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 the Latino Heritage Month Celebration, Caribbean Heritage Celebration, the ALANA Open House and the ALANA Family Breakfast. We had are looking forward to the 32nd Annual International Festival and very excited about our upcoming celebration of Native American Heritage Month. Please join us for our keynote event on Monday, November 14th.

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.
Caribbean Heritage Celebration: Keynote Speaker

Dr. Michael Benitez, Jr. (left), a leading national social justice educator, and activist-scholar with extensive experience in education and diversity issues, is known for his down-to-earth insightful commentary and critical perspectives on social and cultural issues. Dr. Benitez integrates multifaceted pedagogies, scholarly inquiry, and personal narrative to provide multi-context and issue frameworks for empowerment and transformation, and has served higher education in different capacities over the last fifteen years, including academic affairs, student affairs, diversity and inclusion, and teaching. Dr. Benitez has authored book chapters and articles on topics of identity, cultural centers, ethnic studies, pedagogy and praxis in higher education, and hip hop culture. Focusing on anti-oppression and social justice education, he addresses issues related to diversity and multiculturalism, identity formation, race and ethnic relations, and much more. The Caribbean Students Union will be hosting Dr. Benitez as the Caribbean Heritage Celebration Keynote Speaker. We look forward to seeing you at the event!

CHC Keynote
When: November 15, 2016
6pm
Where: Loyola Notre Dame Library Auditorium

http://www.speakoutnow.org/speaker/benitez-jr-michael

Try traditional Native American food!

American Indian Fry Bread

1. Heat oil in skillet until hot over medium-high heat, but not smoking.
2. In a large bowl, combine the rest of the ingredients to make dough.
3. Shape into round disks.
4. Fry shaped dough in hot oil until brown and crispy.
5. Serve hot with honey or butter.

The Lenape are a Native American tribe and First Nations band government, also called Delaware Indians. Their historical territory included present day New Jersey and eastern Pennsylvania along the Delaware River.

American Indian Fry Bread

1. Heat oil in skillet until hot over medium-high heat, but not smoking.
2. In a large bowl, combine the rest of the ingredients to make dough.
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4. Fry shaped dough in hot oil until brown and crispy.
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Lenape Word Search

Word Key
Big House - Mortar
Bean - Mortar
Council - Mortar
Em - Mortar
Cradleboard - Delaware
Longhouse - Wigwam

Ingredients:
- 2 1/2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 teaspoon sugar
- 1 teaspoon oil
- 1 cup warm milk

Steps:
1. Heat oil in skillet until hot over medium-high heat, but not smoking.
2. In a large bowl, combine the rest of the ingredients to make dough.
3. Shape into round disks.
4. Fry shaped dough in hot oil until brown and crispy.
5. Serve hot with honey or butter.
American Indians, Alaskan Natives, & Native Americans in Education

- 67 percent of American Indian students graduated from high school compared the national average of 80 percent.
- Of those, approximately 5% proceed directly to four-year colleges; only 10% of those students graduate in four years.
- Suicide is the second leading cause of death—2.5 times the national rate—for Native youth in the 15 to 24 year old age group.
- Of American Indians living on reservations, only half are as likely as white students to persist and obtain a bachelor’s degree.

Sources:
http://www.collegehorizons.org/about
http://www.usnews.com/news/articles/2015/11/06/native-american-students-left-behind

Native American History Month Luncheon

The Dakota Access Pipeline (DAPL), funded by Energy Transfer Crude Oil Company, LLC, is constructing a new pipeline to transport crude oil from North Dakota to Illinois. This means millions of dollars for state and local income, 8,000–12,000 construction jobs, and more efficient transport of crude oil within the U.S. However, the DAPL will be built straight through sacred sites and vital resources sanctioned by the U.S. government as property of the Standing Rock Sioux tribe of North Dakota. This would devastate this American Indian community on numerous levels.

ALANA in conjunction with Diversity Peer Educators will discuss the social justice implications of this conflict and the history of the Sioux during this year’s Native American History Month Keynote luncheon **November 14th at 12pm in the 4th Floor Program Room**.

You may RSVP to Cristina Garcia (cgarcia@loyola.edu) or Oladipo Adeleji (oadedjejii@loyola.edu) for more information.

Image of the Dakota Access Pipeline’s projected route.

Rest, Rebirth, & 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. Hans Seyle, a Slovakian physician, suggested that stress may be helpful in the short term, but overtime may lead to physical and mental fatigue. Stay grounded and centered this season by choosing rest or moving in slow motion. 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 23rd Annual ALANA Breakfast

Breakfast featured a wonderful keynote address from Economics Professor Kerria Tan, Ph.D, highlighting the importance of finding your passion and how it may connect with academic studies. Thank you to all of the families and students that attended the Breakfast.

Jordan Crank, a Junior, noted: “The ALANA breakfast was very fun and a great way to show off the clubs that we have here in ALANA. One of the most memorable things for me was ACA’s song, Nasa iyo na and lahat written by Daniel Padilla, that they performed in their native tongue of Tagalog.”

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

32nd Annual International Festival

Friday, November 4th
3-5pm
McGuire Hall

See the world!
Sample food!
Watch performances!

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 Examens that have specific focus points, such as diversity, work related, or annual review.

Source: www.jesustressource.org; Xavier University.
On October 1st, Loyola celebrated the 24th annual Gratias 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.”

