



Black History Month

Nelson Mandela
EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.

THE MOST COMMON WAY PEOPLE GIVE UP THEIR POWER IS BY THINKING THEY DON'T HAVE ANY.
 ALICE WALKER

Challenges make you discover things about yourself that you never really knew.
 ~ Cicely Tyson

"If you can't fly, then run, if you can't run, then walk, if you can't walk, then crawl, but whatever you do, you have to keep moving forward."
 — Martin Luther King Jr.

I've failed over and over and over again in my life. And that is why i succeed.
 ~ Michael Jordan

"If you think education is expensive, wait until you see how much ignorance costs."

"IF YOU GET, GIVE. IF YOU LEARN, TEACH!"
 -MAYA ANGELOU

"BELIEVE IN YOURSELF, LEARN, AND NEVER STOP WANTING TO BUILD A BETTER WORLD."
 ~ MARY MCLEOD BETHUNE

There is always light, if only we're brave enough to see it. If only we're brave enough to be it.
 Amanda Gorman
 The youngest inaugural poet in US history

"A people without the knowledge of their past history, origin and culture is like a tree without roots."
 Marcus Garvey

You must never be fearful about what you are doing when it is right.
 ~ Rosa Parks

"You don't make progress by standing on the sidelines, whimpering & complaining. You make progress by implementing ideas."
 SHIRLEY CHISHOLM

Marian Wright Edelman
EDUCATION IS FOR IMPROVING THE LIVES OF OTHERS AND FOR LEAVING YOUR COMMUNITY AND WORLD BETTER THAN YOU FOUND IT.

"Every day you have the power to choose."
 ~ Michelle Obama

"My daily challenge to myself is to be part of the solution, to be a joyful warrior in the battle to come."



Thank You for Participating in the ICA Youth Club "Joy of Giving" event. With your help, ICA Youth Club collected 40 Meal-kits in total. The kits were donated to the local food pantries (Food at First and ACSD Food Pantry). Pictured from left: Shreya Reddy, Kritika Sharma, Aneesh Shrotriya, and Sivani Manimaran. (ICA Youth Club Members)



A RECIPE BY ANIKA SHROTRIYA

ingredients

- 2 cups all purpose flour
- 2 TBSP semolina
- 0.5 tsp baking powder
- 0.5 tsp cardamom powder
- 1.25 cups powdered sugar
- 0.75 cups ghee
- strings of saffron and crushed pistachio for garnish (optional)

ICAYC February featured recipe!



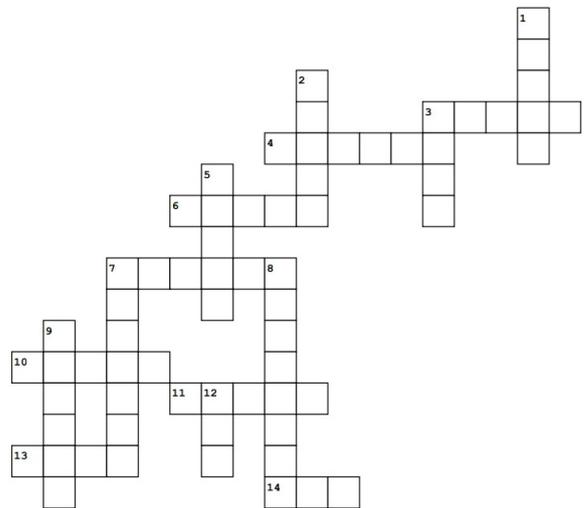
directions

- Heat oven to 350°F.
- Mix dry ingredients in a large bowl. Stir in ghee and create a soft dough. Do not over-knead!
- Cover and refrigerate dough for 30-60 minutes.
- Form 1 inch sized balls and spread them out evenly on a cookie sheet, with parchment paper at the bottom.
- Bake for 15 minutes or until slightly brown (centers will be soft).
- Cool; remove from cookie sheet and enjoy with masala chai!

SHARE YOUR FAVORITE SEASONAL RECIPE TO BE FEATURED IN OUR NEXT NEWSLETTER!

Recipe of the Month By:
Anika Shrotriya
7th Grade
AMS (Winner)

Crossword



Across

3. What has hands but cannot clap?
4. What has lots of eyes but cannot see?
6. What can fill up a room but takes up no space?
7. What is full of holes but still holds water?
10. What can run but never walks, has a mouth but never talks, has a head but never weeps, has a bed but never sleeps?
11. What has legs but doesn't walk?
13. What gets bigger when more is taken away?
14. What has to be broken before you can use it?

Down

1. What runs all along the backyard but doesn't move?
2. What five letter word becomes shorter when you add two letters to it?
3. What has many teeth but cannot bite?
5. What has many keys but cannot open any locks?
7. What is so fragile that saying its name will break it?
8. What begins with an e but only has one letter?
9. What invention lets you look through a wall?
12. What goes up but never comes down?

