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The Aetna logo, featuring the word "aetna" in a blue, lowercase, sans-serif font with a small "SM" trademark symbol to the right.A vertical stack of five smooth, rounded stones of varying shades (dark grey, light grey, tan, and white) on the left side of the page.

Complementary and Alternative Medicine

Celebrating African Americans practicing
physical and alternative healing

2013 African American History Calendar



Healthful lifestyles call for healthful alternatives

We live in a time where there are many alternatives. Health care is no exception. While alternative medicine therapies have been practiced around the world for centuries, their use has become more prevalent in the United States, especially over the last three decades.

Aetna is pleased to celebrate the African American men and women who have followed their passion for wellness in the field of Complementary and Alternative Medicine.

In this 32nd annual Aetna African American History Calendar, you will meet 12 extraordinary individuals who understand the importance of treating the whole body. They do this by taking the time necessary to understand the mind, body and spirit of the person they are treating.

Read amazing stories about how:

- laughter and art therapy can stimulate minds
- yoga can help find balance and meaning in life
- aromatherapy can help ease anxieties
- herbal remedies can temper cold symptoms
- chiropractic medicine can help manage pain and heal

- homeopathic remedies can treat insect bites
- meditation can help manage stress

The individuals featured believe in their work because they have tried the therapies and remedies. They, too, were looking for cures to heal their own ailments from anxiety to addictions, from sports injuries to skin rashes.

By integrating modern medicine with alternative medicine, we can help people live smarter, healthier and happier.

A holistic approach to health and wellness

By Yvonne Bronner, Sc.D., R.D.

Alternative medical therapies have a long, rich history that spans centuries in cultures and countries around the world. Recognizing the need for a holistic approach to health and wellness, Complementary and Alternative Medicine (CAM) has been used to balance and integrate with mainstream medicine.

Some of these practices include herbal remedies, aromatherapy, yoga, Pilates, prayer, meditation, chiropractic and acupuncture. Therapies such as these can be integrated with allopathic medicine to provide optimum care for individuals.

Evidence continues to emerge through national studies led by the National Center for Complementary and Alternative Medicine, formerly the Office of Alternative Medicine, which was first established in 1992, regarding the efficacy and effectiveness of many of these therapies. While positive effects of some of the therapies cannot be explained, practitioners continue to present positive experiences from their patients.

The practice of wellness has to start at an early age — and it should be a family affair. Good dietary practices, mindfulness, meditation, prayer and physical activity can start early in the home. This will help to reinforce the need for healthful practices throughout the life cycle.

It is especially important to teach young children why these practices are important and valuable to the human body. By understanding the benefits of good choices early on, our youth will be able to deal better with peer pressure later on.

Individuals at various life stages can benefit from several simple CAM practices.

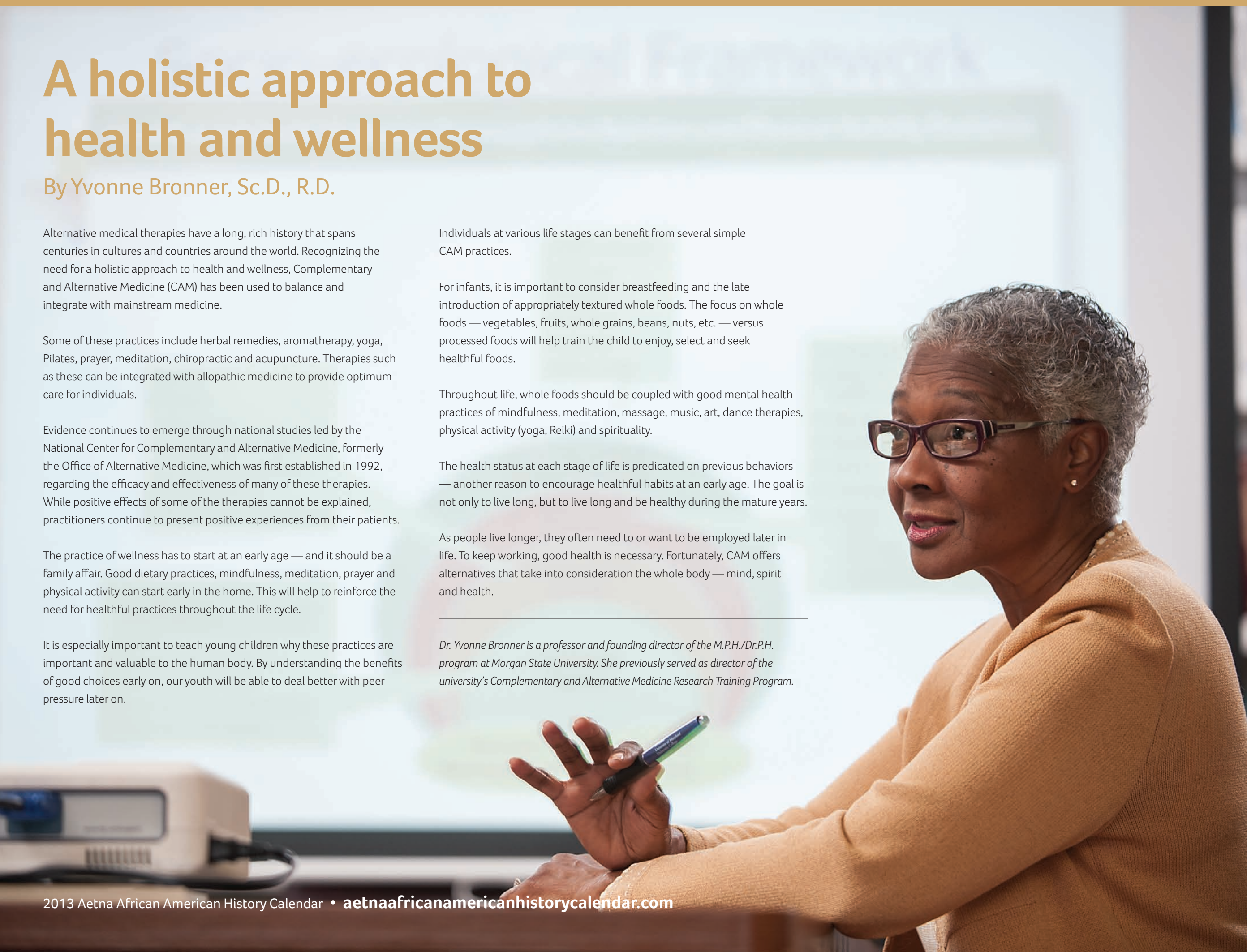
For infants, it is important to consider breastfeeding and the late introduction of appropriately textured whole foods. The focus on whole foods — vegetables, fruits, whole grains, beans, nuts, etc. — versus processed foods will help train the child to enjoy, select and seek healthful foods.

Throughout life, whole foods should be coupled with good mental health practices of mindfulness, meditation, massage, music, art, dance therapies, physical activity (yoga, Reiki) and spirituality.

The health status at each stage of life is predicated on previous behaviors — another reason to encourage healthful habits at an early age. The goal is not only to live long, but to live long and be healthy during the mature years.

As people live longer, they often need to or want to be employed later in life. To keep working, good health is necessary. Fortunately, CAM offers alternatives that take into consideration the whole body — mind, spirit and health.

Dr. Yvonne Bronner is a professor and founding director of the M.P.H./Dr.P.H. program at Morgan State University. She previously served as director of the university's Complementary and Alternative Medicine Research Training Program.



Stella A. Stepney, M.S., ATR-BC, LCAT



Art Therapy

Fairport, NY

To Stella Stepney and her clients, a picture is truly worth a thousand words.

“You can articulate amazing things through artwork,” said the registered, board-certified art therapist. “It’s a wonderful form of communication for individuals who may not have the words to express their feelings.”

Since 2000, Stepney has practiced art therapy as a clinician, educator, researcher and author. Her clinical work specializes in at-risk children and adolescents. She uses art to help facilitate their creative, cognitive, emotional and social growth.

“I was drawn to the profession due to the unique merger between art and psychology. It’s fascinating,” Stepney said. “It can be used to help people explore their feelings and heal emotional conflicts. It can foster self-awareness. It can reduce anxiety. It also can increase self-esteem.”

She cites one example of a woman with whom she worked in a young mothers’ program. The women in the group were either pregnant or parenting. They were facing challenges such as trying to complete their education while raising children.

“The young women were creating mandalas, which are centered designs executed within a circular format,” Stepney said. “The artwork one woman produced was very powerful. It incorporated an image of her pierced outstretched hand. It spoke volumes to everything she was feeling and everything I was trying to do to connect with these women.” The artwork later became the cover of Stepney’s first book.

Stepney believes art therapy can provide a positive avenue for many people to achieve personal insight. “It gives you an opportunity to enjoy the life-affirming pleasures of art making,” she said. “It’s a wonderful, authentic means of self-expression.”



“I was drawn to the profession due to the unique merger between art and psychology. It’s fascinating.”

