

Delve Deeper into *Up Heartbreak Hill*

A film by Erica Scharf

This multi-media resource list, compiled by Gina Blume of Monroe Township Public Library, provides a range of perspectives on the issues raised by the POV documentary *Up Heartbreak Hill*.

Graduation marks the end of childhood, partings from family, friends and community and the start of a future that is both exciting and scary. But, high-school track star Thomas Martinez and academic-and-athlete Tamara Hardy struggle with additional pressures to find their place amidst the two cultures with which they identify--Navajo life upon the reservation and American aspirations beyond it. *Up Heartbreak Hill* chronicles one year in the lives of two talented kids who must figure out not only how to become young adults, but what it means to be both Native and modern.

ADULT NONFICTION

Navajo Nation

Iverson, Peter. *Diné: A History of the Navajos*. Albuquerque: University of New Mexico Press, 2002.

A history of the largest American Indian nation in the U.S. conveyed through personal interviews, historical research, and traditional histories.

Locke, Raymond Friday. *The Book of the Navajo*. Los Angeles: Holloway House, 2002. Suitable for anyone interested in learning about Native American history, Locke provides a comprehensive survey of history and life of the Navajo.

Sundberg, Lawrence D. *Dinetah: An Early History of the Navajo People*. Santa Fe: Sunstone Press, 1995. With archival illustrations and photographs, a former teacher on the Navajo reservation provides the reader a history of the Navajo from their origins to 1868.

Zolbrod, Paul G. *Diné Bahane': The Navajo Creation Story*.

Albuquerque: University of New Mexico Press, 1987.

A comprehensive translation of the Navajo culture as told through the rich oral history of its people.

The Reservation

Barrows, Sally, ed. *Do all Indians Live in Tipis?: Questions and Answers from the National Museum of the American Indian*.

New York: Harper Perennial, 2007.

Common questions and misconceptions about Native Americans including clothing, food, ceremonies, and casinos, are answered. An introduction to the history and contemporary culture of Native Americans is also offered.

Kristofic, Jim. *Navajos Wear Nikes: A Reservation Life*. Albuquerque:

University of New Mexico

Press, 2011. The author recounts the challenges he encountered being raised on a Navajo Indian Reservation, where his mother worked as a nurse, and his struggles as the only white person in his class.

Middleton, Beth Rose. *Trust in the Land: New Directions in Tribal Conservation*.

Tucson: University of Arizona Press, 2011. An examination into the tools, including conservation easements and land trusts, that Native American tribes are using to regain lost land and access to their culturally important lands.

Treuer, David. *Rez Life: An Indian's Journey through Reservation Life*.

Washington, D.C.: Atlantic Monthly Press, 2012.

University of Southern California professor recounts his life growing up on a Native American reservation and tackles modern-day issues affecting reservations including sovereignty and conservation.

First Generation College

Zah, Peterson, and Peter Iverson. *We Will Secure Our Future: Empowering the Navajo Nation*. Tucson: University of Arizona Press, 2012. President of the Navajo Nation reflects on challenges he faced to attend college and the hardships Native American communities face in their lives and on their reservations to succeed.

Navajo Traditions

Austin, Raymond D. *Navajo Courts and Navajo Common Law: A Tradition of Tribal Self-Governance*.

Minneapolis: University of Minnesota Press, 2009.

Justice Austin, a former member of the Navajo Nation Supreme Court, provides insight about the largest and most established tribal legal system in the world.

Handed, Left. Left Handed, Son of Old Man Hat: A Navaho Autobiography.

Lincoln: Bison Books, 1967. Left Handed details Navajo traditions including tribal dances and ceremonies, marriages, farming, and trading.

Nabokov, Peter. *Indian Running: Native American History and Tradition*. Santa Fe: Ancient City Press,

1987. Indian Running is an eyewitness account of the 6-day, Taos, N.M., to Second Mesa, Hopi, Ariz., 1980 Tricentennial Run commemorating the Pueblo Indian Revolt. The book describes many Indian running traditions and includes historical photos and 1980 photos by Karl Kernberger.

ADULT FICTION

Williams, Walter L. and Toby Johnson. *Two Spirits: A Story of Life with the Navajo*. Maple Shade: Lethe Press, 2005. Historical fiction set during the Civil War about a Virginian who became captivated by the life of the Navajo.

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Morris, Irvin. *From the Glittering World: A Navajo Story.* Norman, Oklahoma: University of Oklahoma Press, 1997. The author provides an artistic account of his life as a contemporary Navajo writer in a world that mixes the traditional and the new.

Tapahonso, Luci. *Blue Horses Rush In: Poems and Stories.* Tucson, Arizona: University of Arizona Press, 1997. This collection of stories and poems follows a young Navajo girl as she comes of age and recalls traditions passed from generation to generation.

NONFICTION FOR YOUNGER READERS

Bishop, Amanda, and Bobbie Kalman. *Life of a Navajo.* New York: Crabtree Publishing Company, 2004.

Elementary school readers learn about Navajo lifestyle, religion, and community as well as daily family life, traditions of weaving, and important historical events.

Niethammer, Carolyn. *Keeping the Rope Straight: Annie Dodge Wauneka's Life of Service to the Navajo.* Flagstaff: Salina Bookshelf, Inc., 2006.

A biography for upper elementary school readers about Wauneka's work improving healthcare and education for the Navajo, which changed countless lives and earned her a Presidential Medal of Freedom.

Roessel, Monty. *Songs from the Loom: A Navajo Girl Learns to Weave.*

Minneapolis: Lerner Publishing Group, 2002.

The culture of the Navajo is passed on from mother to daughter in this story of heritage for elementary school readers.

FICTION FOR YOUNGER READERS

Bruchac, Joseph. *Code Talker: A Novel about the Navajo Marines of World War Two.* New York: Speak, 2006. Middle-school students learn how Navajo soldiers used their native language on the battlefield to relay commands and information.

Oughton, Jerrie. *How the Stars Fell into the Sky: A Navajo Legend.* Boston: Sandpiper, 1996. This retelling of a Navajo folktale explains how First Woman tried to write the laws of the land using stars in the sky, only to be thwarted by the trickster Coyote.

FILMS, VIDEOS and BROADCASTS

Broken Rainbow. A film by Victoria Mudd. Martin Sheen; Buffy Sainte-Marie; Burgess Meredith. Los Angeles, CA: Earthworks Films, 1985. DVD. Award-winning documentary chronicling the U.S. government forced relocation of 10,000 Navajo Indians in Arizona.

In Search of History-Navajo Code Talkers. A documentary by the History Channel. A&E Home Video, 1998. DVD. The story of Navajo soldiers using their native language in conjunction with English to transmit information instrumental in the Allied victory at Iwo Jima during WWII.

Wind Talkers. A film by John Woo. Nicolas Cage; Adam Beach. Los Angeles, CA: MGM, 2002. DVD.

Drama about a sergeant and his code-talker charge who ultimately become friends on the battlefield.