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Inclusion Council E-Zine

January - March 2022 Edition



Inclusion Council
Influence, Impact, Positive Change



Jan-Mar 2022

The mission of Enterprise Bank's Inclusion Council is to celebrate and promote awareness of personal identity in the workplace, identify equity gaps in order to help resolve them, and strengthen everyone's sense of belonging within our Enterprise Bank family. The Inclusion Council is committed to helping influence and impact positive change towards social justice and inclusivity within the communities we serve.

Inclusion Council e-Zine

Personal views and opinions expressed here are those of individual volunteer contributors, and do not necessarily reflect the official policy or position of Enterprise Bank.

Our Enterprise Bank Diversity, Equity and Inclusion Value Statement!



At Enterprise Bank, people and relationships come first. We encourage and foster a culture of diversity, equity, and inclusion, where everyone feels valued and respected. We are committed to a caring workplace that recognizes the importance of making a meaningful, positive difference in the lives of our team members, customers, and communities. Please [click here](#) to view our Inclusion website for more information. To learn about Enterprise Bank's history and Core Values [click here](#).

Have you seen the above statement posted on our job postings and website?

We are continuing to work this into our external platforms, job-related websites, and a other publications and documents as opportunities arise.

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Introduction

By: Sophy Theam

Good-bye 2021 and Hello 2022!

As we look back to 2021 and all that has happened, I was reminded of this poem which was frequently recited by Nelson Mandela when he was imprisoned for 27 years for activism. In 1994, he became President of South Africa.

Invictus

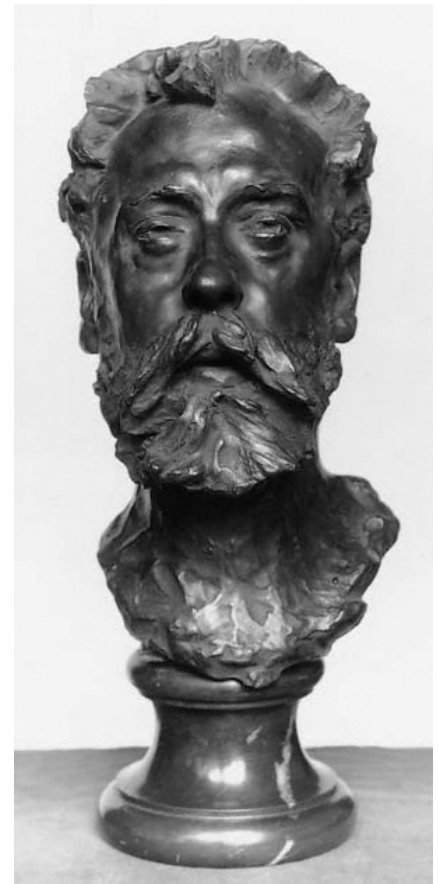
by William Ernest Henley (1849 – 1903)

*Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever gods may be
For my unconquerable soul.*

*In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.*

*Beyond this place of wrath and tears
Looms but the Horror of the shade,
And yet the menace of the years
Finds and shall find me unafraid.*

*It matters not how strait the gate,
How charged with punishments the scroll,
I am the master of my fate,
I am the captain of my soul.*



[https://doi.org/10.1093/
ref:odnb/33817](https://doi.org/10.1093/ref:odnb/33817)

Introduction

As we maneuver yet another year of turbulent times, we need to confront our challenges head on and hope for a more optimistic future. I say this as I have been battling with a sense of darkness over the last two years – possibly with about 5-8 billion other souls. I've been dealing with what feels like chronic fatigue and have been unable to quickly heal physically from minor ailments. I've decided that I will be determined in trying to find the root cause of my condition this new year and will look forward to a healthier and happier existence. I also look forward to attending as many events as I am able to reconnect with friends and community members.

“May the Force be with you!” (Said by numerous characters as an expression of good luck or good will throughout the Star Wars film series.)

