

**Lunch & Learn**  
with PEERS


Learn about the African influence on American food, traditions, and the history and evolution of Black History Month.

Dishes served will have recipe cards that participants can take with them and at the end combine to create a small recipe book.

**Fairview Heights**  
2/9 from 12-1pm

**Residential**  
2/16 from 12-1pm

Register here and enter our raffle!  
<https://www.surveymonkey.com/r/26GXDCP>




### More Resources

•<https://www.npr.org/2022/02/01/1075623826/why-is-february-black-history-month>

•<https://naacp.org>

•<https://www.history.com/topics/black-history/black-history-milestones>

•<https://blacklivesmatter.com>

Hulu documentary called "The 1619 Project"

•<https://www.oprahdaily.com/life/a35181062/black-history-facts/>

### The History of Black History Month

Every calendar year February marks Black History Month in the U.S. Have you ever wondered why and how it came to be?

It first started out as a week celebration in 1926 as a way to encourage the teaching of Black history in public schools. The second week in February was designated as "Negro History Week" and was coordinated by historians including founder, Carter G. Wilson. Wilson was a notable Black American historian who wanted to make Black History a more serious field of study and more widely available to the public.

Through the 1960's the week long celebration eventually grew to include the entire month of February. The change came in during time of anti-racism, injustice, and inequality protests that were erupting around the nation.

The month of February officially became "Black History Month" in 1976. Then President Gerald Ford called for official recognition of the accomplishments of Black Americans throughout the history of the nation during 3 Black Americans deserve year-round recognition for their many contributions to the arts, political infrastructure, activism, cultural awareness efforts, and of course, history.

Black History can be celebrated all year round by participating in community events, health fairs, local drives that collect items for the under-served in Black communities.

Support black owned businesses all year by purchasing goods, food and services from them. Be intentional about taking in art, movies, music and social media content created by Black creators. Continue to push yourself to learn about other cultures and the history of people who have traveled a different path than your own.

### Black History Month Themes Change Yearly

Every year, ASALH selects an overarching theme for Black History Month. The very first Black History Month theme was Civilization: A World Achievement. The 2023 Black History Month theme is Black Resistance.

### Importance of Black History Month for kids

Kids of all races and ethnicities, ages and backgrounds can discover something new and important in learning about Black history, from amazing achievements of Black Americans to a legacy of working toward something better.

Here are some reasons why:

- Black youth can learn about people who look like them (representation matters) and understand their ancestors' accomplishments and obstacles, as well as how those translate to today.

- Since Black History Month was created to call attention to the amazing achievements of Black people, it's a great time to expand young people's understanding of the Black experience beyond slavery and civil rights. From inventions to industry, cuisine to pop culture Black culture and contributions continue to have a lasting impact on our nation.

- For students learning about enslavement and civil rights, this history can build their empathy and understanding as well as their sense of justice and advocacy.

### Early St. Louis Black History

The Old Courthouse in downtown St. Louis is one of America's most important historic sites. Dred and Harriet Scott, an enslaved husband and wife sued for their freedom in 1847. Scott won his case in St. Louis, but remained a slave for 10 years as appeals eventually took the issue before the U.S. Supreme Court. The Court ruled Scott was not a citizen and could not sue, and the outcome helped move the country toward the Civil War. Scott was freed by a new owner after the Court decision, but died in 1858. The Old Courthouse features an exhibition on this pivotal event, called "Dred Scott: A Legacy of Courage." Re-creations of the trial are conducted throughout the year at the Old Courthouse, and Scott's grave can be visited at Calvary Cemetery.

### LOCAL BLACK HISTORY EVENTS

#### Multiple dates and times beginning Feb 1

Cbabi Bayoc Mural Tour Scavenger Hunt  
Carpenter Library - Cbabi Bayoc, a local St. Louis artist, has adorned many places throughout our city with his inspiring murals. Stop by Carpenter Library and see if you can find his works throughout the children's area with our artful scavenger hunt.

#### FEB 2

MISSOURI HISTORY MUSEUM  
The Artists of the "#1 in Civil Rights" Exhibit and Beyond  
<https://mohistory.org/exhibits/civil-rights-virtual>

#### FEB 23

RACE: Listen. Learn. Live. Celebrating Black History Month - 5 On Your Side's Kelly Jackson and Brent Solomon will moderate a panel about experiences and perspectives on race.  
<https://mohistory.org/events/race>

#### FEB 23

Forward Into the Past: Three Black Lives—Lydia Titus, Richmond Freeman & Priscilla Baltimore  
Belleville Public Library - 11AM Event by St. Clair County Historical Society

#### FEB 24

Lift Every Voice: A Black History Month Celebration 7:30-10:30 PM Powell Hall

#### FEB 28

Black Resistance: Extraordinary Black Missourians Join Dr. John A. Wright Jr., author of "Extraordinary Black Missourians," for a deep dive into the history of Black resistance in Missouri and in St. Louis.  
<https://mohistory.org/events/black-resistance>

#### Black creators to know

Film: Spike Lee, Tyler Perry, Jordan Peele, Dee Rees, Ava DuVernay, Reginald Hudlin (from E. St. Louis)  
Music: Beyonce, Lizzo, Frank Ocean, Chance the Rapper, Lil Nas X, Miles Davis (from E. St. Louis)  
Authors: James Baldwin, Maya Angelou, Alex Haley, Zora Neale Hurston

Art: Joshua Johnson, Augusta Savage, Jean-Michel Basquiat

Content creators: Donye Taylor, Amber Burns, Joy Ofodu, Malcom Regisford

P.E.E.R.S. = PROMOTE \* EDUCATE \* EMPOWER \* REDEFINE \* SUPPORT