

Igiugig News & Notes

Igiugig Tribal Village Council

September 2007

Volume 10, Issue 9

Costa Rica Adventure

By April Hostetter, 10th Grade, Igiugig School

After months of planning, many stressful days, and a couple years of hard work and fundraising, the Igiugig No-See-Um high school students jumped on a plane and flew to the gorgeous country of Costa Rica. The trip started out as a goal of a small school in rural Alaska and was transformed into the greatest adventure of my entire life.

Upon arrival, I was shy of the natives of this beautiful country since I could not speak their language. Many times I squeezed by with one word, (baño, meaning bathroom) or my pathetic interpretation of sign language. Thankfully, the people were very patient and kind and after many blank expressions, questionable looks and flipping through the small, pocket-sized Spanish dictionary, I had no trouble getting my point across.

We faced many experiences that we'll remember for the rest of our lives. I have countless memories that will one day bring me back to Costa Rica. Some of these include witnessing purple lightning and hearing the clash of thunder directly above our heads, and though I have to say riding on the local buses for hours on end to get to our next destination wasn't the most enjoyable experience at times, it soon became a part of

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The Big Move

By Sheryl Wassillie, 12th Grade, Igiugig School

My summer was filled with exciting and horrible adventures. The one adventure that stood out the most was moving from Newhalen to Igiugig. This move was a huge change; the people here are totally different, the school, as I had heard, is much more helpful and it is really quiet. I never would have imagined spending my senior year here; I always said that I was going to graduate at Newhalen. That plan backfired when I really saw how Newhalen was.

(Continued on page 3)

Birthdays this month

- September 10
Sandy Alvarez
- September 27
Angel Alvarez

our routine. We even were entertained a few times by devoted religious believers (who were interesting to watch, even though we couldn't understand them) and a blind musician who profited from hopping on one bus to the next singing and then collecting colons (Costa Rican currency). My favorite memory was when my sister and I were ordering at a small restaurant in a town we were passing through. She was trying to order a salad, and only a salad. The waiter asked (in Spanish) "One salad?" and completely ignored my constant "Si!"s and persisted in asking her, "Salad?" She also ignored me and ended up accidentally telling the waiter, "I want you," instead of, "Slower, please?" Fortunately he found it humorous, but avoided us for the rest of our meal.

We also visited a serpentarium, took a Rainforest Tour, a Night Tour, a Coffee Tour and were amazed by the House of Insects. I found the Don Juan's Coffee tour the most enjoyable. Our guide was friendly with a good sense of humor and made the tour interesting. They also gave us sugar cane juice straight from an old fashioned press. I admit that I didn't really care for the juice, but other candy-lovers in our group took pleasure in it, as well as the free 100% Arabica coffee they served after we finished the tour. Another place we went was the House of Insects. It contained bugs that by just looking at would make your skin crawl. There was a huge beetle that the guide insisted I put on my finger. After many persuasive words and him telling us, "It won't hurt you, its not dangerous." I finally gave in and he handed it to me. Surprisingly, after finding out it wouldn't bite me I actually thought it was pretty cool. One day at about 6:00P.M. (when it was already pitch black) we all attended a night tour into the jungles of Monteverde. We started out walking slowly and quietly through the forest with our feeble flashlights looking for some type of animal life. We were most eager to see a sloth and after a few let downs, we finally caught a fleeting glimpse of a mother and her child. In all the tours we were taught loads of interesting facts and tidbits about the local wildlife, economy and people, knowledge we brought back home to Alaska.

One of my favorite places in Costa Rica was up in the mountains. Although it took a seemingly never-ending bus ride standing up to get there, it was my favorite part of the trip (the town, not the bus ride). We were in a place called Santa Elena, near Monteverde. During our stay there we went on a canopy tour. We crossed hanging bridges, some of which were suspended more than a hundred feet above the ground. We yelled (okay, okay, we screamed) like Tarzan on the Tarzan swing where we endured a few seconds of free-fall before we swung high up into the air hanging by a rope and harness. This adrenaline-bursting experience was definitely on the top of my favorite list, and I have to say it is one of the memories that will pull me back to Costa Rica.

I hope to one day return to this amazing country and be able to have such a remarkable experience once again.

