

CHILDRENS' COLOR MY SECTION



PUMPKIN
THE PUMPKIN PIE YOU EAT TODAY IS ONE OF THE MANY GOOD THINGS GIVEN TO THE WORLD BY INDIAN PEOPLE.

(Reprinted with permission from "A Coloring Book of Contributions from the Original People of the Americas," Produced by the North American Indian Travelling College, RR #3, Cornwall Island, Ontario K6H 5R7)

Happy Halloween

TRICK OR TREATERS

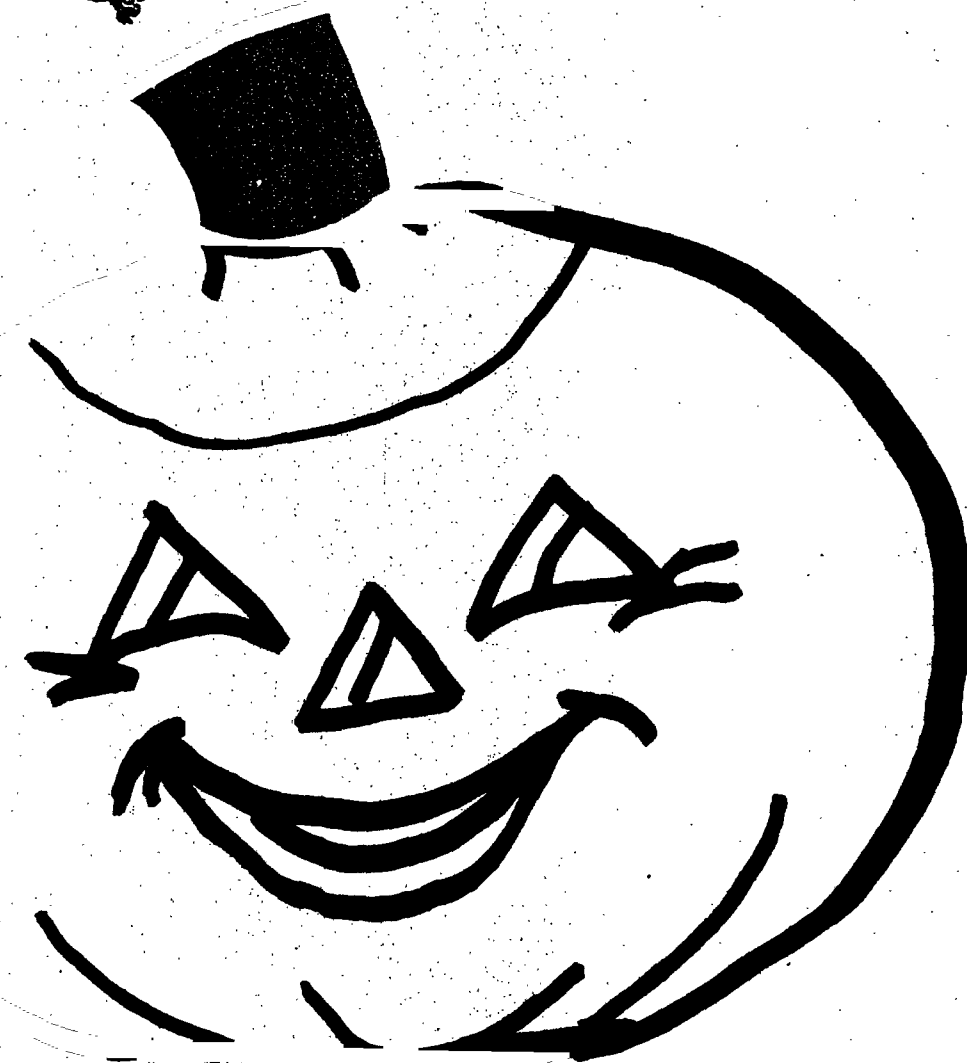
- Do not snack on your treats until you get home. Then let your parents look them over for strange or dangerous looking treats.
- If your walking, do so in groups with an adult/chaperone who has a flashlight.
- Walk on the left side of the road, FACING TRAFFIC.
- Wear reflective clothing so cars can see you.
- After trick or treating, and sampling all the goodies, be sure to brush your teeth after eating.

PARENTS

- Please drive with caution on Halloween Night.
- Keep your house well lit, especially your porch or front door.
- If you have a dog, have it tied up on Halloween night, as not to scare the children.
- Give the kids a snack, before they go trick or treating, they'll feel full and will be less likely to sample the goodies until you can look them over.
- Be sure their masks fit properly, so they don't obstruct their vision or breathing.
- Enforce a curfew on your children to be home at a safe time.
- Please note the EMERGENCY NUMBERS listed in this Issue, to report injury, fire, or suspicious happenings.

TWO GAMES FOR HALLOWEEN

- Give each player a pencil and paper. Set a timer to 1 minute. The first person to make the most words from the letters in the word HALLOWEEN wins.
- Unscramble these words below to find what you will see on Halloween.



KUPPNIM TOHSG WOL
RESNOMT HIWTC KLABCTCA

Fund Raising Goal Reached

The Akwesasne Freedom School wishes to extend their appreciation to all the people who participated and attended their fund raising dinner held at the school on October 16, 1983.

Due to the response given the school has reached another aspect in total self-sufficiency and can now provide a drilled well for the school.

