

Griot

**MARCH /
APRIL
2017**
Editor: Yasmine Amon
Designer: Tina Nguyen

BLACK HISTORY MONTH

- Black History month 2017 kicks off
- Meeting Ibram X. Kendi and Rudy Francisco
- Student models strutting their new outfit and hair
- Studying abroad experiences revealed
- Introducing our first faculty staff spotlight



**BHM Kickoff with
Meredith & Vivian**



**Expression of Love by
Rudy Francisco**



**Dripping Melanin hair
show brought the heat**



**Who's taking Faculty
Spotlight this Month?**

BLACK HISTORY MONTH OPENING CEREMONY

WRITTEN BY: ALLY JOHNSON

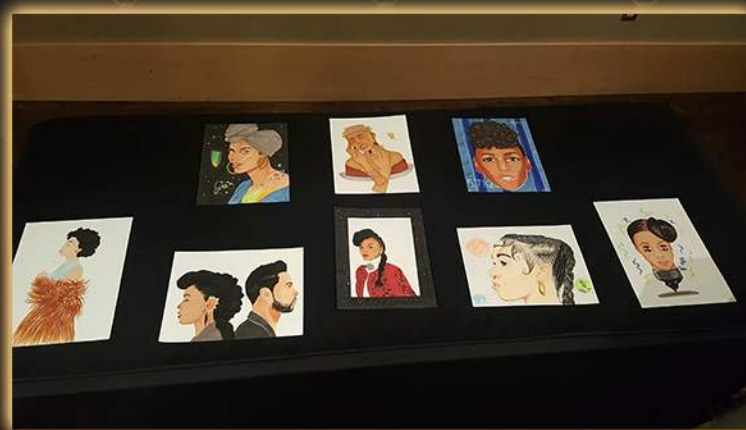
On February 1st 2017, the Black/African American Cultural Center hosted its annual Black History Month Opening Ceremony. During this event, we showcased multiple talents from a range of students such as singing, dancing, spoken word, and visual art. These determined students have been successful showcasing their talents while also pursuing a college education and the office wanted to acknowledge those accomplishments.



The B/AACC office has been in existence for 40 years and on that day we acknowledged that we are standing on the shoulders of giants. Meredith Levert, the founder of Project Go and Vivian Kerr, the first director of B/AACC, previously known as Black Student Services, attended and spoke about their experience during their time at Colorado State and what inspired them to start these programs.



Daveion Oliver and Alexis Von Gwin, who were crowned Mr. and Ms. CSU in the Fall of 2016, hosted the Opening Ceremony. Students, staff and faculty members attended and it was heartwarming to see everyone come together as a community. This event was very eye opening for me as a young, African American woman, who wishes to make a positive change within the black community. I'm grateful that we could recognize a historical month in such way an uplifting way.



BEING BLACK & RELIGIOUS

Written by: Arisson Stanfield

The Adhan is a familiar sound to many millions of pious Muslims and yet one that is completely foreign to the ears of many Americans. Yet, it was this melodious call that welcomed all to the Black & Religious session hosted by Dr. Ray Black. For many, this event was as powerful as it was uncompromising. Dr. Black elegantly drew in the crowd to participate and to wonder what it means to be Black and Religious and why we unconsciously associate Black religious affiliations solely with Christianity. From there he broke down facts with figures and anecdotes about the true level of religious diversity within the Black Community. Those who attended this event would be hard pressed to leave without knowing that Christianity, Judaism, Islam, and Hinduism alike are all equally authentic ways to practice Black faith. The history of how these faiths arrived in the black collective consciousness is a winding and ranging one. While many of these religions existed in and throughout Africa since their inceptions, it was often the case that these religions were imposed by outside forces.

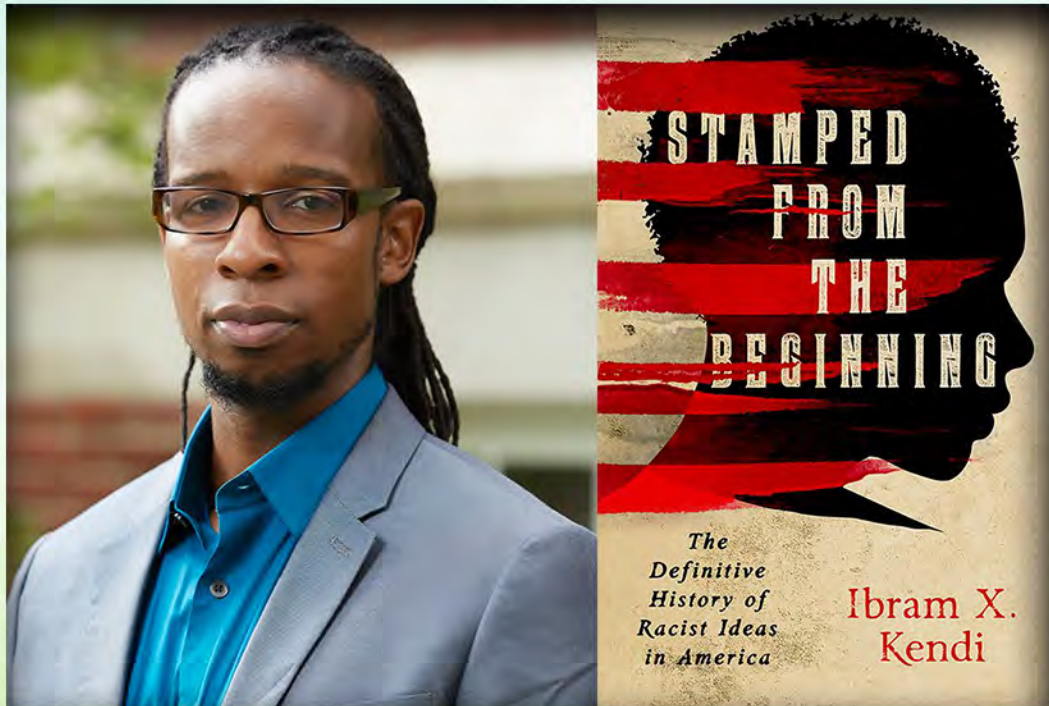
Dr. Black effortlessly elucidated this long and complex history for all in attendance while also being careful to show that regardless of how these religions came into the black community, that many, if not all of them, played an important role in creating the enduring black spirit. Further Dr. Black showed how the financial stability and growth of these faiths became the bedrocks for many of the civil rights heroes we know and praise today, namely Martin Luther King Jr. and Malcolm X. Furthermore, Dr. Black showed that this fiscal support from the hallowed halls of religious faith could become a bedrock on which to build independent black run educational systems that are not tied down and determined by federal mandates. All in all, this discussion was of intense yet enjoyable education and in the end we found a way to understand Black Religiosity in a way that gave it an intersectional and historic treatment.

