

**\*\*Łkw'i, Sts'at:\*\***

**Twiit'áya ku Alu 'atyaayanmí Patanawíxt,  
"Naxsh Anwíkt", "Naxsh Sts'at"**

Yakima Legend written out and translated by Virginia Beavert, Summer 2008

A long time ago (on this earth) there was no day and no night. Coyote worried about this: "There should be a night. The people are coming closer, they might need to rest. If they don't rest, they might get sick." Then he made an announcement to all the creatures. "We must have a contest. The one who comes up with the best plan (to create a night) will be the winner."

Everyone submitted a plan. Two of them had the best plans, Grizzly Bear and the Frogs. They went to Union Gap (a place where the Yakima River flows through a gap in the mountains). Grizzly placed himself on the west side of the gap, and the Frogs placed themselves on the east side.

Because Grizzly Bear was a sleepyhead, he wanted night to continue for one year. The Frogs wanted "One night, one day" They had a big argument. Grizzly Bear growled "One night a year, One a year!" Frogs croaked "One night, One night!" They argued like this all day. Grizzly Bear began to tire, and he wanted to sleep. He mumbled "One year, one year..." His eyes began to close, and he fell asleep.

The frogs won, and this is how they made one night. This is why we have day and night. We have to thank the Frogs for giving the people time to rest.

On top of the mountain on the east side at Union Gap is a lake. It is called "Roaring Frog" Lake. It was fed by an artesian spring. The water was fresh and clear enough to drink.

During the Indian War in the late 1800's when the United States Army was sent west to kill all the Indians, the warriors hid the women, children, and old folks at this mountain peak because there was water there. There was enough food and water for them.

The soldiers never found those hidden people, and the U.S. Army was defeated at Fort Simcoe. That is how the Yakima people survived, because the soldiers didn't kill all the Indians.