



Anthem

NOVEMBER / DECEMBER 2019

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ALANA Celebrates Caribbean & Native American Heritage

Caribbean Heritage Celebration

November marks the commencement of Caribbean Heritage Celebration (CHC). America and the Caribbean nations share a common history of oppression and liberation. As we celebrate Caribbean heritage, it is important to recognize the plethora of contributions they have made to better the American society. They represented this country as athletes, political officials, educators, military servicemen and service-women, community leaders, and innovative students. On May 31, 2016, the United States opened up travel to Cuba, aiming to foster a community of inclusion with the people of Cuba, there, and on U.S. soil. For more information, please be aware of upcoming events of celebration and education from our Caribbean Students Union!



Native American Heritage Month

Here at Loyola, November is when we celebrate Native American Heritage Month. It's important to recognize this cultural heritage because it has been often undermined by other celebrations. In this country, we celebrate the accidental "discovery" of the Americas, but often fail to address those indigenous people that inhabited this land prior to colonization. All throughout history, there have been laws passed that infringe upon the rights of Native Americans. It is essential to become more educated about the frequently overlooked history of Native Americans in this nation, and what can be done to catalyze liberation. For more information, please heed to forthcoming events that celebrate Native American Heritage.



Director's Corner

It is very hard to believe that November is here already. This year's national events have presented us with the opportunity to reexamine what justice and being 'men and women for and with others' means to each of us. I urge you to take the time this Thanksgiving to reflect on the blessings you and those around have and consider how you might strive for excellence when it comes to being a servant leader in a diverse and changing world.

Academically, I encourage you to proceed confidently, cautiously and courageously. The ALANA Services office has been very busy with successful programming such as , Caribbean Heritage Celebration and Native American Heritage Month. We are looking forward to Caribana this Saturday, November 9th, and also very excited about our upcoming Native American Heritage Month Engagement on Tuesday, November 12th.

In light of celebrations, the holiday season is also fast approaching, and I hope that we will allow the spirit of each of those distinct holidays to serve as an opportunity to give to others.

Happy Holidays,
Raven D. Williams

Caribbean Heritage Celebration: Keynote Performance

Cultura Plenera is a non-profit organization based in the Metro D.C. area that focuses on community engagement through Puerto Rican musical styles. The two traditional musical styles include *Bomba* and *Plena*. Both styles have unique histories in their influences, instruments used, and dancing that is performed. Cultura Plenera offers an educational component to their performances that offers different communities opportunities to learn about Puerto Rican traditions and meaning, raise awareness about Puerto Rico's contribution to music, and to engage with a welcoming community.

Source/Learn more at: <https://www.culturaplenera.org/>

“ We Do Community Building Through Puerto Rican Cultural Expressions”



**November 4th, 2019 7:00-8:00pm
4th Floor Program Room**

What is a Pow Wow?



Pow Wows are a tradition that link back to a rich history of cultural heritage. They are used to celebrate dancing, songs, and community socialization. It is a wonderful way to bring members of different tribes and communities closer by celebrating shared traditions together. Some Pow Wows are celebrated privately, while other Pow Wows are actually open to the public and invite people outside of the community to engage. There are different forms of dancing and styles of clothing and traditional garments that make each Pow Wow unique.

Source/ Learn more at:
<https://www.powwows.com/>

Discover Cultural Dishes

Mofongo: Dominican Republic



This dish is made with green plantains, garlic, and pork rinds. It is often presented in the shape of a ball and served in a *pilon*.

Ackee and Codfish: Jamaica

This is the national dish of Jamaica made with a traditional fruit and paired with codfish. Timing is important as the fruit can be poisonous before it is ripe.



Sources/ Learn more at: <https://www.travlinmad.com/blog/traditional-food-jamaican-menu> and <https://www.dominicancooking.com/246-mofongo-garlic-flavored-mashed-plantains.html>

Native American Culture Areas

Anthropologists and scholars have studied geographical and the traditional differences between Native American cultures living in the Americas. They decided to identify the cultural tribes based on cultural similarities or where they came from before migrating.

1. The Arctic

-home of Inuit and Aleut tribes

2. The Subarctic

-home to Athabaskan and Algonquian speakers
-utilized toboggans and snowshoes for the cold

3. The Northeast

-home to Iroquoian and Algonquian groups

4. The Southeast

-Cherokee, Chickasaw, Choctaw, Creek, & Seminole

5. The Plains

-Crow, Blackfeet, Cheyenne, Comanche & Arapaho
-used horses to hunt buffalo and bison to make teepees



6. The Southwest

-The Hopi, Zuni, Yaqui, and Yuma lived in pueblos

7. The Great Basin

-speakers of Shoshonean or Uto-Aztecan dialects
-tribes were nomadic as the desert lacked resources

8. California

-very diverse with over 100 tribes and 200 dialects

9. The Northwest Coast

-some tribes included the Athapaskan Haida and Tlingit

10. The Plateau

-the majority of tribes spoke languages from the Penutian

Source: <https://www.history.com/topics/native-american-history/native-american-cultures>

Native American Heritage Engagement



Andrew Thompson IV (Choctaw Nation of Oklahoma), a 9-year veteran of the army, served as Sergeant in both the Operation Enduring Freedom & the Operation Iraqi Freedom.

