

MARCH - MAY 2020

the **GRIOT**



"THE COVID-19 EDITION"



IN THE RECORDS OF WEST AFRICAN HISTORY, "GRIOT" (PRONOUNCED GREE-OH) WAS THE HONORED NAME BESTOWED UPON WISE AND KNOWLEDGEABLE STORY TELLERS ENTRUSTED WITH THE TASK OF DOCUMENTING TRIBAL HISTORIES AND GENEALOGIES.



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- Awards Recognition



**BLACK/AFRICAN AMERICAN
CULTURAL CENTER**
COLORADO STATE UNIVERSITY

B/AACC STATEMENT IN RESPONSE TO COVID-19

We know times are not easy and there are still so many questions unanswered, and we also want you to know we are here and will continue to serve as a resource to students! We are committed to working collaboratively across campus to ensure we are providing the best services possible as an institution of higher education.

How we will continue to show, "We Got Your B/AACC":

Our Center

We care about you and OURSELVES! Until further notice, we will only be open virtually. You can contact us via phone/email/DM. Our student staff will have the option to continue to work remotely on projects from home which will allow us to connect remotely as a Center with you. We promise you will hear from us throughout the week.

Educational Programming

Most of our events will be altered in one way or another during the Spring semester, and we will keep you posted via our social media outlets. If you are not following us already, please consider doing so (see our outlets below).

Do NOT forget...

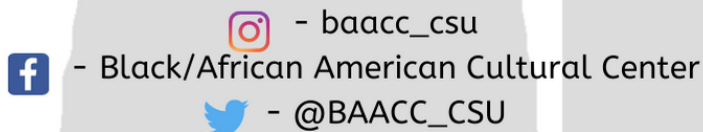
- o Social Distancing is the word on the street AND we want you to practice PHYSICAL distancing. It is imperative for you to still be social, but limit your physical contact with one another – we know it is NOT easy for some! Time to get creative
- o During these times, the best and the worst will come out in people. You and/or those you know may experience more incidents of biases in person and virtually (be aware, and know you are not hallucinating), especially on the APIDA (Asia, Pacific Islander, Desi American) community. We ask that you continue to report those incidents using this platform – <https://supportandsafety.colostate.edu/incidents-of-bias/>
- o Stress. The word in itself can bring anxiety and we must call it out when it happens. Try to be aware of things that are triggering and how you are responding to it. Being stressed can impact your immune system, so try to find several ways that you can reduce your stress.

Let's try to figure out...

- o How to deescalate panic without minimizing valid concerns about the virus
- o How to create interactive virtual opportunities to connect with others
- o How to stay connected (or become connected) to your professors, TA's, academic advisors and any additional support staff to ensure your academic success
- o How to be mindful on what you consume and/or over consume (i.e. food, beverages, media outlets, negativity, etc.)

Please continue to let us know how we can be a resource and/or be of support to you during this time!

Follow Us to stay connected...



In Solidarity with YOU - Ms B, Emerald, and Adrian

*Questions or comments?

Contact: Director, Bridgette Johnson, bridgette.johnson@colostate.edu



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#NOTProudToBe

#NOTProudtoBe is a student movement

born from years of injustices on the campus of Colorado State University. Founded in the Fall 2019, #NotProudtoBe made its mark on campus by silently protesting through President Joyce McConnell's first Fall Address on the Oval. The movement used social media to call other students to participate, resulting in an estimated 500 silent protestors. Leading the charge were student leaders Haneen Badri, Jessica Mitchell, Janaye Matthews, Marcela Riddick, and Micaela Parker. With their leadership and the support of many many more, #NotProudtoBe has worked to improve the experience of underrepresented students on campus through educating and bringing awareness to the campus community.

Most recently, #NOTProudtoBe

released their Spring 2020 Student Demands. The demands were written with the input of students across different campus communities, and outline ways to hold both administration and students accountable for incidents related to bias, as well as to contribute to a more supportive and welcoming environment for students who hold marginalized identities. With no discernable progress made by the institution following President McConnell's announcement of the Race, Bias, and Equity Initiative in September, #NotProudtoBe took further action to make it clear who was implicated in bringing change to CSU, and in what ways they should be working to do so. The spring demands also called for a meeting during which 42 CSU administrators came to listen and ask questions about the demands.



#NOTProudToBe

While the COVID-19 pandemic impacted the movement's ability to build community and amplify the voices and stories of students on campus, the demands sparked much needed conversation across all levels of the institution. Notably, in May, the CSU Faculty Council brought the demands forward at a meeting and passed a resolution to accept their responsibility in seeing changes come to the CSU community.

