

# THE SRCAA Inc

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## NEWSLETTER



**Black History is  
American History**



# The Power of History: Unveiling Its Impact

**H**istory is an all-inclusive subject that can be sorted into many categories. There is Bible history, world, American, cultural, and even medical history. It has been said that history can be a preventative tool to aid us from making future mistakes. Learning the history of our ancestors helps us understand who we are, establish our identities, and embrace our culture and traditions.

American history often highlights the battles and accomplishments of our forefathers. Events in American history compel many to feel patriotic about the efforts made in forming a perfect union within the United States. Other historical events may lead others to feel uncomfortable about the past. However, we must remind ourselves that history cannot be rewritten. All history should be explored for us to grow and learn from the past.

Black history is often narrowed to a few milestones, which may lead many to believe that African Americans played an insignificant role in the formation of the United States and that racism no longer exists in this country. As of 2023, black history was removed from high school curricula in the states of Arkansas, Florida, Missouri, and Texas. Supporters of these actions argue that courses are divisive and cause some students to feel guilty.

Protestors in these states claim that taking knowledge out of history lessons erases a huge part of U.S. history. It diminishes the experiences and contributions of African Americans in the U.S. and leaves little opportunities to combat racism and promote social justice in the classroom.

As we honor Black History month and the contributions made, we also acknowledge and recognize the history and contributions of all cultures and ethnic groups.



## This Black History Fact Is Somewhat "Cheesy!"

James Hemings (1765–1801) was a Paris-trained chef born into slavery in colonial Virginia and credited with introducing the first version of "Mac & Cheese" to America. Hemings was born on a Virginia plantation, where his father, John Wayles, was a white slave trader and lawyer. His mother, Elizabeth Hemings, was also an enslaved servant and gave birth to four other children by Wayles that he never acknowledged as his own.

When Wayles died in 1773, Thomas Jefferson inherited Elizabeth and her children as property. In later years, James began serving as the head chef for Jefferson and prepared meals for America's political and societal elites. Hemings was taken to France with Jefferson and trained under many French chefs; therefore, he does not get full credit for inventing the idea for the pasta recipe. However, he does get credit for introducing his version of the recipe to America and popularizing the dish for elites with the ingredients he could find on hand.

Jefferson agreed to grant Hemings freedom under the condition that he would teach his son how to prepare meals in the same manner. Unfortunately, Hemings died in 1801 at the age of 36. According to historical records on Hemings, the short story in the video here is factual. Learn more about Hemings and the history of a favorite American dish and Soul Food staple. Click image to launch YouTube video.



**OTHER POINTS OF INTEREST**

# Historians Attribute Woodson Founder of Black History

History can be traced back to the beginning of time. However, many events were not documented and passed down by word of mouth through generations. If you were to associate a face with black history, many historians proclaim it should be **Carter Godwin Woodson**.

Born in 1875 to former enslaved parents from Virginia, Woodson's family sought a new life by migrating to West Virginia. The family purchased a farm, from which Carter helped his father in the fields while teaching himself to read. Carter later worked for a mining company to earn the funds needed to attend school.

Fellow miners, especially miners of color, would share stories with him about their lives and struggles. These stories inspired Carter to teach others about the contributions of African Americans.

Carter later became the second African American to receive a Ph.D. from Harvard, among many other academic achievements. He believed that black history was largely ignored in education, saying, **"African American contributions are overlooked, ignored, and even suppressed by the writers of history textbooks and the teachers who use them."**

Through the devoted efforts of Carter G. Woodson, Black History week was established in 1926 and has evolved into the full month of February since 1976.



## STAFF SPOTLIGHT

Betty Chunn is currently a Head Start/Early Head Start teacher at the East Spencer and Fleming centers. She is approaching her first-year anniversary as an employee with the Salisbury-Rowan Community Action Agency, Inc.

During leisure time, Betty enjoys working with the youth group at her church or the quiet activity of reading. Among her favorite books to read are the Bible and the newly released novel "One Love," about the life of the late Bob Marley. Betty says she is excited to see the movie "One Love" coming to theaters this month, based on the novel of the same title. She also enjoys watching movies and television shows on the BET Network.

Betty is currently planning a vacation to Paris, France, next year, as this destination happens to be a place she has always wanted to visit. She also enjoys touring at Disney World in Florida.

