

Igiugig News & Notes

Igiugig Tribal Village Council

September 2009

Volume 12, Issue 9

Back to School Update by April Hostetter

It's the starting of a new year so get ready for weekly movie nights, monthly dessert auctions, hamburger and pizza sales, game nights and other fundraisers! The student government is going to be working very hard so we can accumulate enough money to go on our Mexico trip that we've been planning since last year. We're hoping to have all of the students eligible and able to participate in this exciting adventure!

Nominations for the student government officers was our main objective in our first meeting. Jeremy and I (April) were nominated for president, Jeremy, Angel and Tess were nominated for vice president, and Angel and Tess were nominated for secretary. We do not have a treasurer since the entire student government keeps track of our budget.

During our first informal meeting we had to decide whether or not to continue the service projects we have been doing for the past couple of years. We decided we will continue to sponsor Jamur, a turtle we adopted in Costa Rica through the Caribbean Conservation Corporation. We get to track where Jamur has gone, and lately he's been travelling between the Caribbean and Europe. For the past few years Igiugig student government has helped a girl named Juliet Buribawa go through school. She has graduated from her secondary school and unfortunately we are not able to sponsor her through her university education. Instead, we are sponsoring another Uganda student named Brenda, who seems just as excited and determined to receive an education as Juliet did.

The student government would like to thank all of the community members and any other outside sources that make all of our efforts possible! We're looking forward to a great year!

Summer Vacation by Angel Alvarez

Once again I spent the majority of my summer vacation in Port Alsworth working at Tanalian Bible Camp. I was planning to spend just a week or two at first, and then head back to Naknek to help my mom process fish. However, when the processing plans didn't fall through I ended up staying six weeks instead. When the six weeks were up I spent one week

back in Naknek before going back to Port Alsworth and becoming a camper myself.

The first week up at Tanalian was high school camp with 2009-2010 9th and 10th graders. I worked on dish crew that week. The other members of the dish crew were great; we had a fun week. I counseled twice this summer, first for Junior High #1 with a lady

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Birthdays this month

- September 10th
Sandy Alvarez
- September 18th
Barbara Brown
- September 17th
Ronan Bickling
- September 27th
Angel Alvarez

Continued on page 3



The 4-1-1 in the 5-3-3 By AlexAnna Salmon

August—the beginning of fall. Back in the day, our people would be preparing to move to fall fish camp, where a month would be spent spearing red fish, hunting for bear, moose, and picking berries. In a way, this lifestyle can be compared to the construction season—it’s all about the mobilization and demobe!

Our construction company, Iliamna Lake Contractors, LLC, is nearing demobe. They have completed the construction of High Ridge Road and Subdivision, including hydroseeding and providing electrical/telephone connections to 17 of 18 lots as well as “ManCamp”. Kevin’s house was connected to the main road for improved access. They have prepared six house sites and three houses in Igiugig are nearing completion, and the last three are in the process of being framed. Our Long Range Transportation Plan has been updated and submitted but in the meantime, ILC is getting ahead of the game by conducting design survey and wetland delineation for road extension to the Float Plane Lake.

ILC is also doing work in other communities. In Kokhanok, they constructed 360 linear feet of new road, installed a water main, constructed three building sites complete with electrical/telephone lines. While there, ILC was also able to provide testhole and surveying support for Kokhanok’s proposed wind generators. We look forward to seeing the community reduce their diesel dependence through renewable energy. ILC is also providing survey control and line brushing for the Pebble Limited Partnership’s geophysical exploration in the Iliamna area. We have two crews of cutters, employees from Igiugig and the surrounding Lake-area villages.

Most impressive, however, is the unsurpassed generosity of this company in the 2009 season. ILC has donated a significant amount of work to village projects that I’d like to acknowledge. The work crew developed the site on Lot 13 for the new Health Clinic Facility, valued at \$378,000 of Igiugig’s matching contribution to secure construction funds. They also prepared the site and poured the concrete anchors for three wind turbines and the greenhouse. Without their help, these projects would not be possible and I have never been more grateful. With all the new construction, for the very first time in my entire life in Igiugig, I actually made “a wrong turn”. Cruising down the main road, which we have locally called the “road to nowhere” all these years, I took a left on what I thought was the subdivision road, and instead it was the clinic site. The best part of the story—I was not the first! And let me tell you, it is no longer the road to nowhere but a road to the most beautiful homes in the Lake region!