Congratulations to Gratias Recipients

Diversity Award
Council for Inclusion, Change, and Equity (C.I.C.E.)

Omicron Delta Kappa Leadership Honors Society
Maya Bond
Erika Calderon
Shaista Hira
Michael Ramirez
Megan Suder

Curia Personalis Award
Gideon Abadilla
Eric Baker
Maya Bond
Christopher Czapla
Stephon Smith
Seth Willis
Jordan Zolliecoffer

Green and Grey Society
Scott Cannon
Ciana Creighton
Leah Hill
Kyle Nwankwo
Faith Osinaga
Alejandro Salcedo
Lydia Tafera
Seth Willis

The Community Service Award
Joseph Aguilera
Eboni Edwards
Kelsey Endo
Nuhamin Gebremariam
Eliana Marzullo
Carlton Morris
Jonathan Rodriguez

Pedro Arrupe, S.J. Award
Clarissa Gonzalez

Diane Geppi-Aikens Service to Loyola Award
Ciana Creighton
Lydia Tafera

MAGIS Scholar-Leader Award
Julie Alejo
Alexandra Barazotti
Charles Debski
Juliana Mae Neves
Eliana Marzullo
Grace Mayeda
Lian McGarity
Emma Muir
Justin Montague
Casie Morgan
Natasha Murray
Sydney Pugh
Mariana Rojas
Paeten Roseli
Megan Suder
Hana You
Brian Zeng
Jordan Zolliecoffer

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

Award recipients at the 24th annual Gratias ceremony (from left to right): Alejandro Salcedo, Faith Osinaga, Geon Abadilla, Leah Hill, Lydia Tafera, and Megan Suder.
# Native American Heritage Month

**November 2016**

<table>
<thead>
<tr>
<th>Sun</th>
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<td><strong>Hora De Café Con Leche</strong> <em>(3-4:30, CMC)</em></td>
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</table>
|      |      |      | 2    |      |      | **ACA GBM** *(6-7pm; CMC)*  
**BSA GBM*** |
|      |      |      | 3    |      |      | 4    |
|      |      |      |      |      |      | **International Festival** *(3-5pm; McGuire)* |
|      |      |      | 5    |      |      | **Happy Thanksgiving** |
| 6    | 7    | 8    | 9    | 10   | 11   |      |
| **BSA Supply Drive** *(12-2pm; Boulder)*  
**MAN2MAN** *(5-6:30pm; Cohn 133)*  
**ALA GBM** *(7:45-8:15pm; CMC)* | **BSA Supply Drive** *(12-2pm; Boulder)*  
**CSU GBM** *(6-7pm; CMC)* | **BSA Supply Drive** *(12-2pm; Boulder)*  
**CSU GBM** *(6-7pm; CMC)* | **BSA Supply Drive** *(12-2pm; Boulder)*  
**CSU GBM** *(6-7pm; CMC)* | **11 Last Day to Withdraw**  
**CSU Caribana** *(7-9pm; McGuire)* |
| 13   | 14   | 15   | 16   | 17   | 18   | 19   |
| **NAHM Keynote and Luncheon** *(12-1:30 pm; 4th Floor PR)* | **ACE Workshops** *(12:30-1:30pm; CMC)*  
**ALAS GBM** *(6-7pm; CMC)*  
**CSU Keynote** *(6-8pm; Library Auditorium)* | **ACA GBM** *(6-7pm; CMC)*  
**BSA GBM** *(7:15-8:15pm; CMC)* | **ACA Roll your own Sushi** *(6-8pm; McGuire E)* | **Native American Festival Trip** *(2-5pm; Towson University)* |
| 20   | 21   | 22   | 23   | 24   | 25   | 26   |
|      |      |      |      |      |      |      |
| 27   | 28   | 29   | 30   | 31   |      |      |
| **Classes Resume** | **ACE Workshops** *(12:30-1:30pm; CMC)*  
**MAN2MAN** *(5-6:30pm; Cohn 133)*  
**ALAS GBM** *(6-7pm; CMC)* | **ACA GBM** *(6-7pm; CMC)*  
**BSA GBM** *(7:15-8:15pm; CMC)* | **Happy Holidays!** |

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1. **BSA Poetry Slam w/WLOY Late Night** *(7-9pm; Starbucks)*  
2. **Gospel Choir Presents: Justice and Joy @ 7pm**  
3. **Lessons & Carols** *(5 pm; Alumni Chapel)*  
4. **University Closed for Winter Break**
Let’s Talk: Stress and Relaxation

Greetings from the Counseling Center!

This time of year can be stressful for students especially in terms of managing academics. During this time, it might be helpful to think about what you can do to relax and take care of yourself. Here are some tips:

◇ Talk to others (e.g., faculty, friends, family, and/or counselor).
◇ Get regular sleep and exercise.
◇ Practice good eating habits.
◇ Balance your time.
◇ Do something fun!
◇ Utilize Loyola activities and support services (e.g., The Study).
◇ Join one of our RIO coping skills groups (call the Counseling Center for details)
◇ Visit the relaxation room at the Counseling Center!

Come see us in person or check out the Counseling Center Relaxation website (http://www.loyola.edu/relax) for more tips and information on stress and relaxation.

We’re here to help. Let’s talk!
Counseling Center, HU 150
410-617-CARE (2273)