



HCC Reactivated

Haitian Cultural Club (CC) began 2011 with a bang. After enjoying semester break and celebrating Haitian Independence Day with family and friends, members returned to Tallahassee eager to begin another semester of service, learning, and fun. The HCC eboard has been hard at work planning a fun and productive semester. On January 12, the first anniversary of the devastating earthquake in Haiti, HCC participated in candle light vigils held at both FSU and FAMU. On January 14, HCC held the first general body meeting (GBM), appropriately titled "HCC Reactivated". The meeting, attended by many new members, was fun and informative to both new and returning members. The following week emphasized fun and fellowship with a bowling night at FAMU's Galimore Lanes. On the weekend of January 28-30, many HCC members hit the road to Gainesville to join Club Creole, our sister school at the University of Florida, in capping off their annual "CC Week". Their organization was well represented at "HCC Week" and CC Week provided a perfect opportunity to see old friends and make new ones. January ended with Haiti: A Night of Remembrance and Recognition, which was organized by Noles for Haiti and held in cooperation with HCC.

February has brought and will bring many exciting events and activities. We move to FSU this month for two GBMs. The topic of the February 4 meeting, "Haitian in America" highlighted the challenges that Haitians and Haitian-Americans face in the United States, and the February 18 meeting will feature Debate Night, and opportunity to discuss a wide variety of relevant topics. Friday, February 11 was a busy but fulfilling day. From 10 am to 1 pm, HCC held "Pack Attack" to receive and pack clothing contributed to Haitians in need. That evening, the HCC Dance Troupe will hold its annual Valentine's Day celebration, always a fun evening of fun and entertainment. Please do not forget that February is Black History Month. Black History is an integral part of American and Haitian History. Check the local media for events scheduled at FAMU, FSU, TCC, and the Tallahassee community.



From the Editor

I am delighted to assist in producing this academic year's fourth issue of the Haitian Star newsletter. We hope to make this a publication that you will find informative and entertaining. This is *your* newsletter and we welcome your input and contributions. We look forward to your news, art, poetry, recipes, opinion pieces, and other contributions; your assistance in producing the newsletter; and your input as to what you would like it to include. We also invite you to join the Facebook group HCC Newsletter Committee.

If you have any contributions, questions, or comments, please email them to:
cwc.hcc@gmail.com.

Claire Cohen

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HCC NEWS & INFO



HCC E-Board

Jean Dornevil
President

Peterson Monestime
Vice President

Vana Petion
Secretary

Melodie Colas
Treasurer

Paul Etienne
Historian

Carolyn Pompilus
Parliamentarian

Thank You !

**Special thanks to all
who contributed to this
newsletter:**

Jean-Rodney Alcide

Melodie Colas

Jean Dornevil

Lawrence Gonzalez

Dr. Martin Munro

**Your talents and hard
work are greatly
appreciated.**

HCC Birthdays

February

1 - Jean Dornevil

2 - Nadolphia Andou

19 - Louis Dorcé

19 - Travis Nelson

19 - Carolyn Pompilus

20 - Jennifer Jacques

25 - Nadia Deravine

25 - Daniel Saint Felix

28 - Fredo Selbonne



HCC Dues

A reminder from your HCC Treasurer:

**Are you a dues-paying
member ?**

Only \$10 for Spring & Summer Semesters

**Receive a free "swag package" plus receive
discounts to events, and much, much more !**

**See Melodie Colas, HCC Treasurer, or email
haitiancc@gmail.com**





HCC NEWS & INFO



Contact Us

HCC E-Board

President - Jean Dornevil
Email: dany0201@yahoo.com
Voice/Text: 239-672-0174

Vice Pres. - Peterson Monestime
Email: Peterson_Jns@yahoo.com
Voice/Text: 786-340-7396

Secretary - Vana Petion
Email: vanapetion@yahoo.com
Voice/Text: 239-297-5562

Treasurer - Melodie Colas
Email: Melodie115@aim.com
Voice/Text: 863-513-6061

Historian - Paul Etienne
Email: pauladlet@hotmail.com
Voice/Text: 239-738-8728

Carolyn Pompilus - Parliamentarian
Email: Recycle4Haiti@hotmail.com
Voice/Text: 954-913-6067



Committee Chairs & Coordinators

Activities - Gesnyr Ocean
Email: gocean88@gmail.com
Voice/Text: 786-427-0628

Community Service - Vana Petion
Email: vanapetion@yahoo.com
Voice/Text: 239-297-5562

Cooking - Stephanie Etienne
Email: fanierchl90@yahoo.com
Voice/Text: 850-274-7460

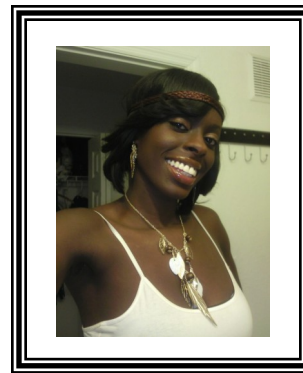
Membership - Sibyl Jeune
Email: j09m@fsu.edu
Voice/Text: 954-993-0640

PR/Newsletter - Claire Cohen
Email: cwc.hcc@gmail.com
Voice/Text: 850-212-5283

Dance Troupe
Tracey Saint-Hilaire & Cindy Fertil

E-Board Profile Melodie Colas Treasurer

I'm Melodie Colas, and I am of Haitian descent. I'm 21 years old and I grew up in Lakeland, Florida. I am currently enrolled at TCC and have aspirations of being a dentist. I enjoy working, writing/listening to poetry, learning how to cook and watching reality television. I love laughing being silly and reading quotes, I try to implement the more inspirational ones to my everyday life "In the midst of your struggles, if you feel you can do nothing else, trust Him. He is working it out."



HCC Contact and Social Networking Information

Email: haitiancc@gmail.com

Website: haitiancc.weebly.com

Facebook: Join the group Haitian Cultural Club of Tallahassee (Global)

Facebook: Add "Haitian CC" as a Facebook friend

Twitter: Follow "HaitianCC1988"

Phone/Text Message: 239-672-0174



HCC NEWS & INFO



HCC is Back on the Web !

