

Movies

Crash (2004) directed by Paul Haggis is a movie that brings out bigotry and racial stereotypes. The movie is set in Los Angeles, a city with a cultural mix of every nationality. The story begins when several people are involved in a multi-car accident. From that point, we are taken back to the day before the crash, seeing the lives of several characters, and the problems each encounters during that day.

The Color of Fear (1995) is a documentary directed by Lee Mun Wah. Eight North American men, two African American, two Latinos, two Asian American and two Caucasian were gathered by director Lee Mun Wah, for a dialog about the state of race relations in America as seen through their eyes. The exchanges are sometimes dramatic, and put in plain light the pain caused by racism in North America.

The Color of Fear 2 (1995) This sequel is about the remaining 23 hours that occurred on that incredible three-day weekend in Ukiah, California. *The Color of Fear* was an intense emotional confrontation about racism, whereas *Walking Each Other Home* explores in greater depth the intimate relationship that the eight men had with each other. In this new sequel, the European American men have added opportunities to express how they felt when the men of color were angry, why they were afraid, and what they discovered about themselves and each other as men of European descent.

The Color of Fear 3 (1995) is an intimate conversation on the issues of what it is to be gay in this society and the impact it has on their sense of safety and identity. Through their personal stories and interactions, we have a glimpse into the fears, the stereotypes, and moral issues that are dividing and confronting us today.

Last Chance for Eden (2002) is a documentary directed by Lee Mun Wah about nine men and women discussing the issues of racism and sexism in the workplace. They examine the impact of society's stereotypes on their lives in the workplace, in their personal relationships and within their families and in their communities. In the course of their dialogue, they also explore the differences and similarities between racism and sexism - an area that has seldom been researched, but has heatedly become a very important issue needing to be understood and dealt with.

Last Chance for Eden 2 (2002) is about nine women and men who spend a weekend together in Ukiah, California confronting the issues of sexism on their lives and relationships. As each of the participants shares what it was like in their families of origin, what becomes apparent is how much their lives were affected by their parents' attitudes and behaviors.

Last Chance for Eden 3 (2002) This film is a perfect follow-up to the whole series. It is focused on the biographies of each of the cast members – as they struggled to understand what had happened to them in their families and eventually, their journey towards finding a healthy life as an adult.

Stolen Ground (1993) This film directed by Lee Mun Wah is about six Asian American men who struggle against racism and their anguish and pain at the trauma of assimilation towards themselves and their families. A must-see film for those striving to better understand the "model minority" and the pressures of blending into the American culture.

Bury My Heart At Wounded Knee (2007) HBO Films presents an epic movie event with executive producers Dick Wolf and Tom Thayer, based on Dee Brown's bestseller, *Bury My Heart at Wounded Knee* powerfully explores the tragic impact that the United States' westward expansion had on American Indian culture, and the economic, political and social pressures that motivated it.

Dances With Wolves (1990) A historical drama about the relationship between a Civil War soldier and a band of Sioux Indians, Kevin Costner's directorial debut was also a surprisingly popular hit, considering its length, period setting, and often somber tone. The film opens on a particularly dark note, as melancholy Union lieutenant John W. Dunbar attempts to kill himself on a suicide mission, but instead becomes an unintentional hero. His actions lead to his reassignment to a remote post in remote South Dakota, where he encounters the Sioux. Attracted by the natural simplicity of their lifestyle, he chooses to leave his former life behind to join them, taking on the name Dances with Wolves. Soon, Dances with Wolves has become a welcome member of the tribe and fallen in love with a white woman who has been raised amongst the tribe. His peaceful existence is threatened, however, when Union soldiers arrive with designs on the Sioux land. The film was awarded seven Academy Awards, including Best Picture.

Iron-Jawed Angels (2004) This film tells the remarkable and little-known story of passionate and dynamic young women who put their lives on the line to fight for American women's right to vote. This true story has startling parallels to today, as the young activists struggle with issues such as the challenges of protesting a popular President during wartime and the perennial balancing act between love and career.

