

Signs of spring point to a presence

Childhood memories recall ties to time past

By George Aguilar, Sr.

A-Na-Qu-I-Wa-Cha: (Shahaptin) means: "The way it was: long ago: The winter is past, the rains and snow have come and gone. The flowers, the willow trees have begun to bud and soon, the appearance of the Indian plant foods seeds will germinate by the warmth of God's sunshine.

Quails scamper for their food on the winter barren ground after the furious snow and blizzardous winter. Birds of God's choir have begun to sing their melodious welcome to the rays of God's sunshine. Woodpeckers chatter away on the decayed trees to make a nest preparation for their soon arrival of their young. Bald eagles perch themselves on the highest tips of the trees, scrutinizing activity ever so far in the distant of God's expansive creation.

Burrowing animals, squirrels, ground hogs, etc. lazily creep out of their winter abode to enjoy God's beautiful presence with the other creatures. Crayfish also awaken to the ensuing warmth of the waters caused by God's entry of the spring season upon the earth. Magpies sometimes could also be found eulogizing a fallen comrade that may have occurred by attrition.

The bellies of the fish, trout and salmon begin to swell with eggs. This is God's timetable for them to propagate, to be fruitful and multiply. Stems of the flowers, plants and trees will soon be bending in reverence to the rays of God's sunshiny advent, literally. Live pristine clear water streams constantly offer praises to God the Father by making rustling sounds over the boulders and rocks as it cascades back to it's origin; the sea. A-Na-Qu-I-Wa-Cha: Mei Mei.

A-Na-Qu-I-Wa-Cha: Mei Mei: are my childhood thoughts and memories of sometime around 60-65 years ago. Memories come cascading down through; A-Na-Qu-I-Wa-Cha: Mei Mei. On the inside of our old weather beaten, leaning and unpainted house, World War I pictures could be seen plastered all over the room in an attempt to block out the howling freezing northerly winds.

In the dark shadows of the concerns could be found sacks of dried bark leaves and other Indian medicines. These were stored by grandmother for later use for colds or flu, also can be found is a conk knot known as nook-nook used for cosmetic use of the face and neck.

In the barn are stretched beaver, coyote, lynx cat, bobcat and an occasional valuable mink pelt.

These animal pelts were harvested to help us survive in this cruel world. Uncle Swan-suke (Henry Polk) could be found constructing dipnet hoops made of wood late into the night hours. Leonard Polk, my uncle, was very proficient with the construction of nets, in later years Leonard showed me how to make these nets and hang on the hoops. The tah-mul-sh (wooden barrels) this time of the year is nearly empty of the last year season's salted salmon. Grandmother told me in the earlier times; before the silver side salmon became extinct: that this was



Plants beginning to grow in streams and flower beds are sure signs that winter is nearly over.



the choice salmon for salting. The bellies were the choice portions for salting, the heavy bodied parts were usually dried, the oil rich heads were split and light smoke was applied for flavor. Grandmother said this species of fish was harvested in the late fall of October.

The Coyote Fishing Scaffold (name of the fishing station) was the place to harvest this late species, which was located in the pristine clear boiling waters of the narrows of the Columbia River. During the winter months it was my contribution for providing food for the table by setting muskrat traps in the haystacks, trapping quails for some of our meals. In the spring season, I scampered over the shallow falls of the Narrows small channels harvesting eels for meals and drying for later use. These activities and daily duties in my childhood years made me feel very proud and excited as a youngster. Thank you for listening to my childhood story. A-Na-Qu-I-Wa-Cha: Mei Mei.

Lent offers a challenge that's different

Hello from Pastor Rick,

Welcome to the season of Lent.

For the community that has the November Fitness Challenge Month, the Christian World has the Lenten Spiritual fitness self-challenge season. Always for a time before Easter there has been the time of Lent in the life of the Christian Church. To prepare for the coming of Easter we Christians challenge ourselves to a time of self-examination and spiritual house-cleaning. We turn our daily devotions to look at our own strengths and weaknesses. Now, what is cool about Jesus is that we can see the Lord use us in our strengths. But he also uses us in our weaknesses. In the hands of God, our weaknesses become a tool for the Lord to use in ministry, and in loving us. You know, like the story of Moses, "God I cannot be the one to speak to the people. I am a poor speaker." God's answer was to make Moses the leader of the people and Aaron his brother the speaker to the people. So join the Lenten Spiritual Fitness Challenge. Sorry, no T-shirts.

From Sports Illustrated: 198 Olympian athletes were asked two questions. First, Would you take a banned performance-enhancing substance with two guarantees: (1) You will not be caught and (2) you will win. 195 said yes; three said no. Second question: Would you take a banned performance-enhancing substance with two guarantees: (1) You will not be caught, (2) you will win every competition you enter for the next five years, (3) then you will die from the side-effects of the drug. More than half said yes. What is the price of winning from our souls?

Hug someone you love. Hug someone you dislike. No alcohol or tobacco for children. One day at a time. Buckle up the kids and yourselves. Don't hit or beat on yourself. Pay your bills before gambling, then stay home. Read the Bible for its effect on your heart. Pray to God for the point of you hearing Him. Honor someone each day. Love yourself. Like yourself. See you in church.