MEET THE GREEKS!



SPEAKER IBRAM X. KENDI

WRITTEN BY: VANCE PAYNE



IBRAM X. KENDI CAME TO SPEAK ON CAMPUS ON TUESDAY, FEBRUARY 7TH, IN THE GREY ROCK ROOM OF THE LORY STUDENT CENTER. IT BEGAN WITH A BRIEF INTRODUCTION OF HIS EDUCATION, WHERE HE SHARED THAT HE RECEIVED HIS UNDERGRADUATE DEGREE IN JOURNALISM AND AFRICAN AMERICAN STUDIES. HE EARNED HIS DOCTORAL DEGREE FROM TEMPLE UNIVERSITY IN AFRICAN AMERICAN STUDIES AND IS CURRENTLY A PROFESSOR AT THE UNIVERSITY OF FLORIDA. THE AUDIENCE INCLUDED STUDENTS, STAFF AND FACULTY, AS WELL AS MEMBERS OF THE FORT COLLINS COMMUNITY. MANY IN ATTENDANCE



CAME TO HEAR HIM SPEAK ABOUT THE TOPICS HE ADDRESSES IN HIS BOOK, "STAMPED FROM THE BEGINNING: THE DEFINITIVE HISTORY OF RACIST IDEAS IN AMERICA."

KENDI SET THE CONTEXT OF HOW RACIST IDEAS AFFECT US TODAY BY GIVING THREE DIFFERENT STORIES ABOUT RACIST POLICIES RANGING FROM 1830'S TO 2008; ONE OF WHICH IS A STORY OF JOHN C. CALHOUN AND HOW HE CONVINCED PEOPLE THAT SLAVERY WAS NOT A NECESSARY EVIL BUT RATHER A POSITIVE GOOD FOR BLACK PEOPLE. CALHOUN ARGUED THAT IT CIVILIZED THEM. TO SUPPORT THIS ARGUMENT, CENSUS DATA WAS MANIPULATED TO SUGGEST BLACK PEOPLE WERE MORE LIKELY TO BE INSANE IN THE NORTH THAN THE SOUTH. HE THEN WENT ON TO EXPLAIN THAT RACIST IDEAS LEAD TO RACIST PRACTICES



AND POLICIES AND THAT THESE IDEAS DO NOT COME FROM HATE AND IGNORANCE BUT RATHER FROM PEOPLE WHO SEE THE POLITICAL, SOCIAL AND ECONOMIC BENEFITS OF DISCRIMINATION. SOME OF THE TOPICS KENDI SHARED RESONATED WITH ME, PERSONALLY. ONE ISSUE ADDRESSED THAT THERE ARE REALLY ONLY TWO EXPLANATIONS FOR THE RACIAL INEQUITIES THAT WE SEE TODAY AND HAVE SEEN THROUGHOUT HISTORY. THE FIRST BEING THERE IS SOMETHING INHERENTLY WRONG WITH BLACK PEOPLE, WHICH IS WHY THEY ARE MORE CRIMINAL AND LAZY AND ARE ARRESTED AND UNEMPLOYED AT HIGHER RATES. THE SECOND IDEA IS THAT THERE IS RACIAL DISCRIMINATION WITHIN HOW JOBS ARE DISTRIBUTED AND HOW THE CRIMINAL JUSTICE SYSTEM TREATS BLACK PEOPLE. IF A PERSON BUYS INTO THE FIRST



SCHOOL OF THOUGHT, THEN THEY WILL NOT BLAME SYSTEMATIC OPPRESSION FOR THE RACIAL DISPARITIES BUT RATHER BLACK PEOPLE THEMSELVES. KENDI ALSO LAID OUT THAT THERE ARE THREE POSITIONS ON RACISM: SEGREGATIONIST, ANTI-RACIST, AND ASSIMILATIONIST. SEGREGATIONISTS BELIEVE BLACK PEOPLE ARE INFERIOR AND SHOULD BE TREATED AS SUCH. ANTI-RACISTS BELIEVE THAT THE RACIAL INEQUITIES ARE SOLELY CAUSED BY DISCRIMINATION. FINALLY, ASSIMILATIONIST INSIST THERE IS NOTHING GENETICALLY WRONG WITH BLACK PEOPLE BUT THEIR ENVIRONMENT AND CULTURE HAS CAUSED THEM TO BECOME INFERIOR. IN HIS FINAL STATEMENT, BEFORE OPENING UP FOR QUESTIONS, KENDI STATED THAT HE HAS FOUND NO SUBSTANTIAL THEORIES

