

Igiugig News & Notes

Igiugig Tribal Village Council

November 2006

Volume 9, Issue 9

Annual Igiugig Village Council Meeting



Dallia, IVC President, is one of the longest serving members on the council.

The 2006 annual meeting of the Village residents was held on Sunday, October 29th at 11 a.m. and was attended by 29 people.

Along with enjoying snacks provided by the baking skills of Camille Andrew (and her mom Bernadette), a slideshow ran candid shots of the many activities, events, and accomplishments of the past year. Following this overview, Dallia Andrew was presented with a Service Award in recognition and appreciation of her 20 years of dedicated service on the Council.

Reports were provided outlining for those present, the financial situation of the Village Council itself, their company the Iliamna Lake Contractors, and the status of other issues

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Community Meeting by Alicia Zackar, 9th Grade, Igiugig School

“Meetings are so boring” said the student. “I wish there was a meeting that included snacks, and people talking about what they want to be when they get older.”

“There is!!!” said the teacher. Last month on September 28th, we had a community meeting that got people

talking about what they want to be when they grow up, the LPSD mission statement, and at the end, we were treated to snacks after everyone was done speaking.

When the high school class graduates, they will be doing a number

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Birthdays this month

- November 8
Julie Salmon
- November 21
Mary Olympic
- November 24
Preston Chuckwak
- November 26
Simeon Zackar

IVC MEETING *(Continued from page 1)*

of importance to residents of Igiugig.

Elections resulted in a board made up of three directors who have all served for more than ten years, a young man in his first term, and a returning board member who had previously served on the Village Council in the 1990's. Congratulations to Dallia Andrew who continues as Council President, Randy Alvarez serving as Vice President, and Greg Zackar Sr., Annie Wilson, and Kevin Olympic serving as board members.



Georgie was the lucky winner of 25 gallons of gas!



Sharolynn was one of the lucky kids who won a door prize.

COMMUNITY MEETING *(Continued from page 1)*



Mary spoke about what she wants to do with her future and how LPSD has helped her prepare.

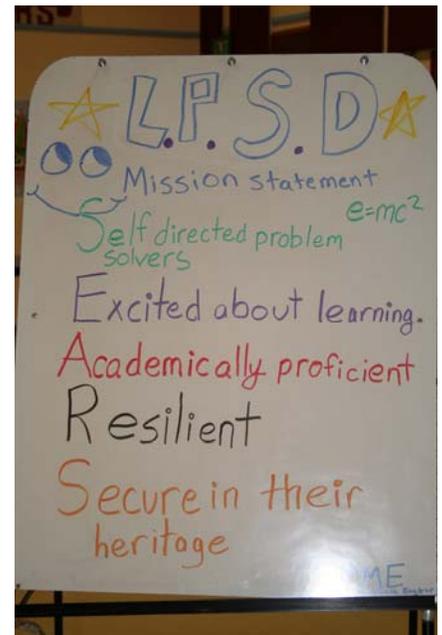
of things; for example, one wants to become a lawyer, and another, a writer. Even though Dawsey wasn't at the meeting, I know he wants to join the military and become a mechanic. Jon wants to become an engineer. Mary wants to become an astronaut. April wants to be a culinary artist or a pastry chef. She has to make up her mind! Jeremy wants to be a lawyer when he is older. I want to become a paleontologist or a writer, or maybe both. As you can see the high school class has a wide variety of jobs they want to do when they are older.

At the meeting we also commented about what we wanted to add to the mission statement. Some of us wanted to leave it the same and some of us wanted changes. For example Jon wanted to add foreign language learning, and Jeremy wanted to add more about the law because he wants to become a lawyer. April wanted to add vocational training and culinary

arts practice. The community commented that Newhalen had a specialist in math and thinks that we should have access to the specialist. Many of us had different ideas, but I only mentioned a few.

When we were done talking about the future, we had Alex Trout give a presentation on the Standards Based System. So far the Standards Based System is going well. We think it is a good system because we can work at our own pace.

