The Peaks of Central Oregon

This is the conclusion of the Indian legend, The Peaks of Central Oregon, as recounted in Indian Legends of the Pacific Northwest, by Ella E. Clark.

Black Butte and her husband were still resting when the bridge fell, and they stayed there at the head of the Metolius River. Green Ridge, the husband, still lies there pouting.

There are plenty of deer on Green Ridge. The plants and seeds Black Butte carried took root. We still go there to dig bitterroot, kouse, Indian potato and looksch. We go there to gather huckleberries, service berries, little blueberries, and pine nuts.

Almost all the plant foods Indians like grow on Black Butte.

Three Sisters

South of Black Butte and Green Ridge is the mountain group called the Three Sisters, *Klah Klahnee*. The Three Sisters were once the biggest and highest mountain of all.

The Let's Talk Diversity Coalition is one of six regional Health Equity Coalitions in Oregon. The coalition offers a four-part cultural awareness training. The next training, Experiencing P o verty and Its Effect on Health, will be on Thursday, November 2 from 9 a.m.- 3:30 p.m. To learn more about registering, visit: letstalkdiversity.net

It could be seen for many

One time the earth shook for days, and the mountain boiled inside. It boiled over, and hot rocks came out of the top of it.

Flames and smoke rose high in the air. Red-hot stones were thrown out in every direction.

Many villages and many Indians were buried by the rocks. When the mountain became quiet again, most of it was gone.

Only three points were left, that is why it is called *Klah Klahnee*, for that means "three points."

You can still see the black rocks all around the base of the three mountains.

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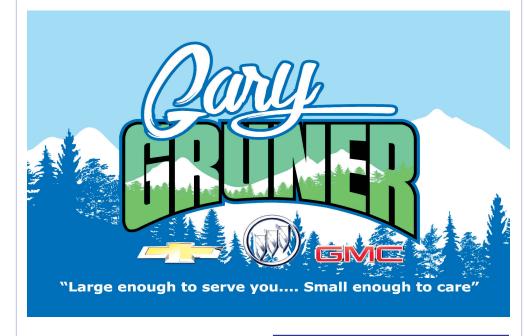
Mount Jefferson

South of the Three Sisters is Broken Top. Our grandfathers called it *Tluskhna-me Pahto*. That means "dirt mountain."

South of Broken Top is Bachelor Butte. Our old people called it *Tkh-tkh-ee*, which means "grasshopper mountain."

Three-fingered Jack, north of Black Butte, they called Little *Khla-tee-wap-thee*.

Mount Jefferson they called Big *Khla-tee-wap-thee*. That means "slide down and get stuck in the mud." That's what happened when people rode up the mountain in the spring—the horses slid down and got stuck in the mud.



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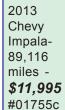


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