BY: Abhinav Amuluru & Aneesh Shrotriya



Monkey Business Chapter-I

“I can’t stand people who do not take food seriously.”

The above quote from Oscar Wilde perfectly summarizes this Ames startup whose journey I will talk about in this chapter. Often business articles start with glaring statistics - for example, nine out of ten startups fail within ten years. What these statistics fail to capture is the journey, the learning, the fun, the emotional turmoil, the adrenalin rush, friendships, and the inspiration that is experienced in those ten years. If aliens were observing us earthlings and writing an ‘allop article’, they would use the headline - ten out of ten humans fail within the first 100 years. They would not be wrong in their assessment but that article would not have captured the love or passion behind those failed lives.

I am starting this series of talks to capture stories from some hidden gems within our community and I would love to have your support.

This month I will talk about a startup called “Nebullam.” The founders have a simple dream of growing lettuce on Mars. The first time I heard this from Clayton, founder of Nebullam, I waited for ten seconds to see if he would burst into laughter. There was no hint of even a smile. The disbelief on my face must have said it all - “No way!! WHAT?” Being both an assistant coach with the Iowa State Boxing Club and an online poker player, Clayton knows how to throw punches while keeping a poker face.

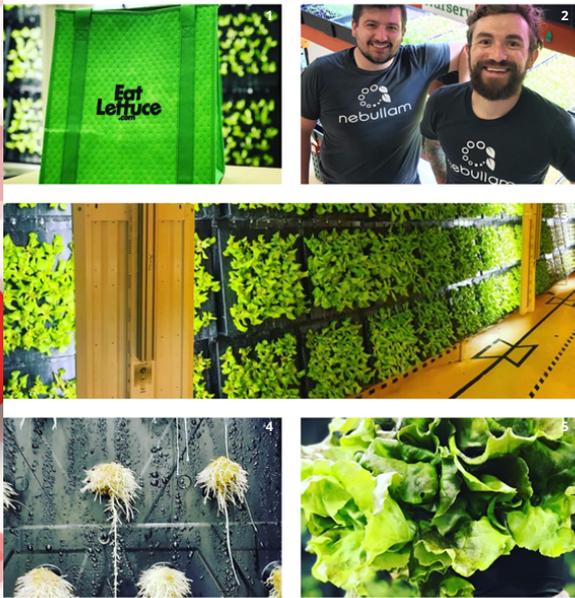
Nebullam farms produce lettuce, micro-greens, and tomatoes without soil, with 95% less water than what is typically required, and with no pesticide. Till their dreams of talking with Elon or Bezos to send their technology to space come true, they have subscription services that deliver the product at your doorsteps every week. Being a subscriber for almost six months now, I can vouch for the excellent quality of the greens.

One of the things that stood out during the talk was the amount of resilience that is required to run a new business. Clayton made the point that most people think that you are a boss if you are running a new business. But in the case of a startup, you are everyone’s servant starting from client to VCs and to your employees. The above fact somehow is not easily perceived by people when they see a CEO or founder title. So next time when you meet one “ahem, ahem,” show your sympathies.

To learn more about Nebullam and to purchase a Nebullam subscription, please visit www.eatlettuce.com. If you decide to subscribe to their lettuce (which I strongly recommend), use the code 2021 to get some special ICA discount ☺.

By: Dr. Anuj Sharma

You can watch/listen to our talk by scanning the QR code.



- Pictured: 1. The delivery bag (says it all).
2. Danen Pool (left) and Clayton Mooney (right), Co-founders.
3. Nebullam's vertical farm inside Research Park.
4. Luscious Lettuce roots hanging in the air.
5. A close-up of the fresh Lettuce!





Announcements



- Please share children's artworks, recipes, poems or any informational articles to be published in our next ICA Newsletter. The best entry will win a \$25 gift card.
- Dr. Raman's Blog: Dr. Raman has started a bi-weekly blog to bring cheer to his readers in this time of pandemic chaos and political turmoil. If you would like to subscribe to this blog, please send a message to vvrsp@rit.edu.
- Please join the Google Classroom: [r4bd0e4](#) to stay updated on upcoming ICA Youth Club Events.

Resources

Pictures on the front page of the newsletter are randomly selected from various internet sources given below -

- <https://inspirationquotes99.blogspot.com/2020/01/michelle-obama-quotes-about-education.html>
- <https://www.amazon.com/African-American-History-Empowered-Empower/dp/B07BN91J1K>
- <https://www.boredteachers.com/inspiring/black-history>
- <https://i.pining.com/originals/eb/6a/18/eb6a181b6bce6529bffabe07b4e61c36.jpg>
- <https://i.pining.com/736x/fb/00/3a/fb003a5e6dd3f8bf7c849f374f0fe935.jpg>
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