While ILC has been busily improving our village from every developmental angle—new roads, houses, water wells, renewable energy, recycling center, greenhouse, clinic site—IVC has operated as Grand Central Station, except for airplanes rather than trains. August highlights include the community Diabetes Prevention Walk and Back-to-School Potluck. We hosted Kate Conley, the clerk from Lake and Peninsula Borough (LPB), who was able to answer my questions about the borough’s purpose and how the revenue-sharing works. We also gave Anji Hunter, the new Head of Government and Social Affairs for Anglo American the grand village tour. At Randy’s bequest, I also attended the August LPB meeting and it proved to be very enlightening. Christina’s environmental program has also worked to keep Igiugig beautiful through hiring local youth for litter patrol under the ALPAR program. She anticipates the arrival of a recycling baler on the next barge run and finally, the program can operate from a centralized recycling station. I am in the process of updating the community strategic plan, which has taken on new importance in light of stimulus funding, capital improvement projects, and an election year on the rise! So please expect to participate in surveys during the month of September. We also welcomed the new teachers—Jason and Teresa Bickling, and the old faithful: Kristin and Mark. A bittersweet month, it was time to say goodbye to the college-bound: Jonathan Salmon, Sarah Watson, and Sheryl Wassillie. We will miss their energetic, hard-work around Igiugig, but realize that a college education will take them further and benefit us in the long-run.

With all the activity, I haven’t exactly had time to slow down and pick the berries, but I rest assured after Auntie Martha, the dedicated chef at Man Camp, stopped by the office to warn “When you get older, you will experience the berry bug, and picking berries will be the only thing on your mind!” I look forward to that day, but in the meantime, I feel like a five-year-old on the Christmas Countdown “CAN WE MOVE IN YET!?! How many more days until MOVING IN DAY!?!?”



Summer continued from page 1

named Ronna from Michigan, and again during Junior Camp #2 with a girl named Lauren from Anchorage. Both groups of girls in my cabin reminded me so much of myself when I was their age; hyper, energetic, and when they wanted to be, stubborn. I wouldn't have traded them for anyone else in the world.

For Primary camp (my fourth week) I worked in the craft house as an assistant for Miss Renee, the craft lady for the first four weeks of camp. Primary was probably my favorite week. We had a great group of staff and on the last night some of us staff members jumped into the bay at midnight. Okay, so I pretended I would, but instead watched everyone else do it and ran off the dock before someone could notice and pull me in. I eventually went in, fully clothed, all by myself and a little more forceful than willing. Once everyone was dry we all met up in the Elisha house (staff housing) to warm up and chat for a while. It was a great night and an even greater start to an eventful and yet relaxing break week.

During break week (the one week without campers) I spent time with my friend Kalee just hanging out at the house, attending the occasional bonfire, jumping into the bay most evenings, and sleeping on the barge. During the day when Kalee was working at the coffee shop I would stop by to visit and buy a coffee or a smoothie. I visited friends at Lake Clark Air, made Carlon the world's coolest sling shot, hiked to the falls in flip flops, *twice*, went kayaking, and pretty much "vacationed" my heart out. The following week was my second week of counseling; I'm glad I had a break beforehand.

After counseling, I went home from one Monday to the next. On Thursday I spent 15 hours out on my dad's commercial fishing boat. That evening when we got back to shore I spent time with my cousin Tom and one of my best friends, Thad LeClair. For the rest of the week, I didn't do much else other than play with Baby Jonathan, spend time with friends, and attend very few Fishtival events.

Now it was my week as a camper at TBC. I thought about being a hyper, super energetic, obnoxious, crazy camper...but I was too exhausted. I was pretty mellow throughout the week of camp and enjoyed just being there. Our team was by far the coolest, but of course that is just one girl's opinion. (: We had a lot of great team activities such as: bridge building, raft making, and the best of them all...rabbit sticks! Friday afternoon we the campers, the counselors, and some of the kitchen staff hiked up to Lake Kontrash to camp out for the weekend. Even through the wind and the rain we had a great time. Sadly, because of the weather, I didn't make it to Tanya's wedding. At the end of the week we hiked back down to Port Alsworth and the week - as well as the 2009 camp season - ended.

Moving from Kokhanok to Igiugig by Zachary A. Clark

I first came to Igiugig by a boat to come visit my mom. It took us two hours before we got here. The ride was a little bumpy and it was a little cold. We had to slow down for a while in until it got calmer, then we sped up again. I saw another boat drive past us, but I didn't know who it was. After Joe and I got to Igiugig we went to Yako's house to see my mom. I told her I wasn't going to stay for very long.

After I was done visiting my mom I was about to go back to Kokhanok but I changed my mind about going. I ran back up to Yako's house and asked my mom if I could go to

school here and she said, "if you want." I said yes. The first day of school I didn't know what to do and I thought it would be boring. However the second day of school I started to have fun.

But I was thinking maybe I should go back to Kokhanok because the school was bigger, and there are more people. Kokhanok's population is 175 and Igiugig's population is 48. I would make it 49, so I did. I stayed and the third day of school we played baseball and we got out at 2:00.