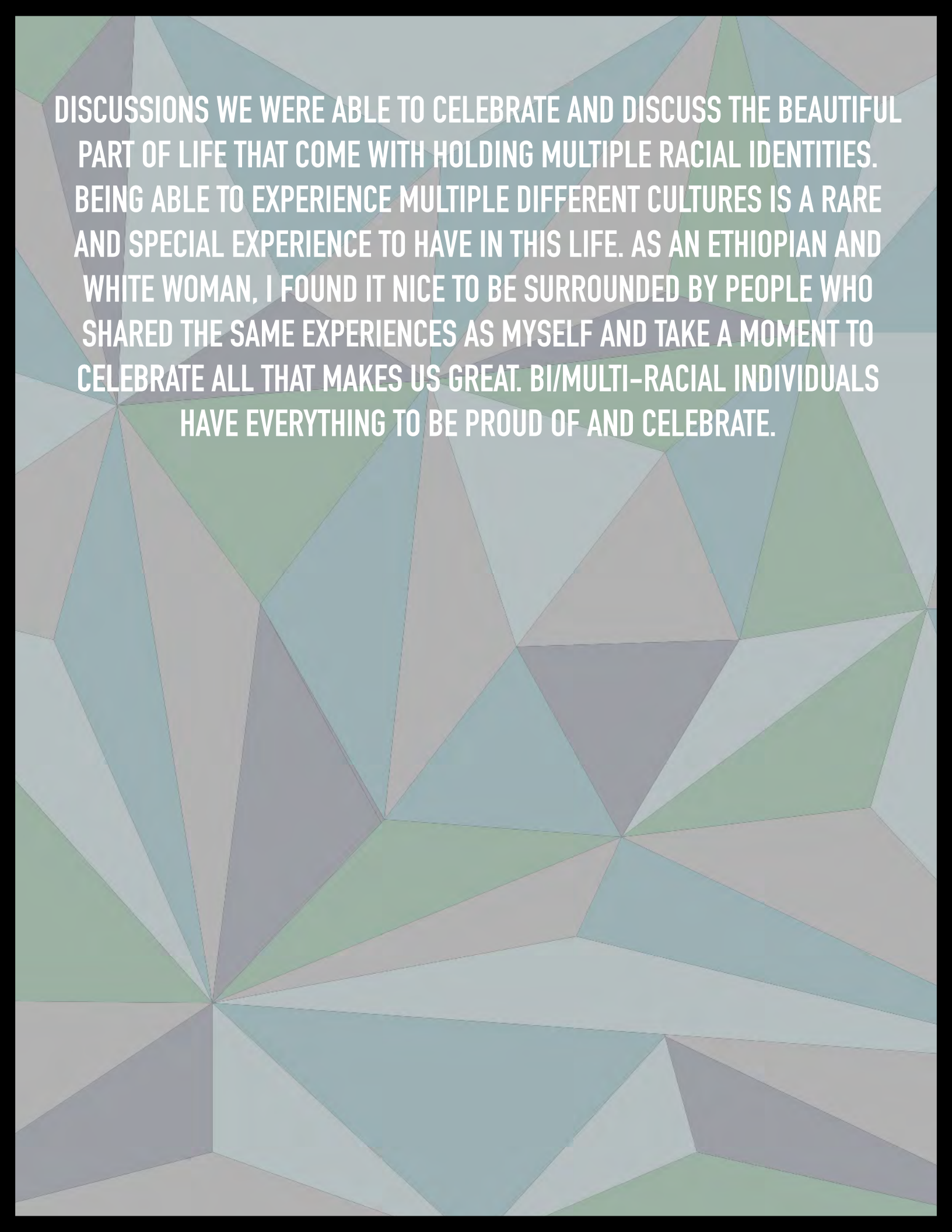


OR ARGUMENTS THAT BLACK PEOPLE ARE INFERIOR THROUGHOUT THE 600 YEARS OF HISTORY HE HAS STUDIED. HE WENT ON TO SAY THAT “THE ONLY THING WRONG WITH BLACK PEOPLE IS THAT WE THINK SOMETHING IS WRONG WITH BLACK PEOPLE AND THE ONLY THING EXTRAORDINARY ABOUT WHITE PEOPLE IS THEY THINK SOMETHING IS EXTRAORDINARY ABOUT WHITE PEOPLE.”

BEING BLACK & BI-RACIAL

WRITTEB BY: SELAM TEWHADE

BEING BLACK AND BI/MULTI-RACIAL WAS A DISCUSSION LED BY DR. VINCENT BASILE. THE GROUP WAS MADE OF A MIX OF PEOPLE, SOME WHO IDENTIFIED AS BI/MULTI-RACIAL AND SOME WHO DID NOT. THE TALK BEGAN WITH EXPLORING THE CHALLENGES THAT COME ALONG WITH NOT ASSOCIATING WITH ONLY ONE RACE. FROM FAMILY, WORK, FRIENDS, AND EVERYDAY STRANGERS THAT QUESTION "WHAT ARE YOU?" CAN BE A CONSTANT AND COMPLEX CHALLENGE FOR SOMEONE WHO IS BI/MULTI-RACIAL. THIS IDENTITY CAN POSE A PROBLEM FOR SOCIETY AS A WHOLE BECAUSE OF THE CHECKING OFF A BOX PROBLEM. SOCIETY IS CONSTANTLY TRYING TO CATEGORIZE PEOPLE AND BI/MULTI-RACIAL PEOPLE CAN POSE A PROBLEM TO THIS SYSTEM. WHEN CALCULATING THE DIVERSITY OF A CERTAIN GROUP WHETHER IT BE A NEW CLASS OF COLLEGE STUDENTS OR WHO WAS ACCEPTED FOR A LOAN FROM A BANK IN A PARTICULAR YEAR, PEOPLE WHO HAVE MULTIPLE RACIAL IDENTITIES CAN EITHER BE COUNTED MULTIPLE TIMES FOR THE DIFFERENT RACIAL IDENTITIES THEY HOLD, OR BE TOSSED OUT OF THE CALCULATIONS ALL TOGETHER. WE DISCUSSED HOW, IN SUCH A TUMULTUOUS AND DIVIDED TIME, IT CAN BE HARD TO HAVE FAMILY ON BOTH SIDES OF THE DIVIDE AND FEELING STUCK BETWEEN TWO WORLDS. HOWEVER, DURING THE



DISCUSSIONS WE WERE ABLE TO CELEBRATE AND DISCUSS THE BEAUTIFUL PART OF LIFE THAT COME WITH HOLDING MULTIPLE RACIAL IDENTITIES. BEING ABLE TO EXPERIENCE MULTIPLE DIFFERENT CULTURES IS A RARE AND SPECIAL EXPERIENCE TO HAVE IN THIS LIFE. AS AN ETHIOPIAN AND WHITE WOMAN, I FOUND IT NICE TO BE SURROUNDED BY PEOPLE WHO SHARED THE SAME EXPERIENCES AS MYSELF AND TAKE A MOMENT TO CELEBRATE ALL THAT MAKES US GREAT. BI/MULTI-RACIAL INDIVIDUALS HAVE EVERYTHING TO BE PROUD OF AND CELEBRATE.



DRIPPING

Melanin

Every year, United Women of Color host an annual Hair Show for Black History Month to showcase black hair and beauty. African American men and women have prided

themselves on their hair and the diverse styles they have created whether natural, permed, braided or dreaded.

UWC's goal is to celebrate this journey and tell the untold stories that have coincided with it. This year

the theme for the show was "Dripping Melanin" which means being unapologetically black.