Lost Boys of Sudan (2003) This Emmy-nominated documentary film follows two Sudanese refugees on an extraordinary journey from Africa to America. Orphaned as young boys in one of Africa's cruelest civil wars, the boys survive lion attacks and militia gunfire on their journey to a refugee camp in Kenya. From there, remarkably, they win passage to the United States. Safe at last from physical danger and hunger, but a world away from everything familiar, they find themselves confronted with the abundance and alienation of contemporary American suburbia.

Gran Torino (2008) The story follows Walt Kowalski, a recently widowed Korean War veteran who is alienated from his family and angry at the world. Walt's young Hmong neighbor, Thao, tries to steal Walt's prized 1972 Ford Gran Torino on a dare by his cousin for initiation into a gang. Walt develops a relationship with the boy and his family.

Darius Goes West (2007) In this multi-award-winning documentary, fifteen-year-old Darius Weems and eleven of his best friends set off across America with the ultimate goal of getting his wheelchair customized on MTV's *Pimp My Ride*. The result is a rarely

seen testament to the explosive idealism of today's youth, as well as a vivid portrayal of adventure, of brotherhood, and of the character and strength it takes to shed light on an uncertain future. Not only does Darius Weems bravely face his own inevitable fate with Duchenne Muscular Dystrophy (DMD), but through his unflinching humor and his extraordinary laugh, he sparks a revolution in the lives of everyone who crosses—and then shares—his courageous path. Part revolution, part revelation, this film proves to people of all ages how life, even when imperfect, is always worth the ride.

No Dumb Questions (2001) This lighthearted and poignant documentary profiles three sisters, ages 6, 9 and 11, struggling to understand why and how their Uncle Bill is becoming a woman. These girls love their Uncle Bill, but will they feel the same way when he becomes their new Aunt Barbara? With just weeks until Bill's first visit as Barbara, the sisters navigate the complex territories of anatomy, sexuality, personality, gender and fashion. Their reactions are funny, touching, and distinctly different. This film offers a fresh perspective on a complex situation from a family that insists there are no dumb questions. (running time: 24 minutes) <http://www.nodumbquestions.com/> ; <http://www.nodumbquestions.org/> ; <http://www.nodumbquestions.org/video/no-dumb-questions-5-years> (checks in with the family 5 years later)

Books

Night (1958) by Elie Wiesel is a candid, horrific, and deeply poignant autobiographical account of his survival as a teenager in the Nazi death camps. In a substantive new preface, Elie reflects on the enduring importance of *Night* and his lifelong, passionate dedication to ensuring that the world never forgets man's capacity for inhumanity to man.

Trains: A Memoir of a Hidden Childhood During & After WWII (1997) by Miriam Winter. In her extraordinary memoir Winter describes her experience as a Jewish child in Poland during the period immediately following the Holocaust—years dominated by a need for multiple identities. Loss permeates each page. She was a ten year old girl alone, successfully fleeing for her life while “lost in a dark forest of non-remembrance.”

Anne Frank: The Diary of a Young Girl (1947) Discovered in the attic in which she spent the last years of her life, Anne Frank's remarkable diary has since become a world classic—a powerful reminder of the horrors of war and an eloquent testament to the human spirit. In 1942, with Nazis occupying Holland, a thirteen-year-old Jewish girl and her family fled their home in Amsterdam and went into hiding. For the next two years, until their whereabouts were betrayed to the Gestapo, they and another family lived cloistered in the "Secret Annex" of an old office building. Cut off from the outside world, they faced hunger, boredom, the constant cruelties of living in confined quarters, and the ever-present threat of discovery and death. In her diary Anne Frank recorded vivid impressions of her experiences during this period. By turns thoughtful, moving, and amusing, her account offers a fascinating commentary on human courage and frailty and a compelling self-portrait of a sensitive and spirited young woman whose promise was tragically cut short.

