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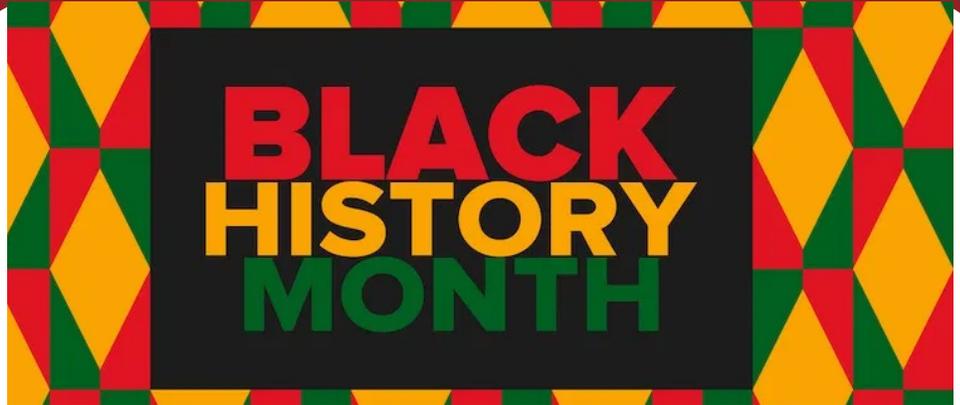
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Graduate Assistant

# ANTHEM

February 2022



Welcome back! Help us celebrate diversity by welcoming the new year with Loyola's African Diaspora Celebration and Black History Month celebrations. African Diaspora Celebration (ADC) highlights different traditions seen throughout the world as a result of the scattering of millions of African people from their ancestral homelands and ways of life. This year's events at Loyola reflect the ADC's theme, "( Nakupenda) -It's all about love" Following ADC is Black History Month (BHM). Both heritage celebrations feature food, music, dancing, and the cultural richness of the multifaceted African Diaspora Celebration.

The African Student Association (ASA) and Black Student Association (BSA) invite us to celebrate ADC and BHM to reflect on what African/Black history means for us, our community, and our world. ASA will host a week of events including events like a informative student panel and Wazobia. BSA will begin BHM with weekly movie nights starting February 6th, followed by a sitcom night on February 18th and Umoja on the 25th! We welcome you to recognize, reflect, and pay your respects to the contemporary contributions of African and African American cultures through our African Diaspora Celebration and Black History Month celebrations!

## Director's Corner

Greetings! I hope the start of the spring semester finds you in good health and spirits. We are back from winter break which I hope was a time of rest and relaxation. We enter 2022 with a renewed mindset and energy to navigate the many aspects of our daily lives, and with great optimism of what's ahead. I am elated to see the campus bustling with students, faculty, administrators, and staff, adding to the vibrancy of the Evergreen campus. Also adding to the vibrant campus are the many programs and events taking place this semester. The African Student Association will have upcoming events highlighting the African Diaspora Celebration, and the Black Student Association will also host events celebrating Black History Month. We invite the campus community to be observant of the calendar of events for ADC and BHM...mark your calendars to help us celebrate the rich culture and traditions of the African Diaspora and Black History. There are several other opportunities for engagement through ALANA Services and I encourage you to take advantage and get connected with our office. In the midst of celebration, I am mindful that there is much hurt, loss, and sorrow in the world. I invite you to join me in a space of reflection and discernment on how we as Ignatian citizens can be good stewards to others and a campus community "for and with others". Check on your friends, classmates, and colleagues and more importantly, check in with yourself. The Counseling Center has several resources available if needed, including student appointments. I anticipate a productive, enjoyable, and healthy semester. Enjoy this edition of the Anthem and I look forward to seeing you at one of many of our events!

Peace and Blessings,

*Ms. Raven D. Williams*

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# BLACK HISTORY CELEBRATION

Written By: Grace Murry Co-President of BSA

In February of 2022, the Black Student Association plans to center our events and interactions with members around the theme of "Restoration." The past few years have been particularly difficult for the black community as we struggled and continue to struggle with racial injustice and systemic issues like police brutality and healthcare inequality in a global pandemic. The events the organization is hosting will foster a sense of community among the black students at Loyola and encourage them to consider how they can heal themselves as individuals, as well as how they can help to heal the black community at large.

Many of the events hosted by the Black Student Association this February will be either celebrations or informational sessions, meant to bring people together and welcome the first-years and sophomores into the organization. Through these programs, we hope to restore both membership in the Black Student Association and the sense of community among black students on campus after many semesters of virtual learning. We will reflect on the past, but we will not dwell. Instead, we will look towards the future and toward creating paths of healing.