-Sophy Theam, DEI and Leadership Program Specialist



Holocaust Remembrance Day: The 17 Million Reasons January 27 and Every Day Deserves Recognition

By: Edie Joyce



[Dachau Concentration Camp Memorial Site near Munich \(muenchen.de\)](http://muenchen.de)

Holocaust is a word of Greek origin. It means “burnt offering.” Genocide was the result.

Allegations of racism and antisemitism are on the rise across our country. Both private and public educational institutions in New England, from middle schools through colleges, are experiencing significant increases in racist, antisemitic, and homophobic hate incidents.

Examples of recent events include students using Holocaust references such as “Auschwitz” in calling plays during football games, participating in offensive high school hazing rituals, and creating videos and graffiti laden with racist, antisemitic, and homophobic language.

In response to these troubling problems Governor Baker signed a bill in December mandating genocide education in Massachusetts schools. Currently, only 17 US States require education about genocide. If more US States were to implement educational programs on genocide that increased awareness of the Nazis’ systematic murder of over 17 million people between 1933-1945, would we be seeing so many demonstrations of hate in our schools? Can education about historical and the present-day genocides help to address intolerance and promote inclusion?

Holocaust Remembrance Day: The 17 Million Reasons January 27 and Every Day Deserves Recognition (cont'd)

By: Edie Joyce

International Holocaust Remembrance Day was adopted on November 1, 2005 by the United Nations General Assembly as a resolution to commemorate the January 27, 1945 liberation of Auschwitz-Birkenau, a group of concentration camps and killing centers located in German-occupied Poland. The resolution was created both to honor the victims of Nazism as well as promote the design and implementation of educational programs centered on the Holocaust and to avert genocide. According to the US Holocaust Memorial Museum in Washington, DC:

"The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of six million Jewish men, women and children by the Nazi regime and its collaborators. The Nazis, who came to power in Germany in January 1933, believed that Germans were "racially superior", and they wanted to create a "racially pure" state. Jews, deemed "inferior," were considered an alien threat to the so-called German racial community.

During the era of the Holocaust, German authorities also targeted and killed other groups, including at times their children, because of their perceived racial and biological inferiority: Roma (Gypsies), Germans with disabilities, and some of the Slavic peoples (especially Poles and Russians). Other groups were persecuted on political, ideological, and behavioral grounds, among them Communists, Socialists, Jehovah's Witnesses, and homosexuals. Because the Nazis advocated killing children of "unwanted" groups, children—particularly Jewish and Romani (Gypsies) children—were especially vulnerable in the era of the Holocaust."



Photo Source: [Romani children in hiding during the German occupation in the Warsaw suburbs. - Collections Search - United States Holocaust Memorial Museum \(ushmm.org\)](#)

Holocaust Remembrance Day: The 17 Million Reasons January 27 and Every Day Deserves Recognition (cont'd)

By: Edie Joyce

I learned about the Holocaust as a young child from my family's experience living and working in a devastated post-World War II Germany. My family's descriptions of a country and people destroyed in WWII did not rival my 1980 experiences of visiting the Dachau Concentration Camp outside of Munich and the Anne Frank House in Amsterdam. Many have read Anne Frank's story and of her family's demise in the Auschwitz and Bergen-Belsen concentration camps.

The Dachau camp, now a museum for remembrance, imprisoned and tortured over 188,000 people and killed 41,500 victims, a much smaller number as compared to Auschwitz and Treblinka with a combined 2 million deaths. While the Nazis maintained prisoner and victim data from the concentration camp system where millions of people died, many more individuals were decimated outside of the concentration camp system by shooting and gassing "operations", torture, and ghetto annihilations such as in Warsaw, Poland.