My Best Summer Adventure

By Shaun Andrew, 5th Grade, Igiugig School

I cast, and then I had a massive fish on the line. "Jeremy I got a big one on." That is when I caught the biggest rainbow trout in my short life.

I had just trudged around the entire island in my waders and hadn't caught anything. I marched straight off the island and cast with no hope of catching a fish. On the first cast, I got one bite, but couldn't hold the fish on the line. Next, I cast again and this time the fish stayed on the fly. The fish fought hard and put up a good fight. After about four minutes of fighting the tiring fish I pulled him on land. My friend Jeremy netted the fish and we kept him in the water. Before I left the island Jeremy told me to hold up the colossal rainbow up, and I tried about four or five

times until he finally got a significant photo. Then, we let the enormously tired rainbow go.

I waded off the island and looked for another great spot. I waded and continued to fish, but then I realized it was time for me to go home. As I slogged back to the island, I was very tired and my wrists were sore from casting. I was about halfway across the island, when my sister Camille and my brother Kyle told me it was time to come home to eat lunch and get ready for work. I had to wade across a knee-deep creek with a strong current. Then I got to my bike and pedaled home. I felt very magnificent because I had caught one of the biggest rainbows in the river and in my life.

My Summer Misadventure by Jeremy Salmon, 10th Grade, Igiugig School

It all started in Iliamna where Jon and I had to take the Chulyen, my dad's power boat, off the barge to load it up with Christina's belongings and then take it all back home to Igiugig. Before we could head home, we had to fix the steering. After an hour of fidgeting with the gears and throttle, we finally got it to work again. Then we loaded Christie's couch, her bed, two dressers, and cooking utensils. We were off and ready for our six-hour journey back to Igiugig.

Jon and I got back to Igiugig around eleven o'clock and there was a truck waiting for our arrival. We unloaded the furniture onto the truck and brought it to Christie's new house and unloaded it all back out of the truck which tired me completely out. After that, Jon and I went to bed on the boat, for we were going to leave early in the morning.

I awoke to Jon shaking me vigorously and telling me to go untie the boat. We slowly chugged up the river, trying not to wake anyone up in the village, and headed towards Pile Bay. As morning crept closer, the sun started to shine on tranquil waters. It was a nine-hour trip of sitting on the chair and listening to music while Jon drove the boat before we reached Fred Roehl's place near Pile Bay. We tightly tied the Chulyen back into its spot next to the Eleventh Hour. By then it was a bit chilly and the slight breeze turned into a gust. By the time we reached Porcupine Island outside of Pedro Bay, we had to park on an island, for it was too rough and was beginning to get foggy.

Jon and I decided to climb the cliffs that were on the island. We were journeying towards a cave on the other side of the island when Jon told me to grab onto a rock on the side of the cliff, which I did, and it ended up being loose, causing me to fall off the cliff and into the freezing cold water. Unlucky for me, I had no extra clothes with me, so I had to hang them on the boat exhaust in hopes they would dry off faster.

That was my worst summer adventure.

MOVE (Continued from page 1)

At the end of the last school year, Christina told me that her family was moving to Igiugig before the end of July. Since she was leaving I was faced with moving with her, moving out to Anchorage to live with my mom, or staying in Newhalen and living with my dad. I had the summer to think about it. Dan was also on my case about moving down here to get a better education and to help the school stay open. After having thought about it for two months, I made an executive decision that made Christina very happy. I decided to move with her.

After having made my decision, I flew to Newhalen and started packing my bags. When I got there I didn't know where to start. I finally decided to start packing the clothes that I rarely used and the stuff that I wasn't going to need. Once my room was packed I started helping Christina pack the rest of the house. When we finished packing, the house, along with my room, looked empty.

