

**HAZEL CREST
PARK
DISTRICT**

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2021

JANUARY/FEBRUARY 2021

TRIVIA ABOUT JANUARY & FEBRUARY...DID YOU KNOW?

Month of January

Holidays-Designation:

Martin Luther King Jr. Day — Jan. 18

National Thank You Month

National Eye Care Month

Volunteer Blood Donor Month

Symbols of January:

Birthstone: Garnet

Flower: Carnation

Zodiac Signs: Capricorn and Aquarius

History:

January was named after the Roman god Janus. Janus is also the Roman word for door. The god Janus had two faces which allowed him to look forwards into the coming year and backwards into the past year. The original Roman calendar only had 10 months. January and February were not included, but were added later.

Fun Facts January

- On average, it is the coldest month of the year in the Northern Hemisphere.
- Sometimes the Saxons called January the wolf month because hungry wolves would come into their towns searching for food this time of year.
- For a long period of European history, the start of the New Year occurred in March.



Month of February

Holidays-Designation

Chinese New Year—Feb. 12 (Year of Ox)

Groundhog Day—Feb. 2

Valentine's Day—Feb. 14

President's Day—Feb. 15

Ash Wednesday—Feb. 17

Black History Month

American Heart Month

Chocolate Lover's Month

National Bird Feeding Month

National Dental Month

Symbols of February:

Birthstone: Amethyst

Flower: Primrose

Zodiac signs: Aquarius and Pisces

History:

February was added to the Roman calendar in 713 BC. The length of the month changed over time and, at one time, it had as few as 23 days. When Julius Caesar remade the Roman calendar, the month was assigned 28 days during normal years and 29 days during leap years which occurred every four years.

Fun Facts February

- It is the shortest month of the year.
- The month is named for the Latin word *februum* which means purification.
- The largest American sporting event of the year, the Super Bowl, is held in February.



What May They Look Like?

In 2020, everyone learned a lot, changed a lot and grew a lot. We should all try to dispense with the normal New Year's Resolution cycle and, in turn, call them what you are comfortable with; be it resolutions, life changes or adjustments that can actually last a lifetime. Here are some suggested ways where resolutions are different this year, and some ideas for resolutions that you will care to keep:

ACCEPT CHANGE

If we learned anything from 2020, it's that nothing is a given. The most normal things like how we work, socialize and greet each other have changed drastically. Companies (and careers) had to pivot, family traditions looked a lot different, and habits adjusted. Positive thoughts can do wonders!

- When I go through tough times, I will trust that everything will work out OK
- I will find new ways to reach any goal
- I will practice letting go of expectations
- I will appreciate the things that always stays the same

LISTEN TO YOUR BODY

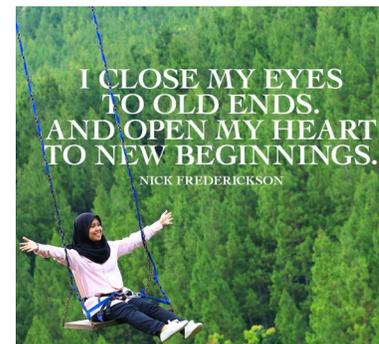
A health goal is different than the run a marathon or lose weight goals of New Years past. Those goals depended on external measurements to affirm us: a mile, a number on a scale, or a step count on a smartwatch. Instead, resolutions this year depend on internal measurements to focus and recognize positive self-esteem.

- I will check in with my body before and after every meal to see how it feels
- I will exercise in ways that are exciting and fun for me
- I will ditch outdated food rules and focus on adding more nutrients instead of eating less calories

LEAD WITH COMPASSION

2020 brought some good changes, too: we learned to depend on each other, to support each other, and some of us learned we needed to wake up. For 2021, compassion should not be an afterthought; it should be the #1 priority. In 2021, resolve to lead with compassion: eat with compassion by finding out where your food comes from, buy with compassion by supporting businesses who deserve your money, and spend your free time with compassion by educating yourself on experiences or backgrounds that are not your own.