Photo Source: [Auschwitz | Definition, Concentration Camp, Facts, Location, & History | Britannica](#)

Holocaust Remembrance Day: The 17 Million Reasons January 27 and Every Day Deserves Recognition (cont'd)

By: Edie Joyce

The Holocaust by the Numbers

Groups	Estimated Number of Deaths by Group
Jews	6 million
Soviet civilians	around 7 million (including 1.3 Soviet Jewish civilians, who are included in the 6 million figure for Jews)
Soviet prisoners of war	around 3 million (including about 50,000 Jewish soldiers)
Non-Jewish Polish civilians	around 1.8 million (including between 50,000 and 100,000 members of the Polish elites)
Serb civilians (on the territory of Croatia, Bosnia, and Herzegovina)	312,000
People with disabilities living in institutions	up to 250,000
Roma (Gypsies)	between 250,000 and 500,000
Jehovah's Witnesses	around 1,900
Repeat criminal offenders and so-called asocials	at least 70,000
German political opponents and resistance activists in Axis-occupied territory. The Axis powers included Germany, Italy, and Japan.	Undetermined amount. Germany invaded/occupied many countries. Most resistance activists were in the Channel Islands, Austria, Belgium, Czechoslovakia, Denmark, France, Greece, Hungary, Italy, Lithuania, Luxembourg, Norway, Netherlands, Poland, Romania, Serbia, Slovakia, Ukraine, areas of Soviet Union, and former Yugoslavian countries.
Homosexuals	hundreds, possibly thousands (possibly also counted in part under the 70,000 repeat criminal offenders and so-called asocials noted above)

Holocaust Remembrance Day: The 17 Million Reasons January 27 and Every Day Deserves Recognition (cont'd)

By: Edie Joyce

Victims of the Nazi Holocaust did manage to survive. My husband's grandfather was Roma and lived through imprisonment in Auschwitz. With the Holocaust ending in 1945 many survivors have passed away along with their memories. Hopefully, remembrance and education about genocide and the Holocaust will help people of all ages understand the harm and terrible consequences of their words and actions.

Sources:

1. Introduction to the Holocaust: What was the Holocaust? | Holocaust Encyclopedia (ushmm.org)
2. Antisemitism | Holocaust Encyclopedia (ushmm.org)
3. Documenting Numbers of Victims of the Holocaust and Nazi Persecution | Holocaust Encyclopedia (ushmm.org)
4. <https://www.nbcboston.com/news/local/gov-baker-signs-bill-mandating-genocide-education-in-mass-schools/2582350/>
5. German Occupied Europe (jewishvirtuallibrary.org)
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7. The Holocaust | The National WWII Museum | New Orleans (nationalww2museum.org)
8. Documenting Numbers of Victims of the Holocaust & Nazi Persecution (jewishvirtuallibrary.org)
9. Our Many Holocausts - The Atlantic
10. How do you define genocide? - BBC News



Photo Source: [Survivors pose next to a memorial to the 5000 Holocaust victims from Nowogrodek. - Collections Search - United States Holocaust Memorial Museum \(ushmm.org\)](#)



A Year for Self-Care

By: Eva Perez

2021 was a difficult year for so many of us, if not all. With so many changes to our schedules, our lives as well as unexpected life events, we tend to lose sight on our well-being. Here are some ways you can maintain your wellness and practice self-care adapted from Saakvitne, Pearlman, and Traumatic Stress Institute Staff, Transforming the Pain: A Workbook on Vicarious Traumatization, 1996 and <https://willowstone.org/news/8-types-of-self-care>

Physical Self-Care

Eating regularly and healthily

Do physical activity that is enjoyable for you

Exercise

Get regular preventative medical care

Get medical care when needed

Take time off when you're sick

Get massages

Get enough sleep

Take vacations or day trips



Psychological or Mental Self-Care

Write in a journal

Make time for self-reflection

Do something at which you are a beginner

Spend time outdoors

See a counselor or therapist for yourself

Read literature unrelated to work or your studies

Take note of your inner experiences (dreams, thoughts, feelings)

Photo Source: Best-Clipart.com

A Year for Self-Care Cont'd

By: Eva Perez

Social Self-Care

Spend time with others (in person or virtually)