Library/Computer Lab News

School just started on the 18th of August. Our Summer Reading Club was a SUPER success!!! There were 34 readers with over 2480 books and 122,773 pages read!!! You have surpassed the goal by 1,480!!!! Thank you all for participating!!! Many "THANK YOU'S" go out to everyone who helped out during the Back to School potluck. We could have not done it without your help! Don't forget Grandparents Day is on the 6th. Labor Day is on the 7th. And Fall Equinox is on the 22nd.



"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

Mushroom in the Rain- Mirra Ginsburg
"... A wet butterfly crawled up to the mushroom. "Cousin Ant, let me come in from the rain. I am so wet I cannot fly." "How can I let you in?" said the ant."
Junior Fiction

Agnes Parker- Girl in Progress by Kathleen O'Dell
"As she starts sixth grade, Agnes faces challenges with her old best friend, a wonderful new friend, and longtime bully, and herself."

Adult Fiction

The Wind Done Gone- Alice Randall
"Today is the anniversary of my birth. I have twenty-eight years. This diary and the pen I am writing with are the best gifts I got..."
Alaska Nonfiction

The Only Kayak- Kim Heacox
"The Only Kayak is an important and beautiful book about what it means to fall in love with a place- not just any place."

Website of Interest

www.alaskastatefair.org
Going to the State Fair in Palmer? Need maps and directions? Don't want to go with your own transportation? They have buses and trains departing from Anchorage for The Fair. This website has information on exhibits, vendors, and facility rentals. Want your children to enter the "Just of Kids" cookie contest? Want your face painted? This Fair is for YOU



CINQUAIN POEMS FROM THE ELEMENTARY CLASSROOM

Outer space
Cold, awesome
Floating, flying, spinning
It is very cold
Meteor
~Andrew Williams~



Farm

Animals, noisy
Working, oinking,
quaking
A super loud place

Food

~Joshua Brown~

Sudoku

Answer can be found on page 11.



Igiugig's newest student: Kiara Nelson proudly standing at her new desk on her first day of kindergarten.



Earth
Rounded, wet
Raining, spinning, floating
The earth is blue

Life

~Fewnia

Zharoff~

Shealayla

Round, rock

*Thinking, playing,
yelling*

Likes to eat frosting

Bock Obama

~Kiara Nelson~

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

Announcements:

- Anne Daily will be in Igiugig on Sept. 10th to give school physicals.
- Dr. Norris will be here Sept. 17-18th
- ETT Classes will begin Oct. 15th-20th
- PLEASE remember to chain up your dogs! People have been complaining about loose dogs hanging out in porches, trash bags being ripped open, and poop on the roads.

Diabetes Prevention by Tanya Salmon

On August 2nd, 28 of the 35 residents in Igiugig (2 were unaware of the scheduled walk, and 2 were down with a cold/flu) showed up at the hangar for our annual Diabetes Prevention Walk. Tanya was hosting the event & made sure everybody signed in, signed picture release forms, & gave everybody a free t-shirt.

Clad in their new white & purple t-shirts, everybody walked together as one big group to Sandy's. Kids ran around the tangle of legs, dogs chased each other through the tundra, and Shealayla was pushed on a tricycle while Keilan opted for shoulder rides. Once the group reached Sandy's, a handful of people branched off & walked on Charlie Groat's Trail while others walked back on the main road. I took Charlie's route & picked the ripening blue berries along the way.

Once the long walk was over with, people met up at the hangar to receive their free orange & to visit with one another. Everybody enjoyed the walk & had a great time walking with their fellow neighbors. A big "thanks" goes out to BBAHC-Diabetes Prevention for providing the t-shirts and oranges!

WORD BUILDING

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

O E A R R D

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

FICTIONAL Eulogies

Tess M. Vaughn (Hostetter) died the night of December 15, 2092 at the age 96.

February 26, 1996 Tess was born to David and Elizabeth Hostetter in Fairbanks Alaska. At the age three Tess, her two sisters (Mary and April), and her parents moved to Igiugig (Alaska)- a small town of 30--where she attended the Igiugig School until her graduation.

She attended and graduated Northern Arizona University with a degree in science. Spending her time tracking and following solar and lunar eclipses, Tess soon got a job in the science career with NASA studying the arts of astronomy. She has also worked for National Geographic and Nova.

She has many memorable experiences traveling places including Germany, Australia, Russia, Chile, Egypt, Japan, Greenland, Iceland, Madagascar and most recently before her death Moscow, Russia.

At age 26, Tess married Samuel Vaughn and had three children, Delilah, Cole and Rosalie.

As a child and young adult Tess loved to travel to new places, fish and to be outdoors and wildlife. She has cared for a baby moose, received her pilot license, and has had much experience babysitting for her family.

