

BRIDGEVILLE SENIOR CENTER NEWSLETTER

Issue II Volume 215



In being a slave we were forced to serve.
 We were forced to go beyond boundaries, we didn't know we had.
 We were forced to work from sun up to sun down.
 Which strengthened us physically.
 We were forced to always look down.
 Which made us wonder, What is up.
 Many of us lost our lives, because we couldn't see it your way.
 Many of us submitted with plans to see another day.
 We were beaten down, breaking our morals, our mentality.
 While all the while, still seeking for hope, for light at the end of the tunnel.
 Looking for an opportunity to break free from slavery.
 You broke up our families, you used and abused our women, men and children.
 When ever there was a bond, that you felt would bring us happiness, you tried to destroyed.
 We plowed the land, we planted, we watered, we harvested, but didn't get the increase.
 Everyone just wants to forget all that 's be done and move on.
 But have you really moved on?
 You did bring our women in the house out of the elements.
 How can we, being so black, get so light skinned?
 I've never been to Africa, so how can I be an African



Gas mask

Inventor

*African American
 Garrett A. Morgan*



Edmond Berger



Sarah Boone



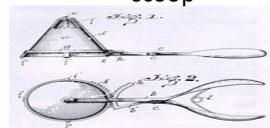
Otis Boykins

Artificial Heart Pace Maker



IBM Computer

Alfred Crallee received a patent for the Ice cream mold known to us as the ice cream scoop



Inside Newsletter

- Recipes
- Black History Quotes
- Event Calendar
- Meal Calendar
- Upcoming Events
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February Happy Birthday!

- 8th Annette Cannon
- 8th Marie Robinson
- 11th Ella Robinette
- 16th Nancy Cephas
- 17th Diane Lampman
- 19th Barbara Sigmon
- 21st Teri Ricketts
- 28rd Betty Murray

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Teri Ricketts Outreach Worker

Beware of these Scams:

The Fake Utility Company – Will tell you, you’re behind on your Bill, and power will be shut off, if you do not pay cash, now.

The Social Security Impostor – Your SSN has been used in crimes, and you could be, or will be arrested.

The Computer Viruses – You’re about to lose all your Information and Photos, and only we, can fix the problem.

DNA Cancer Screening – People like you, have died, because, they did not take the DNA test, when offered to them.

Missed Jury Duty – There’s a warrant out for your arrest, because you didn’t show up for your Jury Duty assignment.

The IRS Warrant – You made criminal mistakes in the past, with your Tax filings, and will soon be arrested.

Upcoming Events

Black History Prayer Breakfast

Sausage, Eggs, French Toast, Potato Tots, Juice, Coffee, Tea and Hot Chocolate

February 27, 2020

You’re Invited to join us @ 414 Market Street

Breakfast 9am—10am \$6.00

Event will continue until
1:30 pm

March 18, 2020

We will be going to Sight & Sound
to see Queen Esther
in Lancaster PA.

Lunch buffet style at Hershey Farms.

Tickets: Members \$120.00 Non-members: \$125.00

Extension for funds February 10, 2020

We have a seat open just for you.

For tickets and more information, please contact

Best Zucchini Bread By Ethel Shea

3 Eggs beaten

2 1/2 cup sugar

3 tsp cinnamon

1 tsp salt

1 1/2 tsp. baking soda

3 cups flour

3 cups grated zucchini

1 cup chopped nut

1tsp vanilla

1 Cup raisins

1 tsp Baking powder

Combine sugar, eggs, cinnamon and salt. Mix well. Add oil, baking soda and flour. Mix again.. Fold in zucchini, raisins, and vanilla. Mix well!

Pour into 2 greased pans.

Bake in preheated oven 350 degrees for one hour or until done. Make sure you place baking sheets

Honesty

COMMITMENT

Recipe for Love

Ingredients

1 cup of Romance

1 Pinch of Humor

2 Spoonful of Joy

1 lb of Compatibility

3 Tablespoons of Trust

1 Cup of Respect

1/2 lb of Sharing

1 Zest of Tenderness

& 3/4 Cup of Patience

Selflessness

Dr. Betty Harris, was awarded a patent for her TATB spot test, which identifies explosives in a field environment.

James Maceo West is a prolific American inventor and professor best-known for the invention of an early microphone called the electroacoustic transducer electret microphone (ETEM).

Thomas Martin was one of the inventors of the fire extinguisher.

Alexander Miles received a patent for the automatic closing and opening of elevator doors.

Richard Bowie Spikes holder of a number of United States patents, his inventions (or mechanical improvements on existing inventions) include a beer tap, automobile directional signals, the automatic gear shift device based on automatic transmission for automobiles and other motor vehicles and a safety braking system for trucks and buses.

