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ANTHEM

MARCH / APRIL 2021



In April, the Asian Cultural Alliance (ACA), and ALANA's newest organization Middle Eastern South Asian Alliance (MESA) alongside Loyola celebrate Asian and Pacific Islander Awareness Month (APIA). APIA Month is celebrated nationally in May. The APIA Heritage Month originated from a legislative bill in response to activism in the Asian American community. The celebration extended from the first 10 days of May, originally proclaimed in 1977, to the full month in 1990. Activists chose the month of May to honor the immigration of the first Japanese to the United States on May 7, 1843 and on the anniversary of the completion of the transcontinental railroad on May 10, 1869, which was made mostly by Chinese immigrants.



To the Class of 2021, you've come a long way and persevered through a number of obstacles too long to mention in this brief article. Many individuals enriched your journey, but you've also given so much of yourself to our community. Your impact is felt in ALANA, your residence halls, Loyola, and parts of Baltimore where you did service. As you move forward into the real world, know that ALANA and the Loyola community will continue to support you in your future endeavors as you live out the Ignatian values as budding professionals. So never back down from great opportunities, even if they seem out of your league. You are worthy of success. Never back down from future challenges, even when they seem insurmountable. Most importantly, never give up. You've overcome past adversity to get to this moment. If you discern that an opportunity helps you progress closer to fulfilling your personal and professional desires, take in the excitement and pursue it without apology. Whether you feel confident and prepared or highly anxious and unprepared, you are not alone. You're still in process like the rest of us. Congratulations!

Director's Corner

I hope the first half of the semester has been productive and positive. Spring is a season of renewal and that has been evident as some of us have returned to campus, while many of us continue to engage virtually. It is my hope that students have found opportunities to make connections with their peers as well as faculty, administrators, and staff. As we continue to navigate the uncertainty of the pandemic, I encourage you to remain vigilant to COVID safety measures and stay healthy. I also urge you to take time for yourself and focus on your self-care.

I would like to congratulate our students who were selected for various leadership positions for the 2021-2022 year. I would also like to thank our current student leaders who worked so diligently within their respective organizations and leadership roles to host successful events and engage our campus community. March is the celebration of Women's History Month and in April we celebrate Asian and Pacific Islander Awareness Month. Keep an eye out for upcoming events!

I would like to dedicate this issue of the ALANA Anthem to the Class of 2021. We in ALANA thank you for an enjoyable and memorable four years. You are leaving Loyola well prepared to embark upon your next endeavors. We look forward to celebrating our seniors and our student leaders before the semester ends. I would also like to thank our supporters near and far who have contributed to the success of the department. Lastly, I have to give a huge THANK YOU to the ALANA staff: Dennis, Julie, Josie, Giovanna, Knekiya, and Angelique. They never cease to amaze me with their level of creativity and their dedication to our ALANA students, and I am grateful for each of them. Be well and stay safe. Peace and Blessings,

Ms. Raven D. Williams

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ΔCΔ CELEBRATES ΔPIΔ

Written by: Carly Dacanay '23
Co-Event Coordinator

“May is typically celebrated as Asian/Pacific American Heritage Month in the United States, but the Asian Cultural Alliance celebrates together in April. The term Asian/Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (such as New Guinea, Fiji, and the Solomon Islands), Micronesia (such as Guam, Wake Island, Palau, Marshall Islands, and the Federated States of Micronesia) and Polynesia (including New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, French Polynesia and Easter Island). This celebration was originally initiated as "Asian/Pacific American Heritage Week" by Representative Frank Horton and Senator Daniel Inouye and was signed by President Jimmy Carter on October 5, 1978. 15 years before Horton's formal advocacy for Asian/Pacific recognition, a woman named Jeanie Jew urged the motion in honor of her great-grandfather. He was one of many Asian immigrants who built the transcontinental railroad, taking part of an essential moment in American history but getting so little recognition for it. The month of May was chosen to commemorate both the immigration of the first Japanese person to the United States in May of 1843 and the completion of the transcontinental railroad in May of 1869, an effort largely completed by Chinese immigrants. Since its formal elongation in 1992, Americans have observed Asian/Pacific Heritage month in appreciation for all that Asian/Pacific culture and people have contributed to our country. Make sure to join the Asian Cultural Alliance in our celebrations of Asian/Pacific Heritage throughout April! Our first event will be Charm City Trivia presented with MESA on April 10th! Follow @loyolaaca on Instagram for updates and more information!

