



Celebrating

American Indian Heritage Month

Native Psychologists

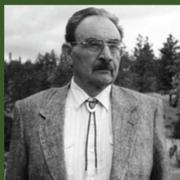
Dr. Carolyn Lewis Attneave (Delaware, Lenni-Lenape) initiated and sustained numerous culturally based activities and programs, advances in family network therapy, and founded the [Society of Indian Psychologists](#).



Dr. Marigold Linton (Cahuilla-Cupeno) helped launch the [SACNAS](#), promoting opportunities for Chicano/Latino, Indian, and other underrepresented students in graduate science education.



Dr. Arthur L. McDonald (Oglala Lakota) is well known for his tireless commitment to providing psychological training for Indian and Natives interested in careers in psychology.



Dr. Diane J. Willis (Kiowa) has made remarkable accomplishments with the goal of conducting research and advocating for service and resource development, primarily for children.



Local History

For thousands of years, Native Americans called Alabama home. Alabama was home to Cherokee, Choctaw, Creek, and Chickasaw peoples. It is believed that around 1300 AD the Native Mississippian culture reached its peak. They were known for their mound building and the mounds can still be found all over Alabama today (see the image at the top of the page!). On the banks of the Black Warrior river was a large temple complex consisting of 26 mounds with a towering mound over 60 feet tall.



During the 1500's, Spanish explorers documented their encounters with the American Indians and many battles broke out in the area called the Black Warrior village, now known as Tuscaloosa. The paramount chief of the Mississippians, Tuskaloosa (Muskogean for "Black" "Warrior") led his troops in the battle of Mabila against the Spanish unsuccessfully and was killed. Starting the 18th century, European powers were at odds with the native peoples of Alabama and this led to the United States being at odds with the natives at the end of that century. In 1813, General Andrew Jackson ordered the Black Warrior village be burned down. Then in 1836, President Jackson ruled that all Native Americans must live in Indian territory, leading to what is now known of as the Trail of Tears.

By the late 1830's, nearly 50,000 Native Americans were deported from their homes to land west of the Mississippi river. Today, the MOWA Band of Choctaw Indians and the Poarch Band of Creek Indians still maintain their culture and traditions on some of their native homeland here in Alabama.

Image: Chief Tuskaloosa



Whose land are you on?

Send a zip code or a city and state to
(907) 312-5085.

You will get a text from a SMS bot that tells you the Indigenous people of that location. The data comes from the Canadian non-profit [Native Lands](#). Visit the site to see Native land maps.

"Among American Indians, there are many cultures and much variation. Our survival systems are tied to the land and location."

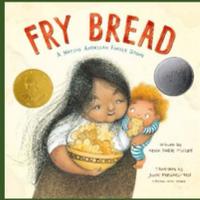
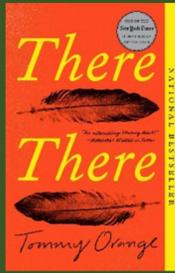
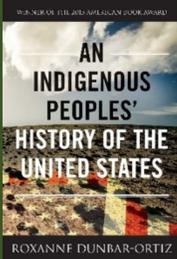
- Dr. Arthur L. McDonald

Media Resources

TED Talk: America's Native Prisoners of War



In the works: NBC pilot of **Sovereign** the first Native American family Drama. From Ava DuVernay and Bird Runningwater.



For more book recommendations throughout the month, follow @whitegirllearning on Instagram

Who to Follow?



Dr. Adrienne Keene
@NativeApprops



Tara Houska
@zhaabowekwe

Check out Tara's TED Talk on Indigenous Rights!

Local Events

Moundville Pop-Up Exhibition

Nov. 4 – Dec. 4

Suite 2100 Ferguson Center

This will focus on the history and importance of local Moundville history.

Cooking Demonstration

November 12th at 6:00pm

[Register here!](#)

Learn about indigenous cooking with educator & historian Grayhawk Perkins!

Native Cinema Showcase

Nov 18 – Nov 27

[Register here!](#)

This forum provides screenings and engagement with Native filmmakers.

Moundville (Virtual) 5k

November - December

[Register here!](#)

Support the Moundville Archeological Park's education fund!

Learn more and see other events at the

[Native American Heritage Month webpage](#)

Fry Bread



Ingredients:

1.5 teaspoons of baking powder
3 cups of all-purpose flour
Pinch of salt
1.25 cups of warm water
Vegetable oil (1-2 inches deep in fryer)
Cinnamon
Honey

Instructions:

Mix together the baking powder, flour, and salt.
Next, add the water to the dry mixture and mix until combined.
On floured surface, turn the dough out and knead until soft.
Roll the dough out to ¼ inch thick.
Cut 4 inch rounds.
Drop the dough in heated oil and fry until it puffs up.
Flip it over.
It is finished when in is golden brown.
Drain on paper towels.
Serve with honey and cinnamon on top.



Three Sisters Squash (vegan!)

Ingredients:

1 tablespoon olive oil
3 cloves garlic, minced
3 acorn or carnival squash
1 cup red onion, diced
2-3 serrano chiles, minced
3 cups cooked black beans

Instructions:

Preheat oven to 400 degrees. Combine olive oil and 1/3 of minced garlic in a small bowl; set aside.
Remove stem from squash and cut each in half from top to bottom. Scoop out the seeds. Brush the inside of each squash with the garlic oil. Place squash flesh side up on a baking sheet. Roast for 35 minutes.
Meanwhile, prepare the filling.
Heat olive oil in a skillet over medium-low heat.
Add onion and chile and sauté for 2 minutes.
Add the remaining garlic, beans, corn, broccoli, and rice.
Cook for 3 – 5 minutes, until corn is bright yellow, and broccoli is bright green.
Stir in parsley, paprika, salt, and pepper and cook another minute.
Remove squash from the oven.
Scoop the bean and corn mixture into the center of each squash.
Serve right away.

2 cups corn kernels
2 cups broccoli florets, diced
1.5 cups cooked wild or brown rice (optional)
0.5 cup fresh parsley, minced
1 teaspoon paprika
Salt and pepper, to taste