

FEBRUARY 2016

Volume 2 Issue 4

SSS Welcomes GA/Intern

Josalyn Braden



Josalyn started working with SSS January 2016. She attended NSU for undergraduate and earned her Bachelor of General Studies May 2014. Now, she is a graduate student studying Student Affairs in Higher Education with hopes of graduating May 2017. After graduation, she plans to move to Texas and work in Higher Education. Josalyn has one son, J.C., who is six years old and attends school at NSU E-Lab.



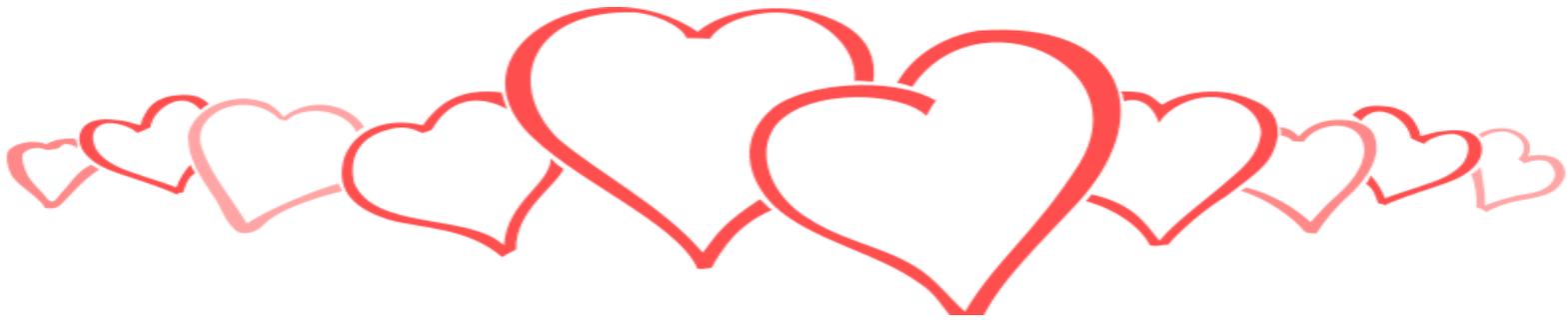
Black History Facts

1. Black History Month started in 1926. The observance was proposed by Carter Godwin Woodson, an author and historian, as Negro History Week. It expanded in the 1970s.
2. The U.S. isn't the only country to celebrate Black History Month. Canada also observes it in February, while the U.K. recognizes it in October.
3. There are more than 45 million African-Americans living in the U.S., [according to Census Bureau data](#). That's about 15 percent of the nation's population.
4. There are more than 2 million black veterans.
5. The first black birth on record in what would become the U.S. happened in St. Augustine, Florida, in 1606. And the first African-American birth occurred in 1624, according to the [African American Registry](#).
6. The first black NBA player was Earl Lloyd in 1950. He played for the Washington Capitols and was inducted into the Naismith Memorial Basketball Hall of Fame more than half a century later, in 2003.
7. President Barack Obama proclaimed February to be Black History Month Friday, writing that as the nation observes it, "we recognize these champions of justice and the sacrifices they made to bring us to this point, we honor the contributions of African-Americans since our country's beginning, and we recommit to reaching for a day when no person is judged by anything but the content of their character."

Helping Hands Black History
Program February 17, 2016 at
6:00 p.m. in Magale Recital Hall



Happy Valentine's Day



February has long been a month of romance. It is the month associated with Valentine's Day celebrations. We have, time and again, heard the name St. Valentine being uttered before us in this season of love. But just who is this St. Valentine? Why is this month associated with love and romance? The origin of this lover's day goes back as early as 270 A.D and started with the clash between a kindly priest and a mighty ruler.

Every year, the fourteenth day of the month of February has millions across the world presenting their loved ones with candy, flowers, chocolates and other lovely gifts. In many countries, restaurants and eateries are seen to be filled with couples who are eager to celebrate their relationship and the joy of their togetherness through delicious cuisines. There hardly seems to be a young man or woman who is not keen to make the most of the day.

The reason behind all of this is a kindly cleric named Valentine who died more than a thousand years ago.

It is not exactly known why the 14th of February is known as Valentine's Day or if the noble Valentine really had any relation to this day. The history of Valentine's Day is impossible to be obtained from any archive and the veil of centuries gone by has made the origin behind this day more difficult to trace. It is only some legends that are our source for the history of Valentine's Day.

Valentine's Day

Word Search

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

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



JINXYKIDS.COM

Valentine's Word Scramble

1. velo _____

2. rhaet _____

3. moanecr _____

4. Itachecoo _____

5. Ipecuo _____

6. pucid _____

7. wob nda rrawo _____

8. der sroes _____

9. twees _____

10. nadyc _____

11. Itnivaeen _____

12. eb nemi _____

13. lingrad _____



Important Dates

Event	Date	Venue
5-Week grades due to be entered via NSUConnect by 11:55 p.m.	Monday, Feb. 15	
15 th Annual Black History Program	Wednesday, Feb. 17 6:00 p.m.	Magale Recital Hall
Lunch With your SSS Advisor	Wednesday, Feb. 17 11:30 a.m. – 1:00 p.m.	Iberville
Game Night	Tuesday, Feb. 23	President's Room



F
TRIO
T

Are you tired?
Lethargic?
No energy?
Stressed?

TRIO FIT

Walk your way to better health!

TrioFit is the new SSS health initiative. The focus of **TrioFit** will be strengthening and toning exercises and the resources needed to live a healthy lifestyle. The group will meet Monday, Tuesday and Thursday of, each week, from 3:30pm-4:30pm, to GET FIT! All fitness levels welcome. You work at your own pace 😊.

GET FIT!

GET HEALTHY!

STUDENT SUPPORT SERVICES
Contact: Ms. Danielle at conded@nsula.edu

Kyser Hall, Room #243
Ph: 357-5901

Have you been looking for a service organization to join? If so, Helping Hands is the organization for you! Helping Hands meetings are held at 5:00 p.m. in the President's Room of the Student Union. If you need additional information regarding Helping Hands, please contact Helping Hands President, Briana Craige at bcraige572458@nsula.edu.



GOT NEWS?

If you've got news you'd like to share with the NSU SSS community, please send it to us at trioss@nsula.edu. A picture may enhance your story, so feel free to include that also. The deadline for all submissions for the next month's issue is always the 20th.



Student Support Services
Northwestern State University
243 Kyser Hall
Natchitoches, LA 71497

Phone:
(318) 357-5901
Email:
trioss@nsula.edu



We're on the Web!
See us at:
<http://studentsupportservices.nsula.edu/>

STUDENT SUPPORT SERVICES STAFF

NATCHITOCHES CAMPUS: 357-5901
FRANCES WELCH, DIRECTOR WELCHF@NSULA.EDU
JAMIE FLANAGAN, ASSISTANT DIRECTOR FLANAGAN@NSULA.EDU
DANIELLE CONDE, ADVISOR & INSTRUCTOR CONDED@NSULA.EDU
JERMAINE THOMAS, ADVISOR & INSTRUCTOR THOMASJER@NSULA.EDU

SHREVEPORT CAMPUS: 677-3063
DESIREE WYROSDICK, COUNSELOR/INSTRUCTOR WYROSDICKD@NSULA.EDU

STUDENT SUPPORT SERVICES IS A FEDERALLY-FUNDED TRIO PROGRAM. IN 2015-16, THIS PROJECT AT NSU WAS FUNDED AT \$404,178.