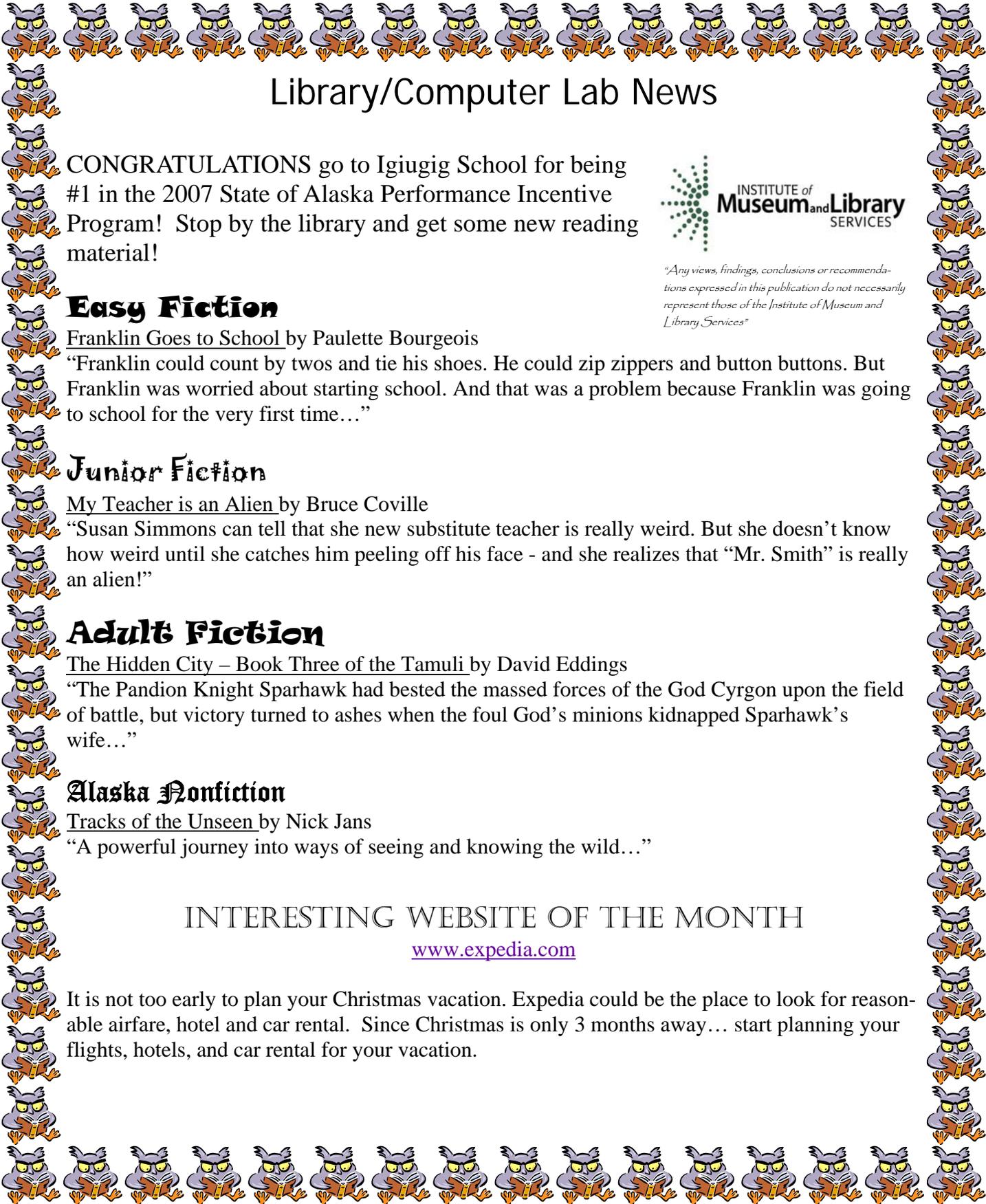
There were a few reasons why I chose to move: I was tired of Newhalen, I wanted a better education and I wanted to stay closer to Christina and her family.

I have lived with Christina and her family for almost a year and it is hard not to get attached to them.

Every summer since I can remember I have been coming down here to visit or to work and I like it. The people are nice and they make visitors feel welcome here. The community also gives a lot of support to the youth of this village. That is what I like about Igiugig.

Out of all the places I've lived, Igiugig has been the smallest and the quietest. Living here you have to make your own fun and keep yourself busy or else it could be a bit boring. Unfortunately, I haven't really got the hang of doing that. The highlight of my day is playing snertz with Alex, Christina, Mary O. and Martha. It is really fun. Once I get on step in school it will all move along fast, at least I hope. Being here I am sure I will be doing more crafts and focusing on school.

Hopefully I will be busy enough with school that I won't have a boring moment here. I have a tendency of moving some place else if I don't like it. I want to stay here the whole year, so I better stay busy and have a fun-filled school year.



