

Skip-a-Long

HCCN NEWSLETTER

February
2012

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Black History Month

The History of Black History

by Elissa Haney

Americans have recognized black history annually since 1926, first as "Negro History Week" and later as "Black History Month." What you might not know is that black history had barely begun to be studied-or even documented-when the tradition originated. Although blacks have been in America at least as far back as colonial times, it was not until the 20th century that they gained a respectable presence in the history books.

Blacks Absent from History Books

We owe the celebration of Black History Month, and more importantly, the study of black history, to Dr. Carter G. Woodson. Born to parents who were former slaves, he spent his childhood working in the Kentucky coal mines and enrolled in high school at age twenty. He graduated within two years and later went on to earn a Ph.D. from Harvard. The scholar was disturbed to find in his studies that history books largely ignored the black American population-and when blacks did figure into the picture, it was generally in ways that reflected the inferior social position they were assigned at the time.

Established Journal of Negro History

Woodson, always one to act on his ambitions, decided to take on the challenge of writing black Americans into the nation's history. He established the Association for the Study of Negro Life and History (now called the Association for the Study of Afro-American Life and History) in 1915, and a year later founded the widely respected Journal of Negro History. In 1926, he launched Negro History Week as an initiative to bring national attention to the contributions of black people throughout American history.

Woodson chose the second week of February for Negro History Week because it marks the birthdays of two men who greatly influenced the black American population, Frederick Douglass and Abraham Lincoln. However, February has much more than Douglass and Lincoln to show for its significance in black American history

A few inventors...

G.W. Carver: Peanut Butter

Garrett Morgan: Stop light

Otis Boykin: Pacemaker

Lonnie G. Johnson: Super Soaker

Sarah Boone: Ironing Board

George Crum: Potato Chip

Lloyd Ray: Dust pan

Philip B. Downing: Mailbox



Important Dates in February

Important Dates...

2nd Groundhogs Day

3rd Wear red day

4th Create a vacuum day

7th Wave all your fingers at a neighbor day

9th G.I. Joe's B-day

11th Don't cry over spilled milk

13th Get a different name day

14th Valentines Day

19th National Chocolate mint day

22nd Walking the dog day

24th National tortilla chip day

27th No brainer day

28th Public sleeping day

Valentines Day Recipes



Egg Paint

Ingredients

- 1 egg yolk
- 4 drops of red food coloring

Directions: In small cup or bowl , stir the egg yolk with a small amount of food coloring. Use a clean paint brush to create designs on the cookies before you bake them.

Valentine Faces

Create a face using fruits cut into hearts is another way to prepare a nutritious and satisfying snack for your little Valentine. Slice a strawberry, then cut two of the slices into heart shapes for eyes using a sharp knife. Place on a plate. Use a raspberry for the nose and blueberries for the mouth. Arrange the blueberries in the shape of a heart to make an entertaining face for your child. Additional heart strawberries can become hair or cheeks to enhance your Valentine face



Valentine Muffin's

Using food to create a heart-shaped surprise is an entertaining way to celebrate Valentine's Day with your child. In their book, "Snack Art" Elizabeth Meahl and Barb Loreseyed note many nutrient-filled foods you can include in your Valentine's snack. Start by toasting a whole wheat English muffin for fiber and spreading it with low fat cream cheese for calcium. Cut a strawberry slice into a heart shape and place in the center in the center of each muffin. To make the snack even more interesting, dye the cream cheese using a small amount of red or pink food coloring or cut the English muffin into a heart shape using a cookie cutter.

Braided Heart Cookies

Ingredients

- 1 cup butter (no substitutes), softened
- 1 1/2 cups confectioners' sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 6 drops red food coloring



Directions

In a mixing bowl, cream butter and sugar. Beat in egg and vanilla. Combine the flour, baking powder and salt; gradually add to creamed mixture. Divide dough in half; tint one portion pink, leaving the remaining portion white. Wrap each portion in plastic wrap; refrigerate for 4 hours or overnight. For each cookie, shape a 1-in. ball of each color into an 8-in. rope. Place a pink and white rope side-by-side; press together gently and twist. Place 2 in. apart on ungreased baking sheets; shape into a heart and pinch ends to seal. Bake at 350 degrees F for 8-11 minutes or until edges are lightly browned. Cool on wire racks.

Provider Availability

Thank you Edzena Mann for the great idea to post provider openings in the newsletter!

If someone is looking for child care please refer them to these providers based upon location and availability!

Edzena Mann: Peoria
Availability: 7 spots for 1st & 3rd shift
Ages: Any
Hours Open: M-F 7a-5p
 &

T Jackson: Galesburg
Availability: 4 children
Ages: 2 (0-2 yrs old)
 2 (under 5)
Hours Open:
 M-F 8a-12a

April Dukes:
Peoria
Availability: 3 day
 6 night
Ages: Any
Hours Open:
 M-Sat 6a-11p

Patricia Schmidt:
Washington
Availability: 2 spots
Ages: Any
Hours Open: M-F 7:30a-5:30p



Sara Sutton:
Peoria
Availability:
 | Tues.
 &
 | Thurs
Ages: Any
Hours Open:
 M-F 6a-5:30p

Chrissy Cox:
Pekin
Availability: 2 day & 2 nights available
Ages: 2 years old and up
Hours Open: M-F 6a-12a





Contact us:

**The Home Child Care
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Heart Health



February is American Heart Month!!!

Heart disease is the #1 cause of death in the United States!!!

Some of the risk factors are high cholesterol, high blood pressure, obesity, diabetes, tobacco use, unhealthy diet and leading a sedentary lifestyle.

So how can I improve my heart health you ask...

Eat lean, skinless, baked meats

Eat low fat and fat free dairy products

Cut back on foods that have 300 or more mg of cholesterol per serving

Cut back on sugar filled drinks I.E. Soda

Watch your portions

Get at least 20 minutes of physical activity a day.

- Walk with the children as they ride bikes
- Play games with the children such as basketball or tag
- Park farther away in parking lots
- Dance with the children to their favorite songs



**United
Way**



Community Partner



Toddler Obstacle Course

Transform your living room into a free-for-all obstacle course. First remove unsafe objects from the room (tables with sharp edges, for example) and clear out clutter that someone could trip on. Then place piles of cushions, sturdy chairs, laundry baskets, or other items around the room for the kids to romp over, under, or through. A large cardboard box, if you have one, can become an excellent tunnel.

Put on some music to encourage moving around. This activity helps in improving large motor skills and problem solving.