A NOTE FROM THE CHAIR

Dr. White, Chair of the AFRS Department, shares a few words.

Welcome to the Black History Month and March edition of the Africana Studies Newsletter, The Breakdown. Inside this issue, we share with you images from our monthlong Black History Month/50th Anniversary Celebration, where we focused on events that highlight “VOICES AND VISIONS: BLACK FUTURE 2020”. Hear from the Professor of the Month, Dr. Sheba Lo, as she shares exciting information about our newly invigorated 2020 African Model Union (MAU) program. Gain insight on the global impact our alumni, Cavin Sanders, is making with his non-profit organization, Golden Aya, while alumni Natalie Dahan waxes philosophic about diversifying the field of science, her experience with CSUN’S Build PODER Program and her recently published article in the Journal of Neurological Sciences! And of course, we had to pay tribute to our beloved Kobe Bryant --- may Black Mamba rest in peace. Don’t miss out on the Black Buzz, where we’re keeping our readers healthy and tuned in. We hope you enjoy. Ashay!

The Africana Studies Department celebrated Black History Month through a series of events to commemorate Black/African students, artists, politicians, activists, and professors who have successfully and actively pushed boundaries for the sake of our Black community. This year's thematic events revolved around “VOICES AND VISIONS: BLACK FUTURE 2020” to motivate and inspire students across our departments to feel empowered on their journey through Africana Studies here at CSUN. Overall, this month was an excellent way to celebrate the Black/African diaspora. Students felt compelled to learn, get involved with the AFRS community, and were motivated to continue on their path to success.
Since 2012, Dr. Sheba Lo has served as a professor in the Department of Africana Studies. As an educator, Dr. Lo is passionate about advocating for social and political change. She often creates assignments that allow students to imagine the type of society they would like to see so that they can create it. “That’s how you apply knowledge – not by regurgitating it, but by application.”

Recently, Dr. Lo, aided with the support from CSBS Dean Searcy and the Chair of Africana Studies, Dr. White, attended the International Model African Union at Howard University in Washington, D.C.

The Model African Union is an international diplomacy simulation where students from around the nation come together to work towards Pan-African solutions for issues that impact Africa and the African Diaspora.

After students merge and amend their resolutions, the students vote on the passage of the resolutions within the committees. The resolutions that pass eventually are offered as suggestions to the actual African Union.

This fall 2020 semester, Dr. Lo will offer a course that will take a group of students in the spring 2021 to Washington D.C to participate in the Model African Union. AFRS 466 (A): The United Nations, the Organization of African Unity, and Africa will teach students the historical trajectory of Africa, with a focus on one particular country that CSUN will represent at the International Model African Union Conference.

The course will examine the history of the African Union and its origins. 466 (A) prepares students for AFRS 466 (B) by providing an overview of Africa and the African Union necessary for informed resolutions to enact change in Africa. AFRS 466 (B) will continue where AFRS 466 (A) left off with a greater understanding of the political dynamics of regional and continental origins of the African Union to work towards African solutions to African problems. Students who are selected to participate in the conference in Washington, D.C. train in parliamentary procedures and collaborative strategies.

"STUDENTS WILL BE ABLE TO HAVE THE LIFE-CHANGING EXPERIENCE OF THE MODEL AFRICAN UNION"

Excited for the course, Dr. Lo states, “By reintegrating the program back to CSUN, students will be able to have the life-changing experience of the Model African Union, where students collaborate with their high-achieving peers, faculty, and diplomats.”

Dr. Lo will continue to advocate for her students to become “future leaders in society.” With a smile she adds, “That’s the beauty of it all. That’s the beauty of collaboration. That’s so African.”
**ALUMNI: WHERE ARE THEY NOW?**

A Q&A With Alumni from the Africana Studies Department

**Interviewer (I):** What is your full name?

**Cavin Sanders (CS):** Cavin Nathaniel Sanders

**I:** What was your Major and Minor?

**CS:** Major: Business Marketing  
Minors: Africana Studies and Entrepreneurship

**I:** What year did you graduate?

**CS:** May 2018

**I:** What are you currently working on?

**CS:** [I’m] currently working on bringing awareness to the impoverishment issue in Africa and creating long term solutions through Golden Aya Corporation.

**I:** What have been your biggest accomplishments thus far?

**CS:** Starting Golden Aya and opening our first overseas branch in Tanzania has been one of my biggest accomplishment thus far.

**I:** Can you briefly describe Golden Aya.

**CS:** Golden Aya is a 501(c)3 nonprofit organization centered around providing support and aid to Africa and its diaspora. A few of our main focus areas are youth education, women’s health, community development, agriculture, recreation, etc. We have volunteer opportunities for people to come out and help teach the youth, assist in building schools and medical centers, and provide health education in rural areas.
REAL I.D.