- I will read books that will help me grow as a person, even if I am uncomfortable
- I will make an effort to support small businesses
- I will become more active in my community
- I will ask other people questions more often than I make statements

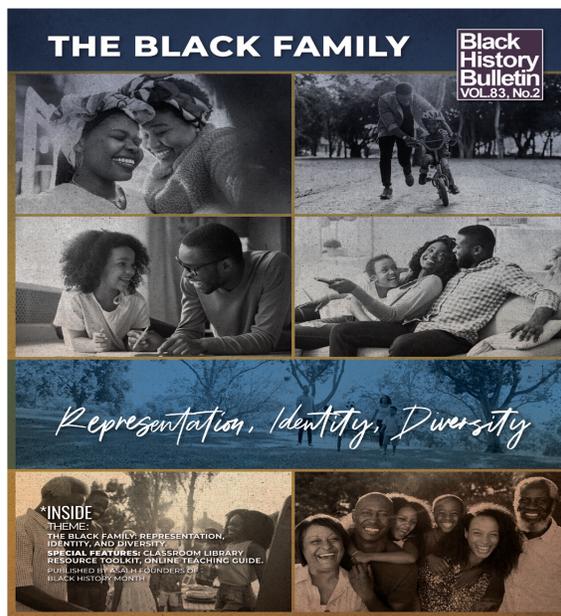


**Information was excerpted from the website, theverygirl.com.*

**BLACK
HISTORY
MONTH**

2021 BLACK HISTORY THEME: **THE BLACK FAMILY: Representation, Identity, and Diversity**

The black family has been a topic of study in many disciplines—history, literature, the visual arts and film studies, sociology, anthropology, and social policy. Its representation, identity, and diversity have been revered, stereotyped, and vilified from the days of slavery to our own time. The black family knows no single location, since family reunions and genetic-ancestry searches testify to the spread of family members across states, nations, and continents. Not only are individual black families diasporic, but Africa and the diaspora itself have been long portrayed as the black family at large. While the role of the black family has been described by some as a microcosm of the entire race, its complexity as the “foundation” of African American life and history can be seen in numerous debates over how to represent its meaning and typicality from a historical perspective—as slave or free, as patriarchal or matriarchal/matrifocal, as single-headed or dual-headed household, as extended or nuclear, as fictive kin or blood lineage, as legal or common law, and as black or interracial, etc. Variation appears, as well, in discussions on the nature and impact of parenting, childhood, marriage, gender norms, sexuality, and incarceration. The family offers a rich tapestry of images for exploring the African American past and present.



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Bringing the gifts that my ancestors gave, I am the dream and the hope of the slave. I rise I rise I rise.
--Maya Angelou "Still I rise," And Still I Rise (1978)

Racism is not an excuse to not do the best you can.

--Arthur Ashe

You have to believe in yourself when no one else does -- that makes you a winner right there.

--Venus Williams

20 Special Individuals Lost in 2020...

(Photos and Information courtesy of Associated Press files and Google Search Feedback.)

The year 2020 was marked by the loss of many well-known and influential African-Americans who made a difference in providing entertainment, leadership and pride to the black community. No matter the area of their talent and contribution to our world, they will be missed.

1. Chadwick Boseman

Chadwick Boseman was an American actor and playwright. Boseman achieved international fame for playing superhero Black Panther in the Marvel Cinematic Universe (MCU) from 2016 to 2019. As the first black actor to headline an MCU film, he was also named to the 2018 Time 100. In 2016, Boseman was diagnosed with colon cancer. Boseman kept his condition private, continuing to act until his death from complications related to the illness on **August 28**. His final film, *Ma Rainey's Black Bottom*, was released posthumously in 2020 to critical acclaim.

2. Kobe Bryant

Amazing NBA professional basketball player, who helped lead the Los Angeles Lakers to five championships. The NBA legend died at age 41 in a helicopter crash with eight other people, including his 13-year-old daughter Gianna, on **January 26**.

3. Willie Davis

Willie Davis, a Pro Football Hall of Fame defensive lineman who helped the Green Bay Packers win each of the first two Super Bowls, died **April 15**. He was 85. A 15th-round draft pick from Grambling, Davis began his NFL career by playing both offense and defense for the Cleveland Browns in 1958 and '59. He had his greatest success after getting traded to the Packers. He remained with the Packers until finishing his NFL career in 1969 as a five-time All-Pro. Although tackles and sacks weren't measured at the time Davis played, his 22 career fumble recoveries showcased his dominance and big-play ability.