**What is most fulfilling about working for SRCAA, Inc.?** "I see how well the children are learning and



*I am proud to be a part of the SRCAA team. We truly are a family, as we serve other families." -Betty Chunn*

The Salisbury-Rowan Community Action Agency, Inc. is pleased to recognize Tiffany Hudson for earning her associate in applied science degree for Early Childhood in December 2023.

Tiffany is currently a Head Start Teacher at our Thomasville Center. Great Job, Tiffany!



## SERVICE RECOGNITION

Wynola Hawkins .....	32 Years
Brittany Holland .....	5 Years
Stephen Collins .....	2 Year
Tiffany Hudson .....	1 Year

## NEW HIRES

TyKeriazya Johnson .....	EHS Lead Teacher
Delisha Rankin .....	HS Lead Teacher
Chiquita Cook .....	Center Manager

**"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." -Michael Jordan**



**SERVICE OF COMMUNITY  
TOP PRIORITY**

In the aftermath of the unprecedented health crisis faced by our community and our entire nation due to COVID-19, the Salisbury-Rowan Community Action Agency, Inc. continues making the service of the community top priority, from providing early childhood education through our Head Start/Early Head Start Program or tuition assistance for employment skills training through our Self-Sufficiency Program, we are dedicated to helping people, help themselves

**HEAD START/EARLY HEAD START PROGRAM:** The comprehensive child development program is designed to meet children and family needs, providing a solid foundation for the child and parent to grow together. The primary goals of the Head

Start/Early Head Start programs are to provide the best child development practices for children birth to five years of age. Head Start provides a comprehensive child development program that addresses the physical, cognitive, mental, social, and emotional development of prenatal, infants, toddlers, and preschool participants. The program services Rowan and Davidson counties.

**FAMILY SERVICES:** This Self-Sufficiency program assists those who choose to make a change in their life. For families and individuals enrolled in this program, the agency provides comprehensive supportive services to secure employment or increase their income, obtain education and /or vocational training, make better use of their income, obtain and maintain standard housing, and build a strong work ethic. The program services Rowan and Cabarrus counties

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## SADIE'S SWEET POTATO CASSEROLE

Many recipes have been passed down from one generation to the next. The term "Soul Food" is not only a style of cooking but also represents a time of fellowship with family and friends. It was a time when the older members passed down stories and traditions to the youth. The term is sometimes referred to as Southern-style cooking, but it holds the same meaning and traditions as ancestors who prepared meals over 400 years ago.

There are many variations in Soul Food recipes, mainly because cooks had to use the ingredients that were available. However, the concept of substituting ingredients has given birth to many classic recipes that are priceless in taste. Some are family prize-winning secrets. Here is one of many classic recipes.

### Ingredients:

- 4-5 large, sweet potatoes
- 3 large eggs
- 1/2 cup evaporated milk , or substitute cream, or half and half
- 1 teaspoon vanilla extract
- 1/2 cup granulated sugar.
- 1/2 teaspoon salt
- 1/4 cup butter, melted.

### Topping\*

- 3 Tablespoons butter
- 1/4 cup all-purpose flour
- 1 cup light brown sugar
- 1 cup pecans, chopped

### Instructions

**Cook Potatoes:** Place the sweet potatoes in a large pot. Add enough water to the pot to cover the potatoes a little more than half way. (You will need at least 3-4 inches of water but the water will not completely cover the potatoes!) Bring the water to a boil and then turn the heat to a medium simmer. Cover and simmer until they feel tender when poked with a fork. It may take 20-40 minutes to cook your sweet potatoes depending on the size of the potatoes, but you don't want them to be mushy.

**Peel Potatoes:** Drain water and place sweet potatoes on a plate or cutting board to cool down. Once they are cool enough to handle, peel and



discard the skin from the potatoes and place potatoes in a large mixing bowl.

**Mix:** Add eggs, evaporated milk, vanilla, sugar, salt, and butter and mash everything together until smooth. I start with a potato masher, and then use an electric mixer on low speed, for about 45 seconds, to get the mixture smooth.

Pour mixture into a lightly greased casserole dish. Anything around the size of an 8x11" , 9x13" or even a deep dish 10" pie pan will work.

**Make Topping:** Add flour, brown sugar and pecans to a mixing bowl. Add butter and cut in with a fork or pastry blender until well combined. Sprinkle topping over sweet potato mixture.

Bake at 350 degrees F for 35-40 minutes

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