As you can see the community meeting went well and were able to discuss the many issues that we had. Well, we'll see you at the next meeting, I hope.



A brief look at the LPSD mission statement.

Military by Dawsey Apokedak, 12th Grade, Igiugig School

“Navy Accelerate Your Life,” is now part of my life because recently I joined the United States Navy and will be leaving for boot camp on July 12, 2007. Boot Camp, which is eight to nine weeks, will be in Great Lakes, Illinois.

Military Entrance Processing Station (M.E.P.S.) is where everyone has to go to get into the military and see if they qualify. MEPS plays a vital role in assuring that the new soldiers joining the military qualify for the high mental, moral, and medical standards required by the military services. Some of these standards require you to be drug free, physically fit, and have a positive attitude.

While going through the process, the doctor has to observe your body and make sure that you are physically fit enough to go through basic training. Basic training is to get your body into physical and mental shape. After you have completed basic training and graduated, there is some more training, but it is ad-

vanced and will not be as long as basic.

During basic training, we are expected to be able to do sixty push ups in two minutes and one hundred curl ups to start off training. If you do not meet these qualifications you will be put into a special program until you can. Also, you have to jump into a pool and stay afloat for five minutes and swim fifty yards.

There are many job opportunities in the United States Military. For example, I joined the Navy and the new career that I will be pursuing is a machinist's mate (MM) which is basically making sure that the aircraft carrier keeps moving. This job will help me after my enlistment of six years because there is a great need for mechanics for diesel engines.

After my enlistment is over, and if I like the job I am working at, I am planning on staying in the Navy for as long as possible. I think that the military is sort of an easy way to gain new knowledge that you can use throughout your life while serving your country.

Laptop Computers and Training by Jeremy Salmon, 9th Grade, Igiugig School

When you were young and went to school, did you ever have the opportunity to use laptops? Well, the Igiugig Secondary students have and they are a bundle of fun.

On Monday the 16th, Michael Garcia came to Igiugig School to train the teachers and a few others on how to use the laptops. Then on Tuesday the 17th, Vin Capone arrived and taught the kids.

On Monday the 16th, Mark, Kristin, Dave, Bernadette, and Kevin went to the school library where Michael taught them the basics. They learned how to make the computer talk, how to use the different programs on the laptop, and how to change the settings, for example, how to create the background and how fast or slow you want the mouse to travel. When you make the computer talk, you can change the voice, change how fast it talks, and how squeaky or deep the voice is, which made almost everyone laugh. Most programs on the laptops are similar to a regular PC. For example, a PC has Microsoft Word, while the laptop has Pages. Both of these are writing programs, but they are still very different. The adults weren't the only ones to have fun. The students were also



Michael Garcia instructs the students on the care of computers before the computers were handed out.

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Library/Computer Lab News

Did you know that in the Gwich'in language this month is of the Sheep? Veterans Day is on the 11th. Thanksgiving is on the 23rd.

Our "Tricks and Treats" was a blast!! We had "hands-on-puzzles", with Halloween stickers for prizes . . . one of the magic tricks was "Can YOU walk through a piece of paper?" Ask the kids and see if they remember how. Our theme this month will pertain to Thanksgiving. Watch for a notice for the date and time!



Easy Fiction

'Twas the Night Before Thanksgiving by Dav Pilkey

"School children on a field trip to Mack Nugget's farm save the lives of eight turkeys in this poem based on "The Night Before Christmas."

How Many Days to America? by Eve Bunting

"Refugees from a Caribbean island embark on a dangerous boat trip to America where they have a special reason to celebrate Thanksgiving."

Nonfiction

The First Thanksgiving by Jean Craighead George

"Describes how the colonists aboard the Mayflower founded New Plymouth and celebrated their first harvest with a feast of thanksgiving."

Squanto and the first Thanksgiving by Joyce K. Kessel

"Describes how an Indian Squanto, an English-speaking Christian and former slave, whose village had been wiped out by smallpox, taught the Pilgrims the skills they needed to survive the harsh Massachusetts winter."

