

BREAKING BARRIERS

CELEBRATING 35 YEARS OF THE AETNA AFRICAN AMERICAN HISTORY CALENDAR



SECOND EDITION

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AFRICAN AMERICAN LEADERS

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Telling the story

The year was 1982. Black history was absent from the curriculum in most schools. Yet Aetna believed that this history – accounts of extraordinary African American men and women – needed to be told.

That year, Aetna and a group of its minority agents (led by legendary tennis player, philanthropist and Aetna Board member Arthur Ashe) envisioned a way to share part of this history. The project: creating what may be the first black history calendar ever published.

It began as a small initiative, reaching only a few African American neighborhoods, and historically black colleges and universities. Yet over its 35-year history, the calendar blossomed into an award-winning annual communication; and was embraced as an educational tool in schools, libraries, and homes across the nation.

Breaking Barriers was first published in 2008 as a way to keep the calendar's three decades of stories on the forefront of our collective history. These stories are shining examples of courage, perseverance and grace. They extend beyond culture, place and time to weave an American tale of impact and inspiration. They are stories that must be shared and that deserve to live on.

As a retrospective of the first 35 years of The African American History Calendar, this second edition of *Breaking Barriers* celebrates the important work of African Americans as individuals and within the community. In its chapters, you will find a rich mix

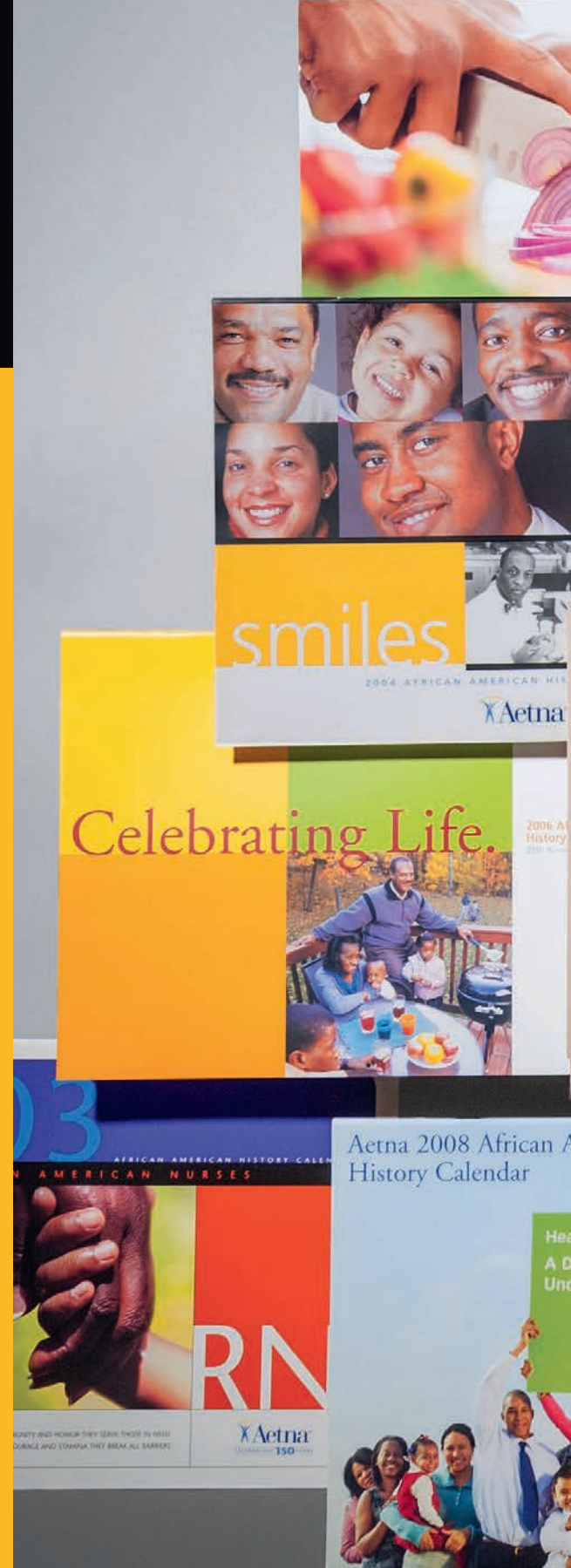
of profiles from the annual calendars that illuminate diverse facets of American history and culture. Those profiles marked with an * in the index on page 104 have been republished from the first edition without update.

In many ways, the goal of both *Breaking Barriers* and the original calendars is the same as the Aetna mission: *to empower people to live healthier lives*. By sharing the stories of notable visionaries and grassroots change-makers, prominent activists and community defenders, *Breaking Barriers* proves that with support and passion comes transformation.

The 35th Anniversary Edition of *Breaking Barriers* is a powerful reminder of what it means to be part of the Aetna family, which remains a tireless champion of community and diversity. While we cannot name all of its contributors here, we must thank Aetna Senior Project Manager Peggy Garrity for her enthusiastic support of this project over the years. Her unwavering dedication helped to shape the publication and, in turn, to share the stories that made an impact on us all.

Our hope is that the stories told within *Breaking Barriers* will continue to ignite and drive positive change in all of us.

Floyd W. Green, III, Vice President
Community Activation and Local Marketing, Aetna



aetna

The 1990 Calendar of African-American History

The Life and Photographs
of Milt Hinton, Jazz Musician

THE 1989
CALENDAR
OF BLACK
HISTORY

THE POWER WITHIN:

the power
is within you.

PHIL HALE WILLIAMS

THE 1993 CALENDAR
OF AFRICAN-AMERICAN
HISTORY

*In the Shadow
of the Great White Way*
Images from the Black Theatre

The 1992 Calendar of
African-American History
Featuring the photographs of
Burt Andrews

Etna

THE 1991 CALENDAR OF AFRICAN- AMERICAN HISTORY

A HARD ROAD TO GLORY

The history of the African-American athlete, chronicled by Arthur R. Ashe Jr.

Love, Wisdom and Conscience

Healthful Blessings

† ☆ ☾ ☼ ॐ
Faith-based health initiatives making
a difference for African Americans

Champions for change

African Americans creating a healthier world through sports

2015 African American History Calendar

More than 400 individuals, places or organizations have been featured in the Aetna African American History Calendar. Below, highlighted in black, are the 72 individuals featured in *Breaking Barriers*. The remaining list demonstrates the breadth of people and places that Aetna has celebrated and honored for 35 years.

PEOPLE AND PLACES

ARTHUR ASHE, JR. • FRANCES ASHE-GOINS • ALEX ASKEW • JOSEPHINE BAKER • CHARLES BOLDEN, JR. • ROVENIA BROCK • SYLVESTER BROWN, JR. GAIL LUMET BUCKLEY • RALPH BUNCHE • M. ELIZABETH CARNEGIE • ELLAREETHA CARSON • TAMIKA CATCHINGS • LEAH CHASE • LORETTA CLAIBORNE ASHTON CLARK • RYAN CLARK • GRANVILLE C. COGGS • JOHNNETTA COLE • IRA COMBS • COMER COTTRELL, JR. • CHARMAINE CRAIG • CHRISTINE DARDEN SAMPSON DAVIS • ANITA DEFRANTZ • SUZANNE DE PASSE • CLIFTON DUMMETT • TRISH MILLINES DZIKO • ROBIN EMMONS • SYLESTER FLOWERS FABIOLA GAINES • WILLIE GARY • NORMA GOODWIN • EARL GRAVES, SR. • JESSICA B. HARRIS • TONY HILLERY • MILT HINTON • SHERRIE HINZ APRIL HOLMES • RAMECK HUNT • T.D. JAKES • GEORGE JENKINS • EDDIE BERNICE JOHNSON • GABRIELLE JORDAN • PATRICIA KELLY MALACHI KNOWLES • SHIRIKI KUMANYIKA • JACOB LAWRENCE • MEADOWLARK LEMON • MARISA LEWIS • HENRY LEWIS, III • FRED LUCAS OSEOLA MCCARTY • DENNIS MITCHELL • VANCE J. MOSS • VINCENT L. MOSS • ALAN PAGE • LLOYD RICHARDS • PAUL ROBESON • ANTHONY G. ROBINS JACKIE ROBINSON • ANTHONY ASADULLAH SAMAD • ARTURO SCHOMBURG • PERNESSA C. SEELE • CYNTHIA SHELBY-LANE • PATRICIA L. SMITH TOMMIE SMITH • HAILE THOMAS • MADAM C.J. WALKER • RONIECE WEAVER • L. DOUGLAS WILDER • RICHARD ALLEN WILLIAMS • BETTY SMITH WILLIAMS

CLARA L. ADAMS-ENDER • THE AFRICAN CONNECTION OF THE GULLAH PEOPLE • IRA ALDRIDGE • ALPHA ALEXANDER • DENISE LOR ALEXANDER • SADIE TANNER MOSSELL ALEXANDER • DEBBIE ALLEN • RICHARD ALLEN • SHARON ALLISON-OTTEY • MARION ANDERSON • CAROLINE STILL ANDERSON • ROLAND V. ANGLIN LOUIS ARMSTRONG • ALEXANDER AUGUSTA • MARVENE AUGUSTUS • BYLLYE Y. AVERY • VIN BAKER • BENJAMIN BANNEKER • AMIRI BARAKA • ANN SMITH BARNES • EBENEZER BASSETT • ERNEST BATES • DELILAH BEASLEY • VALERIE BECKLES • JAMES BECKWOURTH • BYRON L. BENTON • CHU BERRY • TIA BERRY MARY MCLEOD BETHUNE • THOMAS BETHUNE • DAVID BING • DAVID BLACKWELL • EUBIE BLAKE • RENEE BLOUNT • ANGIE BODDIE • KEVIN BOLDEN LINDA BURNES BOLTON • WINIFRED BOOKER • WALT BRAITHWAITE • CAROLYN BARLEY BRITTON • YVONNE BRONNER • GWENDOLYN BROOKS • SIDNEY BROOKS, SR. CHARLOTTE BROWN • JESSE BROWN • TINA BROWN-STEVENSON • RUTH C. BROWNE • BLANCHE BRUCE • CEDRIC BRYANT • DIANE BUCKINGHAM • HARRY BURLEIGH ALAN THACKER BUSBY • ELEANOR BUTLER • DAROLD BUTLER • JOHN BUTLER, III • CALVIN BUTTS, III • YVONNE DARLENE CAGLE • CAB CALLOWAY • MICHELLE CAMPBELL JOSEPH CAMPHOR • DEXTER CAMPINHA-BACOTE • WILLIAM WARRICK CARDOZO • KELLY D. CARLISLE • L. NATALIE CARROLL • VINNETTE CARROLL • EMMETT CARSON DANELLA CARTER • RON CARTER • LESTER L. CARTER • SHERWOOD C. CARTHEN • GEORGE WASHINGTON CARVER • KASHIA CAVE • CHARLES CHAMPION LULU CHILDERS • ALICE COACHMAN • JAMES COLBERT • NAT “KING” COLE • LENORE COLEMAN • JULIUS COMBS • LUVENIA COWART • ELLEN CRAFT RONNIE CRUDUP, SR. • KHARY CUFFE • SELENA CUFFE • CULINARY INSTITUTE OF AMERICA • COUNTTEE CULLEN • DOROTHY DANDRIDGE • MARVEL KING DAVIS OSSIE DAVIS • KATIE DAWSON • MAT DAWSON, JR. • JUDY DEARING • RUBY DEE • BILL DEMBY • JOETTA CLARK DIGGS • MARY DIGGS-HOBSON BARBARA DIXON • RONALD DOBBINS • LYNDA DORMAN • JEMEA S. DORSEY • FREDERICK DOUGLASS • RITA DOVE • CHARLES DREW • W.E.B. DU BOIS



Arthur Ashe once said, “True heroism is remarkably sober, very undramatic. It is not the urge to surpass all others at whatever cost, but the urge to serve others at whatever cost.”

It was with that spirit that the African American History Calendar was conceived 36 years ago, while Ashe served on Aetna’s board of directors and Minority Agents’ Task Force. The calendar was a way to celebrate our differences while uniting us with a common spirit, an outlet for acknowledging the true heroism that is often overlooked in everyday life.

It has been a remarkable journey. Since its inception, the calendar has told the stories of more than 400 African American men and women. Many of these individuals are well known, such as the great Martin Luther King, Jr. and the “Queen of Creole Cuisine” Leah Chase. Others, such as Special Olympics athlete Loretta Claiborne and youth health advocate Haile Thomas, are quieter in their pursuit of change. They have all, however, made an impact on our society, our history, and our future generations.

In celebration of more than three decades of these stories, I am proud to introduce *Breaking Barriers*, the second-edition retrospective of our calendar. These are stories that span our communities and our culture; featuring heroes in business, government, civil rights, science, medicine and health care, education,

and the arts. They tell the tales of many noteworthy African Americans and their accomplishments, such as:

- Arthur Ashe, Jr., tennis great and former Aetna board member
- Dr. Charles Drew, creator of the American Red Cross blood bank
- James Earl Jones, award-winning actor
- Meadowlark Lemon, minister, mentor, member of the Basketball Hall of Fame
- Elijah McCoy, patent holder for more than 50 inventions, including the tire tread
- Glovioell Rowland, pastor and grassroots health educator
- Sojourner Truth, activist, orator and educator
- L. Douglas Wilder, first elected African American governor in the United States

For 35 years, the African American History Calendar has been a symbol of Aetna’s commitment to making a difference – to breaking barriers and building bridges both inside and outside of our company.

It is my hope, as Aetna’s President, that this book will inspire you to acknowledge the unsung heroes that surround you – and to continue to look for ways to break barriers for yourself and for others.

Karen Lynch
Aetna President



When Aetna asked me to be involved with this book, I said yes because Aetna is like family. My relationship with the people at Aetna spans more than 30 years, over which time they have been my colleagues, my advisers, my health care providers and my friends. Additionally, my late husband, Arthur Ashe, Jr., would be thrilled to see 35 years of the Aetna African American History Calendar (AAHC) codified into a book. A book's symbolism as an archival receptacle of knowledge seems the perfect culmination of a project intended to announce, celebrate and record the myriad contributions of historical and contemporary African Americans to American and global society.

Arthur's connection to Aetna originated with the Aetna World Cup tennis competition in the '70s, after which he joined the Aetna Minority Agents' Task Force to recruit at traditionally black colleges. His connection deepened into participation on the Aetna board of directors and the Aetna Foundation board. His positions meant that the first AAHC was not only something he was featured in, but also something he helped develop and implement as well.

The AAHC fit right in with Arthur's passion for African American history. More important, the calendar spotlighted service toward others – something Arthur highly valued. The featured individuals are

successful African Americans who also paved the way for others, improved the world around them or educated those they encountered. They display how you can do what you love and do good works at the same time.

The importance of this book is evinced often for me. There are many times, while lecturing at historically black high schools and colleges, that I will mention the website www.ArthurAshe.org and discover that none of the kids know of him or any other early black tennis players. They do, however, know Serena Williams. To know who the Williams sisters are but have no idea of the trailblazers who came before them really crystallized, for me, the need to enumerate and recognize the African American individuals featured in this book; and present them as role models for younger generations.

It is an honor to introduce the Aetna African American History Calendar book and all that it represents: a testament to the talents and accomplishments of African Americans, an acknowledgment and celebration of altruistic endeavors, and Aetna's continued commitment to the African American community.

Jeanne Moutoussamy-Ashe
ArthurAshe.org



Dedication to a Remarkable Leader
ARTHUR ASHE, JR.
1943 - 1993

*1982-1993 Aetna Inc. Board of Directors
1983-1993 Aetna Foundation, Inc. Board of Directors*

Recognized as a top-ranked tennis player in the 1960s and 1970s, Arthur Ashe, Jr.'s legacy truly transcends athletics; and is a testament to hope, conviction and the unwavering strength of the human spirit.

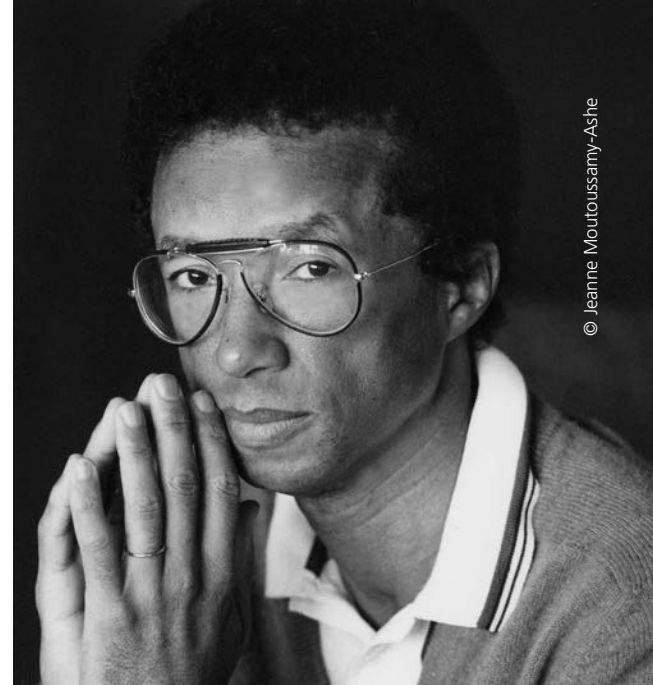
Ashe was born in Richmond, Virginia, and grew up playing tennis at the Richmond Racquet Club; which was formed by local African American tennis enthusiasts. Even before he finished high school, he was ranked 28th in the country among junior tennis players.

Ashe went on to win the singles crowns of many coveted championships, including Wimbledon, the U.S. Open, the Australian Open and World Championship Tennis; and twice earned the world's No. 1 ranking (1968 and 1975). He was the first African American player on the U.S. Davis Cup team in 1963. He was captain of the U.S. Davis Cup team from 1981 to 1985. Ashe also was a star at the Aetna World Cup Tennis Tournament for several years.

Ashe was a founder of the Association of Tennis Professionals and served as its first president. He joined Charlie Pasarell and others to form the National Junior Tennis League, which now provides tennis instruction and tutoring to more than 250,000 children nationwide. He worked with the Cystic Fibrosis Foundation, served as a consultant to Aetna, and later served on the corporation's board of directors and Minority Agents' Task Force. Ashe also served as the Aetna Foundation's board chairman. After his passing, the Aetna Voice of Conscience® Award was created in his honor.

A prominent advocate for civil rights and for the health of Africans in Africa and those of African descent, Ashe became involved in the anti-apartheid movement in South Africa in the 1980s and spoke out against crackdowns on Haitian refugees in the U.S.

After a heart attack in 1979, Ashe underwent quadruple-bypass surgery, but his heart trouble continued. In 1983, two years after officially retiring from competitive tennis, Ashe had double-bypass surgery. This surgery is believed to be the source of his exposure to HIV that was diagnosed in 1988.



© Jeanne Moutoussamy-Ashe

On December 1, 1992, World AIDS Day, Ashe addressed the United Nations' General Assembly, imploring delegates to boost funding for AIDS research. He also founded the Arthur Ashe Foundation for the Defeat of AIDS. In December 1992, Ashe was named *Sports Illustrated's* Sportsman of the Year.

Ashe died of AIDS-related pneumonia on February 6, 1993, yet his legacy continues. In 2007, he was listed at #14 in *USA Today's* list of 25 Most Inspiring People of the Last 25 Years; and in 2009, President Bill Clinton inducted him posthumously into the U.S. Open Court of Champions. The ArthurAshe.org website and Arthur Ashe Legacy Fund at University of California Los Angeles continue to promote and teach the values he embodied in life and in work.

Today, the main stadium at the USTA Billie Jean King National Tennis Center is named Arthur Ashe Stadium in Ashe's honor; a tribute not only to his victory in the inaugural U.S. Open, but also to the life and work of this great businessman, humanitarian and athlete.



Jackie Robinson • Malachi Knowles • Tommie Smith • Loretta Claiborne • Anita DeFrantz • Alan Page • Meadowlark Lemon
April Holmes • Rovenia Brock • Patricia Kelly • Tamika Catchings

SPORTS AND ATHLETIC FIGURES

Throughout history, African American athletes have devoted their lives to their sport, as demonstrated by the high level of accomplishments that they achieved. Aetna's African American History Calendar has paid tribute to those who have made it their purpose to spread the message of health, fitness and sportsmanship in communities across the world.

The calendar has recognized defining moments in athletic history such as Marshall Taylor's bicycle racing career that reached its height in 1898; Jackie Robinson's debut with the Brooklyn Dodgers that ended 80 years of segregation in baseball; or Florence Griffith-Joyner becoming an Olympic track and field champion during the 1988 Seoul Games.

The calendar also has profiled those who strive for fitness outside of the sports arena. In 1998, The Story of Fitness calendar recognized individuals who – through a combination of strength, flexibility and endurance – prepared themselves for achievement by getting physically fit.

This chapter celebrates the accomplishments of athletes and fitness experts who have helped to break down barriers and encourage well-being among African Americans. With a profound devotion to taking care of the mind, body and spirit, these individuals continue to offer renewed hope while changing lives for the better.

1624
William Tucker, first African child born in America.

1731
Mathematician, urban planner and inventor Benjamin Banneker born.

1770
Crispus Attucks becomes one of the first casualties of the American Revolution.

1773
Jeanne Baptiste Pointe Du Sable, black pioneer and explorer, founded Chicago.



Jackie Robinson

JANUARY 1982, OCTOBER 1991 AND
SEPTEMBER 2000 CALENDARS

There have been greater baseball players than Jackie Robinson, but none braver. As the first African American player in the major leagues in modern baseball history, Robinson’s impact extended far beyond the baseball diamond.

When he ran onto Brooklyn’s Ebbets Field on April 15, 1947, the hopes of millions of African Americans rested on his broad shoulders. Although he was the target of vicious race baiting, Robinson

bore the taunts and threats with incredible stoicism. After his first season, the former Negro League player was named National League Rookie of the Year.

“Above anything else,” he said, “I hate to lose.”

His aggression on the field was matched by his assertiveness off it. He demanded – and got – rooms in hotels where the Dodgers stayed that previously had been segregated.

“To many of us who attain what we may and forget those who help us along the line – we’ve got to remember that there are so many others to pull

along the way. The further they go, the further we all go,” Robinson said.

After retiring from baseball and being elected to the Baseball Hall of Fame, Robinson continued to demand that baseball, and his country, tear down racial barriers.

“I cannot as an individual rejoice in the good things I have been permitted to work for,” he said, “while the humblest of my brothers is down in a deep hole hollering for help and not being heard.” Robinson died in 1972.

1783 James Derham, a slave from New Orleans, bought his freedom while working as a nurse. He later became the first African American physician in America.	1811 Charles Deslondes leads slave revolt in Louisiana.	1831 The World Anti-Slavery Convention opens in London.	1832 Charter granted to Georgia Infirmary, the first black hospital.
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Malachi Knowles
DECEMBER 2015 CALENDAR

When he was just 10 years old, Malachi Knowles worked as the “shag boy” at Everglades Country Club in Palm Beach, Florida – a title he was proud to have. But the golf course was more than a job. It was a lesson on how to succeed in life. He learned how to speak, what to say, how to act, what to wear, how to value

his quarters as tips and how to play golf. The game has given him so much throughout his life that he’s now bringing golf to his hometown.

In 1998, Knowles founded Inner City Youth Golfers, Inc. (ICYG) at JFK Middle School, Riviera Beach, Florida. Its mission is to use the game of golf to help young people build positive skills and enhance their lives.

Knowles aims to help kids grow up like he did, learning the things that helped him succeed. He has worked with more than 15,000 kids since he started. “We show these kids that there are good things to do in life like playing golf. When they take up golf, they’re not going to be out there doing whatever,” he said. ICYG’s motto is “Say NO to Drugs – Say YES to Education, Culture and Golf.”

Knowles enjoys the fact that his organization is not only helping kids, but also their parents. ICYG mandates that the golfers’ parents learn golf as well. “When a child is learning golf and ends up in a ‘happy place’ like making a birdie, the parents need to be able to speak the same language. That helps create a happy family and positive conversation around the dinner table,” he said.

ICYG is making a big impact, not only in Florida, but also around the country through community partnerships. Knowles stated, “We really hope that what we’ve started will help people see the good that comes from engaging our youth in a sport like golf so that others will do the same wherever they are in the world.” He added, “Golf is the carrot, but education is the key.”

Always A Sports Fan: Words of Arthur Ashe, Jr.

The 1991 Aetna African American History Calendar was dedicated to 12 athletes featured in Arthur Ashe, Jr.’s *A Hard Road to Glory*, a book depicting the struggles African American athletes endured to achieve great success. The following words are excerpts from the calendar introduction written by Ashe:

“Those who believe in fate would say there could have been no other occupation for me than professional athlete. I grew up literally surrounded by sports. As a young sports fan, I idolized Jackie Robinson – as did most black

kids in the late ‘40s and early ‘50s. But I was also inspired by people like Althea Gibson, Bill Russell and Sugar Ray Robinson. Reading of their feats helped motivate me to seek a career as a professional athlete. Soon I learned that while I admired Jackie Robinson’s prowess on the diamond, I had no conception of the struggle he faced, the hardships he overcame. For black athletes, the competition was often the least imposing obstacle; there was also discrimination, vilification, incarceration and ultimate despair to overcome. Today’s African American athletes continue to inspire their brethren, as evidenced by the fact that millions of young blacks continue to dream of athletic stardom. Hopefully, they will come away with an appreciation of what a hard road it really is.”