*Black Student Association*

## African Diaspora Celebration

Written By: Hodavia Kalombo

Co-event Coordinator

"Wazobia" is a word comprised of three different African dialects, Hausa, Igbo, and Yoruba, which are all translated to mean "come." "Wa," in the Yoru-ba language, "Zo," in the Igbo language, and "Bia," in the Hausa language. As a collective, the executive board members of the African Student Association decided to make the theme for this year's Wazobia "Nakupenda: It's all about Love". **Nakupenda** is the Swahili word for *I love you*. This year's theme is a tribute to an old east-African lullaby "**Nakupenda Malaika**". This song has been sung from African mothers in ancient Africa to African power house Miriam Makeba in front predominately white crowds in a South Africa fractured by apartheid. We chose this theme as a clear message that Africa's most powerful weapon will always be love. We believe that sharing our love for our culture is what we need the most, especially, during those unprecedented times. Thus, ASA invites you to learn about the our Nakupenda through games that remind us of home, a collaborative panel, and the comeback of our Diaspora celebration Wazobia.

-African Student Association

*African Student Association*

# AFRICAN DIASPORA TRIVIA

Match the country name to each corresponding colored arrow and number!



1.

2.

3.

4.

5.

1. Angola 2. Niger 3. Kenya 4. Somalia 5. Madagascar

## BLACK HISTORY MONTH QUIZ!

### MATCH THE QUOTE TO THE FAMOUS BLACK ICON

1. "As an African-American actor, a lot of our stories haven't been told."



2. "There is no greater agony than bearing an untold story inside you."



3. "When somebody walks up to me, don't look around, don't look beyond them. Look them in the eye, take in the story,"



4. "I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go."



# Year of the Tiger

The zodiac animals rotate on a 12-year cycle, and each is assigned a set of traits. It is also believed that certain zodiac animals will get along better than others. Those of the year of the Tiger are the most compatible with those of the year of the Horse, Dog, or Pig.



# ACA's Lunar New Year

Lunar New Year, also known as Chinese New Year or Spring Festival, is widely celebrated across several Asian and Asian American cultures and communities. The Lunar New Year marks the first new moon of the lunisolar calendar. This calendar is defined by 12 full cycles of the moon and is traditional to some Asian countries, most commonly China and Vietnam. This year, Lunar New Year will be celebrated on February 1st until February 15th.

In addition to the animal zodiac, years are also assigned elements. This year, 2022, is the year of the Water Tiger. Other years of the Tiger include 2010, 1998, 1986, 1974, 1962, and 1950. People born in a year of the Tiger are brave, competitive, unpredictable, and confident. Lunar New Year celebrations, lasting 15 days, include a family dinner of auspicious noodles on new year's eve, red envelopes of money, firecrackers, and lion and dragon dances.

# Let's Talk-The Counseling Center

## *Coping with Loss*

Experiencing loss—past, current or threatened—can lead to many feelings, including those of sadness, emotional numbness, loneliness, confusion, guilt, anger, panic and anxiety, physical symptoms, and loss of academic focus.

Grief is a process and a journey. It is not linear and looks different for everyone. Feelings of loss are very personal. There is no “right way” to grieve, and feelings of loss can arise from a variety of experiences, including death of a parent or relative, death of a friend or partner; serious illness of a loved one; relationship or friendship breakup.

Less obvious losses can also cause strong feelings of grief. Some examples of less apparent losses include:

- Loss of health through illness
  - Death of a pet
  - Move to a new home or city
- Loss of a physical or mental ability
  - Loss of financial security
  - Significant life transitions

Ways to cope with grief:

- Talk to family or friends
  - Seek counseling
  - Join a support group
  - Seek spiritual support
- Read, journal, or listen to music
  - Take care of your body
- Create rituals to honor your loved one
- Let yourself feel everything you are feeling
  - Be patient with yourself

Helpful information can be found on our website, <https://www.loyola.edu/department/counseling-center/public-health-initiatives/illness-loss-grief>

Also, check out Speaking Grief for helpful information and resources. <https://speakinggrief.org/>

If you or someone you know is going through a difficult time due to a loss, the Counseling Center is here to help. Give us a call at 410-617-CARE (2273), or stop by HU150 to set up an appointment. You are not alone.

# Student Leadership Opportunities

Positions  
Evergreen  
Resident Assistants  
MAP Navigators  
AMP Mentors  
PMC's  
Campus Ministry Interns  
CCSJ Interns  
Peer Conduct Board  
Loyola Career Ambassador  
Greyhound Ambassador  
Campus Ministry Leadership Positions  
CCSJ Immersion Peer Facilitators

**BLACK  
HISTORY  
MONTH**

Application Due  
01/09/2022  
Early January 2022  
02/18/2022  
02/18/2022  
02/1/2022  
March 2022  
03/17/2022  
02/28/2022  
March 2022  
Late March 2022  
Spring 2022  
Spring 2022



## MLK CONVOCATION



Bestselling author Michelle Alexander spoke at Loyola University Maryland's annual Martin Luther King, Jr., Convocation address on Thursday, Jan. 20, 2022, at 6:30 p.m. Alexander discussed her book, "The New Jim Crow: An Evening with Michelle Alexander," where she examines the racial injustice in the modern legal system and calls us all to participate in action for improved human rights in America. The evening was moderated by Karsonya Wise Whitehead, Ph. D, founding director of the Karson Institute for Race, Peace, & Social Justice and associate professor of communication and African and African American Studies at Loyola.

