

February/2023

## A MONTH OF MANY

The month of February has many special holidays and events that we celebrate. With the Super Bowl, Valentine's Day, President's Day, and Black History Month, February has become a month full of shared community and appreciation between different cultures and a time to remember history, both our personal and our nation history.



### Visual artists

- Jean-Michel Basquiat
- Arron Douglas
- Kehinde Wiley
- Augusta Savage
- Horace Pippin



### Musicians

- Louis Armstrong
- Ella Fitzgerald
- Beyonce
- Jimi Hendrix
- Aretha Franklin
- Mickey Guyton
- Billie Holiday
- Duke Ellington



## BLACK HISTORY MONTH

Black History Month was established in 1976, a month every year where we raise the voices of the black community who have historically been silenced. We would like to highlight a few artist from this community. While this does not encompass all of the influential voices from the black community, we encourage you to take these recommendations as a starting point to your own research about this vibrant and diverse group of people.

### Books

- *Beloved* by Toni Morrison
- *The Color Purple* by Alice Walker
- *I Know Why The Caged Birds Sing* by Maya Angelou
- *The Vanishing Half* by Brit Bennett
- *Things Fall Apart* by Chinua Achebe
- *Their Eyes Were Watching God* by Zora Neale Hurston
- *Parable of the Sower* by Octavia E. Butler



# FOOD FOR THOUGHT

## A BRIEF HISTORY OF CONVERSATION HEARTS

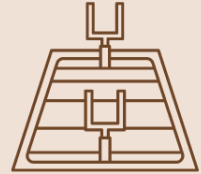


Conversation candy hearts have become a staple of the Valentine's Day candy selection. These adorable pastel colored hearts do what they are named for by starting conversations between people and sometimes even sharing what is truly inside someone's heart.

These candy quotes have evolved over time. The first version was created by the NECCO company in the 1860s, originally a hollow candy with a message on the inside, similar to a fortune cookie. The Brother of NECCO's founder, Daniel Chase, started experimenting with printing right on the candy. Originally, he hand painted every saying on the candies, but eventually the company was able to automate the printing, thus making them mass producible. It wasn't until the turn of the century that the classic heart shape came around, to change the game of the Valentine's candy scene. Over the years the notes on the hearts have been updated and change depending on the times. Now each year there are over 8 billion conversation hearts produced and distributed around the world.



## SUPER BOWL LVII



### HELPFUL INFO

This year marks the 57th Super Bowl that has been played. Here are a few facts about the event that you might find helpful for your viewing:

- **Date:** Sunday, February 12
- **Kickoff:** 3:30pm (PST)
- **Teams:** Philadelphia Eagles and Kansas City Chiefs
- **Halftime Show:** Rihanna



### CHILLI DIP

Some people look forward to watching the Super Bowl and some people look forward to the snack opportunity that the game day provides. I want to share one of my favorite easy dips to add to a Super Bowl party spread!

For this recipe you will need 3 ingredients

- (1) 16oz can of chili with no beans
- (1) 8oz block of cream cheese
- (1) cup of shredded cheddar cheese

Cooking instructions

1. Place the block of cream cheese in a microwave safe dish and then cover with the whole can of chili
2. In thirty second increments, microwave the dish, stirring in between. This process can take up to 5 minutes depending on how soft your cream cheese is to begin with.
3. Once your mixture is smooth and well combined, cover the top with a layer of your shredded cheese and microwave for 30 second to one minute until the layer is melted and bubbly.
4. Serve with corn chips and enjoy!



