

# Igiugig News & Notes

Igiugig Tribal Village Council

April 2007

Volume 10, Issue 4

## AkNOS by April Hostetter, 9th Grade, Igiugig School

On April 13<sup>th</sup> and 14<sup>th</sup>, Jeremy, Kristin and I attended the Alaska Native Oratory Society (AkNOS) Speech Contest. There were approximately twenty competitors. Jeremy and I both competed in the Dramatic Declamation category. The other categories were Oratory, Storytelling, Native Languages, and Traditional Introductions. We saw an interesting oratory presentation against the war in Iraq. The presenter's speech was actually sung with the presenter playing the guitar. Unfortunately we couldn't see the ending ceremony or other presentations because we went to go see a performance by STOMP. It was an amazing performance of rhythm, dance, and comedy. All together, the short three-day trip to Anchorage was packed, busy, but very fun and entertaining – the following is my speech.

Hello. My name is April Hostetter, I am a freshman at Igiugig School. I live in Igiugig, Alaska, located on the western end of Lake Iliamna and the headwaters of the Kvichak River. My mother is Elizabeth Hostetter, from Kokhanok, Alaska; her parents, Mary and Nick Nowatak lived in Kokhanok. My father is David Hostetter. His father was Murray Hostetter, and his mother is Fran Hostetter, currently living in Oceanside, California. My mother's side of the family is Aleut-Eskimo and my father's side is of European descent –but I've grown up with Yup'ik traditions.

I will be reciting "How to Make Good Baked Salmon" by Nora Marks Dauenhauer. Nora Daenhauer is a poet, scholar and writer. She was born May 8<sup>th</sup>, 1927 and was the first of sixteen children. She is Tlingit and from the Juneau area. She is part of the Tlingit Raven moiety and the Canoe Prow House from the Alsek River following the Tlingits matrilineal system. She got her B.A. degree from the Alaska Methodist University in Anchorage. She has researched the Tlingit language and has written books on the culture. Some of her works include: Life Woven With Song, Beginning Tlingit, Because We Cherish You: Sealaska Elders Speak to the Future, and many more. This poem I'm about to recite was for "Simon Ortiz, and for all our friends and relatives who love it." It was written for Poetics and Politics.

You may be wondering why I chose a Tlingit piece when my background is Aleut-Eskimo. Although the cultures in Alaska differ in many ways, they all share a certain sense of humor. The reason I chose this piece was because of its interesting and humorous way of showing the differences between the past and the present.

### HOW TO MAKE A GOOD BAKED SALMON by NORA DAUENHAUER

It's best made in dry-fish camp on a beach by a fish stream on sticks over an open fire, or during fishing or during cannery season.

In this case, we'll make it in the city, baked in an electric oven on a black fry pan.

INGREDIENTS Bar-b-q sticks of alder wood. In this case the oven will do. Salmon: River salmon, current super market cost \$4.99 a pound. In this case, salmon poached from river. Seal oil or hooligan oil. In this case, butter or Wesson oil, if available.

(Continued on page 8)

### Inside this issue:

What Now?	2
My Highlights . . .	2
Senior Statement	3
Library/Computer Lab	4
Word Building	5
Sudoku	5
Elementary Report	6
Illness Strikes Again	6
Bits 'n Pieces	7
Gardeners Goodies	9
ABG	10
My Perfect Day	11
Water Quality Testing	12
WTBF	13
Weather Watch	14
Recipe Corner	14

### Birthdays this month

- April 23  
Mike Andrew, Sr.
- April 27  
Randy Alvarez

## What Now? By Jonathan Salmon, 12th Grade, Igiugig School



My textbooks are near their ends and I have one standard left to complete. But what happens after high school, a realm that I am finally beginning to feel ready for? Well, for starters, I will attend Carroll College in Helena, Montana next fall. Igiugig School will be missed, and I wouldn't be able to follow my dream of majoring in civil engineering without the education I received here.

Just to be cliché, I would like to say thanks to all of my family, teachers, and friends. That about takes care of everybody. High school was an interesting and worthy experience. I think that sports and travel has to have been the most exciting part of school. With Kristin's lead, we had opportunities to travel to such events as the Alaska Native Oratory Society, Multicultural Youth Leadership Conference, and the Drama/Debate/Forensics Tournament. Sports allowed me to meet many of the other students in the district and kept me healthy.

High school was a memorable period, but is not the end of my education. Through positive peer pressure, I have the drive to continue my education at Carroll College. It is a small school with an atmosphere similar to Igiugig's small town feel. Although I will be as far from my family as any of my sisters, I

will have a close friend, Brittany Jensen, and Kristin's sister residing nearby.

My plans may change in the future, but currently I want to return to Igiugig after completing my education. This was a great place to grow up and I hope to be a helpful part of the community for future students. Adios.

## My Highlights of High School by Dawsey Apokedak, 12th Grade, Igiugig School

Traveling on school trips is probably my best memory in high school because that was when I met most of my fellow peers around the district. They have burned memories into my mind that will never be forgotten.

