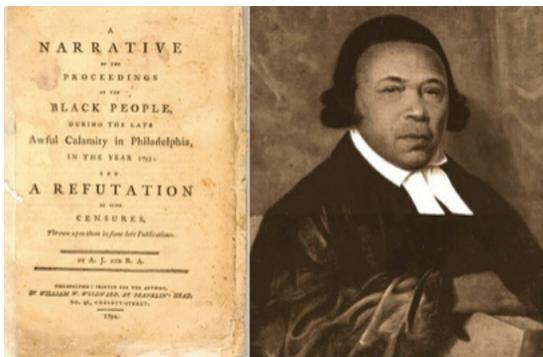


AFAM QUARANTINE SURVIVAL GUIDE

A collection of literature, poems, entertainment, recipes, exercises, meditations, and activities that can be enjoyed at home and indoors during the quarantine, curated by the AFAM community.

BLACK NURSES AND THE 1793 PHILADELPHIA YELLOW FEVER EPIDEMIC



BAKING: CINNAMON BREAD

"I like this recipe because it's fairly simple to make, even if you're not familiar with baking bread. If you don't have canola oil you can substitute it with olive, coconut, or peanut oil. The best part was that my kitchen smelled like cinnamon for days! The worst part is that since my roommate is back home I had to eat the whole thing by myself." - CAS Senior Meredith McDuffie

Ingredients:

- 1 tablespoon butter**
- 1 1/3 cups sugar**
- 4 teaspoons cinnamon**
- 2 cups flour**
- 1 tablespoon baking powder**
- 3/4 teaspoon salt**
- 1 egg**
- 1 cup milk**
- 1 teaspoon vanilla extract**
- 1/3 cup canola oil**

STREAMING NOW

I AM NOT YOUR NEGRO

Director: Raoul Peck

Streaming on: Kanopy

An Oscar-nominated documentary narrated by Samuel L. Jackson, *I AM NOT YOUR NEGRO* explores the continued peril America faces from institutionalized racism. (BU students can access Kanopy at bu.kanopy.com)

WU-TANG: AN AMERICAN SAGA

Streaming on: Hulu

Wu-Tang: An American Saga is inspired by "The Wu-Tang Manual" and "Tao of Wu", and based on the true story of the Wu-Tang Clan. Set in early '90s New York at the height of the crack cocaine epidemic, the show tracks the Clan's formation

"EVENING PRIMROSE"

by Rita Dove

Poetically speaking, growing up is mediocrity. --Ned Rorem

Neither rosy nor prim,
nor cousin to the cowslip,
nor the extravagant fuchsia,
I doubt anyone has ever
picked one for show,
though the woods must be fringed
with their lemony effusions.

Sun blathers its baronial
endorsement, but they refuse
to join the ranks. Summer
brings them in armfuls,
yet, when the day is large,
you won't see them fluttering
the length of the road.

They'll wait until the world's
tucked in and the sky's
one ceaseless shimmer—then
lift their saturated eyelids
and blaze, blaze
all night long
for no one.

"The epigraph to Dove's poem is suggestive; it asks us to compare and contrast how meanings are made in poetry and in music. Dove places her poem in conversation with works by the composer Ned Rorem, and I believe that it is about the sudden, shocking beauty of ordinary objects and language, where the primrose represents abundant yet hidden and mystical sources of inspiration in daily life that foster meaning in our lives as well as poetry." - Professor Anita Patterson

MUSIC



"THE ANXIETY" WILLOW, TYLER COLE

"I liked that this album was sort of like a blend of different genres. Their voices blended really well together."
- COM Senior Eduardo Velez

WATCH QUESTLOVE'S TOUCHING FOUR-HOUR BILL WITHERS TRIBUTE DJ SET

HEALTH AND WELLNESS

WORLD HEALTH ORGANIZATION: STAY PHYSICALLY ACTIVE DURING SELF QUARANTINE

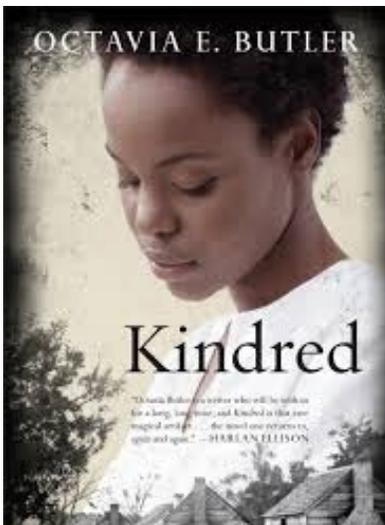
The WHO discusses staying healthy and active during quarantine, and recommends exercises that can be done at home with little to no equipment.

INTERESTING READS



SPIDER THE ARTIST BY NNEDI OKORAFOR

"In 'Spider the Artist,' Nnedi Okorafor takes us to Nigeria of the future, where Big Oil protects the pipelines with spider-like AIs known as zombies, and tells the tale of a woman who faces down one of the murderous machines armed only with a guitar."



KINDRED BY OCTAVIA BUTLER

The visionary author's masterpiece pulls us—along with her Black female hero—through time to face the horrors of slavery and explore the impacts of racism, sexism, and white supremacy then and now.

This text is available online at Mugar Library.

**ARTICLE: 'RACIALIZATION WORKS
DIFFERENTLY HERE IN PUERTO RICO,
DO NOT BRING YOUR U.S.-CENTRIC
IDEAS ABOUT RACE HERE!'**

By Hilda Lloréns