Library/Computer Lab News

CONGRATULATIONS go to Igiugig School for being #1 in the 2007 State of Alaska Performance Incentive Program! Stop by the library and get some new reading material!



"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

Franklin Goes to School by Paulette Bourgeois

"Franklin could count by twos and tie his shoes. He could zip zippers and button buttons. But Franklin was worried about starting school. And that was a problem because Franklin was going to school for the very first time..."

Junior Fiction

My Teacher is an Alien by Bruce Coville

"Susan Simmons can tell that she new substitute teacher is really weird. But she doesn't know how weird until she catches him peeling off his face - and she realizes that "Mr. Smith" is really an alien!"

Adult Fiction

The Hidden City – Book Three of the Tamuli by David Eddings

"The Pandion Knight Sparhawk had bested the massed forces of the God Cyrgon upon the field of battle, but victory turned to ashes when the foul God's minions kidnapped Sparhawk's wife..."

Alaska Nonfiction

Tracks of the Unseen by Nick Jans

"A powerful journey into ways of seeing and knowing the wild..."

INTERESTING WEBSITE OF THE MONTH

www.expedia.com

It is not too early to plan your Christmas vacation. Expedia could be the place to look for reasonable airfare, hotel and car rental. Since Christmas is only 3 months away... start planning your flights, hotels, and car rental for your vacation.

Games, Games, Games

WORD BUILDING

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

GDREOC

1. □□□

2. □□□

3. □□□

4. □□□

5. □□□

6. □□□

7. □□□

8. □□□

9. □□□

10. □□□

11. □□□

12. □□□

13. □□□

14. □□□□

15. □□□□

16. □□□□

17. □□□□

18. □□□□

19. □□□□

20. □□□□

21. □□□□

22. □□□□

23. □□□□

24. □□□□□

25. □□□□□

26. □□□□□

27. □□□□□

28. □□□□□□

Answers can be found on page 11.



Answer can be found on page 11.

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

Bits 'n Pieces

More New Money coming soon!! This time the \$5



The new fiver, in traditional green with splashes of purple, is scheduled to enter circulation in early 2008, with a new 100-dollar bill to follow. The new bill joins recently redesigned 10-dollar, 20-dollar and 50-dollar bills issued with security features aimed at thwarting counterfeiting and money laundering.

"The government uses the best tools available so that it will be unlikely that you will receive a counterfeit bill," said Treasurer of the United States Anna Escobedo Cabral.

"Improved security features are at the heart of this currency series -- security features that are easy for everyone to use. Learn how to use them, so you don't lose your hard-earned money in the unlikely event that someone tries to pass a counterfeit bill to you."

The new five-dollar bill features an additional watermark and a repositioned embedded security thread that glows blue when held under ultraviolet light.

In the United States alone last year, there were 3,945 arrests related to counterfeit bills passed to individuals and businesses, equating a total loss of 62 million dollars, according to data from the US Secret Service.

Worldwide in 2006, the US Secret Service and international authorities seized just over 53 million dollars in counterfeit bills before they entered circulation. Nearly 65 million dollars that had been passed into circulation was detected and removed worldwide.

My Greatest Summer Adventure

By Angel Alvarez, 10th Grade, Igiugig School

Kaboom! Kaboom! Kaboom! ...And then it happened. Ha! Just kidding. My summer was not that exciting, but it was just enough for me to enjoy it.

It all started out with Mark Bindon and I beginning our flight to Soldotna where he would drop me off at Solid Rock so I could attend a camp called CYIA. A few miles out of Naknek he asked me if I wanted to fly the plane. I was a bit hesitant, but ended up taking my chances. Wow, was I glad that I said yes! Flying a plane feels much easier than driving a car, at least in my opinion. I do not know though, it might have been easy because I never got to use the pedal; Mark had taken them out and had forgotten to put them back in.

My time of flying ended when we were coming up on the landing in Pedro Bay. Mark was telling me how to land, but I did not trust myself that much. We were there to pick up Tim Sanner, Kathy Sawicki and Elijah Jensen, who were continuing on the flight with us to Soldotna. Mark was teasing around with Tim and told him that I would be the pilot. With this news, he took one look at the pass and gave a half-hearted laugh and then looked at me. My face looked as serious as Mark's, so Tim had to ask. "Wait, are you really going to be flying the plane?"

Jokingly I said, "Of course!"