After his service, he earned an AA in Criminal Justice and continues at the University of Baltimore. He is currently a valued member of the Board of Directors at the Baltimore American Indian Center.

Join us on **November 12th, 2019** at **4:30pm** in the **Center for Intercultural Engagement** for conversation & dance workshop.

Rest, Self-Care, & Restoration

The fall semester comes with a whirlwind of learning opportunities that help develop you as a scholar, servant leader, and person for others. While these learning opportunities can bring out the best in you, they can be stressful to manage. Maya Angelou, an American poet and civil rights activist, once said, "As you will grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." Remember to stay grounded and centered this season by choosing rest and self-care in moments where you feel too pressured or are taking on too many demands. In the midst of all your doing and getting, make time to connect with nature, your loved ones, and yourself. Consider what things recharge you, and actually do those things while you have down time.

If your semester did not go as planned, stay encouraged. This time of year commemorates moments in history that symbolize rebirth and restoration after terrible losses. You could take your shortcomings at face value, or you can reconsider them as a revealing of your growing edges. Remain diligent as you enter the new year knowing that more learning opportunities await you. Make your next year your best year.

Wishing you a wonderful Holiday Season and a New Year full of Peace and Joy!

The 25th Annual ALANA Breakfast

This year's ALANA Breakfast took place on September 28th in McGuire Hall. The event warmly welcomed families back to Loyola for Family Weekend. It was a beautiful sight to see families engaged in fellowship over good food, performances, and a keynote address. This year, many student clubs showcased their talents, ranging from dance performances to spoken word pieces. Many students were eager to either introduce or reacquaint their families with the ALANA staff. The ALANA

Breakfast featured a wonderful keynote address from Assistant Professor of Chemistry and Biochemistry, Dr. Theresa Nguyen who highlighted her own life experiences through the biological lens of hemoglobin. She talked about the importance of knowing where you come from and never giving up on your dreams.

Asian Cultural Alliance performed the Tinkling dance from the Philippines. African Student Association presented a video that highlighted African culture. The

Caribbean Student Union read a poem in support of the Bahamian relief initiative and the Association for Latin American and Spanish students read a poem in Spanish. Black Student Association concluded the breakfast festivities by leading everyone in a closing prayer.

A huge Thank You goes out to Event Services and Evergreen Catering for making this event possible!



35TH ANNUAL INTERNATIONAL FESTIVAL

Friday, November 1st

3-5pm

McGuire Hall

See the world!

Sample food!

Watch performances!

LOYOLA LINGO:

This is the time of the year in which stress from class and other extra-curricular activities are in full swing. So how do you de-stress?

In the Jesuit tradition, there is the **Examen**, which is:

A method of prayer that Ignatius of Loyola taught in his *Spiritual Exercises*. He considered it the most important thing a person could do each day. It takes only a few minutes.

This prayer has five steps:

- (1) Meditate for light to understand and appreciate the past day.
- (2) Review the day in thanksgiving.
- (3) Review the feelings in the replay of the day.
- (4) Choose one of those feelings (positive or negative) and meditate from it.
- (5) Look toward tomorrow.

There are Adapted Examen that have specific focus points, such as diversity, work related, or annual review.

Congratulations to Gratiass Recipients

On September 28th, Loyola celebrated the 27th annual Gratiass ceremony to recognize those who have shown exemplary dedication to the Loyola community, Jesuit values and ideals, and various leadership organizations on campus.

The Award for Diversity is one that is bestowed upon members of the Loyola community who consistently give of their time, intellect, passion and talents to promote and recognize the value of diversity and the need for justice in our community and in our world.

These “bridge-builders” are shining examples of students for whom we are preparing in the Jesuit tradition to “lead, learn and serve in a diverse and changing world.”

Cura Personalis Award

Nico Brown
Genesis Romero
Matt Dorsey
Jayda Lawlah
Oscar Rodas-Falla
Ryan Chan
Christian McNeill
Camryn Williams

Diversity Award

Gabriella Romo

Omicron Delta Kappa Leadership Honors Society

James Grant
Caroline Cawley
Brian Chan
Oscar Rodas-Falla

The Green and Grey Society

Alexandria Agee
Antwon Allen
Taraja Arnold
Nicole Arro
Ann Ernst
Nia Kuttamperoor
Charles Lewin-Smith
KaVaughn Scott
Zakia Williams

The Community Service Award

Eleni Chakales
Franklin Parks
Jordan Zoufaly
Alejandra Gonzalez

Diana Geppi Aikens Service Award



Nia Kuttamperoor
Alexandria Agee

Please join ALANA Services
in congratulating these
and other students who
received awards at Gratiass!