1839 Cinque leads Amistad mutiny off the coast of Long Island, New York.	1847 Frederick Douglass publishes first issue of <i>North Star</i> .	1848 Frederick Douglass elected president of National Black Political Convention in Cleveland, OH.	1854 James Augustine Healy, first black Roman Catholic bishop, ordained a priest in Notre Dame Cathedral.
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Tommie Smith
OCTOBER 2015 CALENDAR

Tommie Smith was blessed with the size and speed needed to be an athlete, but where he grew up in Lemoore, California, there were no organized sports. It was in the schoolyard at recess where he first realized he could run faster than everyone else – including his sister who was the fastest runner at school. While he was only a fourth grader, that realization would set him on a journey toward Olympic glory.

His infamous gesture atop the podium at the 1968 Summer Olympics in Mexico City would propel him into a position as a human rights leader. The simple raised fist and bowed head was not meant to disrespect the United States, but rather to help shed a light on the inequality that existed within

its borders. He made it his mission to help those who couldn’t help themselves; and, in turn, level the playing field.

“Everyone wants to belong to something both emotionally and physically. Sports gives people that sense of belonging, especially those who are neglected socially and academically. It’s sports that affords them the opportunity to build their personalities no matter what their circumstances,” said the Olympic champion.

Smith is providing such opportunities through the Tommie Smith Youth Athletic Initiative, which supports youth in the Oakland, California, area. The organization has served thousands of kids since 2004, offering athletic clinics from January through May that culminate with a track meet in June.

The children learn life skills with a focus on health and wellness, and run track for exercise.

“Everyone has to believe that they are important, and children don’t always understand that they have value. It doesn’t matter what they look like, where they are from or what their abilities are. Our differences are what make us stand out. We teach them to embrace that and then help them to set goals for themselves. Because without a goal to reach, there’s no place to go,” Smith said.

Smith adds, “When you’re involved in sports, you’re part of a group. And everyone knows the same things and has the same goals. Everyone understands one another. There is equality in sports where there may not be in a classroom or even in the world.”



Hope for the future through sports

By Loretta Claiborne

It's true what they say. It's not easy being different. I know because I lived through it. Growing up partially blind and intellectually challenged, I wasn't accepted by my peers. I was never asked to participate in anything they were doing. But then I started to run with my big brother. Slowly, I was able to find my place in the world. I truly believe that sports saved my life, and I wouldn't be here today without it.

I am so encouraged by the work that the athletes featured in this year's calendar are doing to bring their communities together through a variety of sports and athletic programs. Sports has always been my saving grace and a way for me to feel like I belonged, even when everyone else was telling me I didn't. Sports can bring people together from different backgrounds and experiences, and make a community whole.

I believe it's important to inspire the kids in our communities to be better and to do more with their lives. That's what the men and women highlighted throughout the months of this calendar are doing through their initiatives. The lessons kids learn by playing organized sports can prepare them for life. They have to learn to respect their coaches and the rules. They have to dress properly and behave. It is a place where they learn what it takes to do well, not just on a track, court or field, but also in school and life.

Sports is also a game changer when it comes to the physical health of our communities. Sports keep people active. The growing obesity epidemic in America makes it more important than ever to get African Americans on track for more healthful living. Being active can help keep our weight down. It can also keep us from doing things that may be harmful to ourselves or to one another. I'm sure these calendar honorees would agree that anything we can do to keep our kids active today is going to be the key to a better tomorrow for them and the neighborhoods we live in.

I know that sports can change people's lives. I'm living proof of that. And the wonderful people profiled in this year's calendar are changing lives physically, emotionally and academically, helping to create positive influences within their communities. They are providing hope for the future, and they're accomplishing it all through the power of sports.

Loretta Claiborne has been a Special Olympics athlete since 1970, and continues to participate today as an athlete and as a board member of Special Olympics International. She was honored in 1996 with ESPN's ESPY Arthur Ashe Award for Courage, and Walt Disney Productions recounted her life story in "The Loretta Claiborne Story." Known as the "Running Lady" in her hometown of York, Pennsylvania, Claiborne hopes her story can change people's minds about those with intellectual and/or physical disabilities.

1856 Dr. Daniel Hale Williams, pioneer heart surgeon, born.	1857 Supreme Court issues Dred Scott decision.	1859 Harriet Wilson's <i>Our Nig</i> is first novel published by a black writer.	1861-1865 Harriet Tubman served as an unpaid nurse to wounded civilians and soldiers in the Sea Islands off the coast of South Carolina during the Civil War.
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Anita DeFrantz
DECEMBER 1998 CALENDAR

Anita DeFrantz is recognized as one of the world’s most powerful sports figures. She was the first woman and first African American to serve as vice president of the International Olympic Committee (IOC), the ruling body of the Olympic Movement worldwide.

When asked what her secret is for influencing colleagues, DeFrantz comments, “I ask people I trust for help and advice.” DeFrantz combines wisdom, hers and others, with her well-honed habits of discipline, focus and preparation.

While a law student, DeFrantz won a medal for rowing in the 1976 Montreal Olympic Games. The next four years were filled with national and international competitions and medals. She became involved in the political debate regarding the U.S.-led boycott of the 1980 Olympic Games, exposure that led to her important role in the Olympic Movement in the United States. Six years later, she took her seat as a member of the IOC.

DeFrantz moves comfortably through dazzling new experiences, whether selecting the site of the next Olympic Games, awarding medals to Olympic Games competitors, promoting the involvement of more women in sports or fighting against drug abuse in sports. A recipient of numerous honors and awards,

DeFrantz was recently named one of “The 100 Most Influential Sports Educators in America” by the Institute for International Sport and one of the NCAA’s “100 Most Influential Student-Athletes.”

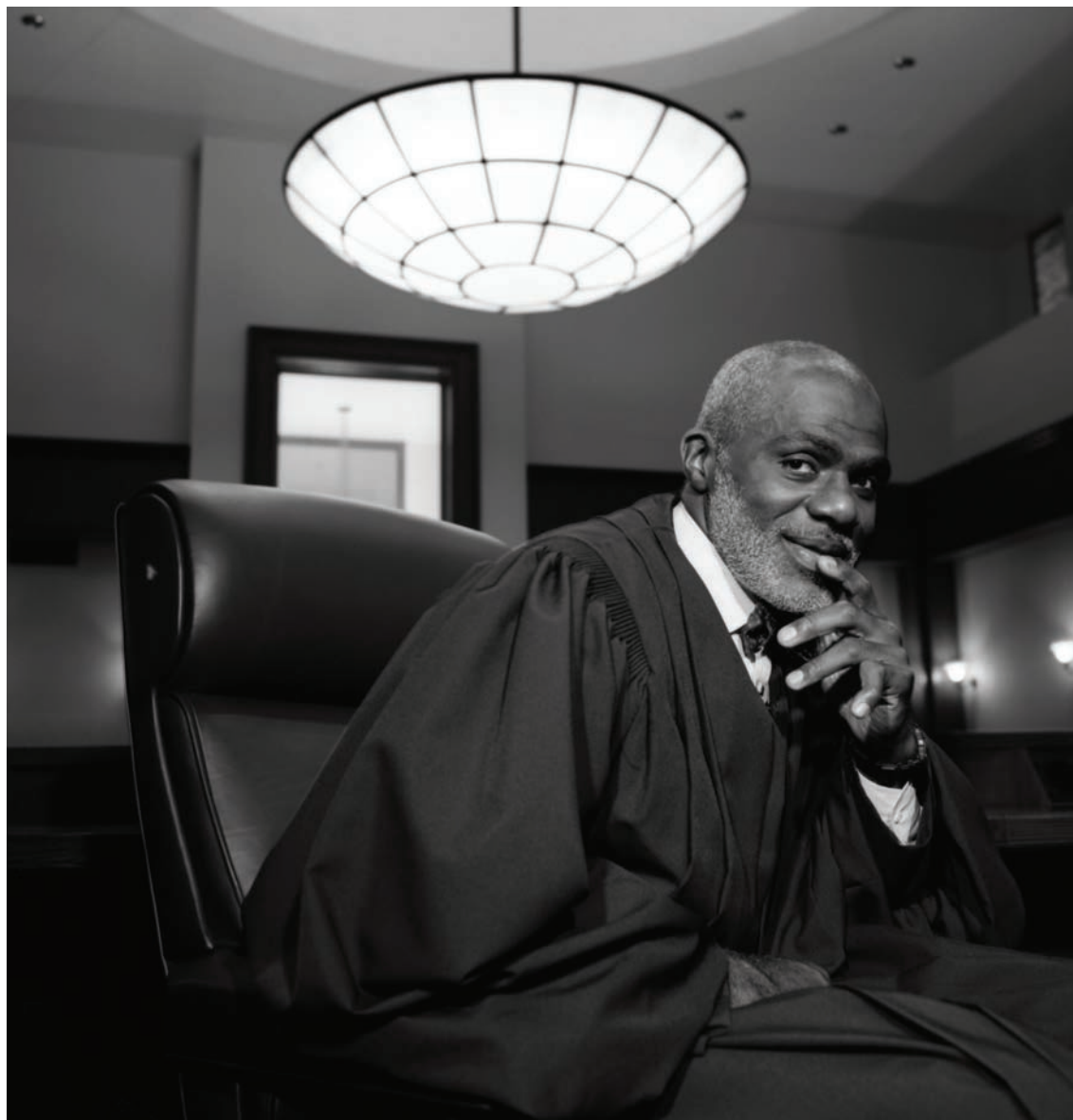
As president and member of the board of directors of the LA84 Foundation, which manages the endowment from the 1984 Olympic Games, DeFrantz stays in touch with true sports amateurs and with people whose backgrounds more closely parallel her middle-class upbringing in Indiana. Few of the 2 million youngsters participating in LA84 Foundation-supported programs will be Olympians, but DeFrantz hopes they will learn the value of being prepared to seize new and often unforeseen opportunities.

1862
African Methodist Episcopal Zion Church founded in New Bern, North Carolina.

1863
Abraham Lincoln issues Emancipation Proclamation that leads to the passing of the 13th Amendment, which abolishes slavery.

1864
First black daily newspaper, *The New Orleans Tribune*, founded.

1864
Dr. Rebecca Lee Crumpler becomes first black woman to receive a medical degree (New England Female Medical College).



“Sometimes we get so caught up in looking for the big example, we lose sight of people who, in their daily lives, stand up for what they believe.”

– Honorable Alan Page

Alan Page

APRIL 1994 CALENDAR

A professional football player for 15 years, the Honorable Alan Page now tackles a larger obstacle – the law. The former Minnesota Viking and Chicago Bear has been an associate justice of the Minnesota Supreme Court since 1993, the first African American to serve on the court and currently its longest-serving member.

Page began his successful football career by leading the University of Notre Dame’s storied football program to a national championship in 1966. He went on to play professional football from 1967 to 1981, and in 1971 he became only the second defensive player in pro football history to be named Most Valuable Player of the National Football League (NFL). Page was named to the NFL All-Pro team several times. He was inducted into the Pro Football Hall of Fame in 1988 and the College Football Hall of Fame in 1993.

While playing professional football full time, Page attended the University of Minnesota Law School and received his law degree in 1978. Today, as a lawyer and judge, Page seeks to lead by example, as his parents did for him. He said his parents understood clearly that their children needed an education if they were to move ahead in the world.

“Sometimes we get so caught up in looking for the big example, we lose sight of people who, in their daily lives, stand up for what they believe,” said Page, a 1994 Aetna Voice of Conscience® Award recipient. “My parents were just ordinary people; but in their convictions, their efforts, they were people of real conscience.”



Meadowlark Lemon

APRIL 2015 CALENDAR

A newsreel of the Harlem Globetrotters captured Meadowlark Lemon's heart when he was 11 years old, giving him a dream to play for the team. Though he had no money for a basketball, he was determined. His first hoop was made out of a coat hanger and an onion sack nailed to a tree in Wilmington, North Carolina. His ball was a milk can. It was a humble beginning for a legendary career that would change the face of basketball forever.

"Many kids grow up being told they're never going to be anything. If they hear those words enough, they start believing them. Sports can help them pick themselves up and take them in the right direction, changing them forever," said Lemon. He adds that he was changed by basketball, knowing early on that bringing joy to people would be his lifelong mission.

Lemon became an ordained minister in 1986, and in 1989 he founded Camp Meadowlark. In 1994 he and his wife, Dr. Cynthia Lemon, founded Meadowlark Lemon Ministries. Reaching thousands of children through camps across the country, Lemon helps kids learn athletic skills while stressing the importance of education, health and character. Lemon said, "It's important for kids to see the hard work that it takes to be really good at something. They get to see that it takes commitment to develop talent; and when kids work hard at something, they're too exhausted to get into trouble – it's good for them and their communities."

In more than 16,000 career games with the Globetrotters, Lemon knew he was making a difference by helping families have fun. "We were changing the way people thought about the game of basketball – bringing joy to people and making them smile when sometimes there wasn't much to smile about. And I know that's what I'm doing when I share encouraging stories from my time with the team," said the Basketball Hall of Famer.

"I set out to be the best basketball player I could be. I wanted to leave the game better than I found it," said Lemon. "That remains my mission today: Be the best mentor I can be and leave communities I reach better than I found them."

Meadowlark Lemon died on December 27, 2015, at the age of 83.

"I set out to
be the best
basketball player
I could be.
I wanted to
leave the game
better than
I found it."

– Meadowlark Lemon

COMMITMENT

1865
Sojourner Truth served as a nurse during Reconstruction for the Freedom's Relief Association in Washington, D.C.

1865
Blacks in Texas are notified of Emancipation Proclamation, issued in 1863. "Juneteenth" marks the event.

1868
W.E.B. Du Boise, scholar, activist and author of *The Souls of Black Folk*, born.

1868
Fourteenth Amendment, granting blacks full citizenship rights, becomes part of the U.S. Constitution.

April Holmes

NOVEMBER 2015 CALENDAR

When she lost her left leg just below the knee in a train accident in 2001, April Holmes had one goal in mind – not to limp, but to walk and run. An athlete since the age of 5, she went on to win a gold medal for the United States in the 100 meters at the 2008 U.S. Paralympics.

Never far from her mind, though, were the other amputees who do not have the resources to get active, let alone run and compete. "I realized one day sitting in an amputee support group that the majority of amputees are not being given the chance to chase their dreams, leaving them feeling like outcasts. I set out to change that," said Holmes.

The April Holmes Foundation was born in 2002 out of Holmes' desire to champion the needs of people with disabilities. The goal of the organization is to enrich the lives of people affected by disabilities through tutoring, scholarships, medical assistance and social opportunities. She sees sports as a way of bringing people together.

"Sports is a common bond that ties people together all over the world. It doesn't care how much money you have or where you're from or even that you're disabled. Sports allows people to forget about what's happening to them personally and shifts their focus to something positive and meaningful," Holmes said.

Holmes' foundation offers hope and resources to nearly 100 people every year through its many

camp and initiatives across the country. It's her belief that disabled kids simply want to play. "They want to play with their friends and be a part of something that doesn't focus on their disabilities. We are giving kids that opportunity. And it is so important because sports teaches many of the skills necessary for becoming successful adults," she said, adding that her foundation is working to erase the stereotypes around being disabled.

"It's not that easy to just get up and run when you're disabled. I was an athlete to begin with, so maybe it was a little easier for me, but the reality is that it takes a lot of hard work and the right resources," she said.



1869

Robert Tanner Freeman becomes first African American to receive a degree in dentistry.

1870

Fifteenth Amendment ratified, guaranteeing voting rights to African Americans.

1870

Hiram Revels elected first black U.S. senator, replacing Jefferson Davis for the Mississippi seat.

1872

Elijah McCoy patents first self-lubricating locomotive engine.

Rovenia Brock

APRIL 2006 CALENDAR

Diet books are on the best-seller lists. Fitness videos are flying off the shelves. Fast-food restaurants are offering healthful alternatives. So why are our waistlines continually expanding?

“I believe people want the information and want to live more healthful lifestyles – they just don’t know how to do it,” said Dr. Rovenia “Ro” Brock, an award-winning nutritionist, fitness expert, lecturer, media personality and author. “It’s my job to translate complex information into information people can use to better their lives.”

Inspired to help create healthy communities by her mother’s premature death from stomach cancer, Brock earned a B.S. in food and nutrition from Virginia State University, a double master’s degree in community nutrition and broadcast journalism from Howard University, and a Ph.D. in nutritional sciences, also from Howard University.

She became widely known as the host of BET’s “Heart & Soul,” the first-ever national health and fitness television show for African American women. Today, Brock is a nutrition contributor to National Public Radio and nutrition advisor to NBC’s “The Today Show.” She also is author of the book *Dr. Ro’s Ten Secrets to Livin’ Healthy*.

Brock strongly believes healthful lifestyles need to begin in childhood. As her mother inspired her, she encourages parents to lead by example when it comes to their children’s health. “Young people first have to see to be,” she said. “We have to be role models to our children – role models of both health and positive behavior.”



“When parents don’t practice the healthful behaviors they are trying to instill in their children, it doesn’t work.”

– Dr. Rovenia Brock

1872
Charlotte Ray is first black woman admitted to the District Columbia Bar.

1872
Thomas Martin patents fire extinguisher.

1872
Solomon Carter Fuller, acknowledged as first black psychiatrist, born.

1872
P.B.S. Pinchback of Louisiana becomes first African American governor.



Patricia Kelly

MAY 2015 CALENDAR

Everyone thought it odd for a young African American girl in Hartford, Connecticut, to love horses and riding. Nine-year-old Patricia Kelly didn't care. She learned to ride on her neighbor's horse – practicing every day for two years. It lit a fire within her that she would carry through the Marine Corps and college. It eventually led her back home where her love of horses and desire to help the community came together to create a truly unique experience.

Located on 693 acres in Hartford, Ebony Horsewomen, Inc. was originally founded by Kelly in 1984 for the social and cultural enrichment of black women. But Kelly quickly realized that it was the kids who

needed her and her horses the most. “When young people are trapped in a negative environment, they quickly experience that negativity and it can kill their souls. We are about healing them and making them whole again,” Kelly said.

The former Marine continued, “What makes us grow as humans are our experiences.” Serving upwards of 300 kids each year, Kelly's goal is to give kids an experience outside of their urban and often volatile surroundings. She uses horseback riding as a way to teach the children that they can control their lives, and that their environment doesn't define who they are or what they can do.

“The first thing that our kids learn when they get on a horse is that they are not in control. A horse

has one primary instinct, and that is to be safe at all costs. If a kid is angry at the world and gets up on a horse, that horse knows and will behave accordingly. Once the kids realize that when their emotions change so does the horse, they develop mutual cooperation. It's a beautiful thing. Only then can they begin to recognize that in their lives outside of the farm,” Kelly said.

That mindset translates to school in particular. Kelly's students have a 100% graduation rate from high school and an 82% acceptance rate into college – remarkable for kids who many had given up on. “We teach them to have higher expectations for themselves; higher than what anyone else has for them because success comes from within, and the horses help them unlock that potential,” she said.

1879
Thomas Eikins patents refrigeration apparatus.

1879
Mary Eliza Mahoney graduates from New England Hospital for Women and Children, becoming the first black professional nurse in America.

1884
Willis Johnson patents eggbeater.

1884-1893
Granville T. Woods patents telephone transmitter, system and apparatus, electric railway conduit, and overhead conducting system for the electric railway.



Tamika Catchings

MARCH 2015 CALENDAR

Tamika Catchings arrived in Indianapolis, Indiana, in 2001 for her rookie season with the WNBA. She was injured and sat out that entire year. She knew no one in the city she now calls home, yet she knew she wanted to do more than just rehab her torn ACL. She wanted to do something bigger than basketball. She wanted to make a difference in the community around her.

Catchings is the founder of the Catch the Stars Foundation, Inc., which empowers disadvantaged youth to achieve their dreams. She brings the same intensity to helping others that she brings to the basketball court. “I really wanted to do something positive. My parents planted the seeds of giving

back early in my life, and I am passionate about helping kids in particular,” she said. And that is what she has done. The foundation celebrated its 10th anniversary and 14th holiday basketball camp in 2014. Serving 1,500 youth every year, Catch the Stars Foundation’s mission is to help kids through goal-setting programs that focus on literacy, fitness and mentoring.

“I set goals. I worked hard. I practiced and practiced to make my dreams of playing in the WNBA come true. Kids see that; and when they come here they leave with a more positive outlook, and they believe that they can do anything,” said the WNBA star.

She knows that sports is something that can help break down barriers. Whether those barriers are racial, financial or social, sports provides a way to

overcome them and succeed. Catchings said, “Sports teaches kids about so much more than sports. It teaches them how to be good teammates and respect others. It helps them communicate better and adopt a more positive attitude.”

Catchings believes in the youth of today and knows they have the potential to be the stars of tomorrow. The Catch the Stars Foundation helps kids look beyond their own neighborhoods and arms them with the skills needed to reach for their dreams. She recalled, “There were two girls at the first basketball camp. They both told me that they wanted to be in the WNBA, and that’s exactly where they went.”

Leah Chase • Betty Smith Williams • Frances Ashe-Goins • Arturo Schomburg • Ralph Bunche

ACTIVISTS

African Americans have spent decades organizing for social change. Deeply rooted in African American history, activism has come alive through movements, sacrifices, mobilizations and freedom rides.

Over its 35 years, Aetna's calendar has profiled many great activists who devoted their lives to making a difference. It tells the story of how civil activism in the United States reaches back to the late 1700s when Richard Allen and Absalom Jones, both ministers, organized the Free African Society, one of the country's first civil rights organizations. More than 100 years later, journalist and activist Ida Bell Wells-Barnett became one of the founding women of the National Association for the Advancement of Colored People. Her writings remain powerful documents of the early struggle for justice.

Bridging the gap of inequality, Whitney Young, Jr. thrust forward advocacy as the National Urban League's executive director, and later as an influential and powerful presidential advisor under John F. Kennedy and Lyndon B. Johnson.

And no conversation on civil rights would be complete without paying tribute to the words of Rev. Dr. Martin Luther King, Jr.; the shining inspiration of Leah Chase, who has nurtured a safe space for important civil discourse for decades; and the tenacity of Malcolm X, who inspired communities across the United States to join together to fight for their due rights.

The chapter pages that follow recognize the drive and devotion of African American activists, both past and present. Because of them, additional freedoms exist and barriers continue to be broken down.

1886
Literary critic Alain Locke, first black Rhodes Scholar, born.

1886
Spelman Seminary (renamed Spelman College) in Atlanta, Georgia, established the first nursing program for African Americans.

1887
Alexander Miles patents elevator.

1889
Frederick Douglass named U.S. Minister to Haiti.



Leah Chase

JUNE 2016 CALENDAR

When she was a child growing up in rural Louisiana, Leah Chase's father gave her three rules to live by. The first was to pray. The second, to work. And the third, to do for others. "I've lived by those rules every day of my 93 years," Chase said. "I could not live a day without doing something for someone else. I wouldn't be happy."

That's why, on most days, you can still find her in the kitchen at Dooky Chase's Restaurant preparing her famous Creole cuisine. She's been a fixture there since the 1940s when she and her husband, Edgar "Dooky" Chase, Jr., took over the restaurant from her in-laws.

Back then, the renowned New Orleans establishment was not only a place to try Chase's home-cooked meals, but also a cultural meeting spot. During the 1960s, people of all races would gather there to

discuss the Civil Rights Movement. Dooky Chase's has maintained its cultural significance over time, catering to celebrities and politicians alike. But it's the everyday patrons who come to sit and talk with Chase each day that continue to inspire her.

"People are the most important thing in life. Living is beautiful. But living with people – meeting people, thinking about people, helping people – that's what makes life worth living," she said.

After more than 70 years in the kitchen, Chase knows how to create dishes that are both healthful and flavorful. But she believes eating healthfully is about more than ingredients. "I am a big believer in eating in moderation," she said. "We used to only eat fried chicken on Sundays. Now, people want it every day. But you can't. You need to have something to look forward to or it isn't special."

Chase also believes healthier communities start at home. "We need to get people back to the dinner table; to talk and practice good manners, and eat simple meals. Because family is where it all begins," she said.

Although Chase is considered the "Queen of Creole Cuisine," that doesn't mean she's done learning. "As you go along in life, you learn to do different things. But, most important, you learn to be a part of things. You have to play your part to make a difference," she said. "And that's what I do through cooking."

"I could not live a day without doing something for someone else. I wouldn't be happy."

– Leah Chase

1890

William B. Purvis patents fountain pen.

1890

L.H. Jones patents corn harvester.

1891

Dr. Daniel Hale Williams founds Provident Hospital in Chicago, the first training hospital for black doctors and nurses in the U.S.

1892

Andrew Beard patents rotary engine.

Betty Smith Williams

MARCH 2003 CALENDAR

Dr. Betty Smith Williams learned from her mother that she could make a difference by becoming actively involved. When Williams was growing up in South Bend, Indiana, her mother was always active in social and civic organizations. “I saw very early on how activism and collectivism could impact change,” she said.

This early example inspired her to lead a life of involvement. In the late '60s, she cofounded the Council of Black Nurses in Los Angeles, and later became a founder and seventh president of the National Black Nurses Association. Today, she is president of the National Coalition of Ethnic Minority Nurse Associations, which addresses cultural diversity in the nursing profession and the health care status of Americans from diverse cultures.

In 1954, Williams began her nursing journey in home health care and later in public health, before becoming a professor at UCLA, University of Colorado and California State University. “Because of my age and the times, I was by myself in a lot of things. I was the first black person to wear the cap of Frances Payne Bolton School of Nursing, Case Western University. And I was the first black person to teach nursing in a California college or university,” she said.

That’s why one of Williams’ driving forces has been to promote racial diversity and to get African Americans involved in nursing leadership. She is a role model



and mentor for nurses globally. “What satisfies me most is that through my work, and the work of my peers, we have stimulated others to find avenues in nursing,” said the avid African art collector.

After 45 years in the field, Williams says nursing still excites her. Retiring, she said, isn’t on the horizon anytime soon for either her or Harold, her husband of 48 years. “I hope to have the opportunity to identify, influence and inspire more people. The greatest compliment is when someone decides to do what you like to do,” she said. “I would like to be around to pass on the mantle of leadership.”

