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Happy Valentine's Day!

While, teddy bears, roses, chocolates, and candlelight dinners may be classic ways to “woo” your love, most of us would agree with George Eliot’s words, “I like not only to be loved, but also to be told I am loved.” Valentine’s Day is the occasion when you can experience both. Below, I’ve including some helpful ideas for couples and singles to ensure that you and your loved ones have a wonderful holiday.

1. After enjoying a candlelight dinner for two at home, give your spouse a massage and watch a romantic movie.
2. **Take your sweetie on a scavenger hunt.** Ask him/her to answer riddles to find clues to items that you placed somewhere around town. The last item should be instructions that lead to your Valentine’s Day activities.
3. Surprise your spouse with a special getaway together.
4. **If you’re single, indulge yourself.** Play hooky from work or just leave a little early and do whatever you want, be it pampering yourself with a lavish mani-pedi.
5. **Fall in love with something new.** Interested in taking on a new pastime? Challenge yourself to do something you haven’t done before, or seldom get to do because of your schedule.
6. **Participate in a “secret santa” Valentines Day.** Round of your girlfriends, draw names from a hat and buy whomever you draw a little something. On V-Day, meet a friends house and exchange gifts. Afterwards, get dolled up and head out for a night on the town.

Heart of the Batter

Nothing beats a homemade treat to show your sweetheart how much you really care. Try making these delicious delectable for your love and I promise the “I love you’s” won’t stop coming!

Preheat the oven to 350 degrees F. Line a 6-cup jumbo muffin pan with paper liners. Whisk the flour, baking powder and salt in a bowl.

Beat the butter and granulated sugar in a large bowl with a mixer on medium-high speed until light and fluffy, about 3 minutes. Beat in the eggs, one at a time, then beat in the vanilla. Reduce the mixer speed to low; beat in the flour mixture in 3 batches, alternating with the strawberry milk, beginning and ending with flour, until just combined.

Divide the batter evenly among the prepared muffin cups. Bake until a toothpick comes out clean, 25 to 30 minutes. Let cool 5 minutes in the pan, then remove to a rack to cool completely.

Using a paring knife, cut a cone-shaped piece of cake out of the top of each cupcake (about the same size as the strawberries), stopping about 1/2 inch from the bottom. Stuff with the strawberries, then cover with a small piece of the removed cake.

To get the full recipe and others like it, visit the link below!

Read more at: <http://www.foodnetwork.com/recipes/food-network-kitchens/name-this-dish-stuffed-cupcakes-recipe.html?oc=linkback>

Let's Celebrate African American History!

Black History Month is a month set aside to learn, honor, and celebrate the achievements of black men and women throughout history. The origins of black history month can be traced back to Carter G. Woodson, the son of former slaves, who taught himself the basics of a school education. Woodson created the Association for the Study of Negro Life and History (ASNLH) in 1915, with the intent to promote, research, preserve and disseminate information about black history and culture to the global community. In 1926, Woodson promoted the idea of a "Negro History Week, which was to be held during the second week of February to pay homage to President Abraham Lincoln and Frederick Douglas, who both celebrate birthday's within that week. In 1970, the first celebration of Black History Month took place on the campus of Kent State University after the expansion was proposed in 1969. By 1976, during the United States' Bicentennial, Negro History Week became Black History Month and was officially recognized by the U.S. government.

While celebrating Black History Month we have to pay homage to those who were courageous enough to take a stand and fight for what they believed was right for all people. Black History Month is a time to reflect on all of the great things that those before us have accomplished. Below, are just a few of the many, many triumphs both, blacks and whites have contributed to history.

1746– Lucy Terry, a slave, becomes the earliest known black poet after she wrote Bar's Fight, which was about the last American Indian attack on her village in Massachusetts.

1869-Howard University's law school becomes the first black law school

1881– Spelman is the first college for black women in the U.S., founded by Sophia B. Packard and Harriet E. Giles. Also, within that year, Booker T. Washington founds the Tuskegee Normal and Industrial Institute in Alabama.

1896– George Washington Carver begins teaching at the Tuskegee Normal and Industrial Institute as the director of the agricultural research department.

1909– W.E.B. Du Bois leads the National Association for the Advancement of Colored People, which was founded by prominent black and white intellectuals.

1920's– The Harlem Renaissance begins to flourish and the literary, artistic and intellectual movement fosters a new black culture.

1948– President Harry S. Truman issues an executive order, integrating the U.S. Armed Forces.

1967-President Johnson appoints Thurgood Marshall to the Supreme Court, who in turn became the first black Supreme Court Justice.

1983-Dr.Guion Bluford Jr. is the first African American in space. He took off from the Kennedy Space Center in Florida on August 30.

Today, Black Americans make significant contributions to every segment of American society—business, arts and entertainment, science, literature, and politics. Though issues of discrimination remain, African Americans endure, achieve and lead. In 1941, African American author Richard Wright wrote : We black folk, our history and our present being, are a mirror of all the manifold experiences of America. What we want, what we represent, what we endure is what America is...The differences between black and white folk are not blood or color, and the ties that bind us are deeper than those that separate us. The common road of hope which we all traveled has brought us into a stronger kinship than any words, laws or legal claims."