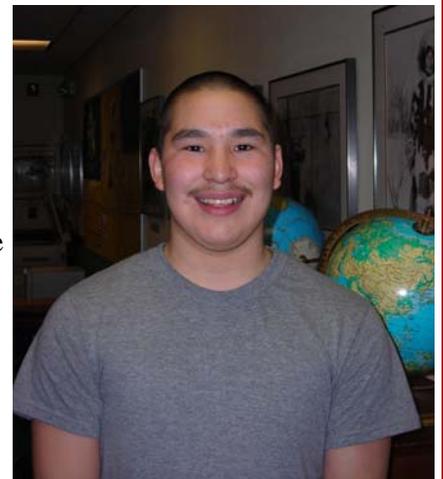
Through my travels I have been to many places and met countless people with the help of my school. There was one trip that sticks out above them all. It was my freshman year when I went on my first school trip.

First we went to Anchorage to compete in our very first Alaska Native Oratory Society (AkNOS) event, which is a speech contest. Although it was our very first time competing in a speech contest, we all did very well. After the AkNOS competition, we stayed in Anchorage for a Multi-Cultural Youth Leadership Conference which was filled with icebreakers and all sorts of cultural dances. We then traveled south to Alyeska to try out our skills in snowboarding. The first part of the snowboarding was lessons. After getting the feel for the board, it was off to the smaller section of the course. When we were all tired out from boarding, we went to the Prince Hotel and went swimming for a couple hours.

Then we had an exciting stay at a youth hostel which was filled with many different types of people. We stayed in the hostel for one day and drove back to Anchorage to board our flight back to Igiugig.

Another thing I enjoyed most was sports. I participated in basketball and volleyball all four years of my high school, except I didn't play volleyball my senior year.

Now I would like to take the time to thank all of those people who had helped bring me closer to graduation. Mostly I would like to thank the whole village of Igiugig for putting up with me throughout my years in high school.



## Senior Statement by Mary Hostetter, 11th Grade, Igiugig School

High school is like a skiing slope; ninth grade didn't go by so quickly, but just like the very top of a hill, you start off slowly. Tenth grade was the middle of that slope and eleventh grade was the very end. Graduating this year will be passing the winning line.

I would have to say that this year was the most difficult. I was not ready to fill out scholarships and apply to colleges. However, as time went on and deadlines began popping up, I realized I needed to get the ball rolling.

I am going to remember high school most from the AA Meets and the different district-wide activities provided for us. There are so many memories packed into three years of school that I don't really have a best high school memory. Kayaking was great, hiking with Kim McKennett was awesome, the AA Meets were always full of fun, and sports were the most exciting.

I've had many people in my life that have encouraged and pushed me to do my best. My parents have taught me the basics of life and inspired me to do my best. My teacher, Kristin, has pushed me so I am where I am at today in school; I could never ask for a better teacher. Kristin, my parents, and Mark were the most influential, but my friends also helped me want to continue my education because I don't want to spend all my years in the "ville."

This fall, I will be attending Northern Arizona University in Flagstaff, Arizona. I want to major in astronomy and minor in astrobiology. Arizona is far from home, but I think I can make it. I will miss Igiugig and the snow, the frozen lake, and the small environment, but I am ready to take on life's next challenge.