“I saw very early on how activism and collectivism could impact change.”

— Dr. Betty Smith Williams

1892

Dr. Miles Lynk publishes first black medical journal for physicians, the *Medical and Surgical Observer*.

1893

Howard University, Washington, D.C., established nursing program leading to a diploma.

1893

Elbert Robinson patents electric railway trolley.

1895

Booker T. Washington delivers famous Atlanta Exposition speech.

Frances Ashe-Goins

OCTOBER 2003 CALENDAR

As a child, Frances Ashe-Goins was always mending, bandaging and caring for her dolls. The eldest of five girls and one boy, she took care of everyone in the family. “They looked to me to fulfill that role,” she said. It was natural that nursing would become part of her life.

Upon graduation from nursing school, Ashe-Goins worked in several different hospital units. Through her experience, she realized that many health conditions, such as cardiovascular disease, could be prevented if education was provided. After several years in the clinical setting, she became an education coordinator at a hospital in South Carolina.

“We have to teach people to help themselves,” Ashe-Goins said. “We shouldn’t have to live with poor health outcomes from diseases such as diabetes, high blood pressure and stroke, which commonly afflict African Americans. We can make small changes that will enable us to lead more healthful, happy lives.”

Committed to disease prevention and helping women live longer and more healthfully, Ashe-Goins is responsible for health policy analysis and program leadership in the U.S. Department of Health and Human Services’ Office of Women’s Health, where



she is deputy director. She also is a founder and coordinator of the National Nurses’ Task Force on Violence Against Women, and her work for the National Committee on AIDS gave her the chance to coordinate the very first commission hearing with sports celebrity Magic Johnson.

Through her own life experiences, including the death of two nieces and one nephew, Ashe-Goins has been able to develop many innovative disease prevention programs focusing on HIV/AIDS and lupus. She was a prevention specialist with the White House Office of National AIDS Policy, and

she also initiated the Lupus Educational Awareness Project through the Office of Women’s Health, which culminated in a Capitol Hill town hall seminar that received national media attention.

In 2002, Ashe-Goins was honored for her work in developing a health promotion/disease prevention model for young women. She also is the recipient of the 2008 Women of Achievement Award for Health and Well-Being from the South Carolina Commission on Women. “No matter what I’m working on or when, I do the best that I can for as long as I can,” she said.

“We shouldn’t have to live with poor health outcomes from diseases such as diabetes, high blood pressure and stroke, which commonly afflict African Americans.”

– Frances Ashe-Goins

1896
Mary Church Terrell elected first president of National Association of Colored Women.

1897
A.J. Beard patents the Jenny Coupler, used to connect railroad cars.

1897
William Barry patents postmarking and cancelling machine.

1898
The first black-owned insurance company, North Carolina Mutual Life Insurance Co., founded.



Arturo Schomburg

MAY 1987 CALENDAR

In response to a teacher's remark that African Americans had no history, Arturo Schomburg began lifelong research on the subject; and developed one of the world's most extensive collections of books, pamphlets, periodicals, photographs, prints and historical documents by and about people of African descent, most notably the Americas and Caribbean. Now housed in Harlem, the Schomburg Center for Research in Black Culture is recognized internationally as a leading institution in its field.

Born in Puerto Rico, Schomburg moved to New York at age 17, where he put his research skills

to work as a clerk-messenger for a law firm; and subsequently began a long and successful career at Banker's Trust Company, where he became head of the bank's foreign mail section. He continued his passion for researching African American history and culture; and in 1911, he cofounded the Negro Society for Historical Research.

Schomburg traveled to Europe and the Caribbean to collect historical facts and documents. He also uncovered many treasures in the United States, including a portrait of African American astronomer and mathematician Benjamin Banneker, who helped lay out the blueprint for the development of Washington, D.C.; and a manuscript by Lemuel Haynes, the African American pastor of a white New England

church. Schomburg, who authored several articles about the African American experience, also compiled the first collection of Phillis Wheatley's poems.

In 1926, a \$10,000 grant by the Carnegie Corporation enabled the New York Public Library to acquire Schomburg's extensive collection. In 1928, he received the William E. Harmon Award for distinguished achievement. Schomburg was named curator of the library's division of Negro Literature, History and Prints in 1932. He died in 1938, and later the division was renamed the Schomburg Collection of Negro Literature and History. In 1972, it became the Schomburg Center for Research in Black Culture, a research division of the New York Public Library.

1899

John Albert Burr patents lawn mower.

1900

James Weldon Johnson and J. Rosamond Johnson compose "Lift Every Voice and Sing."

1905

W.E.B. Du Bois and William Trotter organize the Niagara Movement, a forerunner of the NAACP.

1906

Alpha Phi Alpha, first black Greek letter fraternity, founded at Cornell University.

Ralph Bunche

DECEMBER 1985 CALENDAR

Dr. Ralph Bunche, scholar, civil-rights activist, statesman and diplomat, was the first African American to win the Nobel Peace Prize. He received the Nobel Peace Prize in 1950 for successfully mediating an armistice between Israel and four neighboring Arab states – Egypt, Syria, Jordan and Lebanon – in 1949.

Born in Detroit, Michigan, in 1904, Bunche was raised in a warm, extended family that was presided over by his grandmother, "Nana" Lucy Taylor Johnson. Due to his mother's poor health, Bunche's immediate family moved to Albuquerque, New Mexico, where he completed his elementary school education. Orphaned at the age of 13, Bunche rejoined Nana and the family, who had since moved to Los Angeles, California. During this time, his grandmother was instrumental in steering Bunche toward higher education.

Bunche graduated with honors from high school and was class valedictorian at the University of California, where he earned a bachelor's degree in 1927. With a scholarship granted by Harvard University and a \$1,000 fund raised by the African American community of Los Angeles, Bunche began his graduate studies in political science. He earned his master's degree in government in 1928; and for the next six years, Bunche both taught at Howard University and worked toward his doctorate at Harvard. For his prize-winning doctoral dissertation, Bunche did extensive fieldwork in West Africa, and later broadened his fieldwork to include Kenya and

South Africa. In the 1930s, Bunche was very active in the American Civil Rights movement as a prominent member of the NAACP and as cofounder of the National Negro Congress.

Deafness in one ear barred Bunche from military service in World War II; however, he did invaluable work for the Office of Strategic Services, where he was chief of the Africa section of its Research and Analysis branch. In 1944, Bunche moved to the State Department, where he worked on the postwar planning of the United Nations (UN). In 1945, he participated in the drafting of the UN Charter in San Francisco; and in 1946, he joined the United Nations Secretariat as head of its Trusteeship Department. From June 1947 to August 1949, Bunche worked on the most important assignment of his career – the UN's role in the confrontation between Arabs and Jews in Palestine. In early 1948, when fighting between Arabs and Israelis became especially severe, the UN appointed Bunche chief aide to its mediator. When the mediator was assassinated, Bunche was named acting UN mediator on Palestine. After 11 months of virtually ceaseless negotiating, Bunche successfully mediated armistice agreements between Israel and neighboring Arab states.

For his accomplishments in the fields of race relations and international peacekeeping, Bunche was awarded the Spingarn Prize by the NAACP (1949) and 69 honorary degrees from universities throughout the world. Bunche retired from the UN in 1971, having been the highest-ranking American in the UN Secretariat. He died on December 9, 1971.

Richard Allen Williams • Shiriki Kumanyika • Cynthia Shelby-Lane • Pioneers in Medicine • Hebni Nutrition Consultants, Inc.: Ellareetha Carson, Fabiola Gaines, Roniece Weaver • M. Elizabeth Carnegie • Sherrie Hinz • Dennis Mitchell • Dentistry in the African American Community

HEALTH CARE PROFESSIONALS

A healthy community not only provides care, but also inspires hopes, dreams and change. That's why Aetna has dedicated many of its calendar pages to recognizing and honoring those who have chosen the path of health and wellness.

The 1987 calendar featured Mary Eliza Mahoney, the nation's first professionally trained African American nurse, who made significant strides in combating bias in the nursing industry. The legacy of medical pioneer and surgeon Dr. Daniel Hale Williams was remembered in the 1993 calendar. His prowess in the healing arts has been an inspiration to many for more than a century.

Aetna's 21st calendar focused on a 21st-century objective – to close the health care gap by equally addressing the needs of African Americans. The calendar highlighted critical health issues –

asthma, diabetes, cancer, heart disease, infant mortality, HIV/AIDS – and recognized medical leaders who have worked to eliminate racial disparities in health care.

Reducing health care disparities also is the mission of other featured African Americans, people who have dedicated their lives to the health of others by working in research and education, clinical practice and critical care, administration and writing, advocacy and wellness.

And so, along with the great medical pioneers, this chapter recognizes contemporary health care leaders who tackle real issues such as health literacy and obesity affecting African American communities today.

1909

National Association for the Advancement of Colored People (NAACP) founded in New York City.

1909

Matthew A. Henson reaches North Pole, 45 minutes before Robert E. Peary.

1910

National Urban League established in New York City.

1911

Samuel J. Battle becomes first black policeman in New York City.



Richard Allen Williams

JUNE 2002 CALENDAR

“The physician must provide treatment to the afflicted, prevent disease in the endangered, and assuage suffering in the dying, all according to the diverse characteristics of the people to whom he attends. He must assure equal access to all. This is the essence of cultural competence and of humane medicine.”

So said Dr. Richard Allen Williams, the prolific cardiologist renowned for medical leadership who founded the Association of Black Cardiologists (ABC) in 1974 and served as its president for a decade.

Williams’ brilliant career has been studded with a long line of firsts in medicine and in communications. He earned an honors degree from Harvard University and an M.D. from New York’s Downstate Medical Center; and a year after founding ABC, he published *The Textbook of Black-Related Diseases*. This 900-page volume remains the only comprehensive African American medical text of its type. Williams also established the Minority Health Institute, which seeks to eliminate health disparities by taking a holistic approach to patient care tailored to the specific needs of African American communities.

Williams has been a major influence in restructuring the way medicine is taught and practiced in the United States. His aim is to revise medical school curriculum to include subjects dealing with infrequently taught topics such as women’s health; issues pertaining to race, ethnicity, culture and religion; biomedical ethics; stress and violence in society; nutrition; geriatrics; and the management of death and dying. He also hopes to have an impact on practicing clinicians by teaching them a more patient-centered, culturally competent approach to health care delivery.

A professional jazz trumpet player and avid runner, Williams has run eight marathons, including the Boston Marathon, and more than 100 10-kilometer races.

Williams’ life and career were profiled in *Harvard Magazine* in 2001; and he was presented with the Scroll of Merit, the highest award given by the National Medical Association. He also was selected one of the “100 best physicians in America” by *Black Enterprise* magazine. In 2004, Williams was the first African American presented with Harvard’s Lifetime Achievement Award; and in 2007, he published the book *Eliminating Healthcare Disparities in America: Beyond the IOM Report*.

“[A physician] must assure equal access to all. This is the essence of cultural competence and of humane medicine.”

– Dr. Richard Allen Williams

1911
Baseball legend Josh Gibson born.

1912
W.C. Handy publishes *Memphis Blues*.

1915
Biologist Ernest Just receives Spingarn Medal for research in fertilization and cell division.

1916
Garrett Morgan, inventor of the gas mask, rescues six people from gas-filled tunnel in Cleveland, Ohio.

Shiriki Kumanyika

NOVEMBER 1997 AND JULY 2007 CALENDARS

Research that motivates change is what keeps Dr. Shiriki Kumanyika inspired each day. Her lifelong goal is to reduce health care disparities affecting African American communities, especially as they relate to obesity and weight management.

As a professor of epidemiology and associate dean for health promotion and disease prevention at the University of Pennsylvania School of Medicine, Kumanyika researches the effects dietary change and weight management have on chronic diseases. Her recent studies and clinical trials focus on preventing or treating obesity among African Americans in clinical or community-based settings.

“I became interested in obesity and nutrition because this is something people can modify to help their health,” Kumanyika said. “Nutrition affects everyone, so it’s a way for me to reach the whole population. I hope the research I do will make a difference in the number of people who develop diabetes, heart disease and other illnesses.”

Kumanyika has been involved in many clinical trials on the impact of other dietary changes, such as sodium reduction. She also completed a weight-control study that explored the long-term effect a support system has on a person’s ability to lose weight and keep it off. She currently is evaluating a feasible weight-loss program model for primary care physicians who serve African American and Latino communities.

“Over the last 20 years, I have been able to create new ways of thinking about African American nutrition and how to address obesity,” she said. “There are not many scholars of color in obesity research. I think it’s really important for the black community to have people in academic institutions who are seen as experts.”

To ensure her legacy of health promotion research and policy change continues, Kumanyika makes it a priority to mentor young African American scientists, researchers and health advocates.

“I work to keep others motivated to change the world for the better through research. Research creates new knowledge or helps us to put the knowledge we have to work in the real world,” she said.

Kumanyika also has created the African American Collaborative Obesity Research Network, a group of scholars, researchers in training and community partners dedicated to addressing African American weight, nutrition and physical activity issues in a culturally sensitive and community-responsive manner.

“My efforts alone will not change African American health statistics, but I will feel as if I have made a difference when the proportion of adults who are overweight is lower and fewer children are overweight,” Kumanyika said. “I want my efforts to contribute to the broader effort to improve the health profiles in our communities.”

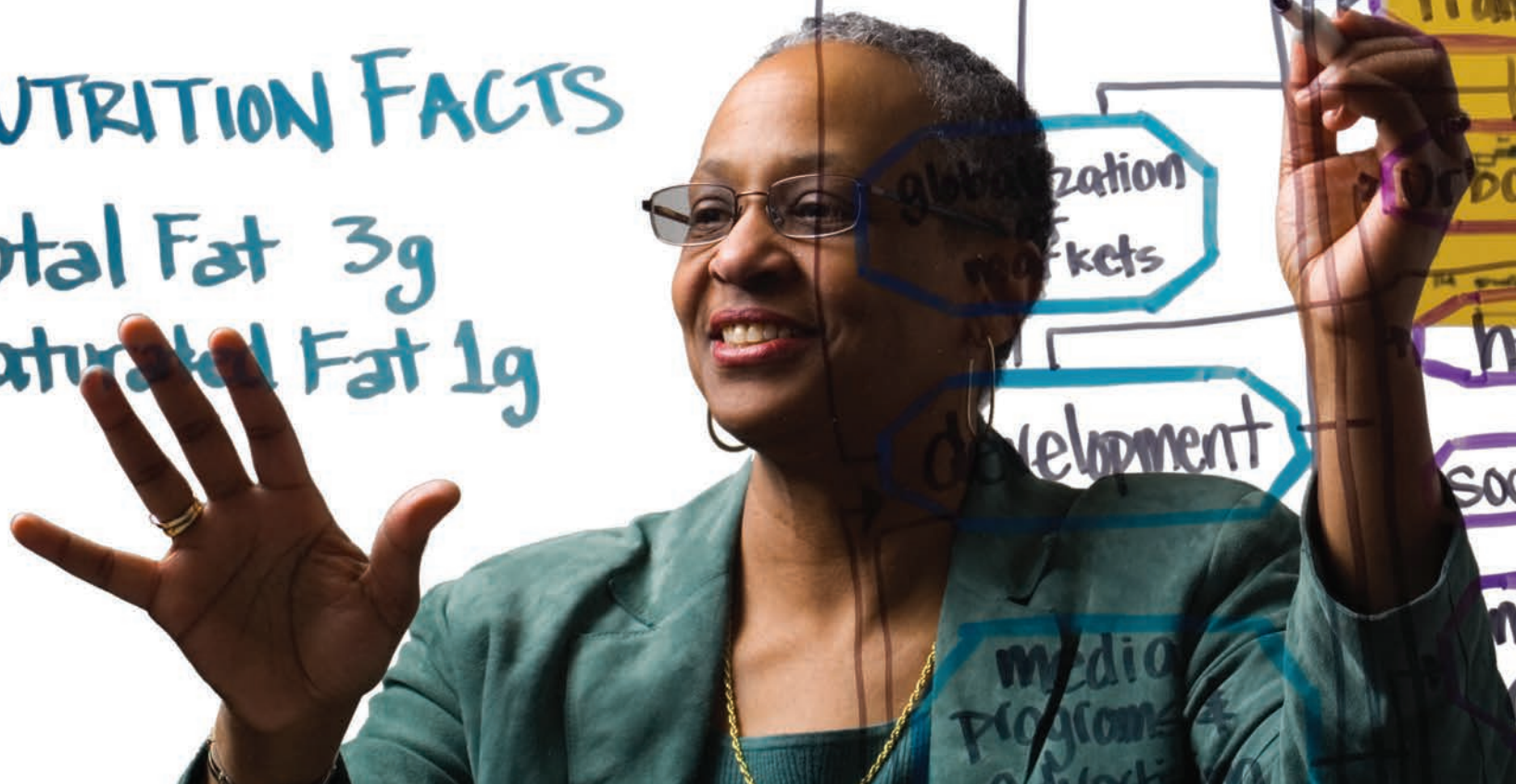
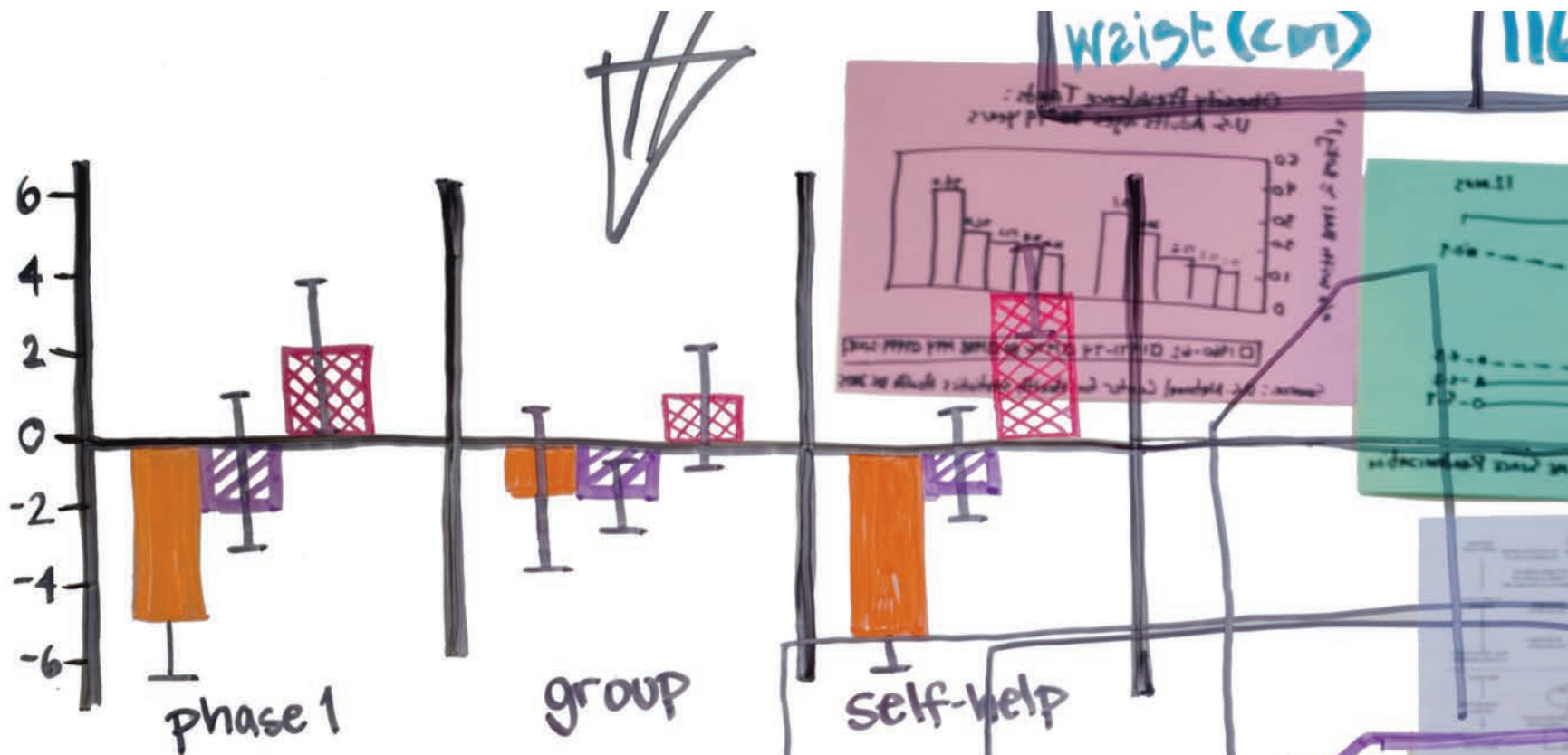
“Research creates new knowledge or helps us to put the knowledge we have to work in the real world.”

– Dr. Shiriki Kumanyika

NUTRITION FACTS

Total Fat 3g

Saturated Fat 1g





1918

Frances Reed Elliott Davis becomes first black nurse accepted into the American Red Cross nursing service.

1918

John H. Johnson, editor and publisher of *Ebony* and *Jet* magazines, born.

1920

Andrew "Rube" Foster organizes first black baseball league, the Negro National League.

1921

"Shuffle Along," a musical featuring a score by Eubie Blake and Noble Sissle, opens on Broadway.

Cynthia Shelby-Lane

APRIL 2013 CALENDAR

It took a tragedy in her life — the sudden death of her best girlfriend — to make Dr. Cynthia Shelby-Lane recognize the healing power of laughter.

"Two weeks after her funeral, I couldn't stop crying. So I went to Ridley's comedy club. I sat there laughing and crying, and realized that laughter truly is the best medicine," said the physician and certified health coach.

It was then that Shelby-Lane began her "pursuit of happiness and laughter." The University of Michigan Medical School graduate enrolled at The Second City School of Comedy in Chicago. She became "doctor by day" and "comedienne by night." When she wasn't working in the emergency room, she was performing standup at comedy clubs. She even created her own comedy troupe, Girlfriend Village & Company.

"Laughter is part of our human spirit. We need to laugh and be happy to heal ourselves," she said.

The power of laughter has a proven healing effect. A recent study from the University of Maryland

Medical Center says laughter may help prevent heart disease.¹ It is just one of many examples of the link between happiness and health.

Today, Shelby-Lane incorporates humor in her private practice with traditional, alternative, complementary, and integrative medicine to help her patients heal their bodies, minds, and spirits. She is a frequent speaker at workshops and seminars. She also created a 12-step program to help people laugh more and live longer.

"People want different things from life. Some want to stay well. Some want to look beautiful. But everyone wants to be happy," Shelby-Lane said.

¹ www.umm.edu/news/releases/laughter.htm

"Laughter is part of our human spirit. We need to laugh and be happy to heal ourselves."

– Dr. Cynthia Shelby-Lane



Pioneers in Medicine

WHEN A YOUNG African American railroad worker named James Cornish arrived at Chicago's Provident Hospital on July 9, 1893, he had no idea that the stab wound in his chest would make medical history. Yet before the day was out, a young Dr. Daniel Hale Williams would take his scalpel to Cornish's chest and perform the first successful, recorded open-heart operation in history.

Williams, who had been practicing medicine for only 10 years, relied solely on his diagnostic skill and surgical finesse during the operation – there were no advanced surgical tools at the time. Fifty years after this groundbreaking surgery, the mortality rate for heart operations was still more than 50 percent. Cornish, however, lived until 1943, surviving Williams by 12 years.

The power within Williams – the ability to harness the inner strength necessary to apply the healing arts – has been evident within the African American community from the birth of our nation.

From James McCune Smith (1811-1865), the first African American to earn a Western medical degree, to renowned African American physician Martin Delany (1812-1885), the first African American field officer in the U.S. Army, African Americans have been a driving force behind medical innovations despite the adversity, drawbacks and resistance they encountered.

One such challenge was the reluctance of most medical schools to admit African Americans after the Civil War. This resulted in the establishment of new institutions to train African American physicians, including Howard University College of Medicine in 1868 and Meharry Medical College in 1876.

The early **TRAIL**

Dr. William Warrick Cardozo
July 1986 Calendar

Dr. Susan Smith McKinney-Steward
October 1986 Calendar

Dr. Daniel Hale Williams
January 1983 Calendar and 1993 Calendar Introduction

In spite of limited opportunities, African American women have made names for themselves in medical fields since the 1800s. During the 1820s, nurse Jensey Snow opened a hospital in Petersburg, Virginia, and provided health care for more than 30 years. In 1864, the New England Female Medical College awarded an M.D. to Rebecca Lee, the first African American woman physician.

Dr. Susan Smith McKinney-Steward became the first African American woman to graduate from medical college in New York state. In 1881, she went on to cofound the Women's Hospital & Dispensary in Brooklyn, New York, which later became the Memorial Hospital for Women and Children. The early trailblazers cleared the path for many luminaries to follow.

In 1935, Dr. William Warrick Cardozo was awarded a two-year fellowship in pediatrics at Children's Memorial Hospital and Provident Hospital in Chicago. He later pioneered research on sickle cell anemia and discovered the disease was found almost exclusively among people of African descent, findings that are still valid.

Today, the legacy of Dr. Daniel Hale Williams and those who came both before and after his historic surgery are still influencing generations of African American medical professionals. The strides made by these pioneers in medicine are a true testament to the dedication and drive of those who desire to heal others.



BLAZERS

cleared the path for many
luminaries to follow.

1921

Alex Haley, author of *Roots*, born.

1921

Constance Baker Motley, first black woman appointed federal judge, born.

1923

Garrett Morgan patents traffic light signal.

1923

First Catholic seminary for black priests dedicated in Bay St. Louis, Mississippi.



