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 2018. 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

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 9th to April 17th, which includes a Loyola favorite, Asia Fest on April 14th, and also the APIA Month Keynote on April 17th. Make sure to come out and celebrate in the festivities!

Never Give Up, Never Back Down

To the Class of 2018, 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!
APIA Keynote: Deepa Iyer

An immigrant who moved to Kentucky when she was twelve, Deepa graduated from the University of Notre Dame Law School and Vanderbilt University. Deepa is the Chair of the Board of Directors of Race Forward.

Deepa is an attorney who has worked on civil and immigrant rights issues in the non-profit and governmental sectors for 15 years. Most recently, Deepa served as Executive Director of South Asian Americans Leading Together (SAALT) for a decade. While at SAALT, Deepa shaped the formation of the National Coalition of South Asian Organizations (NCSO), a network of local South Asian groups, and served as Chair of the National Coalition of Asian Pacific Americans (NAPA). Prior to her tenure at SAALT, Deepa served as Legal Director of the Asian Pacific American Legal Resource Center; Trial Attorney at the Civil Rights Division of the U.S. Department of Justice; and Staff Attorney at the Asian American Justice Center.

Source: https://www.womensmediacenter.com/shesource/expert/deepa-iyer

Make sure to come hear her speak on Tuesday, April 17th at 7pm at the 4th Floor Program Room!!

Women’s History Month

March 1, 2018 is the beginning of Women’s History Month. This year the National Women’s History Project’s theme is “Nevertheless She Persisted: Honoring Women Who Fight All Forms of Discrimination Against Women”. The women honored have shaped America’s history and its future through their tireless commitment to ending discrimination against women and girls. They are dismantling the structural, cultural and legal forms of discrimination based on race, ethnicity, class, disability, veteran status, and sexual orientation to name a few.

A few of the 2018 Honorees include Cristina Jiménez, Pauli Murray, Saru Jayaraman and Susan Burton. Cristina Jiménez is the Executive Director & Co-Founder of United We Dream, the largest youth led organization in the country that focuses on immigrant rights. Jiménez was also instrumental in creating the DACA program. Pauli Murray (1910-1985) was a civil rights and women’s rights activist. Despite lifelong discrimination based on her race and sex, she persisted and became an attorney, author, activist, and spiritual leader.

Sara Jayaraman is the Co-Founder & President of the Restaurant Opportunities Center United, a response to the 9/11 tragedy by organizing displaced World Trade Center workers. Susan Burton founded A New Way of Life Re-Entry Project in 1998 in Los Angeles, California. Burton is also the Co-Founder of All of Us or None, a national grassroots civil rights movement compromised of formerly incarcerated individuals, their families, and community allies.

Upcoming ALANA Events:

Sister to Sister: March 22, April 5 and April 19 from 5 – 6:30 pm
Location: CMC (3rd floor of Andrew White Student Center)

Upcoming Mosaic Meetings:

Affinity Spaces: March 21 & April 18 from 5—6:30 pm in Cohn Hall 133
Allies Welcome : April 4 from 5—6:30 pm in Cohn Hall 133

Upcoming Women’s Center Events:

Women’s History Month Table: March 12 from 12 — 2 pm on the Quad
St. Patrick’s Day Celebration: March 14 from 12:30 — 4:30 pm in 4504A Seton Court
March Madness: March 20 from 6 — 8 pm in 4504A Seton Court
Women’s Center Wednesday (WCW): March 21 from 11 am – 2 pm in 4504A Seton Court
Women Networking Event: March 27 from 6 – 8 pm in McGuire Hall *
* Exclusive to Juniors and Seniors
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

Gideon Abadilla
Taraja Arnold
Ally Bolden
Maiyse DeJesus
Malachi Emmanuel
William Velasquez
Mahanoor Shah
Mariana Santamaria

Priyanka Agadi
Triumph Akpabio
Krystele Antoine
John Buller
Alexandra Carrigan
Shanice Claudio
Christopher Czapla
Sterling Franklin
Jaime Gialloreto
Emilio Layton
Leslie Mayeregger

Believe Mbaya
Justin Montague
Arden Norwood
Venus Okwuka
Daysi Perez
Chris Pfeltz
Ayana Rhym
Stephon Smith
Maci Torres
Jen Valencia
Jade Wehner

SPOTLIGHT ON: Justin Montague

Congratulations to Justin on receiving the Jennings Family International Summer Research Scholarship for Undergraduates, which will allow him to go to Ecuador this Summer!

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: ‘We’re Still Here.’ Umoja took place in McGuire Hall on Friday, February 2nd. 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 3 faculty and staff members.

The 2018 awards recipients are as follows:
Most Outstanding First Year Award—Heleema Hafeez
Most Outstanding Senior Award—Eric Baker
Most Outstanding Club Member Award—Ayana Rhym
Faculty and Staff Awards—Mary Whitehead, Andrea Giampetro-Meyer, & Rev. Scott Adams.

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 and BSA Experience Black Panther

Pictured above from left to right: Sterling Franklin, Jordan Crank, Jojo Brame, Manyy Daramola, and Jordan Crank, as shown in The Baltimore Sun, taken by Ulysses Munoz.

On Saturday, February 17th, the ALANA Mentoring Program (AMP) and the Black Student Association (BSA) took a drive in the snow to the Senator Theater to see Black Panther on its opening weekend. While it was not opening night of the movie, the theater was still filled to capacity with people from various backgrounds and cultures. Throughout the movie, the theater continuously exploded with energy at the many action-filled, comedic, and often times emotional scenes that crept into the hearts of the audience. Students were left on awe of the work and describe the Jordan Crank, a senior, said that the movie was "sensational," and Sophomore Antwon Allen stated, “the movie was much deeper than a superhero movie.” Alicia Espinal-Mesa, a senior, expressed, "It was powerful to experience [the movie] in a theater filled with so many people of color," while Sophomore Cierra Lynn Thurmond, simply described it as a “lituation.”

In the vans on a snowy ride back to campus, many of our ALANA students spoke to the importance of positive representation for people of color in film and other media. It was said that this movie spoke to the rich culture that many students feel as though they were robbed of due to the interruption of slavery and colonization in the Americas. 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. #WakandaForever!
### March 2018

#### Special Dates
- **March 5 - March 11**: Spring Break
- **March 16**: BSA 20th Annual Fashion Show
  - 8-10pm in Reitz Arena

#### April 2018
- **March 29 - April 2**: Easter Break
- **April 6**: CSU Carnaval
- **April 15**: Asia Fest
- **April 17**: ACA Keynote
- **April 27**: Night of Stars
- **April 30**: End of Year BBQ

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### National Women's History Month

- **April 1**: Easter Break
- **April 2**: Easter Break

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### April 2018

- **April 6**: CSU Carnaval
- **April 15**: Asia Fest
- **April 17**: ACA Keynote
- **April 27**: Night of Stars
- **April 30**: End of Year BBQ

### Anthem

- **April 1**: Easter Break

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### Special Dates
- **March 5 - March 11**: Spring Break
- **March 16**: BSA 20th Annual Fashion Show
  - 8-10pm in Reitz Arena

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