

# Igiugig News & Notes

Igiugig Tribal Village Council

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## My Last Season

By Jonathan Salmon, 12th Grade, Igiugig School

As my senior year here at Igiugig comes near an end, I get the chance to do everything one last time. One of these activities included the three-man basketball tournament held at Pedro Bay. The games were quick and the season closed with a perfect record of 8-0. Unfortunately, this year the district only allowed one plane to pick up athletes from the schools. For the tournament, we were loaded into a 206, so April had to stay behind as it was her turn.



The Igiugig No-See-Ums proudly display the award they received for first place.

Three-man sports are never that competitive, so the games were fun and relaxing with a good show of sportsmanship all around. Our first game was against Pedro Bay who displayed vast improvements since the beginning of the season. In the next four quarters, four Warlords had to conquer the Levelock Vikings to get the chance to play us. Our victory over Kokhanok gave us the first place trophy. Because nobody likes to read play-by-play action, I will gloss over the games and move onto the fun part, free throw and three-point competitions and mixed teams.



Jon and Kiska jump for the ball as tournament play continued.

Although Levelock took

*(Continued on page 6)*

### Birthdays this month

- March 6  
Gabe Gust
- March 21  
Jon Salmon

## Fundraiser & Costa Rica by Dawsey Apokedak, 12th Grade, Igiugig School



The “models” for Deal or No Deal were Jon, Dawsey, and Jackie.

“No habla Español,” is going to be a common phrase that the Costa Ricans will hear a lot from the Igiugig travelers. In May 2007, the Igiugig high school is planning an educational trip for approximately two weeks. Chaperoning this trip will be our head teacher, Kristin Hathhorn, and our Village Administrator, Dan Salmon, who will ensure the safety of all the students.

To make our trip possible, the students had to do many hours of fund raising to obtain enough money. Last month in February, we held a new type of game night, which was called “Deal or No Deal”, that was very successful and fun for all who attended. This game is from the television series that people enjoy watching. The game idea came

from Mary Hostetter who insisted it would not only be fun for the kids, but also for the adults who were present.

Although the original idea was not ours, we did a little improvising because we don’t have a million dollars to give away. So, even though we had prizes instead of money in bags instead of suitcases, the people appreciated the game. They had a lot of laughs watching the contestants pick the bags of toys.

All this moneymaking has given us, the students, a chance of a lifetime to travel to Costa Rica. We will arrive in San Jose and stay the first night at the Gaudy’s Backpack Hostel and depart in the morning on a ferry to Montezuma. In Montezuma, we will hike into the forest to the Cerro Escondido lodge for a three-night stay.

Upon leaving the Montezuma reserve, we will arrive in La Cruz and check into the Blue Dream Hotel for another three nights. During these stays in the hotels and lodges we will be very busy and our days will be filled with many activities such as snorkeling, hiking, swimming, horseback riding, and exploring the rain forests. We then will travel by bus to Santa Elena to stay in the Arco Iris Lodge.

After seeing the Pacific side of Costa Rica, we will then take a bus to the Caribbean side and check into the Turtle Beach Lodge in Tortuguero. In Tortuguero we will be bird watching, and going on a Punta Mona Tour and an indigenous tropical tour. We’ll then depart to Puerto Viejo. This will be our last stop before we head to San Jose to leave that beautiful country and come back home to Alaska.

All in all, the students will get to experience a once in a life time trip that will be remembered by us all. We would like to thank all of those who have helped us reach our goal of traveling to Costa Rica.



Kyle had the crowd laughing as he decided whether or not to take the deal from game show host Mary.

## D.C. Close-up by Mary Hostetter, 11th Grade, Igiugig School

Brr! It's cold out here! I didn't think that Washington D.C. would be colder than Alaska, but it was.

After leaving Anchorage at 12:00 Saturday morning, Michael Janti, Moon McCarley and I were on our way to Washington D.C. for our nation's Close-Up Program. We arrived at our capital a day before everybody else, so we explored D.C.. Since it was winter I guess, there were hardly any people out, so we didn't have to wait in long lines to get anywhere.

My favorite museums during our week-long stay in D.C. were the Museum of Natural History, the Holocaust Museum and the Air and Space Museum. At the Museum of Natural History we got to see the Hope Diamond, something which I thought would be



Michael and Mary with Franklin Roosevelt's dog.

clearer and much prettier... I guess blues are okay though. At the Holocaust Museum I saw exhibits I never thought could be done to others. I couldn't believe what the Germans did to the Jews.

Now, the Air and Space Museum was my overall favorite. This museum had a variety of exhibits and I think I visited most all of them. Some showed how Earth is affected by the seasons, others showed a scale size of our planets, and one even had Dorothy Anne's shoes from the Wizard of Oz. We watched a documentary of a fighter jet pilot at the IMAX Theater. Michael and I also flew in one of the simulators. We tested our ability to fly in a fighter jet...sadly I failed, for half the time we were upside down!