Click here for more information:

<https://www.loyola.edu/join-us/mlk-convocation>

## Student Spotlight



Hi, my name is Hajrah Jalil, I'm a political science major with an environmental and sustainability studies minor. I am currently studying abroad in Dubai to learn about foreign policy, globalization, and am immersing myself in Dubai's culture and society. I am being exposed to a variety of perspectives from people of different backgrounds, which is helping me prepare for my future career at the United Nations Environment Program.



# ALANA LOVES LOYOLA!



There's a lot I love about Loyola, but one of the things I love most is the sense of community. I love running into students and colleagues on campus and having conversations with them, or just casually checking in with them. It's a blessing when you get to have a career that you love and you work in a supportive environment. Of course I love our ALANA students and staff...I'm grateful for them!

What I love most about working at Loyola is getting to work with our incredible, fantastic, unbelievably amazing ALANA students. I enjoy being a resource, and support system for them. I also enjoy the tightknit community that exists at Loyola.



“What I love about Loyola are the opportunities it provides for our students. I love how helpful the faculty, staff, and administrators are. I love that I made life-long connections both as an undergraduate and as a staff member at Loyola.”



Something I love about Loyola is the dedication the professors and staff have in supporting and ensuring the success of its students. As a graduate student, I feel lucky to be working with the professors currently in the CPC Program!

I love that Loyola has such a strong sense of community. The best part of my Loyola experience thus far has been all the people I've connected with over the years. I look forward to watching this community continue to grow and absolutely thrive!

What I love about Loyola is the way it has provided me with multiple opportunities to grow (not only professionally, but personally too!) As a Speech-Language pathology graduate student, Loyola has helped me network with multiple individuals from various backgrounds to help serve my community.



# Loyola Lingo: Discernment

Are you facing a significant decision in your life? Many students encounter times where they feel stuck about making an important decision, ranging from on-campus leadership to deciding on the status of interpersonal relationships. If you are feeling like this, the Jesuit-based discernment tool may guide you to the proper conclusion.

1. Outline the pros and cons of the decision with respect to the Jesuit mission, vision, and values.
2. Approach deliberations with an impartial mindset (Ignatian indifference).
3. Share your opinions.
4. Encourage and support the contributions of others.
5. Give close attention to the viewpoints of others'--more so if disagreements arise.
6. Be mindful of feelings of unease or agitation (Ignatian desolation).
7. Notice God's (or your personal governing being's) presence and will.
8. Deliberate until you have a shared sense of contentment with a decision (Ignatian consolation). By Debra Mooney, PhD.

Although this process may occur over a series of days, it is noted to reveal ideal outcomes in times of indifference. In addition, it can be applied to a series of circumstances. If you are facing moments of confusion or unknowingness, it is encouraged that you fall back on the Jesuit Discernment process. This is not a right or wrong process, but a "which is better for me" process.



# 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

Web: <http://www.loyola.edu/alana>

Loyola University Maryland

4501 North Charles Street

Andrew White Student Center E31

## 2021-2022 ALANA ORGANIZATION PRESIDENTS

### AFRICAN STUDENT ASSOCIATION

Eniola Sokera

### ASIAN CULTURAL ALLIANCE

Kayte Rooney & Kelley Chan

### ASSOCIATION OF LATINX AMERICAN STUDENTS

Mariana Carillo Obregon

### BLACK STUDENT ASSOCIATION

Anaya Adams & Grace Murry

### CARIBBEAN STUDENT UNION

Jada Brown Guerra

### MIDDLE EASTERN SOUTH ASIAN ALLIANCE

Seemab Kazmi

### NATIVE AMERICAN STUDENT ASSOCIATION

Joy Walker

### MOSAIC

Gabriela (Gabbs) Argueta Ferrufino

# APPLY!

## Multicultural Awareness Program (MAP) Navigator

Applications due, Friday, February 18th, 2022

For more information contact Dennis Velez at

[dvelez@loyola.edu](mailto:dvelez@loyola.edu)

## ALANA Mentoring Program (AMP) Mentor

Applications due Friday, February 18th, 2022

For more information contact Jessica Morales

at [jmorales@loyola.edu](mailto:jmorales@loyola.edu)

# Stay Engaged with ALANA

## February Events

Black History Month & ADC

- 2/1 - ACA Lunar New Year
- 2/1 - Man2Man
- 2/4 - AMP Open House
- 2/4 - BSA Charm City Trivia
- 2/5 - BSA 90's and 2000's Party
- 2/8 - ACE Workshop
- 2/9 - BSA GBM
- 2/9 - Mosaic Open GBM
- 2/10 - Sister to Sister
- 2/10 - ASA GBM
- 2/11 - AMP Open House
- 2/11 - Wazobia



## February Events

Black History Month & ADC



- 2/15 - Man2Man
- 2/16 - ASA & CCSJ Panel
- 2/18 - Black Sitcom Night
- 2/22 - ACA GBM
- 2/23 - BSA GBM
- 2/24 - BSA Keynote
- 2/24 - Sister to Sister
- 2/24 - ASA GBM
- 2/26 - AMP Mentor Workshop
- 2/25 - BSA Umoja

Follow us!



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