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Book Review: *Empowerment of North American
Indian Girls: Ritual Expressions at Puberty* By Carol A.
Markstrom

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Silvey, Le Anne E., "Book Review: *Empowerment of North American Indian Girls: Ritual Expressions at Puberty* By Carol A. Markstrom" (2008). *Great Plains Research: A Journal of Natural and Social Sciences*. 988.
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how Markstrom captures the emotion of how Natives *feel* in her description and analysis of initiates and community members during her Apache Sunrise Dance fieldwork. It is in her description and interpretation of the Apache Sunrise Dance that she clearly engages the reader and successfully demonstrates how cultural expressions of the past, steeped in foundational rules of oral traditions, continue to the present in contemporary ritual practices.

To her credit, Markstrom draws on Indigenous and western psychological and anthropological perspectives on adolescence. In addition, she reviews historical and feminist literatures, giving particular credit to Indigenous scholars and cultural participants. Markstrom reviewed government and historical documents, historical and contemporary writings, interviewed female initiates and community members, engaged in participant observation of the Apache Sunrise Dance and the Navajo Kinaaldá ceremony, and triangulated her research with relevant cultural initiates and informants. While discussing western perspectives and ways of knowing, she defers to the expertise and voices of the Indigenous communities themselves—a refreshing and welcomed approach considering the conventional practice of non-Native authors who superimpose western ways of knowing on Indigenous peoples.

Markstrom argues that coming-of-age ceremonies are positive identity-shaping events that serve a dual function: they represent a source of empowerment for young women for the present and future, and they contribute to the continuation of their cultures. This argument is supported by her extensive fieldwork with both the San Carlos and Mescalero Apaches between 2002 and 2007, which involved attending several Apache Sunrise Dance ceremonies and living on the San Carlos Reservation for a period of six months. In the two chapters Markstrom dedicates to the Apache Sunrise Dance, readers will be drawn in by the thick description as well as the careful attention given to both the emotion and voices of an array of Indigenous participants. Her contention that coming-of-age ceremonies serve as protective functions and facilitate the potential for socially desirable impacts on initiates' development is supported by literature review and reports of findings from fieldwork.

Overall, this a worthy, accurate study despite its constant shift of tenses in the early chapters. **Le Anne E. Silvey**, *Department of Family and Child Ecology, Michigan State University*.

Empowerment of North American Indian Girls: Ritual Expressions at Puberty. By Carol A. Markstrom. Lincoln: University of Nebraska Press, 2008. xvii + 425 pp. Tables, photographs, notes, references, index. \$50.00 cloth.

Carol Markstrom's study, written from the perspective of a developmental psychologist specializing in adolescence, recognizes the cultural strengths essential to the coming-of-age ceremonies of Indigenous female adolescents at menarche. Motivated by a desire to bring proper recognition to the life-affirming rituals of North American Indian cultures, Markstrom takes you along on her journey of examining the history and impact of colonization on sociocultural expressions of puberty among Great Plains and Southwest tribes, exploring themes of renewal and regeneration in contemporary ritual expressions. While special attention is given to female puberty rituals in the Apache, Navajo, Lakota, and Ojibwa communities, what is particularly impressive is