When she retired, Tess spent her time once again traveling the world and helping teach new astronomers and scientists, until finally settling back in her hometown, Igiugig in 2090, where she died training one of her internees who made a mistake in an experiment (2092).

April Smith, Samuel Vaughn, Delilah Vaughn, Cole Vaughn, and Rosalie Vaughn survive Tess.



Left: Dolly Ann & Fewnia eager to learn on their first day of school.

Above: Alex's new house! As you can see, the outside is done, the wiring is complete, sewer is installed, & the inside has been painted. Almost time to move in!

Dolly Ann Margret Zharoff was born in Anchorage on July 18th, 1999. She grew up in Levelock, Kokanok, and Igiugig. Her sisters are Fewnia Zharoff and Loretta Peterson. She lived with her Dad William N. and her sister Fewnia Zharoff. She Graduated from Igiugig school and became an Elementary Teacher in Igiugig. For fun Dolly Ann liked to go swimming and blue berry picking. She died when she was 82 in 2081. She had 2 kids and their names were Georgia Louise N. and Nicole Zharoff.



Top: Everybody (minus the photographer) who participated in the Diabetes Prevention Walk. Top Left: the back view of a handful of walkers. Top Right: after learning how to operate the skid steer, Sheryl moved onto hauling water for ILC. Bottom Left: Matt helps pour concrete for the wind turbine anchors. Bottom Right: Joshua & Keilan enjoy their oranges after the walk.



GARDENERS GOODIES

GARDENERS GOODIES

SEPTEMBER garden activities:

Early SEPTEMBER – Harvest the remaining food plants in your garden. If you continue to pick them, the greens will keep on making fresh leaves even after the weather gets cold.

Early SEPTEMBER – Get ready to dig potatoes as soon as the plant dies back, or the heavy frost comes. (A bit of cold on the plant causes the potato to make a sweeter flavor).

Early SEPTEMBER – give your perennials a good layer of mulch before freeze up, this will help the plants begin to settle in for the winter and it will protect them from extreme cold, which helps to keep them stronger for an early start next spring.

SEPTEMBER – Continue to eat your vegetables and greens for your own health and happiness.

SEPTEMBER – Gather your tools and supplies from around the yard, and store away in a clean dry area until you need them next year. (Be sure to empty the hose so it doesn't freeze full of water because not only is this hard on the hose, it also makes it unusable for emergency situations during the winter).

Late SEPTEMBER – Volunteer with the greenhouse/garden project and join in the joy of gardening, while helping the new endeavor get off to a successful start.



What's blooming now?

Dahlias—in Oregon. (Maybe next year they will also be blooming in our greenhouse?!)

REMEMBER those R's

Re – Re – Re – Re – Recycle

Garbage to good stuff—remember that the food scraps that you don't eat can become food for plants, either by composting, or passing through the worms (vermiculture), or passing through the chickens!

Every bit that's recycled is a bit less pollution contributed to the environment!

FICTIONAL Eulogies

* Amalia “Molly” Dianne Kane died on April 29 2086 in England at the age of 92. *
* Molly was born in Kingman Arizona on October 18, 1994 to Nancy Nease 36 and *
* James Stoltman 33. (And siblings Blayne Brown 21, George Brown 14, Barbara Brown *
* 12, Bud Brown 10 Charles Brown 9, Richard Brown 8, Jesse Brown 4,) and twin sister *
* Margaret “Maggie”. At the age of three her family moved to Corvallis, Oregon. Then at *
* the age of seven she moved to Naknek, Alaska. With her mom and seven of her siblings. *
* When Molly was 13 she moved with her mom, sister Barbara, twin sister Maggie, and *
* nephews Josh and Andrew to Igiugig Alaska. *
* Molly graduated from high school from Igiugig School in the Lake and Peninsula *
* School District in 2013 and went on to attend college at UAA where she studied to become *
* a wildlife biologist. In her third year at UAA, Molly attended a hurricane relief effort in *
* New Orleans, Louisiana after a major hurricane where she meets her future husband, *
* Shane Roy Kane. After finishing her last years of college, Molly moved to Seattle, Wash- *
* ington and worked at an animal rescue center. *
* When Molly was 27 she married Shane Kane on May 21, 2022. Molly and Shane had *
* their first child Soara Elizabeth Kane on February 16, 2024, and their second child Leiaron *
* Cadence Kane on December 3, 2027. *
* Molly spent her years traveling back and forth from Seattle to Alaska working at Kat- *
* mai National park in the summer. She enjoyed working with animals and the other wildlife *
* around her. *
* At the age of 65 Molly and Shane retired in England. Her husband preceded Molly in *
* death on January 26, 2081. 5 years later on April 29, 2086 Molly died peacefully in her *
* sleep. Molly is survived by daughter Soara, son Leiaron, granddaughters Amy, Sarah, and *
* Issiabell, and grandsons Ben and Jake. *

Jeremy Ryan Robert Salmon, born June 20th, 1992, died January 4th, 2073 in his Arizona home.
Jeremy was born to mother, Julie Salmon/Olympic, and father Daniel Salmon in Dillingham, Alaska.
They lived in Igiugig, Alaska throughout his childhood and teen years, along with his three sisters,
Christina, AlexAnna, and Tanya, as well as his one brother, Jonathan.