G. W. Murray inventions include the Combined Furrow Opener And Stalk-Knocker, Cultivator And Marker, Combined Cotton Seed, Cotton Chopper, Planter, Planter And Fertilizer Distributor Reaper, Attachment For Bicycles.

Lawrence Ray, the inventor of the dust pan!

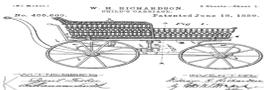
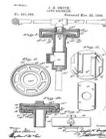
In 1891 P.D. Smith obtained patent for potato digger, increasing the harvest of potatoes.

Dr. Daniel H. Williams performed the first successful open heart surgery.



John Lee Love's pencil sharpener

J. H. Smith patent for the sprinkler.



W. H Richards: The Baby Buggy

Benjamin Banneker patented the Wooden Pocket Watch.



On Feb. 7, 1926, **Carter G. Woodson**, initiated the first celebration of **Negro History Week** which led to **Black History Month**, to extend and deepen the study and scholarship on **African American history**, all year long. The colors for the month are red; the blood unites all people of Black African ancestry, and shed for liberation; black is for black people who existence as a nation, though not a nation-state, is affirmed by the existence of the flag; Green is the abundant natural wealth of Africa.

Inspirational Quotes

If you don't like something, change it. If you can't change it, change your attitude. **Maya Angelo**

Find the good. It's all around you. Find it, show case it, and you'll start to believe it. **Jessie Owens**

I've learned over the years, that when one's mind its made up. It diminishes fear; knowing what must be done, does away with fear. **Rosa Parks**

If I didn't define myself, by myself, I would be crunching into other people' fantasies for me and eaten alive. **Audre Lord**

You don't make progress by standing on the side-lines, whimpering and complaining. You make progress by implementing ideas. **Shirley Chisholm**

Never be limited, by other peoples limited imagination. **Dr. Mae Jamison**

It's not the load that breaks you down, it's the way you carr it **Lena Horne**

Korisha Horshey Food Service Manager

February is the 2nd month of the year and has 28 or 29 days. The 29th day is every 4 years during leap year.

Fun Facts About February

- It is the shortest month of the year.
- The Welsh call February "y mis bach" which means "little month".
- It is the third month of winter.
- In the Southern Hemisphere February is a summer month the equivalent of August.
- The month is named for the Latin word februum which means purification.
- Together with January, it was the last of the months added to the Roman calendar.
- The largest American sporting event of the year, the Super Bowl, is held in February.
- Normal years and 29 days during leap year which occurs every four years.

Symbols of February:

- Birthstone: Amethyst
- Flower: Primrose



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

February in Other Languages

- Chinese (Mandarin) - èryuè
- Danish - februar
- French - février
- Italian - febbraio
- Latin - Februarius
- Spanish—febrero

Historical Names:

- Roman: Februarius
- Saxon: Sol-monath

You're either part
of the problem, or
part of the solution

Leroy Eldridge

"It is a sad feeling to be afraid of one's native country"

Harriet Ann Jacobs

Sylvia Jacobs Program Director

This article was so cute, I could not resist to write from Our Daily Bread. Just remember! The one that is in you is Greater.

The Mouse That Roared

Several years ago my sons and I spent a few days camping in the Selway-Bitterroot Wilderness in Northern Idaho. It's grizzly bear habitat, but we carried bear spray. Kept our campsites clean, and anticipated no major grizzly encounters.

One evening, in the middle of the night, I heard Randy scramble around trying to get out of his sleeping bag. I grabbed my flashlight and turned it on, expecting to see him in the clutches of an enraged grizzly.

There, sitting upright on its hunches a waving its paw in the air was a field mouse about 4 inches tall. It had Randy's cap firmly clenched in its teeth. The little creature had tugged until he pulled Randy's cap from his head. As I laughed the mouse dropped the cap and scampered away. We crawled back into our sleeping bags. I, however, fully adrenalized, couldn't get back to sleep and thought about another predator-the devil.

Consider Satan's temptation of Jesus. He counted his enticement with the Scriptures. With each answer, Jesus reminded Himself that God had spoken on this issue and therefore, He wouldn't disobey. This caused the devil to flee.

Although Satan wants to devour us, it's good to remember that he's a created being, that like the little rodent. John said "the one who is in (us) is greater than the one who is in the world".

Questions: What are your temptations? What does God say about these issues and how might you use that when you're tempted?

Prayer Dear God, I'm grateful that You're greater than any temptation that comes at me. Please provide the way out.

You may choose to
look the other way
but you can never
say again that you
didn't know."

William Wilberforce