Haitian Cultural Club has just rolled out a new website. Check us out at haitiancc.weebly.com for information about HCC, upcoming events and activities, contact information, work submitted by our members, and more. If you would like to submit poetry, art, short stories, suggestions, etc., email them to cwc.hcc@gmail.com.



The Se Joe Collection Art Exhibit



After collecting 30 years worth of quality art, the epitome of Haitian beauty is brought to the Tallahassee area for the third time. The first exhibit was at The Florida State University Oglesby Art Gallery and the second was at Mary Brogan Museum of Arts and Sciences. The Se Joe Collection is composed of original Haitian art that executes a side of the island that no one has seen before. Although Haiti is the poorest country in the Caribbean, the beautiful aspects are rarely ever shown.

“The purpose of this exhibit is to show the lovely side of Haiti because everything the media tells you isn’t true,” says the creator, Joseph “Se Joe” Ducasse, who grew up in Port-Au-Prince and moved to the United States in 2001. The artwork that will be shown are authentic pieces that you will see nowhere else.”

The event will be held at the Tallahassee Community College Fine Art Center on Thursday, February 24, from 6:30pm - 8:00pm. Admission is free and the event is open to all. In addition to the showcase, there will be free refreshments.



HAITI'S GOT TALENT



Alex Désert **From Various Sources**



Alex Désert (born July 18, 1968) is the first American-born member of a Haitian family. The actor and musician most known for his roles in the TV series *The Flash*, *Becker*, and *Boy Meets World*. He is also a founding member of Los Angeles-based ska band Hepcat. He was so inspired by the long-running TV series *M*A*S*H* that he remembers wanting to be a doctor as a youngster. It wasn't until his brother told him that those "doctors" on *M*A*S*H* were actually actors that he was driven to perform. Since then, Désert has been a showman. As an actor he has done everything from, as a child, impressions of Ronald Reagan to co-starring as a regular in several television series ("*Boy Meets World*," "*The Heights*," and "*Becker*") to a featured role in cult indie film classic "*Swingers*." As a singer and all-around music lover, he has fronted Los Angeles-based Ska band Hepcat for almost a decade.

Acting

His first strong television presence was on a controversial CBS program entitled *TV 101* where he co-starred with friend Matt LeBlanc. From 1998 until 2004, he played the role of Jake Malinak, the blind magazine stand owner, on the American sitcom "*Becker*" alongside Ted Danson. His work is so convincing that fans constantly write to TV trivia columnists asking whether Desert is actually blind (he isn't). He was also lauded as TV's "most underrated sidekick" by a Canadian newspaper.

As a film actor he appeared in *PCU* with Jeremy Piven and Jon Favreau. He also appeared in *Swingers* with Vince Vaughn and Jon Favreau, where he made famous the line "This place is dead anyway." He also had a small part as the character Louis in *High Fidelity* in 2000.

Désert has lent his voice in the role of "Zip" in Crystal Dynamic's *Tomb Raider: Legend* and continue the voice role in *Tomb Raider: Underworld*. Désert also appeared in Sarah Silverman's *The Great Schlep* web advertisement, which encouraged young Jews to drive to Florida and convince their Jewish grandparents to support Barack Obama in the 2008 U.S. presidential election.

In 2009, he provided the voice for Nick Fury in an episode of *Wolverine and the X-Men*. In late 2010, he reprised the role for the animated series, *Avengers: Earth's Mightiest Heroes*, which features Fury as a major recurring character.

Music

Désert has been a vocalist for ska band Hepcat since their founding in 1989. The band is known internationally and has developed a cult status separate and aside from his acting career. They released 4 albums between 1993 and 2000, but have not released any new material since then. They were on hiatus from 2000-2003, but have since resumed playing shows in the Los Angeles area with the occasional tour. He identifies many influences including Curtis Mayfield, The Impressions, Bob Marley and anything from Motown.



MEDIA NEWS



LITERATURE

Restavec: From Haitian Slave Child to Middle-Class American **from www.utexas.edu/utpress/books/cadres.html**

An Autobiography by Jean-Robert Cadet
Foreword by Cynthia Nassano Cadet

“This autobiography of a young man who escaped the most foreboding of circumstances and raised himself up by his own bootstraps will appeal to a wide range of readers.... His courage in dealing with and overcoming a wretched existence in Haiti and the dehumanizing effects of racism in the United States will stimulate much reflection on the nature of these two societies.”

- Alex Dupuy, author of *Haiti in the World Economy* and *Haiti in the New World Order*

African slaves in Haiti emancipated themselves from French rule in 1804 and created the first independent black republic in the Western Hemisphere. But they reinstated slavery for the most vulnerable members of Haitian society—the children of the poor - by using them as unpaid servants to the wealthy. These children were - and still are - *restavecs*, a French term whose literal meaning of “staying with” disguises the unremitting labor, abuse, and denial of education that characterizes the children’s lives.

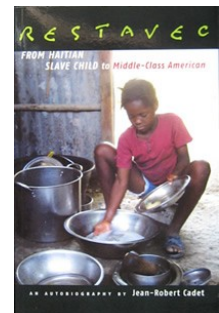
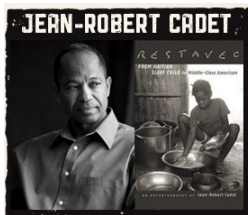
In this memoir, Jean-Robert Cadet recounts the harrowing story of his youth as a restavec, as well as his inspiring climb to middle-class American life. He vividly describes what it was like to be an unwanted illegitimate child “staying with” a well-to-do family whose physical and emotional abuse was sanctioned by Haitian society. He also details his subsequent life in the United States, where, despite American racism, he put himself through college and found success in the Army, in business, and finally in teaching. Today, Jean-Robert Cadet holds a Master’s Degree in French literature and works to help aid other restavec children.

Paperback, 182 pages
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1st edition - 1998
Language: English
ISBN-10: 0292712030
ISBN-13: 978-0292712034
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U of Texas Press





UPCOMING EVENT



THE HUMANITIES

Haiti 2011 International Symposium **Contributed by Dr. Martin Munro**

Florida State University's Institute for Contemporary French and Francophone Studies, a center for interdisciplinary scholarship on France and the wider French-speaking world, will present "Haiti 2011" an international symposium to be held on February 17, 2011 at Florida State University. All sessions are free and the public is invited and encouraged to attend.