Pictured left to right: Ellareetha Carson, Fabiola Gaines, Roniece Weaver

Hebni Nutrition Consultants, Inc.
MARCH 2007 CALENDAR

While giving a lecture on nutrition in their Greater Orlando, Florida, community, the three founders of Hebni Nutrition Consultants, Inc. (HNC) found themselves stumped by a question from the audience.

“Where do chitterlings fall on the food pyramid?” a man asked, referring to boiled and highly seasoned pig intestines, a popular dish in African American communities.

“We looked at each other and said, ‘Good question!’” said Fabiola Gaines, president of HNC, a nonprofit agency that educates high-risk, culturally diverse populations about nutrition and wellness strategies designed to prevent diet-related diseases. “We realized the USDA food pyramid does not address many of the popular foods that African Americans eat.”

The nutritionists decided to create the Soul Food Pyramid, a modification of the standard food

pyramid that is tailored to the African American diet. The guide shows where traditional ethnic foods, or “soul” foods, fall within the food groups.

“Soul food gets a bad rap, but it has many good nutrition qualities,” said Roniece Weaver, HNC’s executive director. “It’s filled with the whole grains, fiber and vitamins that come from yams, greens and vegetables. It’s the way we buy it, the way we cook it, the way we prepare it and the amount we eat that’s the problem.”

Ellareetha Carson, HNC’s community nutrition educator and secretary, said one of the main goals of the Soul Food Pyramid is to make people aware of what they’re eating. And according to Gaines, it’s not about abandoning traditional foods – it’s about rethinking favorite recipes.

“I am not going to tell my African American clients to stop eating collard greens and start eating asparagus,” Gaines said. “I’m going to tell them how to make collard greens more healthful.”

Today, HNC is broadening its reach through the recent opening of its Nutrition Resource Center in Orlando, Florida. The center provides opportunities for members of the community to learn more about improving their health and take part in activities that lead to healthful living. HNC also will film its popular television show “Health and Fitness Now” on the property. The show, which airs on WCEU/PBS, focuses on the healthful aspects of soul food.

HNC’s Soul Food Pyramid currently is in its third edition. It has been embraced by the American Dietetic Association as well as the American Diabetes Association, for which Gaines and Weaver have coauthored four healthful soul food cookbooks.

“Soul food is part of our tradition, our makeup and our lifestyle; and it’s not going to go away,” Weaver said. “It just needed a face-lift.”

“Soul food is part of our tradition, our makeup and our lifestyle; and it’s not going to go away. It just needed a face-lift.”

– Roniece Weaver

1927 George Washington Carver patents process of producing paints and stains.	1927 Dr. William Harry Barnes becomes first African American certified by a surgical board.	1929 Rev. Dr. Martin Luther King, Jr., a major voice for civil rights in the 20th century, born.	1930 Elijah Muhammad establishes the Nation of Islam.
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A Tribute to M. Elizabeth Carnegie

M. Elizabeth Carnegie, who passed away on February 20, 2008, dedicated her life to the advancements of the nursing profession, as well as African Americans and other minorities in nursing. A past president of the American Academy of Nursing (1978-1979), she served as dean and professor of the school of nursing at Florida A&M University from 1945-1953. Carnegie also initiated the baccalaureate nursing program at Hampton University, a historically black college and university located in Virginia, where the nursing archives are named in her honor.

Employed at the *American Journal of Nursing* from 1953 to 1978, Carnegie wrote, edited and contributed to nearly 20 books; and authored *The Path We Tread: Blacks in Nursing Worldwide, 1854-1994*. In 2003, Carnegie shared her perspective on African Americans in nursing in the introduction of the Aetna calendar. She wrote: “Nursing is an evolving and growing profession, thanks in part to the significant contributions made by black nurses every day.”

Sherrie Hinz

JUNE 2003 CALENDAR

Sherrie Hinz had aspired to be a nurse from the age of 14, but it wasn’t until her son, Isaac, was born that she realized she had the courage and determination to make her wish come true.

“Of all my turning points, Isaac’s birth was the one motivating factor that inspired me to continue on; to obtain an education; and to pursue beyond fatigue, disappointments and divorce,” she said.

Today, Hinz works in one of the most intense areas of nursing – critical care. She not only works in the Intensive Care Unit at Valley Hospital Medical Center in Las Vegas, but she’s also a fixed-wing flight nurse for Med Flight Air Ambulance, where she transports critical care patients, typically those undergoing open-heart surgeries and lung transplants, to specialized hospitals.

Humor is what Hinz says she gives to her patients, particularly during transport. “There’s not a better place to be funny than in the air. When in these situations, patients realize what little power they actually have. I help to put them at ease,” she said.


As one of the first critical care flight nurses in Nevada, Hinz takes it upon herself to share her knowledge with those just entering the field. Nurses, she said,

should leave their patients better than they found them. “Know your patients,” she added. “Find out what they really need to be comfortable.”

Away from work, Hinz also leads education sessions for community organizations such as SISTA to SISTA, which promotes HIV/AIDS risk reduction to African American women in lower socioeconomic communities and encourages high-risk teens to consider nursing as a profession. She also is taking classes so she can begin teaching certified nursing assistant courses. “I feel it’s my job to make others know how important the nursing profession is,” she said.

In 2002, Hinz received the Rose Award from the Professional Black Women’s Association, and she was a 2002 nominee for Nurse of the Year in ICU. She is a member of the Southern Nevada Black Nurses Association, the Wildlife Federation and Nature Conservationists.

Hinz’s inspiration wall at home features an image of Mary Eliza Mahoney, the first African American professional nurse. She also is surrounded by cards, gifts, candles and treasures from patients, a testament to the impact she makes every day. “I go home each day knowing that I did the best job that I could do,” added the Tennessee Titans and New Orleans Saints football fan.



“I feel it’s my job to make
others know how important
the nursing profession is.”

– Sherrie Hinz

1932
Richard Spikes patents automatic gear shift.

1935
Mary McLeod Bethune founds National Council of Negro Women.

1936
Jesse Owens wins fourth gold medal at Summer Olympics in Berlin.

1938
Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature.



Dennis Mitchell

MARCH 2004 CALENDAR

Dr. Dennis Mitchell lives a life he calls “truly blessed.” One part of that blessing comes from his five-year-old daughter, Danielle; his two-year-old daughter, Angelique; and his wife, Bridgette. The other: The powerful impact he’s been able to make during his tenure at Columbia University’s College of Dental Medicine, where he is now the associate dean for Diversity and Multicultural Affairs and the director of Community-Based Dental Education.

Moving to Harlem after growing up in Toronto, Canada, was quite an awakening experience for Mitchell. “In Harlem, you see the disparities in health every day. It set me back quite a bit.”

Through his work at Columbia, Mitchell has helped establish a community-based dental service program that treats more than 25,000 patients a year, a mobile dental center that provides service to children in 40 Head Start and day care centers, and a \$2.5 million state-of-the-art elderly-focused medical and dental practice in central Harlem. He started all of this when he was only 34.

Mitchell is a strong proponent of sealants for inner-city children, who typically do not have access to this type of prevention. He was hoping to address this need through the mobile units and school-based clinics, until he saw the poor condition of many of the children’s mouths. “We couldn’t do just preventive medicine because we’re too far behind. We had to implement new protocols of scaling and cleaning,

and convert our clinics to full-service treatment centers for children,” he said.

“I am blessed to be able to be a leader in all of this,” said Mitchell. “To be able to start programs, open facilities, provide access to care for people who didn’t have access before, develop a mobile vehicle program. The things that I do make a difference in lives every day.”

While he has a warm spot for his dental school alma mater, Howard University, Mitchell said, “I’m not done with New York yet. I’d like to someday see public health dentistry at the forefront of dentistry. There are so many unsung heroes doing good work in the field.”

1939
Langston Hughes founded The New Negro Theater in Los Angeles.

1939
Jane M. Bolin of New York City appointed first black female judge.

1940
Benjamin Davis Sr. becomes U.S. Army's first African American general.

1940
Actress Hattie McDaniel becomes first African American to win an Oscar for her role in the movie, "Gone With the Wind."



Filled with endless possibilities, dentistry has evolved over the last three centuries from a profession of teeth restoration to a respected discipline of practitioners with a passion for health and disease prevention.

Dentistry in the African American Community

Each day, African American dental professionals work to improve oral health and light up smiles. In recognition of their powerful contributions, Aetna's 2004 calendar paid tribute to enterprising and successful African American oral health care professionals.

The calendar's introduction, written by author and professor Clifton O. Dummett, D.D.S., reflected on the history of dentistry in the African American community. Here are some of his insights:

In the 17th century, dental care was secondary to medical care, and medical practitioners often supplied both. The image of the dental profession was enhanced in 1840 when the world's first dental school, Baltimore College of Dental Surgery, was founded in Maryland.

African Americans were not accepted at any dental schools until 1867, when Harvard University initiated its first dental class and accepted Robert Freeman as its first African American student. Preparation and training of African American dentists increased by the late 1800s with the establishment of Howard University's dental college in 1881 and the dental department of Meharry Medical College in 1886.

In 1913, African American dentists formed the Tri-State Dental Association of Maryland, Virginia and District of Columbia, which expanded to become the National Dental Association (NDA) in 1932. As NDA's reputation grew, it achieved a relationship with the American Dental Association, whose House of Delegates essentially nullified sanctioned racial discrimination within the dental profession in 1965.

Traditionally, African American dentists have dedicated themselves to providing acceptable, high-quality oral health services to minority and underprivileged populations. In recent times, an impressive number of African American dentists pursued careers in dental education, research and administration. Today, it is not uncommon to see African Americans appointed deans or interim deans at any number of American dental schools.

The goal of accessible health care for all Americans has yet to be achieved, but it is worthy of continuous vigilance and enlightened sensitivity on the part of health care professionals and representatives of the general public.

Fred Lucas • Tony Hillery • Pernessa C. Seele • T.D. Jakes • Patricia L. Smith • Sylvester Brown, Jr. • Robin Emmons
Anthony G. Robins • Charmaine Craig • Anthony Asadullah Samad

COMMUNITY AND FAITH-BASED PIONEERS

Change is a ground-level power in many African American communities. It often takes the passion of one person, the initiative of one group, or the support of one neighborhood to make a mighty impact.

Over the years, Aetna's African American History Calendar has exposed readers to the often-quiet yet distinctly powerful voices of community and faith-based leaders. These are the individuals doing the everyday work of change in American communities.

The calendar introduced readers to community leaders such as Robin Emmons and Tony Hillery, who are revitalizing neighborhoods by creating and sustaining powerful initiatives that stimulate economies, empower the workforce, and make healthful food and health care more accessible.

African American faith leaders such as Bishop T.D. Jakes and organizations such as The Balm In Gilead have inspired and empowered others to spend time taking care of their minds, bodies, and spirits.

The Aetna calendar has taken readers to large and small churches, mosques, local fire departments, college campuses, and basement organizations, bringing much-deserved attention to this important work. This chapter goes beyond the issues and denominations to show how community mobilization, and having belief and faith, can make a world of difference in the health of many.

Diverse Efforts Yield Real Results in Health Equality

By Fred Lucas

African American faith leaders across the country are “walking on water” and performing modern-day miracles of healing. They are doing this by creating ministries and programs that encourage people of faith to move beyond stained glass windows, elaborate domes, and prayer halls to serve the larger community.

The work of these faith-based groups is part of African American tradition. From the period of slavery to the present, African American places of worship have been the hub of the African American community. They have responded to social, political, economic, educational and cultural needs.

Over decades, the African American faith community has made major contributions. It has helped create hospitals, nursing homes and orphanages specifically for the African American community. Historically black colleges and universities have been formed, and continue to do important work. And this faith community has provided financial support; political power; volunteers; facilities and physical space; media ministries; and “bully pulpits” to develop the body, mind, and soul.

Many of today’s African American faith leaders are still preaching to communities in crisis. Death rates among the 41 million African Americans in our country are at least twice as high as those of non-Hispanic whites. This community suffers greatly from cancers (especially prostate, breast, and stomach); and experiences high incidence of heart disease, stroke, asthma, influenza and pneumonia, diabetes, and infant mortality.

HIV/AIDS stats are even more alarming. African Americans, who are 13.5 percent of the population, account for 49 percent of all cases. Approximately 24 percent of African Americans rely on public health insurance.¹ Almost 20 percent of African Americans are uninsured.² In so many ways, health equality is a key part of economic progress.

There is so much more that can and should be done. Faith-based individuals and groups are beginning to address these health gaps. They do so with diet, exercise, and nutrition education; healthful meal options for church gatherings; and aerobics, liturgical dance, basketball leagues, and marching bands. They also offer substance-abuse programs, culturally and biblically sensitive health literacy materials, health ministries and fairs, preventive services, and early detection. These ministries of healing provide on-site reviews, screening and training, along with medical institutions serving at-risk neighborhoods.

Public-/private-sector partnerships are important. More and more nonprofit organizations are obtaining large-scale, outside funding not available to religious groups. We are seeing new doors opening for faith-based



groups led by well-trained and semiprofessional clergy and laity. Together with professional staff and dedicated volunteers, we all can make a real difference in the communities where we live and work, and preach and pray.

Rev. Dr. Fred Lucas is senior pastor at Brooklyn Community Church; president/CEO of Faith Center For Community Development, Inc. in Brooklyn, New York; and an adjunct faculty member at New York Theological Seminary.

¹ U.S. Department of Health and Human Services, The Office of Minority Health, African American Minority Health Profile, 2010, www.minorityhealth.hhs.gov.

² Ibid.

<p>1940 Sprinter Wilma Rudolph, winner of three gold medals at 1960 Summer Olympics, born.</p>	<p>1941 Dr. Charles Drew named director of the Red Cross Blood Bank.</p>	<p>1941 Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.</p>	<p>1942 Three-time heavyweight boxing champion Muhammad Ali (Cassius Clay) born.</p>
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Tony Hillery FEBRUARY 2014 CALENDAR

What used to be an overgrown eyesore in the heart of Harlem is now a field of green helping to feed the neighborhood’s schoolchildren.

Thanks to the work of Tony Hillery and his nonprofit organization Harlem Grown, neighbors in the urban area have daily access to fresh fruits and vegetables. “We send children home with fresh produce and even recipes on how to cook them,” he said.

Because Hillery believes healthful eating must start at an early age, he has encouraged the school system to integrate nutrition and gardening into the elementary school curriculum. “Teachers in the school across the street are now involved. I believe nothing is insurmountable,” he said.

Harlem Grown also has brought cooking demonstrations, nutrition workshops and jobs into the poor community. Single mothers are now working in the organization’s greenhouse, where arugula, basil and thousands of baby lettuce heads are cultivated each week in nutrient-rich water. One-third of the harvest is given out free to the community.

The rest is sold at local restaurants. “I’m addicted to the work I do. I cannot NOT be here. When I see something broken I need to fix it,” said Hillery, who fixed his own health issues when he became a vegan and lost nearly 40 pounds.

“The story here is what people can do once given the access,” he said. He believes his community is much healthier and happier. “The kids love it here. Many come by the gardens and greenhouse every day after school. They work hard and can bring home dinner at the end of the day.”



1942

Reginald F. Lewis, first African American to create a billion-dollar business empire through the leveraged buyout of Beatrice International Foods, born.

1942

Dorie Miller, a ship's steward, awarded Navy Cross for heroism during the attack on Pearl Harbor in 1941.

1942

Harvard University medical student Bernard Whitfield Robinson commissioned as the Navy's first black officer.

1944

United Negro College Fund incorporated.



Pernessa C. Seele

DECEMBER 2011 CALENDAR

As an immunologist at Harlem Hospital in New York, Dr. Pernessa C. Seele noticed few people from the faith community visiting HIV/AIDS patients. Comforting the sick and dying is common practice in African American places of worship. So she decided to bring the two together.

She reached out to leaders at places of worship in Harlem, New York, explaining the urgency to talk about the public health crisis. In 1989, the Harlem Week of Prayer was born, which today has become a national event.

Dr. Seele formed The Balm In Gilead after seeing the success of the event. It is a nonprofit organization dedicated to bringing the faith community together to address HIV/AIDS and other health disparities in African American communities.

“Faith is centered in health and healing,” Dr. Seele said. Her organization now has relationships with more than 20,000 churches across the country. Dr. Seele is using the power of the pulpit to deliver education, prevention and awareness messages about HIV/AIDS.

“This is really the intersection of public health and faith,” said Dr. Seele. “To address ills in our communities, we have to build capacity in places of worship.” The majority of the places of worship involved in the program now provide AIDS testing, conferences and theological training.

However, it is not only the African American faith communities that need to be addressed. “Every American has to be involved in dealing with the HIV/AIDS epidemic,” Dr. Seele said.

1944 First black servicewomen sworn in to the WAVES.	1947 Brooklyn Dodger Jackie Robinson becomes first African American to play major league baseball.	1947 NAACP petitions United Nations on racial conditions in the U.S.	1948 Cleveland Indians sign pitcher Leroy "Satchel" Page.
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T.D. Jakes

NOVEMBER 2011 CALENDAR

From the pulpit to boardrooms, from television broadcasts to social media, from books to movies, Bishop T.D. Jakes is spreading global messages to improve the body, mind and soul.

Founder of The Potter’s House, a 30,000-member faith community in Dallas, Texas, Bishop Jakes never believed in his “wildest dreams” he would be where he is today. His roots were in a small church in West Virginia.

Today, he is collaborating on faith-based health initiatives with First Lady Michelle Obama, U.S. Surgeon General Dr. Regina M. Benjamin and

Deputy Assistant Secretary for Minority Health Dr. Garth Graham. MegaCARE, a global division of his organization, heads up humanitarian efforts to provide clean water in Haiti, South Africa and New Orleans. It also provides local health screenings.

“No institution speaks more to African Americans on a weekly basis than a church. It is the catalyst to delivering comprehensive, accurate and reliable information,” he said. He works to provide holistic programs on education, health, economics and housing to his members.

Bishop Jakes strives to address health disparities in his community. “Our lifestyles are different. What we eat is different. When someone you admire struggles and can make changes for the better,

it gives you permission to talk about it. I help open up conversation.”

People of faith tend to heal quicker, said Bishop Jakes. His childhood friend and executive coordinator, Holloway Gray, was diagnosed with diabetes, lost his kidney and underwent multiple eye surgeries. “Today he is fine. When people believe, they recover more rapidly. It takes a positive attitude, uplifted spirit and a strong resolve to overcome a fight in your body,” he said.

1948

Supreme Court rules African Americans have right to study law at state institutions.

1948

President Harry Truman issues Executive Order 9981, ending segregation in Armed Forces.

1948

National Party wins whites-only elections in South Africa and begins to institute policy of apartheid.

1949

Frederick M. Jones patents cooling system for food transportation vehicles.

Patricia L. Smith

MARCH 2009 CALENDAR

How can you maintain a healthful diet when fresh produce and nutritious foods are literally out of your reach?

For residents of Philadelphia, Pennsylvania, this is a daily concern. Like many major cities, there are few supermarkets and grocery stores. The city's residents, who are 43 percent African American,¹ must rely on small corner stores for their grocery shopping. These stores are often stocked with canned goods and processed foods. When they do offer fruits and vegetables, they are usually expensive.

The Pennsylvania Fresh Food Financing Initiative (FFFI) was developed to address the "grocery gap" in Philadelphia and other underserved communities in the state. It provides grants and loans to help grocery stores open in urban neighborhoods, small towns and rural areas. As of November 2008, FFFI has committed \$56.6 million in grants and loans to 61 stores. FFFI expects this will bring 3,700 jobs and 1.4 million square feet of fresh food market space to Pennsylvania.

Three local organizations support FFFI. The Food Trust works to make sure every child has access to affordable, nutritious food. The Reinvestment Fund (TRF) invests in homes, schools and businesses to help transform neighborhoods. The Greater Philadelphia Urban Affairs Coalition works with supermarket developers and others to improve opportunities for disadvantaged, minority and women-owned businesses.

By creating more grocery stores, FFFI hopes to impact the high rate of diet-related diseases such as heart disease, cancer and diabetes that affect low-income Philadelphia residents. Heart disease accounts for 29 percent of all deaths in the city. The city's children also have a high incidence of obesity and other diet-related problems that could be addressed with healthful diets.²

"Our goal is to bring quality food markets to the community," said Patricia L. Smith, director of special initiatives at TRF. "This does not just improve public health. It also provides new job opportunities. It helps create renewed hope in the neighborhoods."

Jeff Brown has seen this renewed hope firsthand. He owns 11 ShopRite supermarkets in the Philadelphia area. He has opened five stores in the inner city since becoming involved in FFFI.

"The neighborhoods have embraced my stores because my stores have embraced the neighborhood cultures," said Brown. His stores sell specialty products that appeal to local cultures such as African and West Indian. There is a community specialist in each store who works with local neighborhood leaders. Brown even creates his customers' favorite recipes such as West African "hard chicken" and sells them in the stores.

"Jeff's stores are one example of how these supermarkets become part of the fabric of the communities," said Smith. "He is engaging his customers. He is hiring people from the neighborhood – even those who are ex-offenders. He is encouraging local entrepreneurs to start their own businesses. It is a ripple effect that changes the whole neighborhood."



Smith said that the success of the program has gained national interest and may become a national model. "In order for individuals to live healthful, productive lives, they need to have access to the right tools. And nutrition is one of those tools," she said. "With proper nutrition, people are one step closer to overall wellness."

¹ United States Census Bureau 2000. U.S. Department of Commerce, Economics and Statistics Administration.

² The Food Trust. The Need for More Supermarkets in Philadelphia – Food For Every Child, March 28, 2005.

1949
Alonzo Moron becomes first black president of Hampton Institute, Virginia.

1949
Dr. James Robert Gladden becomes first African American certified in orthopedic surgery.

1950
Gwendolyn Brooks becomes first African American to win a Pulitzer Prize in poetry for "Annie Allen."

1950
Boston Celtics select Chuck Cooper, first black player drafted to play in NBA.



1950
Judge Edith Sampson named first black delegate to United Nations.

1951
Mabel Staupers received Spingarn Medal for leadership in the movement to integrate African American nurses as equals in the nursing profession.

1951
George Washington Carver Monument, first national monument honoring an African American, is dedicated in Joplin, Missouri.

1952
Dr. Louis Wright honored by American Cancer Society for his contributions to cancer research.

Sylvester Brown, Jr.

DECEMBER 2014 CALENDAR

Though he grew up poor and had to drop out of high school to work, Sylvester Brown, Jr. was lucky to be surrounded by people who believed in him.

“When someone believes in you, it’s hard not to believe in yourself,” said Brown, who serves as a mentor for teens in his North St. Louis neighborhood. He runs the Sweet Potato Project, an educational and employment program for urban youth.

Brown had big dreams growing up. He educated himself by reading everything he could get his hands on, including the autobiography of Malcolm X. He then built a career around the written word,

working as an award-winning journalist, columnist and publisher of his own publications. Rather than just write about the problems in African American communities, he decided it was time to fix them.

So he turned a vacant urban lot into a garden plot. He encouraged a group of 15 high school students to dedicate their summer working in the community garden for a small amount of money. “I chose sweet potatoes as the crop because they are interesting, culturally relevant and easy to grow,” he said.

The Sweet Potato Project now teaches about 25 teens each year how to become successful entrepreneurs. They spend the summer growing and caring for the potatoes; and then, after the harvest, make cookies and other products in the

kitchen at Saint Louis University alongside chef Steve Jenkins and his crew.

The students also learn how to brand and market their sweet potato cookies, including some with chocolate chips, which are neatly packaged and sold online through a website they developed and manage. “They learn how to dream big and become well equipped to make money,” said Brown, whose goal is to make this a 12-month project so he can stay connected to teens all year long.

“I have been able to show them unique ways to use their scars from poverty in a positive way,” he said. “When you grow up poor, you are well positioned for success. We come from a long history of survivors.”



“When someone believes in you, it’s hard not to believe in yourself.”

– Sylvester Brown, Jr.

1953 Dr. Clarence Green becomes first African American certified in neurological surgery.	1953 Albert Dent of Dillard University elected president of the National Health Council.	1953 Roy Campanella named Most Valuable Player to National Baseball League for the second time.	1954 Benjamin Davis, Jr. becomes first African American general in the U.S. Air Force.
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Robin Emmons

AUGUST 2014 CALENDAR

Robin Emmons dug up her entire North Carolina backyard and planted an oversized garden. She wanted to grow fresh food for her brother while he was in a medical facility.

This began the fulfillment of her calling to create a successful urban farming business. In 2008, she founded Sow Much Good, which now manages two microfarms on nine acres in North Carolina.

Emmons, who spent much of her career in corporate America, attributes her success to reaching out to the

right people in the neighborhoods. “We look for those with social capital – the decision makers and influencers. We ask their permission to share the fresh food we have to enhance life in their communities,” she said.

She believes a holistic approach is vital when it comes to making a lasting community difference. “We need healthy people and a healthy planet. We need a healthy economy and a healthy social environment. We need to look for ways money can be recirculated directly into the community.”

Emmons says access to good food is not always about geography; it’s often about money. To combat this,

she keeps prices low and accepts food stamps at her farm stands.

She urges everyone to take responsibility to create sustainable communities. “Food is the one thing we share in common. It’s a space where we can all meet,” she said.

Sow Much Good prospers because it is 100 percent volunteer driven. “I’m astonished by the amount of people who want to support this work. They want to be connected to something positive, meaningful and impactful,” she said. “We are now part of the thriving food movement. People are beginning to understand this basic human right.”



1954	1954	1954	1955
Dr. Theodore Lawless, dermatologist, awarded the Spingarn Medal for research in skin-related diseases.	Supreme Court declares segregation in public schools unconstitutional in <i>Brown vs. Board of Education</i> .	Dr. Ralph J. Bunche named undersecretary of United Nations.	Marian Anderson debuts as first African American to perform at Metropolitan Opera.

