without touching ground. All we were given were six carpet squares that were about 5 in. by 5 in. square. We had to fit about four people on the small squares and it took a few tries, but we made it. These two games were fun, but the game I liked the most was “caribou hunter.” It was when everyone in camp gathered together in the gym and two people were the hunters. Everyone who was a caribou ran around and the two hunters tried to hit the caribou with a big exercise ball. If you were caught, you became a hunter. This game went on until everyone was caught and then we quit. This was the best part of camp, in my opinion. That is pretty much everything we did in ANSWER Camp.

ANSWER Camp is a great experience, you learn more about Alaska’s culture and meet new people. That is why I would recommend applying when you come of age.



# ENVIRONMENTAL NEWS

Contributed by the Environmental Department

## WATER TESTING

The Igiugig Environmental Office staff will be conducting a water testing study, as part of the 4-year plan that we are currently in. This will establish a database to compare the quality of our waters before any potential mining projects are developed in the area. We will be testing the waters of the Kvichak River to identify its components and compare samples with the ones we will be taking in the future. Other villages from the Lake Iliamna area will also conduct studies of their waters for the same purpose.

Standard water quality data is non-existent for the Kvichak River/Lake Iliamna watersheds. The common belief is that these watersheds are relatively pristine. At present there is no way to validate this understanding. Because little or no monitoring has occurred, we cannot determine the effect, if any, that mining may have on the water quality.

## Bits 'n Pieces

If you are thinking of trying out a new living environment, consider the recent nationwide survey that checked out rental rates across the country.