CSU has work to do. As we continue to hold all members of this community accountable, we are committed to prioritizing marginalized students and sharing their stories. Thank you to those who have engaged thus far, we know it has not been easy. Our voice matters. Our experiences are valid. We have the power to incite change in this community, not just for the individual now, but also for those who will come after us. This is why we continue to stand against injustices and make it clear why we're #NOTProudToBe.



Instagram: @notproudtobe
Twitter: @notproudtobecu
QR Code to Student Demands:



NATIONAL MINORITY HEALTH MONTH

THIS YEAR FOR NATIONAL MINORITY HEALTH MONTH, PEER COORDINATOR LAMAR ARRINGTON PROVIDED US TIPS AND TOOLS ON HOW TO ENGAGE IN MEDITATION AND SELF-AFFIRMATION. THE MONTH CONSISTED OF WEEKLY MANTRA'S FOCUSED ON MEDIATION, DIFFERENT CHANTS TO FOCUS ON CHANNELING A VARIETY OF ENERGIES, AS WELL AS WEEKLY AFFIRMATIONS TO CREATE SELF-LOVE, SELF-AWARENESS, AND SELF-PRESERVATION. WHILE BEING REMOTE, THIS WAS A GREAT WAY FOR FOLKS TO ENGAGE IN ACTIVITIES AND PRACTICES THEY COULD DO AT HOME FOR THE TIME BEING.

NATIONAL MINORITY HEALTH MONTH

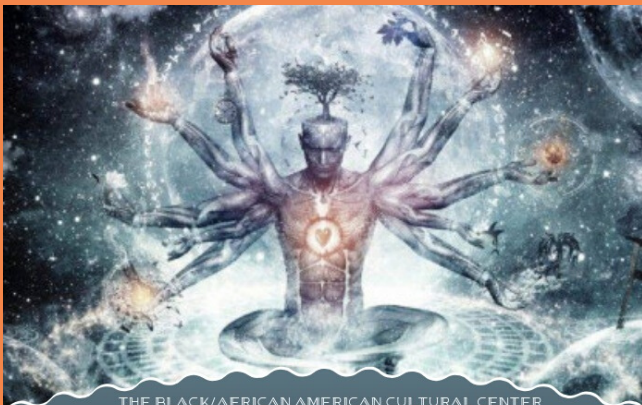
Weekly Affirmation

STEP BACK

Don't be afraid to step back. At crucial moments it is important that you focus on your breathing and sometimes just say NO. You can listen to your soul's desires without heartache. You might Step Back when you have a job that's not serving you, Step Back in a health crisis, or Step back when you're dealing with family troubles. A good step back is not because you are afraid but for intuitive reasons. Being afraid might stop you from taking risk that'll help you grow. Fear might tell you "Step Back it's too risky." This is not intuition. You have free will, so allow yourself to go ahead, but understand that it thereare going to be growing pains



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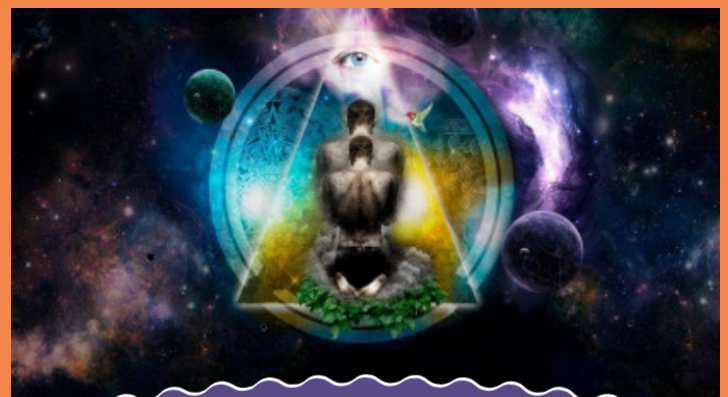
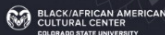


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PRESENTS

National Minority Health Month

5 Seed Mantra

OM: The most well known and universal of the bija mantras it is the sound of creation and causes energy to gather and flow upward and outward. OM is the mantra of acceptance and assent. It helps you to accept your higher self and allow energy to flow openly and freely through you. It also serves as a gathering mantra, gathering your inward energy and preparing your energy for movement.



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National Minority Health Month

5 Seed Mantra

SHRIM
(pronunciation "shreem"):
Its associations lie with the head and third eye. It promotes bodily and spiritual health but can also be used to bring beauty and happiness to one's senses.

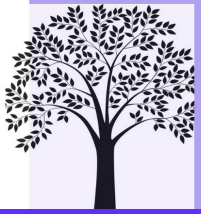
Black Healing Week

Black Healing Week 2020

“

If you want to conquer the anxiety of life, live in the moment, live in the breath

AMIT RAY



Black Healing Week

WHERE'S YOUR BALANCE?