After graduating from high school in 2010, Jeremy attended Arizona State University where he got
a Bachelor’s Degree in Business. He also received his Airline Transport Pilot’s license in Arizona so he
could return to Igiugig to start his business.

While in college, he met Kaitlyn Gates, who he brought back to Alaska and later married. They had
four kids together: Vince, Robert, Eva, and Isabella. They lived in Igiugig until all his kids left for col-
lege.

At the age of 47, Jeremy retired from flying for his business, though he still owned it, and began
traveling the world with his wife. They traveled the world for many years: the forests of South America,
the rich heritage of Ireland, the ancient ruins of Europe, and the tropical life of Costa Rica.

At the age of 78, Jeremy and Kaitlyn returned to Igiugig, but spent their winters in their Arizona
home. On January 4th, 2073, Jeremy was found lifeless in his bed. He was eighty years old.

FICTIONAL Eulogies

Angel D (Alvarez) Hess – September 27, 1991 – May 7, 2093

September 27, 1991, Angel Danielle Alvarez was born to birth mother Molly Nelson, and the eager couple, Randolph and Sandra (Wiebe) Alvarez who were waiting to adopt her.

After the adoption was finalized in August 1992 Angel grew up in Alaska moving between Naknek and Igiugig, with her parents and older brother, David.

Directly out of high school, Angel attended Corban College where she received her degree in business and accounting in plans of taking over her mother's job at the Village Council in Igiugig.

Within 10 years out of high school Angel became a masseuse, a world famous chef, mastered the art of origami, and created a nostril contraption preventing bloody noses, runny noses, and snoring which she decided to call "*Just for Jesse*".

In 2014, Angel D. Alvarez married her best friend Gregory R. Hess on September 28, causing her life to take on a far different course than what she had planned.

Angel and Greg lived in Spain for the first seven years of their marriage where Angel gave birth to their first child, Hayden Ryan, in 2017. Their second child was born in 2019 in Anchorage, Alaska – Adabella Kailani Hess. The family moved around a lot, Oregon for about a year where they had a set of twins, Ireland for three months, and Australia where they had their fifth and final child. When Hayden was at the end of his middle school years, Greg and Angel decided to move the family back to the United States. Greg became a history teacher and Angel became the manager of high school friends Shawna and Jake, who had begun a band in 2024 called "Shakel!" After Jake left the band, Shawna and Angel moved on to bigger and better things. They went to work in a beauty salon started by Shawna and her cousin Audrey back in 2016.

When their youngest was out of the house and off to college Greg and Angel set off on a whole new set of adventures. They climbed to the top of Mt. Everest, spent two weeks hiking around the mountains in Port Alsworth (where they had first met working as staff at Tanalian Bible Camp), sailing to Antarctica and hugging some penguins (which just so happened to be Angel's 47th greatest accomplishment), and traveling all across Europe. They also slipped in a trip to Moscow with another high school friend, Tess Vaughn.

Throughout the rest of her life, Angel realized that she enjoyed designing dresses just about as much as she did wearing them. Shortly after this discovery she started a new high fashion dress company. Angel somehow managed to accidentally climb the tallest tree in the world while on vacation with oldest son, Hayden and his family. Towards the end of her life, Angel completed a series of fictional romance novels that included stories based on her and Greg's travels throughout the years.

At the age of 89, Greg passed away leaving Angel to realize her love for Alaska where she eventually returned and spent the remainder of her life.

At age 101, Angel Hess died right along side her lifelong friend April Smith. These two women fulfilled their teenage plan of dying soon after April's 101st birthday laughing at some ridiculous joke while skiing down Alyeska, getting off course and sliding off a cliff.

Angel is survived by Sons; Hayden and wife Rebekka, West and wife Chandelle, and daughters; Adabella and husband Geoff Hasting, Armani Hess, and Liesel and husband Colton Gilmore, along with 9 grandchildren, 7 great grandchildren, and her 159 year old grandfather who refuses to die until the rapture.

Preceded in death by: husband of 64 years, Gregory R Hess.



Top Left: Matt getting dirty with the concrete!
Top Middle: Michael gives a shout out to the people participating in the Diabetes Prevention Walk.
Top Right: Jon, Jared (w/ Keilan on his shoulders) & Jeremy march to the hangar.
Middle Left: Molly w/ her new t-shirt.
Middle: Matt & Jocko work on the anchors of the wind generators.
Middle Right: Fewnia pushes Shealayla on her tricycle.
Bottom Left: Aiden veered off the trail, looking like a lost boy!
Above: Willy, Julie, Randy, & Yako enjoy their sweet oranges after their walk.