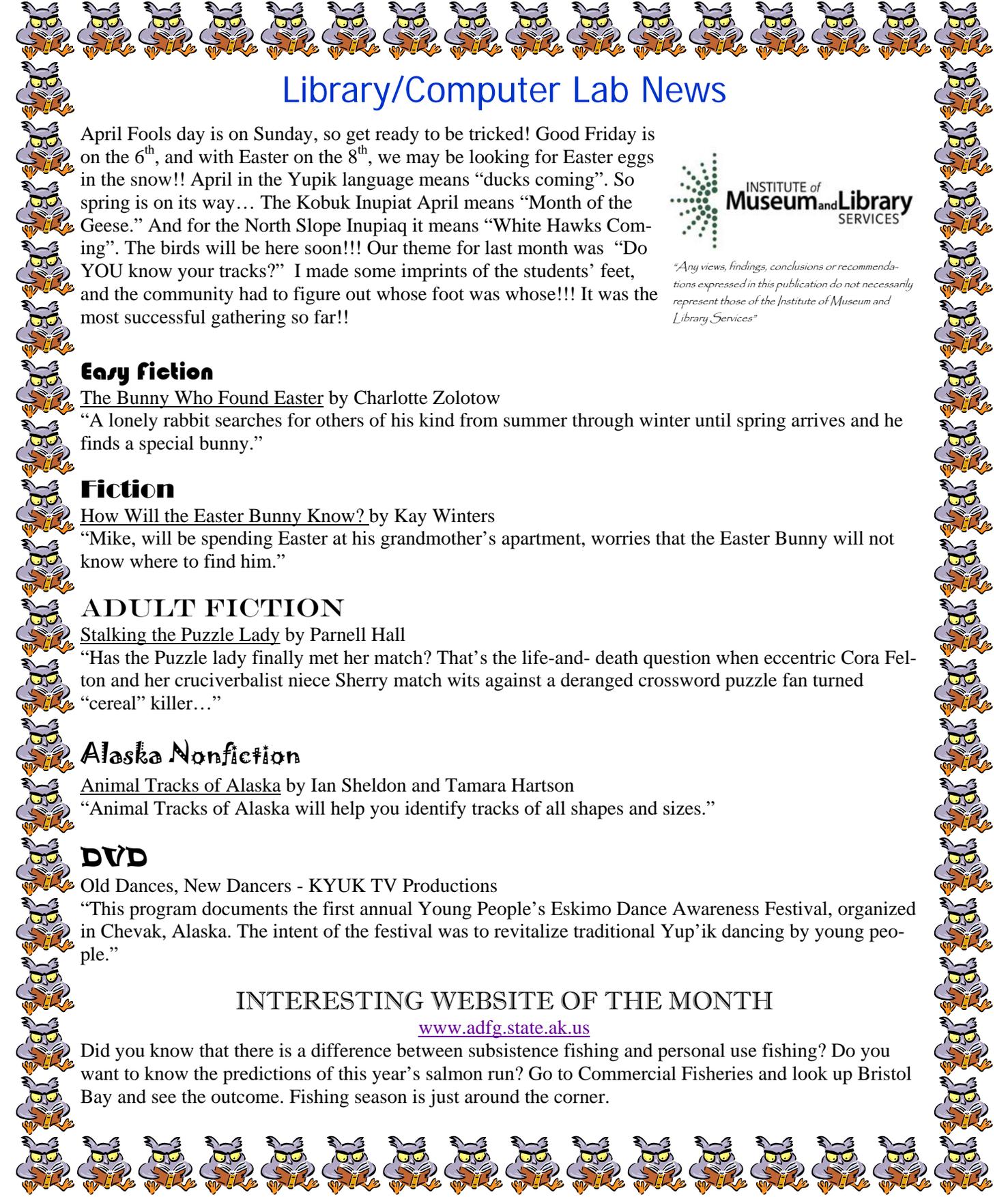
# Congratulations



# to the



# Class of 2007!



# Library/Computer Lab News

April Fools day is on Sunday, so get ready to be tricked! Good Friday is on the 6<sup>th</sup>, and with Easter on the 8<sup>th</sup>, we may be looking for Easter eggs in the snow!! April in the Yupik language means “ducks coming”. So spring is on its way... The Kobuk Inupiat April means “Month of the Geese.” And for the North Slope Inupiaq it means “White Hawks Coming”. The birds will be here soon!!! Our theme for last month was “Do YOU know your tracks?” I made some imprints of the students’ feet, and the community had to figure out whose foot was whose!!! It was the most successful gathering so far!!



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

## Easy fiction

The Bunny Who Found Easter by Charlotte Zolotow  
“A lonely rabbit searches for others of his kind from summer through winter until spring arrives and he finds a special bunny.”

## Fiction

How Will the Easter Bunny Know? by Kay Winters  
“Mike, will be spending Easter at his grandmother’s apartment, worries that the Easter Bunny will not know where to find him.”

## ADULT FICTION

Stalking the Puzzle Lady by Parnell Hall  
“Has the Puzzle lady finally met her match? That’s the life-and- death question when eccentric Cora Felton and her cruciverbalist niece Sherry match wits against a deranged crossword puzzle fan turned “cereal” killer...”

## Alaska Nonfiction

Animal Tracks of Alaska by Ian Sheldon and Tamara Hartson  
“Animal Tracks of Alaska will help you identify tracks of all shapes and sizes.”

## DVD

Old Dances, New Dancers - KYUK TV Productions  
“This program documents the first annual Young People’s Eskimo Dance Awareness Festival, organized in Chevak, Alaska. The intent of the festival was to revitalize traditional Yup’ik dancing by young people.”

## INTERESTING WEBSITE OF THE MONTH

[www.adfg.state.ak.us](http://www.adfg.state.ak.us)

Did you know that there is a difference between subsistence fishing and personal use fishing? Do you want to know the predictions of this year’s salmon run? Go to Commercial Fisheries and look up Bristol Bay and see the outcome. Fishing season is just around the corner.

# WORD BUILDING

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

## ALWLAYH

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□

11. □□□□

12. □□□□

13. □□□□

14. □□□□

15. □□□□

16. □□□□□

17. □□□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

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

## Elementary Report by Shaun Andrew, 4th Grade, Igiugig School

“School is almost out, but there is a lot to do,” Mark said happily while the class moaned. We have been very busy in the elementary class.

The elementary class has been taking care of the cute baby chickens and the fish. At the beginning of February, the first chicken egg started to crack. The elementary class hatched another batch of chicken eggs in early March. The village is hoping for a rooster because we can't hatch any more chicken eggs until we get one. Chickens are not the only animals we have hatched from eggs. The fish hatched on December 12, 2006. The elementary class has taken care of the fish for almost four months and now they are going to be released on April 6<sup>th</sup> into Sandy's Lake.

