I hope that you had a successful first half of the Spring semester and will return from break ready to tackle the remainder of the semester. We are rapidly approaching the end of the academic year and still have a number of things to celebrate in the time we have left together. I would like for you to join us as we celebrate Women’s History Month and Asian & Pacific Islander Awareness Month. There are some great programs lined up and they are sure to please.

I would like to dedicate this issue of the ALANA Anthem to the Class of 2017. You arrived at Loyola ready to leave your mark, and you certainly have done just that. You’ve held a great number of leadership positions across campus, and served as effective role models for your peers. We in ALANA Services thank you for an enjoyable four years and wish you luck in all of your future endeavors.

I would also like to thank our supporters from far and near that sent well wishes for a very successful year! The ALANA Services office definitely appreciates you. Kudos to Raven, Cristina, Aliyah, Mickeal, and Oladipo for a great year! I hope that you all have a blessed and safe summer! See you at the End of Year BBQ on the 28th of April.

Peace and Blessings, Rodney L. Parker

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**ALANA STAFF:**

Rodney Parker  
Director

Raven Williams  
Associate Director

Cristina Garcia  
Assistant Director

Aliyah Johnson  
Graduate Assistant

Mickeal Pugh  
Graduate Assistant

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**Asian-Pacific American History Month**

In April, the Asian Cultural Alliance (ACA) and Loyola celebrate Asian and Pacific Islander Awareness (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 a week to a full month in 1977. Activists chose the month of May to honor the immigration of the first Japanese to the United States on May 7, 1843. This also marked the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the railroad tracks were Chinese immigrants.

Please join ACA as they begin the festivities with the APIA Month Keynote on April 11th. Their culminating event is a Loyola favorite, Asia Fest, and will be held on April 8th. There will be a plethora of food, performances, and activities derived from Asian culture.

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**Never Back Down**

To the Class of 2017, 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 hall, Loyola, and parts of Baltimore where you did service.

As you move forward into the real world, know the ALANA and Loyola community will continue to support you in your future endeavors as you live 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.

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!
APIA Keynote: “They Call Me Q”

Quarrat Ann Kadwani, an award winning actress, producer, artist, television host, and philanthropist, will be delivering the keynote address for this year’s Asian and Pacific Islander Awareness Month. She is the first South Asian woman to have a solo play produced off Broadway. As a graduate from The Bronx High School of Science and SUNY Geneseo, she received many accolades acknowledging her accomplishments. Namely, she has won awards for Best Actress, Best Play, and Bronx Borough President. In addition, she has several TV appearances, ranging from Luke Cage, Law & Order: SVU, the Blacklist, and a few more. In 2013, the United Nations Unicef invited her to perform as a part of diversity programming and workshops based on multiculturalism.

Cosponsored with Messina, the Asian Cultural Alliance is pleased to have Quarrat serve as this year’s keynote. She will be highlighting her play, off Broadway, “They Call Me Q.” Tickets will be available the week of, at the box office, and are free for Loyola Students.

Source: http://theycallmeqshow.com/about/

Women’s History Month

March 1, 2017 is the beginning of Women’s History Month. This year the National Women’s History Project’s theme is “Honoring Trailblazing Women in Labor and Business”. The women honored have successfully challenged the role of women in both business and the paid labor force. They all challenge the social and legal structures that have kept women’s labor underpaid and underappreciated.

Alexis Herman, the Former Secretary of Labor, Lucy Gonzalez Parsons, a labor organizer and socialist leader, Yvonne Walker, the President of Service Employees International Union (SEIU) Local 1000, Addie L. Wyatt, a labor union leader and civil rights activist are the dedicated and strong women of color who made changes in 1947, between 1853 – 1942, 1959 and 1924, respectively. These women along with other courageous women have paved the way for future generations.

Upcoming ALANA Events:

**Sister to Sister:** March 16, March 30, April 20, and April 27  
**Time:** 5 – 6:30 pm  
**Location:** CMC (3rd floor of Andrew White Student Center)

**Women of Color Retreat:** April 8,  
**Time:** 9 am - 5 pm  
**Location:** Timonium Campus

Upcoming Women’s Center Events:

**Focus Groups:** March 1 from 12 – 1 pm, March 22 from 7 – 8 pm, and March 23, from 12 – 1 pm  
*Please sign up by either emailing womenscenter@loyola.edu or calling 410/617/5844

**Women’s Center Wednesday (WCW):** March 15, March 29, April 12, and April 26  
**Time:** 11 am – 2 pm in 4504A Seton Court

**Women Serving Women:** March 22 from 330 – 630 pm and April 20 from 330 – 630 pm  
**Volunteering at My Sisters Place**
Loyola Lingo: Discernment

If you’ve attended Catholic school your whole life, discernment isn’t a new topic for you. Even if Loyola is your first Jesuit institutional experience, you may consider discernment a bit cliché after hearing it on campus so much. Still, discernment helps us answer the call to reduce our speed between classes, student leadership, internships, scholarship applications, job hunting, and keeping our social life afloat. In looking at this laundry list of activities, do you reflect on how much you’re learning each day in each interaction? How have you grown? What stays constant for you as a source of strength? How do you hope to grow in the future? What opportunities will help you grow most?