Bits 'n Pieces

Trash to Treasure

There are lots of things in our everyday life that can seem like trash and actually are (or can become) a treasure.

Check out the following website for information and tips on possible collectable that may be cluttering your shelves.
<http://www.pbs.org/wgbh/roadshow/tips/index.html>

Stress Reduction with Scents

Who knew—your day can be much less stressful just by taking a few minutes to smell the roses – or the lavender, basil, orange, grape, mango, and lemon -- all contain a special compound called linalool, the smell of which apparently reduces anxiety.

Need to know how to do something?

From how to grow a flower, to how to feng shui your desk, to how to remove cigarette smoke smell, to how to adopt a pet, to how to repair your computer—check it out on the nearest computer at: www.ehow.com

Trees and Things

Trees in your yard are good for more things than you might guess.

For one thing, they block the wind that actually robs the house of its heat, but there's more to it than just having trees around. If you are in the process of planting your landscape, the consideration is for both the type of tree and the location. Deciduous (the ones that lose their leaves in the fall) are best situated to block the summer sun and wind because they will lose their leaves and not block the light and the view in winter. Evergreens on the other hand are recommended for the north side of your house in order to block the winter winds, but for Igiugig that should include east to block out the prevailing wind—especially when it's hitting 80mph and would otherwise be whistling through the house.

The other good thing about trees is that, as with all plants, they 'breathe' in what we breath out (carbon dioxide) and vice versa with oxygen, so they provide fresh healthy air for our to respiration purposes. The only glitch on this front is if you have pollen allergies, you will want to consider the variety of tree that you choose.

Answers to WORD BUILDING (game on page 6)

WORD BUILDING answers: DOE, EAR, ERR, ERA, ADE, ADO, ARE, ODE, OAR, ORE, RED, ROD, ROE, DEAR, DARE, DOER, REDO, READ, REAR, RARE, RODE, ROAD, ROAR, ADORE, ARDOR, OARED, ORDER, ROARED, ADORER

Odd Word Definitions: (from www.dictionary.reference.com)

err [ûr, ər]

verb

to go astray in thought or belief; be mistaken; be incorrect

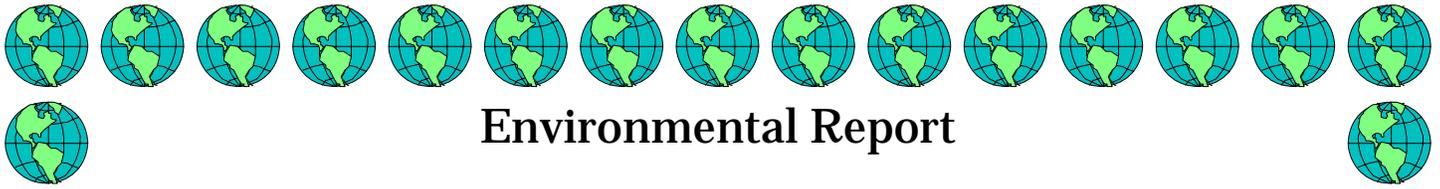
ardor [ahr-der]

noun

great warmth of feeling; fervor; passion, intense devotion, eagerness, or enthusiasm; zeal

Answers to SUDOKU (game on page 5)

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



Environmental Report

Fall is definitely here! We had a very productive summer in the environmental department. Our baler arrived on the barge in late August, the glass crusher is up and running and a new load of chickens will be here soon.

We had a special visitor come to our village on August 25th. Wenona Wilson from the Seattle EPA office was here to see how our grant money for the past 4 years has been put to use. I gave her a tour of the landfill, closed landfill, now baseball field, and the entire village. After a special Thai dinner and an evening of visiting, we called it a night. The visit went off without a hitch, well, besides a left behind bag, the visit went smoothly. We would like to thank Wenona for taking time to come and visit our community and see firsthand the issues we deal with.

Soon here we will be picking the potatoes from our garden and having our second annual Potato Harvest Festival. We will post the picking day and festival dates here soon.

DO KNOW POTATO?

A potato is about 80% water and 20% solid

Henry Spalding first planted potatoes in Idaho in 1837

"French Fries" were introduced to America when Thomas Jefferson served them at a Whitehouse dinner.

The average American eats 140 pounds of potatoes per year. Germans eat more than 200 pounds per year.

United States potato lovers consumed more than 4 million tons of French Fries in various shapes and sizes.