Three Cups of Tea (2007) by Greg Mortenson. One day in 1993, high up in the world's most inhospitable mountains, Greg Mortenson wandered lost and alone, broken in body and spirit, after a failed attempt to climb K2, the world's deadliest peak. When the people of an impoverished village in Pakistan's Karakoram Himalaya took him in and nursed him back to health, Mortenson made an impulsive promise: He would return one day and build them a school. Although he was a homeless "climbing bum" living out of his aging Buick in Berkeley, California, Mortenson sold what few possessions he had to launch one of the most remarkable humanitarian campaigns of our time." "Three Cups of Tea traces Mortenson's decade-long odyssey to build schools, especially for girls, throughout the region that gave birth to the Taliban and sanctuary to Al Qaeda. While he wages war with the root causes of terrorism - poverty and ignorance - by providing both girls and boys with a balanced, non-extremist education.

The Bookseller of Kabul (2004) by award-winning journalist Asne Seierstad gives readers a first-hand look at Afghani life as few outsiders have seen it. Invited to live with Sultan Khan, a bookseller in Kabul, and his family for months, this account of her experience allows the Khans to speak for themselves, giving us a genuinely gripping and moving portrait of a family, and of a country of great cultural riches and extreme contradictions. It is a rare look at contemporary life under Islam, where even after the

Taliban's collapse, the women must submit to arranged marriages, polygamous husbands, and crippling limitations on their ability to travel, learn and communicate with others.

The Other Face of America: Chronicles of the Immigrants Shaping Our Future (2003) by Jorge Ramos, best known for his work on *Noticiero Univision*, paints a fascinating picture of immigrant life today. He tells the story of dozens of men and women who risked everything—including their families—in order to pursue a better, freer future in the United States. Through these gripping tales, Ramos helps to establish the notion that Latinos have ultimately created a country within a country, and with the Latino population skyrocketing, they are the heart and future of America. Ramos gives each a voice and narrates why they first immigrated (war, poverty, exile, etc.), what their dreams are, how they face and deal with racism, and what they believe their future will ultimately hold.

Latinos in America (2009) by Soledad O'Brien and Rose Marie Arce. Top CNN anchor and special correspondent Soledad O'Brien brings readers closer to today's Latino experience as well as her own journey in the definitive tie-in to one of the most heavily anticipated CNN documentaries ever, *Latino in America*. This book delivers more personal and revealing accounts than the documentary and contains never-before-seen moving interviews, photos, and exclusive insights from O'Brien's travels across the U.S.

The Immortal Life of Henrietta Lacks (2011) by Rebecca Skloot. Henrietta Lacks, a poor Southern tobacco farmer, was buried in an unmarked grave sixty years ago. Yet her cells - taken without her knowledge - became one of the most important tools in medical research. Known to science as HeLa, the first "immortal" human cells grown in culture are still alive today, and have been bought and sold by the millions. Rebecca Skloot takes us on an extraordinary journey from the "colored" ward of Johns Hopkins Hospital in the 1950s to East Baltimore today, where Henrietta's family struggles with her legacy.

The Help (2011) by Kathryn Stockett. Set in Jackson, MS, in the early 1960s, this novel adopts the complicated theme of blacks and whites living in a segregated South. A century after the Emancipation Proclamation, black maids raised white children and ran households but were paid poorly, often had to use separate toilets from the family, and watched the children they cared for commit bigotry. Miss Skeeter, a young white woman, is a naive, aspiring writer who wants to create a series of interviews with local black maids. Even if they're published anonymously, the risk is great; still, Aibileen and Minny agree to participate. Tension pervades the novel as its events are told by these three memorable women. *The Help* was released as a major motion picture in 2011.

Warriors Don't Cry: A Searing Memoir of the Battle to Integrate Little Rock's Central High (1994) by Melba Pattillo Beals. In 1957, Melba Pattillo turned sixteen. That was also the year she became a warrior on the front lines of a civil rights firestorm. Following the landmark 1954 Supreme Court ruling, *Brown v. Board of Education*, Melba was one of nine teenagers chosen to integrate Little Rock's Central High School. Throughout her harrowing ordeal, Melba was taunted by her schoolmates and their parents, threatened by a lynch mob's rope, attacked with lighted sticks of dynamite, and injured by acid sprayed

in her eyes. But through it all, she acted with dignity and courage, and refused to back down.