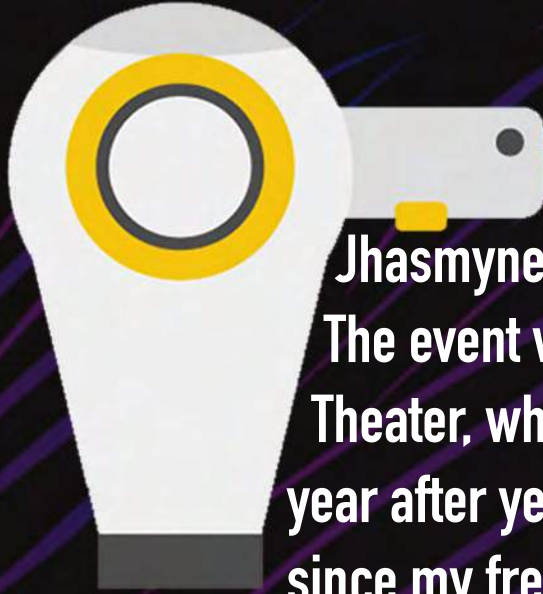
With all of the negativity that is being thrown toward people of color, particularly

black people, UWC is grateful to have any opportunity to

showcase and celebrate the beauty in what it truly means to

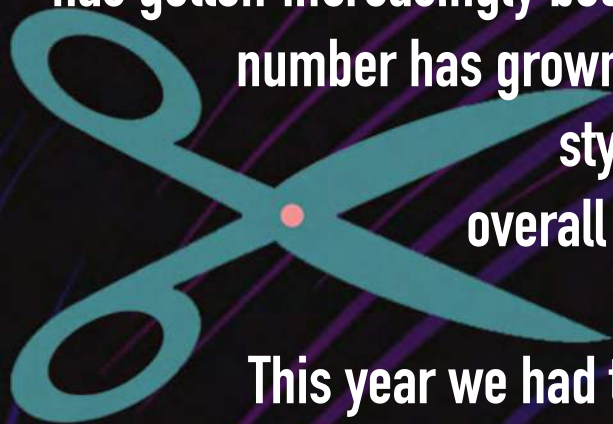
be black. This year the show was hosted by Shannon

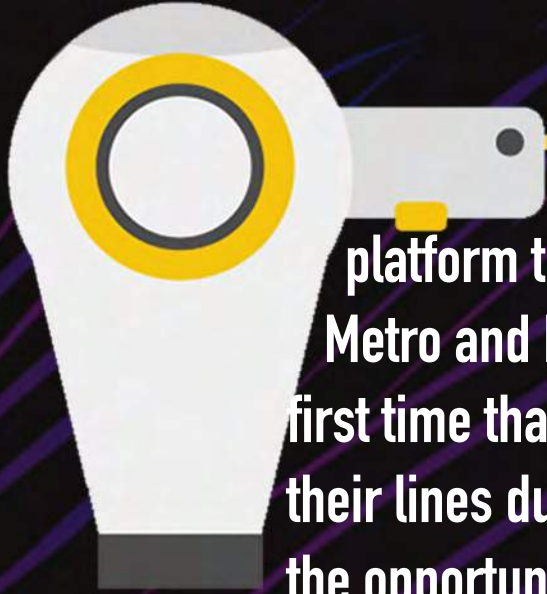




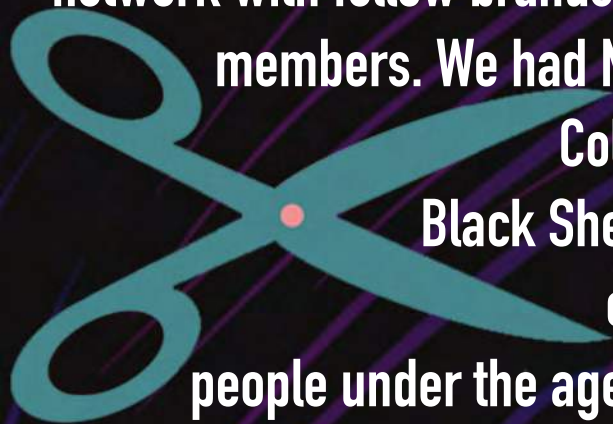
Martin, the Vice President, and myself, Jhasmyne Cooper-Moore, as the president of UWC. The event was held in the Lory Student Center Theater, which helps us set up the show year after year. I have been a part of UWC since my freshman year and the Hair Show has gotten increasingly better in every aspect. Our attendance number has grown, the competitive skill set of the stylists has increased, and the overall enjoyment of the event has skyrocketed to great levels.

This year we had three stylists participating in the Hair Show, and those ladies were Tiana Porter, Taylor Scott, and CSU Alum Corrine Fenster. They competed in 4 rounds displaying natural hair, short hair, up-dos, and classic black hair and were judged according to precision, artistry, poise, creativity, crowd participation, and presentation. There were 6 judges who decided the winner. Tiana Porter took the cake and went home with the grand prize of \$300!





This year also arose the idea to give a platform to local apparel brands from the Denver Metro and Northern Colorado area. This year was the first time that five local brands presented their lines during the show. Brands also had the opportunity to sell their merchandise and network with fellow brands, college students, and community members. We had Manimal, Y1F Originals, Crafty Collective, Cones Collective, and Black Sheep Mob. All the brands are currently being run by young people under the age of 25. This was an amazing opportunity to show all the amazing work that young people of color are invested in. Again, with the continued help and support of such phenomenal and dedicated members of United Women of Color, the Black History Month Hair Show was a success and will be back next year, bigger and better.




EXPRESSION OF LOVE

WRITTEN BY: RATU MARUTLE


IT WAS A BEAUTIFUL VALENTINE'S DAY WHEN UNITED WOMEN OF COLOR AND AFRICANS UNITED BROUGHT TWO LOVELY POETS TO PERFORM. CSU STUDENTS, MICHELLE MENDOZA AND ARISSON STANFIELD, WERE THE FIRST TO GRACE THE STAGE WITH THEIR WORDS OF LOVE.


MICHELLE STARTED THE EVENT WITH A POWERFUL PIECE EXPRESSING HER SENTIMENTS ABOUT WHAT IT FEELS LIKE TO FALL IN LOVE. HER POEM FELT LIKE A CONVERSATION AND FOR SOME, MAY HAVE FELT ALL TOO REAL. IT WAS A PURE AND GENUINE CONVERSATION THAT BROUGHT BACK NOSTALGIA AND NEW FEELINGS.