My overall week was exciting and fun. I learned more about our nation's government and I got to meet up with our representative and two senators. Each day we visited a monu-



Mary, Moon McCarley and Michael Janti vist with Don Young.

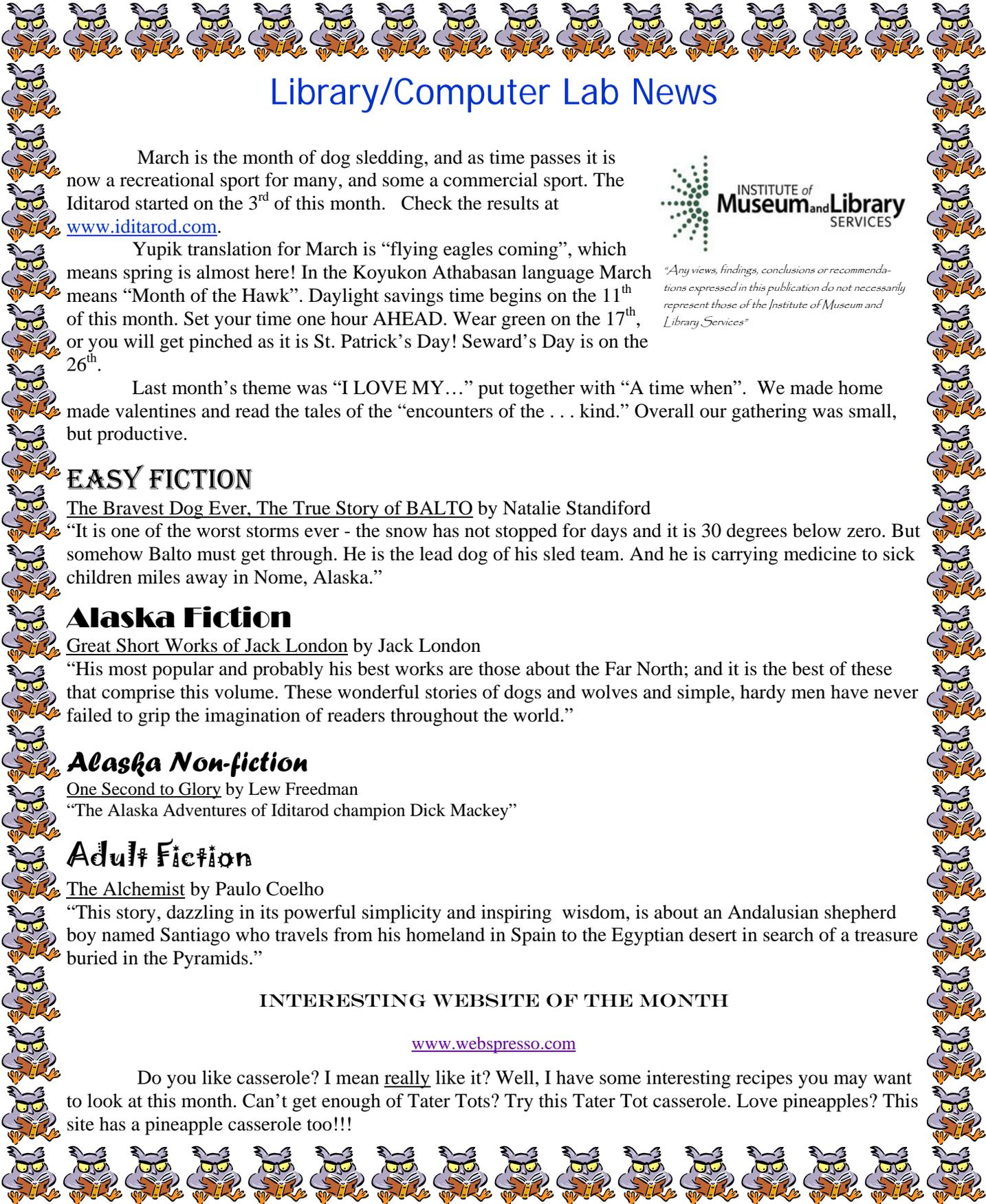
ment and learned about its history. I especially enjoyed the Roosevelt Memorial and the Vietnam Memorial.

Visiting the memorials and monuments meant we had to go outside and every time we did, people asked Michael and I if we were used to the weather. Just because we're from Alaska doesn't mean we *like* the weather or are even used to it! I froze the whole time I was down there, but I felt really bad for the people from Miami and Arizona who were used to really warm weather.

I met a lot of people from all over the United States and even one person from Ethiopia. I felt weird compared to the people from the lower forty-eight; I thought they expected to see a real Eskimo dressed in furs and living in an igloo. Close-Up was a really fun experience and I encourage everybody to go, it's not only an education filled trip, but you get to experience life outside Alaska!



"The Awakening," a huge statue of a giant coming out of the ground.