Anthony G. Robins

JUNE 2009 CALENDAR

Obesity. Family history. Race and ethnicity. High blood pressure. High cholesterol. An inactive lifestyle.

How do you begin to address the problem of diabetes in the African American community when the risks for the disease are so varied? According to the Healthy Black Family Project (HBFP), you start by addressing the total wellness of both the individual and the family.

HBFP is a program developed by the University of Pittsburgh’s Center for Minority Health. It provides assistance, support and free activities to help African Americans make lifestyle changes that can decrease their risk for diabetes and high blood pressure. The program is based at the Kinsley Association Community Center in Pittsburgh.

“Cardiovascular disease and type 2 diabetes can often be prevented or reversed,” said epidemiologist Dr. Anthony G. Robins, who also is director of the program at the Kinsley Association. “But people need to want to make a change in their lifestyles. With the Healthy Black Family Project, we are able to give them many opportunities for change.”

HBFP provides health-risk assessments, nutrition assistance and stress-management tips. It offers smoking cessation support in individual or group settings. It also provides chronic disease self-management classes.



Through HBFP, individuals can work with certified health coaches to create personalized physical activity and nutrition plans. They also can speak with genetic counseling students to understand how their family’s health history impacts their own health. All at no cost.

“People come into the facility and say, ‘Wow! I can’t believe I’m getting this for free!’” said Robins. “It shows the community that we are committed to helping them enhance their health over time. That’s important, because we are trying to foster long-term change. We do not want people to make a quick fix.”

In its state-of-the-art studios, HBFP helps individuals and families prevent and manage diabetes and hypertension. Individuals do yoga to smooth jazz and Motown sounds, move to African beats, splash dance in water aerobics, or condition their bodies in body-toning sessions.

“The group setting is a very important part of what we do. It’s often very challenging to make lifestyle changes alone. So we help bring families together, and we help individuals create social networks,” Robins said.

The group dynamic also sets HBFP apart from traditional fitness clubs. “When you join a typical gym, you are a single person. If you don’t work your hardest, who cares? Who would know?” Robins said. “Here, we all care about each other and want each other to succeed. We’re part of a family, and we’re in this together.”

<p>1955</p> <p>Rosa Parks arrested for refusing to give her seat to a white man, sparking the Montgomery, Alabama, bus boycott, led by Rev. Dr. Martin Luther King, Jr.</p>	<p>1955</p> <p>The Interstate Commerce Commission bans segregation in interstate travel.</p>	<p>1956</p> <p>Montgomery, Alabama, bus boycott ends when municipal bus service is desegregated.</p>	<p>1956</p> <p>Nat King Cole becomes first black performer to host his own TV show.</p>
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Charmaine Craig
OCTOBER 2014 CALENDAR

Charmaine Craig has been dubbed “Hartford’s Tree Lady” by the city’s mayor – and rightly so. Through her work with Knox, Inc., she oversees the planting of 1,000 trees each year in Connecticut’s capital city. After 20 years, she expects 20,000 new trees will be planted.

“I am so happy the city is taking forestry seriously,” said Craig, who also manages the organization’s 14 community gardens across more than 12 acres of urban neighborhoods. More than 300 families experience the benefits of “Hartford Grown” produce.

As community outreach director, she works with local residents, businesses, and government to build greener, stronger, healthier, and more sustainable neighborhoods. Craig is able to do this with help from the Knox team and more than 2,000 volunteers, many who replenish and nurture Hartford’s urban forest.

Trees are critical in communities, according to Craig, because they reduce the ill effects of carbon dioxide, sustain wildlife, provide shelter and shade, and increase land value. Hartford lost many of its trees in the recent storms, and Knox set out to replace them with help from public and private partners.

Cultivating the land is part of Craig’s Jamaican roots. She worked on her grandfather’s farm as a young girl, planting potatoes and carrots. Now she teaches urban youth, immigrants, and adults how to restore themselves and strengthen their communities through gardening and environmental stewardship. Her goal is to introduce gardening to those who need a boost in their spirits.

“I hope to lift that cloud that many of them are under. Get them off the stoop and invite them into the garden,” she said.

Craig believes everything begins with the soil. “The soil is so important. We stand on it. We eat from it. We have to care for it, respect it and nurture it.”

1957

Althea Gibson wins women's singles title at Wimbledon, first African American to win the most prestigious award in tennis.

1957

Federal troops enforce court-ordered integration as nine children integrate Central High School in Little Rock, Arkansas.

1958

Frederick M. Jones patents control device for internal combustion engine.

1959

Edward Kennedy "Duke" Ellington wins Spingarn Medal for his achievements in music.

Anthony Asadullah Samad

SEPTEMBER 2009 CALENDAR

African American men typically don't like to talk about prostate cancer. 100 Black Men of America, Inc. and the American Cancer Society are working hard to change that. For the last nine years, they have brought men together to talk, listen and learn at prostate screening and awareness events across the country.

Let's Talk About It is a community-based prostate health program. It reaches out to African American men who are 40 years of age and older. Prostate cancer is the most common form of cancer among African American men.

"Knowing your family history is probably the most important factor," said Dr. James T. Black, 100 Black Men's National Health and Wellness director. "Men are two or three times more likely to develop prostate cancer if their fathers or uncles have had it. However, diet also plays an important role.

"African American men don't like to talk much about health issues, especially those that may impact their sexual health and well-being. These events can help eliminate those fears and myths," said Black. "It's an opportunity for men to listen and learn from each other and from doctors."

100 Black Men of Los Angeles along with its community partners — Real Men Cook Foundation and the American Cancer Society — have screened as many as 1,200 men at their annual prostate cancer screening in previous years, according to Los Angeles Chapter President Dr. Anthony Asadullah Samad. This year's annual event brought in 450 men to get screened and hear the stories of prostate cancer survivors.



"Many men feel if they are diagnosed and subsequently treated for an enlarged prostate gland or prostate cancer that their sexual and emotional relationships with their spouses will change. At the Let's Talk About It event, survivors share how they discovered the condition, how they overcame their fears and how they can now live healthy, active lives," said Samad. One hurdle is getting African American men to see a doctor. "We try to help men overcome their fear of going to the doctor. We encourage them to get their prostate checked annually. If there is an enlarged prostate, we help them take the challenge head-on by introducing them to people who have lived through it," said Samad.

Added Black, "The more people talk about it, rather than hide it, the better our chances are for overcoming this health disparity in African American communities."

In addition to prostate cancer, 100 Black Men has begun to spread awareness messages about diabetes and obesity — which make the treatment of cancer more difficult. 100 Black Men has partnered with Real Men Cook to encourage changes in eating habits. Food and nutrition have become important topics at the screening events.

Wellness initiatives that engage groups of people are very powerful, according to Samad. "Most people tend to look at illness as just involving them. It's important to know that it is bigger than oneself," he said. "It's our goal to get people checked up before they check out."

Charles Bolden, Jr. • Sylester Flowers • Trish Millines Dziko • Ashton Clark • Ryan Clark • Norma Goodwin • Gabrielle Jordan
Christine M. Darden • African Americans in Science

SCIENCE, TECHNOLOGY AND BUSINESS INNOVATORS

African American scientists, engineers and inventors have long exercised their power of discovery. They have made significant contributions to progress in America and around the world.

Early and contemporary innovators have been featured throughout the calendar years, and in 1996 Aetna dedicated its calendar to the topic of science and innovation.

The calendar has recognized brilliant minds. Consider Elijah McCoy, the son of former slaves, who patented more than 50 inventions, including the folding ironing table and an automatic lubricator for oiling the steam engines of locomotives and boats. And look at

educator George Washington Carver, who is known for his research and discoveries that helped bolster American agriculture.

There is more: lightbulb enhancements, sugar refining, safety hoods for firefighters, hair creams and hot combs, ultraviolet cameras, and food preservation methods. The calendar highlighted all these innovations of African Americans who pursued curiosity, took risks, tested ideas and achieved success.

To honor this spirit of innovation, this chapter profiles stories of individuals who have shaped the future with their minds, ideas and perseverance.

1959

Lorraine Hansberry's *A Raisin in the Sun* opens at Barrymore Theater, New York; the first play by a black woman to premiere on Broadway.

1960

Leopold Sedar Senghor, poet and politician, elected president of Senegal.

1961

Ernie Davis becomes first African American to win the Heisman Trophy.

1961

Freedom Riders begin protesting segregation of interstate bus travel in the South.

Charles Bolden, Jr.

DECEMBER 1996 CALENDAR

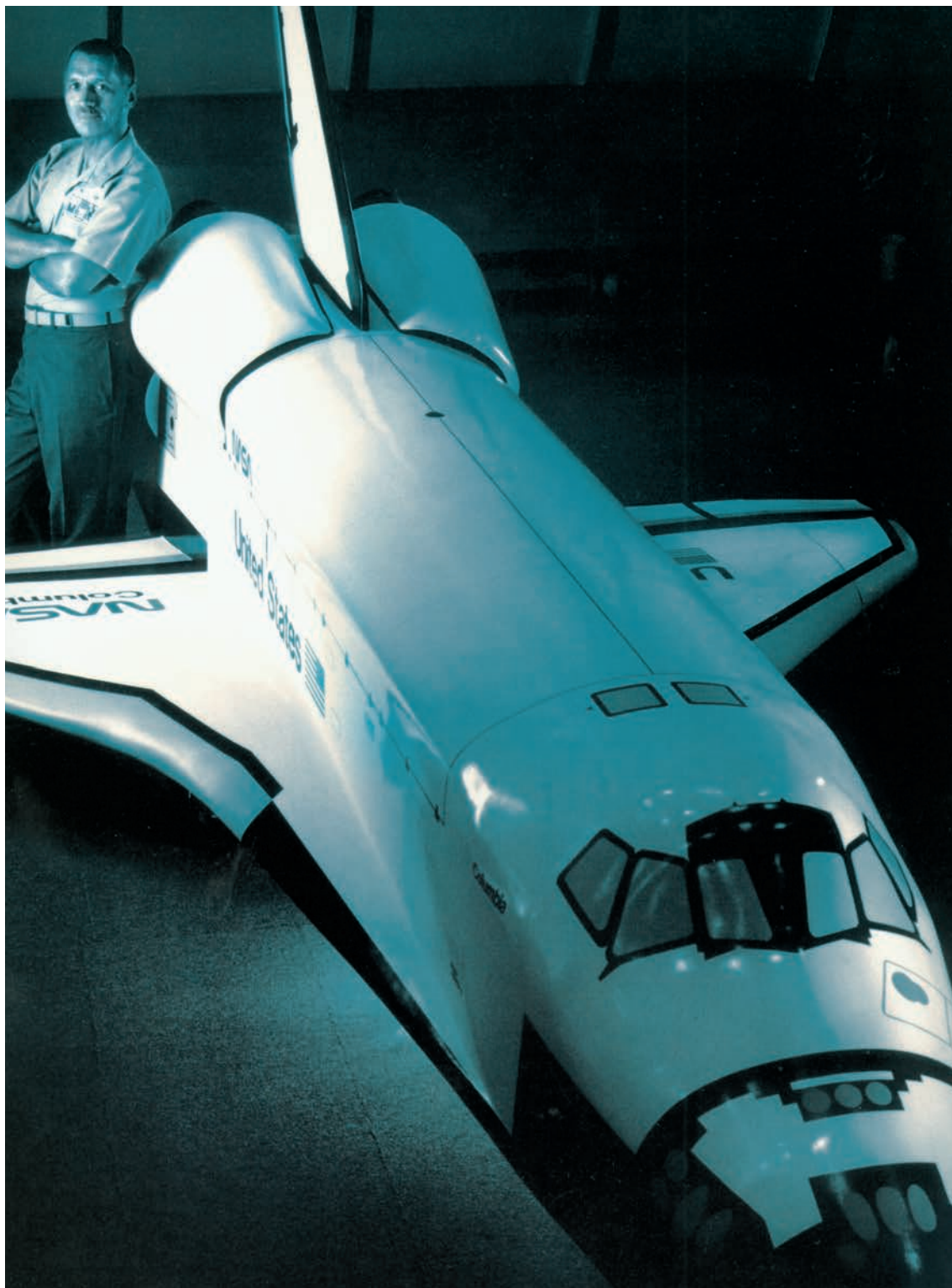
As a youngster, Charles Bolden, Jr. never dreamed of becoming an astronaut, speeding above the earth at 17,500 miles per hour. “I thought astronauts were supermen,” Bolden said. “Becoming one seemed beyond the realm of possibility.”

But Bolden’s parents told him nothing was impossible if he had the desire and skills to succeed. Despite his doubts, Bolden proved his parents correct by graduating from the U.S. Naval Academy and becoming a Marine combat pilot, test pilot and, ultimately, an astronaut. Bolden flew four missions on the space shuttle, operating as mission commander on his final two flights.

After serving more than 34 years in the United States Marine Corps, Bolden retired on January 1, 2003. He has been awarded a number of military and NASA decorations, as well as honorary doctorates from several distinguished universities. In May 2006, he was inducted into the U.S. Astronaut Hall of Fame.

Today, Bolden resides in Houston, Texas, where he is the CEO of JACKandPANTHER LLC, which provides consulting services in the areas of military, aerospace, leadership and motivational speaking.

Although his feet are now planted squarely on the ground, Bolden still carries an ethereal vision of the world with him. “Looking out the window at the beautiful blue earth below helps place things in perspective,” Bolden recalled. “You get an idea of how God might have felt after the Creation.”



1961

Mabel Staupers' book, *No Time for Prejudice: A Story of the Integration of Negroes in Nursing in the United States* published.

1961

During Kennedy administration, Marvin Cook named ambassador to Niger Republic, the first black envoy named to an African nation.

1962

Nelson Mandela, South African freedom fighter, imprisoned. He was released 28 years later.

1962

Jackie Robinson becomes first black baseball player in the major leagues inducted into baseball's Hall of Fame.

Sylester Flowers

APRIL 2005 CALENDAR

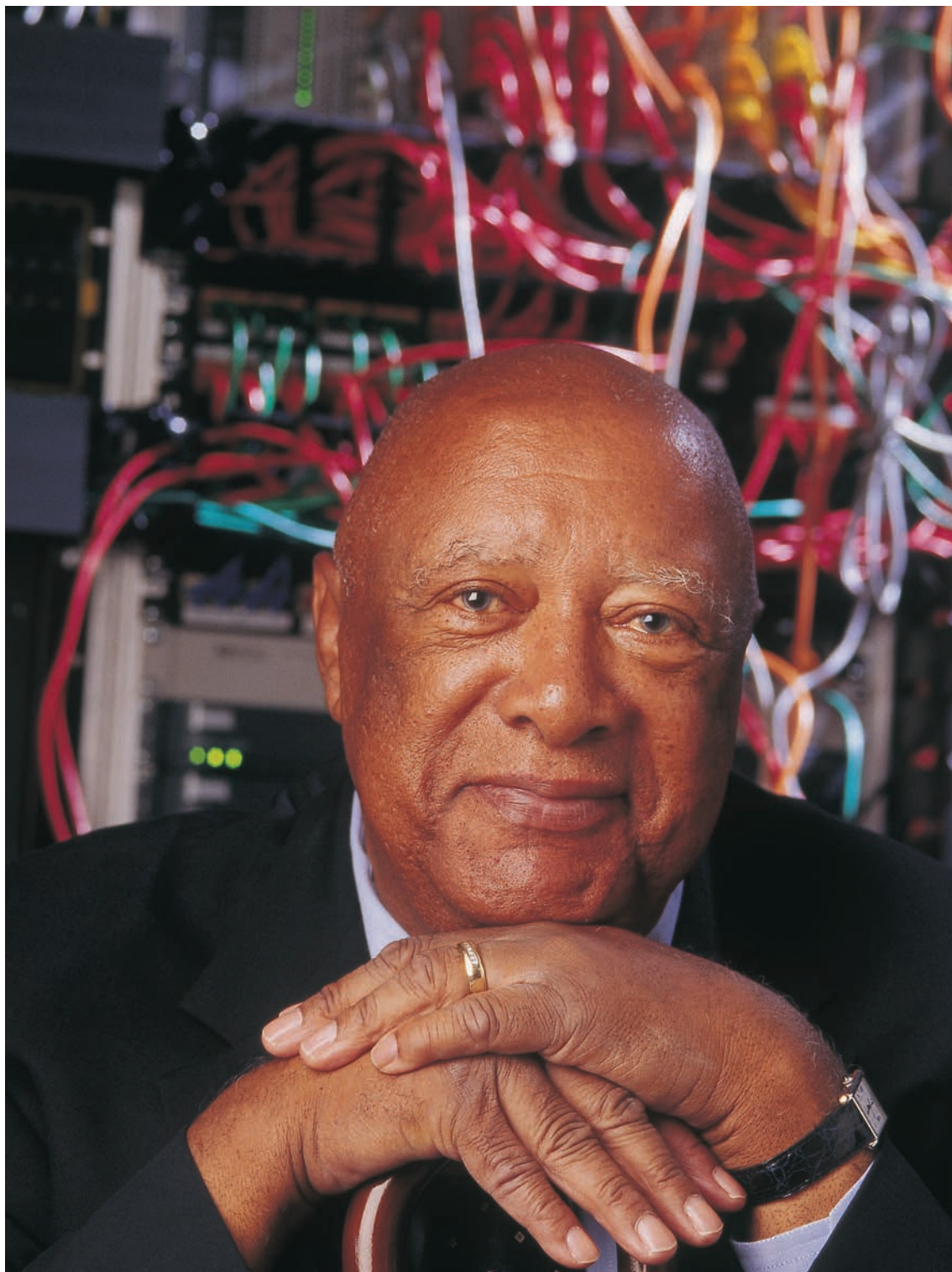
A practicing pharmacist for almost 50 years, Sylester Flowers has seen the profession become increasingly specialized and complex over time, with multichain drugstores slowly edging out the neighborhood pharmacies. He misses those days when pharmacists owned their own stores and were respected community figures.

As a poor child growing up in Pittsburgh, Pennsylvania, Flowers dreamed of improving his economic class and saw pharmacy as a chance to become a professional. After graduating from Howard University's School of Pharmacy, getting licensed to practice in three states and years of saving, he opened his first pharmacy. Eventually, at one point, he owned six community pharmacies. Today Flowers operates a single state-of-the-art facility serving an ethnically diverse low-income community.

"The pharmacist is the most accessible person of the health care team. You don't need an appointment to see a pharmacist. We have the opportunity to take care of the underserved within their environments," he said.

In 1967, Flowers formed Ramsell Corporation, which manages several companies, including the Public Health Services Bureau, a pharmacy benefits management company that serves the medically indigent with HIV/AIDS in Washington state and California. Devoted to improving this country's HIV/AIDS drug programs, he donates his time and money to groundbreaking research in health administration technology.

Sylester Flowers died on June 21, 2014, at the age of 78.



1962
Sonny Liston knocks out Floyd Patterson to win heavyweight boxing championship.

1963
Medgar Evers, civil rights leader, assassinated in Jackson, Mississippi.

1963
Rev. Dr. Martin Luther King, Jr. delivers "I Have a Dream" speech during March on Washington, D.C.

1963
Four black girls killed in Birmingham, Alabama, 16th Street Baptist Church bombing.

Trish Millines Dziko

APRIL 1999 CALENDAR

"I got lucky," Trish Millines Dziko said from the computer lab at Technology Access Foundation (TAF), a program she cofounded with \$150,000 of her own funds when she retired in 1996 at the young age of 39.

As one of the millionaires created by an affiliation with Microsoft Corporation, Millines Dziko left the technology industry and now uses her computer science expertise to provide technical training for children ages 5 to 18 in the Seattle, Washington, area. Each year about 300 children take computer classes to enhance their reading, math, critical thinking and problem-solving skills through TAF's TechStart program.

In addition, more than 70 teens are enrolled in TAF's Technical Teens Internship Program, which includes courses in programming, website development, networking and career-development skills. This is followed by job-readiness training, college-entrance preparation and paid summer internships at local corporations or small businesses for practical experience. The results are amazing: 100 percent of high school seniors who graduate from the program go on to college.

In September 2008, TAF will open TAF Academy, a 6th- through 12th-grade public school that prepares students for college and life using learning styles rooted in science, technology, engineering and math.

In addition to managing TAF and planning for its future, Millines Dziko remains a committed, proactive leader; and is a member of several boards of organizations that focus on children and education. In June 2001, she received an honorary doctorate of humane letters from Seattle University.

Millines Dziko has received dozens of local and national awards for her work educating children of color, and she often spends time talking about career opportunities with middle and high school students.



1963
Malcolm X assassinated in Harlem, New York.

1964
Sidney Poitier becomes first African American to win an Academy Award for Best Actor for "Lilies of the Field."

1964
Nelson Mandela sentenced to life imprisonment by South African government.

1964
Carl T. Rowan appointed director of the United States Information Agency.



1965
Civil rights activist Jimmie Lee Jackson dies after being shot by state police in Marion, Alabama.

1965
Rev. Dr. Martin Luther King, Jr. calls for nonviolent protests if Alabama blacks are not allowed to register and vote.

1965
President Lyndon Johnson signs Voting Rights Act, outlawing literacy test for voting eligibility in the South.

1965
Bill Russell of the Boston Celtics honored as NBA's most valuable player for fourth time in five years.



Ashton & Ryan Clark

MARCH 2012 CALENDAR

Twins Ashton and Ryan Clark remember a sign that hung in their parents' home while growing up. It said: "Your tomorrow is determined by the choices you make today."

It became a motto to live by. "We learned from an early age that our brand can be tarnished by poor choices or strengthened by good decisions," said Ashton, now 23 years old. "We've always made life decisions keeping our future in mind."

The Clarks' "brand management" started with their first business ventures. As children, they never received allowances. Instead, they raked leaves, shoveled snow and sold lemonade to make money.

"We realized that if we pleased our customers, word of our business would spread for us. It's an approach we still take," Ryan said.

Today, the Clarks own multiple online businesses under their Dynamik Duo business venture.

Their major websites include ludakicks.com, a custom sneaker company; 247mixtapes.com, a streaming music subscription site; and UticketIt.com, an online ticketing source for event organizers, small organizations and nonprofits.

"Innovation is critical in online business," said Ryan. "We start our businesses by looking at the market. If we see something we don't like about a service, we build a better site by changing the things that need improving, and it becomes a unique offering."

"Sometimes it's common sense," adds Ashton. "It goes back to the basics. What does the customer want? What are others not providing? Innovation can simply be improving something so that it better impacts the lives of others and meets a need."

1965

Rev. Dr. Martin Luther King, Jr. leads march from Selma to Montgomery, Alabama, for voting rights.

1965

Vivian Malone becomes first black to graduate from the University of Alabama.

1966

Emmett Ashford becomes first black umpire in the major leagues.

1966

Pfc. Milton L. Olive III awarded posthumously the Medal of Honor for valor in Vietnam.



1967
Thurgood Marshall nominated to Supreme Court by President Lyndon Johnson.

1968
Shirley Chisholm of Brooklyn, New York, becomes first African American woman elected to Congress.

1968
Three South Carolina State students killed during segregation protest in Orangeburg, South Carolina.

1968
Rev. Dr. Martin Luther King, Jr. assassinated in Memphis, Tennessee.

Norma Goodwin

MAY 2008 CALENDAR

Thanks to HealthPowerForMinorities.com, better health literacy is only a click away.

“The goal of our website is to be the most trusted source for minority and multicultural health information,” says Dr. Norma Goodwin, founder, president and CEO of Health Power for Minorities, LLC (Health Power). The company creates culturally appropriate health materials and programs. The website is one of its major projects.

“We created the website because we saw a real need for it,” Goodwin says. “The Internet is a major source of health information for many Americans, but there isn’t a lot of information on it that has been adapted for multicultural populations.”

Goodwin knew that if health information on the Internet did not become more culturally relevant, health disparities would widen. People who knew how to use the mainstream health websites would

increase their health knowledge. People who did not use the Internet for health information would fall further behind.

“We knew we had to make our information and messages user friendly, and keep them short and simple. The goal for us in the health field should be to take no more than five minutes to give good, easy-to-understand basic health information,” Goodwin says. “Discussion, of course, must follow.”

Goodwin thought about health literacy when developing all areas of the website. Instead of calling one section a “Glossary,” she called it “What it Means.” She made all pages printer friendly. This way, people could print them and talk about the information with their doctors and trusted family members or friends. She made the design exciting. She included soul food recipes and added different information for different cultural groups.

“The goal is to provide health information that causes change,” she says. “People can’t plan to act until they understand. People can’t understand until they have information.”

The problem is not only health literacy. Goodwin says many people are not comfortable using computers and the Internet. The website’s secondary purpose is to narrow the “digital divide.”

“We need to be interesting enough to attract people to the site. That’s why we’re working with faith-based groups and community groups. We teach them about our site. We’re also trying to get employers to see how important it is to have computers in break rooms,” says Goodwin.

Goodwin’s methods are working. Today, HealthPowerForMinorities.com is listed in the top five Google sites for health information for minorities. It gets about 3 million hits per year. Many large national health organizations also use the website as a resource for their patients.

“Our tagline is ‘*Knowledge + Action = Power.*’ And I truly believe that,” she says. “We are empowering people to take action. And there’s nothing more satisfying than that.”

“People can’t plan to act until they understand.
People can’t understand until they have information.”

– Dr. Norma Goodwin

1968 Dr. Vincent Porter becomes first African American certified in plastic surgery.	1968 Henry Lewis becomes first black musical director of an American symphony orchestra — New Jersey Symphony.	1968 Arthur Ashe, Jr. wins men's singles tennis championship at U.S. Open.	1970 Charles Gordone becomes first African American playwright to receive the Pulitzer Prize (for "No Place to Be Somebody").
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Gabrielle Jordan

APRIL 2012 CALENDAR

Gabrielle Jordan began her business, Jewelz of Jordan, to fill a void in the children’s jewelry market. The difference between Jordan and other business innovators? She was only 9 years old when she broke through her market space.