– Stella A. Stepney

January 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1863: Abraham Lincoln issues Emancipation Proclamation. New Year's Day	2 1965: Rev. Dr. Martin Luther King Jr. calls for nonviolent protests if Alabama blacks are not allowed to register and vote.	3 1624: William Tucker, first African child born in America.	4 1971: The Congressional Black Caucus organized.	5 1943: George Washington Carver, agricultural scientist and inventor, dies.
6 1831: The World Anti-Slavery Convention opens in London.	7 1837: Black journalist Phillip A. Bell established his first newspaper, the <i>Weekly Advocate</i> .	8 1811: Charles Deslonde leads slave revolt in Louisiana.	9 1866: Fisk University founded in Nashville, Tennessee.	10 1750: James Varick, first bishop of the African Methodist Episcopal Zion (A.M.E.Z.) Church, born.	11 1940: Benjamin O. Davis Sr. becomes U.S. Army's first black general.	12 1948: Supreme Court rules blacks have right to study law at state institutions.
13 1990: L. Douglas Wilder inaugurated as first African American governor (Virginia) since Reconstruction.	14 1975: William T. Coleman named secretary of Transportation.	15 1929: Rev. Dr. Martin Luther King Jr., a major voice for civil rights in the 20th century, born.	16 1978: NASA names African American astronaut Maj. Frederick D. Gregory, Maj. Guion S. Bluford Jr. and Dr. Ronald E. McNair.	17 1942: Three-time heavyweight boxing champion Muhammad Ali (Cassius Clay), born.	18 1856: Dr. Daniel Hale Williams, pioneer heart surgeon, born.	19 1918: John H. Johnson, editor and publisher of <i>Jet</i> and <i>Ebony</i> magazines, born.
20 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.	21 1870: Hiram Revels elected first black U.S. senator, replacing Jefferson Davis for the Mississippi seat. Inauguration Day Rev. Dr. Martin Luther King Jr.'s Birthday Observed	22 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.	23 1891: Dr. Daniel Hale Williams founds Provident Hospital in Chicago, the first training hospital for black doctors and nurses in the U.S.	24 1865: Congress passes 13th Amendment, which, on ratification, abolishes slavery.	25 1851: Sojourner Truth addresses first Black Women's Rights Convention, Akron, Ohio.	26 1977: Andrew Jackson Young Jr. becomes the first African American to serve as the United States ambassador to the United Nations.
27 1961: Leontyne Price, world-renowned opera singer, makes her Metropolitan Opera debut.	28 1998: Sarah "Madam C.J." Walker, first black female millionaire, honored on U.S. postage stamp.	29 1926: Violette Neatly Anderson becomes first black woman lawyer to argue a case before the Supreme Court.	30 1844: Richard Theodore Greener, first African American to graduate from Harvard, born.	31 2006: Coretta Scott King, widow of Rev. Dr. Martin Luther King Jr., who enshrined his legacy of human rights and equality, dies.		



Wentworth Jarrett, M.D.

Wellness Services

Miami, FL

Dr. Wentworth Jarrett had his first massage as an adult — and immediately realized its tremendous benefits. “I view the body with a great deal of reverence,” he said. “It is a marvelous engine.”

The board-certified physician decided that rather than build a typical medical practice in Miami, he would open an integrated medical center with a full-service spa offering wellness services such as massage therapy, yoga, Pilates and skin care.

“I had a vision, and I brought together the people to help me implement the vision,” said Jarrett. His wife, Sandra, runs the spa area; while Jarrett maintains a growing medical practice providing care for men, women and children.

The center’s spa allows the Jarretts to begin working with patients before illness occurs. “When a health change happens, as it always will, our patients have somewhere to go. We are all on a continuum — a journey that leads us somewhere. The key to care is consistency and trust,” said Jarrett.

The services offered at the spa — in particular yoga, Pilates and biofeedback — help to strengthen the core as well as help with relaxation. “We all have to learn how to pause,” Jarrett said. “We have to realize we are not in a dress rehearsal.”

“In our society,” he said, “we are challenged because we are always rushing. I try to encourage my patients to embrace the best during life. If you don’t enthusiastically enjoy today, then you are missing the point,” said Jarrett.



“When a health change happens, as it always will, our patients have somewhere to go.”

—Dr. Wentworth Jarrett

February 2013

Black History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1902: Langston Hughes, poet, born.	2 1915: Biologist Ernest E. Just receives Spingarn Medal for research in fertilization and cell division.
3 2009: Eric H. Holder Jr, sworn in as the nation's first African American attorney general.	4 1913: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery, Alabama, bus boycott, born.	5 1884: Willis Johnson patents eggbeater.	6 1993: Arthur Ashe Jr., tennis player, humanitarian and activist, dies.	7 1883: Ragtime pianist and composer Eubie Blake born.	8 1968: Three South Carolina State students killed during segregation protest in Orangeburg, South Carolina.	9 1995: Bernard Harris becomes first African American astronaut to walk in space.
10 1927: Leontyne Price, internationally acclaimed opera singer, born.	11 1990: Nelson Mandela of South Africa is released from prison after 27 years.	12 1909: NAACP founded in New York City. Lincoln's Birthday	13 1970: Joseph L. Searles becomes first African American member of New York Stock Exchange. Ash Wednesday	14 1760: Richard Allen, founder of the African Methodist Episcopal (A.M.E.) Church, born. Valentine's Day	15 1820: Susan B. Anthony, abolitionist and women's rights advocate, born.	16 1874: Frederick Douglass elected president of Freedman's Bank and Trust.
17 1938: Mary Frances Berry, first woman to serve as chancellor of a major research university (University of Colorado), born.	18 1931: Toni Morrison, winner of 1988 Pulitzer Prize for her novel <i>Beloved</i> , born. President's Day Observed	19 2002: Vonetta Flowers becomes Winter Olympics' first African American gold medalist.	20 1895: Frederick Douglass, leading voice in the Abolitionist Movement, dies.	21 1965: Malcolm X assassinated in New York.	22 2008: Johnnie Carr, major icon of the Civil Rights Movement, dies. Washington's Birthday	23 1868: W.E.B. DuBois, scholar, activist and author of <i>The Souls of Black Folk</i> , born.
24 1864: Rebecca Lee Crumpler becomes first black woman to receive a medical degree (New England Female Medical College).	25 1853: First black YMCA organized in Washington, D.C.	26 1965: Civil rights activist Jimmie Lee Jackson dies after being shot by state police in Marion, Alabama.	27 1897: Marian Anderson, world-renowned opera singer and civil rights activist, born.	28 1984: Michael Jackson, musician and entertainer, wins eight Grammy Awards*.		



Jamela Franklin, Ed.M., M.A.



Aromatherapy

Atlanta, GA

Growing up in Memphis, Tennessee, Jamela Franklin knew what it was like to have very little resources, especially for health care.

“Many black families had to rely on folk medicine as opposed to modern medicine,” she said. “I learned the body could be healed using natural remedies.”

After receiving undergraduate and graduate degrees from Ivy League universities, Franklin decided to focus on holistic health, including aromatherapy. She attended the New England School of Aromatherapy and became a certified aromatherapist. Aromatherapy is just one of the many disciplines Franklin offers today in her private practice.

“There are 200 essential oils derived from the therapeutic properties within plants. They can be drained to get healthful properties and then blended with other elements to create healing concoctions. This idea was used originally by the pharaohs in Egypt,” Franklin said.

Everything around us is based on aromatherapy, from body washes to perfumes, from cleaning products to candles. “The difference is the aromatherapy I practice is therapeutic to help calm and heal the body. A large percentage of diseases are stress related,” she said.

Franklin has seen positive health results, especially with her popular blend Peace Be Still. It is an oil blend that can be inhaled, massaged into the skin or put into bath water. It helps to calm anxiety in adults and children, allowing them to have a good night’s rest. It also helps to keep away the flies and mosquitoes.

“Once people experience it, they are hooked,” said Franklin. “Not only do the products smell good, but they are therapeutic as well.”



“The difference is the aromatherapy I practice is therapeutic to help calm and heal the body.”

—Jamela Franklin

March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1914: Ralph W. Ellison, author and educator, born.	2 1867: Congress enacts charter to establish Howard University.
3 1865: Freedmen's Bureau established by federal government to aid newly freed slaves.	4 1965: Bill Russell of the Boston Celtics honored as NBA's most valuable player for fourth time in five years.	5 1770: Crispus Attucks becomes one of the first casualties of the American Revolution.	6 1857: Supreme Court issues <i>Dred Scott</i> decision.	7 2006: Photographer-filmmaker Gordon Parks, who captured the struggles and triumphs of black America, dies.	8 1945: Phyllis M. Daley becomes first black nurse sworn in as a Navy ensign.	9 1841: Amistad mutineers freed by Supreme Court.
10 1869: Robert Tanner Freeman becomes first African American to receive a degree in dentistry. Daylight Saving Time Begins	11 1959: Lorraine Hansberry's <i>A Raisin in the Sun</i> opens at Barrymore Theater, New York; the first play by a black woman to premiere on Broadway.	12 1932: Andrew Young, former U.N. ambassador and former mayor of Atlanta, born.	13 1773: Jean Baptiste Pointe Du Sable, black pioneer and explorer, founded Chicago.	14 1956: Montgomery, Alabama, bus boycott ends when municipal bus service is desegregated.	15 1947: John Lee, first black commissioned officer in the U.S. Navy, assigned to duty.	16 1827: <i>Freedom's Journal</i> , the first U.S. black newspaper, is founded.
17 1890: Charles B. Brooks patents street sweeper. St. Patrick's Day	18 1822: The Phoenix Society, a literary and educational group, founded by blacks in New York City.	19 1939: Langston Hughes founded The New Negro Theater in Los Angeles.	20 1883: Jan E. Matzeliger patents shoe-lasting machine.	21 1965: Rev. Dr. Martin Luther King Jr. leads march from Selma to Montgomery, Alabama, for voting rights.	22 1898: J.W. Smith patents lawn sprinkler.	23 1873: Slavery abolished in Puerto Rico.
24 1907: Nurse and aviator Janet Harmon Bragg born. Palm Sunday	25 2009: John Hope Franklin, a prolific scholar of African American history who influenced thinking about slavery and Reconstruction, dies. Passover Begins (sundown)	26 1831: Bishop Richard Allen, founder and first Bishop of the African Methodist Episcopal (A.M.E.) Church, dies.	27 1924: Jazz singer Sarah Vaughan, "The Divine One," born.	28 1870: Jonathan S. Wright becomes first black state Supreme Court justice in South Carolina.	29 1918: Pearl Bailey, singer and actor, born. Good Friday	30 1870: Fifteenth Amendment ratified, guaranteeing voting rights to blacks.
31 1988: Toni Morrison wins Pulitzer Prize for <i>Beloved</i> . Easter						



Cynthia Shelby-Lane, M.D.