# Library/Computer Lab News

March is the month of dog sledding, and as time passes it is now a recreational sport for many, and some a commercial sport. The Iditarod started on the 3<sup>rd</sup> of this month. Check the results at [www.iditarod.com](http://www.iditarod.com).

Yupik translation for March is “flying eagles coming”, which means spring is almost here! In the Koyukon Athabaskan language March means “Month of the Hawk”. Daylight savings time begins on the 11<sup>th</sup> of this month. Set your time one hour AHEAD. Wear green on the 17<sup>th</sup>, or you will get pinched as it is St. Patrick’s Day! Seward’s Day is on the 26<sup>th</sup>.

Last month’s theme was “I LOVE MY...” put together with “A time when”. We made home made valentines and read the tales of the “encounters of the . . . kind.” Overall our gathering was small, but productive.

## EASY FICTION

The Bravest Dog Ever, The True Story of BALTO by Natalie Standiford

“It is one of the worst storms ever - the snow has not stopped for days and it is 30 degrees below zero. But somehow Balto must get through. He is the lead dog of his sled team. And he is carrying medicine to sick children miles away in Nome, Alaska.”

## Alaska Fiction

Great Short Works of Jack London by Jack London

“His most popular and probably his best works are those about the Far North; and it is the best of these that comprise this volume. These wonderful stories of dogs and wolves and simple, hardy men have never failed to grip the imagination of readers throughout the world.”

## Alaska Non-fiction

One Second to Glory by Lew Freedman

“The Alaska Adventures of Iditarod champion Dick Mackey”

## Adult Fiction

The Alchemist by Paulo Coelho

“This story, dazzling in its powerful simplicity and inspiring wisdom, is about an Andalusian shepherd boy named Santiago who travels from his homeland in Spain to the Egyptian desert in search of a treasure buried in the Pyramids.”

## INTERESTING WEBSITE OF THE MONTH

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

Do you like casserole? I mean really like it? Well, I have some interesting recipes you may want to look at this month. Can’t get enough of Tater Tots? Try this Tater Tot casserole. Love pineapples? This site has a pineapple casserole too!!!



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

# About My Life

by Camille Andrew, 2nd Grade, Igiugig School

I live in Igiugig. Who am I? I'm Camille Andrew.

I was born in Anchorage, AK in a hospital called Alaska Native Medical Center. I have two wild brothers and one cute sister. I am seven years old. I have a great family.

The people in my family are my mom, my dad, my two brothers, and my only sister. My mom's name is Bernadette. My dad's name is Michael. One of my brother's name is Shaun. My other brother's name is Kyle and my only sister, her name is, Madison. My dog's name is Dozer. Our last name is Andrew.

In school I am in second grade. There are not many students in my class, in fact, there are only nine students in the whole school! It is very quiet. I have two teachers. Their names are Mark Battaion and Kristin Hathhorn. They are great teachers. I have two friends in my class.

My friends are Dolly Ann Zharoff and Fewnia Zharoff. They are my best, best, best friends and they got to sleepover at my house when they used to live here. They got to eat at

my house too. We got to play with my dolls. We also played dress-up. We put on lots and lots of clothes. After that, we had to go to bed and we all slept on the floor. The floor was very, very, very hard! When we woke up, we watched T.V. Then we ate breakfast. We had sourdough pancakes. They were good. I helped my mom cook. I love to cook. After a little while Dolly Ann and Fewnia had to go home.

When I am with my mom we cook cakes and cookies. It is so much fun. I like to bake because you can make lots of things. I also like to help my mom cook dinner. I like to draw and play the piano. You can draw whatever you want to draw. I like to draw flowers, hearts, and butterflies. I make lots of things for my parents. Playing the piano is almost the best, best, best thing to do because it is fun. You get to learn lots of new songs. I know how to play "Mary had a Little Lamb", "Jingle Bells", "Hark the Herald Angels Sing", and "London Bridge is Falling Down".

**THE END**



Answer can be found on page 11.

4		5		3		6	1	
		9	6		5			7
8			4				5	
				4	2		6	
9			8					4
		2				3		
	2							
	1					8		
3		6			1	5		

*LAST SEASON (Continued from page 1)*

fourth place, their shooting skills shined in the competitions. Not only did their team take the trophy for the highest percentage of free throws, their own Chadalin Washington won the three-point shooting contest. The all-tournament team was also decided at that time. The group consisted of Keith Andrew and Chadalin from



The No-See-Ums huddle together to make a game plan.

Levelock, Nick Mike from Kokhanok, Kiska Shugak from Pedro Bay, and Mary Hostetter and myself from Igiugig. After the awards were doled out, Pedro Bay was recognized with the sportsmanship award, and players on all four teams were mixed up. These mixed games were probably the most exciting and entertaining. All teams were in high spirits as bags were packed and loaded into the truck in preparation of returning home. Thus, the end of basketball for the three seniors of Igiugig No-See-Ums, Mary Hostetter, Dawsey Apokedak, and me, Jon Salmon.



Dawsey, Mary, and Jackie warm up before the start of the game.