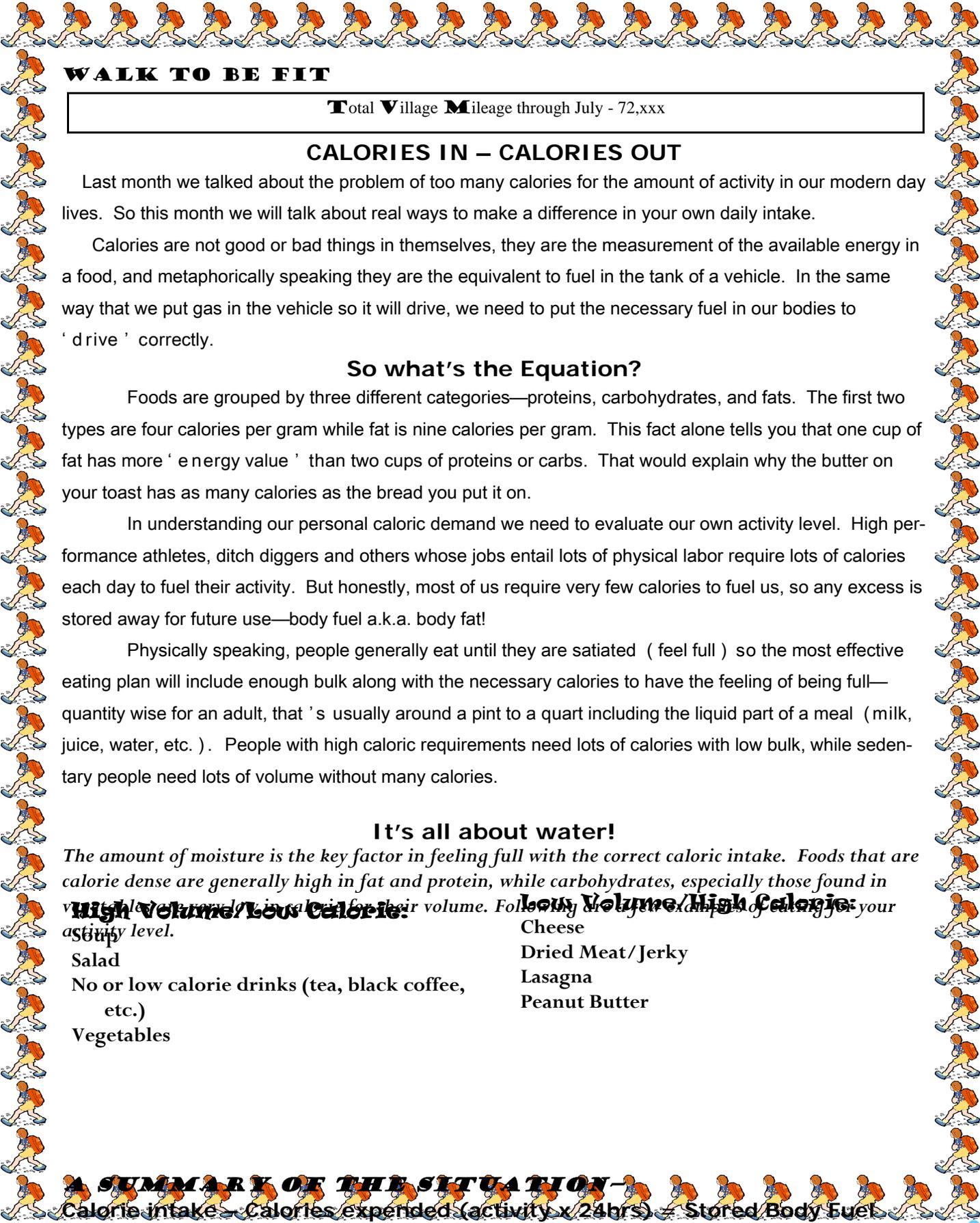


School Goals by Molly Stoltman

One of the first things we did in Mr. Bick ling's class was create a list of goals for the school. That list is:

- Come up with a new/original idea for the Christmas play
- Get 100% Proficient score on the SBAs
- Have everyone eligible to participate in school trips
- Have more fundraisers for earning money for school trips
- Have every group get 1st in district and go to state in BOB
- Get 1st place and the sportsmanship award in cross country, volleyball, and Basketball

We spent about 15 minutes writing personal and school goals. After the 15 minutes was up we wrote our personal goals on construction paper and stapled them to the wall. Then, together, we made a list of goals for the school. We put together a small but good list of goals. Now we have to reach them.



WALK TO BE FIT

Total **V**illage **M**ileage through July - 72,xxx

CALORIES IN – CALORIES OUT

Last month we talked about the problem of too many calories for the amount of activity in our modern day lives. So this month we will talk about real ways to make a difference in your own daily intake.