Black Like Me (1960) by John Howard Griffin. White journalist Griffin used medication to darken his skin and immersed himself in the world of the Black man in the Deep South of the late 1950's. What happened to Griffin-from the outside and within himself-as he made his way through the segregated Deep South is recorded in this searing work of nonfiction.

Black Rednecks and White Liberals (2005) by Thomas Sowell. This book presents the kind of eye-opening insights into the history and culture of race for which Sowell has become famous. As late as the 1940s and 1950s, he argues, poor Southern rednecks were regarded by Northern employers and law enforcement officials as lazy, lawless, and sexually immoral. This pattern was repeated by blacks with whom they shared a subculture in the South. Over the last half century poor whites and most blacks have moved up in class and affluence, but the ghetto remains filled with black rednecks. Their attempt to escape, Sowell shows, is hampered by their white liberal friends who turn dysfunctional black redneck culture into a sacrosanct symbol of racial identity. In addition to *Black Rednecks and White Liberals*, the book takes on subjects ranging from *Are Jews Generic* to *The Real History of Slavery*.

The Trail of Tears: The Story of the American Indian Removals 1813-1855 (1995) by Gloria Jahoda. The bitter tale of the sad events that led to the final massacre at Wounded Knee began with the Trail of Tears. In 1830, the U.S. Congress passed a bill permitting the removal of all Native Americans living east of the Mississippi. Over the next 20 years more than fifty tribes were uprooted from their homelands and marched into the alien lands of the west-the first step in the destruction of an entire people.

Bury My Heart at Wounded Knee: An Indian History of the American West (1971) by Dee Brown is a classic, eloquent, meticulously documented account of the systematic destruction of the American Indian during the second half of the nineteenth century. Using council records, autobiographies, and firsthand descriptions, Brown allows great chiefs and warriors of the Dakota, Ute, Sioux, Cheyenne, and other tribes to tell us in their own words of the series of battles, massacres, and broken treaties that finally left them and their people demoralized and decimated. A unique and disturbing narrative told with force and clarity, *Bury My Heart at Wounded Knee* changed forever our vision of how the West was won, and lost. It tells a story that should not be forgotten, and so must be retold from time to time.

Black Elk Speaks: Being the Life Story of a Holy Man of the Oglala Sioux (1931) as told to John G. Neihardt. In the 1930s, John Neihardt, a poet and a chronicler of the old West and Native American folkways, spent many hours with Black Elk, one of the most revered holy men of the Oglala Sioux. The result was *Black Elk Speaks*, a book that has enthralled spiritual seekers from every tradition for more than 70 years. In his own words, Black Elk tells of the trials and sufferings, as well as the triumphs and joys that the Sioux experienced after the coming of white settlers. His inspiring words, which tell not just the

story of his people but also of his hope for humankind and respect for the earth, have entered the hearts of people all over the world.

Kill the Indian, Save the Man: The Genocidal Impact of American Indian Residential Schools (2004) by Ward Churchill traces the history of removing Native American children from their homes to residential schools as part of government policies, 1880s-1980s, which he views as genocidal. He includes photos of victims of "residential school syndrome," and a list of these schools in the US and Canada.

Thirteen Moons (2007) by Charles Frazier (fiction by the author of *Cold Mountain*). This magnificent novel by one of America's finest writers is the epic of one man's remarkable journey, set in nineteenth-century America against the background of a vanishing people and a rich way of life. At the age of twelve Will is sent alone into the Indian Nation to run a trading post as a bound boy. As Will's destiny intertwines with the fate of the Cherokee Indians – including a Cherokee Chief named Bear – he learns how to fight and survive in the face of both nature and men, and eventually, Will begins the fight against Washington City to preserve the Cherokee's homeland and culture. Loosely based on the true story of John Ross who fought to save the Cherokee land in Georgia.

A Tree Grows in Brooklyn (1943) by Betty Smith relates the coming-of-age story of its main character, Francie Nolan, and her Austrian/Irish American family struggling against poverty in Williamsburg, Brooklyn, New York. The novel is set in the first and second decades of the 20th century. Much of the book can be thought of as thinly disguised autobiography and many of the characters derive from actual inhabitants of Williamsburg with whom the author grew up.