The Standard Based Assessments are coming up on April third, fourth, and fifth. All the students will be taking the tests except Kyle, Camille, Jon, Dawsey, and Mary. The test order will be Reading on April third, Writing on April fourth, and Math on April fifth. I call the tests SBTT's which stands for Standard Based Torture Tests because the tests are pure torture.

The elementary class has a lot to do in Social Studies, Science, and P.E.P's. In Social Studies we picked three states and found information on each state. After we were done with finding the information, each of us got to pick one of our three states and put the information on the bulletin board. In Science we are learning about the digestive system. When you puke it puts acid on your teeth and starts to dissolve your teeth. We are learning what happens to the food and what stages it goes through. PEP's are Personal Education Plans. When we are doing our P.E.P's we have to pick a standard we want to knock off and find information on it. Then we give a presentation or make a poster and present it to the class.

My goals for the year are passing a level in math and cultural awareness. Another goal is doing very well on my Standard Based Assessments. I have passed a level in writing, reading, and career development! The most difficult assessment was writing because you had to type a lot and make a lot of changes.

The school year has gone by rapidly. It seems like yesterday when we started school. The school year has been great, but now it is coming to a close.

## Illness Strikes Again! By Tess Hostetter, 5th Grade, Igiugig School

“Stinky sickness. It seems like everybody in the school has gotten some kind of terrible sickness.” Camille said while trying to make alliteration. “OH I GOT ONE!” Spirit screamed in Camille's ear. “OW!” Camille yelled miserably. “Oh I don't.” Spirit said in a whisper. Ever since the carnivals, everybody has been getting sick.

Most of the kids in our small school got sick. We mostly had the flu and strep throat. The flu is an infection in the throat, nose, and lungs, which is caused by the influenza virus. It is very contagious because it travels by air it mostly strikes and town or village at once. Strep throat is the most common infection in the throat.

Here are some ways to prevent getting sick: Wash your hands before you make meals, after you cough or sneeze, before you eat and after you use the bathroom. This helps kill bacteria that may cause you to get sick. Another one is cover your mouth when you cough or sneeze so other people won't breathe your germs.

Even though I did all these things, I got sick with the flu and strep throat. Altogether I had the flu twice in 2006 and 2007, and strep throat - I had it six times! If I get it once more I will have to go to Anchorage to take my tonsils out.

Getting sick is not fun. Don't forget to wash your hands and cover your mouth when you cough and sneeze, or else you might get other people sick who probably don't want to be.

## Postal Service unveils 'forever' stamp

Buyers can now lock 41-cent first class postage rate

**AP** Associated Press

Updated: 6:11 a.m. HT March 26, 2007

WASHINGTON - An image of the Liberty Bell, an icon of American freedom and independence, will adorn the Postal Service's new forever stamp.

The design of the stamp was unveiled Monday at the National Postal Forum, a gathering of companies in the mailing industry.

The forever stamp goes on sale April 12 at 41 cents. The rate for first-class postage rises to 41 cents May 14.

The stamp, which will carry the word "Forever" instead of a price, will remain valid for sending a letter, no matter how much rates go up in the future. That will eliminate the annoyance of buying one- and two-cent stamps to make up the new rate when prices rise, and folks who want to hedge against inflation could lay in a supply of the stamps for long-term use.

"Who said nothing lasts forever?" Postmaster General John E. Potter said in a statement.

He said the Liberty Bell was selected because it resonates as one of the nation's most prominent and recognizable symbols associated with American independence.



← Shaun takes his turn at getting the salmon out of the tank.

→ The No-See-Ums let the salmon go out at Sandy's lake.



## *AkNOS Speech* (Continued from page 1)

DIRECTIONS To butcher, split head up the jaw. Cut through. Remove gills. Split from throat down the belly.

Gut, but make sure you toss all to the seagulls and the ravens, because they're your kin, and make sure you speak to them while you're feeding them. Then split down along the back bone and through the skin. Enjoy how nice it looks when it's split.

Push stake through flesh and skin like pushing a needle through cloth, so that it hangs on stakes while cooking over fire made from alder wood.

Then sit around and watch the slime on the salmon begin to dry out. Notice how red the flesh is, and how silvery the skin looks. Watch and listen how the grease crackles, and smell its delicious aroma drifting around on a breeze.

Mash some fresh berries to go along for dessert. Pour seal oil in with a little water. Set aside.

In this case, put the poached salmon in a fry pan. Smell how good it smells while it's cooking, because it's sooooooooooooo important.

Cut up an onion. Put in a small dish. Notice how nice this smells too, and how good it will taste. Cook a pot of rice to go along with salmon. Find some soy sauce to put on rice, or maybe borrow some.

In this case, think about how nice the berries would have been after the salmon, but open a can of fruit cocktail instead.

Then go out by the cool stream and get some skunk cabbage, because it's biodegradable, to serve the salmon from. Before you take back the skunk cabbage, you can make a cup out of one to drink from the cool stream.

In this case, plastic forks, paper plates and cups will do, and drink cool water from the faucet.