INTERESTING WEBSITE OF THE MONTH

www.southernfood.about.com

Calling all cooks! Want to learn about southern cooking? This is the place!!! Try the herb roasted turkey and how about some cake? Sour cream coconut cake sounds tasty. Need some recipes for your leftover turkey? You came to the right place. Check it out.

taught how to use the laptops.

On Tuesday the 17th, Igiugig students spent all day learning about the laptop computers they just received. The students learned how to use the different



Tess was all smiles when Kristin handed her the apple computer.

programs on the computer, for example, Photo Booth, how to change the background and screen-saver, and how to download pod-casts, news or music you can download free onto your computer. When the students were first given the computers, one of the programs they most enjoyed was Photo Booth. Photo Booth is a program that gives you the opportunity to take pictures of yourself from a little camera on the laptop and then lets you change how they look. Besides Photo Booth, there are many other programs you can play with on the computer, like the widgets chess and minesweeper which you can download. Other widgets allow you to look at the weather, the time it is from anywhere in the world, and you can even download a little calendar. Lastly, pod-casts are music, news, or speeches you can get free

from the iTunes store and download. These laptops are fun, and have a bunch of programs you can do school work on, for example, Keynote and Pages are similar to Microsoft Word and Powerpoint.

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Igiugig School now has wireless internet, which means you can go anywhere in the school and don't need wires to be connected



Students listen to Michael Garcia about what they were going to learn next.

to the internet. Usually kids play in the gym for break, but ever since we got the laptops, they stay in the classroom and play educational games on the internet. All of these programs are fun and we are all excited to have them.

The laptops also teach us to work on our

own as individuals and prepare us for when we will go to college where we will use laptops for all our school needs, like writing papers or doing research. These laptops are great to have and I hope others get the chance to have them as well.



Students had fun playing with photo booth and making silly faces with Vin.



Kyle works with Kristin teaching her some of the different things the teachers need to know about the new laptops.



The kids had a lot of fun making strange faces when using Photo Booth

Volleyball and Leadership Meet

By April Hostetter, 9th Grade, Igiugig School

On October 20th, the Igiugig No-See-Um freshman traveled to Pedro Bay for the first away game. We did not do as well as we wanted to, but it was fun anyway. The first match we played against the Tanalian Lynx, who were also missing players. The next match paired the Pedro Bay Chiefs against the Tanalian Lynx. Pedro Bay won the first two games, then Tanalian won the third game, and finally Pedro Bay won the match by winning the fourth game. Then Igiugig played against Pedro Bay. After the matches, some of the students played against the “old people” from the village, and afterwards, basketball. Then everybody gathered in the kitchen to pig out on popcorn, juice, and burgers.

The next morning, we mixed up the teams. Two of Pedro Bay’s players, one from Igiugig, and one from Port Alsworth were on each team. We just played random volleyball games, went on the computer, or hung out until we had to leave.

Our volleyball season continued this past weekend when Alicia, Jon, Jeremy, Jackie, Mary, and I went up to Kokhanok for a volleyball and leadership meet. All the students of the north who either participated in volleyball or leadership activities were eligible to attend.

In the morning we listened to Todd Washburn and Cal Cox talk about leadership, then the students who went to the Katmai Leadership Retreat summarized what they accomplished at Katmai. We participated in a couple activities with everybody, then broke into three groups. In the three groups we learned about initiative, standing up for beliefs, and improvising. Then everybody got back together for more sitting and listening. There were also volleyball games at night which were fun, especially since Igiugig, Port Alsworth and Pedro Bay are evenly matched. The No-see-ums beat the Port Alsworth Lynx three games to one on Friday, and then tied with Pedro Bay (we had to stop playing at 10:30 P.M. and couldn’t finish the match.) On Saturday morning, we again played Pedro Bay and won three games to two. After that, they put the smaller teams together and mixed them up to play against Newhalen or Kokhanok.

Both trips were fun. Our next volleyball game will be the district Mixed 3 Tournament at Chignik Lagoon on November 8th through 10th. Our next leadership activity will be in January or February.



Mary and Alicia watch the game with Coach Mark.



