



Volume 1, Issue 5

~ Editor in Chief  
Dawnita Smith

~ Copy Editor  
Amanda Golub



Delivering Residents Education and Memories

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The story of Black History Month begins with historian Carter G. Woodson. Woodson was passionate about black history. His passion, however, evolved in the most unlikely place. While working at a coal mine when he was twenty, the daily conversation of the black Civil War veterans often focused on interesting historical facts not recorded in history books. Woodson realized that despite the constantly evolving history of the African American experience, documentation was sparse.

Woodson's enthusiasm led him to college where he earned a bachelor degree in European History and a Ph.D. in History. As a new graduate, he earned a living as a high school teacher and later as a professor of history at Howard University. Yet, his desire to document black history remained. He co-founded and financed the Association for the Study of Negro Life and History in 1915 with the lofty goal for it to both publish and fund research and writing projects about black history.

After the organization received substantial funding, Woodson was able resign from Howard and dedicate all of his time to the Association. Through the organization, he established a home study program, directed the study of African American history in schools, hired researchers to search the international archives, and lastly, he founded the Associated Publishers. It published books and resources about black history. The Association also published the quarterly publication, the *Journal of Negro History*, which was distributed throughout the world.

In 1926, Woodson finally came across an idea that would forever associate his name with Black History Month. Negro History Week, as it was called by the black fraternity Omega Psi Phi, was a week in February dedicated to celebrating the achievements of black people. Their celebration was somewhat stagnant until Woodson offered to put the Association's name behind the idea in February 1926. Woodson chose the second week in February because it marked the birthdays of Abraham Lincoln and Frederick Douglass. Through Woodson's promotion of the celebration in the *Journal of Negro History* and the creation and distribution of kits for children, Negro History Week gained in popularity. In 1976, it evolved into Black History Month.

**"The Origins of Black History Month Gates,"** Louis Henry and Cornel West, *The African American Century*, Touchstone, 2002.