**WORD BUILDING**

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

PCTSAU

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

Answers can be found on page 11.

# My Autobiography

By Shaun Andrew, 4th Grade, Igiugig School

Do you know where Igiugig, AK is? Do you? Igiugig is at the mouth of the Kvichak River. It is also near Iliamna Lake and it's my home.

I was born in Providence Hospital on May 10, 1997 in Anchorage, AK. I am the oldest of four children. I have two ferocious younger sisters. My two sister's names are Camille and Madison Andrew. My one wonderful younger brother's name is Kyle Andrew. My parents are Bernadette and Michael Andrew, so there are six people in my family including me. I have lived in Igiugig, AK for almost ten years now although I have gone on some vacations. Igiugig is a tiny village with about 30 people right now.

My hobbies and interests are usual for a 9-year-old boy. One of my hobbies is collecting sports trading cards. When I get a card I really like, I want to show it to everybody. When I have nothing to do I just look at player's stats; for example, like how many points the player scored. Another hobby is trading cards with other kids or even my little brother. They try to trade bad cards for good cards and I always say, "No." My little brother tries to get great cards from me, and I sometimes give some to him, but I never give him autographed cards. Another hobby is biking with my little brother, my younger sister, or a close friend.

My best friends are all impressive and I like them. One of my four best friends is Levi Natwick. He always has a good attitude and is a good sport. Even if

we were loosing in a rabbit stick game, a game like "capture the flag" but with Frisbees, he would try his best to win. Another one of my best friends is my cousin, Noah Forougi. His attitude is pretty good and he is a very good friend. He is a real sports nut and is a great athlete. He collects sports trading cards like me, so when we go down to San Diego, we swap cards. Another one of my friends is Michael Alsworth. He is a great athlete that always tries his best. Another one of my best friends is Dylan Lindemon. He tells funny jokes. They are all good friends, but they sometimes give me a hard time. I try to keep in touch with my friends everyday, but I cannot because they do not go to my school

My stunning school is the best school I have ever been to. We go to a school with only nine students, and three are graduating. We will need twelve students to open the school next year and keep our two glorious teachers, so this is your chance to go to a great school with diligent students and supreme teachers. I am begging you to come because I don't want to move from this magnificent village. Please send some good kids that will continue to cooperate with this awesome school.

In the future, I am looking forward to playing sports, going to camps, meeting new friends, and going on vacations. Also I am looking forward to going to visit my best friends. **The End**

## Kokhanok Carnival

By Tess Hostetter, 5th Grade, Igiugig School

Last weekend, there were a bunch of planes going back and forth picking up people around massive Lake Iliamna. When Kokhanok carnival time came, there were fun activities and new people to meet. That is what I'm going to write about.

First, we had coffee can races. They put six coffee cans about ten feet away and you had to run to them. There was money in them and the highest amount this year was twenty dollars - I got it. Then there was also an egg hunt. There was a golden egg and a silver one. There were only two eggs. The golden one had 100 dollars and the silver one, 50 dollars. The silver one is still out there too! Then there were the dances, mostly two-step and fast dance. They were all at the school.

There was a whole bunch of new people at the carnival. Some houses were filled. Sandy's house is where I stayed and there was about six kids staying there!

After the egg hunt, coffee can races, dances, and meeting new people, it was time to go home. On the plane I got sick.



## Bits n Pieces

*Last month the question was:*

*What career should you pursue if you never want to be out of a job?*

*So this month we've moved on to the Forbes Magazine's list of the best places to look.*

