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ANTHEM

SEPTEMBER / OCTOBER 2020



Another academic year starts and Latinx Heritage Month (LHM) is soon upon us. Every September, ALANA Services offers the Loyola community programs and events to celebrate Latino heritage, nationally known as Hispanic Heritage Month. Programs and events during National Hispanic Heritage Month take place from Sept 15th to Oct 15th.

The significance of September 15th is to recognize the anniversary of independence of five Latin American countries: El Salvador, Costa Rica, Guatemala, Nicaragua and Honduras. For Mexico, Chile and Belize, the month of October also carries great value since these nations celebrate their independence days and Columbus Day (Día de la Raza) on October 12th.

Today, National Hispanic Heritage Month seeks to recognize the contributions made and the important presence of Hispanic and Latinx Americans to the United States. Therefore, we hope to celebrate Latinx and Hispanic heritage and culture. Please join us in this annual tribute by learning about the generations of Hispanic Americans who have positively influenced and enriched our lives and this nation. To celebrate this year's LHM, ALANA and the Association of Latin American and Spanish Students have some events planned for you!

DIRECTOR'S CORNER

Greetings from ALANA Services! I hope this message finds you well and ready for the 2020-2021 year. We welcome the class of 2024 into the Loyola community, and welcome back the classes of 2021, 2022, and 2023. I am mindful the semester is starting in an unconventional way however the ALANA staff has been planning all summer for your arrival, and we are excited about the opportunities to connect and engage with you virtually. We have several events and programs scheduled that will bring us together to celebrate cultural diversity, highlight important campus resources, and provide spaces for social engagement. We are looking forward to celebrating Latinx Heritage Month (September 15th-October 15th) so be on the lookout for upcoming events. We are here to support you and look forward to seeing you at one of our many events, as well as on social media. Have a productive and prosperous fall semester!

Ms. Raven D. Williams

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WORDS FROM **ALAS**

Written by Haleema Hafeez
ALAS President

Unidad. Justicia y tu lucha es mi lucha
Unity. Justice. and your fight is my fight

ALAS's Theme for the academic school year is UJT. UJT stands for Unidad, Justicia, and Tu Lucha es mi Lucha. This year has presented endless challenges and injustices, particularly ones that affect Latinx and Black communities. Instances include higher rates of COVID within Brown and Black communities, police brutality, economic despair, and human rights violations. With the range of difficulties this year has presented thus far, we must unite for the better good of our communities, fight for the justice of not only our people but others, and continue to stand in solidarity with our brothers and sisters. Those of the Latinx community are often described as hard-workers but sometimes even the hardest-workers need a helping hand. Therefore, we ask that those engaging with ALAS help us spread the word, bring light to our heritage month, educate yourselves and others, and be apart of us with an open mind and open heart. This year's e-board consists of all Latinx women. Latinx women have been subject to machismo and gender-based violence within our own countries. ALAS will serve these women from an educational standpoint and utilize donation-based events. Throughout the year, ALAS will engage with our audience keeping Unidad, Justicia, and Tu Lucha es mi Lucha in mind. ALAS will also work to positively celebrate the beauty of our culture and people. We recognize the difficulty of these times and want to allow ourselves and you all to appreciate the Latinx essence while remaining educated. Our people shouldn't be recognized as purely suffering, but more-so as luchadores who love and celebrate their culture. Let's amplify Latinx voices and people this month through

UJT!



Words from CSU



Unidad in the Caribbean is something that shows how we feel about family and unity. Despite being from different parts of the Caribbean, we have similarities. Whenever we see someone else from the Caribbean, no matter where they come from, they are our family. We share that kinship and pride of being from the islands.

-Caribbean Student Union

Month Long Welcome Back Meet & Greet

Join us every Friday at 3PM EST In September to Meet The ALANA Staff and Partners!

Sept 4th: Block Party
Sept 11th: Meet Ms. Raven & Dennis and the Retention Program Leaders
Sept 18th: Programming and ACE Events
Sept 25th: Meet the GA's & Orgs

Zoom Codes to Follow

Matching Game!

Match the famous Latinx Celebrity to their country of origin!