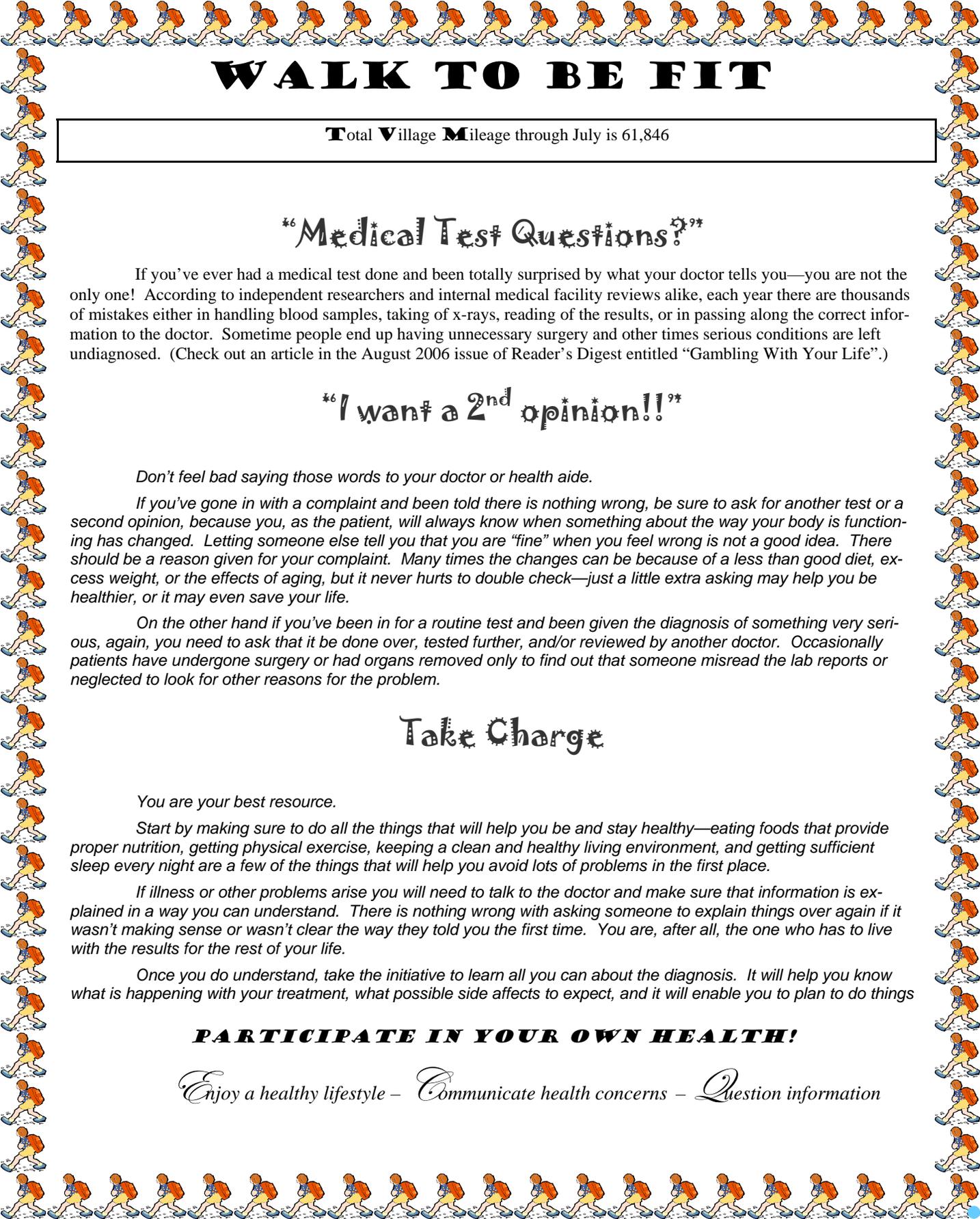
### 10 priciest cities for renters\*

City	Avg. rent
New York**	\$2,469
San Francisco	\$1,947
Los Angeles	\$1,586
San Jose, Calif.	\$1,487
Orange County, Calif.	\$1,387
Boston	\$1,332
Oakland	\$1,248
San Diego	\$1,213
Washington, DC	\$1,205
Fort Lauderdale, Fla.	\$1,134

\*Source: M/PF Yieldstar; second-quarter snapshot

\*\*Source: REIS Inc.

The nationwide average for renters during the second quarter of this year was \$896, so if you are a student considering housing options, take note of the numbers for the places near you. If you are just thinking how nice a change of scenery might be, check out those prices and consider that a vacation now and again on the amounts you are not paying might just take care of that wanderlust, and have you home in time for moose, salmon and berry picking season.



# WALK TO BE FIT

Total Village Mileage through July is 61,846

## \*6 Medical Test Questions? \*9\*

If you've ever had a medical test done and been totally surprised by what your doctor tells you—you are not the only one! According to independent researchers and internal medical facility reviews alike, each year there are thousands of mistakes either in handling blood samples, taking of x-rays, reading of the results, or in passing along the correct information to the doctor. Sometime people end up having unnecessary surgery and other times serious conditions are left undiagnosed. (Check out an article in the August 2006 issue of Reader's Digest entitled "Gambling With Your Life".)

## \*6 I want a 2<sup>nd</sup> opinion!! \*9\*

*Don't feel bad saying those words to your doctor or health aide.*

*If you've gone in with a complaint and been told there is nothing wrong, be sure to ask for another test or a second opinion, because you, as the patient, will always know when something about the way your body is functioning has changed. Letting someone else tell you that you are "fine" when you feel wrong is not a good idea. There should be a reason given for your complaint. Many times the changes can be because of a less than good diet, excess weight, or the effects of aging, but it never hurts to double check—just a little extra asking may help you be healthier, or it may even save your life.*

*On the other hand if you've been in for a routine test and been given the diagnosis of something very serious, again, you need to ask that it be done over, tested further, and/or reviewed by another doctor. Occasionally patients have undergone surgery or had organs removed only to find out that someone misread the lab reports or neglected to look for other reasons for the problem.*

## Take Charge

*You are your best resource.*

*Start by making sure to do all the things that will help you be and stay healthy—eating foods that provide proper nutrition, getting physical exercise, keeping a clean and healthy living environment, and getting sufficient sleep every night are a few of the things that will help you avoid lots of problems in the first place.*

*If illness or other problems arise you will need to talk to the doctor and make sure that information is explained in a way you can understand. There is nothing wrong with asking someone to explain things over again if it wasn't making sense or wasn't clear the way they told you the first time. You are, after all, the one who has to live with the results for the rest of your life.*