Calories are not good or bad things in themselves, they are the measurement of the available energy in a food, and metaphorically speaking they are the equivalent to fuel in the tank of a vehicle. In the same way that we put gas in the vehicle so it will drive, we need to put the necessary fuel in our bodies to ‘drive’ correctly.

So what’s the Equation?

Foods are grouped by three different categories—proteins, carbohydrates, and fats. The first two types are four calories per gram while fat is nine calories per gram. This fact alone tells you that one cup of fat has more ‘energy value’ than two cups of proteins or carbs. That would explain why the butter on your toast has as many calories as the bread you put it on.

In understanding our personal caloric demand we need to evaluate our own activity level. High performance athletes, ditch diggers and others whose jobs entail lots of physical labor require lots of calories each day to fuel their activity. But honestly, most of us require very few calories to fuel us, so any excess is stored away for future use—body fuel a.k.a. body fat!

Physically speaking, people generally eat until they are satiated (feel full) so the most effective eating plan will include enough bulk along with the necessary calories to have the feeling of being full—quantity wise for an adult, that’s usually around a pint to a quart including the liquid part of a meal (milk, juice, water, etc.). People with high caloric requirements need lots of calories with low bulk, while sedentary people need lots of volume without many calories.

It’s all about water!

The amount of moisture is the key factor in feeling full with the correct caloric intake. Foods that are calorie dense are generally high in fat and protein, while carbohydrates, especially those found in vegetables, are low in calories for their volume. Following are some examples of eating to your activity level.

High Volume/Low Calorie:

- Salad
- No or low calorie drinks (tea, black coffee, etc.)
- Vegetables

Low Volume/High Calorie:

- Cheese
- Dried Meat/Jerky
- Lasagna
- Peanut Butter

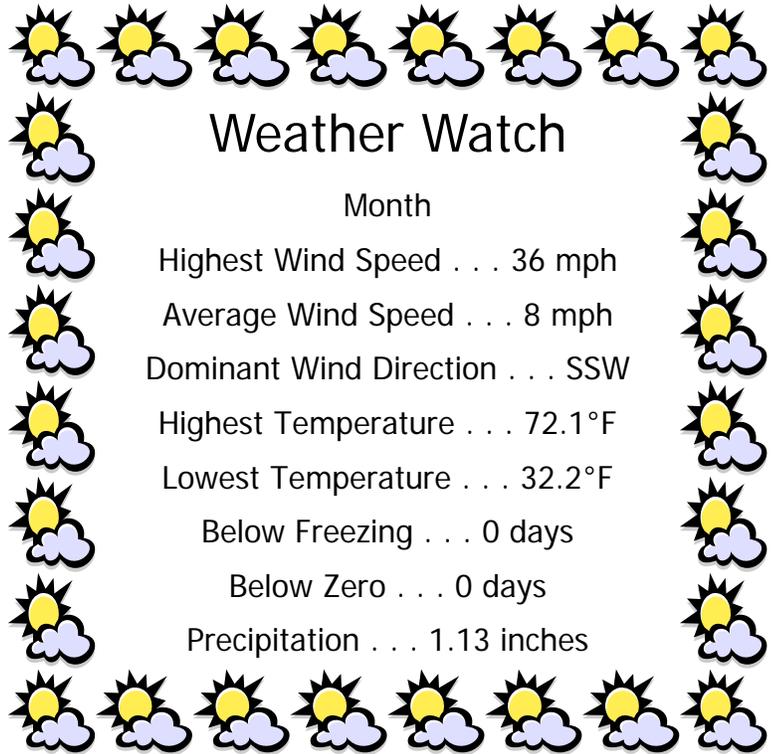
A SUMMARY OF THE SITUATION

$$\text{Calorie intake} - \text{Calories expended (activity} \times 24\text{hrs)} = \text{Stored Body Fuel}$$

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Recipe Corner

Contributed by . . .Tanya Salmon

Since we have had a wonderful blueberry season, I thought a different recipe using blueberries would be a great idea. Did you know that blueberries are not only extremely delicious, but also very healthy, often been called "power food." They are naturally high in antioxidants, they help to improve memory, and they are healthy for your heart. So eat up & enjoy your blueberry cookies!

Oatmeal Blueberry Cookies

1 cup flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 1/2 cups rolled oats
1/2 cup butter, softened

1/2 cup white sugar
1/2 cup brown sugar
1 large egg
2 tablespoons honey
1/2 cup blueberries

Directions:

Mix dry ingredients together and set aside. Cream butter and sugars. Add egg and honey, mix well. Stir in dry ingredients. Stir in blueberries. Drop by rounded teaspoons on parchment lined cookie sheets. Bake at 350° for about 8-10 minutes, until golden on the edges and just set.

Cook them too long and they will be hard and they are better chewy. Cool on racks, store airtight. Makes 3-4 dozen.