4. Charles Evers

Charles Evers, who led an eclectic life as a civil rights leader, onetime purveyor of illegal liquor in Chicago, history-making Black mayor in deeply segregated Mississippi and contrarian with connections to prominent national Democrats and Republicans, died **July 22**. He was 97.

5. Little Richard

Little Richard, one of the chief architects of rock 'n' roll whose piercing wail, pounding piano and towering pompadour irrevocably altered popular music while introducing black R&B to white America, died **May 9** after battling bone cancer. He was 87.

6. Wendell Goler

Wendell Goler, a longtime White House correspondent for Fox News Channel who reported on government since the presidency of Ronald Reagan, died **March 5** at age 70. Goler was a Fox News original, joining the network at its inception in 1996 and working his way up to senior White House foreign affairs correspondent. He retired in 2014. He worked for The Associated Press and Washington-area television stations before joining Fox.

7. Earl Graves, Sr.

Earl Graves Sr., who championed black businesses as the founder of the first African American-owned magazine focusing on black entrepreneurs, died **April 6**. He was 85. Graves launched his magazine, *Black Enterprise*, in 1970. He later said his aim was to educate, inspire and uplift his readers.

8. Andre Harrell

Andre Harrell, the Uptown Records founder who shaped the sound of hip-hop and R&B in the late '80s and '90s with acts such as Mary J. Blige and Heavy D and also launched the career of mogul Sean "Diddy" Combs, died **May 7**. He was 59.

9. Huey

The St. Louis rapper behind the hit song "Pop, Lock & Drop It," was shot and killed in Kinloch, Missouri. Huey, whose given name was Lawrence Franks Jr., was a victim in a double shooting on June 25 at died at the age of 31. The song "Pop, Lock & Drop It," peaked at No. 6 on the Billboard Hot 100 and spent 23 weeks on the charts, inspiring a popular dance in the process.

10. King Von

King Von, whose real name was Dayvon Bennett, was a rapper who found success in Chicago before relocating to Atlanta. King Von got into the rap scene after his storytelling style caught the ear of more-established rapper Lil Durk. Durk signed King Von to his Only the Family label and released his viral 2018 single "Crazy Story," which was included on his debut mixtape, *Grandson*, Vol. 1. King Von was shot and killed at the age of 26 in Atlanta, Georgia.

11. John Lewis

John Lewis, a lion of the civil rights movement whose bloody beating by Alabama state troopers in 1965 helped galvanize opposition to racial segregation, and who went on to a long and celebrated career in Congress, died **July 17**. He was 80. Lewis was the youngest and last survivor of the Big Six civil rights activists, a group led by the Rev. Martin Luther King Jr. that had the greatest impact on the movement. He was best known for leading some 600 protesters in the Bloody Sunday march across the Edmund Pettus Bridge in Selma.

12. Bobby Mitchell

Bobby Mitchell, the speedy Hall of Famer who became the Washington Redskins' first black player, died **April 5**. He was 84. Mitchell split his career with the Cleveland Browns and Redskins and was inducted into the Pro Football Hall of Fame in 1983.

13. Bonnie Pointer

Bonnie Pointer, who in 1969 convinced three of her church-singing siblings to form the Pointer Sisters, which would become one of the biggest acts of the next two decades, died **June 8**. Pointer often sang lead and was an essential member of the group through its early hits including "Yes We Can Can" and "Fairytale." She would leave for a short and modest solo career in 1977 as her sisters went on to have several mega-hits without her. She was 69.

14. Gale Sayers

Gale Sayers played for the University of Kansas before being drafted by the Chicago Bears in 1965 and being named Rookie of the Year. Due to knee injuries, he played for only seven seasons and retired before the 1972 NFL season. In 1977, he was the youngest player to be inducted into the Pro Football Hall of Fame. Sayers passed away on **September 23** at the age of 77.