“I noticed a lot of children’s jewelry was made with plastic beads and charms. I wanted to create something more upscale,” said Jordan, now an 11-year-old fifth-grade student. “So I began to use glass beads, stones and silver to create elegant pieces that are high quality.”

Jordan got the idea of turning her hobby into a business from her parents. “I saw the passion she had for jewelry making,” said her mother, Marcella Mollon-Williams. “I knew that passion was what she needed to be successful.”

Jordan began by selling jewelry to family and friends. She then expanded to vending at seminars and workshops. In June 2011, Jordan launched JewelzofJordan.com, which includes an online store.

Jordan spends her free time designing new pieces, especially for her Mommy & Me mother-daughter jewelry line. She is a frequent public speaker, and

she also has turned her experiences into a book, *The Making of a Young Entrepreneur*.

“My book is about motivating children to follow their dreams,” she said.

Jordan herself has big dreams to follow. “I want to be an international motivational speaker, a jewelry designer to the stars, a philanthropist and a millionaire by 15 years old,” she said.

She then adds: “I’d also like to play soccer.”



1970
Joseph L. Searles becomes first African American member of New York Stock Exchange.

1970
Kenneth A. Gibson elected mayor of Newark, New Jersey, first African American mayor of a major Eastern city.

1971
The Congressional Black Caucus organized.

1971
The Rev. Leon Sullivan elected to the board of directors of General Motors.

Christine M. Darden

JANUARY 1996 CALENDAR

If Christine Darden and her colleagues are successful, a commercially viable, American-made supersonic airliner may take off by 2005.

“There are several decision points in developing this technology,” says Darden. “Can we lower the level of engine noise? Can we reduce engine emissions of nitrous oxide?”

Even after those hurdles are crossed, there are more waiting. “We have to look at aerodynamics, the flight deck, control systems, and materials,” Darden says. Using scale models of airplanes in a wind tunnel, Darden searches for aerodynamic shapes that may reduce the effects of sonic boom. (A sonic boom is the explosive sound caused by the shock wave preceding an aircraft traveling faster than the speed of sound, which is about 738 miles per hour at sea level.) “It’s a tremendous challenge,” Darden says.





AFRICAN AMERICANS IN SCIENCE

Invent.

It means to create something new using one's own ingenuity. Throughout American history, African Americans in science have not only invented new products and theories, but also new opportunities where none seemed to exist.

D I S C O V E R Y

By harnessing the power of curiosity and the allure of the unknown, African American scientists, engineers and inventors have long contributed to our nation's technological progress. The evidence is all around us.

Did you sprinkle sugar on your cereal this morning? Those familiar crystals were made possible by Norbert Rillieux, who patented an evaporating pan in 1843 that revolutionized sugar refining. One of the earliest African American women to acquire a patent was Sarah Goode, who patented a folding cabinet bed in 1885.

Have you ever heard the expression "The Real McCoy"? The phrase is a compliment to Elijah McCoy, whose pioneering work in automatic lubrication during the late 1800s is still incorporated in industrial machinery throughout the world.

Are you reading this book by the glow of an incandescent lightbulb? Thomas Edison invented the lightbulb, but Lewis Latimer improved it in 1882 by patenting a process to inexpensively manufacture more durable carbon filaments for the bulbs.

During the first 40 years of the 20th century, botanist George Washington Carver's work extracting products from peanuts and sweet potatoes revolutionized agriculture in the American South by easing the region's dependence on cotton as a cash crop.

The work of these early individuals showed later generations that pursuing a career in science was not only possible, but also necessary. In the early 1960s when Dr. Shirley Jackson was told "colored girls should learn a trade," she said, "I decided the trade I would learn was physics." Jackson went on to become the first African American woman to earn

a doctorate from the Massachusetts Institute of Technology (MIT) and was chairman of the U.S. Nuclear Regulatory Commission.

Successful astronomer Benjamin Peery had never heard of any African American astronomers during the 1940s. "That's not what was important," said Peery, who made a name for himself through his studies of stars nearing the end of their existence as radiant objects. "I was itching to learn what was going on out there."

No matter where and when they've experienced the joy of discovery, African Americans have been challenged by the forces of history. While many Americans may not be aware of the scientific contributions African Americans have made to modern life, these contributions continue to affect us all and will no doubt shape the future of our life experiences and our world.

Elijah McCoy

Pioneered work in automatic lubrication for machinery.

Featured in May 1989

Dr. Shirley Jackson

First African American woman to earn a doctorate from MIT.

Featured in April 1996

Benjamin Peery

Studied stars nearing the end of their existence as radiant objects.

Featured in August 1996

Josephine Baker • Lloyd Richards • Milt Hinton • Suzanne de Passe • Paul Robeson • Jacob Lawrence • African Americans in Theater

ENTERTAINMENT AND CULTURAL ARTISTS

The world of literature, arts, music and entertainment has literally brought African Americans to center stage. Today's arts and entertainment landscape builds upon the legacies of the past, and encompasses a rich and diverse offering of talent that is admired by audiences around the world.

The African American music scene has been blessed by extraordinary performers, musicians and writers. Many have been featured over the years in Aetna's calendar. One notable is composer Eubie Blake, who for nearly 100 years was behind a keyboard creating beautiful compositions, Broadway musicals and vaudeville shows. Another is composer Scott Joplin, who earned the title of "King of Ragtime" for his works, including "The Entertainer."

Over the years, the calendar also has applauded literary and fine artists such as poet Langston Hughes and painter Jacob Lawrence, who used their words and art to showcase the rhythms of African American life.

And in 1992, the calendar defined the cultural awareness and progress made under the lights in African American theater thanks to playwrights and actors who demanded their stories be told.

Recognizing all these genres, the ensuing chapter reveals the passion, the spirit and the influence that is deeply rooted in all art forms. With confidence and conviction, African Americans can take great pride knowing that great artists of the past helped shape and transform the world of entertainment today.

1971

Samuel L. Gravely Jr. becomes first African American admiral in U.S. Navy.

1972

Stationed in Germany, Major Gen. Frederic E. Davidson becomes first African American to lead an Army division.

1974

Atlanta Braves slugger Hank Aaron hits 715th career home run, surpassing Babe Ruth as the game's all-time home-run leader.

1974

Barbara W. Hancock becomes first African American woman named a White House fellow.



Josephine Baker

SEPTEMBER 1988 CALENDAR

Josephine Baker's life was defined by passion – not only for her role as a stage entertainer, but also for the political causes that she so firmly supported.

The international star and dazzling performer who captivated audiences for nearly 50 years was born in St. Louis, Missouri, and left school at age 8 to work as a maid. Pursuing a desire to be a song, dance and comedy star, Baker ran away from home at 16, bound for New York's Broadway. There, she performed with the Bessie Smith Blues Show and appeared in the 1924 production of "Shuffle Along," the nation's first African American musical.

Opportunity knocked in 1925 when actress Ethel Waters turned down a role in "La Revue Negre," a New York production that toured in Paris. Baker performed instead; and quickly captured the hearts of French audiences, who embraced her comedic, sassy and seductive performances. She went on to perform in Folies-Bergere and the Casino de Paris, and received the attention and adulation that a performer of her caliber deserved – recognition often denied African American entertainers of the day.

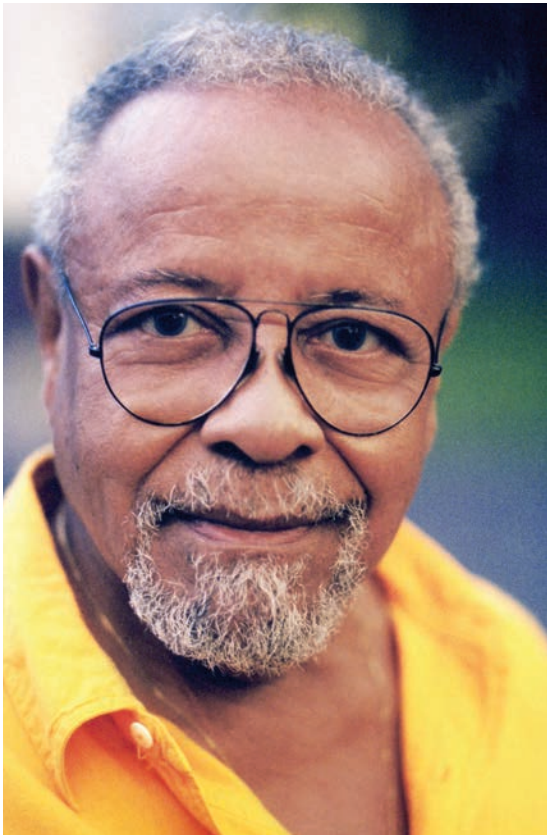
During World War II, Baker continued performing as an entertainer for North Africa troops while also driving an ambulance and gathering intelligence for the French Resistance. Her war efforts earned her France's highest military award – the Legion of Honor Medal.

In a much-publicized demonstration of concern for equality, Baker and her husband adopted 12 children – 11 of whom were orphaned – of different nationalities, including African, Korean, Venezuelan and Italian.

Baker continued to speak against racism and oppression throughout her life, and her unwavering fight for civil rights prompted her to deliver a speech at the 1963 March on Washington. Her love of entertaining also endured, and she performed until her death in 1975.



1975 Dr. Samuel Blanton Rosser becomes first African American certified in pediatric surgery.	1975 William T. Coleman named secretary of transportation.	1976 Andrew Young nominated by President Jimmy Carter to be U.S. ambassador to United Nations.	1977 Steven Biko, leader of Black Consciousness Movement in South Africa, arrested.
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Lloyd Richards
 JULY 1992 CALENDAR

Lloyd Richards will forever hold the reputation as one of the most influential people in American theater.

In 1959, he became the first African American to direct a play on Broadway – Lorraine Hansberry’s award-winning drama, “A Raisin in the Sun.” Twenty years later, he was appointed artistic director for the Yale Repertory Theater and dean of the Yale University Drama School, two of the country’s most prestigious theatrical institutions.

At Yale and at the Eugene O’Neill Theater Center’s National Playwrights’ Conference, which he led as artistic director from 1968 to 1999, Richards developed hundreds of new plays. It was during this time that he helped discover August Wilson, who was

to become a celebrated playwright. Richards directed most of Wilson’s original productions, beginning with the 1984 production of “Ma Rainey’s Black Bottom.”

“I was attracted to the authenticity, the recognizable voice in August Wilson’s work,” said Richards. “His characters spoke to me in a way I recalled from my own youth. He echoed the wonderful poetry of the streets.”

Richards went on to produce most of the plays in Wilson’s ongoing series about the experiences of African Americans in the 20th century, including “Fences,” the most honored play in the history of the American theater. In his later career, he began producing television segments, including “Roots: The Next Generation,” while he continued his work in the theater. Richards died on June 29, 2006, his 87th birthday.

The Life and Photographs of Milt Hinton

Jazz musician Milt Hinton had a passion for sharing his life experiences, not only through his music, but also through his photography. In 1990, Aetna’s African American History Calendar used Hinton’s own photographs to profile the great musicians who influenced his work, capturing candid moments in the lives of legends such as Cab Calloway, Dizzy Gillespie, Louis Armstrong and Eubie Blake.

In the calendar’s introduction, Hinton wrote: “I’m almost 80 now, and I haven’t stopped learning. Setting goals – large ones and small ones – and trying to achieve them is still the most important part of my life. Today, most of my teachers are my students. I can tell them about the old days and try to pass on what I know; but they’re the ones who help me to understand the present, and they’re the ones who give me hope for the future.”

“Today, most of
 my teachers are
 my students.”

– Milt Hinton

1978

NASA selects as astronauts Maj. Frederick Gregory, Maj. Guion Bluford, Jr., and Dr. Ronald McNair.

1979

Robert Maynard becomes first African American to head a major daily newspaper, *Oakland Tribune* in California.

1980

Howard University airs WHHM, first African American-operated public radio station.

1981

Reagan administration undertakes its review of 30 federal regulations, including rules on civil rights to prevent job discrimination.

Suzanne de Passe

MAY 1994 CALENDAR

The journey from college dropout to television and film producer does not follow an easy or direct path. For Suzanne de Passe, however, it was a path that led her to two Emmy Awards, a Golden Globe Award and two Academy Award nominations.

“In hindsight, it looks like it all fell together beautifully,” she said.

De Passe began her career at Motown Records in 1968 as creative assistant to founder and president Berry Gordy. She worked for Motown for more than 20 years in various positions of prestige before establishing her own company, de Passe Entertainment Group, LLC, in 1992.

As vice president of Motown’s Creative Division, de Passe was instrumental in developing artists such as Michael Jackson, The Jackson Five, The Commodores and Stephanie Mills; and in 1981, she became Motown’s president.

In her role as a writer and producer, de Passe was nominated for an Academy Award for cowriting the screenplay for “Lady Sings the Blues.” She won Emmy Awards as executive producer for “Motown 25: Yesterday, Today, Forever” and “Motown Returns to the Apollo.” De Passe served as executive producer of the critically acclaimed, award-winning miniseries “Lonesome Dove” and the long-running series “Sister, Sister” and “Smart Guy.”



Pictured left to right: Barbara de Passe and Suzanne de Passe

De Passe is widely recognized for her creative talent and business acumen. She was inducted into the Black Filmmakers Hall of Fame in 1990, and she is the recipient of an American Women in Radio and Television Silver Satellite Award, Essence Award and Revlon Business Woman of the Year Award, among others.

For de Passe, a consistent and steady influence along her unique life journey was the love and support of her mother, Barbara de Passe. “It didn’t dawn on me at the time how much her support really mattered,” de Passe recalled. “But in subsequent years it manifested as the key element that was a constant for me; to go ahead and do what I wanted to, and do my best.”

1981 Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England.	1981 Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.	1983 President Ronald Reagan designates Martin Luther King, Jr. Day a national holiday.	1983 Alice Walker wins Pulitzer Prize for fiction for "The Color Purple."
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Paul Robeson
 APRIL 1982, SEPTEMBER 1991 AND
 JANUARY 1992 CALENDARS

While his achievements in athletics, academics and activism are all remarkable, it was his ability to break through racial barriers and establish new opportunities for African Americans in the theater that made Paul Robeson one of the most influential performing artists of his generation.

The son of a former slave, Robeson and his four siblings were raised by their father after their mother died in a house fire. He grew up bright and ambitious; and his talents led to a four-year scholarship to Rutgers University, where he excelled at his lessons and on the football field. He graduated in 1919 with highest honors, delivering the valedictory address.

Robeson went on to graduate from Columbia Law School; and while looking for law work, he supported himself and his wife by singing at the Plantation Club in Harlem. This began his prolific stage and concert career, during which he helped establish African American spirituals and multilingual folk songs as recognized art forms.

In 1924, Robeson opened in Eugene O’Neill’s “All God’s Chillun Got Wings” to rave reviews, but it was not until 1928 when he sang “Ol’ Man River” in the London production of “Show Boat” that he became an overnight sensation.

Robeson’s signature role came in 1930, when he performed as Othello in London. Repeating the role on Broadway 13 years later, Robeson played Othello for a record-breaking 296 performances, then traveled the country with the play for another two seasons.



In 1959, he became the first African American man to perform as Othello in the 100-year history of the Shakespeare Memorial Theater in Stratford-on-Avon.

In 1963, Robeson returned to the U.S. after a five-year absence and continued the civil rights work that was his passion during his long stage, film and concert career. He retired from public life two years later. In 1972, he was one of 33 individuals, and the

only African American, selected as a charter member of the National Theater Hall of Fame.

Although Robeson died in 1976 at age 77, his powerful legacy continues. In 1983, he was given a star on Hollywood’s Sidewalk of Stars, and he was awarded a Grammy Lifetime Achievement Award in 1998.

1983

Lena Horne awarded Spingarn Medal for distinguished career in entertainment.

1983

Vanessa Williams becomes first African American crowned Miss America.

1983

Harold Washington becomes first African American elected mayor of Chicago.

1983

Lt. Col. Guion S. Bluford Jr. becomes the first African American astronaut in space.



Jacob Lawrence

AUGUST 2000 CALENDAR

For more than a half century, Jacob Lawrence has been widely regarded as America's most important African American artist. The son of Southern migrants, Lawrence grew up in Harlem during the Depression and the Harlem Renaissance. In the studio of his mentor, Charles Alston, Lawrence painted while a host of Harlem Renaissance figures – artists and writers such as Augusta Savage, Langston Hughes and Alain Locke – gathered to discuss ideas that would eventually influence Lawrence's art.

His artistic style evolved out of his subject matter: the lives of working people, usually African Americans, engaged in a spectrum of human endeavor. Lawrence's art depicts the African American experience from the Civil War to the Civil Rights Movement and beyond, creating a uniquely American vision about the dreams of equality of ordinary people.

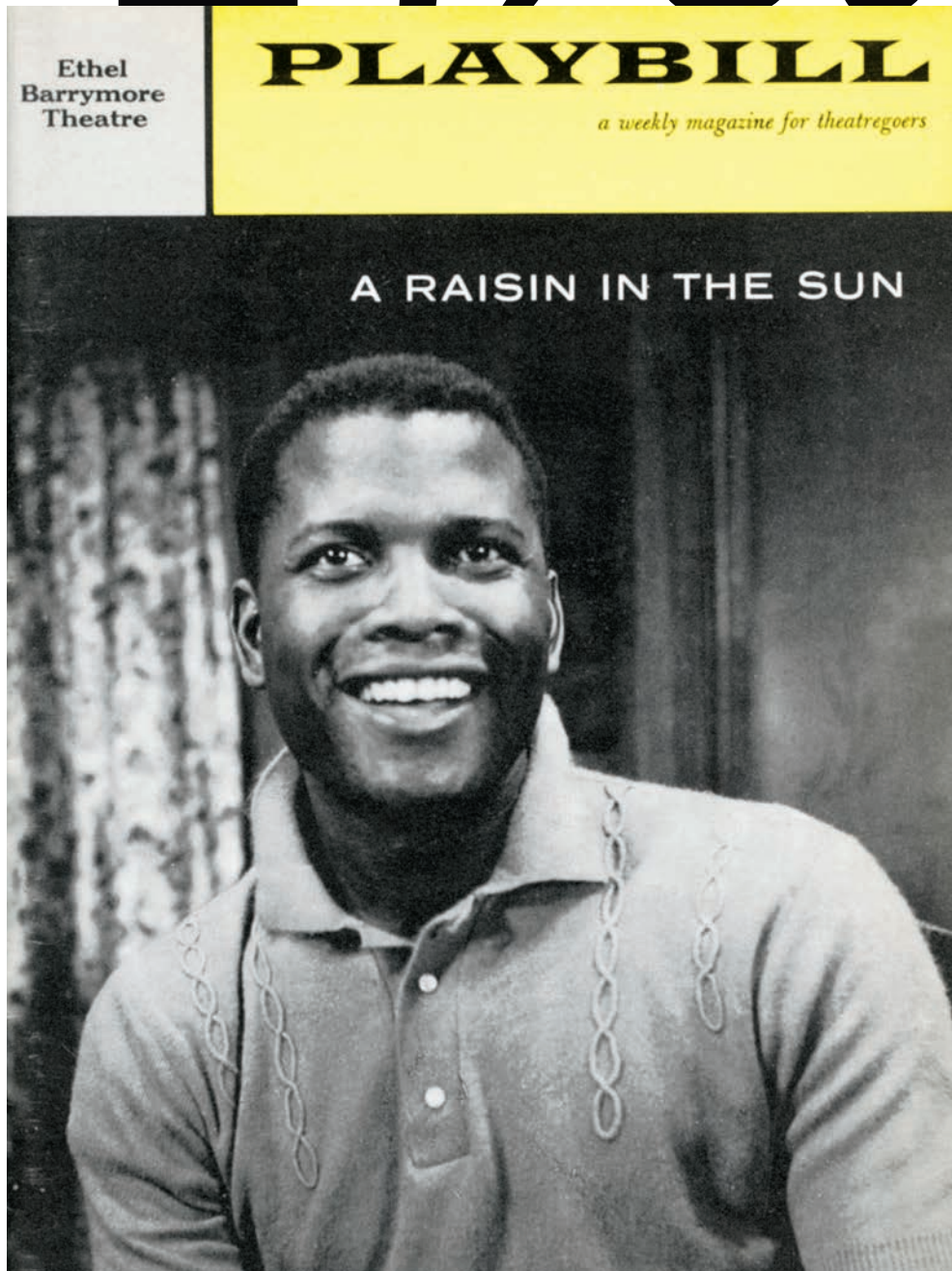
"If at times my [artworks] do not express the conventionally beautiful, there is always an effort to express the universal beauty of man's continuous struggle to lift his social position and to add dimension to his spiritual being," Lawrence said.

His distinguished career has earned him a National Medal of Arts, election to the National Academy of Arts and Letters and the National Academy of Design, and dozens of honorary degrees and awards.

"I paint the things I know about and the things I have experienced," Lawrence said. "The things I have experienced extend into my national, racial and class group. So I paint the American scene." Lawrence died in 2000 at the age of 83.

Theater

African Americans in



The theater has always provided a forum for social and cultural discussion, and African American theater today is the result of centuries of political turmoil played out on stage.

In 1820, West Indian actor James Hewlett established an African American Shakespearean theater company in New York. Scorned by white critics and audiences and attacked by the police, it folded in 1824.

At the same time, the minstrel show was gaining popularity as a derisive comic form. Jim Crow, the name of a singing, shuffling ex-slave character portrayed by a white performer, came to symbolize all forms of discrimination against African Americans.

Around 1900, as African Americans migrated to the industrial North, a group of African American theater artists in New York created a new theatrical form: the musical comedy. Two popular performers, Bert Williams and George Walker, wrote and appeared in "In Dahomey" in 1903, the first Broadway show ever to portray African themes, settings and characters.

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In 1909, struggling playwright Eddie Hunter helped establish the Crescent, Harlem’s first theater; and the Lafayette Theater, the first formally organized African American drama company in the U.S. Among the performers was Charles Gilpin, who became a star after playing the lead in Eugene O’Neill’s “The Emperor Jones.”

The Harlem Renaissance arrived with the 1921 New York opening of the smash hit musical “Shuffle Along.” Originally intended for African American audiences, it created a vogue among white theatergoers for African American dancing, singing and comedy. The Harlem Renaissance also showcased Langston Hughes, Paul Robeson, Rose McClendon, Eulalie Spense, Ethel Waters and others.

When violence increased against African Americans in the 1950s, the growth of African American theater continued in quiet protest. “A Raisin in the Sun” premiered in New York in 1959, and Lorraine Hansberry became the first African

American to have a play produced on Broadway. Directed by Lloyd Richards, this groundbreaking work helped establish the careers of Sidney Poitier; Ruby Dee; Claudia McNeil; Diana Sands; Lonne Elder, III; Louis Gossett, Jr.; and Ivan Dixon; among others. African American theater in the 1960s grew directly out of the Civil Rights Movement. From the satires of Ossie Davis and Douglas Turner Ward to the dramas of Amiri Baraka, James Baldwin, Ed Bullins and Adrienne Kennedy, the theater began to reflect the collective experiences of African Americans.

The year 1970 brought the first Pulitzer Prize to an African American dramatist, Charles Gordone, for “No Place to be Somebody.” African American theater continued to proliferate through the 1980s; and by 1991, the national Black Theater Festival listed 250 American theaters devoted to presenting the African American repertoire. Today, as in the past, the contributions of African Americans to the theater are immeasurable, innumerable and irreplaceable.

Amiri Baraka
September 1992 Calendar

Ossie Davis
June 1992 Calendar

Ruby Dee
June 1992 Calendar

Lorraine Hansberry
May 1983, May 1992
Calendars

Langston Hughes
May 2000 Calendar

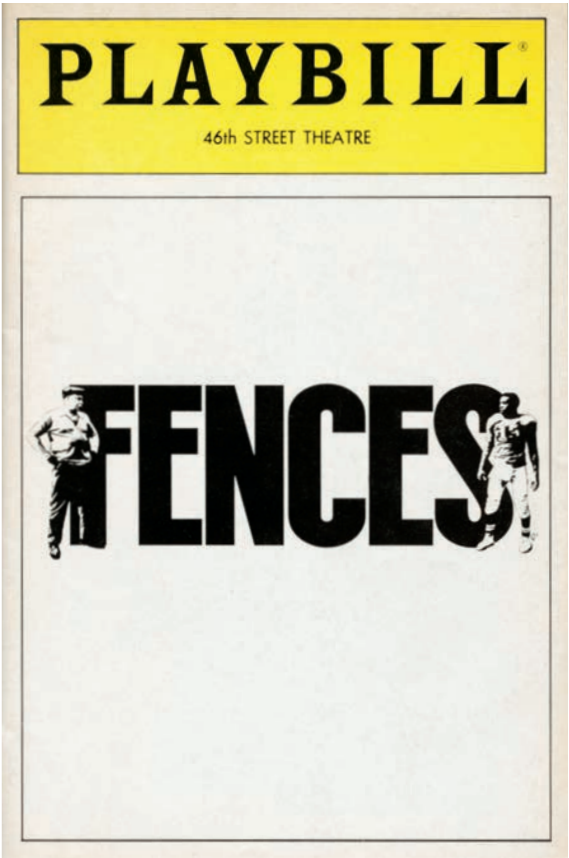
Lloyd Richards
July 1992 Calendar

Paul Robeson
April 1982, September 1991,
January 1992 Calendars

Douglas Turner Ward
February 1992 Calendar

Ethel Waters
October 1983 Calendar

Bert Williams
March 1987 Calendar



Madam C.J. Walker • Earl Graves, Sr. • Eddie Bernice Johnson • Willie Gary • Comer Cottrell, Jr.