# HOW TO LOVE YOURSELF IN 17 WAYS

- 1. Fall in Love with Yourself.** Think about what makes you You. Just like a flower that needs watering to grow, learn to nurture yourself in every way. Love yourself for all the good that you see and accept your flaws and the fact that you are imperfect. This does not mean that you do not learn to change from your shortcomings; instead, you are being gentle and kind to yourself for all of your flaws. Look in the mirror and fall in love with the reflection that is You.
- 2. Eliminate Self Criticism.** Is there a little voice inside your head that often tells you that you are no good because you are stupid or make mistakes.? If you find that you criticize yourself often, make an effort to stop the self criticism.
- 3. Be Kind And Positive.** When you start to think kindly and positively about yourself, the love you have for yourself just grows. Make it a habit to praise yourself everyday, while in the front of the mirror. Because of such thoughts, you naturally undertake empowering actions that support your development.
- 4. Acknowledge Your Effort.** It's not always about winning or having success in everything that you do. Many times, it is the effort that counts! Acknowledge that you've done your best, even if you have failed to produce tangible results.
- 5. Let Go Of Worry.** Loving yourself requires you to let go of your worry. It is horrible to live a life filled with constant worrying. Worry does not help in any way. It cannot, on its own, make things happen. Only wise actions can! So instead of worrying, spend time thinking about what you can do to help the situation.
- 6. Trust Yourself.** Have confidence in your abilities. Know that you have the ability to make important changes for yourself, for as long as you put your heart to it. You can also support yourself by visualizing desired outcomes.
- 7. Forgive Yourself.** If you have made mistakes in the past that have caused you to feel less worthy, then you need to forgive yourself. All of us make mistakes; so there really is no need to beat yourself up over them or if you've been carrying around a baggage of emotional hurt because of a childhood trauma, learn to forgive yourself -- it is not your fault.
- 8. Be Truthful To Yourself.** Loving yourself requires you to be truthful about your own feelings. If you are happy, acknowledge the joy. If you are sad, acknowledge the sorrow. When you are truthful about your feelings, you do not try to lie to yourself or seek to bury your negative emotions. Instead, acknowledging what you feel provides a good guide to what your thoughts are. And as we all know, thoughts can be changed, so that healing and self growth can take place.
- 9. Grow Spiritually.** When you spend time growing spiritually, loving yourself is an automatic thing. You become more peaceful, connected, kind, loving and compassionate. You nurture a mind that grows more beautiful by the day.
- 10. Make Positive Affirmations Everyday.** Post affirmations that can help raise your self esteem everyday. For instance, say this to yourself , "I love and accept myself completely and unconditionally." Read your affirmations out loud several times a day.
- 11. Express Gratitude.** Express gratitude for the person that you are. For instance, cultivate an appreciation for your strengths and gifts. Also, feel a sense of gratitude that you are alive and well, and fully capable of making a difference in your life.
- 12. Nurture Your Dreams.** Why deny yourself your dreams? When you nurture your dreams, you love the life that you are leading. Every moment that you live is a joy because you are expressing yourself fully.
- 13. Boost Your Self Confidence.** Make a deliberate attempt to look for opportunities that can help improve your sense of Self. For instance, if you are particularly good at doing something, set aside more time to indulge and improve your skills on it. Knowing that you have particular gifts can boost your self esteem.
- 14. Relax.** You need to give yourself space to take breaks every now and then. If you spend your time working, without paying attention to your health, it also means that you do not love yourself well enough to take care of your own body. Fill your time with silence, soothing music and visions of beauty; anything that nourishes your soul.
- 15. Have Fun.** Inject some fun into your life. Life is meant to be enjoyable. Don't take life or yourself too seriously. If you can think of life in this manner, you automatically relax and quit worrying over things that do not matter.
- 16. Look After Your Body.** It is important that you strengthen yourself with proper nutrition and regular exercise. Your body is a temple and you should treat it with respect, love and care. It has been found that the lack of self love is often the root cause of conditions like eating disorders, obesity or even terminal diseases.
- 17. Learn To See Beauty.** When you learn to see beauty in everything, you will also see beauty in yourself. Hence, stop to smell the flowers. Notice everything. Feel everything. The pink blush of the flowers in your garden, the greenness of the plains, the whisper of the gentle wind, or the myriad hues of an evening sky.

*"To love oneself is the beginning of a life-long romance."  
Oscar Wilde*

*"How to Love Yourself in 17 Ways," Evelyn Lim, <http://www.attractionmindmap.com/how-to-love-yourself-in-17-ways/>*

## BLACK HISTORY MONTH QUIZ

Submit your answers to this quiz to win a gift from the Office of Residence Life & Housing. Details on page 5.

**1. In the 1920's which African-American created and promoted Negro History Week?**

- A. George Washington Carver
- B. Harriet Tubman
- C. Carter G. Woodson
- D. Martin Luther

**2. George Washington Carver is best known for cultivating what?**

- A. Cotton
- B. Peanuts
- C. Rice
- D. Wheat

**3. When he was a lawyer, what landmark court case did Thurgood Marshall win?**

- A. Roe vs. Wade
- B. OJ Simpson vs. the State of California
- C. Brown vs. the Board of Education
- D. Plessy vs. Ferguson

**4. Thurgood Marshall was the first African-American to sit on the Supreme Court. Which president appointed him?**

- A. Ronald Regan
- B. John F. Kennedy
- C. Dwight Eisenhower
- D. Lyndon Johnson

**5. The NAACP distributes an award for the "highest of noblest" achievement by an African- American during the preceding year or years." What is the name of that award?**

- A. The Springarn Award Medal
- B. The NAACP Award of Merit
- C. The Hugo Award
- D. The CAPI Award

**6. Who was the first Black woman from the South to serve in the U.S. House of Representatives and call for the impeachment of Richard Nixon?**

- A. Shirley Chisholm
- B. Ann Richards
- C. Barbara Jordan
- D. Jane Addams

**7. Which African-American entertainer began his career at the age of three with his uncle and father?**

- A. Bill Cosby
- B. Spike Lee
- C. Sammy Davis, Jr.