Program Summary:

A year after the earthquake in Haiti, how has the nation coped with the destruction of January 12, 2010? How do present challenges compare with earlier periods of adversity? What can the international community do to help? Speakers addressing these questions include award-winning author Yanick Lahens, Matthew Smith (University of the West Indies, Mona) and Elizabeth McAlister (Wesleyan University).

Sessions:

2:15-3:15 pm - Diffenbaugh 009 - in English

On the Faultlines of History: Haiti, the Caribbean, and the 2010 Earthquake

Speaker: Matthew Smith (University of the West Indies, Mona, Jamaica)

3:45-4:45 pm - Diffenbaugh 009 - in English

The Myth of Haiti's Pact with the Devil: Evangelical Revival and the Haiti Quake

Speaker: Elizabeth McAlister (Wesleyan University)

5:15-6:15 pm - Diffenbaugh 009 - in French

Failles

Speaker: Yanick Lahens

6:30-7:30 pm - Beth Moor Lounge, Longmire Building

Reception: Supporting Haiti

During this reception, FSU students from Haiti will reflect on the impact of the 2010 earthquake and subsequent reconstruction work. There will be opportunities to support the relief effort through a book launch in aid of the Haitian Art Relief Fund or by donating through other agencies.

For further information on this and other upcoming Institute for Contemporary French and Francophone Studies events, go to www.fsu.edu/~icffs/haiti2011.html



AFRICAN-AMERICAN HISTORY



Black Political Firsts in Florida from www.floridablackhistory.com



Judicial

Henry L. Adams, 1979, appointed by Governor Bob Graham. First African-American ever appointed to the Fourth Judicial Circuit Court bench. 1993, appointed by President Bill Clinton to serve as a United States District Court Judge for the Middle District of Florida.

Marva L. Crenshaw, 13th Judicial Circuit Judge, 2000, appointed by Governor Jeb Bush. First African-American woman to serve as Circuit Court judge for the 13th Judicial Circuit Court.

Melvia Green, Dade County Circuit Judge, 1989. First African-American female circuit judge.

Hubert L. Grimes, Seventh Judicial Circuit Judge, 1999, appointed by Governor Jeb Bush. First African-American to serve as circuit court judge for the seventh circuit.

Joseph W. Hatchett, Judge, U.S. Court of Appeals, 11th Circuit, appointed by President Jimmy Carter. First African American since Reconstruction to serve on Florida's Supreme Court (1975 - 1979). First African-American elected to remain on the court; first African-American elected to public office in a statewide election in the South.

James E.C. Perry, 18th Judicial Circuit Court Judge, 2000, appointed by Governor Jeb Bush. First African-American ever appointed to the 18th Circuit Court bench.

Leander J. Shaw, Jr., appointed to Florida Supreme Court in 1983, retained by statewide vote. First African-American judge to become Chief Justice of the Supreme Court, for a two-year term (1990 - 92).

Lawson E. Thomas, Judge, Miami Police Court, 1950. First African-American judge in the south since Reconstruction.

Peggy Ann Quince, Justice, Florida Supreme Court, 1998. First African-American woman appointed to the Florida Supreme Court, appointed by Governor Jeb Bush and the late Governor Lawton Chiles. Quince was also the first African-American female to be appointed to one of the district courts of appeal in 1993 by Governor Lawton Chiles to the Second District Court of Appeal.

Leah Aleice Simms, Dade County Judge. First African-American woman judge in Florida, appointed by Governor Bob Graham in 1981.

Sandra Edwards-Stephens, 5th Judicial Circuit Court judge, 2000, appointed by Governor Jeb Bush. First African-American ever appointed to the 5th Circuit Court bench.

Thomas E. Stringer, Sr., Second District Court of Appeal Judge, 1999, appointed to the Second District Court of Appeals by Governor Jeb Bush. First African-American graduate of the Stetson University College of Law in 1974.

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AFRICAN-AMERICAN HISTORY



Black Political Firsts in Florida (Continued from facing Page)



Judicial (Continued)

Joyce H. Williams, Escambia County Court Judge, 2005, appointed by Governor Jeb Bush. First African-American woman to serve as a County Court judge in the 1st Judicial Court.

Karla Foreman Wright, Polk County Court Judge, 2000, appointed by Governor Jeb Bush First African-American woman to serve on the Polk County bench.

Nikki Ann Clark, The first African-American and the first woman to serve on Florida's Second Judicial Circuit in Tallahassee.

Legislative

Joe Lang Kershaw, civics teacher. First African-American since Reconstruction elected to the Florida Legislature. Served as a Democratic House member from Dade County for 14 years (1968 - 1982). His most famous issue was "Axe the Cane Pole Tax," which succeeded in reversing a state tax on cane pole fishing, a popular form of African American recreation and food supply.

Gwen Sawyer Cherry, Miami Democrat. First African-American woman ever to serve in the Florida House of Representatives, elected in 1970. A Florida A&M cum laude graduate in law, she was killed in a car accident in 1979 in Tallahassee.

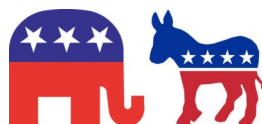
Carrie P. Meek, Miami Democrat. First African-American woman ever elected to the Florida Senate and the first black to serve since Reconstruction. She was elected in 1979 to succeed Mrs. Cherry. A former track star at Florida A&M, Sen. Meek is noted for her humanitarian causes.

Dr. Arnett E. Girardeau, dentist and Jacksonville Democrat. First African-American man elected to the Florida Senate in 1982. He defeated three whites and another African-American in winning his first term.

Executive

Jonathan Clarkson Gibbs (1827-1879). First African-American to serve on the Florida Cabinet when he was chosen as Secretary of State in 1868 by Governor Harrison Reed. As superintendent of public instruction in 1873, he established the state's first public school system.

Jennifer Carroll, First African-American Lieutenant Governor of Florida and the first African-American female Republican ever elected to the Florida Legislature.



HAITIAN HISTORY IS BLACK HISTORY

Haiti's Revolt Inspired U.S. Black Activists

Written by Peniel E. Joseph. Special to CNN

Contributed by Lawrence Gonzalez

Haiti's poverty has been much discussed since its massive earthquake, but little has been said of its rich, and equally fraught, history.