Laughter Therapy

Detroit, MI

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.

¹www.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

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1950: Blood research pioneer Charles R. Drew dies.	2 1984: Georgetown coach John Thompson becomes first African American coach to win the NCAA® basketball tournament.	3 1826: Poet- orator James Madison Bell, author of the Emancipation Day poem “The Day and the War,” born.	4 1968: Rev. Dr. Martin Luther King Jr. assassinated in Memphis, Tennessee.	5 1951: Washington, D.C., Municipal Court of Appeals outlaws segregation in restaurants.	6 1909: Matthew A. Henson reaches North Pole, 45 minutes before Robert E. Peary.
7 1959: Lorraine Hansberry becomes first black playwright to win New York Drama Critics Circle Award (for <i>A Raisin in the Sun</i>).	8 1974: Atlanta Braves slugger Hank Aaron hits 715th career home run, surpassing Babe Ruth as the game’s all-time home-run leader.	9 1816: African Methodist Episcopal (A.M.E.) Church formed.	10 1816: Richard Allen consecrated first bishop of the African Methodist Episcopal (A.M.E.) Church.	11 1997: The Charles H. Wright Museum of African American History, the world’s largest museum of its kind, opens in Detroit.	12 1983: Harold Washington becomes first African American elected mayor of Chicago.	13 1997: Tiger Woods wins Masters Golf Tournament.
14 1775: First abolitionist society in U.S. founded in Philadelphia.	15 1964: Sidney Poitier becomes first black to win Academy Award® for Best Actor for <i>Lilies of the Field</i> .	16 1862: Slavery abolished in the District of Columbia.	17 1983: Alice Walker wins Pulitzer Prize for fiction for <i>The Color Purple</i> .	18 1995: Margo Jefferson receives Pulitzer Prize for criticism.	19 1972: Stationed in Germany, Maj. Gen. Frederic E. Davidson becomes first African American to lead an Army division.	20 2010: Dorothy Height, leading female voice of the 1960s Civil Rights Movement, dies.
21 1966: Pfc. Milton L. Olive III awarded posthumously the Congressional Medal of Honor for valor in Vietnam.	22 1922: Jazz bassist and composer Charles Mingus born.	23 1856: Granville T. Woods, inventor of the steam boiler and automobile air brakes, born.	24 1944: United Negro College Fund incorporated. Administrative Professionals Day	25 1918: Ella Fitzgerald, “First Lady of Song,” born.	26 1888: Sarah Boone patents ironing board.	27 1968: Dr. Vincent Porter becomes first black certified in plastic surgery.
28 2009: Sojourner Truth, former slave turned abolitionist, becomes first African American woman to have a memorial in the U.S. Capitol.	29 1899: Edward Kennedy “Duke” Ellington, jazz musician and composer, born.	30 1952: Dr. Louis T. Wright honored by American Cancer Society for his contributions to cancer research.				



George T. Mumford, M.Ed.

Insight Meditation

Worcester, MA

For decades, George Mumford had to deal with migraines and chronic back pain from sports-related injuries. To ease the pain, he relied heavily on medication and eventually became addicted.

In the mid-80s, he took control of the addiction, changed his lifestyle and freed his body from drugs. He discovered and studied the power of meditation — something he desperately needed in his overstressed career as a financial analyst.

“You have to learn to be who you are. Your heart will tell you when you are on the right track,” said Mumford. “When you pay attention and really listen to yourself, it will tell you a lot.”

Following his calling as a teacher, Mumford left the corporate world to teach a mindfulness-based stress-reduction program to prisoners and staff at several Massachusetts correctional facilities.

He was then led to the NBA® and NCAA®, where he worked as a sports psychologist with teams such as the Chicago Bulls®, Los Angeles Lakers®, Boston College and Holy Cross. Through insight meditation, he teaches players how to deal with the stress of success by opening their minds to good and bad experiences.

“Basketball players have the same stresses as everyone else. As bad as the critics are on the outside, the inner critic is much worse. With the players, I focus on their performance and interactions with others. When you feel a reaction coming, you have to get clear; strategically plan how to be in that situation and find balance.”

Mumford said there are two kinds of stress — one that makes you stronger and one that can debilitate. “There is no avoiding stress. I teach people how to be mindful of it and how to deal with it in a positive way.”



“You have to learn to be who you are. Your heart will tell you when you are on the right track.”

— George T. Mumford

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 1867: First four students enter Howard University.	2 1995: Shirley Jackson assumes chairmanship of the Nuclear Regulatory Commission.	3 1964: Frederick O'Neal becomes first black president of Actors' Equity Association.	4 1961: Freedom Riders begin protesting segregation of interstate bus travel in the South.
5 1988: Eugene Antonio Marino installed as first U.S. African American Roman Catholic archbishop.	6 1991: Smithsonian Institution approves creation of the National African American Museum.	7 1845: Mary Eliza Mahoney, America's first black trained nurse, born.	8 1983: Lena Horne awarded Spingarn Medal for distinguished career in entertainment.	9 2010: Lena Horne, singer, actress and civil rights activist, dies.	10 1950: Boston Celtics select Chuck Cooper, first black player drafted to play in the NBA.	11 1895: Composer William Grant Still, first African American to conduct a major American symphony orchestra, born.
12 1862: Black slaves commandeer the Confederate ship "The Planter." <i>Mother's Day</i>	13 1872: Matilda Arabella Evans, first black woman to practice medicine in South Carolina, born.	14 1913: Clara Stanton Jones, first black president of the American Library Association, born.	15 1820: Congress declares foreign slave trade an act of piracy, punishable by death.	16 1927: Dr. William Harry Barnes becomes first African American certified by a surgical board.	17 1954: In <i>Brown v. Board of Education</i> , Supreme Court declares segregation in public schools unconstitutional.	18 1896: In <i>Plessy v. Ferguson</i> , Supreme Court upholds doctrine of "separate but equal" education and public accommodations. <i>Armed Forces Day</i>
19 1993: University of Virginia professor Rita Dove appointed U.S. poet laureate.	20 1961: U.S. Attorney General Robert Kennedy dispatches U.S. marshals to Montgomery, Alabama, to restore order in the Freedom Rider crisis.	21 2006: Katherine Dunham, pioneering dancer and choreographer, author and civil rights activist, dies.	22 1921: <i>Shuffle Along</i> , a musical featuring a score by Eubie Blake and Noble Sissle, opens on Broadway.	23 1900: Sgt. William H. Carney becomes first African American awarded the Congressional Medal of Honor.	24 1854: Lincoln University (Pa.), first African American college, founded.	25 1926: Jazz trumpeter Miles Dewey Davis born.
26 1961: During Kennedy administration, Marvin Cook named ambassador to Niger Republic, the first black envoy named to an African nation.	27 1942: Dorie Miller, a ship's steward, awarded Navy Cross for heroism during the attack on Pearl Harbor in 1941. <i>Memorial Day Observed</i>	28 1948: National Party wins whites-only elections in South Africa and begins to institute policy of apartheid.	29 1901: Granville T. Woods patents overhead conducting system for the electric railway.	30 1965: Vivian Malone becomes first African American to graduate from the University of Alabama.	31 1870: Congress passes the first Enforcement Act, providing stiff penalties for those who deprive others of civil rights.	



Angela Tatum Fairfax, Ph.D.

Dance/Movement Therapy

Wilmington, DE



When there are no words to express how you feel, Angela Tatum Fairfax wants you to dance.

The dance/movement therapist believes that by tapping into our first language — movement — a person can find a level of comfort, healing and release that may seem out of reach with regular therapy.

“Dance/movement therapy is a great way to express yourself with your full body,” said Fairfax, CEO and chief clinician of Good Fruit Expressive Arts LLC, a

counseling and creative arts psychotherapy practice. “The physical release brings forth healing. It allows us to be free and gain clarity. It helps us align our thoughts with our emotions; as well as our minds, bodies and spirits.”

Fairfax has used dance/movement therapy with everyone from young children to teenagers to seniors. She has seen it treat a broad spectrum of ailments such as stress, anxiety, depression and mental health issues.

“Many people are apprehensive,” she said. “But once they start dancing and allow themselves to be in the moment, they can’t wait to do it again.”

According to Fairfax, dance/movement therapy is transformative because it allows people to harness the raw and honest energy they had as children.

“It frees us from all the things we feel we need to control as adults,” she said. “As we age, we must continue to explore who we are. We change with time, and we must shift with that change. Dance and movement are great tools to help us transition through life.”



“Dance and movement are great tools to help us transition through life.”