He still seemed to be taking us seriously, but since there were more passengers aboard, Mark took over the entire flight. However, Tim did look a little nervous when we came upon some turbulence.

When we landed in Soldotna at MARC Air, Mark asked Tim how he enjoyed the flight. He kind of glanced at me awkwardly and said it was fine. Mark and I both laughed. It wasn't until later on that week at the camp we were attending that Tim really got that I had not been flying the plane the entire time.

CYIA lasted two weeks, but Tim, Kathy and I left early. Kathy drove to Glenallen with a friend of ours, and Tim

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Hoover Dam

By Tess Hostetter, 6th grade, Igiugig School

Hoover Dam was at first great to see, and then it wasn't. Along the way when we were traveling from where the great Grand Canyon drops off to the long white beaches, we crossed the Hoover dam. There my mom and dad wanted to take a tour so we made the weakening walk in the 105-degree weather. When I wanted to leave, they wanted to go on another tour ;consequently I waited full of boredom. Then I really wanted to leave. The heat was getting increasing worse, but they dragged me along any-

way. I got very impatient after this. Still they wanted to walk around the dam, which meant that I needed to go.

Finally my parents said that we would leave, but when we were walking to the car they saw a cramped shop and started to go toward it. I started pulling them slightly, but this didn't work. After what seemed like an hour, I almost ran to the elevator.

Back in the car I told my mom that I didn't like it there. I didn't like it there at all.

My Summer

By Loretta Petersen, 6th Grade, Igiugig School

My summer was sort of fun. My sisters, my mom and I went to Kokhanok for a while. Then I went to camp. When I was in camp, I saw my cousins. When I got back from camp, I got my ears pierced. One of my earrings wouldn't go through my ear for some reason, but then it did because the person that was piercing my ears pushed harder and it went through. We went swimming sometimes too. It was pretty cold in the water, but even so, some people jumped in.

One night when Tess and I were biking up by Sandy's house, I asked her if she wanted to go eat salmon berries and she said 'sure', so we did. After about an hour Tess lost Mary's water bottle in the tundra, and it took a long time for her to find it, my shoes got very wet and dirty inside. When we were going home we saw a bear and Tess started to scream, Then I looked over and started to scream too. When I got home it was almost 11:00, and I was breathing really hard and my face was red. Then Tess came to visit my mom and I. Tess and I told my mom about what happened.

GREATEST SUMMER ADVENTURE (Continued from page 6)

and I were taken to the MARC Airfield. From there, we were flown to Port Alsworth to another camp. This camp was a little more laid back you could say - much less studying, and a little bit more 'freedom.'

After camp was over, I went back home for just two weeks and spent some time with my cousins McKenzy, Shawna and Ceara. Ceara was pretty mad because we only got to spend a week together before I headed back up to Port Alsworth to be on work crew. So we made plans for me to come back to visit her in Oregon as soon as I got home.

On a semi-chilly Monday morning in July, Joel Natwick, my cousin McKenzy, and I took off in Mark Bindon's 206 towards Port Alsworth. McKenzy was headed up for her very first week of camp, and I was heading up for my five-week stay to be on work crew. I have gone to the camp before, and I knew many people that would be up there. Plus, I am not really all that shy when it comes to meeting new people. However, it was only the third day of my time being there, and for the first time in my life, I experienced homesickness.

I cannot even really remember what the cause of my homesickness was, but for once in a long time I did not feel right being in Port Alsworth. It took awhile for me to recover from it, but by the end of the summer I was still ready to go home. When I got back to Naknek, I had just a little more than half of a week before I took off to Canon Beach, Oregon where I would be spending a few days with Ceara as we had planned somewhere towards the beginning of the summer.

While I was in Oregon I had a lot of fun. Ceara and I hung out at the house, went out for coffee, went shopping and for a couple of the days, hung out with some of her friends. They were sure characters. On the last night I was there,

(Continued on page 8)

Beginning of Summer

By Jackie Woods, 12th Grade, Igiugig School

The summer of 2007 began with a roar, that boom was Costa Rica. The Igiugig high school students went on a trip for 17 days of excitement, but my summer started to go downhill after that. The other plans I had made were a bust: the construction camp, Job Corps, and having fun. The people in Kokhanok were having more fun than I was because I was stuck in the hospital for total of 13 and half days being bored although some days were fun because I was able to meet new friends despite plenty of pain. I have not felt that much pain since I broke my collarbone back in 2004.

