

Shasta

By Vanessa



The Shasta tribe wore skirts made out of grass or willow bark. Men sometimes wore buckskin hats, breech cloths, and leggings. In cold weather, men and women wore deer skins and bearskins so they would not get cold. They would even wear fur from big bears.

They wore shoes made out of buckskin for most of the year. Ceremonial clothing was very colorful and fancy. Shamans (doctors) wore really bright yellow hammer feather headbands. They liked to wear jewelry to ceremonies, too.



Shasta people believed in spirits all around them, and that is what gave them a bad disease, and some of them even died. But it was their religion to believe in certain spirits. It was the spirits in animals, mountains, and rocks. Shasta people thought that if one person got sick, it was because one did not respect their god in the right way. For many years, people were ill. Doctors tried to help, but I guess some people died.

Shasta people knew that their territory had animals like deer, bears, fish, squirrels, and many birds. They thought that food was great. They would hunt the animals down and cook them for their dinner. They would get fish by making a very very large net. They hung the nets vertically in the water, then tied it to stones and let the net float in the water. They caught large fish. They would use spears to get deer or bears. That is how the Shasta people used to get their food.

The Shasta people had rich soil in their territory. Many plants grew there and fish lived there for many years. They would grow all sorts of fresh berries, and they were very good to the Shasta people. So were wood rats. They also liked grasshoppers and crickets. They would normally smush food and eat them like berries and other little foods.