15. Barbara "B" Smith

Barbara "B." Smith, one of the nation's top black models who went on to open restaurants, launch a successful home products line and write cookbooks, died **February 22** at her Long Island home at the age of 74 after battling early onset Alzheimer's disease. Smith wrote three cookbooks, founded three successful restaurants and launched a nationally syndicated television show and a magazine. Her successful home products line was the first from a black woman to be sold at a nationwide retailer when it debuted in 2001 at Bed Bath & Beyond.

16. Pop Smoke

The Brooklyn charismatic rhymer, who's credited for elevating the Brooklyn drill rap scene, was shot and killed in Los Angeles on February 19 at the age of 20. His death stunned both his rap peers and devoted fans.

17. C.T. Vivian

Rev. C.T. Vivian, a civil rights veteran who worked alongside the Rev. Martin Luther King Jr. and later led the Southern Christian Leadership Conference, died **July 17** at age 95. His civil rights work stretched back more than six decades, to his first sit-in demonstrations in the 1940s in Peoria, Ill. He met King soon after the budding civil rights leader's victory in the 1955 Montgomery Bus Boycott.

18. Bill Withers

Bill Withers, who wrote and sang a string of soulful songs in the 1970s that have stood the test of time, including "Lean On Me," "Lovely Day" and "Ain't No Sunshine," died in Los Angeles from heart complications on **March 30**. He was 81.

19. Betty Wright

Betty Wright, the Grammy-winning soul singer and songwriter whose influential 1970s hits included "Clean Up Woman" and "Where is the Love," died **May 10** at age 66. Wright had her breakthrough with 1971's "Clean Up Woman," which combined elements of funk, soul and R&B.