**8. Which civil rights leader has been referred to as the "Black Moses"?**

- A. Malcolm X
- B. Louis Farrakan
- C. Harriet Tubman
- D. Martin Luther King, Jr.

**9. Martin Luther King Jr. was the leader of which boycott, spurred by Rosa Parks?**

- A. The Montgomery Bus Boycott
- B. The Tallahassee Bus Boycott
- C. The Oil Boycott
- D. The Baton Rouge Bus Boycott

**10. In 1949, Jackie Robinson was the first Black player to receive what prestigious baseball award?**

- A. The Most Valuable Player Award
- B. A nomination into the Baseball Hall of Fame
- C. A retired number
- D. Sportsman of the year

# BLACK HISTORY

## Residence Hall Programming for the Month of February

- Monday, February 2nd - Celebration of Dr. King - Lee Smith Lobby 7p.m.  
Tuesday, February 3rd - "Black Spice Tuesdays" HIV Testing and Information - Spartan Suites Conference Room 12 noon  
Wednesday, February 4th - Black Inventors Scavenger Hunt - Mid-Rise Lobby 7p.m.  
Thursday, February 5th - "Black Love Thursdays" SUB South Lounge 6p.m.  
Monday, February 9th - Change Trivia—Babbette Smith North lobby 7p.m.  
Tuesday, February 10th - "Black Spice Tuesdays" African American Expressions - Scott Dozier Dining Hall 6p.m.  
Wednesday, February 11th - The Truth - Scott Hall Lobby 5p.m.  
Thursday, February 12th - "Black Love Thursdays" SUB South Lounge 6p.m.  
Monday, February 16th - Who Am I? - Rosa and Phyllis Wheatley Lobbies 7p.m.  
Tuesday, February 17th - "Black Spice Tuesdays" Peace and Love Poetry Lounge - Spartan Station 7p.m.  
Wednesday, February 18th - Did You Know? - Charles Smith Lobby 7p.m.  
Thursday, February 19th - "Black Love Thursdays" - SUB South Lounge 6p.m.  
Monday, February 23rd - How Black Are You? - Babbette Smith South Lobby 7p.m.  
Tuesday, February 24th - "Black Spice Tuesdays" Battle of the Halls Basketball Game - Echols Hall 7p.m.  
Wednesday, February 25th - Black Film Festival - Spartan Suites Conference Room 7p.m.  
Thursday, February 26th - "Black Love Thursdays" - SUB South Lounge 6p.m.

## MAINTENANCE REPORTING

All maintenance problems should be reported to one of the following individuals: your resident assistant (RA), graduate assistant (GA), your residence hall coordinator (RHC), or any staff person on duty.

We also offer a 24 hour, 7 day/week Maintenance Hotline for your convenience. If you have a maintenance request, you may call the hotline at (757) 823-2178, 24-hours a day. Maintenance requests received on the hotline will be submitted to Facilities Management the day they are received or the following work day between the hours of 8 a.m. and 5 p.m. Requests made after-hours will be collected on voice-mail and forwarded the following business day.

For maintenance emergencies, please call the Work Facilities Coordinator at (757) 823-8407 during regular business hours, or (757) 823-2178 after business hours or on weekends and holidays.

Please note that by requesting maintenance, you are giving us permission to enter your room or apartment to correct the problem.

Is your room too cold? If your heat does not appear to be working, make sure to move furniture and other items at least three feet away from your heating/AC unit, so that the heat can circulate freely throughout the room. Also, check to see if the vent on your heating/AC unit is open. If your heating/AC unit remains cold to the touch, please report the problem and we will do our best to accommodate your request as quickly as possible.

### Black History Month Contest Rules:

Please submit your answers to the black history month quiz located on page 6 to win a prize from the Office of Residence Life & Housing. Participants can submit answers via email to [drsmith@nsu.edu](mailto:drsmith@nsu.edu) or drop them off at the Office of Residence Life & Housing. Please include your name, email address and contact phone number on your entry. Entries must be received no later than Wednesday, February 25th. The winner will be notified on Friday, February 27th.

*I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."  
~ Martin Luther King Jr.*