The school also extends an open invitation to attend their weekly bingo being held every Friday night at 7:30 p.m.

Ononkwasonha

GINSENG

panax quinquefolium

Ginseng - Has long been considered the wonder medicine on a world-wide scale.

Common Names: Five finger root, American Ginseng, Sang, Ninsin, Panax, Rannage and Red Berry.

Ginseng is naturally grown in China, North America and East Asia. American ginseng grows naturally on the slopes of ravines and other shady but well-drained places in hardwood forests, in varying abundance, from eastern Canada to Maine and Minnesota and southwards into the mountain regions of Georgia and Carolina. In its wild state it grows from 8-20 inches high, bearing three large leaflets at the top and two smaller ones beneath.

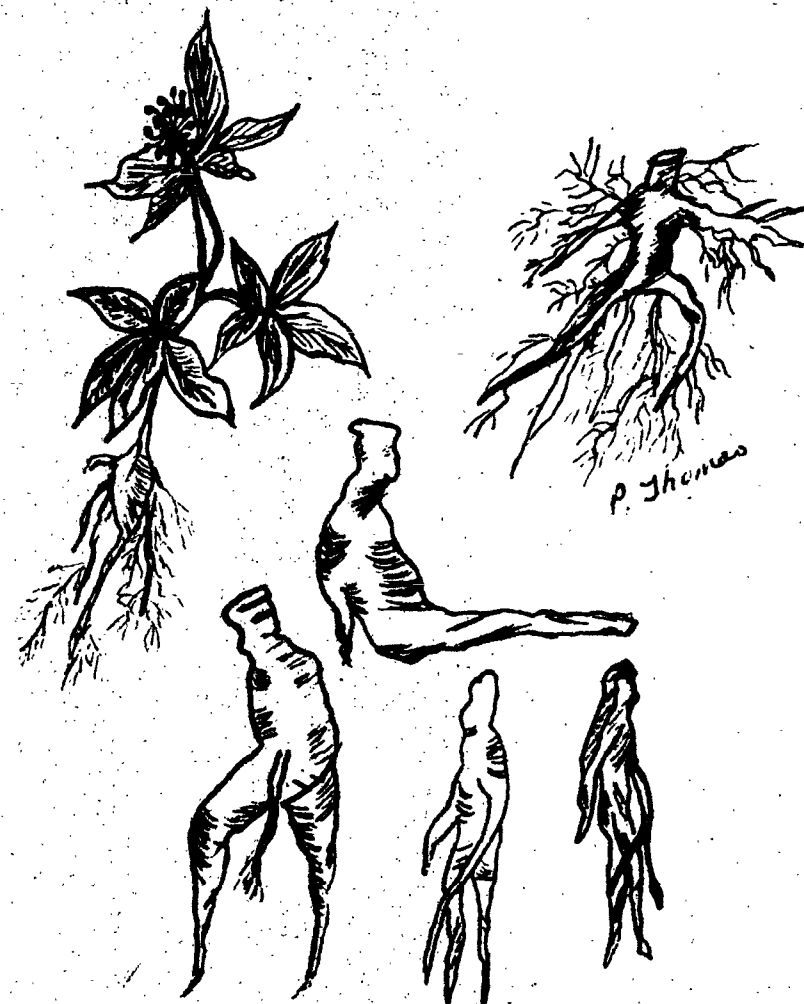
Yellowing green clusters of flowers are produced in mid-summer, followed by as many bright crimson berries, which can be seen until the frost. They are edible and taste much like the ginseng root. The berries contain from one to three flattish wrinkled seeds the size of a small pea. The root is thick, spindle shaped, 2-4 inches long and 1/2-1 inch or more in thickness. The older roots usually have branched protrusion somewhat resembling a human form. It usually takes at least six years for the root to reach this size and to attain this form. The roots should be dug in the autumn when they are not full of sap.

Medicinal Part: The dried root.
Solvent: Water.

Bodily Influence: Stimulant, Demulcent, Stomachic, Ver-vine, Aphrodisiac.

People the world over have known of the medicinal powers of the Ginseng Plant, the native people have utilized ginseng long before records were kept. The Europeans look to the Bible in Ezekiel 27:17 and find ginseng was known to Judah in the market place of Israel.

Ginseng, combined with the juice of a good ripe pineapple is superior as a treatment for indigestion. It stimulates the healthy secretions of pepsin, thereby ensuring good digestion without increasing the habit of taking pepsin or other after-dinner pills to relieve the fullness and distress so common to the American people. It is a powerful antispasmodic and suggests its use in other spasmodic and reflex nervous diseases, such as whooping cough and asthma. It is a mild sedative to the nerve centres, improving their tone, and if persisted in, increases the capillary circulation to the brain.



(from INDIAN HERBOLOGY OF NORTH AMERICA, by Alma R. Hutcbens, available at Akwesasne Notes/Indian Times book store for \$14.95)

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Crossword Puzzle Find answers in next issue.

ACROSS

- the way to go
- time to be completed
- wreck
- checked
- threaded nail
- pal in your class
- how birds got south
- learner in school
- did to a ball

DOWN

- several people
- take away
- responsibilities
- black and white and read all over
- worn in swimming
- possessive of who
- male chicken
- do it to gum
- did to put out candles
- responsibility
- connect with thread