It is very hard to believe that November is here already. I am sure that many of you are recovering from your first series of tests or midterms. We are half way there. As our semester rushes to a close, I urge 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, Fall Fridays, and the ALANA Breakfast. We are looking forward to the 31st Annual International Festival and very excited about our upcoming celebration of Native American Heritage Month.

Happy Holidays, Rodney L. Parker

ALANA Celebrates Native American Heritage

In celebration of Native-American Heritage Month, it would be important to discuss the effects of labeling. Throughout history, this group has been misrepresented by the public officials and media outlets.

What does it mean to be Native American? Well, in our current society, these are some of the images that we associate with this heritage:

- [Image]

The Native American population has been heavily marginalized by public propaganda ever since their first encounters with European settlers; this behavior has not disappeared, but rather evolved into images depicted to the left. Please be conscious of the words that you use to describe this group of people. Certain terminology recognizes their humanity and true heritage.

As ALANA Services, we challenge you to be aware of the hurtful labeling language that is used, and to continue to monitor one another, and the words that we use. Appropriate terminology would include: Native American and/or American Indian. Attendance to our Keynote speaker, Ashley Miner, is highly encouraged. We hope that you spark conversations on campus that help change this false narrative of Native-Americans.

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.

Words of Wisdom

Go Forward With Courage

When you are in doubt, be still, and wait; when doubt no longer exists for you, then go forward with courage.

So long as mists envelop you, be still; be still until the sunlight pours through and dispels the mists -- as it surely will.

Then act with courage.

Ponca Chief White Eagle (1800’s to 1914)

Director’s Corner

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The ALANA Services office has been very busy with successful programming such as the Latino Heritage Month Celebration, Caribbean Heritage Celebration, Fall Fridays, and the ALANA Breakfast. We are looking forward to the 31st Annual International Festival and very excited about our upcoming celebration of Native American Heritage Month. Please join us for our keynote event on Friday, November 13th.

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.
Native American Heritage: Keynote Speaker

Ashley Minner (left), a Baltimore native, is a community based visual artist. She received her educational background from the Maryland Institute College of Art, earning a BFA (General Fine Art) and MFA (Community Art). Currently, she is a doctoral student at The University of Maryland College Park, studying vernacular art.

Minner is a member of the Lumbee Tribe of North Carolina, and she is active in the Baltimore Lumbee community. In addition, she is the founder of the Native American After School Art Program (NAASAP) and the Liaison for the Title VII Indian Education Program of Baltimore City Public Schools. Clearly, Ashley Minner is a heavily invested advocate for Native American service here in Baltimore, and also in other areas of the U.S.

Feeling inspired by Native American Heritage Month? Print, Clip, and Cook!

Bean & Corn Stew

Native Americans carried dried acorn cakes, pemmican, shredded meat and stews on journeys.

**Ingredients:**
- 1 c dried pinto beans
- 1 c shelled corn
- 1-2 dried red chillies
- 1 bunch of fresh green onions
- 2 cups of smoked pemmican
- A pinch of salt

**Directions:**
1. Soak beans and corn overnight separately.
2. In large pot, add beans and cover with water and begin to slow cook,
3. Add salt and diced chillies.
4. After a couple hours of simmering, add the corn
5. Add the pemmican or diced jerky or other meats & allow all to simmer
6. Before serving, chop the green onions on top
7. Serve with fried bread or corn meal discs

Wild Peppermint Tea

Traditional & contemporary drink used for colds or upset stomachs.

**Ingredients:**
- About 1/2 cup dry Peppermint leaves
- 3 or 4 cups boiling water
- 2 or 3 tablespoons of honey

**Directions:**
1. Boil about 3 or 4 cups of water.
2. Add the peppermint leaves and shut the heat off.
3. Let the tea steep for about 5 minutes.
4. Pour through a tea strainer.
5. Add the honey and pour into cups.
   The tea can be made from fresh leaves or dried leaves.

Please join us for our Keynote Luncheon on Friday, November 13th.
RSVP to cgarcia@loyola.edu by Wednesday, November 11th.
We at ALANA want to encourage you to exercise gratitude this holiday season. The fall semester presents you with numerous opportunities to grow as students, friends, and servant leaders, don’t get lost in the minutia of your everyday routine. This holiday season, take time to look back at your footstep in the sand. Remember the victories you’ve experienced, both momentous and trivial. Then look around you and count your present blessings, both great and small. Even if your semester fell short of ideal, it is now part of your unfolding story which has yet to reach its end. Forgive this platitude, but let gratitude change your attitude.

As you look around and observe your blessings, take time to appreciate the sacrifices others made on your behalf. Whether you’re a senior or first-year student, you are not self-made. Remember those you call family and friends as you return back home. Their support helped you fulfill some of your personal, academic and career goals. So make time to thank them and let them know that you appreciate their gifts, both the tangible and intangible ones.

Finally, we know the semester left you sleep-deprived and over-stimulated by Starbucks coffee. So use your time away to rest. Let your body, soul, and spirit find rest in doing what you truly enjoy. Remember that rest is good and can help you get in touch with your center. You’ll be grateful you did!

