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 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.

Please join ACA as they celebrate APIA Month from April 1st to April 6th, which includes a Loyola favorite, Asia Fest on April 6th, and also the APIA Month Keynote on . Make sure to come out and help us celebrate in the festivities with ACA!

To the Class of 2019, 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 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 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 2019. 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, Julie, Josie, Aliyah, Taylor, and James 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 30th of April.

Peace and Blessings, Dr. Rodney L. Parker
APIA Heritage Month Events!

The theme for 2019 is “Visionary Women: Champions of Peace & Nonviolence.” This year we honor women who have led efforts to end war, violence, and injustice and pioneered the use of nonviolence to change society. These Honorees embraced the fact that the means determine the ends and so developed nonviolent methods to ensure just and peaceful results.

For generations, women have resolved conflicts in their homes, schools, and communities. They have rejected violence as counterproductive and stressed the need to restore respect, establish justice, and reduce the causes of conflict as the surest way to peace. From legal defense and public education to direct action and civil disobedience, women have expanded the American tradition of using inclusive, democratic and active means to reduce violence, achieve peace, and promote the common good.

From women’s rights and racial justice to disarmament and gun control, the drive for nonviolent change has been championed by visionary women. These women consciously built supportive, nonviolent alternatives and loving communities as well as advocating change. They have given voice to the unrepresented and hope to victims of violence and those who dream of a peaceful world.

A few of the 2019 Honorees include Zainab Salbi, Graciela Sanchez, and Dr. E. Faye Williams.

Zainab Salbi, Founder and Former CEO of Women for Women International founded this organization at the age of 23. This grassroots humanitarian and development organization is dedicated to serving women survivors of wars by offering support, tools, and access to life-changing skills to move from crisis and poverty to stability and economic self-sufficiency. Salbi is the author of several books including Freedom is an Inside Job and she is host of the #MeToo, Now What series on PBS.

Graciela Sanchez is a dedicated neighborhood activist and cultural worker. She is co-founded and director of the Esperanza Peace and Justice Center (San Antonio TX). The Esperanza is a community-based arts and cultural organization, committed to serving marginalized communities. Sanchez has worked throughout her lifetime to eliminate racism, sexism, homophobia, and class elitism. Her activism facilitates conversations on issues of colonization, cultural genocide, violence, and intersectionality.

Dr. E. Faye Williams, Esq. has made her biggest mark as an activist for peace and human rights, having traveled and worked on issues around the world. In her book, The Peace Terrorists, she details a 40-day peace mission she undertook with 200 women from around the world for the purpose of working to prevent the first Gulf War. As an active civil and human rights leader, she continues to fearlessly protest injustice and brutal world-wide occupations. She is currently the National Chair of the National Congress of Black Women.

ACA thanks you for the love and support throughout APIA Heritage Month!
Spotlight on ALANA Leaders

We would like to congratulate students who will serve in leadership positions across campus for the 2018-2019 school year.

MAP Navigators
ALANA Services

Isaiah Diaz
Mailyse DeJesus
Nichole Arro
Reynante “Arby” Alimon
Alyssa Doverte
Kennedy Debow
Matthew Franco
Marie Bernadette Del Prado

Priyanka Agadi
Triumph Akpabio
Shanae Claudio
Taylor Dacosta
Mia Conde
Christopher Czapla
Malachi Emmanuel
Hunter Farinhas
Jaime Galloreto
Chris Goodson
Diana Guevara
Maddie Hughes

Evergreens
Office of Student Engagement

Brynn Jones
Emilio Layton
Believe Mbaya
Sarah Ng
Arden Norwood
Venus Okwuka
Chris Pfeltz
Kiara Roeder-Yika
Isabella Snyder
Maci Torres
Jen Valencia
Jade Wehner

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. This event took place in McGuire Hall on Friday, February 8th. BSA took the time to highlight and award several Loyola students, faculty, and staff who have made an impact on Loyola’s campus. These awards were Most Outstanding First Year Award, Most Outstanding Senior Award, Most Outstanding Club Member Award, and lastly an award for faculty, staff and administrators who have gone above and beyond to advocate and stand with marginalized students of all backgrounds, especially the Black Students on campus was given to 2 faculty and staff members.