Angela's Ashes: A Memoir (1999) by Frank McCourt. Born in Depression-era Brooklyn to recent Irish immigrants and raised in the slums of Limerick, Ireland. Frank's mother, Angela, has no money to feed the children since Frank's father, Malachy, rarely works, and when he does he drinks his wages.

The Glass Castle by Jeannette Walls (2006). Rex and Rose Mary Walls had four children. In the beginning, they lived like nomads, moving among Southwest desert towns, camping in the mountains. Rex was a charismatic, brilliant man who, when sober, captured his children's imagination, teaching them physics, geology, and above all, how to embrace life fearlessly. Rose Mary, who painted and wrote and couldn't stand the responsibility of providing for her family, called herself an "excitement addict." Later, when the money ran out, or the romance of the wandering life faded, the Walls retreated to the dismal West Virginia mining town—and the family—Rex Walls had done everything he could to escape. He drank. He stole the grocery money and disappeared for days. As the dysfunction of the family escalated, Jeannette and her brother and sisters had to fend for themselves, supporting one another as they weathered their parents' betrayals and, finally, found the resources and will to leave home.

Becoming White: My Family's Experience as Slave Holders--and Why It Still Matters (2009) by Margaret Blackburn White follows the travels of three of my ancestral families

as they came from the Old World to the new American colonies. In this lively history you will follow these families from Scotland, England, and Northern Ireland to their new homes in the colonies--and most important, see where and when they first came into contact with enslaved Africans, and how they became slave holders themselves. It is really a parable for everyone's family history. Whether we came here long ago or last year; whether we are of European, African, Hispanic, Asian or Native American heritage, we have all been affected by the experience of being enslaved or of holding slaves. The thesis of the book is that the experience of holding other people as slaves was the origin of racism in the United States, and that that particular kind of racism has affected all of us--and even affects people who have never lived here.

Learning To Be White (2000) by Thandeka. In the experience of every Euro-American, there is a moment in childhood when he or she is "inducted" into whiteness. The result is an unusual racial victim, someone who had to become white in order to survive, and the price of admission to the white race includes child abuse, ethnic conflicts, class exploitation, lost self-esteem, and a general feeling of self contempt. These are the wages of whiteness. Personal stories, based on original interviews, introduce the problem of the shame that Euro-Americans feel when they are forced to become white. The rest of the book explains it using social history, class analysis, and post-Freudian psychoanalytic shame theory. Leavening and lightening the loaf are scintillating analyses of the "white problem" of such figures as George Wallace, Norman Podhoretz, Bill McCartney (founder of the Promise Keepers), and philosopher Martha Nussbaum.

Moving Violations: War Zones, Wheelchairs and Declarations of Independence (1996) by John Hockenberry is a story of obstacles—physical, emotional, and psychic—overcome again and again. Whether riding a mule up a hillside in Iraq surrounded by mud-stained Kurdish refugees, navigating his wheelchair through intractable stretches of Middle Eastern sand, or auditioning to be the first journalist in space, John Hockenberry, ace reporter, is determined not only to bring back the story, but also to prove that nothing can hold him back from death-defying exploits. In this moving chronicle—so filled with marvelous storytelling that it reads like a novel—John Hockenberry finds that the most difficult journey is the one that begins at home, as he confronts the memories of his beloved one-armed grandfather, and finally meets his institutionalized Uncle Peter, whose very existence was long a secret buried in the family history.

The Middle of Everywhere: Helping Refugees Enter the American Community (2003) by Mary Pipher. In cities all over the country, refugees arrive daily. Lost Boys from Sudan, survivors from Kosovo, families fleeing Afghanistan and Vietnam: they come with nothing but the desire to experience the American dream. Their endurance in the face of tragedy and their ability to hold on to the virtues of family, love, and joy are a lesson for Americans. Their stories will make you laugh and weep—and give you a deeper understanding of the wider world in which we live. *The Middle of Everywhere* moves beyond the headlines into the homes of refugees from around the world. Working as a cultural broker, teacher, and therapist, Mary Pipher has once again opened our eyes—and our hearts—to those with whom we share the future.