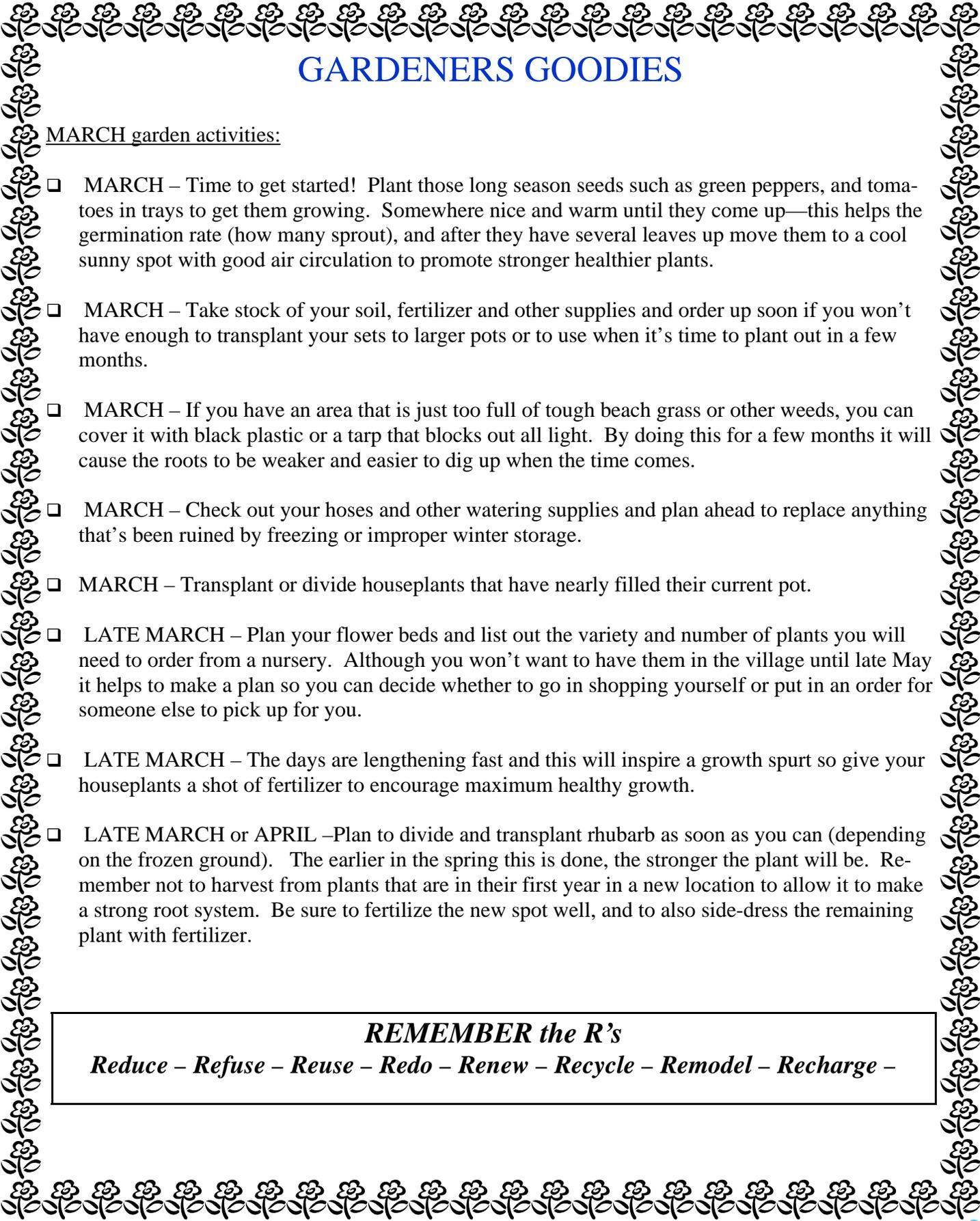
### **25 Best Cities for Job Seekers**

- #1 Washington, DC
- #2 Phoenix, AZ
- #3 Las Vegas, NV
- #4 Orlando, FL
- #5 Bethesda, MD
- #6 Richmond, VA
- #7 Raleigh, NC
- #8 Jacksonville, FL
- #9 Oklahoma City, OK
- #10 Virginia Beach, VA
- #11 Camden, NJ
- #12 Salt Lake City, UT
- #13 Santa Ana, CA
- #14 Sacramento, CA
- #15 Honolulu, HI
- #16 San Diego, CA
- #17 Poughkeepsie, NY
- #18 Indianapolis, ID
- #19 Oxnard, CA
- #20 Riverside, CA
- #21 Albuquerque, NM
- #22 Baltimore, MD
- #23 Little Rock, Ark
- #24 Nashville, TN
- #25 Fort Lauderdale, FL



*Of course if you look at the scenery in all these places and realize that you prefer a skyline without buildings in it, the employment rate with Igiugig rivals the best. In fact during some times of years you will be hard pressed to find anyone other than elders and little kids who are 'unemployed' in the village unless it's by choice!*

(photos from top to bottom are: Albuquerque, Salt Lake, San Diego, and Igiugig)



## GARDENERS GOODIES

### MARCH garden activities:

- ❑ MARCH – Time to get started! Plant those long season seeds such as green peppers, and tomatoes in trays to get them growing. Somewhere nice and warm until they come up—this helps the germination rate (how many sprout), and after they have several leaves up move them to a cool sunny spot with good air circulation to promote stronger healthier plants.
- ❑ MARCH – Take stock of your soil, fertilizer and other supplies and order up soon if you won't have enough to transplant your sets to larger pots or to use when it's time to plant out in a few months.
- ❑ MARCH – If you have an area that is just too full of tough beach grass or other weeds, you can cover it with black plastic or a tarp that blocks out all light. By doing this for a few months it will cause the roots to be weaker and easier to dig up when the time comes.
- ❑ MARCH – Check out your hoses and other watering supplies and plan ahead to replace anything that's been ruined by freezing or improper winter storage.
- ❑ MARCH – Transplant or divide houseplants that have nearly filled their current pot.
- ❑ LATE MARCH – Plan your flower beds and list out the variety and number of plants you will need to order from a nursery. Although you won't want to have them in the village until late May it helps to make a plan so you can decide whether to go in shopping yourself or put in an order for someone else to pick up for you.
- ❑ LATE MARCH – The days are lengthening fast and this will inspire a growth spurt so give your houseplants a shot of fertilizer to encourage maximum healthy growth.
- ❑ LATE MARCH or APRIL –Plan to divide and transplant rhubarb as soon as you can (depending on the frozen ground). The earlier in the spring this is done, the stronger the plant will be. Remember not to harvest from plants that are in their first year in a new location to allow it to make a strong root system. Be sure to fertilize the new spot well, and to also side-dress the remaining plant with fertilizer.