For African-Americans, Haiti's tragedy hits close to home. For more than two centuries the tiny, at times fragile, republic has inspired black political activism in the United States.

Born of the influence of the French and American revolutions, Haiti, once prized as the jewel of the French Empire, changed the course of its history by engineering a revolution that startled the world.

Once a colony of slaves under French rule in the 18th century, Haiti transformed itself into the first black republic and one of the first nations in the Western Hemisphere to outlaw slavery.

It is a breathtakingly inspirational story: Slaves revolted en masse in 1791 under the leadership of Toussaint L'Ouverture, a brilliant statesman and military strategist who was influenced by the Enlightenment ideals of universal freedom and citizenship.

Ultimately, the rebels defeated Napoleon's army and England before declaring independence in 1804. The founders of the American Republic had celebrated the news of revolution in France, but news of the revolt in Haiti didn't receive the same applause.

News of this successful revolution led by slaves reverberated across the Caribbean to the United States and brought chills up the spines of whites - including President Thomas Jefferson, who deplored the revolution and despised the new republic's existence. But it emboldened African-American slaves.

Fears that Haiti's successful revolt could inspire slave insurrections in the United States led to increased restrictions on the movements of blacks in Southern states.

Coupled with concerns over the stability of slavery in Cuba, Haiti represented a powerful threat to the comfort, safety and security of the new American Republic.

In antebellum America, and during the Civil War, black and white abolitionists saw Haiti as an example of the potential and possibilities of black political leadership.

In many respects, Haiti's liberation from French rule proved to be a high point, sadly followed by a seemingly endless cycle of economic poverty, foreign intervention - including American occupation from 1915 to 1934 - government corruption, and dictatorships.

Yet there is another, equally important aspect of Haitian history, one that black Americans identify with deeply.

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HAITIAN HISTORY IS BLACK HISTORY

Haiti's Revolt Inspired U.S. Black Activists

(Continued from Facing Page)

During the period of antebellum slavery and after, Haiti profoundly impacted the imagination of African-American political activism. On the eve of the Civil War, Frederick Douglass spoke for most African-Americans when he referred to the “bright example” of Haiti. He called Toussaint L'Overture “the noble liberator and law-giver of his brave and dauntless people.” Douglass and other blacks considered Toussaint one of the greatest self-made men of the 19th century.

Caribbean migration to the United States, beginning in the early 20th century, transformed black political activism. Immigrants such as Marcus Garvey and Hubert Harrison emerged as street speakers in Harlem. And the Haitian Revolution remained a touchstone for radical black political activists.

C.L.R. James, a Trinidadian-born author and activist, wrote a 1939 history of the revolt, “The Black Jacobins,” that remains a classic in Africana Studies scholarship.

The immigration of Haitians in increasing numbers after the passage of major immigration reform in 1965 has allowed Haitian culture to establish critical beachheads in cities such as New York, Boston, and Miami.

Haiti's culture - its food, music, flag, and proud revolutionary tradition - resonates alongside of contemporary African-American culture.

The popularity of hip hop musician Wyclef Jean, the proliferation of Haitian sports stars, and the prevalence of Kréyol [Haitian Creole] words such as “Sak' Pase” in rap music attest to Haiti's influence.

As the Haitian people prepare to rebuild their republic, we would do well to remember that the tragedy of Haiti is not a failure of black power but ultimately the frustration of it, one that involves mistakes by not only Haitians but by Western powers as well, including the United States.

Haitians are the descendants of the great black revolution for liberation, imbued with a history of wrestling with crises. The spirit of the Haitian people is resilient and resourceful. These values will serve them well even during this unimaginable devastation.

The Haitian people can also take comfort in the knowledge that African-Americans continue to find deep kinship, one forged in the shared crucible of slavery as well as heroic resistance against this system, in their current plight and efforts to rebuild Port-au-Prince.

The opinions in this commentary are solely those of Peniel E. Joseph.

Peniel E. Joseph, a Haitian-American, teaches history at Tufts University. His latest book is “Dark Days, Bright Nights: From Black Power to Barack Obama.”



Everything is Everything

By Jean-Rodney Alcide

Up to me
are the dreams i chase after
the adventures i engage I
the substances that i defile myself with

Up to God
is the day to come
the turnouts of all events
the verdicts of all my offenses

Up to Us
is the survival of our circle
the wellbeing of our community
the efforts to lay the foundations for a
better future

Up to fate and Luck
is everything that we don't know
those that surpass our understanding
all the accidents that brought and will
bring pain and joy in our hearts
the separation that we cannot stop
the attraction that makes the impera-
tive separation a zillion times harder
on us

Up to EVERYTHING is EVERY-
THING.

I Wish

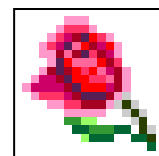
By Jean-Rodney Alcide

I wish
i wish i was a blanket
so i can keep u warm
in a cold winter night

i wish i was like the air
i would freshen up
to ease ur moments of stress
so u can breathe more easily

if i were a drink
will would slide down to ur throat to ur
chest
provoking a warm sensation
that would send chills through ur spine
and throughout ur whole body
making u feel as light as a single
feather
the beautiful rose that u are to me

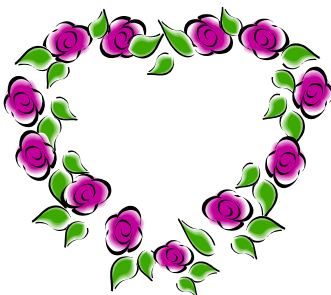
I wish i could make you feel good
i wish i could make u feel appreciated
i wish i could make u smile, laugh and
feel embraced.