BUSINESS VANGUARDS

The unconquerable spirit of African American entrepreneurship dates back to the early 1900s. It was then, after the signing of the Emancipation Proclamation, that African Americans saw reason to raise their heads and renew their expectations.

Over the years, Aetna has celebrated African American business and political leaders who boldly faced the future, demanded equality and commanded a seat at the table of prosperity.

The 2000 “Leaders of the Century” calendar honored individuals such as Oprah Winfrey for her achievements in television, publishing, music, film, education and philanthropy; and Thurgood Marshall, who for nearly a quarter of a century served with distinction on the U.S. Supreme Court.

Still other calendars have featured bright, bold and daring leaders, who continue to be the major catalysts in the growth of American business and politics.

Along with these other admirable business leaders, this chapter celebrates one of America’s first African American female millionaires, Madam C.J. Walker, who understood why it was necessary to take risks to be successful in business. It is courage such as this – driven by unyielding vision – that will continue to inspire the next great success story.

1984

Georgetown coach John Thompson becomes first African American coach to win the NCAA basketball tournament.

1984

Bishop Desmond Tutu wins Nobel Peace Prize.

1987

Dr. Mae C. Jemison becomes first African American woman astronaut.

1988

Eugene Antonio Marino installed as first U.S. African American Roman Catholic Archbishop.

Madam C.J. Walker

DECEMBER 1983 AND
FEBRUARY 2000 CALENDARS

Madam C.J. Walker was the first African American female millionaire and one of the first American women to become a millionaire through her own efforts.

Born Sarah Breedlove in 1867 to indigent former slaves, Walker grew up on a Louisiana plantation, working in cotton fields from dusk to dawn.

Uneducated in her youth, she learned to read and write as an adult. “I got myself a start by giving myself a start,” she said.

While working as a domestic, Walker began to lose her hair. After trying many different products, she had the idea to start a cosmetics business. By early 1906, she had developed and started selling Madam C.J. Walker’s Wonderful Hair Grower, a scalp-conditioning formula.

Walker continued to create beauty products geared toward the needs of African American women, launching an industry that thrives to this day. She sold products via mail order, organized a nationwide membership of door-to-door agents and opened her own beauty school.

In 1917, Walker coordinated The Madam C.J. Walker Hair Culturists Union of America convention, which may have been one of the first national meetings of businesswomen in American history. She used the gathering to reward business success and to encourage political activism.

“This is the greatest country under the sun,” she said. “But we must not let our love of country, our patriotic loyalty cause us to abate one whit in our protest against wrong and injustice.” Walker died in 1919.



1988 Toni Morrison wins Pulitzer Prize for <i>Beloved</i> .	1989 Col. Frederick Gregory becomes first African American to command a space shuttle mission.	1989 Gen. Colin Powell is confirmed as chairman, Joint Chiefs of Staff, first African American to hold the post.	1989 Bill White elected president of the National Basketball League.
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1989

L. Douglas Wilder elected governor of Virginia, becoming nation's first African American governor since Reconstruction.

1989

First National Black Theater Festival held in Winston-Salem, North Carolina.

1989

Civil Rights Memorial dedicated in Montgomery, Alabama.

1990

Charles Johnson awarded National Book Award for fiction for *Middle Passage*.

Earl Graves, Sr.

AUGUST 1995 AND AUGUST 1999 CALENDARS

“Because all decisions are not made in the boardroom, networking is key to our economic development,” said Earl Graves, Sr., founder and publisher of *Black Enterprise* magazine, and a leader in one of the most powerful networks in the country.

With a paid circulation of 525,000 and readership of more than 3.9 million, *Black Enterprise* magazine has chronicled the success and travails of entrepreneurs since 1970. The brand has expanded to include two weekly syndicated television programs, business and lifestyle events, and a highly successful website. *Black Enterprise* also created a golf and tennis networking weekend “so we can feel comfortable on the courses and courts where many of the real business deals are made,” Graves said.

Graves intimately knows the world on which he reports. His experiences with high-level negotiations and participation on some of the country's leading corporate boards are translated into inspiration, direction and editorial straight talk in the pages of *Black Enterprise*.

Graves served as chairman and CEO of Pepsi-Cola of Washington, D.C., L.P., the largest minority-controlled Pepsi-Cola franchise in the United States. He continues to be a significant Pepsi-Cola stockholder and is chairman of the PepsiCo African-American Advisory Board.

A staunch advocate of higher education and equal opportunity, Graves supports entrepreneurial education through contributions to his alma mater, Morgan State University, where he received a bachelor's degree in economics. His contributions include a \$1 million gift to advance business education. The university recently renamed its school of business and management the Earl G. Graves School of Business and Management. Today, Graves has honorary degrees from more than 65 colleges and universities.

Graves has always possessed the courage to lead. An ROTC graduate, he attended Airborne School and Ranger School. He completed his Army career with the rank of captain as a member of the 19th Special Forces Group, the Green Berets. Graves also is the recipient of a U.S. Army Commendation Award.

Graves serves as a director of Aetna Inc. He also has been a director and retired from the following boards of directors: Liggett & Meyers Tobacco, International Telephone & Telegram (ITT), Rohm Haas Corporation, Federated Department Stores (Macy's), Chrysler Corporation, Daimler AG and AMR Corporation (American Airlines).

Long active in scouting, Graves currently is a vice president on the Boy Scouts of America's National Executive Board and a member of the marketing committee. He was formerly national commissioner of scouting and chairman of the National Communication Committee. Graves also has received the Silver Beaver Award (1969), the Silver Antelope Award (1986) and the Silver Buffalo Award (1988), the highest recognition awards

for volunteer service in scouting. In addition, he serves as a volunteer on the boards of TransAfrica Inc., and the American Museum of Natural History and Planetarium.

In 2002, *Fortune* magazine named Graves one of the 50 most powerful and influential African Americans in corporate America. That same year, he was appointed to serve on the Presidential Commission for the National Museum of African American History and Culture.

Awarded the Lifetime Achievement Award from the National Association of Black Journalists in 2006, Graves is continually sought after as a keynote speaker. In 1997, his book *How to Succeed in Business Without Being White* was published and made the *Wall Street Journal* Business Best Sellers lists. In 1999, Graves received the 84th NAACP Spingarn Medal, the highest achievement award for African Americans.

As *Black Enterprise* readers skim through articles on wealth building, strategies of corporate success and deal making, they can rest assured that the advice comes from one who knows from experience.

“Because all decisions are not made in the boardroom, networking is key to our economic development.”

— Earl Graves, Sr.

1990 Nelson Mandela of South Africa is released from prison after 27 years.	1990 L. Douglas Wilder inaugurated as first African American governor (Virginia) since Reconstruction.	1991 Smithsonian Institution approves creation of the National African American Museum.	1991 Nelson Mandela elected president of the African National Congress.
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Eddie Bernice Johnson

JULY 1994 CALENDAR

It was from her mother, Lillie Mae (White) Johnson, that Congresswoman Eddie Bernice Johnson first learned the qualities of leadership.

“My mother was always well informed on practically any issue that came before us,” Johnson said. “I admired that about her.”

Johnson was elected to her first term in the U.S. House of Representatives in 1992, polling 74 percent of the vote and becoming the first African American woman to represent Texas in Congress since Barbara Jordan in the 1970s.

During her eight terms as U.S. representative for Texas’ 30th Congressional District, Johnson has gained the reputation of being a stateswoman on U.S. foreign policy, working to improve human rights around the globe through her internationally recognized initiative “Women for World Peace.”

Johnson began her political career in the Texas House of Representatives, from 1972 to 1977, after earning a B.S. in nursing from Texas Christian University and a master’s in public administration from Southern Methodist University. She was the first African American woman ever elected to public office in Dallas County. In 1977, President Jimmy Carter appointed Johnson a regional director of the Department of Health, Education and Welfare. She was elected to the Texas State Senate in 1986.

Johnson is the founder of Eddie Bernice Johnson and Associates, a business consulting firm. She has been awarded six honorary degrees from colleges and universities in Texas.



<p>1991 Brig. Gen. Clara Adams-Ender becomes first African American woman and nurse to be appointed commander general of an Army post.</p>	<p>1991 Supreme Court Justice Thurgood Marshall announces his retirement.</p>	<p>1991 Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.</p>	<p>1992 Dr. Mae Jemison becomes first African American woman to travel in space.</p>
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Willie Gary

MARCH 1999 CALENDAR

Today, Willie Gary is a wealthy man and one of the country’s most respected trial lawyers.

His life, however, did not begin with private jetliners and global travel. Growing up in Indiantown, Florida, as one of 11 children of migrant workers, Gary was an ambitious child who had an unwavering dream to earn a college education. His tenacity led him to Shaw University, where he earned a degree in business administration, which he followed with a law degree from North Carolina Central University in 1974.

Upon earning his law degree, Gary and his wife, Gloria, his childhood sweetheart, opened the first African American law firm in his hometown; which has since grown into the thriving national partnership Gary, Williams, Finney, Lewis, Watson & Sperando, P.L. (now known as Gary, Williams, Parenti, Watson and Gary, P.L.L.C).

Despite being named one of the “100 Most Influential Black Americans” by *Ebony* magazine in May 2002, Gary has not forgotten his poor beginnings and is dedicated to giving back to the community. In 1991, Gary donated \$10.1 million to his alma mater, Shaw University, and has since given millions of dollars to dozens of historically black colleges and universities throughout the U.S. He also committed \$100,000 to Coastal Health Care Services, which provides 24-hour medical care to migrant workers and residents.

“It’s the right thing to do,” he said of his community service activities, which run the gamut from fund-raising for Evergreen Baptist Church in his hometown to working with the Corporate Angel Network, Flights for Cancer Patients.

With all of his successes, one of the greatest Gary believes is having the chance to share his personal time and wisdom with young people.

When he speaks to young people, Gary’s message reads like the instruction manual to his own life’s success: “Set your goals high. Don’t take no for an answer. Whatever you do, do it well, and do it right the first time.”



1992 Carol Moseley Braun becomes first African American woman elected to the U.S. Senate.	1992 Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to World Series title.	1993 Toni Morrison becomes first African American to win the Nobel Prize in literature.	1993 University of Virginia professor Rita Dove appointed U.S. Poet Laureate.
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1993 Condoleezza Rice named provost at Stanford University, becoming the youngest person and first African American to hold this position.	1993 Dr. David Satcher named director of the Centers for Disease Control.	1995 The Million Man March for “A Day of Atonement,” takes place in Washington, D.C.	1995 Bernard Harris becomes first African American astronaut to walk in space.
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Comer Cottrell, Jr.

FEBRUARY 1999 CALENDAR

Millionaire philanthropist Comer Cottrell, Jr. was born with an innate knack for business. The successful entrepreneur got his start as a young man in Mobile, Alabama, by raising rabbits, selling the meat and trading the fur.

Cottrell has never been afraid of a challenge. At age 17, he joined the United States Air Force and became manager for an Air Force military exchange, a major retail outlet for the military. There, Cottrell discovered there was a need for hair care products for African American servicemen and women and their families. He was one of the first to open the market for African American cosmetics in military exchanges.

In 1970, Cottrell founded Pro-Line Corporation, a manufacturer and distributor of hair care products. The company is now the largest African American-owned manufacturing facility in the Southwest, and one of the nation’s largest and most successful African American-owned businesses. Today, Pro-Line has plants and distributors in Nigeria, Kenya, the Ivory Coast, South Africa, Brazil, the Caribbean Islands, London and Paris.

In 1989, Cottrell became a partner/owner of the Texas Rangers baseball team, along with George W. Bush, making him the first African American to hold an equity stake in a major league team. But his true passion has always been for education, and his philanthropic work is focused on building an educated workforce of African Americans skilled in technology and the sciences.

Cottrell helped this cause in 1990 by purchasing the land and building of bankrupt Bishop College in Dallas, Texas, for \$1.5 million. He then relocated the 108-year-old historically black Paul Quinn College from Waco, Texas, to the Dallas campus. He invested another \$1.7 million for renovations and pledged additional funds to cover a portion of the college’s financial obligations until it became self-supporting.

Through his community activities and philanthropic work, Cottrell continues to encourage students to focus on information technology and the sciences.

Comer Cottrell, Jr. died on October 3, 2014, at the age of 82.

PUBLIC SERVICE TRAILBLAZERS

Serving our country with honor and distinction is a calling, one that thousands of African American men and women have followed.

Aetna's African American History Calendar has celebrated the lives and impact of individuals who have dedicated their careers to caring for others, either while serving their country or working in their communities.

These stories tell not only of great sacrifice, but also of passion and commitment. From Army reservists Vince and Vance Moss, who traveled unarmed to Afghanistan to provide much-needed medical care to civilians, to veteran L. Douglas Wilder, the first African American to be elected a U.S. governor, the calendar demonstrates what it truly means to serve.

Yet today's stories of triumph arise from history's challenges. As author Gail Lumet Buckley wrote in the 2010 calendar introduction, "The history of African Americans in the military is vast. While there are many sad, unfortunate stories, there are also stories of tremendous honor and courage. ... With each heroic transformation they make, we are blessed with new promise and great hope for a better tomorrow."

The heroes in this chapter prove that, although it takes much effort and enthusiasm, a lifelong commitment to public service helps build the strength of our nation and our people.

1995

Margo Jefferson receives Pulitzer Prize for criticism.

1995

Shirley Jackson assumes chairmanship of the Nuclear Regulatory Commission.

1995

Willie Brown defeats incumbent Frank Jordan to become the first African American mayor of San Francisco.

1996

Lt. Gen. Joe Ballard becomes first African American to head the Army Corps of Engineers.

Granville C. Coggs

OCTOBER 2010 CALENDAR

Dr. Granville C. Coggs' awards and accomplishments tell a rich story of a life filled with courage and public service.

First, there are his honors from World War II. At age 18, Coggs enlisted in the U.S. Army Air Corps and became a Tuskegee Airman, the first group of black airmen in the military. He received military badges as an aerial gunner, aerial bombardier and pilot of the B-25 medium bomber.

Next came his degrees from the University of Nebraska and Harvard Medical School, followed by an award-winning career as a radiologist and professor. He inspired his students, and he invented patented medical equipment. All the while, he served in the Army Reserves and continued to do so until he was 60 years old.

Coggs then became an acclaimed mammogram screener. Over the course of two years, he never missed identifying a cancer. "Early detection saves lives, and that's why I continue to do this work. I want to use my skills to help women," he said.

In addition to his service to others, Coggs has been recognized with gold and silver medals. An avid runner, Coggs competes in the 400-meter dash in senior games across the country.

"Part of my mission is to help others stay physically and mentally fit as they age," said Coggs. "I've become a motivational speaker. I'm proud to have the opportunity to help and inspire."



A Heroic Transformation: From Military to Community Service

By Gail Lumet Buckley

Black patriots have been bearing arms for America since the beginning of our country's history. Even when they were not treated with the respect and honor they deserved, black patriots loved, supported and defended their country. In going to war, African Americans believed they could both better their own lives and make their country true to its promise.

The history that was made on the battlefields by loyal black heroes has been carried over into civilian life. From the Revolution onward, black veterans have effected change in their communities; usually by means of civic leadership, community service or civil rights activism.

Looking back, the history of African Americans in the military is vast. While there are many sad, unfortunate stories, there are also stories of tremendous honor and courage. Black minutemen, slave and free, were at Lexington, Concord and Bunker Hill. Black oarsmen crossed the Delaware, and black foot soldiers starved at Valley Forge. Midway through the Revolution, some 15 percent of the Continental Army, which George Washington called his "mixed multitude," was black. All the heroes of the Revolution, white and black, were founders of our nation. Many became community heroes later in their lives, including ex-Revolutionary powder boy James Forten, who became an important abolitionist and community leader in Philadelphia.

In 1820, despite black heroism in the War of 1812, Southern pressure barred blacks from military service. Some 40 years later, African Americans were welcomed into the Union Army by Abraham Lincoln and began earning Medals of Honor for their exemplary service.

54th Massachusetts Regiment Sergeant William Carney became a role model for youth and the first African American winner of the new Congressional Medal of Honor. Twenty other black servicemen won Medals of Honor in the Civil War, and 23 black soldiers won Medals of Honor in the Indian Wars and the Spanish-American War.

While there were no African American Medal of Honor recipients in either World War because of racist military policies, the first African American Regiment (New York's 369th National Guard Regiment) became the most decorated and longest-fighting American unit in World War I and later went to the Pacific in World War II. Military service provided a teaching ground for many soldiers such as William DeFossett,

who said: "It taught me how to plan, how to examine things, when to improve upon them. It taught me about teamwork, physical fitness – pride." Despite military racism, there was one important champion for black servicemen and women in World War II. Eleanor Roosevelt had happily taken it upon herself to encourage the War Department to create the first unit of black fighter pilots – the Tuskegee Army Airmen – who flew more combat missions than any other unit in Europe. Col. Benjamin O. Davis Jr., West Point Class of 1936 (first black graduate in the 20th century) and son of America's first black general, was its leader. The Tuskegee roster included William Coleman, future U.S. Transportation secretary; Percy Sutton, future Manhattan borough president; Coleman Young, future mayor of Detroit; and Roscoe C. Brown Jr., future New York City College president.

In July 1948, President Harry Truman desegregated the military by Executive Order. Twelve years later, President John F. Kennedy destroyed the last traces

of institutionalized military racism. African American servicemen found new opportunities in promotions, service schools and civilian communities. It was just in time for Vietnam – the first war since the Revolution in which black and white Americans served together from the outset as equals under the American flag.

Vietnam officer General Colin Powell rose from the front lines of the Cold War in West Germany to become the only lieutenant in his battalion to command a company. He worked tirelessly to eliminate racism and sexism in the Army. In 1989, General Powell was named chairman of the Joint Chiefs of Staff by President George H. W. Bush. He made history by becoming one of the most respected African American leaders in the world. “My blackness has been a source of pride, strength, and inspiration, and so has my being an American,” said General Powell.

The military ethos – one that imposes discipline, skills and values – continues on in the work of many great African American community service leaders today. As Americans we are meant to give back – whether through military service or community service. Fortunately, those who have chosen the military pathway realize that there is so much more work to be done to effect greater good. So with each heroic transformation they make, we are blessed with new promise and great hope for a better tomorrow.



1997
Tiger Woods wins Masters Golf Tournament.

1997
The Charles H. Wright Museum of African American History, the world's largest museum of its kind, opens in Detroit.

1998
President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.

1998
Sarah "Madam C.J." Walker, first black female millionaire, honored on U.S. postage stamp.

L. Douglas Wilder

MARCH 2010 CALENDAR

When L. Douglas Wilder was drafted into the Army infantry during the Korean War, he believed there were no solutions to the social and racial problems in America. His outlook changed, however, once he experienced the newly integrated military.

“The military was my first exposure to integration. It was so much different than civilian life,” said Wilder. “It came as a welcome relief to me to get to know individuals from other races. I was uplifted. It made me believe I could help produce meaningful resolutions for some of our country’s problems.”

Wilder returned from Korea and began a historic career in public service that has spanned 40 years. During that time, he was elected Virginia’s first African American state senator since Reconstruction. Later, he broke barriers when he became the first African American in the U.S. to be elected governor. He made history again when he was sworn in as Richmond, Virginia’s, first elected African American mayor.

Throughout his career, Wilder has made it his mission to represent those who did not have a voice in politics. He is known for his message of fiscal prudence, racial healing and caring for others. Today, he relays this message to his students as a distinguished professor at the school that bears his name.

“I have always tried to be a bridge between people who are black and white, young and old, rich and poor,” Wilder said. “It’s still my goal. It’s a continuing bridge.”



1998
African American Civil War Soldiers Memorial dedicated,
Washington, D.C.

1999
Maurice Ashley becomes the world's first black chess
grandmaster, the game's highest rank.

2000
Venus Williams wins an Olympic gold medal in women's
singles tennis.

2000
James Perkins Jr. sworn in as Selma, Alabama's, first African
American mayor.

Vincent L. Moss, Vance J. Moss

AUGUST 2010 CALENDAR

Drs. Vincent L. and Vance J. Moss are identical twins with a commitment to public service that is one of a kind.

In 2005, the two surgeons, who are Army reservists, embarked upon what many called a “suicide mission.” At their own expense and peril, they leased a jet and filled it with medical supplies. Without any armor or military support, they traveled to Afghanistan to provide civilians with much-needed medical care.

“We took a gamble because we really wanted to help people,” said Vance Moss. “We didn’t want to show up with guns and bulletproof vests. We wanted to prove that we were there to help, not to occupy.”

The doctors traveled to remote villages under the dark of night. They operated on children who had been injured in warfare or explosions. They provided medications and surgical procedures. In some places, they were the first doctors villagers had ever seen.

“We had witnessed the harsh conditions of civilian life while serving in Afghanistan and Iraq,” said Vincent Moss. “Our background in the military inspired us to bring our service to a different level.”

The doctors have been back to Afghanistan three times. Currently in private practice, they are continuing their mission. They recently helped bring an Afghani boy and his father to New York City for surgery.

“Everyone can help others,” said Vance Moss. “If you are passionate about a cause, you can make a difference. The effort is worth it.”



Ira Combs • The Three Doctors: Rameck Hunt, Sampson Davis, George Jenkins • Johnnetta Cole • Oseola McCarty • Alex Askew
Jessica B. Harris • Henry Lewis, III and Marisa Lewis • Haile Thomas

EDUCATORS AND MENTORS

Education may very well have the greatest influence on the quality of life. Education, however, extends far beyond the classroom. It occurs all around us – on the streets, in homes, in community centers, at hospitals, in churches and even on the Internet.

This is the motivation that has energized African American men and women to stand up for equality in education.

Over the decades, the lifelong ambitions of teachers, professors, mentors and community leaders have been featured in Aetna's African American History Calendar.

In 2000, Booker T. Washington was declared a "Leader of the Century" for establishing Tuskegee Institute in Alabama. Largely through his efforts, it has become one of the leading schools of

higher learning for African Americans. The 2001 calendar was dedicated to the historically black colleges and universities, which have established their place in history as positive and welcoming environments that continue to develop young minds. In the communities they serve, these institutions are often catalysts of social, economic and political growth.

This chapter recognizes some of the nation's leaders who have made community education their life purpose – and celebrates the differences each one of them has made. Whether it's inspiring preschoolers to learn through the use of a humorous puppet or motivating high school students to pay attention to health signals in their bodies, education in African American communities takes ongoing devotion, care and creativity.

2001
Colin Powell sworn in as first African American Secretary of State.

2001
Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.

2002
Vonetta Flowers becomes Winter Olympics' first African American gold medalist.

2002
Denzel Washington and Halle Berry win Academy Awards for Best Actor and Best Actress.



Ira Combs

JULY 2008 CALENDAR

When was the last time your doctor broke out in song to tell you how to stay healthy? If your answer is “never,” then you haven’t met Dr. Jesse.

Dr. Jesse and his crew called “The Prevention Gang” are puppets created by Ira Combs, a community liaison nurse coordinator at the University of Nebraska Medical Center. He also is the voice of Dr. Jesse.

Combs thought of the idea five years ago. He wanted to find a new way to reach people with his health information. His coworkers at the medical center told him to do a talk show or create a brochure. But he thought those ideas were boring and stale.

“Dr. Jesse can say things that I couldn’t say. He gets people to listen. He jokes around and makes health fun,” says Combs. Dr. Jesse uses a basic approach when he talks about topics such as healthful eating, blood pressure and prostate cancer. He encourages patients to write a list of questions before visiting the doctor.

“Whatever the message, it must be tailored to the audience,” says Combs, who is a former schoolteacher. “You don’t talk to a 3-year-old the same way you talk to a 10-year-old. That may seem basic. But sometimes when doctors talk, they talk down to people. That turns people off.”

Dr. Jesse and “The Prevention Gang” have their own local cable show in Omaha, Nebraska. They teach people of all ages about important health issues in a way that is easy to understand.

“The important thing is to get people to listen to the message,” Combs says. “Unless your message stands out, people won’t listen to it.”

Today, other characters such as Prevention Man and Medical Dude join the jewelry-wearing doctor. The characters visit health fairs, schools and community events. They have comic books as well as “rap” videos on YouTube.

“Helping people learn how to take care of themselves is so cheap and so effective,” Combs says. “It’s much better to stop childhood obesity or prostate cancer before they develop than to pay for their treatment – both with money and with quality of life.”

It’s safe to say Dr. Jesse would agree.



Pictured left to right: Rameck Hunt, Sampson Davis, George Jenkins

2005 Condoleezza Rice sworn in as Secretary of State, becoming the first African American woman to hold that position.	2005 Rosa Parks, civil rights pioneer who sparked 1955 Montgomery bus boycott, dies.	2006 Coretta Scott King, widow of Rev. Dr. Martin Luther King, Jr., who enshrined his legacy of human rights and equality, dies.	2006 Lloyd Richards, theater pioneer and Tony award winner for direction of <i>Fences</i> , dies on his 87th birthday.
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The Three Doctors – Sampson Davis, Rameck Hunt and George Jenkins

MAY 2006 CALENDAR

It may seem unlikely that the best way to inspire troubled youth is to encourage peer pressure. But this is the strategy for success used by The Three Doctors – Dr. Sampson Davis, Dr. Rameck Hunt and Dr. George Jenkins – inspirational speakers who aim to motivate inner-city youth and families through education, mentoring and health awareness.

“There is negative and positive peer pressure. We show how positive peer pressure can help encourage youths to achieve their goals and escape negative influences,” said Hunt, an internist and medical director.