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

Let’s Talk: Support Groups

Join a group, find support!
Looking for an opportunity to connect with others? Consider joining a group at the Counseling Center!
We offer a range of groups including the following:

**Empower**, an affinity group for students of color who wish to discuss a wide range of stressors such as academics, relationships, family, and discrimination while incorporating essential elements of ethnic identity. This group provides a safe and supportive space for students of color to make sense of and give voice to the wide range of feelings and reactions that emerge as a result of societal prejudice and racism toward people of color. Contact Dr. Toy Jones (ssjones@loyola.edu) for more information.

**In, Out, and In Between**, an affinity and support space for LGBTQ+ students.

**RIO**, a space to learn how to cope with anxiety, stress, and a variety of other concerns.

**Transitions**, a space for students that have had difficulty adjusting to life at college.

**Facing Loss**, a space to find support from your peers who may have also lost a loved one.

Want to join? Call the Counseling Center or walk in (Humanities 150, across from Starbucks) and we’ll get you connected: 410-617-CARE (2273).

Be Grateful This Season

Native American Heritage Month Word Search

The first 3 students to complete the word search wins two 25 ticket packages to I-Fest.
The 22nd Annual ALANA Breakfast

This year’s ALANA Breakfast took place on October 3rd in McGuire Hall. The event warmly welcomed families back to Loyola for Family Weekend. Many students felt eager about the ALANA Breakfast since it was the first time they had seen their families since move-in week.

Family and friends of ALANA students pressed their way through Hurricane Joaquin to reunite with their loved ones, and the ALANA Breakfast saw its largest crowd in the office’s history with over 380 people in attendance! The ALANA Breakfast featured warm, delicious food, cultural exhibitions from, and a powerful keynote address from Loyola Psychology Professor Karsonya Whitehead, Ph.D.

Terence Jones, a senior, noted, “I thought this breakfast was the best one yet…. The food was good. The performances were good. The keynote speaker was amazing, extremely inspiring!”

Left: Miriam McKinney ’16 introducing the featured keynote speaker, Dr. Karsonya Whitehead.

STUDENT SPOTLIGHT

This year’s Class of 2019 joined in sensation of the Pulitzer Prize, 2012 Tony Award and 2011 Olivier Award winning play by Bruce Norris, ‘Clybourne Park’. The play focuses on race relations in a predominantly African-American neighborhood in Chicago on the brink of gentrification.

Loyola has adapted this play and two ALANA students, Darnell Hutchins and Lydia Tefera, starred in this year’s adaptation!

LOYOLA LINGO: How to Destress

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 are spiritual exercises, which are:

Any variety of methods or activities for opening oneself to God’s spirit and allowing one’s whole being, not just the mind, to be affected… methods include: vocal prayer, meditation or contemplation, journaling, writing, art, drawing, painting, music, etc.

Please keep these behaviors in mind when you feel that stress may be permeating through different areas of your life.

Source: www.jesuitresource.org; Xavier University.
On October 3rd, Loyola celebrated the 23rd 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**  
Stories in Solidarity

**Diane Geppi-Aikens Service to Loyola Award**  
Terence Jones

**Pedro Arrupe, S.J. Award**  
Theda Tann  
Brian Yang

**Magis Scholar-Leader Award**  
Julie Alejo  
Deborah Kim  
Jamahn Lee

**Omicron Delta Kappa Leadership Honors Society**  
Laura Amortgui-Ordonez  
Zebradedra Hunter  
Jamahn Lee  
Brian Yang

**The Green and Grey Society**  
Carlos Amador  
Zebradedra Hunter  
Jamahn Lee  
Kirsten Nicholas  
Brian Yang

**The Community Service Award**  
Manal Arma  
Clarissa Gonzalez  
Francine Grey-Theriot  
Terence Jones

**Cura Personalis Award**  
Laura Amortgui-Ordonez  
Manal Arma  
Ciana Creighton  
Alicia Espinal Mesa  
Danielle Thorne

Please join ALANA Services in congratulating these and other students who received awards at Gratias!
### November 2015

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<td>Course Registration First years CSU Caribana (7-9pm; McGuire)</td>
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### Safe Travels

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### Good Luck!
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.

Loyola University Maryland
4901 North Charles Street
Andrew White Student Center E313
Phone: 410-617-2310
Web: http://www.loyola.edu/alana

I-Scholar Elected First-Year Senator

Please help us congratulate Brittani Borden for her election as First-year Senator! Brittani is part of the 2015 Ignatian Scholars Program cohort. When asked what she hopes to accomplish in office, she stated that "one of my goals is to assist in creating the bridge between the students and their enjoyable four years at Loyola."

Photo taken at Baltimore Inner Harbor during ISP August 2015

2015-2016
ALANA Organization Presidents

African Student Association
Uche Emili

Asian Cultural Alliance
Lauren Sese

Association of Latin American & Spanish Students
Carlos Amador

Black Student Association
Kyhla Desire

Caribbean Student Union
Crystal Godette

31st Annual International Festival
Friday, November 6th
McGwire Hall
12-2pm

See the world! (without leaving town)