TO SERVE. After smelling smoke and fish and watching the cooking, smelling the skunk cabbage and the berries mixed with seal oil, when the salmon is done, put salmon on stakes on the skunk cabbage and pour some seal oil over it and watch the oil run into the nice cooked flakey flesh which has now turned pink.

Shoo mosquitoes off the salmon, and shoo the ravens away, but don't insult them, because mosquitoes are known to be the ashes of the cannibal giant, and Raven is known to take off with just about anything.

In this case, dish out on paper plates from fry pan. Serve to all relatives and friends you have invited to the bar-b-q and those who love it.

And think how good it is that we have good spirits that still bring salmon and oil.

### TO EAT

Everyone knows that you can eat just about every part of the salmon, so I don't have to tell you that you start from the head, because it's everyone's favorite. You take it apart, bone by bone, but be sure you don't miss the eyes, the cheeks, the nose, and the very best part the jawbone.

You start on the mandible with a glottalized alveolar fricative action as expressed in the Tlingit verb als'oos'.

Chew on the tasty, crispy skins before you start on the bones. Eiiiiiiii!!!!!! How delicious.

Then you start on the body by sucking on the fins with the same action. Include the crispy skins, and then the meat with grease oozing all over it.

Have some cool water from the stream with the salmon.

In this case, water from the faucet will do. Enjoy how the water tastes sweeter with salmon.

When done, toss the bones to the ravens and seagulls, and mosquitoes, but don't throw them in the salmon stream because the salmon have spirits and don't like to see the remains of their kin thrown in by us among them in the stream.

In this case, put bones in plastic bag to put in dumpster.

Now settle back to a story telling session while someone feeds the fire.

In this case, small talk and jokes with friends will do while you drink beer. If you shouldn't drink beer, tea or coffee will do nicely.

Gunalcheesh for coming to my bar-b-q.

## GARDENERS GOODIES

### APRIL garden activities:

- ❑ APRIL – Water well but keep well drained. If you started plants in trays, be sure to give them the moisture that they need, but by the same token, never let them sit in standing water because it will damage their roots. The easiest way to give ‘six pack’ plants a thorough watering is to set them into a pan with about an inch of water in it. The growing medium will wick the water up to the plant, rather than drenching them from above, potentially damaging some of the tender leaves on small seedlings. If you use this method, be sure to only leave the pack in the pan of water until the moisture reaches the surface of the soil.
- ❑ APRIL – Start being ‘physical’—in order to be ready to do the heavy work of turning soil and the spring planting chores, it will pay off in a less achy body if you begin to do some more strenuous things now. While you can’t exactly start using your shovel now (unless there’s a freak snow storm to shovel off the walk). But you can begin the spring cleaning, lifting and moving stored things, and pushing around a broom or mop to start toning those arm and back muscles.
- ❑ APRIL – Clear away winter yard debris. A rake can come in handy in getting things out of the yard before stuff starts to grow—even if the ground is still frozen at the moment.
- ❑ APRIL – Pull together the compost area if it’s been spread around by animals or winter activity. Add plant material and whatever else you have that will decompose to become food for your garden plants.
- ❑ APRIL – Keep a close eye on the transplants you have going at home. It’s easy for them to overheat in a sunny window sill, which will result in less healthy plants, so keep good air circulation and temperatures.
- ❑ **April 22 – Earth Day** is a commemoration to remind us of our connection to the world around us. It is a day to reflect on the many ways we affect the natural environment. We can all do simple things every day to lessen our impact on the earth, from recycling to riding the bus.
- ❑ This Earth Day, do something out of the ordinary and you may discover a new way to change the world for the better.
- ❑ You can learn more about Earth Day at:  
<http://www.epa.gov/earthday> or at  
<http://www.earthday.gov/>
- ❑ LATE APRIL – Contact your favorite store for nursery plants, place your order and scheduled for delivery (or to pick up yourself) during the last week of May. By giving them the order early it will ensure that they put aside good plants for you and they will be prepared to get your order sent out on time.
- ❑ LATE APRIL – If you are a summertime/outdoor worm bin user, it’s also time to be locating a new batch of worms to get started by mid-May.



*What’s blooming now?  
Amaryllis*

Looking for somewhere interesting to visit in Anchorage? If you are a gardener this might be a real interesting place to see. This website is at <http://www.alaskabg.org/> and they will probably have different special events for every season, so check it out before you travel!!



Welcome to the Alaska Botanical Garden where arctic horticulture and native plants are showcased in a 110 acre spruce and birch woodland in Anchorage, Alaska.

Bordering the Garden on the East, you will find the north fork of Campbell Creek, home to a Chinook (king) salmon summer run, Far North Bicentennial Park, and beyond that, Chugach State Park. With over 1,100 species of hardy perennials, and 150



native plant species, the

Alaska Botanical Garden is the place to experience the abundance of the summer arctic growing season and to learn about flora native to southcentral Alaska.

From May through September (and occasionally into October) you will find flowering plants and shrubs in two perennial gardens, a formal herb garden, an alpine rock garden, and our wild-flower walk. The 1.1 mile Lowenfels Family Nature Trail takes you on an interpretive walk through spruce and birch forest, down to the north fork of Campbell Creek, offering evidence of long ago glacial activity and views of the Chugach Mountain Range. You may even glimpse a moose or bear.

