

NSULA Gail Metoyer Jones Center



*"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees."
— Amelia Earhart*



August is National Civility Month

People being civil with each other makes the world a much better place and is the key focus of National Civility Month. This observance was founded to help the world remember to treat others the way we wish to be treated – with kindness, empathy, and respect.

Civility helps groups unite as a society, helping to reduce disputes and conflicts. Our behavior and civility can inspire others to emulate our actions and create a ripple effect.

Helpful Tips to Practice Civility

- **Be Observant:** It can go a long way towards making others feel valued.
- **Acknowledge Other People:** Make time to recognize others, like remembering a name
- **Respect even a Subtle "No"**
- **Be Respectful of Other's Time:** Avoid creating emergencies for others with time crunches.



Welcome Back Students!!

Welcome to the 2025-2026 academic year! Have a strong start by visiting the Gail Metoyer Jones Center in the Student Union Room 240.



Upcoming Events

Information Station

The Gail Metoyer Jones Center will be hosting a table at the information station on the first two days of school. Stop by our table to learn more about our mission and upcoming events!

Student Union Ballroom

August 18-19

8:00am – 4:00pm

Student Educator Opportunity

If you are a student and are interested in planning events, volunteering, and being more involved with the Gail Metoyer Jones Center, join the Cultural Bridge Builders.

Requirements

- NSU Student that is at least 18 years old
- Open minded and aware of biases
- Willing to do research
- Responsible
- Willing to attend trainings and to do community outreach

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Dates to Know

- **August 2 – 3 – Tisha B'Av**
- **August 7 – Purple Heart Day**
- **August 9 – International Day of the World's Indigenous People**
- **August 21 – Jain: Paryushana begins**
- **August 26– Women's Equality day**
- **August 27 – Jindu Ganesh Chaturthi**
- **August 31 – International Day of People of African Descent (UN)**

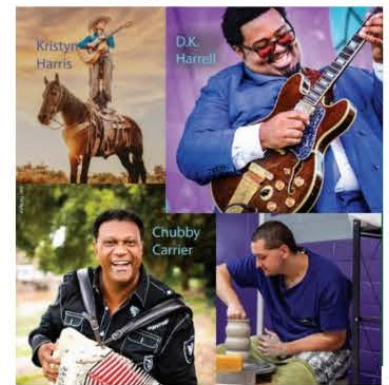


Last Month

Natchitoches and the Creole Heritage Center hosted a Folk Festival that highlighted local vendors and musicians.



Natchitoches-NSU
Folk Festival



Tip of the Month

Do Something Out of Your Comfort Zone

Try to add one activity to your life that puts you in contact with different people. You might join an art or walking club, go to a community performance, or take a language or cooking class. You could take this advice to heart by asking to team up with a different group of colleagues/students or take a training outside of your usual routine.