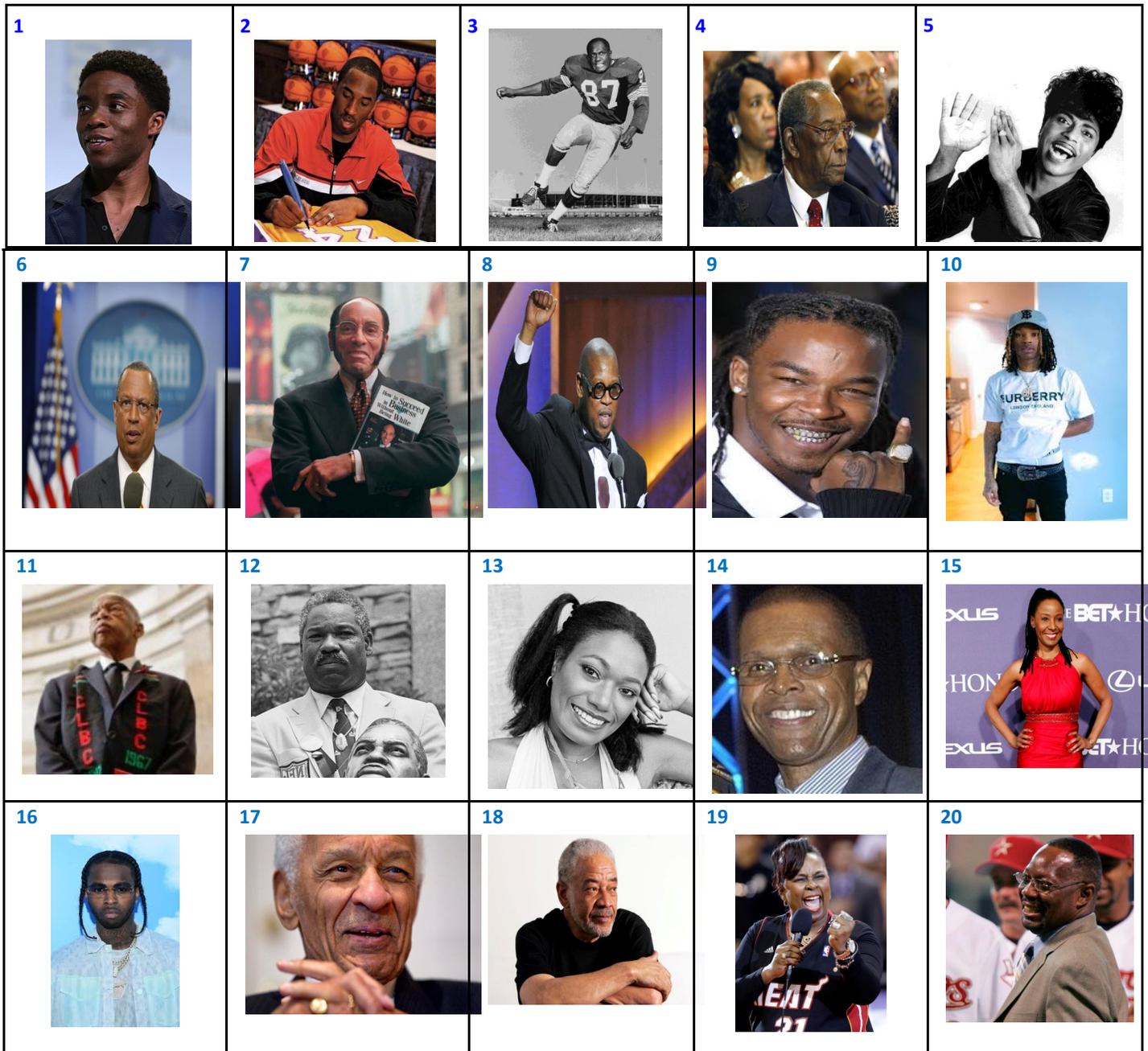
20. Jimmy Wynn

Jimmy Wynn, the diminutive Houston slugger whose monster shots in the 1960s and '70s earned him the popular nickname "The Toy Cannon," died **March 26**. He was 78. Just 5-foot-9, Wynn was packed with power. He hit more than 30 homers twice with Houston, including a career-high 37 in 1967 at the pitcher-friendly Astrodome.

A photo collage of those lost in 2020 appears on the next page.

Photos courtesy of Google/Wikipedia Images.

PRESERVING CULTURAL HERITAGE



To Fill Your 2021 Spirit & Soul with Inspiration and Hope

Black History Month Quotations

Almost always, the creative dedicated minority has made the world better.

--Dr. Martin Luther King, Jr.

I have learned over the years that when one's mind is made up, this diminishes fear.

--Rosa Parks

Have a vision. Be demanding.

--Colin Powell

Sticks in a bundle are unbreakable.

-- Kenyan Proverb

Freedom is never given; it is won.

--Philip Randolph in keynote speech given at the Second National Negro Congress in 1937

KID'S CORNER

Martin Luther King, Jr. Word Search

WKMBFCMAHQJOQNSPSOOT
 XLCAOZMOUGRUOBPSTRSL
 DODLEEEERDENIKQEZHECV
 DPOKRRYQZETECAEPGHTD
 KRUIXADZUA EYJGCSIRPE
 LOCXSRAGAKRXWHMRBEC
 SACAZIHEEMLZFPDJLKMI
 NDMSOIRDIVGITMUWIEN
 ZMZJVGENKBAOTJEHVQDS
 BNOBELPRIZEHIYSLINUV
 TCNSREHCAERPIATOC CWJ
 RINGKICEETUMHQCBFBETK
 SRSWSLMEDZBEDDKVLQT
 KAHBGTOLLXKSYHILBHNK
 TWKLYRRVTMRTTXVQLQML
 WSLGPUOFEKRATZEQELXK
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 VXVDXLVILEADERSTTEQH
 PIEUCELEKMNCAIGIMINPQ