Read more at: <https://asianpacificheritage.gov/about/>
<https://time.com/5592591/asian-pacific-heritage-month-history/>”



Words from MESA on APIA Month

Written by: Hajrah Jalil '23
Secretary

APIA month is a time when we can reflect and acknowledge the accomplishments and successes of Middle Eastern and South Asian people. MESA sheds light on cultures and traditions of other countries. MESA is focusing on informing members of the Loyola community about the current events effecting the people of Middle East and South Asia. We think this month is a great opportunity to raise awareness about the diverse cultures around the world. We take this time to empower students to discuss issues of identity, politics, and race. Given the current pandemic, there has been an uprising of violence against Asians and we as MESA push to have tough conversations with members to raise awareness about the issues. MESA's goal is to foster community and ensure everyone on campus feels welcomed.

APLA Trivia

Match the country to its flag

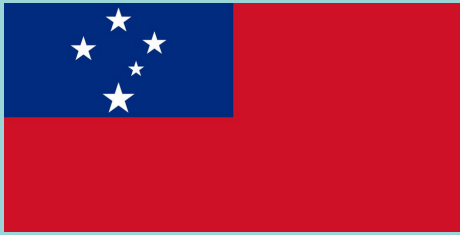
Country Bank

Pakistan

Philippines

Syria Samoa

Japan India



1.

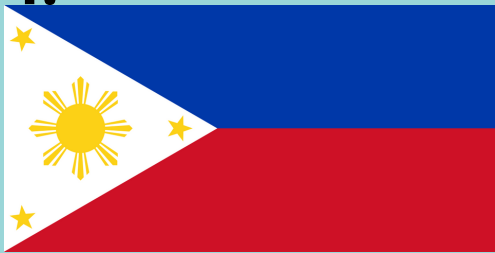


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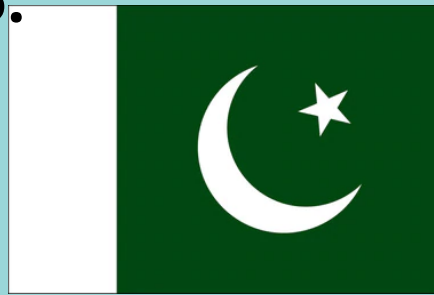


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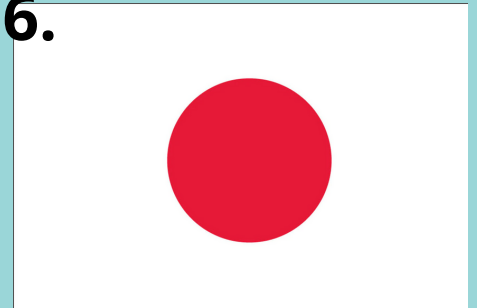
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5.



6.



South Asian Recipes

Chapati



Chapati, also known as roti, safati, shabaati, phulka and roshi, is an unleavened flatbread originating from the Indian subcontinent and staple in India, Nepal, Bangladesh, Pakistan, Sri Lanka, East Africa, Arabian Peninsula and the Caribbean

2 cups whole wheat flour or drum-wheat "Atta"

1 teaspoon salt

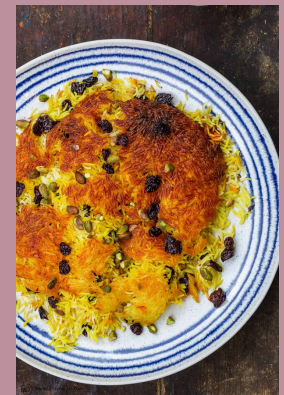
1 cup water

2 tablespoons wheat flour, for rolling and dusting

<https://rasamalaysia.com/chapati-recipe/>

Tahdig

Tahdig, pronounced tah-deeg, literally means "bottom of the pot" in Persian. And it refers to a beautiful, pan-fried Persian rice that is fluffy and buttery on the inside with a perfectly golden crust, which is the layer at the bottom of the pot. It's beautifully laced with saffron and often scented with orange zest like in today's recipe. <https://www.themediterraneanandish.com/tahdig-recipe-crispy-persian-rice/>



MARCH IS WOMEN'S HISTORY MONTH

In March ALANA celebrates Women's History Month. We celebrate the history of women and the amazing contributions to our history. We not only celebrate their contributions to history but the resilience, the strength and bright futures of women from all walks of life. Here's to all the wonderful womxn in our lives!



