

Happy Valentines Day

To Sterling Kalama, "I never dreamed that someone like you would ever come my way. Now, since we met, my life has grown more beautiful each day. Our love is like a miracle, I can't believe it's true... that you belong to me, and I belong to you." Happy Valentines Day! All my love, Eileen M. Frank.

To Aiyana Flora and Noelani Keandra Kalama, "Here's hoping that your Valentines Day is an extra-special one, cause daughters as sweet as you deserve a day that's lots of fun!" All our love, Daddy and Mommy.

To my sisters and their families, J'Dean, Sarah, Flora and Rachel, "Whether we're together or apart, we're close as ever in my thoughts and heart!" Happy Valentines Day, love, Eileen, Sterling, Aiyana and Noelani.

To my brothers and their families, Eldred, Floyd Sr. and Cyril Frank Sr., "This Valentines Day should be happy, a day that is filled with fun, if wishing can do it... then my brother... consider it done!" Love, Eileen, Sterling, Aiyana and Noelani.

To my sisters and their families, Angeline, Patricia and Judith, "This Valentines brings lots of love, and hugs and kisses too, for that's how Valentines always come whenever they're for you!" Happy Valentines Day from Sterling, Eileen, Aiyana and Noelani.

To my brothers and their families, Melvin, Roland, Foster, Patrick and Albert, Thinking of you not just on Valentines Day but every day as well! Take care! Sterling, Eileen, Aiyana and Noelani.

To Floyd Frank Jr., Allen Charley and Erickson Lucci, "May you always follow your heart knowing that those who love you, believe in you, and find so much joy in the wonderful person you are." From Eileen, Sterling, Aiyana and Noelani.

To Dorothy and Dionne, Antonia, Edith and Pat Jr., "Having a niece/neph as wonderful as you makes Valentines Day and every day special." From Uncle Sterling and family.

To Tamara George and family, Rbiannon Bill and family, Alexa and Tim Sobappy, "Thinking of you always!" Xxxx Eileen, Sterling, Aiyana and Noelani.

To Eileen Frank, "Happy Valentines Day! I love you!" Love always, Sterling S. Kalama.

Happy Valentines Day to the biggest, most kind-hearted, number one husband in the world: Curtis Lamont Brown. Honey, I love you with all my heart. Thank you for always being there for me and Bus Bus and always going the extra mile for us. I love you for all the changes we accomplished together. You never gave up on finding a job and putting a roof over our heads, and I love you so much for never giving up. You are the number one husband and daddy. You are the strongest man I could ever meet and I know I could always depend on you for anything. Words can't explain how much love I have for you. I dedicate all my love and life to you. Remember I will always be here for you and that I will never turn my back on you. You gave me a life I thought could only exist in my dreams. Thank you for giving me my happily ever after fairy tale love. Much hugs and kisses, your wife for life, Ikie Marie Brown.

To Cecil Fern Frank, a Valentines Day Wish. Daddy's Little Girl. I remember the day God brought you here, you erased all my doubts and wiped my tears. Didn't believe you would change my life, one look at you and you made things right. You're the most precious treasure I possess, it's you I think about before I lay down to rest. Praying to the angels of north and south, east and west to keep the devils out. I ask to guide and protect while you sleep, send you love so you'll always be complete. Longing for your voice when I feel alone, the sight of you face takes me home. Nothing can compare to the joy you bring, I'm out of tune but you make me sing. All is possible when you're around, unconditional love in you I found. I know at times you wonder and ask for me, look deep in your heart that's where I'll be. We may not see each other face to face, just know that you'll never be replaced. No matter how hard times can get, always try your best and never regret. I'm here for you if good ever comes to worst, comfort and relieve your heart when it hurts. Take you by the hand and be a part of your world, I'll do anything because your daddy's little girl. Charles E. Frank.



Keeping warm with winter squash

By Lutomia Kuto
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Nothing beats the winter chills than sitting by the fireplace (or heater) and eating a nice, steamy and delicious bowl of soup. In fact, using Native foods such as winter squash to make mouthwatering soups or stews is quite a traditional and nutritious way to eat.

Historically, the word "squash" is from the Narragansett language of the Massachusetts Indian word askutasquash which means "to eat raw or uncooked."

Today we tend to cook our squash, making it more edible and easier to chew and digest. As an indigenous plant to North America, squash was one of the "three sisters" planted, cultivated and eaten by Native Americans in the Southwest. It was typically planted together with the other two sisters maize (corn) and beans.

Which one do I choose?

Winter squash are available from August through March, but are best in season from September to November. Look for a firm squash that feels heavy for its size and has hard, tough skin. Avoid squashes that are moldy or sunken in.

Storage

Don't wash squash before storing.

Choose a cool and dry place. Most types will keep up to 3 months.

Optional: Cut raw squash in pieces and store in fridge. Use within a few days.

Preparation and Cooking

Squash is "technically" a fruit, but in cooking it is considered a vegetable. Winter squash generally require cooking until they are soft. They can be baked, boiled, grilled or even steamed. They also mix well with onions and tomatoes in vegetable mixes. Once it is cooked, it can be pureed or mashed to be used in soup, main dishes or pies. They can also be dressed with olive oil, herbs, nuts or cheese.

Nutritional Value

Only 1 cup of winter squash (baked cubes) gives you a whopping 145% daily value of vitamin A in the form of beta-carotene. This nutrient is a powerful antioxidant that may help prevent plaque build up in your arteries. The potassium in squash may help lower blood pressure, while the vitamin C helps keep your skin healthy.

Preparation baked whole:

Wash squash and pierce several times with a knife. Place in a baking dish, and bake, uncovered. If using a conventional oven, the baking temperatures can vary between 325(and 400(F. A small squash at higher

temperature may be done in 45 minutes. A large squash at a low cooking temperature may take 1 1/2 hours. Test for doneness by pushing on the skin with a potholder. Squash is done when it "gives" slightly. Remove from oven and let stand 10 minutes or until cool enough to handle. Cup open and remove strings and seeds.

Baked halved or cut:

Wash and cut squash lengthwise or into pieces. Remove seeds. Lightly brush cut surfaces with vegetable oil. Lightly sprinkle with brown sugar or parmesan cheese, if desired. Place in baking dish with a few tablespoons of water and bake until tender.

Popular winter squashes:

Butternut squash, acorn squash, hubbard squash, turban squash, pumpkin.

Did you know?

Currently, the leading commercial producers of squash include China, Japan, Romania, Turkey, Italy, Egypt and Argentina.

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