Mountains Beyond Mountains: The Quest of Dr. Paul Farmer, A Man Who Would Cure The World (2004) by Tracy Kidder. This compelling and inspiring book shows how one person can work wonders. Pulitzer Prize-winning author Tracy Kidder tells the true story of a gifted man who loves the world and has set out to do all he can to cure it.

In medical school, Paul Farmer found his life's calling: to cure infectious diseases and to bring the lifesaving tools of modern medicine to those who need them most. Kidder's magnificent account takes us from Harvard to Haiti, Peru, Cuba, and Russia as Farmer changes minds and practices through his dedication to the philosophy that "the only real nation is humanity." At the heart of this book is the example of a life based on hope and on an understanding of the truth of the Haitian proverb "Beyond mountains there are mountains"—as you solve one problem, another problem presents itself, and so you go on and try to solve that one too.

Before I Forget and Forward From This Moment: Selected Columns, 1994-2008 (2009) Leonard Pitts Jr. is a columnist for the Miami Herald whose column runs every Sunday and Wednesday. *Before I Forget* is a powerful novel of three generations of black men bound by blood and by histories of mutual love, fear, and frustration which gives Pitts the opportunity to explore the painful truths of black men's lives, especially as they play out in the fraught relations of fathers and sons. *Forward From This Moment* is a collection of his columns. Since 1976, when he was an 18-year-old junior at USC, Leonard Pitts' writing has been winning awards, including the Pulitzer (2004) and five National Headliner Awards. This book collects his best newspaper columns, along with select longer pieces. The book is arranged chronologically under three broad subject headings: "Waiting for Someday to Come," about children and family; "White Men Can't Jump (and Other Stupid Myths)," about race, gender, sexual orientation, religion, and other fault lines of American culture; and "Forward from this Moment," about life after the September 11 attacks, spirituality, American identity, and Britney Spears..
Read more: http://www.miamiherald.com/leonard_pitts/#ixzz0s9vM9Vv0

A Mind That Found Itself: An Autobiography (1908) by Clifford W. Beers. *A Mind That Found Itself* tells the story of a young man who is gradually enveloped by a psychosis. His well-meaning family commits him to a series of mental hospitals, but he is brutalized by the treatment, and his moments of fleeting sanity become fewer and fewer. His ultimate recovery is a triumph of the human spirit. Recovered from his illness, Beers began a lifelong crusade, through the National Committee for Mental Hygiene and the American Foundation for Mental Hygiene, to revolutionize the care and treatment of the mentally ill. The persuasive chronicler of mental illness became a sophisticated, pragmatic organizer and reformer.

As Nature Made Him: The boy who was raised as a girl (2006) by John Colapinto. In 1967, after a baby boy suffered a botched circumcision, his family agreed to a radical treatment. On the advice of a renowned expert in gender identity and sexual reassignment at Johns Hopkins Hospital, the boy was surgically altered to live as a girl. This landmark case, initially reported to be a complete success, seemed all the more remarkable since the child had been born an identical twin: his uninjured brother, raised as a boy, provided to the experiment the perfect matched control.

The so-called twins case would become one of the most famous in modern medicine and the social sciences; cited repeatedly over the past thirty years as living proof that our sense of being male or female is not inborn but primarily the result of how we are raised. A touchstone for the feminist movement, the case also set the precedent for sex reassignment as standard treatment for thousands of newborns with similarly injured, or irregular, genitals.

But the case was a failure from the outset. From the start the famous twin had, in fact, struggled against his imposed girlhood. Since age fourteen, when finally informed of his medical history, he made the decision to live as a male. John Colapinto sets the historical and medical context for the case, exposing the thirty-year-long scientific feud between Dr. John Money and his fellow sex researcher, Dr. Milton Diamond - a rivalry over the nature/nurture debate whose very bitterness finally brought the truth to light.

She's Not There: A life in Two Genders (2004) by Jennifer Finney Boylan is a story of a person changing genders. By turns hilarious and deeply moving, Jennifer Finney Boylan explores the territory that lies between men and women, examines changing friendships, and rejoices in the redeeming power of family. It is about a person bearing and finally revealing a complex secret. It provides a new window on the confounding process of accepting our true selves.