“Every time we do today matters most.”
— Buddha

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Black Healing Week 2020

MOVEMENT FOR YOUR SOUL

“

Movement is the Song of the Body

— VANDA SCARAELLI

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Black Healing Week 2020

It's A Vibe!



“If you look at a dancer in silence, his or her body will be the music. If you turn the music on, that body will become an extension of what you're hearing.”



Black Healing Week 2020
Crayola Conversations with Alizayna

3:00PM/MST
Instagram Live - Follows us @BAACC_CSU

Join us for a peer to peer conversation on healing and well-being while coloring

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Written by: Alizayna Walton

On Monday May 4th, Dr. Chloe Wright from the counseling center held a workshop via Zoom to share mindful practices like meditation and mantras to help relieve stress and anxiety, and provided space for students were able to share their own meditation practices. On Tuesday, we shared more resources for maintaining balance in the mind. On the B/AACC IG story, we asked our followers questions about how they have found balance in their routines and nourishment during the quarantine. Later, we tuned in to a Netflix Party to watch Beats!

Wednesday, our theme was "Movement for the Soul", where students sent in videos of themselves using movement to promote physical and emotional well being. Dance, movement and music play a significant role in Black Culture and can bring much needed community and happy vibes. On Thursday, Peer Coordinator Alizayna, went on live to have "Crayola Conversations". During the IG live, she colored and played music while answering and asking questions about healing. To conclude Black Healing Week, we asked for song suggestions on the IG story to add to the B/AACC Spotify playlist to create and encourage a community vibe.

36th Annual
Pursuit of Excellence
Awards Recognition Week

**STUDENT
ORGANIZATION
RECOGNITION**

**PARTICIPATION
AWARDS**

**OUTSTANDING
STUDENTS/COMMUNITY
AWARDS**

**OUTSTANDING
STUDENTS BY CLASS
AWARDS**

36th Annual
Pursuit of Excellence
Awards Recognition Week

**STUDENT
ORGANIZATION
RECOGNITION**

**Paul Chambers Outstanding Student Organization
Award**

Africans United

NPHC Highest GPA

Alpha Kappa Alpha Sorority, Inc.

**Jennifer Williams-Molock Outstanding
NPHC Greek Chapter Award**

Alpha Kappa Alpha Sorority, Inc.

36th Annual Pursuit of Excellence Awards Recognition Week

PARTICIPATION AWARDS

Peer Mentor of the Year

Jordan Khalfani

Mentor of the Year

Simone Butler

Dr. Albert C. Yates

Leadership

Development Institute

Anissa Gholson
Juri Moore
Tyah Macon
Akilah Martin
Kobi Truesdale
Kamayah Cornaldi
Imani Thairo
De'Janay Smith
DeJuan Chapa
Dallas Botchway
Michael Giles
Quinsker Frimpong
Merry Gebretsadik

John Mosley Leadership

Program

Yanique Brown
Tavian Brown
Destiny Butler
Stephanie Carrasco
Oliciah Chatman
Jasmine Chesson
Christian Cumber
Liah Davis
Ryan Eddings
Kamal-Craig Golaube
Maynna Hamm
Brooke Hudson
Jessica Jackson
Lexi Johnson
Moahamed Kamara
Roichelle Marble
Devon Washington
Barry Wesley

36th Annual Pursuit of Excellence Awards Recognition Week

PARTICIPATION AWARDS

G.P.S Destination Leaders

DeJuan Chapa
Deven Allen
Olivia Cooper
Lamar Arrington
Taya Woodard-Hancock
Marian Graoui
London Evans
Simone Butler
Alyssa Cladwell-McGee
Michelle Nwagwu

Outstanding Destination Leader

London Evans

36th Annual Pursuit of Excellence Awards Recognition Week



OUTSTANDING STUDENTS/COMMUNITY AWARDS

**Dr. Dawn Person Outstanding
Graduate Student Award**

Malik Burton

**Bruce E. Smail Diversity
Award**

Joslyn Orji

**Special Friend
Award**

Duan and Reneca Ruff

**"Fight the Power"
Director's Award**

Janaye Matthews

Dr. Blanche M. Hughes

Marie Tyrell

Outstanding B.E.S.T Staff Member

Alizayna Walton

36th Annual Pursuit of Excellence Awards Recognition Week



OUTSTANDING STUDENTS BY CLASS AWARDS

Outstanding 1st Year Student Award

Bolu Golarin

Outstanding 2nd Year Student Award

Merry Gebretsadik

Outstanding 3rd Year Student Award

Shirley Randolph

Outstanding 4th Year Student Award

Ahjina Hopkins

Outstanding 1st Year Transfer Student Award

Lamar Arrington

Vivian L. Kerr Outstanding Student Award

Janaye Matthews

*Congratulations to the
Class of 2020*



*Please enjoy your summer break
and remember to stay connected
with our center:*

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