Country Bank

Mexico Chile Cuba
Dominican Republic Puerto Rico
Colombia Panama



Sofia Vergara



Cardi B



Popsmoke



Celia Cruz

Sonia Sotomayor



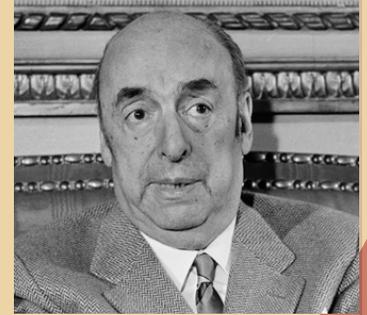
Roberto Alomar



Salma Hayek



Pablo Neruda



ALANA Mentoring Program

ALANA Based Mentoring: While college is a fun and rewarding experience, the transition can be challenging, whether it is the workload or finding your place. Through the ALANA Mentoring Program (AMP) you will have be provided with a mentor who has gone through similar experiences

The Perks: AMP will help you meet new people and make connections. AMP events in the past have included going to the movies, going to Sky Zone, and having Potlucks.

The Program: You will be paired with an upperclassman who will support you through regular check-ins and meaningful social interactions. Your mentor be 100% committed to helping with your adjustment.

If you have any questions, please reach out to our Mentorship and Assessment Graduate Assistant, Angelique, at andakkak@loyola.edu



IGNATIUS SCHOLARS PROGRAM

Each year since 2013, the Ignatius Scholars Program (ISP) has given cohorts of 30 students an advantage above their peers who arrive in the fall. The program is coordinated by the Office of Student Development, ALANA Services, and the Academic Advising and Support Center (AASC). Participants in the program primarily include students of color, students who demonstrate significant financial need, and first-generation college students. From August 10th to August 26th this year's 25 ISP students, or I-Scholars, cultivated eloquentia perfecta, or the Jesuit tradition of exhibiting effective speech and writing, through courses in math, reading, and writing virtually. They also discovered Loyola University Maryland's (LUM) supportive services through a series of online workshops. I-Scholars constructed their supportive networks through virtual team-building exercises and academic advisory meetings. For more information, please visit www.loyola.edu/join-us/ignatius-scholars.

"Resilience" Campaign

(Note: The following is the first in a four-part series from the Counseling Center on developing "Resilience")

Countries across the world are navigating crisis management and recovery from the impact of the coronavirus pandemic. Many of us experienced a range of painful losses as a result of the pandemic from the passing of loved ones to the loss of housing stability to the cancellation of important milestone events. Moreover, racial violence in the United States persists, reflective of an ongoing pandemic of racism. Grief and loss are a continuing process, and healing from the potential impact of racial trauma takes time. Developing resilience can provide a way to rebuild and find our way forward.

Resilience is the process of "adapting well in the face of adversity" and allow us to be more flexible in adapting to the challenges we will face in life. Resilience is a skill that we develop rather than a character trait and creating resilience in our lives may be informed by the intersecting identities we hold. This fall, the Counseling Center is launching a campaign to educate the campus community about how resilience can be increased through the development of certain attitudes, skills and habits. Stay connected to find resources on how we can adapt our thoughts, emotions, and actions to foster resilience. Each of these areas will be addressed throughout the 2020-2021 school year.

Thoughts: strategies introduce concepts of mindfulness and willingness that help to lessen the intensity and impact of difficult thoughts.

Emotions: strategies can help us gain acceptance of a range of emotions.

Actions: strategies present a variety of ideas to manage stressful situations through values exploration and goal setting to engage in more meaningful experiences.

To start, take a quiz online to learn more about your stress levels, mindfulness skills, sense of life satisfaction, or flexibility – all aspects that impact our ability to build resilience (www.loyola.edu/resilience).

"There are opportunities even in the most difficult moments."- Wangari Maathai
410-617-CARE (2273) • www.loyola.edu/counselingcenter • @loyolamd_counselingcenter

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

Words of Encouragement from ALANA



ALANA is here to support you....we're just a phone call, email, or Zoom appointment away. You possess the strength and skills to achieve anything you set out to do!"

Life can be so unpredictable. There are so many facets that you cannot control. But you can control your attitude, your determination, and your outlook. Focus on the positive, and remember that you are well equipped to handle whatever life throws your way. Make the best of this situation, and make it a semester to remember! You've got this!



"Challenges tend to come to those who are ready for it. Know that you will only grow stronger from these experiences. Take it one day at a time and know that you're not alone!"