Set healthy boundaries

Balance alone time and social time

Ask for help

Positive social media

Go out for breakfast/lunch/dinner with friends, family, or significant other

Emotional Self-Care

Express your outrage in a constructive way

Find things that make you laugh

Spend time with others whose company you enjoy (family, friends, loved ones)

Stay in contact with important people in your life

Be kind to yourself

Allow yourself to cry

Identify and seek out comforting constructive, and positive activities



SELF
care
IS NOT SELFISH

Photo Source: [Personal and Professional Benefits of Self Care - General Nursing - allnurses](#)

A Year for Self-Care Cont'd

By: Eva Perez

Spiritual Self-Care

Make time for prayer, meditation, reflection

Spend time in nature

Be open to inspiration

Identify what is meaningful to you and recognize its place in your life

Celebrate milestones with rituals that are meaningful to you

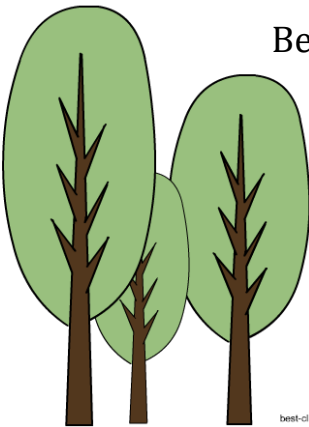
Contribute to or participate in causes you believe in

Be aware of nontangible (non- material) aspects of life

Express gratitude



best-clipart.com



best-clipart.com

Workplace & Professional Self-Care

Take time to eat lunch

Make time to complete tasks

Take time to catch up/ chat with co-workers

Identify projects and/or tasks that are exciting, growth-promoting, and rewarding for you

Balance your caseload so no one day is "too much!"

Work on time management skills

Arrange or rearrange your workspace so it's inspiring, comfortable, and comforting

Get regular mentoring and coaching

Have a peer support group

Amanda Gorman's New Year Poem: 'New Day's Lyric'

Poem written by Amanda Gorman

May this be the day
We come together.
Mourning, we come to mend,
Withered, we come to weather,
Torn, we come to tend,
Battered, we come to better.
Tethered by this year of yearning,
We are learning
That though we weren't ready for this,
We have been readied by it.
We steadily vow that no matter
How we are weighed down,
We must always pave a way forward.

This hope is our door, our portal.
Even if we never get back to normal,
Someday we can venture beyond it,
To leave the known and take the first steps.
So let us not return to what was normal,
But reach toward what is next.

What was cursed, we will cure.
What was plagued, we will prove pure.
Where we tend to argue, we will try to agree,
Those fortunes we forswore, now the future we foresee,
Where we weren't aware, we're now awake;
Those moments we missed
Are now these moments we make,
The moments we meet,
And our hearts, once all together beaten,
Now all together beat.

Amanda Gorman's New Year Poem: 'New Day's Lyric' (cont'd)

By: Amanda Gorman

Come, look up with kindness yet,
For even solace can be sourced from sorrow.
We remember, not just for the sake of yesterday,
But to take on tomorrow.

We heed this old spirit,
In a new day's lyric,
In our hearts, we hear it:
For auld lang syne, my dear,
For auld lang syne.
Be bold, sang Time this year,
Be bold, sang Time,
For when you honor yesterday,
Tomorrow ye will find.
Know what we've fought
Need not be forgotten nor for none.
It defines us, binds us as one,
Come over, join this day just begun.
For wherever we come together,
We will forever overcome.



Photo Source: [Meet Amanda Gorman, the 2021 Inaugural Poet | POPSUGAR Celebrity](#)

Stormé DeLarverie

By: Megan Pardoe



Stormé DeLarverie. New York Times, 30 May 2014, <https://www.nytimes.com/2014/05/30/nyregion/storme-delarverie-early-leader-in-the-gay-rights-movement-dies-at-93.html>. . Accessed 19 Nov. 2021.