ALANA WELCOMES MOSAIC TO
THE ALANA ORGANIZATIONS



Mosaic the Womxn of Color Initiative has recently joined the ALANA Organizations umbrella. We are happy to welcome this extraordinary organization into our family! Stay tuned for more from Mosaic!

"Our mission strives to provide resources, support, and encouragement for our Women of Color on Loyola's campus and abroad. Through our development of an inclusive environment that breeds sisterhood and continued support, we aim to involve, inform, and inspire women who embody the excellence of the collective presence and hold intersectionality at the forefront of their minds."



*"Empowered womxn,
empower womxn."*



ACTIONS INFORMED BY RESILIENCE

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. As we consider our actions and behaviors, it’s important to keep in mind our efforts to grow in resilience. Acting from a place of resilience refers to intentionally choosing how we want to live—with what values, goals, and people on our team.

- **Values:** Values often motivate and guide our actions and choices. It’s important to spend time reflecting on the values you would like to shape your experiences.
- **Goals:** Goals represent the specific objectives that, guided by our values, we seek to achieve.
- **Relationships:** Many of us are seeking meaningful relationships and a sense of purpose. Learning how to apply our values and goals to effectively set boundaries, navigate conflict, and connect across our differences can allow us to establish lasting relationships.

“It always seems impossible, until it’s done.”

– Nelson Mandela

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

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

The Staff of the Counseling Center

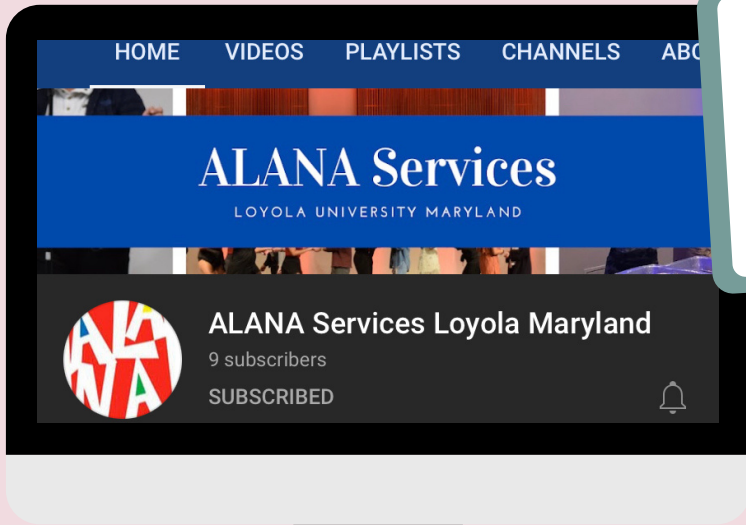
Leadership at Loyola

Become a leader today!

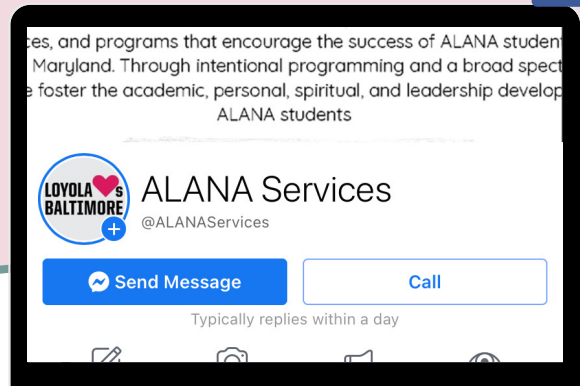
Every year around this time ALANA shares our new student leaders. Unfortunately due to COVID-19 many positions have not announced new leaders yet. This year we would just like to take the time to emphasize the importance of leadership positions on campus.