April and Mary set up for the serve from the Chigniks.

Snakes

by Igiugig School 4th, 5th, and 6th Graders: Preston Chuckwak, Tess Hostetter, Shaun Andrew, Loretta Peterson, and Sharolynn Zackar,

Fangs! Rattles! Poisons! Flying snakes! Of course, these are all related to snakes. This essay is about snakes' movement, how they eat and catch their prey, and about the biggest and deadliest snakes.

Snakes have different kinds of movement. Sidestepping is one of the ways which helps them move through sand by making an s-shape with their bodies. Then the snakes moves its head forward and pulls its body along. But don't worry because snakes don't move quickly! Another type of movement is called "concertina" which helps snakes through tight spots. The snakes loop their bodies and then straighten out and move forward. Wriggling is another way snakes push themselves around hard objects. Their bodies look like waves when they move forward. Fat snakes like pythons move by creeping. Their bodies move back and forth when their belly scales grip the ground. Did you know some snakes can fly? Flying snakes leap and glide from one tree to another by pushing their ribs flat out to make it easier to glide. Then they uncoil quickly and spring out of the tree.

Did you know some snakes eat birds eggs? These eggeaters can squash and swallow the inside and then spit out the shell. These slim snakes have stretchy skin so they don't burst. Eggeaters sleep during the day and search for eggs at night. They don't

have many teeth so they don't accidentally break the eggs. Instead they have spikes in back of their throats that stick down and break the egg. When the snake tightens its muscle, the egg cracks. Eggeaters can swallow an egg two times as big as their head, but getting rid of the egg shell is difficult. Eating the egg is not. To spit out the egg shell in a pleasing bundle and eat the egg takes fifteen minutes! Many snakes eat animals without chewing. To do this they open their mouths wide around their prey. They need few meals because swallowing and digesting take a long time.

Some snakes that live in North America are deadly poisonous. Some of these are the eastern diamond back, timber rattle snake, broad band copper head, and eastern corral snake. Python's are not poisonous. They kill their prey by squeezing and suffocating their victims. These pythons can easily squeeze the life out of a goat or a pig and even swallow a goat whole! The rattle snakes are the fastest of the deadly snakes. They can strike at a speed of ten feet per second.

Now you know snakes have fangs, poison, rattles and some snakes can even fly. The writers of this essay live in Igiugig, Alaska and we are glad that there are no snakes here. However, we still think they are awesome!!!



The primary students have been learning about ordinal numbers. Mark makes up lots of games for the kids to be able to practice this skill.



Annie, our wonderful preschool teacher, works with Igiugig's two preschoolers, Kyle and Simeon, building towers.

Winter Hazards

By Jon Salmon, 12th Grade, Igiugig School

Winter brings many joys, the liveliness of thanksgiving, the jubilation of Christmas and Slavi, and a new year. But winter does not come without a price. Every year there are hundreds of cases of frostbite, hypothermia, damaged eyes, and accidents related to snowmobiles. There are multiple ways to avoid these dangers, and I will provide some tips for you to get ready for the 2006/2007 winter season.

The best ways to prevent frostbite and hypothermia is to cover up and dress in layers. Layering outerwear provides more trapped air, thus creating an efficient insulation to the cold. It is recommended that four layers be the minimum for winter travel. I myself generally wear five layers if I will not be doing any physical activity. Layering allows for temperature drops or physical changes as well. During exertion, layers can be taken off and afterwards, put back on. It is also important to make sure that there is no exposure of the skin to frigid temperatures. Bared flesh is an invitation to frostbite which will become painful during the defrosting stage. It is common to be unaware of frostbite until the skin begins warming up.

Another peril introduced by the glaring winter snow is damaged eyes. Natives used snow goggles made of ivory plates with small slits for the eyes to protect their vision. Nowadays, we have tinted goggles which are also useful in covering the skin around the eyes. Traveling on the lake can be a dazzling

experience on a sunny day. Wear dark goggles when you know that there will be a lot glare from snow or ice. Take note that winter days are short and night is not far away, so it is wise to carry an additional pair of clear goggles. Recovery for snow-blind victims can be agonizing and long. They have to deal with headaches, sensitivity to light, and throbbing pain in the eyes.

