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ANTHEM

November / December 2020



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 hard to believe that November is already here. The year's events have presented us with the opportunity to examine the core value of justice and to further reflect on the meaning of "men and women for and with others". I encourage each of us to take time during this season of thankfulness and focus on gratitude for the blessings bestowed upon us, especially in a year filled with so much uncertainty. I continue to express gratitude for the health and safety of the ALANA staff, students, and campus colleagues as the COVID pandemic continues. I also urge everyone to continue practicing safety precautions to prevent getting and/or spreading the virus. ALANA has upcoming events planned to highlight Caribbean Heritage Celebration and Native American Heritage Month. We are excited to engage with our campus community virtually and hope to see you at the upcoming events! As the holiday season approaches, I hope we will use the time to connect with others (safely!). This season is a perfect time to check in on loved ones and if possible, give to those in need. I encourage every student to stay focused as we enter the final stretch of the semester and finish strong. Have a wonderful, restful, and enjoyable holiday season!

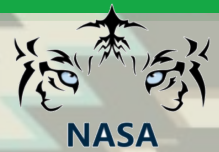
Happy Holidays,

Ms. Raven D. Williams

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Words from NASA



Native American Heritage Month is not enough to celebrate the accomplishments, the future blessings to come of us as well as the remembrance of the battles that took place, to the unknown names of the lives/tribes and nations that history has neglected to this day.

However, we take this month with pride, strength, and grace to reflect on never being forgotten. We take this month as a symbol for the world to know that today, we still stand, today we are still here and even though colonizers still try to get rid of us, it will never work. Why? Because our tribes and nations are still standing even those lost. Tribes/Nations and crops were stolen from us all while an on-going genocide. We were removed from our land, got foreign diseases, all while being tormented. Our Pow-Wows were deemed as "banned", even though it was our celebration of ancestors and tribes/nations from our clothes, hair, shoes, and songs with instruments. Our heads were shaven as a token. Our women and children still go missing, face violence and several are mercilessly killed. All this dehumanization but that has never stopped us from announcing our presence. All for embracing our culture. All this erasure and cleansing will never stop us. We still strive today through our businesses, Our Pow-Wows, Our Music, Our Food, Our Festivals, Our Art, Our Families, Our Names, Our Traditions, Our Stories, and more. That is why Native American Heritage Month is not just November to us. We embrace our heritage and culture in our lives every day; while informing those who would like to learn the truth behind the scenes of written history.

-Native American Student Association

Words from CSU



Caribbean Heritage is an aspect of our culture that we carry with us through our daily lives. Whether we are with our own blood relative or someone from a different island, we are undoubtedly connected to one another. Caribbean heritage is something that can connect not only the island but generations because our traditions spread beyond our homeland. From our music to our food Caribbean heritage is woven through our veins like roots in the ground and watered with the blood and sacrifices from our ancestors to grow trees for generations to come.

-Caribbean Students Union

Native American Heritage Month:

Kwey, Anamikàge (Hello/Welcome) we celebrate and indulge in our cultural heritage as we bring it to you during this Month. Hope to see you there at our Events and Meegwetch (Thank you).



November 12th 6-7pm

The Truth of Thanksgiving

Learn from Two Females with Indigenous Heritage discuss their experiences from traditions in their families to their experiences. Including protests, violence and, lack of inequality.

November 14 8pm

Charm City Trivia

A Collaboration with CSU
Learn about the different
Tribe/Nations Food & Culture.

Check Our Instagram
[@Loyola_Nasa](#)

Throughout November
For Prizes and Events

November 19th 2-3:30pm

**Virtual Tour of National Museum of the
American Indian**

Join Us as We Tour The Museum
While Learning about the History/Myths and
Different Indigenous Businesses to support.



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 Traditional Caribbean 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.