Valentine's Mistake By Jean Dornevil

I always thought I did not care
I always thought I would not dare
It was not until the night I really hurt her
That I realize, to her, I could be better
I love her, want to be with her, and nothing but her
Pick up a rope, get rid of myself I could not dare
Crying because I knew I have hurt her
Showed me how much I care
Let it happen again, I would not dare
How could you do this to me?
With sorrows she asked me
How could you do this to me?
Wanted to ask part of me
In reality, nothing she did to me
How could you do this to me?
She asked me
Deep within my heart, my stupidity hunted me
Another sleepless night, she had because of me
Yes, she couldn't sleep, and it was because of me
Not because she did nothing to me
Nor because she was carrying my baby
But because I made a mistake that does not define
me
I hurt her when she did nothing to me
I am sorry, I am truly sorry baby



I Wish I Could Take it Back Valentine's Mistake II By Jean Dornevil

Am I stupid, I wish there was a stronger word
Could it have been avoided? I wish I didn't have her
password
Is she supposed to be loved? I swear she does
Upset and hurt and in pain, I am sure she was
Will I be forgiven, I hope so
Do I deserve to be, I don't think so
Will I change? Definitely so
Will she change? She does not have to do so
She is not perfect, but than me she is better
Showing love and affection, I swear she does better
Why did I have to be so smartly stupid?
How can I be so artistically non-creative?
How can I so quietly have such a bad attitude?
How can I productively be non-productive?
I am stupid because I constantly hurt my princess
Non-creative because I create for her nothing but
stress
Bad attitude because, what she deserves I give less
Non-productive, because to love her I have been
effortless
baby, please believe me, you are my princess
Loving you is and will always be my priority
I will kiss you each time I have the opportunity
I promise, for me and you to live in unit
I love you, and I pray it is for an eternity





VALENTINE'S DAY RECIPES



Red Velvet Cupcakes with Cream Cheese Frosting

Prep Time: 20 min

Cook Time: 20 min

Level: Easy

Yields: 24 frosted cupcakes

Cupcake Ingredients

- ♥ 2 1/2 cups all-purpose flour
- ♥ 1 1/2 cups sugar
- ♥ 1 teaspoon baking soda
- ♥ 1 teaspoon salt
- ♥ 1 teaspoon cocoa powder
- ♥ 1 1/2 cups vegetable oil
- ♥ 1 cup buttermilk, room temperature
- ♥ 2 large eggs, room temperature
- ♥ 2 tablespoons red food coloring
- ♥ 1 teaspoon white distilled vinegar
- ♥ 1 teaspoon vanilla extract



Cream Cheese Frosting Ingredients

- ♥ 1 pound cream cheese, softened
- ♥ 2 sticks butter, softened
- ♥ 1 teaspoon vanilla extract
- ♥ 4 cups sifted confectioners' sugar
- ♥ Chopped pecans and fresh raspberries or strawberries, for garnish

Cupcake Directions

Preheat the oven to 350 degrees F. Line 2 (12-cup) muffin pans with cupcake papers.

In a medium mixing bowl, sift together the flour, sugar, baking soda, salt, and cocoa powder. In a large bowl gently beat together the oil, buttermilk, eggs, food coloring, vinegar, and vanilla with a handheld electric mixer. Add the sifted dry ingredients to the wet and mix until smooth and thoroughly combined.

Divide the batter evenly among the cupcake tins about 2/3 filled. Bake in oven for about 20 to 22 minutes, turning the pans once, half way through. Test the cupcakes with a toothpick for doneness. Remove from oven and cool completely before frosting.

Cream Cheese Frosting Directions

In a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the sugar and on low speed, beat until incorporated. Increase the speed to high and mix until very light and fluffy.

Frost the cupcakes with a butter knife or pipe it on with a big star tip. Garnish with chopped pecans and a fresh raspberry or strawberry.



VALENTINE'S DAY RECIPES



Chocolate Covered Strawberries

Prep Time: 20 min

Cook Time: 20 min

Level: Easy

Yields: 24 frosted cupcakes

Chocolate Covered Strawberries

Prep Time: 20 min

Inactive Prep Time: 30 min

Level: Intermediate

Yields: 1 pound chocolate covered strawberries



Ingredients

- ♥ 6 ounces semisweet chocolate, chopped
- ♥ 3 ounces white chocolate, chopped
- ♥ 1 pound strawberries with stems (about 20), washed and dried very well

Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.

Set the strawberries aside until the chocolate sets, about 30 minutes.



HEALTH CORNER



The Heart Truth® for African-American Women from www.nhlbi.nih.gov/educational/hearttruth/index.htm

The Heart Truth® for African-American Women: An Action Plan

When you hear the term “heart disease,” what’s your first reaction? Like many women, you may think, “That’s a man’s disease.” But here’s *The Heart Truth*: Heart disease is the #1 killer of women in the United States. One in four women dies of heart disease.

For African-American women, the risk of heart disease is especially great. Heart disease is more prevalent among Black women than white women - as are some of the factors that increase the risk of developing it, including high blood pressure, overweight and obesity, and diabetes.

But there’s good news too: You can take action and lower your chance of developing heart disease and its risk factors. In fact, women can lower their heart disease risk by as much as 82 percent just by leading a healthy lifestyle. This fact sheet gives steps you can take to protect your heart health.

What Is Heart Disease?

Coronary heart disease is the most common form of heart disease. Often referred to simply as “heart disease,” it is a disorder of the blood vessels of the heart that can lead to a heart attack. It is a lifelong condition and will steadily worsen unless you make changes in your daily habits.

Risk Factors for Heart Disease

Lifestyle affects many of the “risk factors” for heart disease. Risk factors are conditions or habits that increase the chances of developing a disease or having it worsen. For heart disease, there are two types - those you can’t change and those you can control. The ones you can’t change are a family history of early heart disease and age, which for women becomes a risk factor at 55. That’s because, after menopause, women are more likely to get heart disease. Partly, this is because their body no longer produces estrogen. Also, middle age is a time when women tend to develop other heart disease risk factors. However, most of the risk factors can be controlled. Often, all it takes are lifestyle changes; sometimes, medication also is needed. Here’s a quick review of these risk factors:

Smoking. About one in five Black women smokes. Quit, and just one year later, your heart disease risk will drop by more than half. There’s no easy way to quit but making a plan helps. You also can try an organized program or a medication—ask your doctor if either is right for you.

High Blood Pressure. Also called hypertension, high blood pressure increases your risk of heart disease, stroke, and congestive heart failure. Even levels slightly above normal - called “pre-hypertension” - increase your heart disease risk.

Black women develop high blood pressure earlier in life and have higher average blood pressures compared with white women. About 37 percent of Black women have high blood pressure. Hypertension also increases the risk of stroke and congestive heart failure - and Black women have high rates of both.