AFTER MICHELLE'S CROWD WARMING POEM, ARISSON GRACED THE STAGE NEXT. AS USUAL HE STARTED OFF WITH A BIT OF HUMOR BEFORE



GIVING THE CROWD A HEARTFELT AND PERSONAL SPOKEN WORD. HE DESCRIBED ALL THE DIFFERENT WAYS TO "MAKE LOVE" WHICH INCLUDED RACE, CLASS, RELIGION, FOOD, SOCIAL JUSTICE, AND GENDER. HIS SECOND POEM TOUCHED A FEW HEARTS BY POETICALLY SPEAKING ABOUT LOVE AND DEPRESSION. ASIDE FROM MICHELLE AND ARISSON, WE WERE PRESENTED WITH TWO OTHER POETS BY THE NAMES OF CYRUS SPEAKS AND RUDY FRANCISCO. CYRUS SPEAKS TOUCHED ON A NUMBER OF TOPICS WITH MULTIPLE POEMS ON SOCIAL JUSTICE, WHITE PRIVILEGE, BLACK MEN, AND OF COURSE LOVE. HIS STRONG LOVE FOR HIS GIRLFRIEND REFLECTED IN HIS POEM ABOUT WHAT IT'S LIKE TO LOVE. LAST, BUT NOT LEAST, WE HAD THE WONDERFUL RUDY FRANCISCO TAKE



A decorative border at the top of the page consisting of overlapping hearts in various shades of red and pink, arranged in a scalloped pattern.

THE STAGE WHERE HE SHARED HIMSELF AND HIS EXPERIENCES WITH LOVE AND CAPTIVATED THE AUDIENCE WITH HIS HONESTY. HE EXPRESSED THAT LOVE IS "PURE AND IMPERFECT". THOSE WORDS PERFECTLY CAPTURED WHAT IT FEELS LIKE TO LOVE, EVEN WHEN IT IS HARD.



being black and a legb

WRITTEN BY RATU MARUTLE

ON A WONDERFUL THURSDAY AFTERNOON OF FEBRUARY 16TH WE DISCUSSED WHAT IT'S LIKE TO BE A PART OF THE LGB COMMUNITY AND THE BLACK COMMUNITY. THE DISCUSSION STARTED OFF WITH EVERYONE INTRODUCING THEMSELVES AND THEIR SEXUAL IDENTITIES IN ORDER TO SEE WHO WAS IN THE SPACE. THE CONVERSATION BEGAN WITH THE QUESTION "WHEN DID YOU KNOW YOUR SEXUALITY"? BY SHARING THESE EXPERIENCES WE BEGAN TO EXPLORE HOW THE BLACK COMMUNITY DISCUSSES THIS TOPIC AND WHY IT IS ALMOST TABOO. KYLE, THE FACILITATOR, GAVE US SOME BACKGROUND KNOWLEDGE TO WHY THE BLACK COMMUNITY DOES NOT WANT TO ADDRESS THIS TOPIC INCLUDING THE CHURCH AND HOW SOME SAID THEY WERE TAUGHT THAT BEING LGB WAS A "WHITE THING". THIS IS A DAMAGING VIEW IN THE BLACK COMMUNITY THAT HAS INFLUENCED HOMOPHOBIA IN THE COMMUNITY. THIS CRITICAL DIALOGUE IS ESSENTIAL IN GROWTH, INDIVIDUALLY AND AS A COMMUNITY.

Being Black & a Feminist

Written by: Tricia Alexander

"WE DON'T WANT ANY BLACK WOMEN TO ATTEND" ARE THE WORDS THAT WERE SPOKEN TO IDA B. WELLS, A BLACK FEMINIST, BY ONE OF THE PIONEERS OF WHITE FEMINISM. WHAT IS NOW KNOWN AS FIRST WAVE FEMINISM WAS FOCUSED ON THE RIGHTS OF WHITE WOMEN. THEY FEARED HAVING BLACK WOMEN RALLY WITH THEM BECAUSE THEY BELIEVED IT WOULD REFRAME THE FEMINIST MOVEMENT TO BE ABOUT THE RIGHTS OF BLACK PEOPLE, DUE TO RACIAL TENSIONS IN THE TWENTIES. CURRENTLY, THE FEMINIST MOVEMENT IS KNOWN TO BE THIRD WAVE FEMINISM, WHICH CALLS FOR THE INCLUSION OF ALL WOMEN OF COLOR. IT IS IMPORTANT TO NOTE THAT BEING BLACK AND FEMINIST DOES NOT AUTOMATICALLY MAKE SOMEONE A BLACK FEMINIST AND THAT THERE ARE DIFFERENT PHILOSOPHIES TO BLACK FEMINISM. THE FACILITATOR, COREY EVANS, INFORMED US SHE WOULD BE SPEAKING FROM THE PERSPECTIVE OF DECOLONIZING THE MIND BY USING PHILOSOPHIES BY PATRICIA HILL COLLINS AND KIMBERLY GRENshaw. COLLINS BELIEVED IN ORDER TO DECOLONIZE THE MIND, THE OPPRESSED AND THE OPPRESSOR MUST CHECK THEIR PRIVILEGE AND SEE HOW THEIR IDENTITIES CENTER THEM IN THE POWER STRUCTURE. THIS IS PARTICULARLY A FOCUS FOR BLACK WOMEN, AS WE OFTEN CATCH OURSELVES FEEDING INTO THE PATRIARCHAL SOCIETY IN AMERICA AND SUPPORTING BLACK MEN MORE THAN OURSELVES. GRENshaw COINED THE TERM INTERSECTIONALITY IN 1989 TO DESCRIBE HOW BLACK WOMEN'S ISSUES OFTEN GO UNNOTICED IN MOVEMENTS SINCE THEY DO NOT FIT INTO THE FRAMEWORK OF JUST BLACK ISSUES AND JUST

WOMEN'S ISSUES. THE PARADOX OF THE BLACK WOMAN'S EXPERIENCE IS THAT SHE IS VIEWED AS HAVING A DUAL ADVANTAGE, PARTICULARLY IN ACADEMIA AND EMPLOYMENT, SINCE SHE HAS TWO MARGINALIZED IDENTITIES. THIS IDEA IS KNOWN AS DOUBLE DISCRIMINATION. BLACK FEMINISM ALLOWS FOR BLACK WOMEN TO CREATE THEIR OWN FRAMEWORK AND COMBAT THE WAYS IN WHICH THEY ARE VICTIMIZED. INSTEAD OF WAITING FOR THE TRICKLE-DOWN EFFECT OF SOCIAL JUSTICE TO REACH THEM, THEY DECIDED TO CREATE A MOVEMENT THAT ALLOWS THEM TO BE SEEN AND HEARD.



