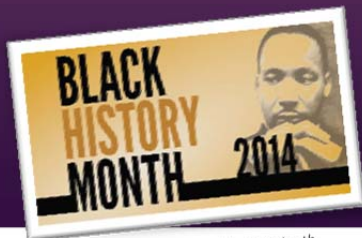


# S'MORGASBOARD

FEBRUARY 2014 DIVERSITY NEWSLETTER  
ASU COUNSELING & PSYCHOLOGICAL SERVICES CENTER



ASU Celebrates Black History Month



Greensboro's Intl. Civil Rights Museum

## SAMPLING OF EVENTS

In celebration of Black History Month, student organizations at Appalachian State University will host programs that challenge thoughts on racism, as well as uplift the black community. The public is invited to all events, which run Feb. 3-26. [multicultural.appstate.edu](http://multicultural.appstate.edu)

The International Civil Rights Center & Museum in Greensboro, N.C. is taking part in commemorating Black History Month. The archival center, collecting museum and teaching facility is devoted to the international struggle for civil and human rights. The Museum celebrates the nonviolent protests of the 1960 Greensboro sit-ins that served as a catalyst in the civil rights movement. \$8 will buy students a ticket to a number of exhibition tours, events, films and panel discussions all this month. [www.sitinmovement.org](http://www.sitinmovement.org)



Newsprint from Greensboro's Intl Civil Rights Center and Museum website

## FEBRUARY BUFFET

American Heart Month; American History Month; **Black History Month**; Creative Romance Month; National Wedding Month; International Friendship Month; National Snack Food Month; National Wild Bird Feeding Month; Responsible Pet Owners' Month; 3<sup>rd</sup> Week International Flirting Week.

## S'MORE INFORMATION

...About loving yourself.

Often times the winter months are the hardest for us to feel good. Check out CU Thrive Online Resources for Students on how to keep your mind and body healthy!

[appstate.cuthrive.com](http://appstate.cuthrive.com)



If you find yourself in severe distress or are worried about another student, remember Appalachian Cares. Download the smart phone app or visiting [appcares.appstate.edu](http://appcares.appstate.edu) to find resources and information on what to do.

## BRAIN FOOD

Are you or someone you know a Transfer Student? App State Counseling Center Presents:  
**Transfer Connect-Programs for Transfer Students**

**This Month on Thursdays from 5:00-6:00pm**  
\*Prizes for Attending & Participation  
**Feb 13-Relationship & Connecting (Linn Cove Rm)**  
**Feb 27-Speed Friending (Linn Cove Rm)**

Interested in training your group, club, organization or team about suicide prevention? Contact Denise Lovin at the ASU Counseling Center for more information.

828-262-3180

[lovindm@appstate.edu](mailto:lovindm@appstate.edu)

# February

# 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*New events are created each week, so check out some of these websites for more information:</p>	<p>events.appstate.edu multicultural.appstate.edu csil.appstate.edu act.appstate.edu studentdev.appstate.edu toddscaendar.com</p>			<p>Questions? Comments? Have news of a Diversity Event? Contact Callie Whitney, Master's Extern and Diversity Graduate Assistant at whitneycm1@appstate.edu</p>		<p>1 <b>National Freedom Day</b> Healing Arts Yoga-Turchin Center, every Saturday this month, 10:30am-12pm, \$5/students \$10/public</p>
<p>2 <b>Dia de la Candelaria(Mexico)</b> Black Cinema Sundays Black Student Association presents <i>The Butler</i>, Greenbrier, 7pm</p>	<p>3 Alternative Service Experience Domestic Spring Break Lottery Sign-Up, Blue Ridge Ballroom, 8pm</p>	<p>4 RAD Self-Defense Class: First Session PSU, \$20, 6pm  <i>A Musical Potpourri</i>, Rosen Concert Hall, 8pm, FREE</p>	<p>5</p>	<p>6 <b>Waitangi Day (NZ)</b> Figure Drawing, Turchin Center, 7pm, FREE Old-time Jam Session, Jones House, 7:30pm, every Thursday this month, FREE</p>	<p>7 <b>Winter Olympics Opening Ceremony</b> First Friday Art Crawl, 6-10pm  A Performance &amp; Square Dance, Legends, 7:30pm, \$3/\$5</p>	<p>8 Old Time Fiddlers Convention, PSU, 10am, FREE <i>Race to Civility</i> Presentation, signing, and discussion panel, Belk Library, 10AM, \$10</p>
<p>9 Black Cinema Sundays Black Student Association presents <i>Higher Learning</i>, Greenbrier, 7pm</p>	<p>10 <b>Chinese New Year</b></p>	<p>11 <b>National Foundation Day (Japan)</b> Build-A-Pet, Calloway Peak, 11am, FREE  Painting Class, Turchin Center, 7pm, FREE</p>	<p>12 <b>Mardi Gras</b> Conspirator, Legends, Students, 9pm, \$12/ADV, \$15/Door Ladies Elite presents, <i>The Hair Affair</i>, Whitewater, 7:30</p>	<p>13 Vagina Monologues from the 12<sup>th</sup>-14<sup>th</sup>, Blue Ridge Ballroom, PSU, 8pm, \$10 *Transfer Connect: Relationships &amp; Connecting, FREE</p>	<p>14 <b>Saint Valentine's Day</b> Valentine's Day Dinner Theatre: An evening of Broadway Show tunes, Blue Ridge Ballroom, PSU, 6pm, Students \$12</p>	<p>15 <b>Singles Awareness Day</b> Entropy presents <i>Hip Hop: More than Music &amp; Dancing</i>, Blue Ridge Ballroom, PSU</p>
<p>16 Black Cinema Sundays Black Student Association presents <i>Hip Hop: Beyond Beats &amp; Rhymes</i>, Greenbrier, 7pm</p>	<p>17 <b>President's Day</b></p>	<p>18 FREE Tai Chi at the Turchin Center continues every Tuesday this month, 5pm</p>	<p>19 Minority Women's Leadership Circle presents <i>Reverse Racism Panel Discussion</i>, Price Lake, 8pm</p>	<p>20 <b>Martin Luther King Day</b> <i>My Masculinity Helps</i> Screening and Discussion Panel with filmmaker, Parkway Ballroom, PSU 7pm, FREE</p>	<p>21 Carole Moore McLeod Entrepreneur Summit, Raley Hall 2<sup>nd</sup> Floor Boyles Lobby, All Day, FREE</p>	<p>22 <b>International World Thinking Day</b></p>
<p>23 <b>Purim (Jewish holiday)</b> Black Cinema Sundays Black Student Association presents <i>The Great Debaters</i>, Greenbrier, 7pm</p>	<p>24 <b>Chinese Lantern Festival</b> National Pan-Hellenic Council presents <i>Black History Wax Museum</i>, Blue Ridge Ballroom, PSU, 7pm</p>	<p>25 Free Paining Class, Turchin Center, 7pm, FREE Orpheus Chamber Orchestra, Schaefer Center, 8pm, see website for prices.</p>	<p>26 ARTSpectrum Lecture Series: Pecha Kucha Night, Turchin Center, 6:30pm, Free</p>	<p>27 RMI Career Fair, Raley Hall 2<sup>nd</sup> Floor Boyles Lobby, 1pm contact Greg Langdon for more information *Transfer Connect: Speed Friending, FREE</p>	<p>28</p>	<p>*ASU Counseling Center Programs. See Newsletter for details.</p>