In March we celebrate women's history month, to praise the achievements of women throughout history. Women have long been a driving force when fighting for LGBTQIA+ rights.

One of these amazing women was Storme DeLarverie, a self-named butch lesbian, with no room for "ugliness" (or discrimination) in her life. She was born on December 24th, 1920, to her mother, a black servant, and her white father. She begun singing in her early teens and traveled around Europe preforming in a jazz group. She then found her way to New York City in the 1950s and 1960s.

While in New York City, Storme became the star performer of the Jewel Box Revue, a racially integrated club featuring 25 drag queens and Storme, the drag king. Her performance cast her as the M.C. and due to performing as a drag king for her shows, she had to wear male clothing. She was arrested twice for wearing clothes under New York law at the time that "did not match her gender assigned at birth."

Stormé DeLarverie (cont'd)

By: Megan Pardoe

The focus of Storme's work for the LGBTQIA+ community was her participation in the Stonewall Riots and the protection of Christopher Street in the Greenwich Village neighborhood. On the night of June 28th, 1969, a police raid of the Stonewall Inn occurred. This was met with backlash from the crowd and people in the bar, traditionally a safe haven for the city's homosexuals. The police began arresting people both inside and outside the club. Storme was there that night and it's been told she was the first to throw a punch at the police that started the fight. The crowd began to throw objects at police officers and created a human blockade around Christopher Street.

This neighborhood was known for housing homeless LGBTQIA+ youth and for being a safe place for the community. After the Stonewall riots, Storme continued to help the community. She was known as the "guardian of lesbians in the Village." She would patrol the street with a rifle ensuring the community was safe, especially the homeless youth. This lasted for decades. Well into her 80s she would check in at local lesbian bars.

As she aged Storme was faced with a slew of housing, mental, and legal issues. She was then appointed a guardian in her old age and moved to an assisted living facility. She passed away in May of 2014 at the age of 93. Storme's work was instrumental to the progression of the LGBTQIA+ community.



Photo Source: <https://www.stonewallvets.org/StormeDeLarverie.htm>

"Queer History Profile :: Stormé Delarverie." *Campus Pride*, 22 Jan. 2021, <https://www.campuspride.org/queer-history-profile-storme-delarverie/>.

"Stonewall National Monument (U.S. National Park Service)." *National Parks Service*, U.S. Department of the Interior, <https://www.nps.gov/ston/index.htm>.

"Stormé Delarverie (U.S. National Park Service)." *National Parks Service*, U.S. Department of the Interior, <https://www.nps.gov/people/storme-delarverie.htm>.

Yardley, William. *Storme Delarverie, Early Leader in the Gay Rights Movement, Dies at 93*. The New York Times, 29 May 2014, <https://www.nytimes.com/2014/05/30/nyregion/storme-delarverie-early-leader-in-the-gay-rights-movement-dies-at-93.html>.

Lunar New Year

By: Elliot Hoan Ft. Yan Liao

Hello everyone!

Lunar New Year, usually celebrated in February of every year, is often celebrated in Chinese, Korean, Vietnamese cultures. This celebration is also big in Cambodia, Thailand, Malaysia, Singapore, Indonesia, and other countries that may have significant Chinese population/descendants.

We wanted to take a spin on things and instead of naming more facts and traditions on these matters, we wanted to bring a personal touch to Lunar New Year by highlighting experiences from our very own, Yan Liao!

1. What is your name and what department do you work in?

My name is Yan Liao. I work in the Risk Management Dept.

2. What do you like to eat during Lunar New Year?

I like to eat these foods during Lunar New Year:



Photo Source: <https://www.aheadofthyme.com/chinese-beef-dumplings-with-celery/>

Dumplings (Jiaozi) – Dumpling is a classic lucky food for Lunar New Year and a traditional dish eaten on Chinese New Year's Eve, especially in North China. Dumplings can be made to look like Chinese silver ingots, the silver pieces used as money in ancient times. It represents being prosperous.