When the doctor gave me my sedatives, I felt a little high because my system was not used to the meds. It was not good for me because I slept for six to eight hours during the day, and couldn't fall asleep until between four and six o'clock in the morning. After a week or so, my body was getting used to the meds, so I started to stay up longer during the day. I believe that I walked more in the hospital than I did in Kokhanok for two months after I

left. I walked up and down halls at least 6 miles a day, and the only reason I had fun was because I met friends from all over Alaska.

During the night I hung out with some people that worked as security guards. They let me walk around even though the hospital was closing up for the night. I was able to find all kinds of things to keep me busy and stay out of trouble.

During my stay, all my friends started to leave one by one. When my friend, Hydie, started to leave, her dad fell on the concrete because he couldn't walk on his own. I helped him up and stood there holding him up until he got his legs into the cab. I estimated he weighed about 350 pounds. I knew that I shouldn't have helped because of my tonsils, but there was no one there to help him out.

When the days became longer and boring, I wanted to go back to Kokhanok, but I had eight more days to just think about going back.

GREATEST SUMMER ADVENTURE (Continued from page 7)

Ceara's friends, Elaine and Jen, stayed the night. Sometime around 11:00 A.M. Jen had to leave for work, but Elaine had the day off so she drove to Tillamook with us.

From there my mom, two of my aunts and my cousin Grace came to pick me up to take me back to Otis to stay with my grandparents. That visit was pretty laid back and we did a lot of lazing around. The day after I got to my grandparents' house, my cousin Tom was heading back towards Lynwood, Washington with his youth group from a trip down to Lake Tahoe.

Before he left, my aunt Gale talked to the youth leader and they stopped in Salem to drop him off to us. I made a last minute decision to go to Salem with my aunts and my mom, and since her mom was going, Grace decided to come also. Tom's ride was a little delayed because of traffic, but that was the cool part! I drove with my cousin Grace and my aunt Carol, and when we were heading to one of the six Subways in town she saw a sign that said "Corban College." I have wanted to check out that college and knew some people that went there for quite awhile now and had been talking about it half of the trip. So we drove down that road with my Aunt Gale and mom behind us, in search of the college.

We had the hardest time finding the place, and finally stopped by a sheriff's office to ask for directions. The lady that gave the directions was not very clear, so we ended up driving far past the college, and on our way back, we almost gave up when my aunt decided to turn left. We drove down the road where there was a correctional facility and just kept on going. About a minute down the road we saw a sign that said "Corban College," and found a parking place.

We ended up going inside and took a quick look around and then found the bookstore. I bought a sweatshirt so that I could prove to the people that I know that go there that I was there. We were about to leave because my cousin Grace was wanting to really bad, but first we stopped by in the main office to pick up some brochures and a lady asked if we needed a tour. I thought we were too close to leaving to have one, so we declined the offer. Just a couple minutes after we talked with that lady some girls came in carrying boxes. One of those girls just happened to be somebody that I knew!

We said our hellos and gave our hugs, and she asked if we wanted a tour. My aunt Gale had not received a call from my cousin Tom yet, so she said it would be fine until the phone rang. So she showed us around the campus and we had a nice chat covering close to almost everything. It was nice.

There was a whole lot more that happened on that trip down to the lower forty-eight states, but that was the beginning of the main highlights.

GARDENERS GOODIES

SEPTEMBER garden activities:

- ❑ SEPTEMBER – Your garden is on it’s “last hurrah” if things are still blooming or producing so be sure to take the time to enjoy it. Frost should be happening anytime now and that will do in most of your garden beauties. If you are going to press or dry flowers it had better be soon.
- ❑ SEPTEMBER – cut grass to eliminate extra organic matter that can breed plant diseases if it’s allowed to decompose in place over the winter. The short stuff can go into your compost pile and the tall stuff you can store away for dog or chicken bedding (which can then be added to the compost pile after use by the pets).
- ❑ SEPTEMBER – prune your trees (trim off extra branches) to remove foliage that is blocking the view, hanging over into walkways, or otherwise being unruly. This will not only clear away unwanted branches, it will encourage the tree to grow bushier next spring because it will make two or more new shoots to go around the one that was cut off. With that in mind be sure to cut off a little bit extra, so there will be room for the new growth without needing to trim again next year.
- ❑ Spruce trees usually grow about 6 to 8 inches in height each year, while deciduous (the ones that lose their leaves in fall) can add more than a foot in one growing season.
- ❑ LATE SEPTEMBER – Begin putting your gardens to bed for the winter. Gather up tools and empty pots, stow away things like that out of the weather and consider what else might be damaged by being left out under the snow all winter.