— Dr. Angela Tatum Fairfax

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 1968: Henry Lewis becomes first black musical director of an American symphony orchestra — New Jersey Symphony.
2 1971: Samuel L. Gravelly Jr. becomes first African American admiral in the U.S. Navy.	3 2008: Senator Barack Obama wins Democratic presidential nomination, becoming the first African American nominee of a major U.S. political party.	4 1967: Bill Cosby receives an Emmy® Award for his work in the television series <i>Spy</i> .	5 1987: Dr. Mae C. Jemison becomes first African American woman astronaut.	6 1831: First annual People of Color convention held in Philadelphia.	7 1917: Poetess Gwendolyn Brooks, first African American to win the Pulitzer Prize (poetry, 1950), born.	8 2011: Clara Luper, Oklahoma civil rights icon who led sit-ins at drugstore lunch counters in Oklahoma in 1958, dies.
9 1995: Lincoln J. Ragsdale, pioneer fighter pilot of World War II, dies.	10 1854: James Augustine Healy, first black Roman Catholic bishop, ordained a priest in Notre Dame Cathedral.	11 1964: Nelson Mandela sentenced to life imprisonment by South African government.	12 1963: Medgar W. Evers, civil rights leader, assassinated in Jackson, Mississippi.	13 1967: Thurgood Marshall nominated to Supreme Court by President Lyndon Johnson.	14 1864: Congress rules equal pay for all soldiers. Flag Day	15 1913: Dr. Effie O’Neal Ellis, first black woman to hold an executive position in the American Medical Association, born.
16 1970: Kenneth A. Gibson elected mayor of Newark, New Jersey, first African American mayor of a major Eastern city. Father’s Day	17 1775: Minuteman Peter Salem fights in the Battle of Bunker Hill.	18 1942: Harvard University medical student Bernard Whitfield Robinson commissioned as the Navy’s first black officer.	19 1865: Blacks in Texas are notified of Emancipation Proclamation, issued in 1863. Juneteenth	20 1953: Albert W. Dent of Dillard University elected president of the National Health Council.	21 1821: African Methodist Episcopal Zion (A.M.E.Z.) Church established.	22 1897: William Barry patents postmarking and cancelling machine.
23 1940: Sprinter Wilma Rudolph, winner of three gold medals at 1960 Summer Olympics, born.	24 1964: Carl T. Rowan appointed director of the United States Information Agency.	25 2009: Michael Jackson, musician and entertainer, dies.	26 1975: Dr. Samuel Blanton Rosser becomes first African American certified in pediatric surgery.	27 1991: Supreme Court Justice Thurgood Marshall announces his retirement.	28 1911: Samuel J. Battle becomes first black policeman in New York City.	29 2006: Lloyd Richards, theater pioneer and Tony® Award winner for direction of <i>Fences</i> , dies on his 87th birthday.
30 1917: Lena Horne, singer, actress and civil rights activist, born.						



Lester L. Carter, Jr., R.Ph.



Herbology
Milwaukee, WI

Bad cough that won't go away? Itchy skin that can't be relieved? Rash that won't heal? According to Dr. Lester Carter, Jr., it may be time to try a new, natural remedy.

The pharmacist and herbologist has been making and providing natural products and formulas since he opened Carter Drug Store in 1968. The only African American-owned drugstore in Milwaukee, Wisconsin, the store is known for its healing remedies. It is a hub for people seeking natural remedies based on science.

"When someone needs a solution, I go to my chemistry book and come up with a preparation to fit his or her needs," said Carter, who still works behind the counter, consulting with clients and making his products, which he ships across the country. "My products are all natural, so you don't have to worry about side effects."

Carter's diverse career in pharmacy began at the Creighton School of Pharmacy in Omaha, Nebraska. While in pharmacy school, he ran the soda fountain at a Rexall® drugstore and made nighttime deliveries on the wealthy

side of town. His upper-class clients were impressed by his deep knowledge of herbology. They called Rexall and demanded he be hired as a pharmacist.

As the store's only African American pharmacist, Carter was assigned to making the ointments and salves in the back of the store. That is, until customers started asking to meet the person making the medications. That was the start of his loyal client base, which continues to grow.

"Pharmacy is the greatest profession in the world," he said. "You get to use your education and scholastic work to help people solve their problems. I'll always enjoy that."



"When someone needs a solution, I go to my chemistry book and come up with a preparation to fit his or her needs."

—Dr. Lester L. Carter, Jr.

July 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1889: Frederick Douglass named U.S. minister to Haiti.	2 1872: Elijah McCoy patents first self-lubricating locomotive engine. The quality of his inventions helped coin the phrase "the real McCoy."	3 1688: The Quakers in Germantown, Pennsylvania, make first formal protest against slavery.	4 1900: Traditional birthdate of Louis "Satchmo" Armstrong, jazz pioneer. <i>Independence Day</i>	5 1991: Nelson Mandela elected president of the African National Congress.	6 1957: Althea Gibson wins women's singles title at Wimbledon, first African American to win tennis's most prestigious award.
7 1948: Cleveland Indians sign pitcher Leroy "Satchel" Paige.	8 2000: Venus Williams wins women's singles championship at Wimbledon.	9 1893: Dr. Daniel Hale Williams performs first successful open-heart operation.	10 1943: Arthur Ashe Jr., first African American to win the U.S. Open and men's singles title at Wimbledon, born.	11 1905: W.E.B. DuBois and William Monroe Trotter organize the Niagara Movement, a forerunner of the NAACP.	12 1949: Frederick M. Jones patents cooling system for food transportation vehicles.	13 1965: Thurgood Marshall becomes first African American appointed U.S. solicitor general.
14 1951: George Washington Carver Monument, first national park honoring an African American, is dedicated in Joplin, Missouri.	15 1867: Maggie Lena Walker, first woman and first African American to become president of a bank, born.	16 1822: Violette A. Johnson, first black woman to practice before the U.S. Supreme Court, born.	17 2012: William Raspberry, Pulitzer Prize-winning columnist for <i>The Washington Post</i> and one of the most widely read black journalists of his generation, dies.	18 1998: African American Civil War Soldiers Memorial dedicated, Washington, D.C.	19 1925: Paris debut of Josephine Baker, entertainer, activist and humanitarian.	20 1950: Black troops (24th Regiment) win first U.S. victory in Korea.
21 1896: Mary Church Terrell elected first president of National Association of Colored Women.	22 1827: James Varick, first bishop of the African Methodist Episcopal Zion (A.M.E.Z.) Church, dies.	23 1962: Jackie Robinson becomes first black baseball player in the major leagues inducted into baseball's Hall of Fame.	24 1807: Shakespearean actor Ira Aldridge born in New York City.	25 1916: Garrett Morgan, inventor of the gas mask, rescues six people from gas-filled tunnel in Cleveland, Ohio.	26 1948: President Harry S. Truman issues Executive Order 9981, ending segregation in armed forces.	27 1880: Alexander P. Ashbourne patents process for refining coconut oil.
28 1868: 14th Amendment, granting African Americans full citizenship rights, becomes part of the Constitution.	29 1895: First National Conference of Colored Women Convention held in Boston.	30 1822: James Varick elected first bishop of the African Methodist Episcopal Zion (A.M.E.Z.) Church.	31 1874: Rev. Patrick Francis Healy inaugurated president of Georgetown University, Washington, D.C.			



Ifeoma Ikenze, M.D.

Homeopathy
San Anselmo, CA



A house call to an elderly couple changed the direction of Dr. Ifeoma Ikenze's medical practice forever. After borrowing a history book on the practice of medicine from the couple's extensive library, she became fascinated with homeopathy.

"Homeopathy was a popular method of practicing medicine in the United States until 1932," said Ikenze. "It wasn't until 1970 that a group of young doctors from California began to explore it again."

Homeopathy helps cure illnesses by treating the "like with like." For example, a bee sting can be treated with a remedy made from bee venom.

There are more than 1,000 homeopathic remedies made from natural substances such as minerals, plants and animals.

"To determine the right remedy for each person, I first take a detailed assessment. I address the entire human being. This includes the emotional, physical, mental and psychological. I ask them to tell me their life stories," Ikenze said.

A good homeopathic doctor can usually determine the right remedy the first time.

"The beauty of homeopathy is one remedy can bring about radical change. But the remedy has to match the totality of each person's personality and life experiences, as well as the illness. In some cases we have to keep searching for the right remedy, but those are the more complex or rare circumstances," Ikenze said.

After 25 years of practicing homeopathy, Ikenze gets most new patients through referrals. "It's usually those who have tried everything else. They are desperate for a cure," she said. "They are ready to do whatever it takes to get well."



"The beauty of homeopathy is one remedy can bring about radical change."