Spring Rolls – Spring rolls get their name because they are traditionally eaten during the Spring Festival. It is a Chinese New Year dish especially popular in East China. They are a Chinese New Year favorite because they symbolize wealth.

Whole Steamed Fish – Steamed Fish is one of the most important symbolic dishes for Chinese New Year. You will see fish at almost every meal on the holiday served various ways. The pronunciation for 'fish' in Mandarin sounds like 'surplus'. It means you want an abundance of food or wealth so that you have it left over for the next year. Chinese people always like to have a surplus at the end of the year because they think if they have managed to save something at the end of the year, they can make more in the next year. May you always have more than you need!

Glutinous Rice Cake (Niangao) – In Chinese, it sounds like it means “getting higher year-after-year by year”. It can imply children's height, rise in business success, better grades in study, promotions at work, etc. I love the fried sweet Niangao.

Sweet Rice Balls (Tangyuan) – Tangyuan is commonly served on the 15th and final day of the Chinese New Year celebration. However, in South China, people eat them throughout the Spring Festival. It's made from glutinous rice flour. The rice balls are filled with anything sweet from red bean to peanut to taro. My personal favorite filling is sesame paste. The pronunciation and round shape of tangyuan are associated with reunion and being together. Happy (family) reunion!

Tangerines (Clementines) – They are the most traditional fruit to grace the table during Chinese New Year. It sounds the same as a word that means good fortune. They're served at the end of the meal and also exchanged when you go visit relatives.

Candy and other Sweets – Dried fruit or candy is very common as a snack food during Chinese New Year because it symbolizes a sweet life.

Lunar New Year (cont'd)

By: Elliot Hoan Ft. Yan Liao

3. How do you and your family typically celebrate it?

A couple weeks before Chinese New Year, my mom will carve the daffodil bulbs and place them in the beautiful ceramic flower pots. When the New Year comes, all the daffodils are blooming with beautiful shapes. They make the room beautiful and they smell good too! Before Chinese New Year's Eve, we buy New Year's food and snacks, New Year's decorations, and New Year's clothes, fireworks, etc. We put up spring couplets too! On Chinese New Year's Eve, my whole family reunites to enjoy a reunion dinner. The feast includes meat, fish, vegetable, niangao, spring rolls, dumplings, fish ball soup/chicken soup or other kind of soup. After the feast or while having our dinner, the whole family will watch the CCTV New Year Gala. The Gala starts at 8:00PM and ends when the Chinese New Year arrives at midnight. It becomes customary for many families. It features traditional, folk, and pop performances from China's best singers, dancers, comedians and acrobats. Parents usually give their children red envelopes (Lucky Money) after the reunion dinner to wish them health, growth and good studies in the coming year. On the first day of New Year, we put on new clothes and say "gongxi" meaning 'greetings' or 'best wishes', wishing each other good luck and happiness in the New year. It is customary for the younger generation to visit their elders, and wish them health and longevity. Traditionally married daughters visit their parents' home on the second day of Chinese New Year. They bring gifts and red envelopes to families and relatives.

4. What are some of your favorite things about Lunar New Year?

Some of my favorite things about Lunar New Year are: the family dinner on New Year's Eve, watching the CCTV New Year Gala Performance from 8:00PM – 12:00AM, watching the fireworks and visiting relatives.

5. Can you name a fond memory in regards to this event?

I have many fond memories in regards to Chinese New Year. As a child, Chinese New Year to me meant a lot of visiting with family and friends and getting to see a lot of my cousins that I didn't get to see all the time. The season was filled with traditional foods which we were served at all of the homes that we went to visit. The platter of snacks was always full of different items. Some of my favorite items on the tray were the white rabbit candies, dried coconut flesh and the watermelon seeds in their hulls. My family and I would spend hours sitting at the dinner table, hulling seeds and sharing stories from the day. Those were always great times. As any Chinese child will likely tell you, the red pockets were always a favorite! Visiting Aunties and Uncles always meant receiving a red envelope of money symbolizing luck for the upcoming year.