The mission of the Alaska Botanical Garden is to enhance the beauty and value of plant material through education, preservation, recreation, and research by being Alaska's leading organization fostering botanical and horticultural information.

Alaska Botanical Garden  
P.O. Box 202202  
Anchorage, Alaska 99520  
Phone (907) 770-3692  
Fax (907) 770-0555  
Email: [garden@alaskabg.org](mailto:garden@alaskabg.org)



[Alaska Botanical Garden](http://www.alaskabg.org)

## **ABG's Annual Plant Sale is Saturday, May 19**

**770-3692**

### **ABG Office Move!**

Our new office address is:  
**3701 Tudor Rd., Suite 203**

# My Perfect Day

By Jeremy Salmon, 9th Grade, Igiugig School

My perfect day began when I awoke and I learned that it wasn't Friday after all, it was Saturday. This meant no school and I was able to sleep in. So I went back to bed and awoke a while later, all refreshed. I walked out to the living room when my belly began to growl with hunger, and to my surprise, my mom had already made breakfast. She had made eggs, bacon, toast, and hash browns. After eating, my dad called home and said I didn't have to work that day. This gave me all day to do whatever I wanted. After finishing my steaming hot cup of coffee and getting dressed, I decided to go for a pleasant little stroll.

It was a nice sunny day at an amazing seventy-five degrees. I went to Sandy's house, and on the way back, I found a hundred dollar bill in the middle of the road. I walked around the village, but no one claimed the bill. I took this money and put it in my piggy bank. After feeling all relaxed from the walk, I went to play golf with Jackie. We went to the sandpit, made a hole, and began the game. After about five games, it began to rain so we went to my house. After playing golf, I was hungry once more and just as before, my mom had already made lunch. After finishing my turkey with mashed potatoes and gravy, I went to my gram's, and my aunty Lydia was there. She gave me a new sweater with Washington D.C.

printed on the front. I replaced my old, dirty one with this new, soft one.

When I went home, it was already dinner time. I devoured the juicy burger and restaurant made fries. Then my dad called once more and said there was work after all. I got to the hanger and had to pump oil for the hanger's heater and then had to sweep the whole floor, do the trash, and feed the chickens. Lastly, I had to take everything out of the brown storage box at the hanger and put all the tools back in order so my dad could find them easier.

When I was all done and tired, I went for a motorcycle cruise to the end of the road and stumbled along a fisherman at the end of the airport. He pleasantly asked me if I had seen a hundred dollar bill anywhere. I was forced to give him all the money. When I got home, feeling miserable, I learned the calendar on my clock was a day ahead, and it was actually Friday. I asked my dad how come he never told me it was Friday and he had said he thought it was a holiday or break. Then to top it all off, Jon came back from school and handed me loads of schoolwork to do.

My perfect day ended up being my worst.

## Answers to WORD BUILDING (game on

page 6)

WORD BUILDING answers: YAW, WAY, WHY, LAY, LAW, AWL, ALL, AHA, HAY, HAW, YAWL, WALL, AWAY, ALLY, HALL, ALLAY, HALLWAY

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

**yaw**  
-verb

- to deviate temporarily from a straight course, as a ship.
- (of an aircraft) to have a motion about its vertical axis.
- (of a rocket or guided missile) to deviate from a stable flight attitude by oscillation of the longitudinal axis in the horizontal plane

**yawl**  
-noun

- a ship's small boat, rowed by a crew of four or six.
- a two-masted, fore-and-aft-rigged sailing vessel having a large mainmast and a smaller jiggermast or mizzenmast stepped abaft the sternpost.

## Answers to SUDOKU (game on page 5)

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



# Water Quality Testing

Contributed by the Environmental Department

## Preamble

In an effort to preserve the present status of water sources important to the tribe, IVC has prioritized as one of its activities the documentation of waters within tribal jurisdiction. One of the objectives for this year is conduct water quality testing from June to September at three locations: Kvichak River Outlet, Kaskanak and Ole Creeks. Below is some general information about testing in general particularly in the area of qualifications, validation and frequency of testing which the public doesn't see.

## Level III Certification

Previously, EPA had contracted out with Native American Fish & Wildlife Society (NAF & WS) to train tribal personnel by federal standards in Level III to test waters through what is known as the Quality Assurance Project Plan (QAPP). Since NAF & WS lost out on its contract with EPA there is some confusion as to how tribal staff certifications rank now. However, those certified still have that credibility by EPA to conduct tests.