—Dr. Ifeoma Ikenze

August 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1879: Mary Eliza Mahoney graduates from New England Hospital for Women and Children, becoming the first black professional nurse in America.	2 2012: Gabby Douglas becomes the first African American to win an all-around gymnastics gold at the Summer Olympics.	3 1800: Gabriel Prosser leads slave revolt in Richmond, Virginia.
4 1810: Abolitionist Robert Purvis born.	5 1962: Nelson Mandela, South African freedom fighter, imprisoned. He was not released until 1990.	6 1965: President Lyndon B. Johnson signs Voting Rights Act, outlawing literacy test for voting eligibility in the South.	7 1907: Dr. Ralph J. Bunche, first African American Nobel Prize® winner, born.	8 2005: John H. Johnson, founder and publisher of <i>Ebony</i> and <i>Jet</i> magazines, dies.	9 1936: Jesse Owens wins fourth gold medal at Summer Olympics in Berlin.	10 1989: Gen. Colin Powell is nominated chairman, Joint Chiefs of Staff, the first African American to hold this post.
11 1872: Dr. Solomon Carter Fuller, acknowledged as first black psychiatrist, born.	12 1977: Steven Biko, leader of Black Consciousness Movement in South Africa, arrested.	13 1981: Reagan administration undertakes its review of 30 federal regulations, including rules on civil rights to prevent job discrimination.	14 1989: First National Black Theater Festival held in Winston-Salem, North Carolina.	15 2007: Max Roach, first jazz musician honored with a MacArthur Fellowship, dies.	16 1922: Author Louis E. Lomax born.	17 1849: Lawyer-activist Archibald Henry Grimké, who challenged the segregationist policies of President Woodrow Wilson, born.
18 1859: Harriet Wilson's <i>Our Nig</i> is first novel published by a black writer.	19 1954: Dr. Ralph J. Bunche named undersecretary of United Nations.	20 1993: Dr. David Satcher named director of the Centers for Disease Control.	21 1904: Bandleader and composer William "Count" Basie born.	22 1880: Cartoonist George Herriman born.	23 1926: Carter Woodson, historian, author, inaugurates Negro History Week.	24 1950: Judge Edith Sampson named first black delegate to United Nations.
25 1925: A. Phillip Randolph founds Brotherhood of Sleeping Car Porters.	26 1946: Composer, singer and producer Valerie Simpson Ashford born.	27 1963: W.E.B. DuBois, scholar, civil rights activist and founding father of the NAACP, dies.	28 1963: Rev. Dr. Martin Luther King Jr. delivers "I Have A Dream" speech during March on Washington, D.C.	29 1920: Saxophonist Charlie "Bird" Parker born.	30 1983: Lt. Col. Guion S. Bluford Jr. becomes the first African American astronaut in space.	31 1836: Henry Blair patents cotton planter.



Rolf Gates

Yoga & Meditation

Santa Cruz, CA

Rolf Gates believes it is time to relax — and learn to deepen your relationship with yourself.

“People today are often anxious and unnecessarily in conflict with their environment. This stress is a learned behavior and can be unlearned,” said Gates, a yoga teacher and author recognized as one of the leading voices in modern yoga. “Yoga and meditation facilitate this learning process.”

Gates began his career in social work. He started meditating and practicing yoga to cope with the stress of working with adolescents who had suffered trauma. He took a job as a part-time yoga instructor; and within a few years, he was teaching yoga full time.

“I have always been motivated to follow a path of service,” said Gates, who also is a former U.S. Army Airborne Ranger. “Teaching yoga and meditation is my path. My years in social work and counseling inform my work.”

Gates said yoga and meditation can help heal both the body and the mind. The athletic yoga poses and the atmosphere of a yoga class help a person feel centered, strong and present in the moment. The breath-work and meditation involved can address the neurological patterns related to stress by helping rewire the brain. Yoga can move a person from the habit of struggle to the habit of well-being.

“Yoga is the process of becoming who we already are and remembering what we already know,” Gates said.



“Yoga is the process of becoming who we already are and remembering what we already know.”

— Rolf Gates

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1993: Condoleezza Rice named provost at Stanford University, becoming the youngest person and first African American to hold this position.	2 1958: Frederick M. Jones patents control device for internal combustion engine. <i>Labor Day</i>	3 1979: Robert Maynard becomes first African American to head a major daily newspaper, <i>Oakland Tribune</i> , in California.	4 1957: Arkansas Governor Orval Faubus calls out the National Guard to bar black students from entering a Little Rock high school. <i>Rosh Hashanah Begins (sundown)</i>	5 1960: Leopold Sedar Senghor, poet and politician, elected president of Senegal.	6 1848: Frederick Douglass elected president of National Black Political Convention in Cleveland, Ohio.	7 1954: Washington, D.C., and Baltimore, Maryland, public schools integrated.
8 1981: Roy Wilkins, executive director of the NAACP, dies.	9 1968: Arthur Ashe, Jr. wins men's singles tennis championship at U.S. Open.	10 1855: John Mercer Langston elected township clerk of Brownhelm, Ohio, becoming first African American to hold elective office in the U.S.	11 1959: Edward Kennedy "Duke" Ellington wins Spingarn Medal for his achievements in music.	12 1992: Dr. Mae C. Jemison becomes first African American woman to travel in space.	13 1886: Literary critic Alain Lovke, first black Rhodes Scholar, born. <i>Yom Kippur Begins (sundown)</i>	14 1921: Constance Baker Motley, first black woman appointed federal judge, born.
15 1963: Four black girls killed in Birmingham, Alabama, church bombing.	16 1923: First Catholic seminary for black priests dedicated in Bay St. Louis, Mississippi.	17 1983: Vanessa Williams becomes first African American crowned Miss America.	18 1895: Booker T. Washington delivers famous Atlanta Exposition speech.	19 1893: Albert R. Robinson patents electric railway trolley.	20 1830: First National Convention of Free Men agrees to boycott slave-produced goods.	21 1998: Florence Griffith Joyner, Olympic track star, dies.
22 1862: Emancipation Proclamation announced.	23 1863: Civil and women's rights advocate Mary Church Terrell born.	24 1895: Three Baptist Conventions merged to form the National Baptist Convention.	25 1974: Barbara W. Hancock becomes first African American woman named a White House fellow.	26 1962: Sonny Liston knocks out Floyd Patterson to win heavyweight boxing championship.	27 1912: W.C. Handy publishes <i>Memphis Blues</i> .	28 1991: National Civil Rights Museum opens in Memphis, Tennessee.
29 1910: National Urban League established in New York City.	30 1962: James Meredith enrolls as first black student at University of Mississippi.					



Folashade Omole, M.D., FAAFP, CPEHR



Acupuncture

East Point, GA

When you're feeling sick or overwhelmed, Dr. Folashade Omole can help you pinpoint the source of your problem — literally.

The licensed medical acupuncturist uses the ancient Chinese practice of manipulating thin, solid needles in the skin at acupuncture points to help her patients with an array of ailments. She has seen it help with everything from pain to insomnia to infertility.

Omole explains acupuncture with a metaphor: "The energy in your body flows like a river. You have different ailments such as pain when you have a

dam in the river or the river is stagnant. The acupuncture needles help open the dam. They allow the river to flow again."

Omole says acupuncture is both preventative and healing. "You can view acupuncture like you do your annual checkup. You can use it before you feel stressed, overwhelmed or have pain. Or, you can use it to treat anything and everything that ails you," she said.

She has used it to help a woman with severe knee pain begin to walk in high heels again. She also has helped patients with anxiety become better at

making decisions. She even uses it to ease her husband's throat discomfort. "When you put the needle in, it's a source of release," she said. "It's a form of rejuvenation."

Omole's goal is to help underserved populations see the potential benefits in acupuncture, and other complementary and alternative medicine options. "I want to make sure these populations are exposed to all the medical options out there," she said.



"When you put the needle in, it's a source of release. It's a form of rejuvenation."

—Dr. Folashade Omole

October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1996: Lt. Gen. Joe Ballard becomes first African American to head the Army Corps of Engineers.	2 2000: James Perkins Jr. sworn in as Selma, Alabama's, first African American mayor.	3 1956: Nat "King" Cole becomes first black performer to host his own TV show.	4 1864: First black daily newspaper, <i>The New Orleans Tribune</i> , founded.	5 2011: Rev. Fred Shuttlesworth, described by the Rev. Dr. Martin Luther King Jr. as "the most courageous civil rights fighter in the South," dies.
6 1917: Political activist Fannie Lou Hamer born.	7 1993: Toni Morrison becomes the first African American to win the Nobel Prize® in literature.	8 1941: Rev. Jesse Jackson, political activist and civil rights leader, born.	9 2001: Dr. Ruth Simmons, first African American leader of an Ivy League institution, elected 18th president of Brown University.	10 2010: Solomon Burke, Grammy® Award-winning singer/songwriter, "King of Rock and Soul," dies.	11 1887: Granville T. Woods patents telephone system and apparatus.	12 2005: C. Delores Tucker, civil rights activist and founder of the National Black Congress, dies.
13 1579: Martin de Porres, first black saint in the Roman Catholic church, born.	14 1964: At age 35, Rev. Dr. Martin Luther King Jr. becomes youngest man to win Nobel Peace Prize. Columbus Day Observed	15 1991: Clarence Thomas confirmed as an associate justice of U.S. Supreme Court.	16 1984: Bishop Desmond Tutu wins Nobel Peace Prize.	17 1888: Capital Savings Bank of Washington, D.C., first bank for African Americans, organized.	18 1948: Playwright Ntozake Shange, author of <i>For Colored Girls Who Have Considered Suicide When The Rainbow Is Enuf</i> , born.	19 1943: Paul Robeson opens in <i>Othello</i> at the Shubert Theater in New York City.
20 1898: The first African American-owned insurance company, North Carolina Mutual Life Insurance Co., founded.	21 1917: Trumpeter Dizzy Gillespie, pioneer of bebop, born.	22 1953: Dr. Clarence S. Green becomes first African American certified in neurological surgery.	23 1947: NAACP petitions United Nations on racial conditions in the U.S.	24 2005: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery bus boycott, dies. United Nations Day	25 1992: Toronto Blue Jays manager Cito Gaston becomes first African American to manage a team to a World Series title.	26 1911: Mahalia Jackson, gospel singer, born.
27 1954: Benjamin O. Davis Jr. becomes first black general in U.S. Air Force.	28 1998: President Bill Clinton declares HIV/AIDS a health crisis in racial minority communities.	29 1949: Alonzo G. Moron becomes first black president of Hampton Institute, Virginia.	30 1979: Richard Arrington elected first African American mayor of Birmingham, Alabama.	31 1899: William F. Burr patents switching device for railways. Halloween		



Andrea D. Sullivan, Ph.D., N.D.