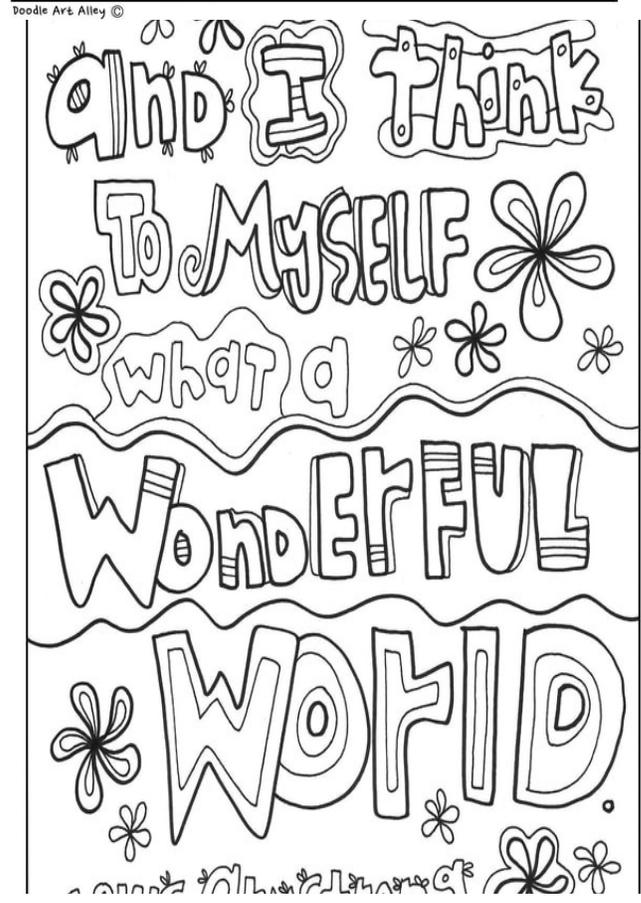
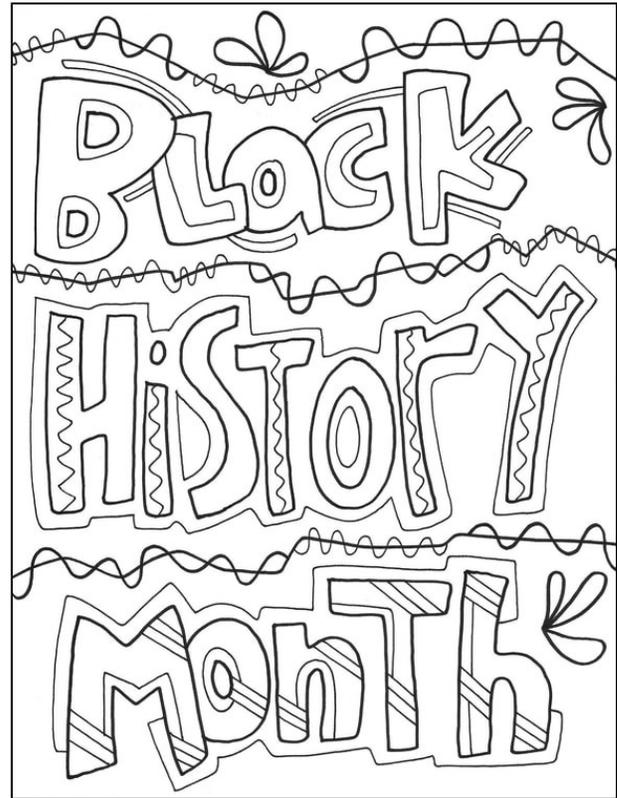
AMERICAN
 CIVIL RIGHTS
 COLOR
 EQUALITY
 FREEDOM
 HERO
 HOPE
 I HAVE A DREAM
 JUSTICE

LEADER
 LIBERTY
 NOBEL PRIZE
 PEACE
 PREACHER
 RACISM
 SEGREGATION
 SPEECH
 STRUGGLE



Martin Luther King, Jr.

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KID'S CORNER (cont.)

SOME VALENTINE JOKES TO SHARE WITH YOUR FAMILY...

- ◆ What did the stamp say to the envelope on Valentine's Day? *I'm stuck on you!*
- ◆ What do farmers give for Valentine's Day? *Lots of hogs and kisses.*
- ◆ What kind of Valentine's Day candy is never on time? *ChocoLATE.*
- ◆ What do you call a very small Valentine? *A valen-tiny.*
- ◆ Why didn't the skeleton want to send any Valentine's Day cards?
His heart wasn't in it.
- ◆ What kind of flower do you never give on Valentine's Day? *Cauliflower.*
- ◆ What do you call two birds in love? *Tweethearts!*
- ◆ What do you get when you kiss a dragon on Valentine's Day?
Third degree burns on your lips.
- ◆ What flower gives the most kisses on Valentine's Day? *Tulips.*
- ◆ Knock Knock. Who's there? Olive. Olive who? *Olive you!*