If anyone can attest to the power of positive peer pressure, it’s The Three Doctors. As teenagers from the streets of Newark, New Jersey, they made a pact to stick together, go to college and become doctors. More than 13 years later, they have achieved their

goal and have formed The Three Doctors Foundation to help empower inner-city youths to improve their lives and the lives of others.

“Inner-city kids face a tremendous amount of negative peer pressure – it’s on their clothes, on their corners, in their walks and in their talks,” said Davis, an emergency medicine physician. “They are faced with gangs, narcotics, weapons – huge issues. It’s occurring at epidemic levels, and it threatens all of us.”

The Three Doctors strive to show these teenagers that the path to success begins with education. “I want to make education fashionable,” said Jenkins, a dentist. “Today, kids dream of being professional athletes and entertainers, and they have dreams of money and fame. I would like them to see education as an alternative, more realistic way to attain their goals.”

Davis said their messages are geared toward families. “We help parents by teaching them how to listen to their sons and daughters. Parents will say to us, ‘They don’t listen to me anymore!’ And we say to

them, ‘You’re the parent. You can’t give up.’ We help them reach their kids,” he said.

“We tell parents that they can’t speak down to their children, and that they have to understand their children’s culture. They need to know about the latest crazes in the community, and they have to be involved academically and socially,” said Hunt. “Parents should encourage their children as best they can, but at the same time not enable them to avoid taking responsibility for their actions.”

The Three Doctors have jointly authored three books that have made the *New York Times* Best Sellers list: *The Pact*, *We Beat the Street* and their latest, *The Bond*. Oprah Winfrey has called the trio “the premier role models of the world.” And while the accolades are rewarding, the doctors say the real reward is the difference they are making – one community at a time.

“This isn’t an inner-city story. This is America’s story – and it’s a hopeful one,” said Davis. “We want to save and motivate as many people as we can.”

“We help parents by teaching them how to listen to their sons and daughters.”

– Dr. Sampson Davis

2008
Senator Barack Obama wins Democratic presidential nomination, becoming the first African American nominee of a major U.S. political party.

2008
Senator Barack Obama elected 44th President of the U.S., becoming the first African American to be elected chief executive in the nation's history.

2009
Barack H. Obama sworn in as the 44th president of the United States of America, becoming the first African American to hold the office of U.S. commander-in-chief.

2009
Susan Rice confirmed as U.S. ambassador to the United Nations, becoming the first African American woman to represent the nation before the world in this capacity.

Johnnetta Cole

AUGUST 1994 CALENDAR

Dr. Johnnetta Cole made history in 1987 by becoming the first African American woman to serve as president of Spelman College. A role model to many, she calls her mother, Mary Frances Lewis Betsch, and her grandfather, A.L. Lewis, her primary sources of inspiration. However, while at Spelman College, she also was moved by the courage and tenacity of a young freshman student – Kristi Merriweather.

“I was struck by the aura of enthusiasm she had,” Cole said of the hearing-impaired woman who maintained a 4.0 average and was named 1991-92 Miss Black Deaf America. She was, to Cole, a genuine “shero.”

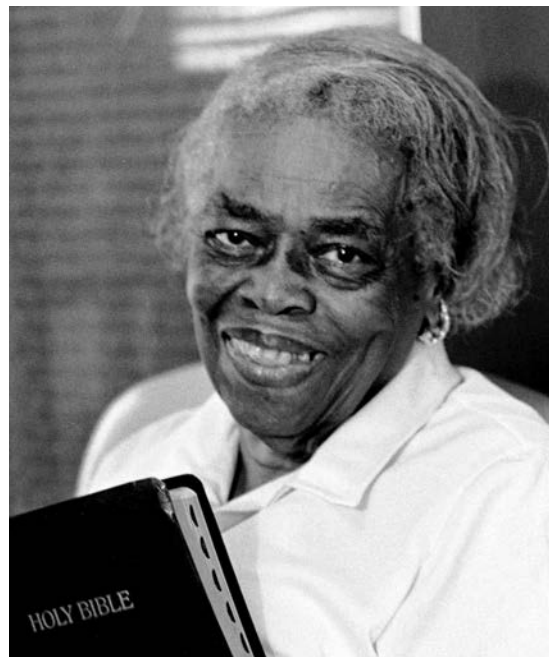
Many have called Cole the same. She is the only individual to have served as the president of both Bennett College for Women and Spelman College, two historically black colleges for women. She also is professor emerita of Emory University. From 2004 to 2006, she was the first person of color to serve as the chair of the board of United Way of America.

Under Cole’s leadership, Spelman College became the first historically black college or university to receive a No. 1 rating by *U.S. News and World Report* magazine.

Much of Cole’s work in the interest of equality and social justice is now centered on her role as the chair of the board of the Johnnetta B. Cole Global Diversity and Inclusion Institute, founded at Bennett College for Women.



Pictured left to right: Kristi Merriweather and Dr. Johnnetta Cole



Oseola McCarty

SEPTEMBER 1999 CALENDAR

Oseola McCarty’s life wasn’t always easy, but it was always full of dignity, simple living and faith. After leaving school in the sixth grade to care for an ailing aunt, McCarty spent the next 75 years earning her living washing and ironing clothes ... and saving her money.

McCarty gained sudden notoriety upon donating \$150,000 to the University of Southern Mississippi in 1995. The humble washerwoman was thrust into the limelight, appearing on every major TV network and written about in most national publications.

“I want to help somebody’s child go to college,” she said. Her gift endowed the Oseola McCarty Scholarship. “I’m too old to get an education, but they can.”

In 1995, McCarty was honored for her philanthropic work by the White House and received a Presidential Citizens Medal from President Clinton. She also received the 1996 Aetna Voice of Conscience® Award. McCarty died in 1999 at the age of 91.

2009
Eric H. Holder Jr. sworn in as the nation's first African American attorney general.

2009
Michael Jackson, musician and entertainer, dies.

2010
Democrat Kamala Harris becomes the first woman, first African American and first Indian American in California history to be elected state attorney general.

2010
Disney officially introduces its first African American Disney Princess, Tiana.

Alex Askew

JANUARY 2016 CALENDAR

Alex Askew believes in the power of connections. He connected to his first employer when he was only 14 years old. That's when he landed a job as a personal chef through his high school's culinary work program.

This early experience sparked a passion within him. It led to a series of restaurant jobs in New York City, and eventually brought him to the Culinary Institute of America. He graduated in 1989.

As a young graduate, Askew realized how hard it could be for young minority students to connect to each other. It was equally difficult to connect to leaders in the food and hospitality industries. So he cofounded the Black Culinarian Alliance in 1993.

"I realized that young people like myself lacked the connections needed to be successful in the industry. They also lacked the skills to build a network," he said. "Education is important. But you also need to know how to use relationships to create more opportunities."

The organization is now called BCAGlobal, because of its global work. It provides awareness and exposure to more than 150 students each year by connecting education with the food industry. It pairs students with thriving professionals who give real-life advice. It works to create more career paths within the food service, restaurant and hospitality industries.

BCAGlobal also connects students with the culinary history of African Americans. "Helping young people understand the awesome legacy of African American cooks, chefs and others in food history builds their confidence. Knowing where your roots start makes it easier to see what's possible and where you can go," he said.

Askew is growing this work through a Kellogg Foundation fellowship in Leadership and Racial Equity Healing. He is working with other leaders to help lift up communities in need. "There's a close connection between racial equity healing, food and the community. A lot of it starts with our mindfulness and appreciation of food. We need to understand food traditions and value in our lives," Askew said. "If we can get young people excited about food, talking about food, learning to appreciate food and mindful of food, we can raise the spirit of the community."



A culinary journey of heritage and innovation

By Jessica B. Harris

African American heritage, tradition and culture have been reflected on our tables for centuries. Yet the deep and lengthy legacy of African American food within United States culinary history remains fairly unacknowledged.

Most people tend to consider African American heritage cooking through the narrow lens of Southern food, or soul food. However, in the 21st century, African Americans are involved in every aspect of food.

African American heritage cooking is part of a larger continuum, a richer story, which includes the individuals and foods of Africa, the Caribbean, Latin America, and a variety of points in the Western and Eastern worlds. These food cultures have long shaped the traditions and values of cooking in America – and this heritage is reflected in the innovation that we see in African American food today.

There is still a connection to the land – a rootedness even in the uprootedness of the African American experience. My grandmother Ida Irene Harris, for example, had a slightly-after-its-time Victory garden in New York City in the 1950s. She would grow traditional Southern foods like peanuts and collard greens and okra behind the “projects” where she lived. She was bringing tradition home, in an unlikely environment.

These old practices continue, with innovation.

Matthew Raiford and other African American farmers are returning to the land with a classic approach to food harvest, working with heirloom products to create new recipes and opportunities for healthful eating.

The idea of food justice is a newly articulated expression of a practice that has existed throughout African American history. Now, African Americans are on the forefront. Bryant Terry and other leaders are fighting for food equality with a new vigor – and making true change. Alex Askew and fellow mentors ensure that a new generation is prepared to carry the torch.

Entrepreneurship has long been part of African American food culture, and African Americans have continuously used food to create income, if not wealth. Today, individuals like Maxcel Hardy are creating novel, sustainable food-based businesses. Others, like Leah Chase in New Orleans, helm thriving enterprises that have lasted for decades.

With African American heritage cooking, as with all things, it is important to understand the Ghanaian principle of Sankofa, and “look back to move forward.” As the story of African American food continues, we must honor and acknowledge those who went before, upon whose backs we stand. They show the way as we work to claim our rightful spot at the world’s table.

Dr. Jessica B. Harris is an award-winning journalist, lecturer, professor, and renowned expert on the food and foodways of the African Diaspora. She is the author of 12 critically acclaimed cookbooks. Her most recent book, High on the Hog: A Culinary Journey from Africa to America, was the International Association for Culinary Professionals 2012 prize winner for culinary history.



2011

The Martin Luther King, Jr. Memorial on the National Mall in Washington, D.C. opens to the public.

2012

Gabby Douglas becomes the first African American to win an all-around gymnastics gold at the Summer Olympics.

2012

President Barack H. Obama, the first African American to hold the office of U.S commander-in-chief, elected to a second term.

2013

Darrell Wallace Jr. becomes the second African American driver to win a NASCAR national series race.

Henry Lewis, III and Marisa Lewis

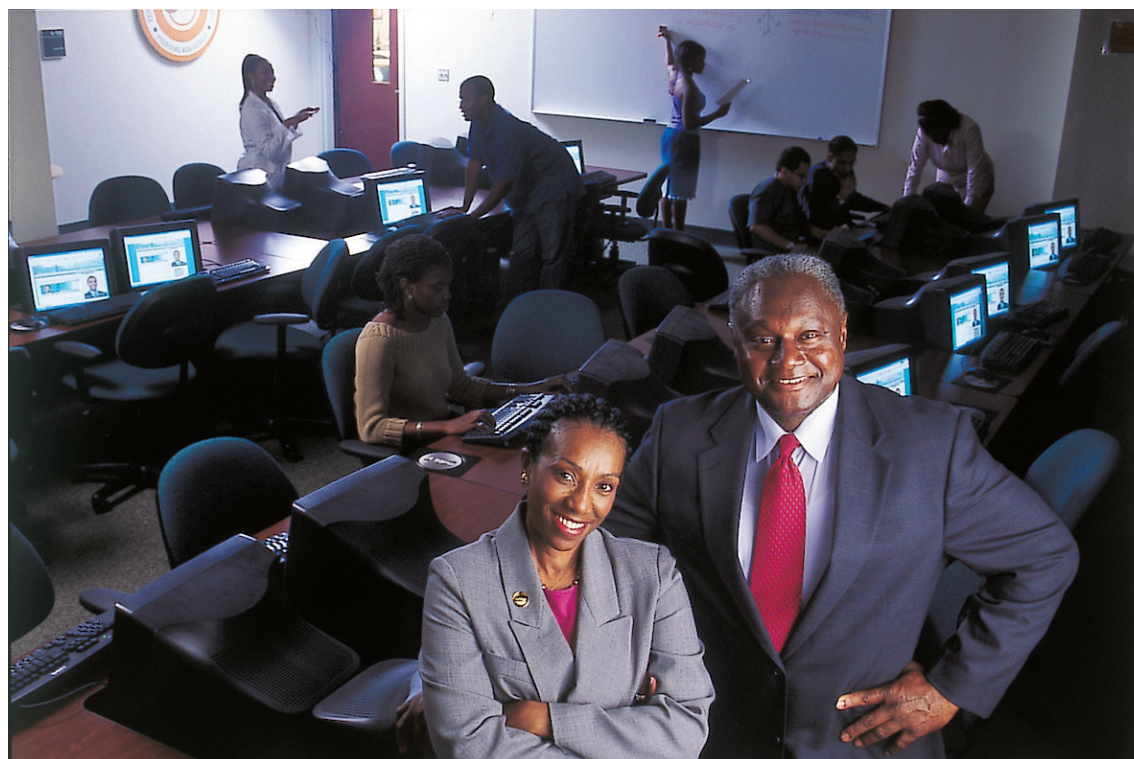
JANUARY 2005 CALENDAR

Chemistry is extremely important in the pharmaceutical field – especially when it’s between two prestigious and ambitious pharmacists who are married to one another.

“Working in the same field gives us the opportunity to have dialogue on issues impacting what we do each day,” Dr. Henry Lewis, III, dean and professor in the College of Pharmacy & Pharmaceutical Sciences at Florida A&M University (FAMU), said of his wife, Dr. Marisa Lewis. “We see things from a different vantage point. It’s been very helpful.”

Today, the two accomplished pharmacists spend their days in a university setting, leading, training and educating students, and then go home to consult with one another. “I am always looking for fresh ideas, and it’s very helpful to get Henry’s perspective on things,” said Marisa Lewis, who is president-elect of the National Pharmaceutical Association and past executive director of the Student National Pharmaceutical Association (SNPhA), as well as an associate professor at FAMU.

After more than 30 years in the pharmaceutical field, Henry Lewis’ experiences have been extensive. Since he began teaching and administration at FAMU in 1974, enrollment in the pharmacy program has increased by more than 600 percent, the college has added three new Ph.D. programs, graduated 60 percent of the African American Ph.D. recipients in the pharmaceutical sciences and produced 25 percent of the nation’s African American pharmacists.



“Never in my wildest dreams could I have imagined that all this was within my reach. I believe that success is the intersection of where opportunity meets preparation,” he said.

Like her husband, Marisa Lewis also has spent most of her career in academia. But she believes her previous experiences in retail and hospital pharmacy, as well

as in corporate America as a medical information specialist, have paved the way. “My true love is working with students,” she said. “They motivate me.”

Henry Lewis agrees. “I believe that you measure success not by your own personal achievement, but by the achievement of people with whom you have the opportunity to come in contact,” he said.

“I believe that success is the intersection of where opportunity meets preparation.”

– Dr. Henry Lewis, III

2013
The Black Lives Matter movement is created by Alicia Garza, Patrisse Cullors, and Opal Tometi, in response to the ongoing racial profiling of and police brutality against young black men.

2015
Misty Copeland becomes first African American female principal dancer with the American Ballet Theater.

2015
Viola Davis becomes first African American to win an Emmy for Best Actress in Drama.

2015
Simone Biles becomes first woman to win three consecutive titles at the World Gymnastics Championship.

Haile Thomas

SEPTEMBER 2016 CALENDAR

Haile Thomas proves that having a passion for health and nutrition doesn't have an age restriction. At 15 years old, Thomas already is one of the most influential youth health advocates in the country. She is an executive director, a sought-after speaker and an intern at Canyon Ranch Institute. She's been on countless television shows and even introduced First Lady Michelle Obama at the 2013 Kids State Dinner at the White House.

And it all started when she was only 8 years old. That's when her father was diagnosed with Type 2 diabetes. "My family was shocked. Together, we began to research ways to improve his health," Thomas said. "We quickly saw how eating healthful food and limiting processed food could affect health and wellness. Over time, my dad was able to reverse his condition."

During her research, Thomas was surprised to learn that youth are affected by nutrition-related diseases such as diabetes and heart disease. "I realized I could

have ended up with a health condition if we hadn't turned around our lives. I didn't think a lot of kids knew about this, and I wanted to do something about it."

With her mother's help, Thomas applied and in 2010 was accepted onto the Youth Advisory Board of the Clinton Foundation's Alliance for a Healthier Generation. This gave her a national platform to speak about youth health and nutrition.

The experience inspired Thomas to start The HAPPY Organization, Inc. in 2012. HAPPY stands for Healthy Active Positive Purposeful Youth. The organization provides healthful programs for young people in Tucson, Arizona's, underserved communities. It offers HAPPY Chefs cooking classes and summer camp, the HAPPY to Play fitness program, and HAPPY to Serve community service projects.

Through HAPPY, Thomas has helped or educated more than 5,000 youth. "We teach kids that it's up to them to make healthful food taste good. We want them to get creative; to get into the kitchen; and see that healthful food can be easy, nutritious and tasty," Thomas said. "As a community, we have to become educated together. That's what worked in our family. If my dad had tried to change his habits on his own, he would not have been successful. It happened because we all worked together."



CELEBRATING HISTORICALLY BLACK COLLEGES AND UNIVERSITIES

In 2001, Aetna's African American History Calendar celebrated not only historically black colleges and universities (HBCUs), but also the significant impact these institutions have had on many of our nation's most influential and inspiring young minds. Here is a look back at the rich, courageous and remarkable history of HBCUs.

Try to imagine a world without the vision of Rev. Dr. Martin Luther King, Jr.; the literary brilliance of Langston Hughes; the intellect of W.E.B. Du Bois; or the athletic grace of Alice Coachman. It would be a world without Morehouse College, Lincoln University, Fisk University and Tuskegee University.



At these and other historically black colleges and universities, hundreds of thousands of sons and daughters of enslaved Africans were able to attend school when white colleges shut them out. These were places where African American students were expected to excel and were given the tools to become president of the student body, editor of the school paper or quarterback of the football team. These were places where the African American adults on campus were professors and scholars, not just cooks and janitors.

The alumni rolls of HBCUs read like a "Great American Who's Who" list: Thurgood Marshall, Leontyne Price, Booker T. Washington, Oprah Winfrey, Ralph Abernathy, Barbara Jordon, Walter Payton, Debbie Allen, Tim Reid, Elaine Jones, Julius Chambers, Marva Collins and Reginald Lewis.

In the communities they serve, HBCUs were and still often are beacons of social, economic and political growth. Their development, progress and longevity aren't just key aspects of African American history, but significant highlights of American history as well.

The roots of America's HBCUs date back 26 years before the Emancipation Proclamation. In 1837, Richard Humphreys, a Quaker philanthropist, founded the Institute for Colored Youth – which eventually became Cheyney University – to train free African Americans to become teachers and to counter the prevailing practice of prohibiting African Americans from getting an education.

In 1854, Ashmun Institute, an all-male college that eventually became Lincoln University, was the first institution in the world to provide higher education in the arts and sciences for African Americans, and the nation's first degree-granting HBCU. In 1856, women were afforded the same opportunity when Wilberforce University, affiliated with the African Methodist Episcopal Church, was founded as the first coeducational college for African Americans.

Before the Civil War, schools such as Cheyney, Lincoln and Wilberforce gave African Americans an otherwise denied educational opportunity. In the years following the Emancipation Proclamation; Civil War; and the 13th Amendment, which formally abolished slavery within the United States; many people recognized that the best way for African Americans to make gains in society was through education. Congress began passing several Freedmen's Bureau Acts to provide a number of services, including education, to recently emancipated people.

As part of this movement, and with the help of several organizations, many schools – including

Howard Normal and Theological Institute, Hampton Normal and Agricultural Institute, and the Fisk School – were established. The biggest year for the growth of HBCUs came in 1867, when 10 schools that still exist today, including Johnson C. Smith, Morehouse College, Talladega College and St. Augustine's, were founded.

By 1903, at least 85 schools were established by various states, churches, groups of African Americans and white philanthropists. According to *Negro Education: A Study of the Private and Higher Schools for Colored People in the United States* published in 1915, there were 33 African American educational institutions providing college-level instruction at that time.

Until 1954 and the U.S. Supreme Court's decision in *Brown vs. Board of Education*, which ended "separate but equal" school systems, HBCUs were the most likely option for African Americans trying to go to college. After the landmark decision, states began desegregating public schools – technically making it possible for African Americans to attend any school, although that wasn't always the case.

The Civil Rights movement peaked in the 1950s and 1960s; and in 1960, the "sit-in" movement officially began when four North Carolina A&T State University freshmen refused to leave a segregated lunch counter in Greensboro. HBCU students continued to play a vital role throughout the Civil Rights Movement; and in 1968, during a civil rights protest on campus, law enforcement agents killed three South Carolina State University students.

In 1999, HBCUs received a well-earned recognition when President Clinton proclaimed the last week of September as National Historically Black Colleges and Universities week.

"Historically black colleges and universities continue to play a vital role by adding to the diversity and caliber of the nation's higher education system," stated Clinton. "Furthermore, these institutions remind all Americans of our obligations to uphold the principles of justice and equality enshrined in our Constitution."

Today, 180 years after a handful of students attended the Institute for Colored Youth,¹ the more than 100 HBCUs across the United States enroll nearly 300,000 students.² While HBCUs represent just 3 percent of the nation's institutions of higher learning, they account for about 20 percent of the degrees awarded to African Americans.³ HBCUs produce 70 percent of all black dentists and doctors, 50 percent of black engineers and public school teachers, and 35 percent of black lawyers,⁴ and Xavier University is #1 in the nation in the number of African American graduates who go on to complete medical school.⁵

And somewhere, on some historically black campus, someone is developing the skills required to fulfill the vision of Rev. Dr. Martin Luther King, Jr., transcend the literary brilliance of W.E.B. Du Bois and surpass the athletic grace of Alice Coachman.

¹ wikipedia.org/wiki/Institute_for_Colored_Youth

² nces.ed.gov/fastfacts/display.asp?id=667

³ newsweek.com/black-colleges-matter-363667

⁴ Ibid

⁵ www.edu/mediarelations/quickfacts.html

Lou Jones, Photographer

BOSTON, MASSACHUSETTS



Since 1993, the changing of the leaves in Boston, Massachusetts, has meant one thing to photographer Lou Jones: time to get back on the road for Aetna's African American History Calendar.

"It's been a beautiful ritual; one I always looked forward to, and one I took very seriously from the very beginning," said Jones. "I never lost sight of the fact that I was being entrusted to record a sliver of African American legacy."

Jones has partnered with Aetna to capture portraits of calendar participants for nearly every issue in the past 23 years. His work has taken him from the basements of grassroots health centers, to the bustling center of Times Square, to secluded airfields with a Tuskegee airman.

"We would travel to these remote places and see these beautiful slices of life, and my question was always, 'How do we illustrate this? How do we bring it to life?'" said Jones.

The process was often complicated. Over the years, he's had to wrangle big personalities, cut through bureaucratic policies and procedures, and change plans with the weather. But he's always gotten the shot.

Jones built a career by allowing his interests to guide his camera. Photography has taken him all over the world, where he has initiated long-term projects on the civil wars in Central America, death row, the Olympic games, and the study of life in Africa. He's also worked in 48 out of the 50 United States, and half of those trips have been for the African American History Calendar.

He refers to his style as eclectic, as it has evolved from commercial to personal; and has spanned every format, film type, artistic movement, and technological change.

"One day, I'm shooting a still life. The next day, I'm climbing a mountain. The next, I'm on a crane over a 60-story building," he said. "People ask, 'Are you crazy?' But then I ask, 'Have you ever seen that view?'"

Jones has published multiple books of his work, and has been honored as a Nikon® "Legend Behind the Lens" and Lowepro "Champion." He is a mentor to aspiring photographers and artists, and an outspoken advocate for artists' rights and visual literacy.

When asked if there's anything missing thus far from his shot list, Jones replied: "I'm a poor kid from the ghettos of Washington, D.C. To be able to make a living as a photographer ... I exceeded my dreams long ago."



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Aetna African American History Calendars:

- 1982 – 1989 Calendars of Black History
 - 1990 The Life & Photographs of Milt Hinton, Jazz Musician
 - 1991 *A Hard Road to Glory* – A Tribute to African American Athletes by Arthur Ashe, Jr.
 - 1992 In the Shadow of the Great White Way – Images from Black Theater
 - 1993 The Power Within – The Legacy of Dr. Daniel Hale Williams
 - 1994 Love, Wisdom and Conscience
 - 1995 The Emerging Force of African American Enterprise
 - 1996 The Power of Discovery & The Challenge of History – African Americans in Science
 - 1997 African American Food & Nutrition – From Survival to Choice
 - 1998 The Story of Fitness
 - 1999 Gift of Giving Back – African Americans and the Spirit of Philanthropy
- 2000 Leaders of the Century
- 2001 Celebrating Historically Black Colleges and Universities
- 2002 Closing the Health Care Gap – A Call to Action
- 2003 African American Nurses
- 2004 Smiles – A Look at African Americans in Dentistry
- 2005 Rx – African Americans in Pharmacy
- 2006 Celebrating Life – Empowering a Lifetime of Healthful Outcomes
- 2007 A Healthful Life Approach – African Americans Addressing Obesity
- 2008 Health Literacy – A Dose of Understanding
- 2009 Healthy Communities – Health and Wellness Across America
- 2010 Serving our Country, Serving our Communities – African Americans in Public Service
- 2011 Healthful Blessings – Faith-based Health Initiatives Making a Difference for African Americans
- 2012 Celebrating Innovation – Leading the Next Generation of Business
- 2013 Complementary and Alternative Medicine – Celebrating African Americans Practicing Physical and Alternative Healing
- 2014 Community Transformations – African Americans Creating Sustainable Neighborhoods
- 2015 Champions for Change – African Americans Creating a Healthier World through Sports
- 2016 The Flavors of Community – African Americans Inspiring Lives through Food