Naturopathic Medicine

Washington, D.C.

Dr. Andrea D. Sullivan believes she entered the field of naturopathic medicine because of a divine intervention. "It was in God's plan that I followed this direction," she said.

Thirty years old and 30 pounds overweight, Sullivan went to Dr. James D'Adamo, one of the pioneers of naturopathic medicine. After getting to know her, he saw great promise in her future as a naturopathic physician.

"After six months, I was feeling much better. I went back to Howard University, where I had been an associate professor, to take prerequisites for medical school. I enjoyed it so much, I decided to sell my house and

car, and move to Seattle to study at Bastyr University where I received my doctorate in naturopathic medicine," Sullivan said. "My family thought I was crazy. But I knew this was something that I had to do."

Since 1988, Sullivan has run the Center for Natural Healing in Washington, D.C. The center focuses on homeopathy, herbal medicine, stress reduction, weight loss, detoxification and nutrition.

"We treat people, not conditions," Sullivan said. "People come to me usually as a last resort because they are sick and tired of being sick and tired."

"Our body is a miraculous machine, but you have to be involved with it. It's not like a car that you can drop off for a tune-up and pick up at 5 o'clock. We teach patients about their health and show them how to make the right choices at home."

Now feeling healthier than ever, Sullivan serves as a role model for patients, as well as in the field of naturopathy. "You have to practice what you preach because people want to see results," she said.



"We teach patients about their health and show them how to make the right choices at home."

—Dr. Andrea D. Sullivan

November 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1945: John H. Johnson publishes first issue of <i>Ebony</i> .	2 1983: President Ronald Reagan designates Martin Luther King Jr. Day a national holiday.
3 1981: Thirman L. Milner elected mayor of Hartford, Connecticut, becoming first African American mayor in New England. <i>Daylight Saving Time Ends</i>	4 2008: Senator Barack H. Obama elected 44th president of the U.S., becoming first African American to be elected chief executive in the 232-year history of the country.	5 1968: Shirley Chisholm of Brooklyn, New York, becomes first black woman elected to Congress. <i>Election Day</i>	6 2012: President Barack H. Obama, the first African American to hold the office of U.S. commander-in-chief, elected to a second term.	7 2011: Joe "Smokin' Joe" Frazier, former heavyweight world boxing champion, dies.	8 1938: Crystal Bird Fauset elected state representative in Pennsylvania, becoming first black woman to serve in a state legislature.	9 1731: Mathematician, urban planner and inventor Benjamin Banneker born.
10 2006: Benny Andrews, painter and teacher whose work drew on memories of his childhood in the segregated South, dies.	11 1989: Civil Rights Memorial dedicated in Montgomery, Alabama. <i>Veterans Day</i>	12 1941: Mary Cardwell Dawson and Madame Lillian Evanti establish the National Negro Opera Company.	13 1940: The U.S. Supreme Court rules in <i>Hansberry v. Lee</i> that African Americans cannot be barred from white neighborhoods.	14 1915: Booker T. Washington, educator and writer, dies.	15 1881: Payton Johnson patents swinging chair.	16 1981: Pam Johnson named publisher of the <i>Ithaca Journal</i> in New York, becoming first African American woman to head a daily newspaper.
17 1980: Howard University airs WHHM, first African American-operated public radio station.	18 1797: Sojourner Truth, abolitionist and Civil War nurse, born.	19 1953: Roy Campanella named Most Valuable Player in National Baseball League for the second time.	20 1923: Garrett A. Morgan patents traffic light signal.	21 1893: Granville T. Woods patents electric railway conduit.	22 1930: Elijah Muhammed establishes the Nation of Islam.	23 1897: A.J. Beard patents the Jenny Coupler, used to connect railroad cars.
24 1868: Pianist Scott Joplin, the "Father of Ragtime," born.	25 1955: The Interstate Commerce Commission bans segregation in interstate travel.	26 1883: Sojourner Truth, abolitionist and Civil War nurse, dies.	27 1990: Charles Johnson awarded National Book Award for fiction for <i>Middle Passage</i> . <i>Hanukkah Begins (sundown)</i>	28 1961: Ernie Davis becomes first African American to win the Heisman Trophy. <i>Thanksgiving Day</i>	29 1908: Adam Clayton Powell Jr., politician and civil rights activist, born.	30 1912: Gordon Parks, writer, filmmaker and photographer, born.



Juneau K. Robbins, D.C.

Chiropractic Medicine
Minneapolis, MN



Dr. Juneau K. Robbins was introduced to chiropractic medicine in high school. After injuring his knee on the basketball court, he was told by an orthopedic surgeon that surgery was necessary.

His family took the high school sophomore to a chiropractor in Ontario, Canada, to get a second opinion. Within six weeks, his knee was healed without surgery or medicine.

“The body has its own ability to heal itself,” he said. “We just have to get out of the way. Chiropractic medicine is holistic health care.”

At his clinic, he spends much of his time helping patients manage pain. “I help them function again and do the things they previously were able to do.

“As a society, we overrely on Western medicine because alternative or Eastern medicine can’t always be explained. In many cases, the combination of both forms of medicine works best. Chiropractic medicine is great for a lot of things, but it is not necessarily the be-all and end-all,” Robbins said.

Robbins believes practicing a preventative lifestyle is the best approach to good health. He said it is especially important for African Americans, who

are prone to health concerns such as high blood pressure. He is hopeful the field of black chiropractic doctors will continue to grow as the practice becomes more accepted.

“I never take offense when someone is skeptical about chiropractic medicine,” he said. “But I do find that once people try it they say, ‘Why didn’t I know about this before?’”



“The body has its own ability to heal itself. We just have to get out of the way. Chiropractic medicine is holistic health care.”

– Dr. Juneau K. Robbins

December 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1955: Rosa Parks arrested for refusing to give her seat to a white man, sparking the Montgomery, Alabama, bus boycott.	2 1884: Granville T. Woods patents telephone transmitter.	3 1847: Frederick Douglass publishes first issue of <i>North Star</i> .	4 1906: Alpha Phi Alpha, first black Greek letter fraternity, founded at Cornell University.	5 1955: Rev. Dr. Martin Luther King Jr. organizes Birmingham, Alabama, bus boycott, marking beginning of the Civil Rights Movement.	6 1932: Richard B. Spikes patents automatic gearshift.	7 1942: Reginald F. Lewis, first African American to create a billion-dollar business empire through the leveraged buyout of Beatrice International Foods, born.
8 1925: Entertainer Sammy Davis Jr. born.	9 1872: P.B.S. Pinchback of Louisiana becomes first black governor.	10 1950: Dr. Ralph J. Bunche becomes first African American awarded the Nobel Peace Prize.	11 1926: Blues singer Willie Mae “Big Mama” Thornton born.	12 1995: Willie Brown defeats incumbent Frank Jordan to become the first African American mayor of San Francisco.	13 1944: First black servicewomen sworn in to the WAVES.	14 1829: John Mercer Langston, congressman and founder of Howard University Law Department, born.
15 1883: William A. Hinton, first African American on Harvard Medical School faculty, born.	16 1976: Andrew Young nominated by President Jimmy Carter to be U.S. ambassador to United Nations.	17 1802: Teacher and minister Henry Adams born.	18 1865: Congress passes 13th Amendment, abolishing slavery.	19 1875: Educator Carter G. Woodson, “Father of Black History,” born.	20 1860: South Carolina secedes from the Union, initiating the Civil War.	21 1911: Baseball legend Josh Gibson born.
22 1883: Arthur Wergs Mitchell, first black Democrat to be elected to Congress, born.	23 1867: Sarah “Madam C.J.” Walker, businesswoman and first black female millionaire, born.	24 1832: Charter granted to Georgia Infirmary, the first black hospital.	25 1907: Cab Calloway, bandleader and first jazz singer to sell 1 million records, born. <i>Christmas</i>	26 2011: Sam Rivers, jazz legend, dies. <i>Kwanzaa Begins</i>	27 1862: African Methodist Episcopal Zion Church founded in New Bern, North Carolina.	28 1905: Earl “Fatha” Hines, “Father of Modern Jazz Piano,” born.
29 1924: Author, sportswriter A.S. “Doc” Young born.	30 1892: Dr. Miles V. Lynk publishes first black medical journal for physicians, the <i>Medical and Surgical Observer</i> .	31 1930: Odetta, blues and folk singer, born.				

Biographies



Yvonne Bronner, Sc.D., R.D.

Dr. Yvonne Bronner is a professor and founding director of the M.P.H./Dr.P.H. program at Morgan State University, and was previously the director of its Complementary and Alternative Medicine Research Training Program. Her research interests include the role of fathers in breastfeeding promotion among African American families, the epidemiological investigation of African American dietary knowledge, nutritional assessment of children, the role and utilization of community health workers, and the application of community-based participatory research methods in obesity interventions.

Dr. Bronner earned a B.S. degree from the University of Akron, an M.S.P.H. degree from Case Western Reserve University, and a Sc.D. degree in Maternal and Child Health from Johns Hopkins School of Hygiene and Public Health.

Dr. Bronner led the team that developed the “Fathers Supporting Breastfeeding” video and educational materials, and was a research associate for the Nutrition During Pregnancy and Nutrition During Lactation Institute of Medicine (IOM) reports. She also served as director of the MSU collaboration with the National Infant Mortality Reduction Initiative sponsored by the DHHS Office of Minority Health.