Lower elevated blood pressure by following a heart healthy eating plan, including limiting your intake of salt and other forms of sodium, getting regular physical activity, maintaining a healthy weight, and, if you drink alcoholic beverages, doing so in moderation (not more than one drink a day). If you have high blood pressure, you also may need to take medication.

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HEALTH CORNER



The Heart Truth[®] for African-American Women (Continued from facing Page)

One good eating plan, shown to lower elevated blood pressure, is called the DASH eating plan - for a copy of the plan, go to the website of the National Heart, Lung, and Blood Institute (NHLBI) Health Information Center at www.hearttruth.gov.

High Blood Cholesterol. Nearly half of black women have a total cholesterol that's too high. Excess cholesterol and fat in your blood builds up in the walls of vessels that supply blood to the heart and can lead to blockages. A "lipoprotein profile" tests your levels of the key types of cholesterol - total, LDL ("bad"), and HDL ("good") cholesterol - and triglycerides, a fatty substance in the blood.

Lower cholesterol by following a heart healthy eating plan, being physically active, maintaining a healthy weight, and, if needed, taking medication.

Overweight/Obesity. Nearly 80 percent of black women are overweight or obese, increasing the risk not only of heart disease but also a host of other conditions, including stroke, gallbladder disease, arthritis, and some cancers. If you're overweight, even a small weight loss will help lower your risk. At the very least, try not to gain more weight.

Lasting weight loss needs a change of lifestyle - adopt a healthy, lower-calorie eating plan and get regular physical activity. Aim to lose no more than 1/2 to 2 pounds per week.

Physical Inactivity. Fifty-five percent of black women are physically inactive. They do no spare-time physical activity. Physical activity is crucial for good health, including heart health. Try to do at least 30 minutes of a moderate-intensity activity such as brisk walking on most, and preferably, all days of the week. If you need to, divide the period into shorter ones of at least 10 minutes each.

Diabetes. About 11 million Americans have been diagnosed with diabetes - and another 5.7 million don't know they have it. About two-thirds of those with diabetes die of a heart or blood vessel disease.

The type of diabetes that adults most commonly develop is "type 2." Diabetes can be detected with a blood sugar test. Modest changes in diet and level of physical activity can often prevent or delay the development of diabetes.

Taking Action

Now that you know *The Heart Truth*, what should you do? Begin by finding out your "risk profile." See the questions to ask your doctor above. Then begin taking the steps to heart health - don't smoke, follow a heart healthy eating plan, be physically active, and maintain a healthy weight. Start today to keep your heart strong.



AFRICAN-AMERICAN HISTORY

Black History Month Quiz

1. What was the nickname for the all-Black 332d Fighter Group of the U.S. Army Air Corps, which escorted Allied bombers through European airspace on 1,578 missions during World War II?
2. Who developed the first major African American-sponsored shopping center, Progress Plaza, in Philadelphia, Pennsylvania.
3. The hymn, "Lift Ev'ry Voice and Sing," by James Weldon Johnson, was meant to celebrate whose birthday?
4. A pitcher in the Negro Baseball League for 25 years, developer of the bat-badger, jumpball, and drooper, he was elected to the Baseball Hall of Fame in 1971--name him.
5. Besides being a movie director, composer, author and semi-pro basketball player, he was a photographer for Life magazine from 1948 to 1972.
6. Having worked as an elevator operator for four dollars weekly, he achieved fame upon publication of Lyrics of Lowly Life in 1896.
7. In what year did amateur night at New York's famous Apollo Theater begin?
8. Who holds the record of 100 points scored in a single NBA game?
9. Despite a 1792 discriminatory law against Blacks in the new U.S. military, which of the country's armed forces began to enlist free blacks in the 1790's?
10. What service did the first African American female millionaire, Madame C. J. Walker provide?
11. What tennis champion and golfer earned her place in the Black Hall of Fame in 1974? (for extra credit, name her college alma mater)
12. This graduate of Yale Law School was appointed commissioner and chairman of the U.S. Equal Employment Opportunity Commission by President Ronald Reagan in 1982.
13. In this tribute to 1960's R&B groups, Robert Townsend acted in and directed this movie--name it.
14. Who founded the first major African American national union, the Brotherhood of Sleeping Car Porters?
15. Who won the Ladies World Figure Skating Championship in 1986?
16. Name an African American enterprise that you patronize.
17. A scholar of West Indian dance and culture, she also, originated the role of Georgia Browne in the 1940 Broadway musical, Cabin in the Sky.
18. In what field were 44% of the doctorate degrees awarded in 1995 to African Americans, according to the National Research Council?
19. Who founded the National Negro Business League?
20. At age 76, this former slave and eminent scientist narrated a 1940 documentary dramatizing his struggles and successes to a young boy pondering the options for the future.

Black History Month Quiz Answers

1. The Tuskegee Army Airmen, 2. Leon Howard Sullivan, 3. Abraham Lincoln, 4. Satchel Paige, 5. Gordon Parks, 6. Paul Lawrence Dunbar, 7. 1934, 8. Wilt Chamberlain, 9. U.S. Navy, 10. Hair styling process for African American women, 11. Althea Gibson (Florida A&M University), 12. Clarence Thomas, 13. The Five Heartbeats, 14. A. Philip Randolph, 15. Debi Thomas, 16. [you provide], 17. Katherine Dunham, 18. Education, 19. Booker T. Washington, 20. George Washington Carver



**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**



Early Learning Coalition of the Big Bend (ELC)

from www.elcbigbend.org



Headquartered in Tallahassee, Florida, the ELC serves Gadsden, Jefferson, Leon, Liberty, Madison, Taylor, and Wakulla Counties. A contracted partner with the State of Florida's Agency for Workforce Innovation - Office of Early (AWI-OEL), the ELC is responsible for the administration of the School Readiness and Voluntary Pre-Kindergarten programs. Throughout ELC's history, the Board and staff have strived to provide a holistic service delivery system that is responsive to needs of families and communities while maintaining effective and efficient business practices supporting the following primary goals: 1) preparing children for success when they enter school; and 2) providing families with access to the quality child care services and assistance they need. The ELC staff connects approximately 7,000 children and their families to the early learning program that best meets the needs of the child and family. Working with a network of over 300 child care programs and local community partners, the ELC provides a comprehensive system of services including a variety of family, child, and parent/teacher services.

