



a closer look

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Telling
our stories

This week in Black History

First African American Governor

On May 10, 1837, Pinckney Benton Stewart Pinchback, the first African American governor of Louisiana, was born in Macon, Georgia. He was the son of a slave owner, William Pinchback who had come to live with Pinchback's mother and former slave, Eliza Stewart as husband and wife. Pinchback would leave Cincinnati after graduating from Gilmore High School.

Later, during the Civil War, Pinchback would serve as the captain of the 1st Louisiana National Guard. After the Union had won the war, he got involved in the Republican Party. He then would have the opportunity to become Senator of Louisiana. Due to the death of Lieutenant Governor Oscar Dunn, an African American physician, Pinchback became acting Lt. Governor at the suggestion of Governor Henry Clay Warmoth. When Warmoth was later impeached, Pinchback was quickly moved into the position of Governor. In the 35 days he served as Governor, 10 acts of Legislature became law. Pinchback continued to serve in various offices of government including a seat on the State Board of Education, Internal Revenues Service.

In Louisiana's Constitutional Convention of 1879, Pinchback demanded a college for Blacks be established, resulting in the opening of Southern University.

He later moved to New York where he continued to serve the public as a Federal Marshal and then to Washington D.C. where he would practice law, before his death in 1921.

Sources: www.sec.state.la.us, <http://www.answers.com>, <http://facweb.furman.edu>, <http://en.wikipedia.org>

Kim Fields

On May 12, 1969, Kim Victoria Fields was born in New York, NY. She is one of the first successful African American, female child actresses. Fields made her first appearance in the Mrs. Buttersworth commercial, but her big break in the industry would come when she auditioned for an 80's sitcom, *Facts of Life*. The character, Tootie, which the young Fields auditioned for was originally written for someone who was Anglo, but after auditioning, the director of the show had to rewrite the role.

Though Field's could be seen on television during that time, she managed to graduate from Burbank High School in California in 1986. Wanting to attend college, she enrolled in Pepperdine University, receiving a Bachelors degree in Communications and Film in 1990. In 1995, Fields landed another role on a hit show called, *Living Single*, where her mother, Laverne Fields made frequent guest appearances. Mrs. Fields, also known as Chip Hurd or Chip Fields-Hurd, is also no stranger to the camera, debuting in the 1974 movie, *Change at 125th Street*. While she has performed in numerous other television shows and movies, she is best known for her role as the mother of Penny (Janet Jackson) in *Good Times*.

Former child actor, Fields has gone on to establish herself as a director, entrepreneur and artist. She has performed in several plays at The Black Academy of Arts and Letters. Fields will soon be adding "mother" to her list of titles as she is expecting her first child.

Sources: <http://en.wikipedia.org>, <http://www.imdb.com>, <http://www.drduro.com/Kim/Kim.html>

A Special way to say *I Love You, Mom!*



New greetings cards for Mom's special day acknowledge the entire woman, including her interests and career, in addition to her amazing contributions at home.

Creative relationship building activities

Family Features

Little boys often have a strong relationship with their mother. "Mom" – or their image of Mom – usually sets the standard for girlfriends and wives as they grow up. And even though his mommy wiped his nose and changed his diapers as an infant, as a man he feels a need to protect her, as she did for him during his early years.

Little girls usually have a different relationship with their mothers. Wanting to emulate their role model, they play dress up with their mother's jewelry, heels and make-up. Then, over the next decade, Mom's glam-factor can fade when she inexplicably becomes an embarrassment to her teenage daughter. Fortunately, a decade or two later, a lot of mothers and daughters become close friends again.

No relationship is quite as primal as the one between a mother and her daughter. Each one craves love and approval from the other, and many may not realize the tremendous influence they have on each other.

"If you have a strong mother-daughter relationship, it strengthens all the other relationships in your life," said Mary Marcadante, noted mother-daughter relationship expert, inspirational speaker and author of *My Mother, My Friend*. In her research, she interviewed 400 mothers and daughters to help provide women with the skills, confidence and language to deepen their mother-daughter relationships.

What means the most to mothers? "Appreciation" is the one quality that moms crave most from their families, Marcadante found.

An expressing appreciation

Mother's Day, which falls on Sunday, is certainly a day when more daughters and sons will put into words and actions their appreciation for their moms. This day is a top day for phone calls, flowers and restaurant reservations, but what moms want most is an emotional connection and quality time.

