



# *celebrating* **African-American Heritage**

**February 2010**

## **This month in *Unity* magazine ...**



Along the Alabama River, just northeast of Selma, lived a community of ex-slaves who now enjoy national recognition for their distinctive quilts.



Nick Cave's art knows no boundaries. Part sculpture, part fiber art, part performing art, his Sound Suits are making waves.



Forget the ham hocks and the lard, Bryant Terry's version of soul food is free of animal products and all the fat that used to make it lethal.



Black History Month was established in 1976 by the Association for the Study of Afro-American Life and History. This monthlong celebration is an expansion of Negro History Week, which was established in 1926 by Carter G. Woodson.

Each year, ASALH establishes a theme for Black History Month. The theme selected for 2010 is "The History of Black Economic Empowerment."