A leader is someone who has the ability to direct others by influence and not manipulation. Anyone can become a leader if they are determined and passionate about the position they are exploring. At Loyola there are many opportunities to become a student leader. From becoming an Evergreen to becoming the president of a student organization, or even joining the SGA. Becoming a leader is a great chance to make an impact on campus, work in a team, become a role model for others and gain experience hosting events and gaining new skills! As the semester unfolds explore the many possible ways you can become a leader in ALANA and around campus!

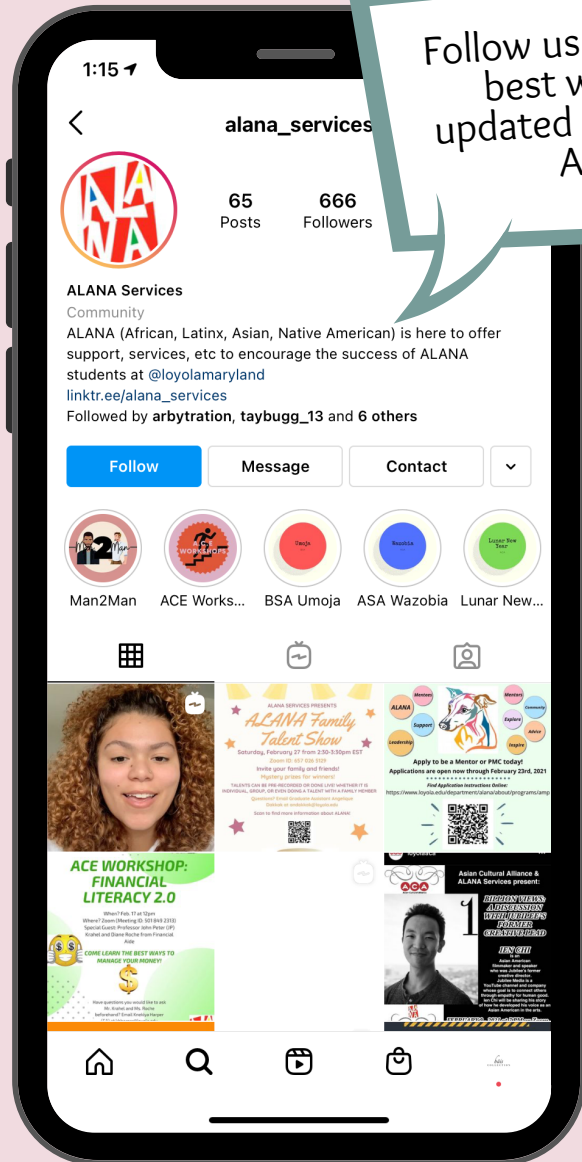
How can you connect with ALANA?



Did you know ALANA had a Youtube Channel!? Check us out!



Follow us on IG. It's the best way to stay updated on everything ALANA.



Follow us on Twitter and Facebook too.

Stay Engaged with ALANA

3/1 - ASA GBM
3/3 - Sister to Sister
3/4 - CSU GBM
3/5 - BSA Movie Night
3/9 - ACA GBM
3/10 - Hora de Café con Leche
3/10 - BSA GBM
3/11 - Man2Man
3/11 - NASA GBM
3/11 - ALAS GBM
3/15 - ASA GBM
3/17 - ACE Workshop
3/17 - Sister to Sister

March Events Womxn's History Month

3/18 - CSU GBM
3/19 - BSA Movie Night
3/22 - MESA GBM
3/23 - ACA GBM
3/24 - BSA GBM
3/25 - Man2Man
3/25 - NASA GBM
3/25 - ALAS GBM



April Events APIA Month Celebration

4/6 - ACA GBM
4/7 - BSA GBM
4/7 - Sister to Sister
4/8 - Man2Man
4/8 - NASA GBM
4/8 - ALAS GBM
4/12 - MESA GBM
4/14 - ACE Workshop
4/15 - CSU GBM
4/16 - CSU Carnaval
4/20 - ACA GBM
4/21 - Hora de Café con Leche
4/21 - Sister to Sister
4/22 - Man2Man
4/22 - NASA GBM
4/22 - ALAS GBM
4/27 - ACA GBM
4/28 - ACE Workshop
4/28 - Sister to Sister
4/29 - CSU GBM



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