The Colorful and Joyous Festival of Holi

By: Laurie Bozek

Many thanks to the following EB employees who shared their memories and traditions surrounding this festival: Darshika Jain, Prathibha Kotha and Alisha Sabnis. I'd also like to thank Sowmya Aneesh, who interviewed her friend (and EB customer), Supriya Singh, and passed along her thoughts as well.

Holi is a Hindu holiday marked by bright colors and unbridled joy! Although it originated in South Asia, the festival is celebrated around the world and by many different faiths. This celebration takes place in March, corresponding to the Hindu calendar month of Phalguna. In 2022, Holi begins at sundown on Thursday, March 17th and ends at sundown on Friday, March 18th. The holiday celebrates the arrival of spring and the hope for abundant harvests in the future. It's also a celebration of love, kindness and inclusion. In addition, Holi serves as a reminder that good triumphs over evil. Supriya shared that it's a very fun holiday and one that she looks forward to celebrating each year.

There are many interesting legends about the origins of Holi. According to one story, there was a Demon King named Hiranyakashyap, who was an enemy of Lord Vishnu. However, his son Prahlada worshipped Lord Vishnu. The Demon King didn't approve of his son's devotion and planned to have Prahlada killed, with the help of his sister Holika. Holika had a magic shawl that protected her from fire. She lured Prahlada to sit with her in a bonfire, where she knew she would be protected, but Prahlada would perish. However, Prahlada prayed to Lord Vishnu to keep him safe, and Lord Vishnu created a wind that blew the shawl off Holika and protected Prahlada instead. Prahlada showed such devotion to Lord Vishnu that he was saved and Holika burned to death.

Another legend is the story of Krishna and Radha. Krishna grew up being very jealous of Radha because Radha had such a fair complexion and Krishna was very dark. Krishna complained to his mother about this injustice, and she suggested that he go and color Radha's face whatever color he liked. Krishna did just that, making Radha look more like him. After that, Krishna fell in love with him and the two became a couple. Holi still involves applying color to one's face and expressing affection.

Holi is a two-day event. It's a time to gather with friends and family, have fun and eat lots of delicious food. Alisha mentioned to me that during the holiday, many Hindus will visit their temple sometime during these two days. The first day of the festival is referred to as Choti Holi (meaning small Holi). On this day, the holiday is celebrated with a bonfire at night. The fire signifies the burning of the demon Holika. Sometimes an effigy of Holika will be thrown into the fire. Marking the holiday in this way is thought to bring good luck and prosperity.

The Colorful and Joyous Festival of Holi (cont'd)

By: Laurie Bozek

On the second day, the festival of colors is celebrated. This is referred to as Rangwali Holi (meaning Holi of colors). Family and friends gather outside to play Holi with brightly colored powders called gulal that are thrown in the air and smeared on faces and clothes. Usually people wear white, so that the colors stand out better. However, it's not a day to wear good clothing, because the colors can stain. The colors that float in the air carry a message of love and harmony. Children play with water balloons or colored water and water guns. Water helps the color to adhere better and to last longer. Supriya and Prathibha mentioned that the water play is more common in India than where we live in Massachusetts, because the weather is warmer at that time of year in India. Sometimes here they just play with the colored powder, depending on the temperature outside.

Many people decorate their homes for the festival. Supriya's family decorates with lights and flowers. In India, it is common to decorate with Rangoli, also called "Sand Mandala." Alisha mentioned that when in India her family would make Rangoli. This artwork usually adorns the threshold of the house. Rangoli is a colorful pattern on the ground, using such things as sand, beans, or flower petals. These designs can be quite intricate and are thought to bring good luck, as well as providing a beautiful welcome to guests.