Callaloo is a popular Caribbean vegetable dish. There are many variants across the Caribbean, depending on the availability of local vegetables. The main ingredient is an indigenous leaf vegetable, traditionally either amaranth, taro or Xanthosoma

Callaloo



The Indigenous People of the Caribbean

Western Taíno-The Western Taíno lived in the Bahamas, central Cuba, westernmost Hispaniola, and Jamaica. They spoke a dialect known as Ciboney Taíno or Western Taíno. The Western Taíno of the Bahamas were known as the Lucayans, they were wiped out by Spanish slave raids by 1520.

Classic Taíno-Classic Taíno lived in eastern Cuba, Hispaniola, and Puerto Rico. They spoke a dialect called Classic Taíno.

Eastern Taíno-The Eastern Taíno inhabited the Leeward Islands of the Lesser Antilles, from the Virgin Islands to Montserrat. They had less sophisticated societies than the Classic Taíno

Igneri-the Igneri were the original Arawak inhabitants of the Windward Islands in the Lesser Antilles before being conquered by the Island Caribs who are thought to have arrived from South America.

Island Caribs-The caribs now commonly known as the Island Caribs inhabited the Windward Islands of the Lesser Antilles, it is from this group the Europeans named the region the caribbean, they were noted for their warlike lifestyle, due to their resistance to European colonisation.

Guanahatabey-A separate ethnic identity from far western Cuba. They were an archaic hunter-gatherer people who spoke a language distinct from Taíno, and appear to have predated the agricultural, Taíno-speaking Ciboney

Ciguayo-A separate ethnic people that inhabited the Peninsula of Samaná and part of the northern coast toward the Nahua in what today is the Dominican Republic, and, by most contemporary accounts, differed in language and customs from the classical or high Taíno who lived on the eastern part of the island of Hispaniola then known.

Macorix-Another separate ethnic group that lived on the eastern side of the island of Hispaniola. Their region today is in the Dominican Republic. According to las Casas, their language was unintelligible for the Taínos, but may have been similar to the Ciguayo

Florida tribe-The Tequesta of the southeast coast of the Florida peninsula were once considered to be related to the Taíno, but most anthropologists now doubt this. The Tequesta had been present in the area for at least 2,000 years at the time of first European contact, and are believed to have built the Miami Stone Circle

https://en.wikipedia.org/wiki/Indigenous_peoples_of_the_Caribbean

Resilient Thinking

Resilience is the process of “adapting well in the face of adversity” and allows us to be more flexible as we navigate the challenges we may experience in life. Resilience is a skill that we develop rather than a character trait, and our diverse ways of creating resilience in our lives may be informed by the intersecting identities we hold.

Our thoughts are an important aspect of our mental health, and developing flexibility in thinking can allow us to consider different perspectives and support the development of resilience. Although we’re not usually conscious of it, we tend to judge our thoughts and think, “if the thought is there, it reflects reality”—especially for habitual thoughts.

With more flexible thinking, we come to understand that thoughts are just thoughts, no matter how long they’ve been in our heads. It’s important to also keep in mind that our thoughts might also be impacted by biases and are not reflective of reality. Flexible thinking allows us to engage in perspective taking and to recognize that our thoughts are not facts -this can reduce stress and anxiety and increase openness.

The Counseling Center website (www.loyola.edu/counselingcenter) contains helpful information on how to enhance flexible thinking as we work to increase resilience through mindfulness – “a gentle and intentional awareness of what you are experiencing, in the present moment”-and willingness – “acceptance and experiencing of even our most difficult thoughts and feelings, without judgment or criticism.”

“I can be changed by what happens to me, but I refuse to be reduced by it.” -Maya Angelou

To learn more, call us at 410-617-CARE (2273), visit our website: www.loyola.edu/flexibility, and follow us on Instagram (@loyolamd_counselingcenter).

We Care. We’re here to help. Let’s talk.