BLACK HISTORY MONTH REAL TALK

TOPIC: WHAT IS BLACKNESS?

DATE: FEB 7TH

"We as a people have been oppressed and dehumanized for so long that we feel the need to be super humans." -Xavier Hadley

TOPIC: BLACK LOVE

DATE: FEB 14TH

"When I think of black love, I don't just think of a romantic relationship with another person but I think of the love of my parents. My parents have been married for 25 years and I got my idea of black love from how they raised me and my brothers."
-Janaye Matthews.

TOPIC: CULTURAL APPROPRIATION

DATE: FEB 21ST

Q: Can African Americans appropriate African Culture?

"I don't think that African Americans can appropriate African culture because at the end of the day that is where their roots are based. African Americans may not know the exact country their lineage is from and are trying to reconnect to their culture. I think by saying they can appropriate African culture is another way for the 'white man' to come between us and keep Africans and African Americans divided."
-Yasmine Amon

TOPIC: G.O.A.T BLACK HEROES

DATE: FEB 28TH

Q: Who is your greatest Black hero of all time?

"Jesus. Because Jesus was black". -Tricia Alexander

STUDYING ABROAD

WRITTEN BY: YASMINE AMON



Demi Flores: Spain

4TH YEAR STUDYING HUMAN DEVELOPMENT AND FAMILY STUDIES WITH A SPANISH MINOR

WHAT ADVICE WOULD YOU GIVE TO STUDENTS WHO WISH TO STUDY ABROAD?

"My advice would be to really live in the moment, allow yourself to be present and even if it's not what you expected, to make the best of it and learn all you can while you're in a new environment. Also to be familiar with the language, if not your experience may be less enjoyable and it will be difficult to navigate through the country."



Destini Hall: Semester at Sea

3RD YEAR STUDYING INTERDISCIPLINARY LIBERAL ART AND TRAVELED TO 13 COUNTRIES DURING SEMESTER AT SEA (FRANCE, GERMANY, GREECE, ITALY, SPAIN, MOROCCO, SENEGAL, BRAZIL, TRINIDAD, PERU, ECUADOR, AND COSTA RICA)

WHAT WAS YOUR MOST MEMORABLE EXPERIENCE?

"My most memorable experience while studying abroad was riding camels through the Sahara Desert in Morocco. While in Fez, Morocco, some friends and I drove seven hours to the Sahara Desert, then rode on camels, traveling to a small Berber camp in the desert. We then had a celebration with the Berber people, which included singing, dancing, food, and mint tea (the BEST tea of my life!) We stayed up all night on the sand dunes, looking up at the stars, and talking about theories of life, and making it to this beautiful place. We laughed with locals and embraced their culture and the land. It was a truly humbling, and life altering experience."

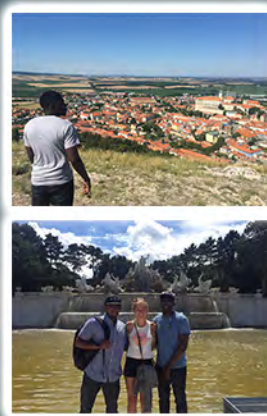
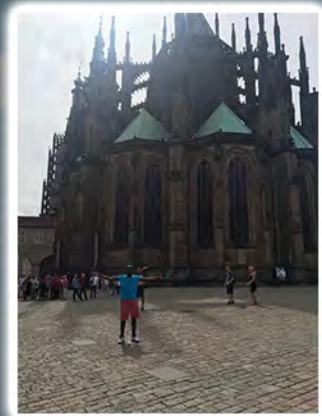


Joel Eshun: Prague, Czech Republic

4TH YEAR STUDYING COMPUTER SCIENCE AND MINORING IN BUSINESS ADMINISTRATION

WOULD YOU LIKE TO GO BACK TO THE COUNTRY YOU VISITED? WHY OR WHY NOT?

"I would go back because of the free spirit and friendliness of the people. I enjoyed the historical aspect of the cities, and the culture that was presented. One of the reasons I want to go back is how cost effective Prague was and I would definitely recommend travelling there to anybody who is interested."



Shayla Monteiro: Jamkhed, India

5TH YEAR DOUBLE MAJORING IN INTERDISCIPLINARY WOMEN STUDIES AND SOCIAL WORK

WHAT ARE THE MOST VALUABLE LESSON'S YOU LEARNED?

How to reconnect my spirit with my body and context is everything!