She was a member of the IOM Food and Nutrition Board, the U.S. Dietary Guidelines Advisory Committee, the DHHS Secretary’s Advisory Committee on Infant Mortality, Baltimore’s Babies Born Healthy Leadership in Action Program, the American Dietetic Association’s Board of Editors, Maryland’s Assembly on School-Based Health Clinics Advisory Committee, *FitPregnancy* and *Essence* magazines Advisory boards and the PhenX national work group.

Currently, Dr. Bronner is a member of the American Dietetic Association, Baltimore City Harlem Park Charter School Advisory Committee, McDonald’s® Global Advisory Council and Chartwell’s Child Nutrition National Advisory Council.

Lester L. Carter, Jr., R.Ph.

An African American male starting his own business in the 1960s was not an easy task. However, challenges were nothing new to pharmacist Dr. Lester L. Carter, Jr. On April 1, 1968, he opened Carter Drug Store, which remains the only black-owned drugstore in Milwaukee today.

Prior to beginning his pharmacy career, Dr. Carter’s military time included four years in the U.S. Navy, reaching the rank of Hospital Corpsman 2nd Class; serving nine months at the U.S. Naval Academy; and three years on the U.S.S. Tortuga LSD-26 in Korea.

After completing rigorous study and training at Creighton University’s School of Pharmacy, Dr. Carter worked his way up from soda fountain clerk to a pharmacy position.

It was always Dr. Carter’s goal to get the best training humanly possible and to have a first-class community pharmacy. He is a herbologist and is responsible for several formulas used for many stubborn medical problems, including scalp ringworm and razor bumps.

Dr. Carter has trained many young pharmacy graduates, and he reminds young people there is no substitute for hard work and dedication to scholastic excellence to be successful in life.

Angela Tatum Fairfax, Ph.D.

Dr. Angela Tatum Fairfax is the proprietor and CEO of Good Fruit Expressive Arts Counseling & Psychotherapy LLC, a counseling and creative arts psychotherapy practice in Wilmington, Delaware. She is a licensed professional counselor in Delaware and Pennsylvania, a national certified counselor, a board-certified dance/movement therapist and a licensed minister of dance. She holds a graduate degree from Drexel University’s Hahnemann Creative Arts in Therapy program, where she currently serves as adjunct faculty to graduate students in creative arts therapy training.

Dr. Fairfax is a transformational healer, speaker, educator and creative psychotherapist. She utilizes a mind, body, and spirit holistic and humanistic approach to support, counsel, and coach individuals and organizations to develop creative and effective stress management skills. She developed and facilitates Transcendental expressive arts meditation sessions, emphasizing a mind-body-spirit connection using creativity as a tool to foster healing and promote personal growth. She is passionate about the interconnection of culture and spirituality, especially in relation to healing practices through dance, and has taught nationally and internationally multicultural aspects of sacred dance and dance/movement therapy.

A member of the American Dance Therapy Association, Dr. Fairfax serves on the board of directors, is a charter member and chair of the Multicultural/Diversity Committee, interim president of the Pennsylvania chapter and vice president of the Black American and African Descendants Affinity Group. She also is a member of the American Psychological Association, the Delaware Psychological Association, the Association of Black Psychologists, the Delaware Black Chamber of Commerce, and the National Liturgical Dance Network.

Jamela Franklin, Ed.M., M.A.

Jamela Franklin is an accomplished holistic psychotherapist, certified aromatherapist, certified reiki master, metaphysician, reflexologist, energy medicine practitioner, life coach, college professor and author. Ms. Franklin brings a wealth of experience and training to her current private practice in holistic health.

Having completed her undergraduate education at Cornell University, Ms. Franklin pursued and completed a master’s degree in educational administration at Harvard University and a master’s degree in counseling psychology at Lesley University. She currently is pursuing her Ph.D. in holistic life coaching at the University of Sedona.

After working in various positions in the field of education for more than 15 years, Ms. Franklin realized that her career interests were changing. She decided to pursue a practice in holistic health due to her passion and unwavering commitment to empowering people on the spiritual, emotional, mental, physical and financial levels. It is Ms. Franklin’s belief that holistic health is extremely effective because this modality addresses all facets of one’s life, not just the physical body.

Ms. Franklin’s treatments, workshops, and classes have been described as exceptional, compelling, transformative, and inspirational. Her current practice in Atlanta, Georgia, combines her traditional educational background with her holistic training in psychotherapy, aromatherapy, reiki, reflexology, empowerment, energy medicine and stress management.

Among her other accomplishments, Ms. Franklin also is the host and creator of the weekly blog talk radio show “Higher Consciousness,” which covers topics such as aromatherapy, spirituality, metaphysics, creative visualization, nutrition and empowerment.

Rolf Gates

Rolf Gates, author of the acclaimed book on yogic philosophy *Meditations from the Mat: Daily Reflections on the Path of Yoga*, is a leading voice of modern yoga. He conducts Vinyasa Intensives and 200-500 teacher trainings throughout the U.S. and abroad. A former social worker and U.S. Army Airborne Ranger who has practiced meditation for the last 20 years, he brings his eclectic background to his practice and teachings.

Mr. Gates was born in Manhattan; and grew up in the Boston area as an avid marathon runner, long distance cyclist, and champion wrestler. As the descendant of six generations of ministers, he gained an understanding of service and dedication at an early age.

Mr. Gates and his work were featured in numerous magazines, including *Yoga Journal*, *Natural Health and People*; and as one of *Travel and Leisure’s* Top 25 Yoga Studios Around the World. He is honored to be a contributor to the *Good Men Project: Real Stories from the Front Lines of Modern Manhood*, featured nationally on television and in print; Kris Karr’s *Crazy Sexy Life* Blog and Gabrielle Bernstein’s *Add More Ing To Your Life*.

Cofounder of the Yoga + Recovery Conference, Esalen Institute, Big Sur, California; and the Kripalu Center for Yoga and Healing Arts, Lenox, Massachusetts; Mr. Gates also brought yoga and functional stretching to the U.S. Department of Defense’s Tri-County Summit on Sustainability.

Mr. Gates lives in Santa Cruz, California, with his wife and two children; and has become an avid surfer, putting his yoga to work on his surfboard.

Ifeoma Ikenze, M.D.

Dr. Ifeoma Ikenze has practiced integrative health since 1985. She received her medical degree from Albert Einstein College of Medicine; and completed her residency and fellowship in general pediatrics at Children’s Hospital in Boston, Massachusetts, under the auspices of Harvard University.

Dr. Ikenze became interested in the history of health and healing in the context of the psychosocial development of mankind, with a special interest in the place of women as nurturers, caretakers and healers. Throughout her career, she has sought ways of treating the whole patient as opposed to addressing symptoms; leading her to an understanding of the relationship between psychological and spiritual health, the formal study of homeopathy. She began her practice and study of homeopathy in Montreal, followed by a homeopathic diploma from the British Institute of Homeopathy.

In 1990, Dr. Ikenze established the Elizabeth Medical Center, which is focused on pediatrics, women’s health, family medicine and homeopathy in suburban San Francisco, California’s, Marin County.

Dr. Ikenze is devoted to educating and empowering individuals to recognize the importance of their positions at home and in family, and to become more knowledgeable and self-reliant in fostering a better understanding of their own physical and emotional health.

She supports efforts to bring homeopathy into the mainstream of the medical field and educates other physicians. Dr. Ikenze wrote *Menopause and Homeopathy – A Guide for Women In Midlife*; and, along with her daughter, developed an organic herbal drink called Mamatini, designed to meet the needs of pregnant and nursing women.

Wentworth Jarrett, M.D.

Dr. Wentworth Jarrett views his practice style as that of a renaissance man. He practices current Western-style medicine with a healthy embrace of holistic principles.

After moving to the U.S. from his native Jamaica, Dr. Jarrett became board certified in family medicine; and more recently in hospice and palliative medicine. His practice is truly ecumenical with a diverse representation of cultures from China, Argentina, Alaska, Canada and the United Kingdom. He also serves a large Caribbean population.

The diversity in patient cultures has led to a unique practice style. On a beautiful lakefront vista in South Florida, Dr. Jarrett will see a patient from Barbados, followed by a visitor from Nigeria and possibly a Scottish expatriate. In his center, clients can enjoy a Pilates class or have a facial followed by an infrared sauna. Ongoing nutritional assessments and advice also are provided.

Dr. Jarrett has developed a line of skin care products designed for the full spectrum of skin types. This complements the various neutraceuticals (supplements) he also offers.

Over the past 22 years, Dr. Jarrett’s destination practice has been successful both economically and spiritually. He refers to this as a life mission.

Dr. Jarrett has two sons — one a senior at Brown University and the other a junior at Princeton University.

George T. Mumford, M.Ed.

George T. Mumford is a sports psychology consultant, personal and organizational development consultant, executive coach, and an insight meditation teacher. He also works as an executive coach for clients that include corporate executives, medical doctors and individuals.

As a sports psychology consultant, Mr. Mumford has worked with the Los Angeles Lakers®, the Chicago Bulls®, Boston College men’s and women’s basketball teams, the Ohio University athletic department, the University of Minnesota women’s basketball team and three premiership soccer clubs. He also consults with other athletic departments, organizations and private clients. Some of his clients include Olympic athletes, athletic organizations, coaches, senior athletic administrators and athletes in general.

While working at the University of Massachusetts Medical Center’s Department of Preventive and Behavioral Medicine Stress Reduction Clinic

in Worcester, Massachusetts, Mr. Mumford developed and implemented mindfulness-based stress-reduction programs for an inner-city clinic and several Massachusetts correctional institution facilities.