Mother's Day cards often take on the meaningful role of expressing thanks and praise that too often go unsaid during the year.

"Children of all ages, and especially



The "memory keeper" jewelry box and accent pillow can be personalized with mother-daughter photos and mementos. – Photos courtesy of American Greeting Cards

grown children, want to express thankfulness, appreciation and even amazement for all moms do at home and even outside of the home. The challenge for us is they want to say it in a way that is comfortable for their age, their personal style and their relationship with Mom," said *American Greetings* card writer and editor Carolyn Koesters, who is part of a team that created new Mother's Day cards for the company.

"In addition to gathering outside research as we developed the new cards, our team looked to our own relationships with our moms and our kids for inspiration."

The new generation of American Greetings Mother's Day cards recognizes all the roles moms play, from CEO of the family to personal shopper and life coach, with clever messages like, "You're an inspiration to superheroes everywhere" and "You should consider franchising."

Other cards in the Mother's Day line include those for expectant moms and a card from teens, acknowledging their moods and messy rooms by saying, "just close the door, Mom ..."

Daughters are mothers, too

As an adult daughter becomes a parent and Mom takes on the role of grandmother, the mother-daughter bond often deepens. One of the special ways mothers can express love and support is through a special Mother's Day card or craft for their daughters.

It's a fact of life that parental relationships have their ups and downs. Many of today's Mother's Day cards even celebrate generational clashes with messages like "Mom you taught me that you didn't always have to understand me or agree with my decisions in order to love me."

It's the mother-daughter relationship that often takes center stage on Mother's Day. Daughters plan the special surprises of the day — reflecting both the special bond and the younger generation's acceptance of "holiday keeper," as just one of the many roles they learned from Mom.

Actions Show Mom You Care

In addition to showing appreciation with cards and gifts, Mother's Day can also be a

This gift bag is specially designed to hold potted plants. The clever purse-shaped holder can be added to include a gift card to Mom's favorite garden center or spa.



Consider starting a mother-daughter scrapbook for Mom that the two of you can add to throughout the years to commemorate milestones and shared activities.

Mary's suggestions for mother-daughter activities for Mother's Day and any day

- **Make a Scrapbook Together** — Preserve treasured photos and honor memories through this wonderful outlet of creativity and self-expression. It could be a "progressive scrapbook" in which mother and daughter contribute alternate pages. Or start the book with this year's Mother's Day card, photos and memories, and plan to add new pages annually.
- **Spa Days** — Moms and daughters can pamper themselves together, scheduling manicures, pedicures, facials and massage.
- **Record Favorite Memories of Mom** — Whether in the form of a written journal, a memory box filled with keepsakes and photos or an audio or video recording, honor treasured moments together.
- **Make an "Altered Book"** — My sister asked her grown children for an altered book for Christmas. They took a favorite printed book and added their own photographs, poems and thoughts.
- **Send Gratitude E-mails** — One year my friend Dianne and I shared the things we were grateful for in daily e-mails. For her birthday the following year I presented the e-mails to her in a journal. We both cried!
- **Throw a Surprise Party** — Honor Mom with a surprise party inviting family and friends on Mother's Day, her birthday or any day.
- **Schedule "Mom & Me Time"** — Whether it's attending a performance, a walk in the woods or a day trip, schedule quality time together.
- **Four Seasons of Fun** — Make outings a regular thing by scheduling one for each season ... gardening in the spring, picnicking at the beach in the summer, pumpkin picking in the fall or antiquing in the winter. Don't wait for a crisis or Mother's Day to spend time with Mom.
- **Recipes for Smiles** — Put together a collection of recipe cards, adding to each favorite dish memories of a time with Mom.

great time for relationship building. At what point do a mother and daughter become friends? For some women, it's after they have married or had a child. For Marcadante, it was the diagnosis of her mother's ovarian cancer. Marcadante, explained "From the moment I learned of the diagnosis until Mom's death, I felt like I was in graduate school, cramming the night before finals for a course called: 'Everything You've Always Wanted to Know About Your Mother and Forgot to Ask.' This experience prompted me to write my book to help others strengthen, heal and celebrate their relationships with their mothers."

Her research revealed that the things moms want most from their daughters are: time together, kindness in words and actions, captured memories, and personal services that improve the quality of life.

For more information about Mary Marcadante's book or more activities visit www.marymarcdante.com/mom.htm. All materials courtesy of: American Greetings