Snowmobiles are the most common form of winter travel, but can be the most dangerous. This is because of the snowmobiles capabilities: high speeds, agility, and a lot of horsepower. The human head is often subject to damage from crashes. Because I don't know anybody that wears a helmet when traveling around the lake, I will just point out some important dangers. Crashes are often the direct result of excessive speeds over unaccustomed terrain. Before zinging off at eighty miles an hour, scope out the land and decide a proper route suitable for high speeds. The frozen lake surface is always changing, so don't rely on previous trips alone for knowledge of the path.

As you can tell, winter is **EXTREMELY DANGEROUS**, and you should proceed through the season exhibiting only the highest level of **CAUTION!** Either that or you can stay inside all year. Since that is no fun, dress up, cover up, and have an enjoyable winter.

Volleyball

By Jackie Woods, 12th Grade, Igiugig School

On the Friday the 6th of October, Chignik Lagoon and Bay came to our school, home of the Igiugig No-See-Ums. When they arrived, Igiugig students went to the school and hung out with the players until the games began. We got to catch up with our friends and got to know them better, or at least the people that we didn't know well. Actually, I have known everyone that came here for awhile because I am a senior.

Between 4:00 and 5:00 P.M. the teams sat down and had spaghetti (which we have every time we travel) and side dishes of garlic bread and fruit. After dinner the players were getting ready for the exciting games to begin, to see who was the better team, have fun and to show their team spirit.

When the people started to come I had to jump into the hallway to help out the little kids sell concessions. The only thing that made me help the little ones was my teacher who said, "Will you take control of the cash register when the people come to buy concessions?" Why? Because the little ones were just learning to subtract and add. I was just there so they would not mix up or make a mistake. Soon the audience started to pour in to watch the intelligent No-See-Ums play against the combined teams of Chignik Lagoon/Bay team.

The teams began having fun and the interesting part was when the freshmen walked out on the court since it was the first time for them to play in a high school competition. We also played all our girls together since the Chigniks had an all girls team. I thought that the girls did a pretty good job. Igiugig ended up winning the match.

After the games, the teams stayed up and talked, and then home team players left around 11:00 to get some sleep for the morning games.



Jeremy and April work together to get the ball over the net.

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GARDENERS GOODIES

NOVEMBER garden activities:

- ❑ EARLY NOVEMBER – There's not much gardener work left if you've already cleaned up and mulched for winter, however some plants have beautiful fall foliage still hanging on, so enjoy the colors and forms while they last.
- ❑ EARLY NOVEMBER – Put in those 'markers' for flower beds and walkways so that when the snow cover gets deep you will know where to shovel and where not to. 3' stakes are usually tall enough for most of the snow drifts, but go with something taller if it is behind a building, tree, or thick bush.
- ❑ NOVEMBER – Cover your compost pile for the cold season. It helps keep the nutrients from washing away with the winter snows.
- ❑ NOVEMBER – Photos and pressed specimens of your summer plants are fun to use this time of year to make calendars, cards and other crafts—think gifts for the upcoming holidays.
- ❑ LATE NOVEMBER – If the snow is already drifting around do a quick check of your flowerbeds to see that the snow is staying on them for insulation. If they are blowing completely bare, you can easily encourage snow to stay on the beds by putting a spruce bough on top for the passing snow to swirl around and build up on.

Enjoy the natural winter beauty that you didn't spend hours working to grow.



REMEMBER the R's

Reduce – Refuse – Reuse – Redo – Renew – Recycle – Remodel – Recharge –Rebuild

Mail a Whale

Elementary students were having fun making sentences with rhyming words. Here are some that they came up with.

