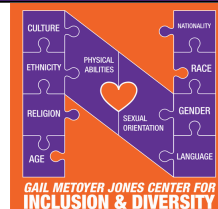


NSULA Gail Metoyer Jones Center for Inclusion and Diversity



African Americans and Labor

*"If they don't give you a seat at the table, bring a folding chair."
- Shirley Chisholm*



February is Black History Month

Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. Also known as African American History Month, the event grew out of "Negro History Week," the creation of noted historian Carter G. Woodson and other prominent African Americans. Since 1976, every U.S. president has officially designated the month of February as Black History Month. The 2025 theme is African Americans and Labor.

How to Celebrate Black History Month

- Read books, poems, and literature from black authors
- Support black owned businesses and restaurants
- Become a member of your local NAACP
- Share Black History moments and milestones
- Listen to the 1619 podcast to learn about slavery
- Amplify black voices



Upcoming Events

SANKOFA African American Museum on Wheels

The Sankofa museum is dedicated to teaching Black History through collected artifacts and stories. It takes the audience through many eras from slavery to the 44th president.

Student Union Ballroom

Monday, February 24th at 11:00am - 4:00pm



Events This Month

Karaoke Night w/ Omega Psi Phi Theta Delta

This night will be full of fun, music, and singing in a judgement free zone. Come out to sing your favorite songs. There will be free snacks

Student Union Lucille Hendrick Room

**Thursday, February 6
6:00pm**

NICSS: Spirituality [Faculty]

Join us as Dr. Katrina Jordan to teach us about spirituality and how to accommodate and be inclusive towards students who are spiritual.

Student Union President's Room

**Thursday, February 20
11:00am**

Dynamics of Racial Identity

Come out for this student NICSS presented by the Cultural Bridge Builders in celebration of Black History Month. We will be learning the intricacies of racial identity.

Student Union Room 320

**Thursday, February 20
5:00pm**

Exploring Legacy: Freedom Colonies and Rosenwald Schools in Black History

Join us as we delve into the transformative stories of resilience, community, and education in black culture.

Student Union Lucile Hendrick Room

**Tuesday, February 25
6:00pm**

Dates to Know

- **February 1 – National Freedom Day**
- **February 4 – Rose Parks Day**
- **February 11 – International Day of Women & Girls in Science**
- **February 19 – Day of Remembrance of Japanese American Incarceration During WW2**
- **February 26 – Maha Shivaratri**
- **February 28 – Ramadan begins**

Last Month

The NSU and Natchitoches community got together to march in remembrance of Martin Luther King Jr.



Many NSU organizations partnered with us to give back to our community through community service.



Tip of the Month

Choose a day to step away from the news and media

The news, the pandemic, the election, social media, systemic racism all adds up and takes a major toll on all of us. It is now more important than ever to make sure you stay well and take care of yourself. Take a walk, get some exercise, breathe, and make time for just you each day.