### ***REMEMBER the R's***

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

## Phase One by April Hostetter, 9th Grade, Igiugig School

February 12<sup>th</sup> through 20<sup>th</sup>, we Chelsea Jensen-Roehl, Samantha Foss, Tim Sanner, Jordan Shangin, Deran McDowell, Jeremy Salmon, and I all attended Phase I at Newhalen. We organized two service projects, job-shadowed different people, learned about math, cooked breakfast, lunch, and dinner, and had health class almost every day. Since our schedule was packed with activities, we had to make sure we got everything done on time.

We started out each day by making breakfast. We were split into two teams: Jeremy, Sam, and Tim were team A, and Jordan, Chelsea, Deran, and I were team #1. While one team cooked breakfast, the other did the household chores like vacuuming the rooms, sweeping the floor, cleaning the bathroom, and taking out the trash. If we ate and cleaned up on time, we would do an energizer to start out our day. After that, we would learn about standards. The first day, we got to learn about cake decorating with Sara Bromley.

Each day for a couple hours, Mr. Vulcan taught us math; for example catering, aviation, and mechanics math. We also planned a Family Math Night and an Elder Dinner. The Family

Math Night was not too exciting -most of the people showed up five minutes before we were going to end it, but Chelsea, Jeremy, Jordan and I had fun getting beaten by the little kids in memory match. We had set up different games (like math bingo, memory match, math football, Yahtzee, and math scrabble) for kids to play.

At the elder dinner, we served ham, bread rolls, salad, scalloped potatoes, and fruit salad. We performed Native dancing and let the guests play Eskimo bingo.

During Phase I, we also explored future jobs that we might want. We job shadowed people from Northern Dynasty, like the helicopter pilot, a chef, an aviation mechanic, and geologists. We were also able to choose someone to job shadow. Chelsea and I chose Dianne Armstrong at Iliamna Trading. Chelsea and I learned a lot about what it takes to run your own business. You need to be committed and hard working if you want it to be a success. Phase One was a great learning experience and it was fun because you meet new people. Next year I am planning on going to Phase II.



Dawsey plays tough defense against Tim from the Chiefs.



The All Tourney team: Nick Mike, Jon Salmon, Chadalin Washington, Kiska Shugak, Keith Andrew, and Mary Hostetter.

# Newhalen Carnival

By Jeremy Salmon, 9th Grade, Igiugig School

There I sat on the bleachers of the school, waiting for the games to be over. While at the Newhalen Carnival, there were plenty of basketball games, but very few kid's activities, and as always, a banquet.

The main attraction at the Carnival was basketball. That and bingo were all that went on. The Carnival Committee decided to have a tournament for men and women to win money and a trophy. The men's teams were from Naknek, Newhalen, Iliamna, Kokhanok, and New Stuyahok. The girl's team only contained Kokhanok, Newhalen, and New Stuyahok. These games were fun to watch, but they were just too long. They had basketball every day almost, from noon till six or seven at night. At the end of all the games, Naknek men came in first and New Stuyahok women came in first. The most exciting game to me was New Stu and Newhalen battling for second place. It was a very close game and New Stu won by only one point. When there were two seconds left on the clock, New Stu was ahead by one, and Newhalen had the ball. They took it out, shot a three pointer, missed, and one of the men tipped the ball in the same time the buzzer went off, but they didn't count it which made the Newhalen crowd mad. That was the best game in my opinion. However, because the games went almost all day, there was no room to have kid's activities.

The few games held for kids were on the first day and the third day. The first day they had games where you were in teams and had to work together to either get a balloon from one place to another, and one where you held a spoon in your mouth and had to pass a piece of candy from one person to another throughout a line and back before the other team did. My team won both of these games. We got to choose prizes and some were pretty cool. I won a set of headphones and a leatherman. They had a couple more games, but I didn't play them because I got hungry and bought a cheese burger instead. The other game they had was entertaining. It was kids bingo. You didn't have to pay anything but you still won prizes. I didn't bingo at all until the very last game. I won a bandana, a hat, and a scarf, which I gave to my sister, Christina.

At the banquet, they had excellent food, trophies for basketball, and raffles. Some of the raffles were a portable DVD player, a Dell laptop computer, round trip tickets to Anchorage, and money raffles. I didn't win any of these, as usual. The only things I won though were a door prize and a chair for little kids which I gave to my nephew, Aiden. After the banquet was over, they cleaned up and got ready for the dance. Then the Carnival was close to being over.

This year was mainly about basketball so maybe next year's carnival could be expanded to have activities for everyone.