- 1 ~ I see a box but I saw a fox and ox.
 - 2 ~ Cat went out with a rat and the bat.
 - 3 ~ A cat went out with a bat but he got very fat.
- by Tatyana Zackar, 1st Grade, Igiugig School

- 1 ~ Once I saw a box and inside it was fox.
- 2 ~ I spotted Mark at the park.
- 3 ~ A black cat sat on a purple mat.
- 4 ~ Girls rule boys drool.
- 5 ~ I spied a huge brown box without a fox
- 6 ~ Taty is so funny she bought herself a bunny.

VOLLEYBALL (Continued from page 8)

In the morning the games began around 9:00 although the teams had to wake up around 7:30 just for breakfast. When the games began there were not that many people, and I was stuck behind the so-called concessions counter helping out the little kids just like the previous nights' games. I had fun, but it got a little slow when the games started. There was not the much competition but I cheered both teams anyways.

When the games were over, the teams started to get ready to go back home to tell their people how well they did and practice harder than they did before to get ready for the other games that lay before them in the 2006 volleyball season.

- 7 ~ Gregory is a cat but Preston is a bat.
 - 8 ~ I eyed a can with a man.
 - 9 ~ I noticed some dice with some mice.
 - 10 ~ I observed a brick with a bent stick.
 - 11 ~ I witnessed a chair and sitting on it was a bear.
 - 12 ~ I saw a black wooden chair and sitting on it was a big brown bear.
 - 13 ~ I see a rock and on top of it was a great big block.
- by Camille Andrew, 2nd Grade, Igiugig School

- 1 ~ Camille is so silly she bought a box of Camille Millies.
 - 2 ~ Cat went out with a rat and cat.
- by Gregory Zackar, 3rd Grade, Igiugig School



1. Jon sets it up for April in the first game against the Chigniks.
2. Coaches Kristin (left) and Mark took turns between refing the games and coaching the No-See-Ums.
3. The three 9th graders, April, Alicia, and Jeremy, played one of the games all by themselves and saw what it will be like next year without their older teammates.





Igiugig Water Quality – Present and Future

Contributed by the Environmental Department

As discussed in last month's issue of Igiugig News and Notes, the Igiugig Village Council IGAP program is responsible for education and information sharing on environmental issues affecting our community and its residents. Water and its inherent quality in our region is a resource that is not for sale at any cost. Our subsistence resources, economy, health, and recreation is dependent on the abundance and quality of Lake Iliamna, the Kvichak river, and its surrounding water drainage system. With the possibility of large scale economic development projects in our region such as the Pebble Mine, and its potential demand for large quantities of surface and subsurface water, the Igiugig Environmental program initiated in 2005/2006 a local water quality testing program of water sources of importance to our community. The Igiugig Environmental office sponsored a visit to our community school by an environmental consultant who educated students on simple biological, physical, and chemical tests that could be accomplished on local water sources in the hopes of creating "baseline"* data, and establish the quality and health of our local surface water system today. Next, environmental staff including Lydia, Christina, and EPA representatives worked to develop a QAPP (Quality Assurance Performance Plan) which is a formal EPA approved document that evaluated qualified environmental testing procedures including collection, interpretation, storage, and cataloging of surface water samples collected in the Igiugig region. Local water sources that are to be tested include the Kvichak River, Pecks Creek, Kaskanak, and lower Talarik creek. The ensuing baseline results can be shared with local residents, other Tribes, government and private agencies, industries, and others who are testing or evaluating water sources of importance to their community and businesses. Collection, interpretation and preservation of these water sample tests will be critical for future generations, environmental scientists and industries who can evaluate how economic initiatives, development and future environmental issues or problems may or are affecting these water sources. They will provide a comparison of the pristine or natural condition of these water sources we enjoy today to the cumulative or potential effects of future uses.

In closing, science and technology will play a very important part of dictating what changes have, can, or will be allowed in our region. It is IVC's responsibility to take a proactive approach to educate our community and its leaders on issues of importance to the tribe and its people. Clean water as the sustenance of all life as we know it, is critical to our survival. Water quality testing is an important step in developing locally generated science that will provide a baseline analysis of the high quality water we currently enjoy and insure we have a measurement or standard with which to evaluate potential or real changes to local water sources of importance to Igiugig.

