



## **Native American Heritage Month**

In 1990, President George H. W. Bush approved a joint resolution designating November as “National American Indian Heritage Month.” Similar proclamations, including “Native American Heritage Month, and “National American Indian and Alaska Native Heritage Month,” have been issued each year since 1994. For more information click on

<http://nativeamericanheritagemonth.gov/about/>

The month of November in the U.S. is a time to share American Indian food, music, dance and traditions with our families.

### **Fun ways to celebrate Native American Heritage Month**

#### **Read a book about American Indian History:**

A popular book is “1491, New Revelations of Americas before Columbus” written by Charles C. Mann. It gives a look into life for American Indians before Christopher Columbus.

#### **Attend a Lacrosse game:**

Lacrosse was one of many stick ball games played by American Indians. It was started by the Eastern Woodlands Indian tribes along with the Plains Indians tribes. The original games could last for days and include hundreds of men playing a ball game with sticks.

#### **Search the internet for a native recipe:**

Corn, beans, squash, bison, venison, chitterlings, and other staples were readily available to the American Indians. There are so many options that it may be difficult to just pick one.

### **Native Americans You Might Not Know**

**Andra Rush:** Andra Rush is part Native American as a descendant of the Mohawk Indian Tribe. Andra is chair and CEO of Rush Trucking, President of CEO of Dakkota Integrated Systems, and Chair, President and CEO of Detroit Manufacturing Systems. Rush Trucking is the largest woman-owned business in Michigan and one of the largest Native American-owned businesses in the United States.

**Charlene Teters:** Charlene Teters is an activist of the Spokane Nation. She has been referred to as the “Rosa Parks”

of the American Indians. She is presently a professor at the Institute of American Indian Arts in Santa Fe, New Mexico. Her activism began as she campaigned against her alma mater, the University of Illinois, for using the Native American stereotyped Chief Illinewek, who dresses in feathers and war paint as the school’s mascot. There is an award winning documentary “In Whose Honor?” by Jay Rosenstein.

**LITEFOOT:** Litefoot is an actor and rapper. Litefoot is considered the first Native American Rap Artist, who won the Native American Music Award in 1996, 1998, and 1999. He has had major acting roles in the movies “The Indian in the Cupboard,” “Kull the Conqueror” and “Mortal Kombat”.

**Notah Begay:** Notah Begay is a PGA Pro Golfer and a Navajo Indian. He turned professional in 1995 and joined the tour in 1999. He was a former teammate of Tiger Woods. He said one of the reasons for not having more Native American professional athletes was a lack of financial support, facilities, and encouragement.

### **Interesting Facts about Native Americans**

- \* The term “Indian” originated when Christopher Columbus thought he had landed in the East Indies.
- \* Half of the names of the U.S. came from American Indian words, like Arizona, Connecticut, Kentucky, Missouri, and Ohio.
- \* Over 8,000 Native Americans served during WWI, even though they were not U.S. citizens.
- \* Over 24,000 Native Americans served during WWII.
- \* “Michigan” is from the Native American word *michigamea* meaning “great water.”
- \* Native Americans developed many plants that are important in the world today. Such as sweet potatoes, cotton, corn, beans, tobacco and even popcorn.