GRATIASS

*A Celebration of
Honor, Recognition and Thanks*

November 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 International Festival McGuire Hall 3-5pm	2 BSA Fashion Show Training RM317 10am-3pm
3	4 Hora de Café con Leche (CIE, 12-2pm) ASA GBM (CIE, 6-7pm) CSU Keynote (4th FL, 7-8pm)	5 MESA GBM (CIE, 6-7pm)	6 Hora de Café con Leche (CIE, 12-2pm) MAN2MAN (CIE, 5-6:30pm) ACA GBM (CIE, 6-7pm)	7 Sister to Sister (CIE, 5-6:30pm)	8	9 Caribana (McGuire Hall, 7-9pm)
10	11 Leadership Roundtable (6-7pm)	12 NAHM Keynote (CIE, 4:30-6pm) CSU GBM (6:30-7:30pm)	13 ACE Workshop (CIE, 12-1pm) Roll Your Own Sushi (CIE, 12-2pm) BSA GBM (CIE, 7:30-8:30pm)	14 ALAS GBM (CIE, 7-8pm)	15 Leadership Fair (McGuire Hall, 4-5:30pm)	16
17	18 Hora de Café con Leche (CIE, 12-2pm) ACA GBM (CIE, 6-7pm)	19 ALANA Town Hall (4th Fl, 6-7pm) MESA GBM (CIE, 6-7pm)	20 Hora de Café con Leche (CIE, 12-2pm) MAN2MAN (CIE, 5-6:30pm) AMP Mentor Meeting (CIE, 7-8pm)	21 Sister to Sister (CIE, 5-6:30pm) ALAS GBM (CIE, 7-8pm)	22	23
24	25	26 Thanksgiving break after last class	27  Thanksgiving Break!	28	29	30 

December 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Classes Resume ASA GBM (CIE, 6-7pm)	3 MESA GBM (CIE, 6-7pm)	4 MAN2MAN (CIE, 5-6:30pm) ACA GBM (CIE, 6:30-7:30pm)	5 ALAS GBM (CIE, 7-8pm)	6	7
8	9 Last Day of Classes	10 Study Day ALANA STUDY BREAK	11 Exams Begin Good luck!	12	13	14
15	16	17	18	19	20 Christmas Break Begins after last exam	21
22	23	24	25	26	27	28
29 	30	31 				

Christmas and Holiday Break!

Introducing our New Associate Director

Dennis Velez (*Preferred Pronouns: He, Him, His*)



My name is Dennis Velez, and I am the Associate Director for ALANA Services. I am a proud Connecticut native (though my parents were both born in Puerto Rico), and am incredibly excited to join the ALANA Services team, and Loyola University Maryland community! My work in higher education has allowed me to work with off-campus/commuter students, and residential students. I've had the privilege of helping to establish robust, inclusive communities, have spent time engaging first year students through intentional outreach and programming efforts, and have spent time helping to retain students. I have advocated tirelessly for underrepresented students, and have made it my mission to help these students overcome personal obstacles, academic challenges, and barriers to ensure they are healthy, successful, and thriving.

I received my Bachelor of Arts degree in Political Science from Iona College, and received my Master of Arts degree in Sociology with a concentration in diversity and inequality from Fordham University. When I'm not serving as a Higher Education professional, you can find me on the dance floor (I love dance fitness), checking out a cool restaurant (eating is a hobby), spending time with my family back home in Connecticut (I have two nieces and a nephew I'm obsessed with!) or keeping up with my favorite reality television shows (guilty habit). I am looking forward to getting to know the ALANA students at Loyola, and continuing the incredible work the ALANA Services team has started.
Go Greyhounds!

ALANA SERVICES

ALANA Services' Mission Statement

ALANA (African, Latino, Asian, and Native American) Services is committed to providing support, services, and programs that facilitate the success of all **ALANA** students at Loyola University Maryland.

Through intentional programming and a spectrum of services, we foster the academic, cultural, personal, spiritual and leadership development of **ALANA** students. Furthermore, we seek to create and maintain an environment of respect and awareness, while advocating for **ALANA** students and responding to their needs.

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2019-2020

ALANA Organization Presidents

African Student Association

Camryn Williams

Asian Cultural Alliance

Charlie Lewin-Smith & Vivian Nguyen

Association of Latin American & Spanish Students

Genesis Romero & Anthony "Tony" Muentes

Black Student Association

Matthew Dorsey

Caribbean Student Union

Natalie Rosado

Middle Eastern South Asian Students

Syed Kazmi & Erica Bagheri

Native American Student Association

Joy Walker & Taylor Anderson