Black History (also known as African American History) month began as “Negro History Week” which was created in 1929 by Carter G. Woodson, a noted African American historian, scholar, educator, and publisher. It became a month-long celebration in 1976. The month of February was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln.

www.history.com/topics/black-history/black-history-facts

Did You Know?  

By John Shewfelt

There are literally millions of books, recordings, and websites on the Internet Archive. Every time I visit the site, I find something new and interesting, and it can be an invaluable resource for cadets looking for primary sources and other research support.

Almost all the resources on the Internet Archive are freely available to anyone with an interest or a need. Because anyone can upload media, some resources are higher quality than others, but there is always something interesting to be found.

In honor of Black History Month, you could read a detailed chronology of the Tuskegee Airmen prepared by Dr. Daniel L. Haulman of the Air Force Historical Research Agency. Or watch Wings for this Man, a 1945 propaganda film about the Tuskegee Airmen, created by the US Army Air Forces and narrated by Ronald Reagan.

You can also see recordings of interviews and presentations with Tuskegee Airmen like Robert J. Friend and Dr. Roscoe Brown. From the Open Library, borrow books like The Tuskegee Airmen: The Men Who Changed a Nation (1997) or The Tuskegee Airmen: Black Heroes of World War II (1996).

About the resource: The Internet Archive, a 501(c)(3) non-profit, is building a digital library of Internet sites and other cultural artifacts like books, film, and radio, in digital form. Its stated mission is to provide Universal Access to All Knowledge.

The Internet Archive pays special attention to books. Books published prior to 1923 are available for download, and hundreds of thousands of modern books can be borrowed through the Open Library.
## Upcoming Events

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<th>Date</th>
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<td>February 12:</td>
<td>Dean’s Call at 11:30 in F1</td>
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| February 13:  | Cambridge Core  
Time: 1130-1220  
Where: Galaxy Room |
| February 14:  | Race Relations Day and… National Cream-filled Chocolates Day! |
| February 18:  | Library Closed |
| February 19:  | President’s Day Holiday  
Library hours are 1400-2300. |
| February 22-23: | NCLS  
Library Hours are 0700-1700 |

### President’s Day
19 Feb 18

> “I hope I shall possess firmness and virtue enough to maintain what I consider the most enviable of all titles, the character of an honest man.”

> — George Washington

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## Catherine’s Culture Column

### Mardi Gras (“Fat Tuesday”), February 13, 2018

The French explorer Iberville brought this festival to La Nouvelle (“New”) Orleans on the Mississippi River on Mardi Gras eve, 1699. The port city region grew to include Africans, Afro-Caribbeans, Germans, and French Canadians, who melded their styles of music, dance, and food to produce zydeco, New Orleans Cajun/Creole, and the fabulous festivals we now know. Get out your purple, green, and gold beads and join our local celebrations!


### Chun Jie (Spring Festival, aka, Chinese New Year (CNY)) February 16, 2018

The Jade Emperor, the ruler of the Heavens and first emperor of China, decided to hold a race. The first 12 animals to reach him would each represent a year of the astrological cycle, now known as the Chinese zodiac. In order to reach him, they had to cross a wide river. The animal that came in first was the rat. 2018 is the Year of the Dog, who came in last. Here are your characteristics. If you were born in a year that was also the Year of the Dog (subtract 12 from 2018 until you get close to your year), you will supposedly have bad luck this year. Check out what you can do to ward off the evil spirits, and Be Lucky in Your Ben Ming Nian.

Spring Festival lasts for fifteen days, with families cleaning, shopping; putting red paper cut-outs “fus” (“good luck”) on windows; cooking, eating (dumplings, rice cakes, long noodles for a long life), and not sleeping – to get rid of the old and ring in the new. The CNY celebration culminates with enjoying the Lantern Festival. The custom comes from the Taoist “Theory of Three Yuan,” which denote heaven, earth, and water. The “Official of Heaven” is happy and likes bright, joyful things.

Wear red this Saturday, February 10, and check out the Colorado Springs Chinese New Year Festival!
What is F.I.T.T.? Simply put, it is the guiding principle that shapes a healthy workout routine. Based on the American College of Sports Medicine (ACSM) guidelines for healthy adults, it stands for (F)requency (how often), (I)ntensity (how hard), (T)ime (how long), and (T)ype (what kind).

When applied to the four major components of training or exercise (Cardiorespiratory Capacity, Muscular Strength, Muscular Endurance, and Musculoskeletal Flexibility), a training routine should shape up to look something like the following:

**Cardiorespiratory Capacity:**  
F = 3-5 days a week; I = 40-60% of maximum heart rate or 4-6 on the Borg Scale, with 10 being maximum effort; T = 150 minutes a week or 30-50 minutes a day; T = All the major muscle groups

**Muscular Strength:**  
F = 2-3 days a week; I = 40-60% of your one-repetition maximum; T = 2-4 sets, 8-14 repetitions each; T = All the major muscle groups

**Muscular Endurance:**  
F = 2-3 days a week; I = <70% of your one-repetition maximum; T = 2-4 sets, 10-25 repetitions each; T = The entire body

**Musculoskeletal Flexibility:**  
F = 2-3 days a week; I = To a point of mild discomfort, but NEVER pain. This should be held (static) for 10-30 seconds; T = 10-30 seconds per stretch, with each stretch being performed 2-4 times; T = Static, dynamic, ballistic, or Proprioceptive Neuromuscular Facilitation (PNF).

(Static stretches are “normal” stretches, where you hold a pose, where dynamic stretches involve moving, such as twisting your upper body, swinging your arms, etc. Ballistic stretches involve bouncing (not highly recommended), with rapid back-and-forth movements. PNF involves six seconds of contraction followed by 10-30 seconds of an assisted (partner) stretch.)

For more specific information about F.I.T.T. and much more on exercise, please refer to the American College of Sports Medicine’s Guidelines for Exercise Testing and Prescription, 6th ed. This book can be checked out from our very own McDermott Library (Call# RC 684 E9 A45 2000)!
Black History Month
Complete the crossword below

Across
4. American trumpeter, composer, singer and occasional actor who was one of the most influential figures in jazz.
5. She was born Isabella Bomefree, a slave in Dutch-speaking Ulster County, New York in 1797.
12. African-American who was one of the most eminent human rights leaders of the 19th century.
14. He won four gold medals at the 1936 Olympics in Berlin.
15. The highest ranking African-American government official in history.
18. Famous African-American author of ‘I Know Why the Caged Bird Sings’
19. An American Baptist minister and activist who became famous for his ‘I Have a Dream’ speech.

Down
1. Nicknamed the ‘Say Hey Kid’
2. Nicknamed the ‘Brown Bomber’
6. Jackie Robinson played for which MLB team?
7. Nicknamed ‘The Big Dipper’
8. An American abolitionist, humanitarian, and an armed scout and spy for the US.
11. The first African-American elected to the U.S. Senate.
13. Arguably boxing’s most celebrated athlete, heavyweight champion was also known for his public stance against the Vietnam War.
17. His research on peanuts, sweet potatoes and other products helped poor farmers vary their crops and improve their diets.

“I would rather have my people to do right and with nobody to do wrong.”
Frederick Douglass

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.
delivered 28 August 1963, at the Lincoln Memorial, Washington D.C.