As you attend to these questions that gauge “movements of your soul,” it may help to briefly review the term discernment. It’s deeper than choosing a plain bagel over a blueberry bagel for breakfast. Discernment involves “choosing between several courses of action all of which are potentially good.” St. Ignatius suggested you can make such choices through prayer, reflection on your feelings and desires, and intentional dialogue with others. The Ignatian tradition of discernment comes from Christianity, but people of diverse faith traditions can benefit from practicing it.

With finals, graduation, and summer opportunities approaching, your anxiety may rise. Yet, we encourage you to turn inward before venturing forward so that your confidence rises higher.

Spotlight on ALANA Leaders

We would like to congratulate students who will serve in leadership positions across campus for the 2017-2018 school year.

MAP Navigator

ALANA Services

Gideon Abadilla
Emmanuel Daramola
Mailyse DeJesus
Jeffry Gudiel
Nia Kuttamperoor
Angela Monfiletto
Sarah Ng
Pivot Zotamou

Evergreen

Office of Student Engagement

Juliana Mae Neves
Arden Norwood
Daysi Perez
Ayana Rhym
Chris Scantlebury
Stephon Smith
Maci Torres
Francesa Velasco

Caroline Adrien
Christopher Czapla
Alicia Espinal-Mesa
Sterling Franklin
Samantha Martinez
Justin Montague
Tiffany Nano-Miranda
Shanae Claudio

Please email us at ALANA@loyola.edu To share your accomplishments, honors, and awards.
Student Spotlight: Umoja Award Recipients

The Black Student Association (BSA) put on an event that celebrated black history, culture and excellence called Umoja: ‘The Spirit of Togetherness’. Umoja took place in McGuire Hall on Friday, February 3rd. BSA took the time to highlight and award several Loyola students, faculty and staff who have made an impact on Loyola’s campus. BSA chose to award 2 First Year students with the Most Outstanding First Year Award, 1 Senior with the Most Outstanding Senior Award, 1 student with the People’s Choice Award and lastly the Most Outstanding Dedication to the Black Community Award was awarded to 4 faculty and staff.

The 2017 Most Outstanding First Year Award is given to one male and female student each year. The Outstanding Male First Year went to Antwon Allen, a Baltimore Native who is studying International Business and attended the African American Leadership Experience (AASLE) in Washington DC in January. The Outstanding Female First Year went to De’yana Mackall, a sociology major from Forestville, Maryland. The Outstanding Senior Award went to Jacqueline Perez, who serves as a role model for many underclassmen. She was a MAP Navigator during the fall of 2016 and works closely with CCSJ. Joy Holland, the President of BSA, an RA, and a campus activist, was surprised to receive the People’s Choice Award. Her hard work has not gone unnoticed by her peers.

Dr. Adanna Johnson-Evans, an associate professor of Psychology, Dr. Jason Singh, an affiliate professor in the Sociology Department, Mr. Tim Cherney, the associate director for Staff and Student Development in the Office of Student Life, and Mr. Terry Peels, an unsung hero for students of color on campus were the recipients of the Outstanding Dedication to the Black Community Award. These 8 individuals are not only pillars in the Loyola community for people of color on campus but all students. They are dedicated, hard working, and passionate and are great examples of courage and strength. As individuals and a collective group they are a dynamic part of the Loyola Community and demonstrate ways in which we can all grow. Congratulations to this year’s award recipients!

APIA Month Crossword Puzzle

For hundreds of years there have been cultural and economic contacts between East Asia and the West. Through these contacts, a number of Words of Chinese and Japanese origin have entered the English language. Can you identify and locate some of these words? ("J" signifies words of Japanese origin and "C" signifies words that have origins in the Mandarin, Cantonese, or Amoy dialects of the Chinese language.)

| Down: | 1- | 2- | 3- | 4- | 5- | 6- | 7- | 8- | 9- | 10- | 11- | 12- | 13- | 14- | 15- | 16- | 17- | 18- | 19- | 20- | 21- | 22- | 23- | 24- |
| 1.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 2.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 3.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 4.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 5.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 6.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 7.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 8.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 9.    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 10.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 11.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 12.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 13.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 14.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 15.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 16.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 17.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 18.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 19.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 20.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 21.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 22.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 23.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
| 24.   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |

Across:
1- vinegared rice combined with other ingredients (J)
2- military ruler of Japan until 1868 (J)
3- tomato sauce (C-Amoy)
4- a strategic board game (J)
5- a form of wrestling (J)
6- a traditional robe-like garment (J)
7- a type of mattress (J)
8- a medicinal plant (C-Mandarin)
9- a martial art (C-Cantonese)
10- a type of noodle (J)
11- comic books (J)
12- "teacher", "master" or "doctor" (J)
13- "great prince" - later applied to business leaders (J)
14- a tropical violent storm ©
15- "empty orchestra" (J)
16- a type of hedge tree in Japan (J)
17- artistic paper folding (J)
18- a tree with fan-shaped leaves (J)
19- "teacher", "master" or "doctor" (J)
20- a branch of Buddhism (J)
### March 2016

#### Special Dates

- **March 3 - March 10**: Spring Break
- **March 16**: BSA & ACA Soul to Seoul
- **March 24**: ACA Holi Fest
- **April 5**: Career Fair
- **April 7**: CSU Carnaval
- **April 8**: Asia Fest
- **April 11**: APIA Keynote
- **April 13-17**: Easter Break
- **April 28**: ALANA End of Year BBQ

#### BSA Fashion Show

### April 2016

#### Career Fair

- **April 5**

#### CSU Carnaval

- **April 7**

#### Asia Fest

- **April 8**

#### Women of Color Retreat

- **April 11**

#### APIA Keynote

- **April 13-17**

#### Easter Break

- **April 28**

#### ALANA End of Year BBQ

- **April 30**

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### National Women's History Month

**March 8 - March 10**

- **March 9**: Spring Break
- **March 10**: Spring Break

### National Catholic Women's History Month

**March 22 - March 24**

- **March 23**: Students vs. Staff Basketball Game

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### School Events

#### March

**March 3 - March 10**

- **March 3**: Spring Break
- **March 4**: Spring Break
- **March 5**: Spring Break
- **March 6**: Spring Break
- **March 7**: Spring Break
- **March 8**: Spring Break
- **March 9**: Spring Break
- **March 10**: Spring Break

**March 11 - March 17**

- **March 11**: Spring Break Begins
- **March 12**: Spring Break
- **March 13**: Spring Break
- **March 14**: Spring Break
- **March 15**: Spring Break
- **March 16**: Spring Break
- **March 17**: Spring Break

**March 18 - March 24**

- **March 18**: Spring Break
- **March 19**: Spring Break
- **March 20**: Spring Break
- **March 21**: Spring Break
- **March 22**: Spring Break
- **March 23**: Spring Break
- **March 24**: Spring Break

**March 25 - March 31**

- **March 25**: Spring Break
- **March 26**: Spring Break
- **March 27**: Spring Break
- **March 28**: Spring Break
- **March 29**: Spring Break
- **March 30**: Spring Break
- **March 31**: Spring Break

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### April

#### Career Fair

- **April 5**

#### CSU Carnaval

- **April 7**

#### Asia Fest

- **April 8**

#### Women of Color Retreat

- **April 11**

#### APIA Keynote

- **April 13-17**

#### Easter Break

- **April 28**

#### ALANA End of Year BBQ

- **April 30**

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### Loyola Open House

- **April 18**

### Relay for Life

- **April 29**

### EOY BBQ

- **April 28**

### Loyolapalooza

- **April 30**
Body Pride

Concerns around body image and fitting in and being liked are normal, but can sometimes develop a destructive intensity as one tries to fit in at college. These concerns are often fueled by a dizzying amount of images of beauty from mainstream media, as these images are often narrow in the representation of diverse bodies. As our media world becomes more filtered, we are given fewer opportunities to reflect on how beauty and body-ideals are a social construct. This Spring the Counseling Center, with the support of many Loyola students, has designed five magazine covers featuring a diverse group of Loyola students with body-positive messages. Each magazine cover focuses on a variety of body pride messages, such as: health, gender expression, race, size, ability, complexion, and style. We want to invite you into this conversation by having you consider the following questions:

* Why do we think we should look a certain way?
* Where does our idea of the ‘ideal’ body come from and who benefits from them?
* How does the ‘ideal’ image of women’s and men’s bodies differ from culture to culture?
* What is beauty?
* Who decides what is beautiful?
* How do images we see in the media affect our daily lives?
* What can we do to change society’s perceptions of the “ideal” body?
* What messages do we receive through popular culture regarding body image?
* How do these messages influence how we feel?
* How do these messages influence how we make decisions about our lives?

Together we can lead Loyola toward becoming a place where we celebrate the beauty in EVERY BODY and encourage students to speak more openly about their experience with body image. If you, or someone you know struggles with body image concerns, the Counseling Center is here to help! To make an appointment, students can call 410-617-2273, or simply stop by the Center, located in Humanities 150—up the spiral stairs directly across from Starbucks. The Counseling Center is open weekdays, 8:30 to 5:00.

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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