During Holi, you will hear a couple of phrases repeated frequently. These are "Happy Holi" or in Hindi, "Holi Mubarak" (pronounced: Ho-lee Mu-bar-ak). Another phrase that you'll hear frequently is "Don't worry, it's Holi!" This phrase is meant to encourage people to have fun, enjoy themselves and to not be bothered by the revelry going on around them. In Hindi, it's "Bura Na Mano Holi Hai" (pronounced: Boo-ra Nah Man-noh Ho-lee Hey).

A very important part of the Holi celebration (and one which everyone I spoke to mentioned as being a highlight) is the wonderful array of food and drink that's shared during Holi, particularly the sweets! Prathibha celebrates by having a potluck meal with friends and family. What a great way to sample a lot of different treats. Darshika looks forward to Gujiya, which is a sweet empanada and to Besan Burfi, which is similar to fudge. Prathibha mentioned Dahi Vada, which is a deep-fried lentil fritter. Alisha's family enjoys Puran Poli, a sweet flatbread. Supriya makes Rabdi, which is a sweetened milk-based dessert flavored with cardamom and saffron. This all sounds delicious!

If you'd like to celebrate Holi yourself this year, the colored powder and all the ingredients for making Holi goodies can be purchased at any local Indian store. Holi Mubarak, everyone!



The Colorful and Joyous Festival of Holi (cont'd)

By: Laurie Bozek



<https://www.pexels.com/photo/person-s-hand-full-of-colored-powder-3906333/>

Black & Women's History Month Notable Figures/Events Hidden Puzzle

By: Sophy Theam

This is a word search puzzle that has a hidden message in it. First find all the words/names from the list below. Words can go in any direction and share letters as well as cross over each other. Once you find all the words, **copy the unused letters starting in the top left corner into the blanks** to reveal the hidden message.

N S E N M V E R E V E R B E A F R A I D N R S N E
U T T O O A M A K E S O M E N J O I S O O E S A I
P O A H N I E D G E T I N G O O O D T S T R A M R
A O L U G B T R L E N E C H E S S G A A R Y L B U
U Y T E R I O A D U B L N E M V N P X O Y Y G U C
L A O N G B R Z R A K L Y V O I A S Z D J G U T E
I D G O R N W L N G E X Q T H R N Y T N V K O T I
M M F Z T S A M I W I V D S K A K S F S P N D E R
U O R M U R W A I V V M A S O C E Q B X P A K I A
R D Q E P C K S Y N I W T H N G L M C Q Y R C R M
R E R Q S B F K L A T C L A I K R X I V N F I R N
A E M I F P G Q O R M F F C E W Z L H X O E R A B
Y R T I L I O J E E C X L X N R Z R F V H N E H X
Z F D V P I X K C D W O M I T L G Z Y L T N D W R
O L H F Q V O S L L E W B A D I W E Z L N A E J D
X A V W W O F R I D A K A H L O S T H M A S R Y T
M N N G B S O J O U R N E R T R U T H T B R F L E
J O M A R T I N L U T H E R K I N G J R N G J P X
Y I B W X H Y J K Z X P N F X K O Z F A A O X X B
C T X J F X W H M A A H K B X N N R Z B S Z H M S
R A V Q V A M A N D A G O R M A N X H Q U J F I K
U N D E R G R O U N D R A I L R O A D G S F R T D
K P X E M X U D T U M E W Q Y C R J M N L C X N A
F G H N Y K B H K Q P Y M K B T O Q L R K M V Y R
L R S Q T M O Y H G W I J C S J W F R O O Z F H F

Amanda Gorman
Civil Rights
Harriet Tubman
John Lewis
Maya Angelou
Anne Frank
Frederick Douglass
Ida B Wells
Marie Curie
National Freedom Day
Booker T Washington
Frida Kahlo
I have a Dream
Martin Luther King, Jr
Pauli Murray
Susan B Anthony
The Great Migration
Rosa Parks
Underground Railroad
Sojourner Truth

"_____, _____, _____, _____, _____, _____
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Who quoted this? _____