Volunteer

Volunteers are an important part of The Early Learning Coalition's mission to provide leadership and advocacy that builds a community where all children are prepared for success in school. Volunteers help make this mission possible by engaging in a variety of activities such as helping with hands-on activities with community events to going out to read to children once a week. Volunteers may participate in as few or many hours as they wish.

Volunteer Opportunities

ELVIS (Early Learning Volunteer Instruction and Support) Program - ELVIS brings community volunteers together to promote early literacy to children. They provide training to volunteers and equip them with a complete literacy kit to take to childcare centers or family childcare homes. Typically, a visit lasts one to one and a half hours. You will need to have transportation to and from the ELC office to pick up the literacy kits and to get to your assigned center/family childcare home.

Preschool Helper - Teachers always need extra hands to help out in the classroom. ELC preschool helpers are in the classroom assisting the teacher with daily routines such as center time, circle time, helping to set up activities and just plain playing around.

Teacher Resource Development/Co-op - Teacher Resource Development is an on-going process in which volunteers will help prepare teacher materials for math and early literacy readiness kits and assemble information packets to be distributed at upcoming events.

My First Books - My First Books is a new program offered to families who visit the Coalition's Family Service Center. Families will receive a book during their visit and ELC staff members will help parents identify various ways they can support their children's literacy development. Volunteers help by organizing a book drive or fundraiser, or by helping to organize the books in the "Word Garden Library."

Weekend Childcare Center Makeovers - Many child care centers need help with the maintenance of their facilities, which includes, painting, refurbishing playgrounds, planting, and more. Volunteers can help a center by volunteering your time to help with these tasks. This is a great easy way to volunteer your time and improve a center for the children who attend.

Office Assistant - Volunteers are needed to assist staff with daily office duties and any other special projects.

Internships - ELC welcomes internships for the different departments within their organization such as Finance, Early Intervention, Quality Child Care, Public Relations and Social Work.

If you are interested in getting involved, contact the ELC Volunteer Coordinator at 850-385-0504 or email bmertz@elcbigbend.org. All volunteers will attend an orientation session and complete a background screen before being placed. You may also click on the "Get Involved" link at www.elcbigbend.org for volunteer information and forms.



**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**

Jean R. Cadet Restavek Organization

from www.jeanrcadet.org

Derived from the French “reste avec” the word in Kréyol literally means “to stay with.” It’s an arrangement where parents send their child - usually a daughter - to live with another family. Sometimes the parents send a child away because they can’t afford to take care of her. Other times they send her away because there’s no school where they live. Sometimes the child is sold for money, other times no money changes hands.

The United Nations condemns restavec as a “modern form of slavery” where children are forced to serve the families they’ve been sent to by doing domestic work.

The Jean Cadet Restavek Foundation estimates there are some 300,000 restavec children in Haiti. According to the foundation, restavec children are usually responsible for preparing the household meals, fetching water from the local well, cleaning inside and outside the house, doing laundry and emptying bedpans. They usually sleep on the floor separate from members of the family they serve, and are up at dawn before anyone else to do household work. Sometimes they’re physically and sexually abused.



The Jean R. Cadet Restavek Organization provides direct relief and education opportunities for children in restavec, advocates for these children throughout Haiti, and raises global awareness of this horrible system, which takes advantage of the poorest of the poor. The organization identifies restavec children and work with owners to allow them to release the child to attend school. Through child sponsors, the Restavek Foundation pays for the child’s tuition and provides them a school uniform and required books as well as gives the child one meal a day. The organization continually monitors the health and well-being of the sponsored children.

Many children in restavec situations are beaten, sexually abused and isolated. Often they grow up to be illiterate adults who don’t value other people’s lives because their own lives were never valued. They are given nothing of value, and they have little or nothing to give back in the context of society.

The restavec system has continued since Haitian independence (1804) despite Haiti’s own constitution, its ratification of the UN Convention on the Rights of the Child, and its 1984 Child Labor law. Improvement for children trapped in the restavec system remains difficult as Haiti struggles to address its root causes: poverty, overpopulation, a lack of access to education and both political and societal acceptance of this form of child slavery.

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**EACH ONE.
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**Ways to help others
here and in Haiti**

Jean R. Cadet Restavek Organization

(Continued from facing Page)

Jean-Robert Cadet is an advocate for children enslaved in the Haitian restavek system (spelled restavec in French) and the founder of Jean R. Cadet Foundation, based in the United States. He is an author, husband, father and onetime member of the U.N. Working Group on Contemporary Forms of Slavery. He has collaborated on several documentaries and has testified before the United Nations and the U.S. Congress regarding his experience as a survivor of slavery. He is the author of a memoir, *Restavec: From Haitian Slave Child to Middle Class American*, contributed significantly to the slim body of literature written by survivors of contemporary slavery.

Born in late 50's to a wealthy, white father and impoverished, black mother, Cadet was given to another Haitian family for their use upon the death of his mother. He was four years old. In this way, Cadet became a restavek, or child servant, forced to work long hours in the home of his master. Physically, verbally, sexually and emotionally abused by his masters, he was often lent out to neighbors and friends so that he might work for them as well. Excluded from all family, cultural, civic, and religious activities, Cadet describes himself as an "observer, rather than a participant, in my Haitian culture and society."

When Cadet was 15 his owners immigrated to the United States and he joined them, again as their domestic servant. He was turned out of the house when his owners realized that domestic servitude was stigmatized in American society and that he would be required to attend school alongside their own children.

Despite this abuse within his own culture and the racism he faced from American society, Cadet went on to finish high school, join the United States army, finish university, get married and start a family and earn a master's degree in French literature.

The Jean R. Cadet Restavek Organization is a nonprofit, nonpartisan organization dedicated to ending child slavery in Haiti. They focus on raising international awareness, conducting national sensitizing campaigns in Haiti and developing and implementing elementary and secondary school curriculum that empowers Haitian children to work together to end child slavery.

To see videos about Mr. Cadet, the restavek system, and the Jean R. Cadet Restavek Organization, go to:

CNN Video:



Oprah Winfrey Show Video:





PUZZLE PAGE



Black History Month Word Search Game

Find the words pertaining to African-American history and the civil rights movement.