Beginning October 1, 2020, every state and territory resident will need to present a REAL ID compliant license/ID, or another acceptable form of identification, for accessing Federal facilities, entering nuclear power plants, and boarding commercial aircraft. The card, itself, must be REAL ID compliant unless the resident is using an alternative acceptable document such as a passport or passport card, or state-issued Enhanced Driver’s License. **More information at:** [http://bit.ly/2ww5AUN](http://bit.ly/2ww5AUN)

Stay at Home Act

The order went into effect on Thursday, March 19, 2020. The order is in place until further notice. It covers the whole state of California, and it exempts activity as needed to maintain continuity of operation of the federal critical infrastructure sectors, critical government services, schools, childcare, and construction, including housing construction. **For more information visit:** [https://bit.ly/2Js7JUM](https://bit.ly/2Js7JUM)

WANT TO GO TO WASHINGTON D.C? 

The AFRS 466 (A) course will educate students on the history of a specific African nation to find solutions for political, economic and societal issues. The course will also focus on resolutions that will help the country and will equip students to play the role of a diplomat to present to a simulated conference in Washington, D.C. This is an excellent opportunity for all students to join! **For more information visit:** [https://tinyurl.com/CSUNMAU](https://tinyurl.com/CSUNMAU)

The Department of Africana Studies is bringing you Black news to stay up-to-date with what's happening in the community around you.
Indulging your cravings can be challenging, but try to have self-control during your meals. Do your best to aim for healthier options, such as raw fruits and veggies to incorporate into your breakfast, lunch, and dinner.

**DRINK WATER**

Coffee, energy drinks, sports drinks, and everything in between might offer temporary help when trying to get through your day in college, but water is the healthiest option. A glass of water will hydrate you and keep you awake while studying.

**EAT THREE MEALS A DAY**

Although it may vary in your schedule, but eating three healthy meals a day will not only prevent starvation, but it will also create fuel for the brain and body which will also eliminate overeating throughout the day.

**BUILD IMMUNITY**

Look to build up your immune system to prevent future ailments. Consuming citrus fruits, red peppers, ginger, broccoli, garlic, spinach, yogurt, almonds, turmeric, green tea, papaya, kiwi, poultry, sunflower seeds, or shellfish will prevent the flu, fevers, colds, or other illnesses. Most importantly, rest up!

**MEDITATE AND EXERCISE**

Meditating may reduce the severity of the symptoms if you are sick and may also prevent invader cells. Doing this regularly may also reduce stress and anxiety.
A Farewell to NBA Super Star, 
KOBE BRYANT

Kobe Bryant, commonly known as Black Mamba, was a professional basketball player for the Los Angeles Lakers. He stood at 6 feet 6 inches tall, weighed 212 pounds and played a total of 20 seasons for the NBA, creating a household name for himself around the world. He began his career in 1996 at age 17 and retired in 2016, just four years before his passing.

After hearing about the tragic accident, the entire world cried for their beloved star, especially in Los Angeles, where he played for the Lakers for 20 years of his career. Bryant was recognized around the world as an icon, a leader, a businessman, and most importantly, a great father. To pay respect for the fallen star, the CSUN community, and many other fans throughout the world wore their favorite Kobe jersey upon hearing the news of his death.

During his time, Bryant collaborated with many other companies as a partner or investor. In 2013, Bryant collaborated with Jeff Stibel to create their entrepreneur business, Bryant Stibel, providing strategy, capital, and operational support to businesses with a focus across technology, media, and data. Their assets grew over $2 billion and had the opportunity to invest with Epic Games.

Bryant also funded Granity Studios, a marketing studio that specializes in multi-story telling in audiography, videography, cinematography, and literature. This studio would ultimately direct an animated film titled “Dear Basketball,” which won Kobe his Academy Award; one of his many awards.

He was awarded MVP, five-time NBA Champion, two-time NBA Finals MVP, eighteen-time NBA All-Star, four-time NBA All-Star Game MVP, fifteen-time All-NBA team, twelve-time All-Defense Team, one-time All-Rookie Team, thirty-four-time Player of the Month, two-time Best NBA Player ESPY Award, two-time Olympic Gold Medalist, seventeen-time NBA Player of the Month, and two awards outside of basketball. He has won an academy award and a Golden Telly Award.

HIS MEMORY, HIS PAST
As a family man, Bryant fathered four girls and was husband to his wife, Vanessa Bryant. His daughters (in order), Natalia, Gianna, Bianka, and Capri were Bryant's proudest accomplishments. The two oldest, Natalia and Gianna, known as Gigi, were all star athletes. Natalia was great at volleyball and Gigi was following in her father’s footsteps, hoping to become the next female MVP.

In a fast interview, Bryant told Elle Duncan, a sports anchor for ESPN, who was pregnant with her daughter at the time, “Girls are the best!” after finding out the gender of the baby. He adds, “Just be grateful that you’ve been given that gift, because girls are amazing.” When Bryant told Duncan that Vanessa wanted to try for a boy for a final time and joked about having another girl, Duncan jokingly replied, “Four girls? Are you joking? What would you think? How would you feel?” He responds to her without hesitation, “I would have five more girls if I could. I’m a girl dad!”