"Take It one day at a time, and try to set a routine so you have something to look forward to everyday. At the end of day list the things you are grateful for and stay motivated!"



"I know everyone is bummed about how the semester is starting, but let's try and be optimistic and stay positive. Class of 2021 start strong, you have made it this far. Love you all, stay safe and wash your hands!"

"I know this is a trying time for everyone! If you can, try to take care of your mental health as well as your physical health. Focus on the things that bring you peace and joy. Use this time to clear your mind. Always remember I am a phone call or text away."

One of my favorite sayings is "petit à petit, l'oiseau fait son nid." In English this means, little by little the bird makes his nest. As you start at Loyola, remember that building your nest is a journey, requiring patience, dedication and community.



Loyola Lingo: LUM Core Values

One of the first things that you may notice coming to campus is the strong emphasis on Jesuit values. And while you may have heard about Jesuit values often since familiarizing yourself with Loyola, it may be unclear what that is. These are foundations that Jesuits believe are a fundamental part of the goals and ideals that you strive for, both in life and also as a student. Academic excellence is promoted through Loyola being an institution of learning and exploration, while at the same time protecting those academic freedoms. Another ideal promoted throughout the university is diversity, which seeks to provide an inclusive environment for those regardless of race, gender expression and identity, religion, ethnicity, sexual orientation, or disability, which is done through offices, like ALANA Services. The focus on the whole person is another concept exemplified by Loyola to provide services to help individuals strive to good health, well-being, and spiritual value, through services such as, the Counseling Center, the Center for Community Service and Justice (CCSJ), and Campus Ministry. There are many more Core Values that LUM abides and it is essential to understand how each of these function on campus. These ideas are not mutually exclusive, and are meant to provide students, faculty, and administrators with a sense of community as they step onto this campus. How do these values relate to your personal ideals? <http://www.loyola.edu/about/mission-vision-values>



ALANA SERVICES

ALANA Services Mission Statement

ALANA (African, Latinx, 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.

Phone: 410-617-2310

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Andrew White Student Center E31

2020-2021 ALANA ORGANIZATION PRESIDENTS

AFRICAN STUDENT ASSOCIATION

Eniola Sokera

ASIAN CULTURAL ALLIANCE

Kayte Rooney

ASSOCIATION OF LATINX AMERICAN STUDENTS

Haleema Hafeez

BLACK STUDENT ASSOCIATION

Amber Davis

CARIBBEAN STUDENT UNION

Matthew Franco

MIDDLE EASTERN SOUTH ASIAN ALLIANCE

Seemab Kazmi

NATIVE AMERICAN STUDENT ASSOCIATION

Joy Walker

Stay Engaged with ALANA

September Events Latinx Heritage Month



9/4-ALANA Office Zoom Party
9/8- Hora de Cafe con Leche
9/8 - CSU 1st GBM
9/10 - ALAS 1st GBM
9/11-Meet & Greet
9/14 - ASA 1st GBM
9/15 - ACA 1st GBM
9/16 - ACE Workshop
9/16 - BSA 1st GBM
9/17- NASA 1st GBM
9/18-Meet & Greet

9/21 - MESA 1st GBM
9/22 - Hora de Cafe con Leche
9/22 -CSU 2nd GBM
9/24 - ALAS 2nd GBM
9/25-Meet & Greet
9/28 - ASA 2nd GBM
9/29 - ACA 2nd GBM
9/30 - ACE Workshop
9/30 - BSA 2nd GBM

October Events

10/1 - NASA 2nd GBM
10/6 - Hora de Cafe con Leche
10/6 - CSU 3rd GBM
10/8 - ALAS 3rd GBM
10/12 - ASA 3rd GBM
10/13 - ACA 3rd GBM
10/14 - ACE Workshop
10/14 - BSA 3rd GBM
10/15 - NASA 3rd GBM
10/15 - Latinx Heritage
Keynote
10/20 - Hora de Cafe con Leche
10/20 - CSU 4th GBM
10/22 - ALAS 4th GBM
10/23 - MESA Program
10/26 - ASA 4th GBM
10/27 - ACA 4th GBM
10/28 - ACE Workshop
10/28 - BSA 4th GBM
10/29 - NASA 3rd GBM



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