

# DIVERSITY, EQUITY & INCLUSION

*The Monthly Newsletter of USF Recreation & Wellness  
Diversity, Equity & Inclusion Committee*

## Recognizing the Legacies & Practices of Black Health & Wellness

Text by Brooke Rustad-Dinkel  
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In 1962, Carter G. Woodson recognized the importance of focusing on a theme people should be aware of coinciding with the establishment of Negro History Week. ASALH's Black History themes help to identify and explore how people of African descent in the United States view themselves, the influence of social movements on racial ideologies, and the aspirations of the black community

This year's theme acknowledges the importance of Black Health and Wellness, the legacy of Black medical practitioners and scholars in Western medicine, activities, rituals and initiatives that Black community have contributed and done to be well.



### Undivided Rights Women of Color Organizing for Reproductive Justice by Jael Silliman

Captures the evolving and largely unknown activists' history of women of color organizing for reproductive justice – on their own behalf.

### Black Women's Mental Health – Balancing Strength & Vulnerability by Stephanie Y. Evans

This book offers a unique, interdisciplinary, and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability.

### Care for the Mental and Spiritual Health of Black Men: Hope to Keep Going for Nicholas Grier

Examines the sensitive topic in conjunction with reflections on race, gender, sexuality, and class to offer a hopeful and constructive framework for care and counseling.

### Reclaiming Our Health: A Guide to African American Wellness by Michelle A. Gourdine

Provides key insights into the ways African American culture shapes health choices – how beliefs, traditions, and values can influence exercise habits, eating choices, and even the decision to seek medical attention.

### Medical Apartheid by Harriet Washington

Details of the ways both slaves and freedmen were used hospitals for experiments conducted without their knowledge – a tradition that continues today within some black populations.

### Black Faces, White Spaces – Reimagining the Relationship of African Americans to the Great Outdoors by Carolyn Finney

Examines how the natural environment has been understood, commodified, and represented by both White and Black Americans

### Caring for Equality – A History of African American Health and Healthcare by David McBride

Chronicles the struggle by African Americans and their white allies to improve poor black health conditions as well as inadequate medical care – caused by slavery, racism, and discrimination – since the arrival of African slaves in America.

## REFERENCE

- [ASALH Program Planning Committee](#)



## MONTHLY EVENTS & ACTIVITIES

See what's happening in February

- Institute on Black Life Annual Conference | Feb. 1 @ 9AM-6:30PM | University Student Center at the St. Pete Campus
- Bilingual Language and Literacy Investigative and Networking Group (BLLING) is hosting a Black History Month Meeting | Feb. 7th @ 2:30 PM | Online Event
- USF Men's Basketball vs. Cincinnati – Celebrating Black Excellence | Feb. 9th @ 7PM
- Students Striving to be Successful (S-Club) is hosting Hidden Figures in Black History | Feb. 16th @ 8:30PM | MSC 3707



## CURRENT EVENTS

- [Ken Welch Makes History as First Black Mayor of St. Petersburg.](#)
- [Florida Bill To Shield People From Feeling "Discomfort" Over Historic Actions by Their Race, Nationality or Gender Approved by Senate Committee](#)

D.E.I aims to embrace, enhance and communicate ways that focuses on diversity and inclusion in a collegiate, recreational environment

# STUDENT SPOTLIGHT

GAINING PERSPECTIVE ON WHAT BLACK HISTORY MONTH MEANS TO OUR STUDENTS

## JORDAN

GROUP FITNESS INSTRUCTOR

### MEANING

BHM --> Black History is American History. It means love, peace, comfort, happiness, and finding empathy with one another. This month highlights the triumphs and obstacles that African American/Black people have faced, are facing, and have overcome. I love educating about the heritage of different cultures and promoting understanding and diversity. It is a call to spotlight prolific figures and events that have been overlooked throughout history - achievements, contributions, and all.

### HISTORICAL FIGURES

Ruby Bridges - face of school integration by attending William Frantz elementary school and Langston Hughes - leader of the Harlem Renaissance that celebrated black life and culture



## JHENELLE

FACILITY SUPERVISOR

### MEANING

As a someone raised in the Caribbean, a region that is predominantly black, the culture, the language, the music, the food and socialization is basically all I knew. Growing up we would “celebrate” Black History Month in an extent where it was taught in schools and not really celebrated in sense of highlighting the icons that contributed to black culture. When I moved to the US and saw that representation being promoted and celebrated was a good thing. However, I believe that black culture should always be celebrated and not necessarily given high media attention in a single month.

# AWARENESS

- [Why is February Black History Month?](#)
- [About Black History Month](#)



# A Tribute to Lusia Harris

Text by Hailee Rech

**St. Pete Outdoor Recreation Coordinator**

Known as one of the most accomplished female basketball players in history, Lusia Harris was born on February 10th, 1955, in Minter City, Mississippi to parents Ethel and Willie Harris. Being the tenth of eleven children, Lusia grew up watching her siblings play basketball. As she got older, she picked up basketball as a hobby for herself and later enlisted in her high school basketball team in Greenwood Mississippi. Throughout her high school experience, Lusia was elected as the most valuable player three years in a row, served as team captain, and made the state All-Star team.

Shortly following high school, Lusia Harris took her basketball career to the next level by attending Delta State University in Cleveland, Mississippi. During her time at Delta State, Lusia led the women's basketball team to three consecutive national championships in the 1970's. By the end of her college career, Harris managed to score a total of 2,981 points, 1,662 rebounds, averaging 25.9 points per game, and 14.5 rebounds per game.



After her college career ended, Harris was pursued by the United States National Team. In 1975, Harris played as part of the U.S. National Team in the FIBA World Championship for Women that took place in Colombia; the team won the eighth place. That same year, the U.S. National Team received a gold medal for its undefeated seven-game streak in the Pan American Games. The following summer, Harris was selected to play in the 1976 Summer Olympics in Montreal, Canada, which served as the first women's basketball tournament in the Olympic Games. Harris was the first woman in history to score points in a women's Olympic Basketball Tournament and led the team to a silver medal.

In the 1977 NBA draft, the (at the time) New Orleans Jazz picked Lusia Harris as their 137th pick making her the first woman to ever be officially drafted into the NBA. Although Lusia opted to not play in the NBA, she continued to pursue her love for sport through a career in academia and coaching basketball at Delta State University and eventually at her high school, Amanda Elzy High School in Greenwood, Mississippi.

Several years later, Lusia Harris once again made history by becoming the first Black woman and first female college player to ever be inducted into the Basketball Hall of Fame in 1992. After a lifetime of achievement, not only in the sport of basketball, but also as a woman and a woman of color, Lusia Harris passed away on January 18th, 22. Her memory is carried on by her husband, George E. Stewart, their four children, and the countless fans she inspired throughout her athletic career.