**July 2020** 







### What's the Buzz?

We congratulate and wish our members below the best on their retirements. We thank them for their dedication and years of service. Their knowledge and presence will be missed:



- Janet Noble
- Gloria Flores

Warmest congratulations to all our graduates on your well-deserved success. We wish you all the best on your next adventures and future endeavors.



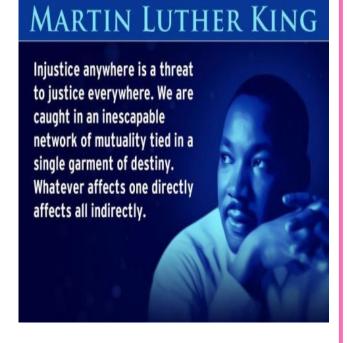
We extend a special congratulations to *Amir Douglas*, son of our President **Lisa Maddox~Douglas**. Amir graduated with a Bachelor of Arts from Hampshire College in Massachusetts. We also extend a warm congratulations to *Donte McDaniel*, son of our Recording Secretary **Siaeng Roberts**. Donte recently graduated from the 8th Grade. We wish both of these bright young men the best as they step ahead toward new challenges and opportunities.



A special thank you and congratulations to *Tahj Reid*, the very bright and talented son of our member **Chanette Reid**. We are very happy and honored to share



Tahj's amazing drawing of George Floyd. In addition to being a great artist, he is also the Vice President of his school's council and was inducted into the National Elementary Honor's Society.



#### THE SPIRIT OF JUNETEENTH

Juneteenth is the oldest known nationally celebrated commemoration honoring the end of slavery in the United States. Dating back to 1865, it was on June 19th that Union soldiers, led by Major General Gordon Granger, landed at Galveston, Texas and met with news that the Civil War had ended, and slaves had been freed.



# STILL I RISE By: Maya Angelou

You may write me down in history With your bitter, twisted lies, You may trod me in the very dirt But still, like dust

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken? Bowed head and lowered eyes? Shoulders falling down like teardrops.

Weakened by my soulful cries.

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own back yard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your
hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?

Does it come as a surprise

That I dance like I've got diamonds

At the meeting of my thighs?

Out of the huts of history's shame

I rise

Up from a past that's rooted in

pain

I rise

I'm a black ocean, leaping and wide,

Welling and swelling I bear in the

Leaving behind nights of terror and fear

I rise

Into a daybreak that's wondrously clear

cicai

rise

Bringing the gifts that my ancestors gave,

I am the dream and the hope of the slave

I rise,

I rise. — O

## Recipe Corner

### Cajun Shrimp Kebabs

#### **Ingredients:**

- 1 lb. shrimp
- 2 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. cayenne
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. oregano
- 2 lemons, sliced thinly crosswise

#### **Directions:**

- Preheat grill to medium-high.
- Make Cajun spice mix. Combine salt, cayenne, paprika, garlic powder, onion powder, and oregano in a small bowl. Stir with a fork until evenly combined.
- In a medium bowl, toss shrimp in olive oil. Add spice mix and toss shrimp until evenly coated.
- Thread shrip and lemon onto metal (or wooden skewers that have been soaked for 20 minutes).
- Grill skewers until shrimp is opaque and lemon is charred, about 4 5 minutes total, flipping once halfway.
- Yields 4 6 servings



## 10 Tips to Keep Your Summer Entertaining Safe During COVID-19

May 26, 2020 • By Susan McDonald- Full article on Healthnewshub.org

The summer season is officially underway and whether you spent the holiday weekend at home again or widening your world in some way, chances are you'll be trying to socialize sometime soon. It's prudent to stick with social distancing, but if you want to plan a cookout with a few people, here are some suggestions:

- 1. **Keep it small.** Experts say the number of people invited from one household isn't as important as the number of households invited because each household is considered a "quarantine unit." The more units you invite, the higher the chance of infection.
- 2. Stay outdoors. Being inside hikes the risk of infection in all cases.
- 3. **Keep your distance.** Consider giving each household separate dining space to keep people and their food apart. Position tables or other objects between guests to mark out safe distances.
- 4. **BYOF.** The safest option is to have guest bring their own drinks and food, except for items being grilled. Sharing food, especially finger foods like dips, invites shared germs as every hand going near a serving bowl can transfer the virus.
- 5. **Grill service.** The heat from the grill will kill the virus, but to be extra cautious, serve meat right off the grill so there's no shared serving platter.
- 6. **Use disposable.** It's not the greenest option, but it's safer to use disposable cups, plates, and cutlery.
- 7. **Keep the garbage local.** Put a garbage bin nearby and ask guests to throw away used items when they're done so you don't need to touch any.
  - 8. **Help for hands.** Put together a basic hand-washing station with sanitizing wipes, hand sanitizer, or soap and water. Outside, a faucet or hose is your water sources with spray bottles, a bucket, soap, and
    - paper towels.

      9. **Stay masked.** When not eating, everyone should wear masks. Have a few extra on hand if someone shows up without one.
  - 10. Be bathroom-friendly. Make the path to the bathroom clear and ask guests to use paper towels to turn off faucets, flush the toilet, and reopen the bathroom door.