** definition of baseline – information or data that is current at this time. Can be compared to future data or evaluated as a standard condition.*

Bits 'n Pieces

SHOPPING ANYONE?!

With the holidays quickly sneaking up on us there are some things you should know that may save you lots of unplanned purchases and extra expenses when you go to town shopping.

Mall Tactics:

- * They put major stores like JCPenney, Gottschalks, Nordstroms, Best Buy, etc. at opposite ends of the Mall so you will walk the full length and ‘window shop’ all the stores in between.
- * Prices of stores located in malls are typically 12% higher than the same store not located in a mall.
- * Stores are grouped to encourage more spending—for example the jewelry store is near the store that sells wedding and other formal wear. Also stores that interest teens are usually grouped near each other and in the vicinity of the theater and arcade.
- * Food courts are generally located centrally in the mall so you will stop to eat and then continue shopping rather than going home for your meal, making it easy to stay and continue shopping in one mall nearly all day. (They are also good places for bored spouses to sit, wait, and/or read the paper.)
- * Mall stores in downtown areas often offer parking validation to encourage patrons to frequent their stores.
- * A new trend is toward ‘rewards programs’ whereby you earn items or discounts by frequenting the various establishments in an individual mall.

Other Store Tactics:

- * Sale racks are generally located near the door to lure you in. Other items just inside are full price with the rest of the sale items located clear at the back of the store to ensure that you will walk all the way through the store.
- * Department Store fliers will advertise amazingly low prices on certain items that are in season. (For example school supplies in August, Christmas decorations in December.) The ones priced extremely low are called “price leaders” and are set up to bring you into the store so you will do the rest of your shopping there too even though the rest of the stuff isn’t a particularly good price.

There is nothing wrong with any of the practices noted above, but as a consumer if you are aware of them it is easier to decide whether it is worthwhile to you or not. After all, if you have to take a cab to and from your shopping, a mall is by far the better deal for you regardless of the higher rate, and if it’s also snowing a blizzard being able to eat and continue without braving the weather is a great thing.



Shaun, (left) and Preston (right) were all smiles upon receiving their apple laptops.





WALK TO BE FIT

Total Village Mileage to October is ?????

A Cold - the Flu?!

This is the time of year when we suddenly find ourselves under the weather, so in anticipation of the season of sickness, here are some tips to hopefully avoid participating in the latest virus, or in the event that you do get it, to avoid spending a lot of time in the miserable phase.

What to do?

According to the CDC, there are steps which can be taken to reduce the risk of contracting and spreading the 'flu virus. Here are some recommendations:

Avoiding the Bug:

- Keep your distance from (3' is good but 4' or more is better) and avoid close contact with people who are sick.
- Wash your hands often to protect yourself from germs, particularly after shaking hands or touching things in public areas—like door handles, computer keyboards, telephones, etc.
- Avoid touching your nose, eyes and mouth.
- Keep your immune system healthy by getting enough sleep, and eating plenty of fresh fruit and vegetables.
- Drink at least 8 glasses of water a day.
- Take vitamin C and any other 'antioxidant' supplements you think sound good for you.
- The use of anti-viral drugs can also help to protect you against contracting the 'flu' virus.
- Exercise regularly.
- Keep stress levels to the minimum.
- Smile and enjoy a good joke—it causes your body's immunity to get stronger.

Under the weather already? Nip it in the bud:

- Up your vitamin intake with supplements and healthy foods.
- Drink lots of juice, preferably something with high vitamin C such as orange and cranberry juice.
- Have a bowl of chicken soup.
- Cover your mouth and nose with a tissue and turn your head away from other people when you cough or sneeze.
- Stay at home if you're sick.
- Wash up often and shower often if you feel well enough to do so.
- Take a steam and if you have stuffy sinuses boil a little eucalyptus oil or Vicks on the stove.
- Keep your germs at a distance from friends and family—getting your disease back from someone after a week or two is even worse than the first time.

