

## DO YOU LIKE FALL A LOT OR IS IT JUST ME?

By Michael K. SongWeaver Chandler

I'm looking at the most beautiful collection of colors, so vivid my eyes must be in "Heaven", the "Happy Hunting Ground" or maybe my own back yard. From my porch you can see beyond "the great beyond". It is harvest time for corn, okra, tomatoes, onions, and green beans (my favorite).

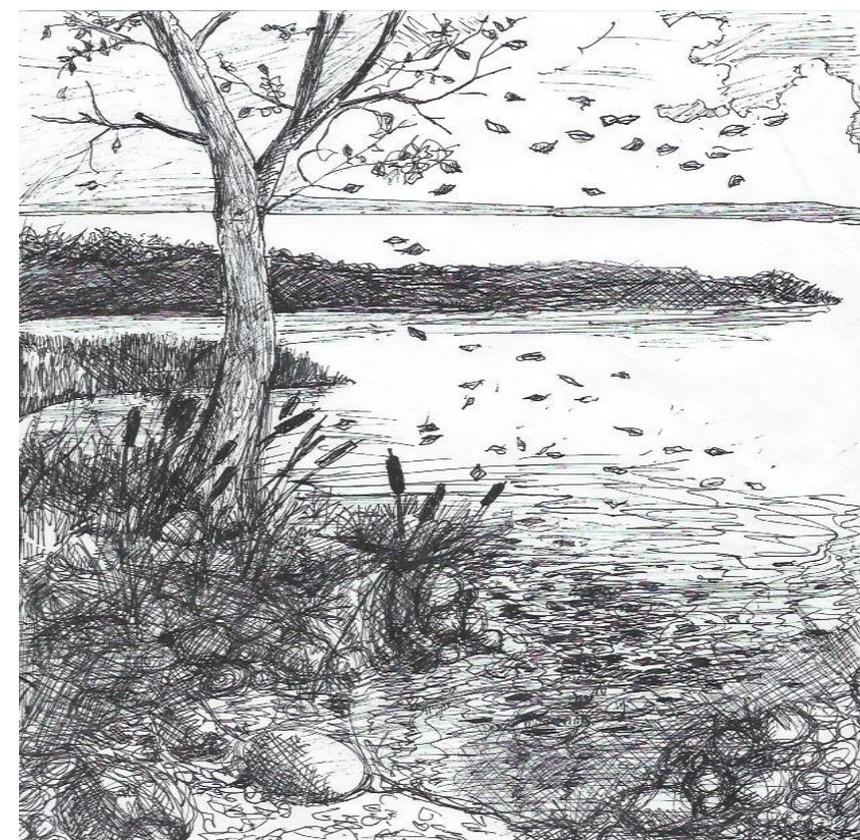
Apples in the Smokies, if spelled correctly, would be "CIDER"! I love cider! OK, what about pumpkin pie? One will always find a pumpkin a-growin' in my back yard. Ah, the hills of the Smokies in the beautiful state of Tennessee. How can anyone beat that?

What a wild ride it is each time that I travel to the Smokies in the fall. But whatever you do, don't feed the bears, and be real real careful skinny dipping. It can be colder in that water than you think! One might be thinking "this may be my last chance to go swimming for the swimming season." Either which way, that last dip is COLD! Pure, cool, mountain creek cool! And be sure nobody else knows where your clothes are hidden.

Now, already quite fragile, the leaves break off from the trees, letting us know Old Man Winter is not far away. So, I am an early bird. I call it Fall when the cicadas and Katydid start singing in the trees and cool mornings start to prevail and the rays of the sun begin to changed their hue.

The children playing in the street have to go home and do their homework...in August. They are learning to do their reading, their writing, and their arithmetic.

See you next spring! *Mike SongWeaver Chandler*



Art Work By Mike Song Weaver Chandler

## POSITIVE THINKING

BY RICK RUNNINGBEAR

*Yes, we all have negative thoughts at times. We live in a world where we battle between the negative aspects of life and the positive. But the positive way of thinking needs to win. And this is why we smudge with the smoke of smoldering sage . . . this is why we dip our fingers in water and apply them to our face and neck and chest . . . outward manifestations of an inner process going on. We seek to expel the negative and invite the positive to come into us and fill that void.*

*We wake up in the morning and sometimes gloom and doom try to jump into our consciousness. Everything seems to be unraveling in our life and in our goals of life.*

*But Creator . . . Grandfather . . . is still in control, and as dismal as things may sometimes seem, Spirit will interrene and if we are receptive, will direct our paths so that all will turn out as it should be.*

*Each morning, as the night turns to light, we have the opportunity to expel the negative and invite the positive. Morning prayers . . . are so important to set the day in motion in the right way.*

*Grandfather, guide my footsteps today. RRB*