ALANA Celebrates Caribbean & Native American Heritage

Caribbean Heritage Celebration
November marks the commencement of Caribbean Heritage Celebration (CHC). America and the Caribbean nations share a common history of oppression and liberation. As we celebrate Caribbean heritage, it is important to recognize the plethora of contributions they have made to better the American society. They represented this country as athletes, political officials, educators, military servicemen and servicewomen, community leaders, and innovative students. On May 31, 2016, the United States opened up travel to Cuba, aiming to foster a community of inclusion with the people of Cuba, there, and on U.S. soil. For more information, please be aware of upcoming events of celebration and education from our Caribbean Students Union.

Native American Heritage Month
Here at Loyola, November is when we celebrate Native American Heritage Month. It’s important to recognize this cultural heritage because it has been often undermined by other celebrations. In this country, we celebrate the accidental “discovery” of the Americas, but often fail to address those indigenous people that inhabited this land prior to colonization. All throughout history, there have been laws passed that infringe upon the rights of Native Americans. It is essential to become more educated about the frequently overlooked history of Native Americans in this nation, and what can be done to catalyze liberation. For more information, please heed to forthcoming events that celebrate Native American Heritage.

Director’s Corner

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, Caribbean Heritage Celebration and Native American Heritage Month. We are looking forward to Caribana this Saturday, November 10th, and also very excited about our upcoming Native American Heritage Month Luncheon on Tuesday, 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.

Happy Holidays,
Rodney L. Parker
Chardelle Moore is the multimedia host for FOX45 and sister stations CW Baltimore and MyTV Baltimore and is known for her vibrant personality. She was born in Grand Bay Dominica and raised in the greater Washington D.C. area. A national cover model, she is a former Miss Caribbean Metro USA where she served as a spokesperson for the Caribbean American community.

Chardelle holds a Bachelor’s Degree in Communications with a concentration in Broadcast Journalism and a minor in Public Relations from Marymount University. Chardelle held several leadership positions including co-founding the African Caribbean Student Association, serving as the Cultural Arts and Lecture Chair where she hosted a live campus show, and being a proud charter member of Delta Sigma Theta Sorority Incorporated.

Chardelle began her career as a production assistant at BET in Washington D.C. but shortly made the jump in front of the camera as a host for a local entertainment network. She has interviewed a diverse range of notable figures from the likes of Claire Danes, Meagan Good, Chaka Khan, BET CEO Debra L. Lee, and Rand Paul to name a few!

In addition to her television career and the aforementioned accomplishments, Chardelle is also an award winning motivational speaker! In 2013, she was appointed the Global Ambassador for Globally Igniting Africa, an international non-profit organization dedicated to the empowerment and healthy development of African women and girls. Nicknamed, "Motivational Moore" for her dedication to empowering others, she has made several high profile speaking appearances including the White House. ALANA Services, the Caribbean Students Union, and the Loyola community are honored to have Chardelle Moore as a keynote speaker and look forward to experiencing her charisma during Heritage month.

November 5, 2018 7-8:00 pm
4th Floor
Program Room

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.
American Indians, Alaskan Natives, & Native Americans in Education

- 67 percent of American Indian students graduated from high school compared to 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 Haliwa-Saponi tribe has had a long and difficult history. Their ancestors are the Tuscarora, Tutelo-Saponi, and Nansemond people. While they tried to organize a formal government as early as the late 1800s, they were not recognized as a tribe until 1965. And through all of these trials and tribulations, the Haliwa-Saponi tribe has been responsible for hosting the oldest and largest powwow in North Carolina every April.

Join ALANA Services in welcoming members of the Haliwa-Saponi tribe during this year’s Native American History Month Keynote luncheon November 13th at 11:30am in the McGuire Hall
You may RSVP to Julie Rivera (jcrivera@loyola.edu).

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 25th Annual ALANA Breakfast

This year’s ALANA Breakfast took place on September 29th in McGuire Hall. The event warmly welcomed families back to Loyola for Family Weekend. It was a beautiful site to see families fellowship over good food, performances, and a keynote address. This year, many student clubs showcased their talents, ranging from dance performances to spoken word pieces. Many students were eager to either introduce or reacquaint their families with the ALANA staff. The ALANA Breakfast featured a wonderful keynote address from Associate VP for Faculty Affairs and Diversity, Dr. Cheryl Moore-Thomas highlighting her life’s experiences and journey and overall knowing your worth and never giving up on your dreams.

Asian Cultural Alliance performed the Tinkling dance from the Philippines. African Student Association also performed an Ethiopian dance. Black Student Association presented a poem on being Black in America and Caribbean Student Union presented a poem in Creole and Spanish.

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

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.jesuitresource.org; Xavier University.
On September 29th, Loyola celebrated the 26th 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**

Awards and Recipients:

- **Cura Personalis Award**
  - Alexandria Agee
  - Gabriel Nacion
  - Justin Montague
  - Udval Yun
  - Triumph Akpabio
  - Haleema Hafeez
  - Ahmed Jackson

- **Omicron Delta Kappa Leadership Honors Society**
  - Hannah Chin
  - Zalen King
  - Andrew Ramirez
  - Francisco Rios
  - Christopher Roque Mateo
  - Jennifer Valencia

- **The Community Service Award**
  - David Dowd-Nieto
  - Casandra Martinez
  - Alexandra Heredia
  - Triumph Akpabio
  - Jon Broom
  - Madison Hughes
  - Stephanie Muller

- **Magis Scholar-Leader Award**
  - Areannah Agathe
  - Zalen King
  - Justin Montague
  - Stephanie Petrone
  - Hana You
  - Udval Yan
  - Alexandra Agee
  - Hector Trujillo
  - Brian Chan
  - Jayda Lawlah
  - Oscar Rodas-Falla

- **The Green and Grey Society**
  - Joseph Aguilera
  - Matthew Cannon
  - Justin Montague
  - Ayana Rhym
  - Gabriel Nacion
  - Stephon Smith
  - Abel “Mickey” Watson
  - Jordan Zolliecoffer

- **Diana Geppi Aikens Service Award**
  - Ayana Rhym

- **Pedro Arrupe, S.J. Award**
  - Joseph Aguilera
  - Shahirah Khan

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

*Award recipients after the 26th annual Gratias ceremony (Justin Montague to the left, Ayana Rhym to the right)*
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**November 2018**

Native American Heritage Month

**December 2016**
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)

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

2018-2019

ALANA Organization Presidents

African Student Association
Beza Mamo

Asian Cultural Alliance
Reynante “Arby” Alimon & Jan Manzanero

Association of Latin American & Spanish Students
Genesis Romero & Anthony “Tony” Muentes

Black Student Association
Ahmed Jackson

Caribbean Student Union
Krystele Antoine