In 2007, Mr. Mumford was the keynote speaker for the U.C. Davis Health System Alternative and Integrative Medicine for Pain Management conference; and in 2004, he was a presenter at the University of Pennsylvania Wharton School of Business leadership venture on self-awareness with a program titled “Leading from Within.”

In 2003, Mr. Mumford was invited to participate in the three-day conference Healing Through Great Difficulty, a meeting between his holiness the Dalai Lama, former prisoners and meditation teachers.

Mr. Mumford received his B.B.A. degree in accounting from the University of Massachusetts, Amherst, Massachusetts; and his M.Ed. degree in counseling psychology from Cambridge College, Cambridge, Massachusetts.

Folashade Omole, M.D., FAAFP, CPEHR

Dr. Folashade Omole is a graduate of the Morehouse School of Medicine Family Medicine Residency Program. She earned her B.Sc. in physics from the University of Lagos; and her medical degree from Obafemi Awolowo University, Ile-Ife; two of the most prestigious universities in Nigeria.

Upon completion of her residency training, she was appointed clerkship director in Morehouse’s Family Medicine department. In 2004, Dr. Omole became the director of the Family Medicine Residency Program. She is a licensed medical acupuncturist, a certified professional in EHR and practices obstetrics.

Dr. Omole is the recipient of the 2012 Leonard Tow Humanism in Medicine Award, the 2006 Georgia Academy of Family Physicians’ Teacher of the Year Award, and is a 2008 inductee of the Alpha Omega Alpha Honor Medical Society. She is instrumental in the implementation of the Chronic Care Model with a focus on diabetes, and the integration of complementary and alternative medicine at the Morehouse Medical Associates Comprehensive Family Health Center.

She is a cocollaborator and codirector of the Veterans Affairs Centers of Excellence (COE) in Patient-Centered Specialty Care Education Initiative. She runs the joint injection and acupuncture clinic in the COE. The Specialty Care initiative encourages facilities to establish collaboration between specialty care and primary care services.

Dr. Omole is board certified in family medicine, a member of the American Academy of Family Physicians, and serves on the Commission on Health of the Public and Science (CHPS). She is a member of the Georgia Academy of Family Physicians, and serves as the treasurer and chairperson of the Finance committee; and she is a member of the Society of Teachers of Family Medicine.

Biographies



Juneau K. Robbins, D.C.

Originally from Toronto, Canada, Dr. Juneau K. Robbins is a 1996 graduate of Northwestern Health Sciences University in Bloomington, Minnesota. A strong advocate of drug-free health care and self-empowerment through means of self-responsibility, he is the recipient of several professional honors, including the President's Choice and Chiropractor of the Year awards from the American Black Chiropractic Association.

Dr. Robbins was selected from a pool of more than 65,000 national and international chiropractors by the National Board of Chiropractic Examiners to participate in a practice analysis advisory committee at the national board headquarters in Greeley, Colorado. Additionally, he sits on the alumni board and has held a position as an associate faculty member at Northwestern Health Sciences University, where he provides teaching clinics for chiropractic interns involved in their final phases of professional education.

Dr. Robbins is known for his friendly ability to provide top-notch chiropractic, nutrition and wellness care to patients while working closely with health professionals in other disciplines; helping patients experience the best all-around health care possible in today's complicated health care environment.

Dr. Robbins speaks frequently at schools, churches, and other community organizations on the topics of drug-free health care, nutrition, and overall well-being. Together with his father, Larry Mansfield Robbins, B.A., M.Ed., Dr. Robbins is the coauthor of a self-published parenting tip book titled *121 Tips on Raising a Child of Color*.

Dr. Robbins is board licensed by the state of Minnesota and the National Board of Chiropractic Examiners. He resides in Minneapolis, Minnesota, with his wife, Anika, and son, Jaiye.

Cynthia Shelby-Lane, M.D.

Dr. Cynthia Shelby-Lane is a comedienne, anti-aging specialist and talk show host who believes laughter is good medicine. As the creator of CASL (Cynthia Ann Shelby-Lane) Productions, Inc., she combines her two passions: laughter and medicine.

Dr. Shelby-Lane is a nationally recognized and in-demand keynote speaker, trainer, and consultant at conferences and events promoting the health benefits of humor. A practicing physician and experienced stand-up comedienne, her high energy, laugh-out-loud programs are as entertaining as they are informative in delivering her important message.

In continuing her research, Dr. Shelby-Lane earned certification as a "Happiness Master," qualifying her to speak about the "Seven Habits of Happy People." She is dedicated to encouraging others in the pursuit of happiness, addressing mental health issues, and promoting her strong belief of "Laugh More/Live Longer."

Dr. Shelby-Lane is a favorite television and radio guest who educates listeners on a variety of health issues. On her own radio series, "Dr. Shelby-Lane & The Medicine Show," she emphasizes the therapeutic and healing power of laughter. She also coauthored the book, *Getting Things Done: Keys to a Well Balanced Life*.

Dr. Shelby-Lane has joined forces with a team of Hollywood producers and filmmakers for LaughMD.com, which is dedicated to bringing humor into hospitals. The goal is to prove humor is healthful for patients, family and staff. Another aspect of her career is working with Dr. Patch Adams and his innovative Gesundheit! Institute (www.patchadams.org) to carry their message of healthful laughter worldwide. Her motto: "Keep laughing!"

Stella A. Stepney, M.S., ATR-BC, LCAT

Stella A. Stepney is a registered, board-certified art therapist and is licensed by New York State as a creative arts therapist. Ms. Stepney received her B.A. in art therapy at St. Thomas Aquinas College, her M.S. in art therapy at Nazareth College and holds a New York State teaching certification in art education.

Ms. Stepney is on the adjunct faculty of Nazareth College and Saint Mary-of-the-Woods College. Clinically, she specializes in at-risk student populations. Ms. Stepney is the author of multiple publications, including *Art Therapy with Students At Risk: Introducing Art Therapy into an Alternative Learning Environment for Adolescents and Art Therapy with Students At Risk: Fostering Resilience and Growth Through Self-Expression*.

Previously, she worked as a primary therapist at Crestwood Children's Center in Rochester, New York; where she provided counseling and therapeutic intervention to children and adolescents who had serious emotional, behavioral or mental disorders. Also, Ms. Stepney developed and implemented the Creative Art: Growth Through Self-Expression program for children and adolescents residing at Sojourner House in Rochester, New York.

Ms. Stepney serves as a director on the American Art Therapy Association board of directors, is board liaison to the Multicultural and Journal committees, and board liaison to the New York and Indiana chapters.

She is a member of the association's Finance committee and advisory board for Art Therapy: Journal of the American Art Therapy Association. Ms. Stepney is a member of the American Counseling Association, the Association for Creativity in Counseling, and the Association for Multicultural Counseling and Development.

Andrea D. Sullivan, Ph.D., N.D.

Dr. Andrea D. Sullivan received an N.D. (doctor of naturopathic medicine) degree in 1986 from Bastyr University in Seattle, Washington. She also took advanced courses in homeopathic medicine in the United States, India and Europe. Dr. Sullivan continues to study with homeopathic physicians from Mumbai (Bombay), India, and is a diplomat with the Homeopathic Academy of Naturopathic Physicians. She has a private practice in Washington, D.C.

In 1976, Dr. Sullivan was the first African American to receive a Ph.D. in sociology/criminology from the University of Pennsylvania. She taught at Howard University, American University and the University of Maryland, and was subsequently appointed assistant director of the Administration of Justice for the National Urban League in New York City. She later worked as a special assistant for urban policy to Patricia Roberts Harris, the U.S. secretary of Housing and Urban Development in President Jimmy Carter's administration.

Dr. Sullivan is a founding member of the American Association of Naturopathic Physicians and for eight years served as president of the D.C. Association of Naturopathic Physicians. In 2007, she was appointed by the mayor of the nation's capital to serve as chairperson of the Naturopathic Medical Board for the District of Columbia, after having served on the Board of Medicine for five years.

Excerpts from Dr. Sullivan's successful first book, *A Path to Healing: A Guide to Wellness for Body, Mind, and Soul* (April 1998; Doubleday), appeared in *Essence* magazine in July 1998, followed by several feature stories about Dr. Sullivan over the following years. Dr. Sullivan also is a contributing writer to *Prevention*, *Essence*, *Heart and Soul*, and *Health Quest* publications. Her second book, tentatively entitled, *The Truth: Healing Sojourner's Superwomen* will be released soon. Dr. Sullivan is a frequent guest on radio and major network television programs, and travels throughout the country and Canada to lecture on naturopathic medicine and wellness.



**We dedicate this calendar to the memory of our dear colleague Nohemi Alarcón, who passed away suddenly on January 2, 2013. Since 2006, Nohemi served as regional director of community relations at Aetna. She was intimately involved in the creation of this calendar, as well as the Aetna Latino Calendar. Nohemi will be remembered for her relentless passion, spirit and commitment to improve the communities she served. May you rest in peace Nohemi. You will be missed by the entire Aetna community.*

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Introduction: Ellicott City, Maryland
January: Fairport, New York
February: Miami, Florida
March: Stone Mountain, Georgia
April: Detroit, Michigan
May: Worcester, Massachusetts
June: Wilmington, Delaware
July: Milwaukee, Wisconsin
August: San Anselmo, California
September: Santa Cruz, California
October: East Point, Georgia
November: Washington, D.C.
December: Bloomington, Minnesota

Special thanks to those whose effort and time helped create this calendar:

Aetna African American Employee Resource Group

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Mark Callahan, Design Unit Head
Miguel Centeno, M.P.A., Managing Director, Community Relations, Community Relations and Urban Marketing
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