*Once you do understand, take the initiative to learn all you can about the diagnosis. It will help you know what is happening with your treatment, what possible side affects to expect, and it will enable you to plan to do things*

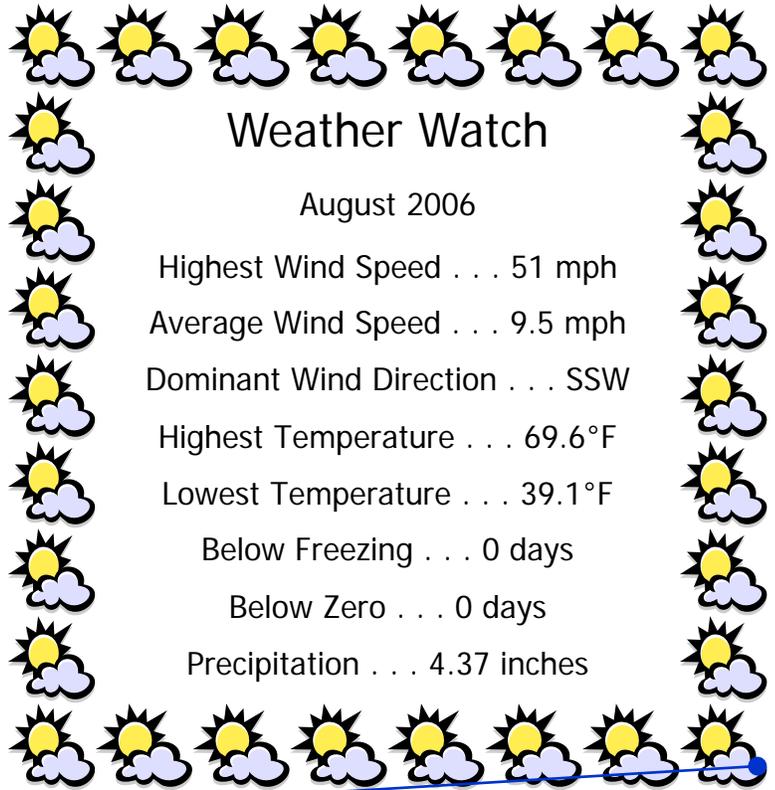
## **PARTICIPATE IN YOUR OWN HEALTH!**

*Enjoy a healthy lifestyle – Communicate health concerns – Question information*

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## Recipe Corner

Contributed by . . .Sandy Alvarez

### Grilled Salmon with Berry Sauce

(From Vital Choice Seafood email newsletter)

We love this simple, summery dish. The salmon can also be cooked under the broiler. Our organic wild Canadian blueberries and organic Polish raspberries are intensely flavorful, highly healthful, and are certified Kosher.

Makes 4 servings

- 3 tablespoons organic macadamia nut or extra virgin olive oil
- 3 tablespoons blueberry (or raspberry) vinegar (*\*see recipe below*)
- 1 1/2 teaspoons lime juice
- 2 cloves garlic, minced
- 4 (6 oz each) skinless-boneless wild salmon fillets
- 1 cup frozen [organic wild frozen blueberries](#), thawed
- 1 cup [organic frozen raspberries](#), thawed and pureed

- In a sturdy plastic zipper-type bag, combine oil, vinegar, lime juice and garlic. Add salmon, turning to coat all sides. Marinate, in refrigerator, 1 to 2 hours.
- Reserving marinade, remove salmon and pat dry with a paper towel.
- Prepare sauce by combining marinade, blueberries and raspberry puree in a saucepan. Stirring occasionally, place over medium heat and cook 5 to 7 minutes until slightly thickened. Remove from heat and set aside.
- Grill (or broil) salmon for 3-4 minutes per side or until just done (flakes under firm pressure from a fork). Serve the salmon with the blueberry-raspberry sauce.

*\* You can make the blueberry vinegar by crushing some berries and pouring the amount of vinegar over them. Let sit for a while and then strain off the berries if you don't want them on the fish.*