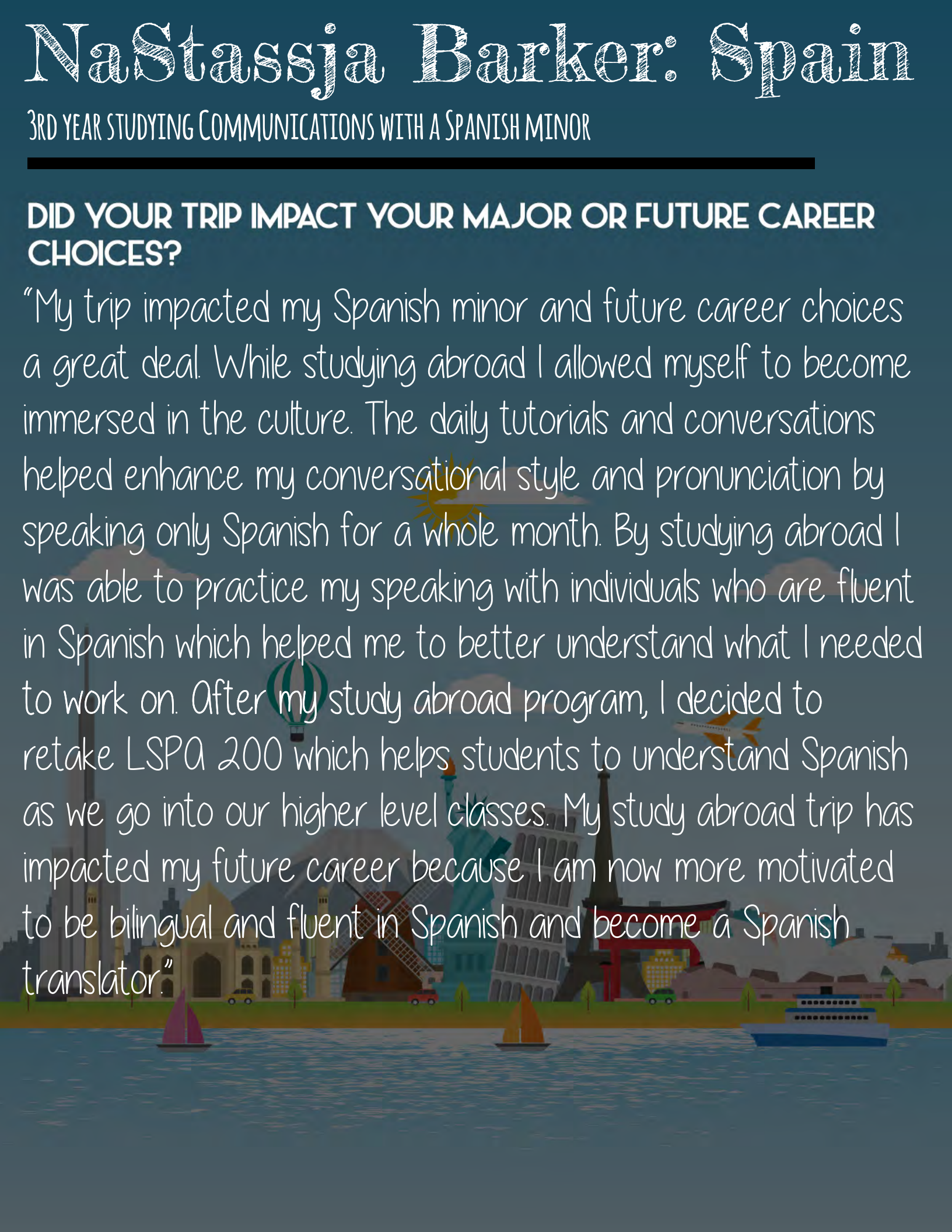


NaStassja Barker: Spain

3RD YEAR STUDYING COMMUNICATIONS WITH A SPANISH MINOR

DID YOUR TRIP IMPACT YOUR MAJOR OR FUTURE CAREER CHOICES?

"My trip impacted my Spanish minor and future career choices a great deal. While studying abroad I allowed myself to become immersed in the culture. The daily tutorials and conversations helped enhance my conversational style and pronunciation by speaking only Spanish for a whole month. By studying abroad I was able to practice my speaking with individuals who are fluent in Spanish which helped me to better understand what I needed to work on. After my study abroad program, I decided to retake LSPA 200 which helps students to understand Spanish as we go into our higher level classes. My study abroad trip has impacted my future career because I am now more motivated to be bilingual and fluent in Spanish and become a Spanish translator."



Briana Daniels: Ghana

3RD YEAR MAJORING IN HEALTH AND EXERCISE SCIENCE WITH A CONCENTRATION IN SPORTS MEDICINE

WHAT DID YOU DO FOR THE FIRST TIME WHILE AWAY?

"I did a lot of first-timers while in Ghana. I tried real sugar cane and had a toothache for the rest of the day. I tried many different types of foods, including the freshest coconut water you will ever have, banku, fufu and red red. I bargained my way through a huge food market and many craft markets. I walked on 7 rope bridges in the Kakum National Forest that were 160 ft. in the air and wobbled every time you took a step. I visited two of the three slave castles that were used in the Slave Trade, visited the slave market, fed a monkey in my arms, swam in the Atlantic Ocean, and met a famous poet who once hung out with Maya Angelou. Ghana was an incredible experience and I would recommend visiting to anyone who is willing to learn the culture and understand the amazing country."



Shannon Martin: Western Europe

4TH YEAR STUDYING APPAREL AND MERCHANDISING WITH A BUSINESS AND TECHNICAL COMMUNICATIONS MAJOR. TRAVELED TO FRANCE, UNITED KINGDOM, NETHERLANDS AND BELGIUM

WHAT WAS THE MOST VALUABLE LESSON YOU LEARNED WHILE AWAY?

"Before I studied abroad I feel like I looked at life through tunnel vision. I had rarely been out of the state and I had been so accustomed to the culture and the way we do things to the point I thought that was the only way to live. During my time outside the country, I experienced worldly issues such as the attacks in Belgium forcing us to leave within 24 hours, the floods in Paris, and the attacks and strikes that were taking place in the Charles De Gaulle airport. It's not every student's ideal vision to go across the world and wind up in such sensitive and frightening situations, yet for me it was sort of refreshing, not in the way that it was positive, but in the way that it sparked a light in me. I rarely paid attention to world news prior to this trip

