

NSULA Gail Metoyer Jones Center



"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward."
– Martin Luther King Jr.



January is National Slavery and Human Trafficking Prevention Month

This month has been recognized since 2010, and is used to raise awareness about human trafficking and to educate the public about how to identify and prevent this crime. Human trafficking, also known as trafficking in persons, includes both forced labor and sex trafficking. It robs millions of their dignity and freedom. There are estimated to be more than 27.6 million people — adults and children — subjected to human trafficking around the world, including in the United States

January is National Poverty in America Awareness Month

Hunger and malnutrition, limited access to education and other basic services, social discrimination and exclusion, disabilities, and restricted access to participation in the democratic process are just some of the many manifestations of poverty. More than 40 million Americans live in poverty. This month aims to raise awareness and shine a light on the growing levels of poverty in America.



MLK Weekend Celebration

NSULA will host their annual Dr. Martin Luther King Jr. weekend celebration, where we honor the legacy of Dr. King. Everyone is welcome to attend.

Friday, January 16: Day of Service – Rolling Hills Ministry
400 University Parkway, Natchitoches, LA 9AM – 11AM

Friday, January 16: Day of Service – Care Package Creation
Student Union President's Room 12PM – 2PM

Friday, January 16: Day of Service – Boys and Girls Club
400 Martin Luther King Jr. Dr. Natchitoches, LA 3PM – 6PM

Saturday, January 17: Day of Service – Community Clean Up
660 Martin Luther King Jr. Dr. Natchitoches, LA 10AM – 12PM

Saturday, January 17: Day of Service – Nursing Home Bingo
781 LA-494 Natchitoches, LA TIME

Monday, January 20 – MLK Day March and Program
Ben Johnson Center 11AM

Tuesday, January 21 – MOVIE NIGHT
Cane River Room 5PM

Upcoming Events

LGBTQ+ and Gender Inclusive Practices NICSS [Faculty/Staff]

Thomas Reynolds and Ereck Jarvis will be discussing how to enhance interactions with the LGBTQ+ community both inside and outside the classroom.

Wednesday, January 28 at 11AM
Student Union President's Room

Dates to Know

- **Jan 4 – World Braille Day**
- **January 7 – Orthodox Christmas Day**
- **January 14 – Mahayana New Year**
- **January 14 – Orthodox New Year**
- **January 20 – Martin Luther King Jr. Day**
- **Jan 27 – International Holocaust Remembrance Day**

Last Month

We celebrated Maija Lazard for graduating, who has been our graduate assistant for the past couple of years.



Tip of the Month

Avoid Giving Backhanded Compliments

Backhanded compliments may come from good intentions, but leave others feeling insulted and put down.

Example: "You are pretty for a dark skinned girl." or "Congrats on the weight loss. You don't look big anymore!"

Make sure your compliments are worded to build people up rather than making them feel bad.

Example: "You are pretty." or "You look like you're feeling good!"