The Staff of the Counseling Center

GREEN
and
grey
Society 2020-2021

**Congrats to our ALANA
Students Included In The
Green & Grey Society this
year!**

Triumph Akpabio
Justin Doo
Malachi Emmanuel
Haleema Hafeez
Ahmed Jackson
Flor Paniagua-Peart
Oscar Rodas-Falla
Bria Thomas

Words from the ALANA Staff



During times of uncertainty, self-care and mindfulness are important. I encourage you to take time from your day to focus on YOU. Be attentive to yourself and your needs. A walk, journaling, talking to a trusted companion, watching a movie, etc. can be just some examples of what you can do for self-care. In this season of Thanksgiving, I'm mindful of the wonderful students we have in ALANA and I'm grateful for every one of you.

Life isn't about waiting for the storm to pass; it's learning to dance in the rain. While this wasn't the semester you wanted, you can still find ways to celebrate, find things to be grateful for, and ways to take care of yourself. For me, it is about dancing. Virtual Zumba classes have kept me active and happy. Sane and grateful. Here's to ending the semester strongly, and having a peaceful & joyful holiday season.



What I do for self care is running in the mornings, taking care of my skin, cleaning out my closet and sometimes buying more clothes for my closet. Doing many of these acts makes me very grateful that I have a home, a job, and a support system throughout everything that has been happening. Don't forget that the small things can make a huge difference, and those small things are worth making time for!!

For me self-care has been doing more of the little things for myself, whether it's to go for a walk on a nice day or to treat myself to a donut once in a while. I've also found cutting my screen-time down to be helpful, especially to unwind at the end of the day. There is a lot going on in the world right now but trying to find a moment of peace can help



Self-Care for me is sleeping and put work on the back burner sometimes! Remember to love yourself and take a break. Remember the positive things and be grateful during this time that you safe and healthy!

Self-care to me is being kind to myself. This includes speaking to myself in a nice way, resting my body and mind when I am feeling burnt out, treating myself to things I like such as a Starbucks coffee, and telling myself I am doing the best I can even on days where I feel like I am not doing enough. It also helps to remind myself what I am grateful for in my life. I am grateful for the many supportive friends and family that I have. I am also grateful for my ALANA family!

When I think of self-care, my mind goes directly to my social support system. These days, no matter how busy I may be, I ensure that I make time for the important people in my life, whether that be via FaceTime or even a short text. I am grateful for the things like nature and my loved ones that always keep me grounded.



Loyola Lingo: Examen

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.

Source: www.jesuitresource.org; Xavier University.

ALANA SERVICES

ALANA Services Mission Statement

ALANA (African, Latinx, 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.

Phone: 410-617-2310

Web: <http://www.loyola.edu/alana>

Loyola University Maryland

4501 North Charles Street
Andrew White Student Center E31

2020-2021 ALANA ORGANIZATION PRESIDENTS

AFRICAN STUDENT ASSOCIATION

Eniola Sokera

ASIAN CULTURAL ALLIANCE

Kayte Rooney

ASSOCIATION OF LATINX AMERICAN STUDENTS

Haleema Hafeez

BLACK STUDENT ASSOCIATION

Amber Davis

CARIBBEAN STUDENT UNION

Matthew Franco

MIDDLE EASTERN SOUTH ASIAN ALLIANCE

Seemab Kazmi

NATIVE AMERICAN STUDENT ASSOCIATION

Joy Walker

Stay Engaged with ALANA



November Events Native American Heritage Month

- 11/3 - CSU GBM
- 11/6 - CSU IG Live Takeover
- 11/9 - ASA GBM
- 11/9 - Sister to Sister
- 11/10 - ACA GBM
- 11/11 - ACE Workshop
- 11/11 - BSA GBM
- 11/11 - Man2Man
- 11/12 - NASA GBM
- 11/13 - CSU Movie Night
- 11/14 - Charm City Trivia
- 11/16 - ACA Speaker **Dante Basco**
- 11/17 - Hora de Cafe con Leche
- 11/23 - Sister to Sister
- 11/23 - MESA GBM
- 11/23 - ASA GBM
- 11/24 - ACA GBM

December Events



- 12/2- ALANA Study Break
- 12/2 - Man2Man
- 12/3 - NASA GBM
- 12/7- ASA GBM
- 12/8 - ACA GBM



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