L O P P R E S S I O N Q D I S I M
 E S H A R E C R O P P E R R E K N
 V J U S T I C E L Y Y S T X G F K
 R O G Q B P R O T E S T T F R I N
 K C L P F M X N W T H Y A H E W P
 C N Q Y T I L A U Q E F T J G Q C
 I O T T O C Y O B J R S W I A I O
 V I H O U Z U O A I I H Y M T Y R
 I T S F P I U A C N L T A C I R Y
 L A W U R V Z A O F F R N R O E O
 W R S B F N R I U R C A O O N V S
 A G D S A F T E E H M I R W P A U
 R E K W R I R E V B G J T V C L B
 H T K F L C D A U R M V O W A S C
 I N T O T O V T G R A T Q W A W O
 I I B O M I W I M E E C M O N R X
 L A H H T R O N H T U O S H Y F N

- ABOLITIONIST
- AFRICA
- BOYCOTT
- BUS
- CARVER
- CIVILWAR
- EQUALITY
- FREEDOM
- INTEGRATION
- JIMCROW
- JUSTICE
- KWANZAA
- MARCH
- NAACP
- NORTH
- OPPRESSION
- PROTEST
- RIGHTS
- SEGREGATION
- SHARECROPPER
- SLAVERY
- SOUTH
- SUFFRAGE
- TUBMAN
- VOTE

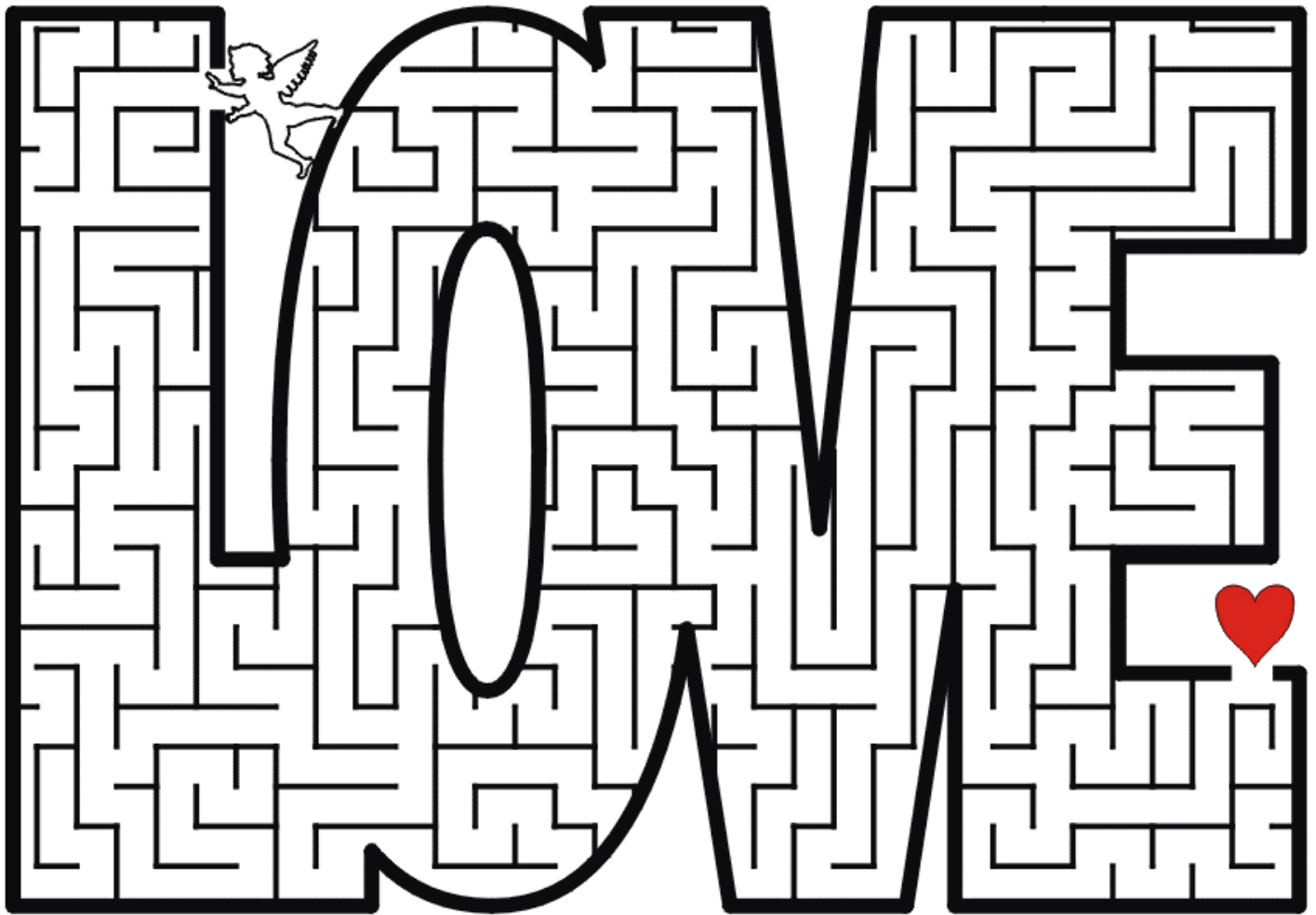




PUZZLE PAGE



Maze of love





PUZZLE PAGE



Valentine's Day Word Search

E S M W B F
 T R A E H C A R D N
 O R O S E S V I V M N F
 O F L O W E R S G E C A N D Y X
 H A N D H O L D I N G L L O R T S
 H U G S T C D P D K F B E M I N E
 Q S R O T I U S U N E C N A M O R
 D I P U C H O C O L A T E V Z
 S G N I L E E F C G I F T
 F R P V N D I A M O N D Z
 Y E W Y R A U R B E F
 V V P Q R T I Y T
 O U R Z E
 L O V
 W

Arrow
 Be Mine
 Candy
 Card
 Chocolate
 Couples
 Cupid

Date
 Diamond
 February
 Feelings
 Flowers
 Friendship
 Gift

Hand holding
 Heart
 Hugs
 Kisses
 Love
 Lovers
 Romance

Roses
 Stroll
 Suitors
 Valentine