## Answers to WORD BUILDING

(game on page 6)

PUS, PUT, PAT, SPA, SUP, SAP, SAT, SAC, TAP,  
APT, ASP, ACT, CUP, CUT, CAP, CAT, PUTS, PAST,  
PATS, PACT, SPAT, SCAT, TAPS, ACTS, CUPS,  
CUSP, CUTS, CAPS, CAST, CATS, PACTS, CATSUP

Check out Word Definitions: (from

[www.dictionary.reference.com](http://www.dictionary.reference.com) )

### asp

*-noun*

any of several venomous snakes, esp. the Egyptian cobra or the horned viper

### cusp

*-noun*

1. a point or pointed end.

## Answers to SUDOKU (game on page 5)

4	7	5	2	3	8	6	1	9
2	3	9	6	1	5	4	8	7
8	6	1	4	9	7	2	5	3
1	8	7	3	4	2	9	6	5
9	5	3	8	7	6	1	2	4
6	4	2	1	5	9	3	7	8
5	2	8	9	6	4	7	3	1
7	1	4	5	2	3	8	9	6
3	9	6	7	8	1	5	4	2



## Into The World of Water Politics

By Roy Andrew

### Renowned Worldwide

Many truly see Lake Iliamna as the last great lake in the Last Frontier: it is seen in the minds of many people in the U.S. public as "Our Lake". Lake Iliamna ranks 2<sup>nd</sup> in size when compared to the five great lakes. U.S. Presidents, foreigners, businessmen, among others, come to see for themselves the lake that is renowned worldwide for the Bristol Bay Run, record-breaking fish and as the only other freshwater lake in the world which contains seals other than Lake Baikal in Siberia. It is in a class all of its own: pure, pristine and wild.

### It's Integrity

The Yukon and Nome gold rushes developed the state as never before, nor since, in the context of the early pioneer period. ANSCA granted the regional native corporations' ownership of the subsurface rights to chart its own course of action. Closer to home, the Lake Iliamna region is mineral rich to a degree that its integrity ranked among one of the world's top undeveloped gold deposits ever as the Pebble Beach find had indisputably proven. Alaska's mining heritage runs deep and strong.

### Top Gold Finds

Once Northern Dynasty found gold, it has been hailed as one of the top gold finds, the press and media from the region all the way to the New York Times and independent mining journals from around the world further publicized the find to the public at large. Its discovery has been continually in the media and frequently discussed.

### A Nightmare Debate

ANWR, Exxon Valdez, Last Frontier, Bristol Bay and the Aerial Wolf Hunt etc. are but a few signal place names, images and perceptions in the state that already have people's attention. Add to that the Northern Dynasty mine at Lake Iliamna in Bristol Bay and it promises to become a nightmare debate: great fiscal promise or environmental disaster.

### Into The Arena

On the day that Northern Dynasty announced its gold discovery to the world, it set off a chain reaction all the way from the Lake Iliamna villages to the international cities such as Vancouver and beyond. Right now, the early lines are being drawn up by various individuals, village councils, regional groups, state politicians, mining, anti-mining, state and nationwide groups to prioritize their goals, pick sides and/or wait further to take a stance. We are already seeing some of those parties going public with their views on the project. We will eventually all go into the arena to battle it out on whether we want the mine at Pebble Beach or not. This article is intended as an informative piece to educate the public as a part of my duties as prescribed by Igiugig Village Council in the IGAP program.



# WALK TO BE FIT

Total Village Mileage through February is 63,922.

## How to get the healthiest food??

When you pick up a package of anything these days, there is a date on it that means something. Knowing what it really means is a challenge without reading up on the federal guidelines—which no one really has time to do.

### What exactly are all those dates about?

<http://www.webmd.com/food-recipes/guide/do-food-expiration-dates-matter>

The article at this website will give you everything you want to know about dates on food packages, but if you want the short version read on.

The terms used on food packages, medications, and vitamins have special meaning that you might want to make note of, so this is it:

“Expiration Date” – this is the last date that the item should be eaten or taken. It is likely to be spoiled or of a different potency after the date listed.

“Sell by” – this mainly tells the store how long to leave something on their shelves. It generally won’t harm you and is still okay to use even if it’s past that date.

“Best if used by” – this is strictly about quality not safety. It will taste better if used by this date.

“Guaranteed fresh” date – This usually refers to bakery items. They will still be edible after the date, but will not be at peak freshness.

“Use by” – is the last date recommended for peak quality.

“Pack date” – this is the date you find on most canned goods, and is often a code rather than an easily read date, but if you can decipher it, the only thing it tells you is when the stuff went into the can.

### What does any of this matter?

The fresher food is, the more vitamins and other healthy substances it will contain. For example milk that is in a clear jug loses certain vitamins when it is in the light, so if it has been in the store’s glass case all the way up to its “use by” date it won’t be nearly as good for you as a jug that was purchased fresh and stored in your dark refrigerator.