The 2019 awards recipients are as follows:

Most Outstanding First Year Award—Brynn Jones
Most Outstanding Senior Award—Sterling Franklin
Most Outstanding Club Member Award—Christian McNeil
Faculty and Staff Awards—Dr. Kourtney Bennett, Counseling Center; Sean Bray, Campus Ministry

These 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!

AMP & BSA Visit the National Museum of African-American History & Culture

On Saturday, February 16th, the ALANA Mentoring Program (AMP) and the Black Student Association (BSA) took a drive to Washington D.C. to visit the National Museum of African-American History and Culture. Students were left in a state of gratitude and reflection as they thought through and experienced both the suffering and accomplishments of all those who came before us.

Groups of students were moved to tears by the Emmitt Till exhibit and danced through the top floor of the museum as they learned about African American history through music and entertainment. Students reflected on the presidency, class, and elegance of Mr. Barack Obama as well as Michele Obama and other timeless examples as they enjoyed soul food in the museum’s food court.

Laughs were shared, tears were shed, and hugs were given as we embraced what the past reminds us of and thought towards the impact we all can have on the future. We are glad to have shared this experience with our students and proud of the moving discussions that followed which displayed both intellect and passion. The future is indeed in great hands!
### March 2019

**Special Dates**

**March 4 - March 8**

**Spring Break**

**March 29**

**BSA 21st Annual Fashion Show**

8-10pm in Reitz Arena

### April 2019

**April 8-April 22**

**Easter Break**

**April 5**

**CSU Carnaval** (Rain date: April 12th)

**April 6**

**Asia Fest**

**April 3**

**ACA Keynote**

**April 29**

**Night of Stars**

### National Women's History Month

### March 2019

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<td>Sister to Sister</td>
<td>(6-7pm, CIE)</td>
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<td><strong>Night of Stars</strong></td>
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When we think of stress management and identifying ways to create sense of balance in life, “self-care” may be a familiar term that comes to mind. But what about “self-compassion”? How often do we pause to consider how we can offer ourselves comfort when we are tired, frustrated, uncertain, or hurt? And, is it ok to accept this suffering as a part of our human experience rather than emotions to be feared, avoided, or suppressed?

Self-compassion entails 1) being gentle with ourselves when we fail or feel inadequate instead of focusing on self-critiques; 2) considering that being imperfect and vulnerable is a part of the shared human experience; and 3) acknowledging our emotional experiences with openness rather than judgement.

It might take time to get used to caring for ourselves in this way, so here are some tips, inspiration, and resources for practicing self-compassion.

1. Keep in mind that when you make initial attempts at being open to painful emotions, those feelings may intensify. Practicing a mindfulness exercise and taking a moment to focus on your breathing can help.
2. Remember that self-compassion may not make the difficult experience go away; rather it will allow us to foster an internal sense of care and kindness for ourselves.
3. Imagine how you might respond to a friend in a need and consider what it might be like to consider yourself with the same understanding.
4. Consider journaling about the challenges you have faced, using this writing prompt as a guide: http://self-compassion.org/exercise-3-exploring-self-compassion-writing/
5. Try a guided self-compassion meditation: http://self-compassion.org/category/exercises/#guided-meditations
6. Consider reaching out for additional support from peers, mentors, or a counselor at the Counseling Center.

· Call us at 410-617-CARE
· Go to our website: www.loyola.edu/counselingcenter
· Visit us M-F, 8:30-5:00, in Humanities 150

We Care. We’re here to help. Let’s talk.
The Staff of the Counseling Center

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
4501 North Charles Street
Andrew White Student Center E313

Phone: 410-617-2310
Web: http://www.loyola.edu/alana