## To Be Valid

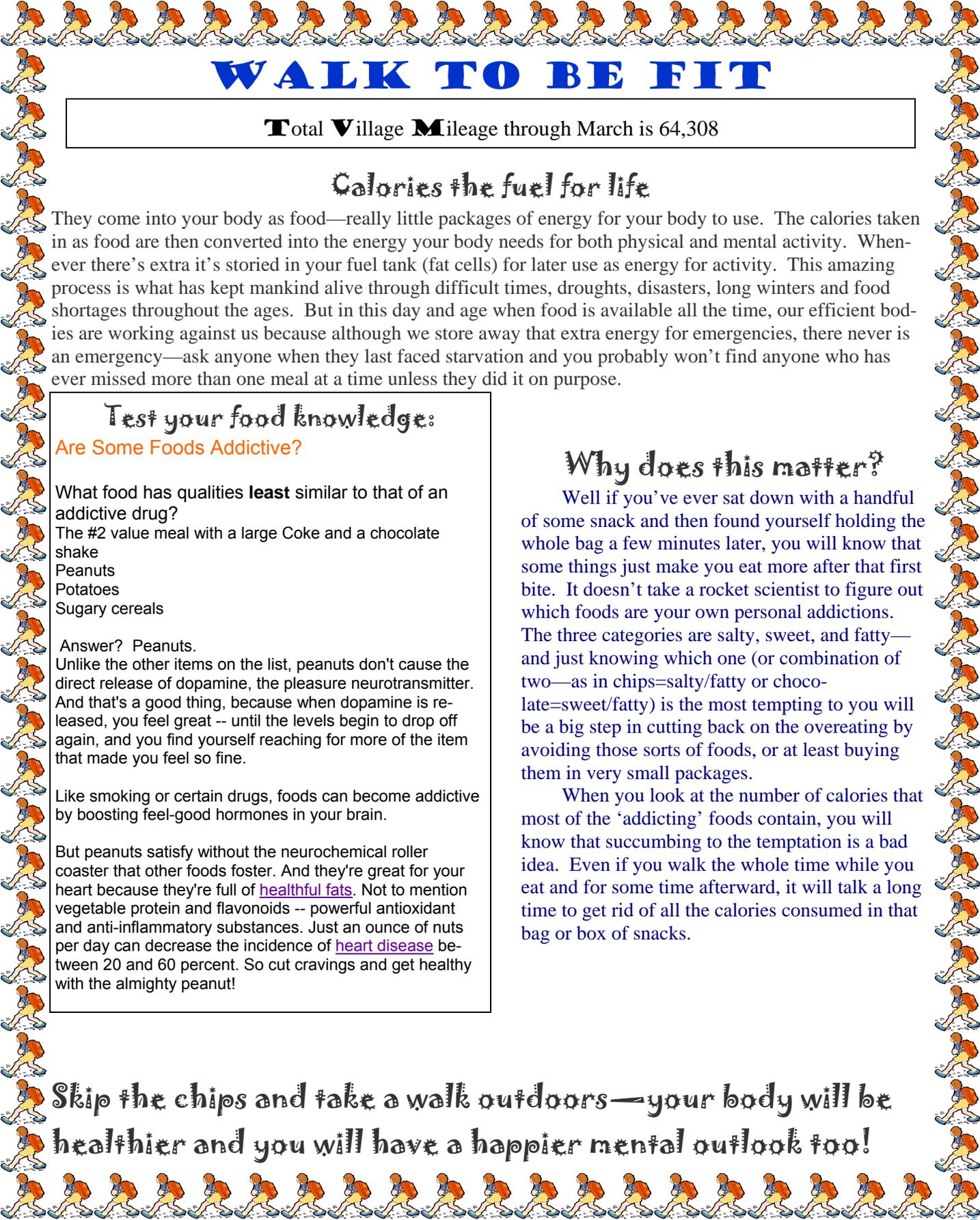
An organization must adhere to the original plan of testing specifications such as a business contract for its results to be valid and to test for at least 3-4 years consecutively. If testing was not done according to the original plan, the results will be judged as null and void. A mistake is that organizations may say "Oh, but we did the tests." such as testing just once and not four months as originally specified. Another mistake is by not creating a QAPP and still going out into the field to conduct tests.

## Igiugiq No-See-Ums 2007 QAPP

Dan and I worked out the details of testing this summer from June to September at the Kvichak River Outlet, Kaskanak and Ole Creeks. George Riddle from Naknek will be assisting me with the data collection. EPA approved of my 45-page QAPP the 1<sup>st</sup> week of April, but right now I'm still waiting for my four committee members to accept it. Sometimes some minor adjustments have to be made until the final version is accepted.

## Earth Day, April 22<sup>nd</sup>

Earth Day is nationally recognized in the United States on April 22<sup>nd</sup> as a holiday for how we can do our part in preserving the environment through educational outreach, recycling and composting in helping to preserve the waters, air and land. In our small village we contribute in our own way by burning all garbage, collecting and shipping out recyclables such as aluminum, copper, misc. items and in keeping our village clean. We are doing a good job for everyone is involved in the process from the young school kids to our elders. Everyone keep up the good work. It shows by how clean and maintained our village is .



# WALK TO BE FIT

Total Village Mileage through March is 64,308

## Calories the fuel for life

They come into your body as food—really little packages of energy for your body to use. The calories taken in as food are then converted into the energy your body needs for both physical and mental activity. Whenever there's extra it's stored in your fuel tank (fat cells) for later use as energy for activity. This amazing process is what has kept mankind alive through difficult times, droughts, disasters, long winters and food shortages throughout the ages. But in this day and age when food is available all the time, our efficient bodies are working against us because although we store away that extra energy for emergencies, there never is an emergency—ask anyone when they last faced starvation and you probably won't find anyone who has ever missed more than one meal at a time unless they did it on purpose.