What’s blooming now?



Beside the daisies that have seemed to grow like weeds all summer long—nothing much—but the leaves are turning all sorts of pretty autumn shades!

REMEMBER the R’s

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



Press release from DARTMOUTH NEWS
**IGIUGIG STUDENT RECEIVES DARTMOUTH CITATION
 FOR ACADEMIC EXCELLENCE**

AlexAnna Salmon, a Dartmouth College student in the Class of 2008 from Igiugig (99613), has been cited for outstanding academic achievement in Native American Studies 81 during the Spring 2007 term.

Salmon is the daughter of Daniel R. Salmon and Julia Salmon.

Members of the Dartmouth faculty are invited to submit citation reports only when a student's work is sufficiently distinguished to merit special recognition. Such citation are rare; typically, only a few undergraduates receive citations each term.

Dartmouth, the ninth oldest college in the nation, was founded in 1769. Noted as a highly competitive college, Dartmouth has a total enrollment of 4,200 undergraduates and over 1,000 graduate students in engineering, business, and medicine.

Fewnia, Dolly Ann, Kyle and Madison chow down on oranges and trail mix (they picked out all of the m&m's) after the bike-a-thon



Answers to WORD BUILDING (game on page 6)

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

roc [rok]

-noun

Arabian Mythology

A bird of enormous size and strength.

erg [urg]

-noun

Physics – The centimeter-gram-second unit of work or energy.

Geology – Any vast area covered with sand, as parts of the Sahara Desert

codger [koj-erl]

-noun

A somewhat eccentric man, especially an old one.

Answers to SUDOKU (game on page 5)

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



Environmental Report

Christina Salmon
IGAP Director

The month of August flew by and another months worth of accomplishments were under our belt before we knew it.

Bonnie Thurston and I attended a very informational Circuit Riders training in Anchorage on August 26th & 27th. The trainers were Violet Yeaton from the Port Graham Tradition Council and Stephanie Ruff from the North Pacific Rim Housing Corp. We went over the basics of IGAP management and policies and procedures. We also looked over our budget to see where we stood financially before the end of the grant year. All is well for the final quarter. Sheryl Wassillie will be starting next week as our Environmental Intern and we are looking forward to her having this experience for her last year in high school. Bonnie will be in Igiugig on the 8th of September.

Upcoming events include:

- ◆ Christina will be attending the AITC Conference October 1-2nd in Anchorage.
- ◆ Christina and Bonnie will start planning for the Circuit Riders Training in Igiugig sometime in the near future.

DID YOU KNOW?

- ❑ Groundwater can stay polluted for several thousand years.
- ❑ Households turn on water faucets an average of 70 times daily. It is estimated that up to 50% of the water families' use could be saved by implementing simple conservation methods.
- ❑ Realize that many human activities affect water quality. Wetlands, groundwater, and waterways are destroyed by construction, polluted runoff, and spills. Population growth only intensifies these impacts.
- ❑ All the water that will ever be is right now.



WALK TO BE FIT

Total Village Mileage through July is 65,932

Sweets for the Sweet

Sugary thoughts

If the worst thing about trying to watch your weight and have a healthy diet is giving up the sweet flavors of your favorite food, take heart there is hope!

First of all it's good to remember that we are almost all born with a natural craving for sweets because through the ages that has been the way for people to select plants that were good to eat and good for them.

If you are looking to cut calories, but don't want to use the chemical substitutes for sugar like sweet 'n low, sugar twin, etc. there are at least two sweeteners that come from natural sources which you can use without worrying about poisoning yourself in the process.

The following information was found on www.wikipedia.org:

Xylitol

Xylitol, also called **wood sugar** or **birch sugar**, is a five-carbon [sugar alcohol](#) that is used as a [sugar substitute](#). Xylitol is a naturally occurring sweetener found in the fibers of many fruits and vegetables, including various berries, corn husks, oats, and mushrooms.^[2] It can be extracted from corn fiber,^[3] [birch](#), [raspberries](#), [plums](#), and [corn](#). Xylitol is roughly as sweet as [sucrose](#) but with two-thirds the [food energy](#).