Avoid crowded stuffy places

Avoid hanging around children (or adults) with symptoms

Avoid long hours at work

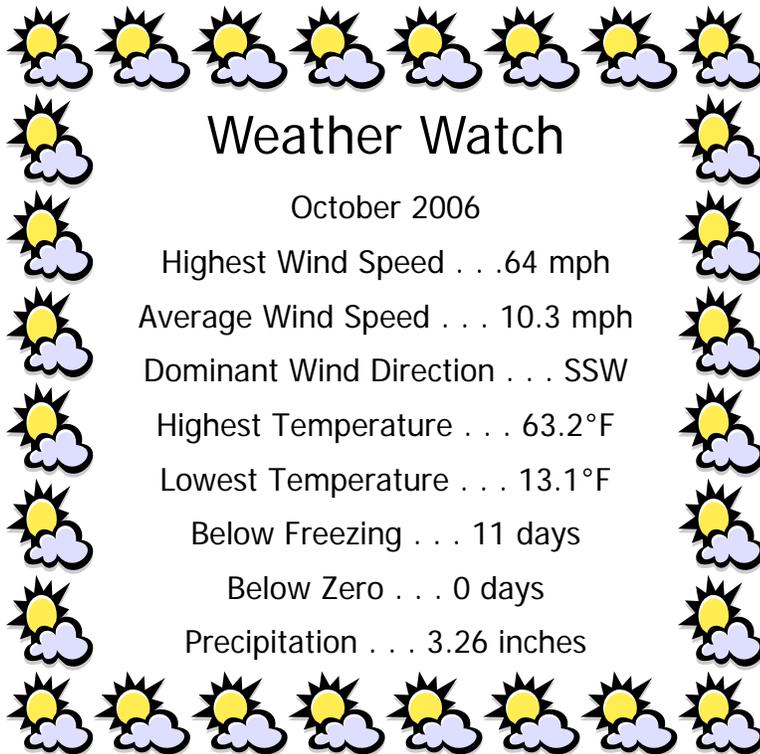
Avoid touching common surfaces in public places

A little avoidance can save you from a lot of illness!

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Recipe Corner

Smoked Lemon Salmon

Source: Family Circle (Contributed by Sandy Alvarez)

Prep: 1 hour, 5 minutes
Grill: 30 minutes

Ingredients

2 cups mesquite wood chips
Green Mayonnaise:
1 cup reduced-fat mayonnaise
2 tablespoons fresh lemon juice
1/4 cup chopped fresh dill
2 tablespoons snipped fresh chives
1/4 teaspoon salt
Salmon:
1 tablespoon grated lemon rind
1 tablespoon chopped fresh dill
1/2 teaspoon salt
1/4 teaspoon black pepper
2 pounds salmon fillet (about 1-1/4 inches thick), with skin left on and bones removed
1 tablespoon vegetable oil

Directions

1. Soak wood chips following package directions, at least 1 hour.
2. Green Mayonnaise: In food processor, combine mayonnaise, lemon juice, dill, chives and salt. Pulse until blended. Scrape into bowl; cover and refrigerate.

3. Drain soaked wood chips; place in small foil pan. Prepare outdoor grill with hot coals arranged for indirect grilling, placing foil pan with chips in corner of grill and over direct heat. Or heat gas grill for indirect grilling with foil pan. Grill is ready when chips begin to smoke, about 5 minutes.
4. Salmon: In small bowl, combine lemon rind, dill, salt and pepper. Brush salmon with oil; rub lemon-dill mixture over salmon. Oil grill or place salmon in fish basket.
5. Grill salmon over indirect heat, covered, 30 minutes. Serve with Green Mayonnaise. Makes 8 servings.

Oven Method: Heat oven to 375 degrees F. To cook salmon, place salmon fillet on oiled rack in broiler pan. Cook salmon about 20 minutes or until fish flakes easily with a fork. (Do not try smoking fish with wooden chips in oven.)

Nutrition facts per serving:

calories: 281
total fat: 19g
saturated fat: 3g
cholesterol: 74mg
sodium: 508mg
carbohydrate: 3g
fiber: 0g
protein: 23g