### Test your food knowledge:

#### Are Some Foods Addictive?

What food has qualities **least** similar to that of an addictive drug?

The #2 value meal with a large Coke and a chocolate shake  
Peanuts  
Potatoes  
Sugary cereals

Answer? Peanuts.

Unlike the other items on the list, peanuts don't cause the direct release of dopamine, the pleasure neurotransmitter. And that's a good thing, because when dopamine is released, you feel great -- until the levels begin to drop off again, and you find yourself reaching for more of the item that made you feel so fine.

Like smoking or certain drugs, foods can become addictive by boosting feel-good hormones in your brain.

But peanuts satisfy without the neurochemical roller coaster that other foods foster. And they're great for your heart because they're full of [healthful fats](#). Not to mention vegetable protein and flavonoids -- powerful antioxidant and anti-inflammatory substances. Just an ounce of nuts per day can decrease the incidence of [heart disease](#) between 20 and 60 percent. So cut cravings and get healthy with the almighty peanut!

### Why does this matter?

Well if you've ever sat down with a handful of some snack and then found yourself holding the whole bag a few minutes later, you will know that some things just make you eat more after that first bite. It doesn't take a rocket scientist to figure out which foods are your own personal addictions. The three categories are salty, sweet, and fatty—and just knowing which one (or combination of two—as in chips=salty/fatty or chocolate=sweet/fatty) is the most tempting to you will be a big step in cutting back on the overeating by avoiding those sorts of foods, or at least buying them in very small packages.

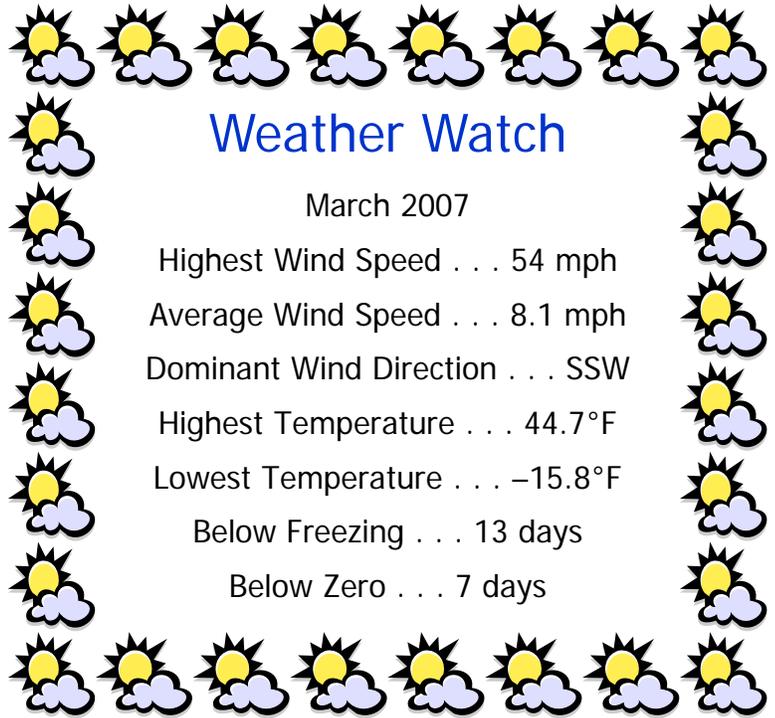
When you look at the number of calories that most of the 'addicting' foods contain, you will know that succumbing to the temptation is a bad idea. Even if you walk the whole time while you eat and for some time afterward, it will take a long time to get rid of all the calories consumed in that bag or box of snacks.

Skip the chips and take a walk outdoors—your body will be healthier and you will have a happier mental outlook too!

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## Recipe Corner

### Duck Curry

- 1 duck, cut up
- 2 teaspoons turmeric
- 2 tablespoons butter
- 3 medium onions, sliced
- 5 garlic cloves, minced
- 1 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon dried red chili pepper flakes
- 2 teaspoons grated fresh ginger
- 1/2 teaspoon cinnamon
- 8 7/8 oz. tomatoes, peeled and chopped
- 2 cups water
- 1 1/2 teaspoons salt
- 3 tablespoons lemon juice

1. Prick the skin of the duck all over with a fork and cook in a 450\* oven for 15 minutes. Remove from the oven and pour off the fat. Sprinkle one teaspoon of the turmeric over the duck pieces.
2. Melt the butter in a large frying pan and sauté the onions and garlic until golden brown.
3. Stir in the remaining one teaspoon of turmeric and the rest of the spices. Cook for 5 minutes, stirring constantly.
4. Add the tomatoes and water and bring to the boil.
5. Add the duck pieces, cover and cook over a low heat until the duck is tender (about 1 hour). Just before serving, add the salt and lemon juice.