Stevia

Stevia is a [genus](#) of about 150 [species](#) of [herbs](#) and [shrubs](#) in the sunflower family ([Asteraceae](#)), native to [subtropical](#) and [tropical South America](#) and [Central America](#). The species *Stevia rebaudiana* Bertoni, commonly known as **sweetleaf**, **sweet leaf**, **sugarleaf**, or simply **stevia**, is widely grown for its sweet leaves. As a [sugar substitute](#), stevia's taste has a slower onset and longer duration than that of [sugar](#), although some of its extracts may have a bitter or [liquorice](#)-like [aftertaste](#) at high concentrations.

Xylitol is generally used as a food additive, found in chewing gum (Trident for one) and occasionally sugar free candies and other snack food.

Stevia is technically labeled a dietary supplement and is available from the natural food section of the grocery store or in Health food stores, sold in packets as powder, or as tablets.

And on an even more positive note, there is mounting evidence that both of these sweeteners could not only make your ice tea more palatable, they may also provide health benefits, for diabetics by avoiding sugar spikes, and for dental health in plaque control.

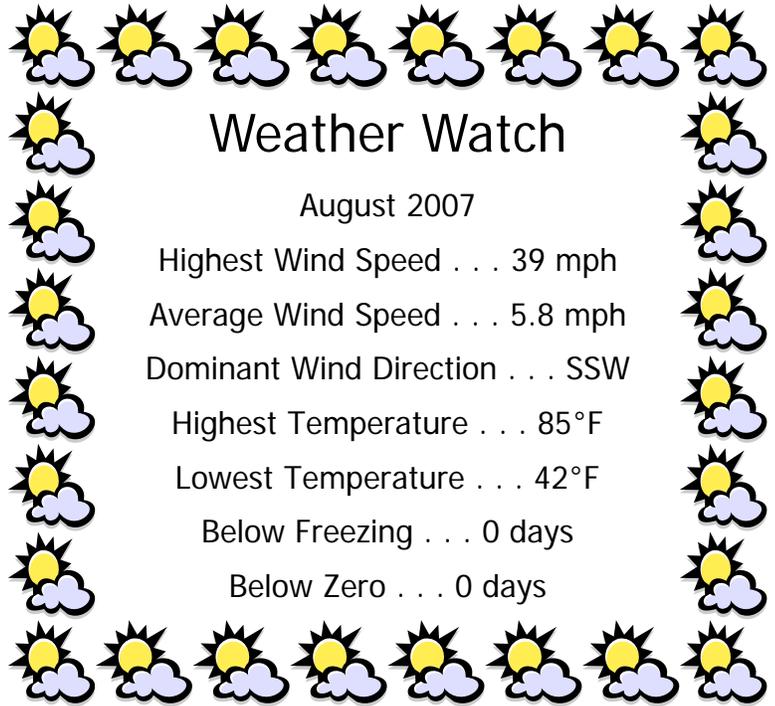
Read your labels —

Choose your sweets intelligently

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Recipe Corner

Chicken Satay

Ingredients:

1 tablespoon and 1 teaspoon creamy peanut butter
1/3 cup soy sauce
1/3 cup lemon or lime juice
2 teaspoons brown sugar
1 tablespoon and 1 teaspoon curry powder
1-1/3 cloves garlic, chopped
3/4 teaspoon hot pepper sauce
4 skinless, boneless chicken breast halves - cubed

Directions:

1. In a mixing bowl, combine peanut butter, soy sauce, lime juice, brown sugar, curry powder, garlic and hot pepper sauce. Place the chicken breasts in the marinade and refrigerate. Let the chicken marinate at least 2 hours, overnight is best.
2. Preheat a grill to high heat.
3. Weave the chicken onto skewers, then grill for 5 minutes per side.

Serves: 8

Nutrition Info (per serving)

Calories 163 (17% from fat) | Fat 3g (sat 0.7g) | Cholesterol 68mg | Carbohydrate 4.2g | Fiber 0.6g | Protein 28.7g | Iron 1mg | Calcium 23mg