Warm Springs Presbyterian Church, on the campus. 11 a.m. Sundays.

Pastor Rick R. Ribeiro

Thanks for being by side

To the editor,

To my dear family & friends, I would like to take this time to give a much overdue Big Thank You for being there by my side while I was in the hospital. I realized just how much people care for me. I know it was for a reason what happened to me. To make me open my eyes, to just how precious life is, to not take it for granted. Alcohol & drugs is not the answer for any problems. That I learned.

I would like to thank my mom (Kate) for the wise words of wisdom and for being right there with me, I love you mom. Richard, for being there with mom & paying the motel and meals. My sisters, Sheila, Monica & Connie for coming to my side. Making me feel better. I love you all. Tommie and JoAnn Smith for coming to the hospital. Cinda & Roma for bringing my twins. That meant a lot to me. Damon & Arlene, thanks for calling to check on me. Wilson Wewa & Orthelia & my other sister Alice, thanks for the phone calls. Last but not least, I'd like to thank my girls Denise, Kayleen & Jennifer & Haley, Meleah, Nikki & Kari & Sam for being there. I'm sorry that Haley,

Meleah, Nikki, Kari, Drew & Nolan couldn't come inside my room.

Thank you for the notes. I am doing better. Thanks for the prayers from my family. I truly am grateful for each and everyone.

Love,

Irma Wahnetah

Parents thanked for team support

To the editor,

Thanks to all the parents for letting the team go the Nespelem's Raptor's Basketball Tourney on the Colville Indian Reservation. This was held February 17th & 18th, 2001 for 3rd-4th graders. Following is the roster:

Redsky Suppah-"Bubbs" (3rd grade)
Albert Kalama III-"Odie" (4th grade)
Rosey Suppah-"Tinkerbell" (1st grade)
Nicholas Heath-"Mr. Strubbs" (3rd grade)
Troy (Smith) Queahpama-"Gonzo" (4th grade)
Ada Lopez (Polk)-"AlleyOop" (1st grade)
George Clements-"(1st grade)
Cameron Wallulatum-"Shaggy" (4th grade)

This was the first basketball tourney for the WE BAAAD (We Battle Against All

Alcohol Drugs) Team and they placed fourth out of 10 teams. We are proud of our two All-Stars, Albert Kalama III and Redsky Suppah. They were picked by the opposing team and the tourney committee. We want to thank Vern Holden of Yakima Nation and Soy RedThunder of Colville for their hospitality.

Most of all, the sponsors are the ones that made this trip possible, to give the team the experience their first ever basketball tournament. By placing fourth, it gave them the incentive to start practice and playing basketball and hoping to travel again in the near future. Sorry some players were unable to make the trip, maybe next time. To my better half, my wife's recruitment. We put a team together for the tournament. To the sponsors and parents. May He bless your homes and families.

All interested in learning to play hoop call us.

Coaches of We BAAAD,
Big Rat & Lucy Suppah

Heart Smart Dinner success

To the editor,

We would like to extend our thanks to the many people who helped make our "8th Annual Heart Smart Dinner" a success on February a success on February 14th. First of all, everyone in the community who attended. The Senior Center Staff, for their help; Lucinda Greene, Antoinette Pamperien, Margaret Buckland, Susan Mathew, Thelma Coburn, for the entertainment; Kirstie Morrison & Mikayla Collins for doing the Heart Smart PSA on KWSO for the 2nd year with only one morning of practice; Wayne Gilbert of KWSO for doing the PSA with Kirstie and Mikayla on a Saturday; KWSO (our favorite station of the reservation) for playing the PSA; Chef Michael Spaulding for donating his time for the 3rd year in a row; a Special Thanks to all the drummers; Patricia Smith for helping in the kitchen; the CHR's; Sue Matters & the wonderful HIS staff who donated door prizes; and finally, clean up is the toughest job after a tiring day, along with the Diabetes Staff (Royce, Rob, Jennie & Kat), Michael, Mikayla, Kirstie, Lawrence and Sara Thomas jumped right in to help clean up. GREAT JOB EVERYONE!

Sincerely,

The Warm Springs Diabetes Staff

Birthday party wins applause

To the editor,

Thank you so much. I would like to take this time and thank my daughters Leah, Shasha Ann and Alexandria and of course Di Green, (you helped out!) for putting on a birthday dinner for me now that I'm 62 years old and my grandson Jeremiah who is 10 years old. We really enjoyed the dinner. I also would like to thank everyone.

My beautiful great-granddaughter Theyliah, Tiffney, Trevern, Donesah, Paul, Stephan, Delvis, Charles, Randy, Donnie, Aurelia Stacona, Bunnie, Harry, Jolene, Lauren, Alexis, Corey, Girlie, Paulette, Ellen, Laura Switzer, Romaine Miller Sr., and my husband John Smartlowit. You all helped us celebrate this special occasion. Thanks for being there.

Take care.

With Love,
Helen Smartlowit,
Yakama, WA
Jeremiah V. Miller
Klamath Falls, OR