Although the passing is still hard for most, we continuously remember the greatest aspects of his life. He has done a lot for the community and has created and funded the Mamba Sport Academy in Thousand Oaks for people to play actively in sports and workout in a gymnasium. Kobe Bryant and his daughter will be an emblem to Los Angeles and will go down in history as the best father and daughter duo in the basketball world. The Africana Studies Department would like to pay respect to Black Mamba; the “girl dad,” the husband, the businessman, and the MVP.

R.I.P

Kobe Bean Bryant
(1978–2020)
Gianna Maria-Onore Bryant
(2006-2020)
DIVERSIFYING THE SCIENCE FIELD

Natalie Dahan is a hard working Africana Studies minor and a Biology major who is dedicating her time as a scholar activist to promote the involvement of women of color in the field of science. As a Jewish, Cuban, African student at California State University, Northridge (CSUN), Dahan has realized that there are very few women of color in the discipline and is working on building a platform for students to find opportunities in research labs without gender or racial bias.

As a Research Physician in training, Dahan, with the help of CSUN’s BUILD PODER program, traveled to New York on an all-expenses-paid trip during summer (2019) to study in a clinical research lab where she and her colleagues observed a central nervous disease, known as multiple sclerosis (MS).

According to the CSUN website, “BUILD PODER at California State University, Northridge, has supported and trained nearly 200 students and over 100 faculty mentors who work together on mutual biomedical research projects and present their work at professional conferences.”

Dahan went back home and published an article, “Rapid picture naming in Parkinson's disease using the Mobile Universal Lexicon Evaluation System (MULES)” in the *Journal of the Neurological Sciences*. Proud as she was, she felt upset by seeing too few people of color in the science field and focused on the issues of underrepresentation in the laboratories. “If I could, I would like to go around to different schools to teach about science and discuss that it’s not just old white men making discoveries. There is so much to out there and so much that goes unnoticed.”

"I WANT TO CHANGE THIS FIELD AND TAKE ON ACTIONS THAT ARE WAY BIGGER THAN ME."

She spoke for BUILD PODER at the Africana Studies Department (AFRS) BHM event, BUILD PODER & AFRS: Incorporating Diversity in the Sciences panel. She expressed how grateful she was for Dr. Glocke, a professor in the Africana Studies Department, for being her biggest supporter along the journey and gave thanks to the AFRS department for “being her second family.”

She said, “The Africana Studies Department has given me my identity. I believe that I wouldn’t be who I am without it. I have been involved with the Black and Jewish organizations, which have helped build me.” With her goals to diversify the science field, she adds, “I want to at least reach out to one student so they understand that they can accomplish anything.”
The Black House is the cultural home and meeting place for virtually every Black student and Black student organization on campus, but everyone is welcome.

THE BLACK HOUSE COORDINATORS
Kyle Wallace-Jordan
Breonica Flores
Ebony Martin

WHERE
18348 HALSTED ST.
(AT THE NORTH SIDE OF CAMPUS)

HOURS
Monday: 2pm - 7pm
tuesday: 10am - 7pm
Wednesday: 2pm - 7pm
Thursday: 10am - 7pm
friday: 10am - 6pm

The Black House dedicates a lot of their time to assisting students, by providing services, hosting educational and cultural events, and providing a platform where students can build community, engage, socialize and network.

CSUNBLACKHOUSE
RECAP OF BLACK HISTORY MONTH

VOICES & VISION: BLACK FUTURE 2020

FEBRUARY 1, 2020
• Selma: John Kouns Photo Exhibit
• Selma Screening: Discussion with Ava Duvernay & live score by jazz composer Jason Moran & New West Symphony

FEBRUARY 11, 2020
• Pan African Film Festival (PAFF): Screening of "Displacement in Utopia" Produced by Dr. Karin Stanford & Keith Rice

FEBRUARY 12, 2020
• Black House: A Taste of Success: Tribute to the Black Panther Breakfast Program

FEBRUARY 13, 2020
• BUILD PODER & AFRS: Incorporating Diversity in the Sciences Panel
• BSLC/Black House: Athletic Pre-Game Party & Tailgate

FEBRUARY 17, 2020
• AFRS/Black House: Your Vote DOES Matter!

FEBRUARY 24, 2020
• AFRS, CTVA & The CIPHOR: Chris “Play” Martin “And Dance” Reception & Documentary Screening

FEBRUARY 26, 2020
• AFRS: Why Haven’t YOU Declared? Getting to Know the Africana Studies Discipline

FEBRUARY 27, 2020
• AFRS: Lifting Black Voices: A Spoken Word Journey w/Rudy Francisco