Fruits and vegetables also lose nutritional value as they age. The sooner you eat these items after you buy them, the better they are for you. Just remember even an ‘old’ piece of fruit is better for you than a candy bar.

For the rule of thumb on nutritional value—fresh and frozen are always the most healthful—canned is okay, but generally lower in vitamins and high in added salt and/or sugar.

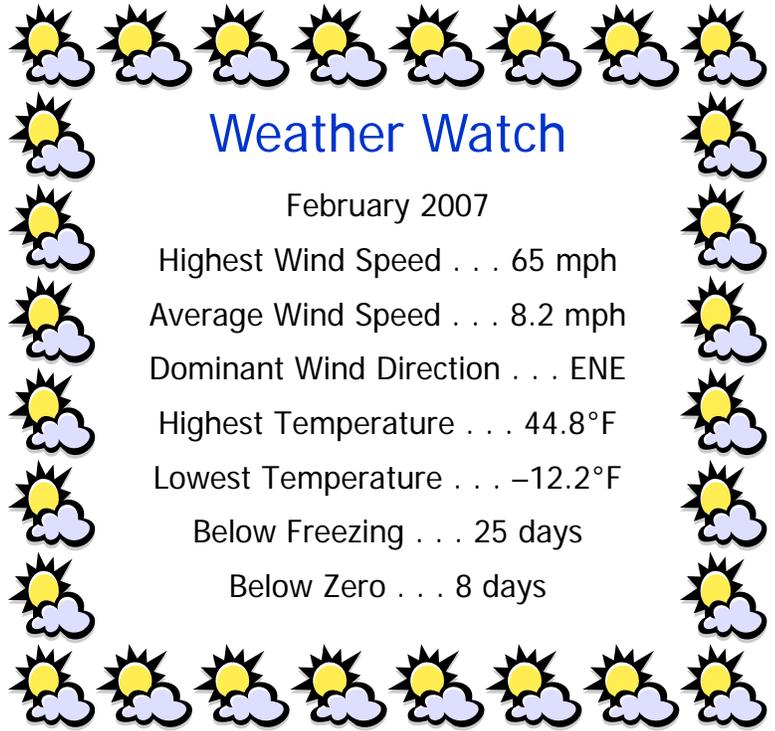
When you look at your food, if it still looks the way it did when it entered the food chain, it’s pretty likely to be good for you (if you can’t envision what sort of plant that Twinkie grew on—it’s a good clue that it’s probably not too good for you!)

**So pay attention to your food—and your body will pay you back with better health!**

## Igiugig Tribal Village Council

PO Box 4008  
Igiugig, AK 99613  
Phone: 907.533.3211  
Fax: 907.533.3217  
www.igiugig.com  
Email: igiugig@bristolbay.com

Dallia Andrew, President  
Randy Alvarez, Vice-President  
Kevin Olympic, Member &  
Administrative Trainee  
Annie Wilson, Member  
Michael Andrew, Jr., Member  
Dan Salmon, Tribal Administrator  
Sandy Alvarez, Administrative  
Assistant  
Bernadette Andrew, Editor & Social  
Services Director  
Betsy Hostetter, Tribal Clerk &  
Librarian  
Roy Andrew, IGAP Director



## Recipe Corner

### THAI CHICKEN AND COCONUT SOUP

- 1 tablespoon canola oil
- 1 to 2 stalks lemon grass, outer sheath removed, bottom 3 inches trimmed and minced (3 tablespoons)
- 2 tablespoons minced fresh ginger
- 1 large clove garlic, minced
- 2 to 3 teaspoons Thai red curry paste
- 6 cups homemade chicken stock or canned low-sodium chicken broth
- 3 tablespoons fish sauce or soy sauce
- 1 tablespoon sugar
- 2 (14-ounce) cans unsweetened coconut milk
- 1 whole boneless, skinless chicken breast (about 12 ounces), cut into 1 by 1/4-inch strips
- 1 (15-ounce) can straw mushrooms, drained and rinsed
- 3 tablespoons lime juice
- Salt
- 1/2 cup loosely packed whole fresh cilantro leaves
- 3 scallions, greens only, sliced thin on an angle (optional)

1. Heat the oil in a large stockpot or Dutch oven over medium heat. Add the lemon grass, ginger, and garlic and cook, stirring constantly, until aromatic, 30 to 60 seconds. Add the curry paste and cook, stirring constantly, for 30 seconds.
2. Add 1/2 cup chicken stock to the pot and stir to dissolve the curry paste. Add the remaining stock, fish sauce, and sugar and bring to a boil over medium-high heat. Reduce the heat to low, partially cover, and simmer to blend flavors, about 20 minutes.
3. Stir in the coconut milk, chicken, mushrooms, and lime juice. Bring back to a simmer and cook until the stock is hot and the chicken is no longer pink, about 5 minutes. Taste for seasoning and add salt if desired. Serve immediately, garnishing each bowl with cilantro and scallions.