



# Girl Power!

## School Year Assignment Book



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
Office of the Secretary  
Office on Women's Health  
Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention  
[www.samhsa.gov](http://www.samhsa.gov)

## October • November

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## American Indian/Alaska Native Heritage Celebration

During this month, learn about the rich history and contributions of North America's hundreds of American Indian/Alaska Native tribes, like the Cherokee, Snohomish, or Chippewa. Did you know that over half of U.S. State names come from American Indian/Alaska Native languages? For example, "Oklahoma" means "home of the red people" in the Choctaw language, and "Kentucky" means "planted field" in the Iroquois language. Visit your library or look online to learn more about the languages, customs, and cultures of American Indians/Alaska Natives.

### Girl Quote

"I would go to Colorado to see where my tribe came from."

—Tammy

### Goal for Next Week



# November

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## Girl Power! Guest

*"There are many obstacles you will face in the pursuit of your dreams.... Do not let any of these obstacles keep you from achieving your goals. Be true to yourself—stay healthy and balanced in mind, spirit, and body, as you hold the key to our future. Prepare yourself through education to be the one to make a difference for the rest of us. Best wishes in all things that you do in your life, and remember to follow your dreams and aspirations wherever they may take you."*



*Susan Masten*

Susan Masten is the president of the National Congress of American Indians, a group working to inform the public and Congress on the governmental rights of American Indians/Alaska Natives. To learn more about her, check out [www.girlpower.gov/girlarea/assignment/11Nov/guest.htm](http://www.girlpower.gov/girlarea/assignment/11Nov/guest.htm).

### Goal for Next Week

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# November

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# Guess Who

What American Indian woman helped Western explorers Lewis and Clark and the Corps of Discovery with her valuable translating and negotiating skills? She is now on the U.S. golden dollar. To learn more about her contributions, go to [www.rootsweb.com/~nwa/sacajawea.html](http://www.rootsweb.com/~nwa/sacajawea.html)

# Fun Facts

Alaska, which became the 49th State in 1959, has a native population of Eskimo, Indian, and Aleut peoples. To learn more about Alaska and its people, go to [www.nationalgeographic.com/greatland](http://www.nationalgeographic.com/greatland).

# Goal for Next Week

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Answer: SACAIAWEA (Her name also can be spelled Sacagawea.)

# November • December

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Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line, repeated 20 times down the page.