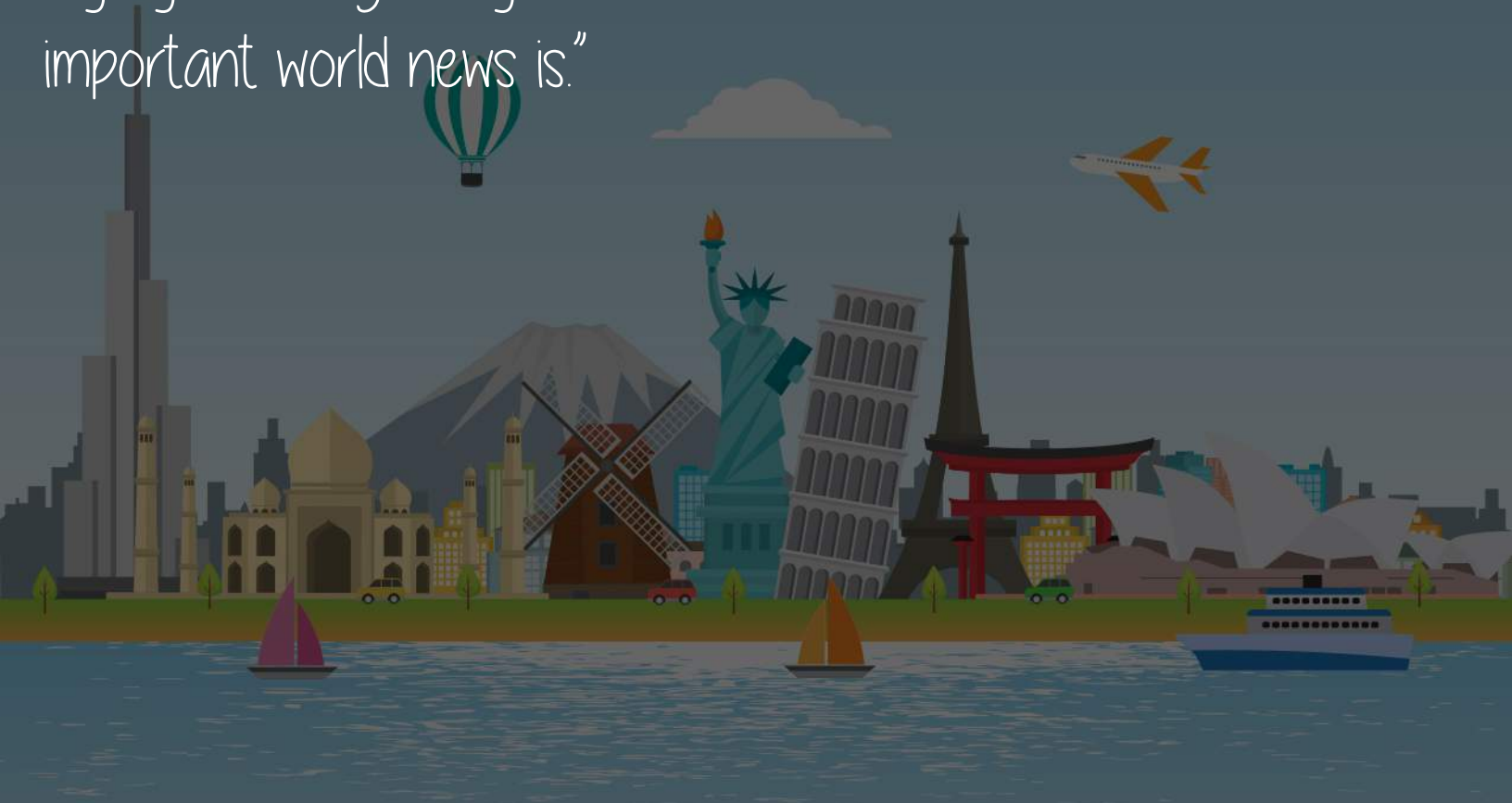


Shannon Martin: Western Europe

4TH YEAR STUDYING APPAREL AND MERCHANDISING WITH A BUSINESS AND TECHNICAL COMMUNICATIONS MAJOR. TRAVELED TO FRANCE, UNITED KINGDOM, NETHERLANDS AND BELGIUM

WHAT WAS THE MOST VALUABLE LESSON YOU LEARNED WHILE AWAY?

because as selfishly as it sounds, it wasn't directly affecting me. The only things that I knew about were the things that the US news chose to cover. But to be in these countries while all this was taking place and to feel the fear and agony of the community, and to see all these unfortunate events unfold before my eyes changed my views of life and made me realize how important world news is."



Faculty Spotlight: Brea Banks

Written By: Yasmine Amon



What is your current role at Colorado State?

“I’m a Senior Staff Psychologist and I provide counseling services at the Counseling Center and out of an office at the LSC. I also engage with outreach services, which entail providing requested workshops, presentations and showing up in spaces where I’m needed.”

When did you first become interested in a career in Psychology and where did you receive your degree?

“I first took an interest in Psychology in high school after I took AP Psychology and loved it. I went on to major in Psychology and Philosophy for my undergrad. I loved working with kids at the time, so I just put all that together and ended up in a School Psychology Program. I got my PhD in School Psychology from Illinois State University and I actually completed my undergrad work there as well as being a student athlete.”

What experiences do you have working with diverse and multicultural groups?

“In Graduate School, I always sought out experiences working with diverse populations because it was something that was important to me. Clinically, I worked a great deal with individuals on the autism spectrum and with children and parents involved with Head Start. During my time in graduate

school, our school psychology program started what we called the Diversity Task Force, which aimed to recruit students from diverse backgrounds into psychology graduate programs. I took a leadership role in that program by serving as the president for a few years. Also, my dissertation was a lab study on Black women's cognitive responses to experiencing racial microaggressions. That study was fun to implement!"

In the fall semester, you held a meeting for Black/African American women. What was the purpose of the meeting and how did it go?

"That was a fun group! We only ended up getting to meet a couple of times, but I think we accomplished something during the meetings. The first meeting generally entailed a discussion of shared experiences surrounding microaggressions in different settings and how to cope with those experiences. The second session ended up being scheduled the week of the election, so I threw out my agenda and we processed our thoughts and feelings about that. We were supposed to have a third session in which I had planned to have group members do an analysis of Lemonade and A Seat at the Table. Since we weren't able to do it then, we've actually rescheduled that to March 23rd."



What are some of the best ways college students can alleviate stress?

“Most of what I talk about with the students I meet with involves engaging in preventive measures to keep stress levels down, like exercise, making healthy eating choices, limiting social media, being selective about social groups, and counting drinks. There are also things people can do in the moment to relieve stress. I actually have a coping list for myself that involves things like taking our dog, Smokee, for a walk, playing Candy Crush, playing basketball, and gossiping with my sisters.”



What can students do if they are worried about the mental and emotional health of a friend?

“Ask! There’s a myth out there that asking people specific questions about their thoughts and feelings will put those thoughts and

feelings into their head. If you’re concerned, ask them. If you feel like you aren’t equip to help them best, encourage them to speak to a provider who can. Oftentimes walking over to the Counseling Center together can do a great deal, instead of just saying “I think you should go talk to a counselor.”

What are some effective ways to deal with conflict among friends or peers?

“This is something that comes up often for students I work with. One question I usually ask is, “is this a relationship that you value?” When you value someone, it’s important to show up as your most authentic self. This can be hard at times, so counseling people through the process can be helpful.”

What else would you like students to know?

“I’m here to help in any capacity I can. I’m in LSC 323. Come visit!”



MARCH / APRIL

sunday	monday	tuesday	wednesday	thursday	friday	saturday
26 XPRESSION! THE ULTIMATE DANCE EXHIBIT	27 C4E SPRING CELEBRATION OF GRADUATES (BALLROOM @4PM)	28	29	30	31 MURALS -- CSU FASHION SHOW	APR 1 START OF UWC WEEK APRIL 1-8
2	3 MOTIVATIONAL MONDAY	4	5	6	7 LEAD CONFERENCE	8 LEAD CONFERENCE -- END OF UWC WEEK
9	10 MOTIVATIONAL MONDAY	11	12	13	14	15
6	17 MOTIVATIONAL MONDAY	18	19	20	21	22 AU NIGHT
23 SOUL FOOD GOSPEL FEST	24 MOTIVATIONAL MONDAY	25	26	27	28	29



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