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 holiday season 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 the 33rd Annual International Fest and Caribbean Heritage Celebration. We are also very excited about our celebration in honor of Native American Heritage Month. Please join us for our keynote luncheon on Tuesday, November 14th. 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
ELIZABETH ACEVEDO was born and raised in New York City and her poetry is infused with Dominican bolero and her beloved city’s tough grit.

She holds a BA in Performing Arts from The George Washington University and an MFA in Creative Writing from the University of Maryland. With over twelve years of performance experience, Acevedo has been a featured performer on BET as well as delivered several TED Talks.

She has graced stages nationally and internationally including renowned venues such as The Lincoln Center, Madison Square Garden, the Kennedy Center of the Performing Arts, and South Africa’s State Theatre; she is also well known for poetry videos, which have been picked up by PBS, Latina Magazine, Cosmopolitan, and Upworthy. Acevedo is a National Slam Champion, Beltway Grand Slam Champion, and the 2016 Women of the World Poetry Slam representative for Washington, D.C, where she lives and works.

Her poems have been published or are forthcoming in Puerto Del Sol, Callaloo, Poet Lore, and others. Acevedo is a Cave Canem Fellow, Cantomundo Fellow, and participant of the Callaloo Writer’s Workshop. She is the author of the chapbook, Beastgirl & Other Origin Myths and the forthcoming novel, The Poet X!
The fall semester is almost over! Wow—time flies. Getting back into the swing of things after a Summer break leaves us all floating between a range of emotions as the commotion of a new school year begins. There old and new friends, new learning opportunities and old habits, so much to do and so little time. It is so very easy to take on too much and quickly become overwhelmed. As we grow, we tend to take on new responsibilities that help develop us as scholars, servant leaders, and helpers. While these opportunities can bring out the best in us, they can be stressful to manage.

This semester in particular, we have all seen tragedy after tragedy and are forced to cope and move forward. Lately the buzzword self-care is tossed around but what does that really mean? What are you doing to make sure you're functioning at your best? Do me a favor: Breathe in….now breathe out. 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.

Take some time to reflect on what worked and what didn’t this semester. Use this as fuel to propel you into the next semester and make it even better! 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 24th Annual ALANA Breakfast

The ALANA Breakfast took place this year on October 7th in McGuire Hall. The event warmly welcomed families back to Loyola for Family Weekend. Families came from far and wide to fellowship over good food, performances and a keynote address. This year, clubs showcased their talents, ranging from spoken word pieces to musical selections.

Many students were eager to either introduce or reacquaint their families with the ALANA staff. The ALANA Breakfast featured a wonderful keynote address from Dr. Paola Pascual-Ferra, Department of Communications, highlighting the importance of your life’s journey and the different paths you may take along the way. Thank you to all of the families and students that attended the Breakfast.

Alexandria Best, a Junior, noted: I truly enjoyed the ALANA breakfast. Dr. Pascual-Ferra’s speech was genuine and showed us all that we do not have to always have everything figured out right away.”

A huge THANK YOU goes out to Event Services and Evergreen Catering for making this event possible.

LOYOLA LINGO: Service

As we get closer to the holiday season, it is important to not only find joy in celebrating the holidays and getting time off from school, but also to reflect on how to make the holidays better for those who are less fortunate.

One of the core values in the Jesuit tradition is Service. The Jesuits believe that it is important to be of service because you must be fully engaged with the world around you. They believe that while it is okay to celebrate your world when it is great, that may not be the world that everyone lives in.

This year, challenge yourself to not only commit yourself to service not only when you are spending time at Loyola or to the Baltimore area, but carry that philosophy to wherever home is for you and to always live by that principle.

Source: www.loyola.edu; Loyola University Maryland
On October 7th, Loyola celebrated the 25th 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 not only their time and intellect but their 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 prime examples of students whom we are preparing in the Jesuit tradition to “lead, learn and serve in a diverse and changing world.”

Congratulations to Gratias Recipients

**Diversity Award**
MOSAIC, a Women of Color Initiative

**Cura Personalis Award**
Angela Monfiletto
Yamilex Pena
Joseph Aguilera
Christopher Roque Mateo
Mickey (Abel) Watson
Michelle Tiffany Boca
Charles Lewin-Smith

**Omicron Delta Kappa Leadership Honors Society**
Emily Mansour
Casie Morgan
Juliana Mae Neves
Maria Anne Louis-Charles
Justin Montague
Stephon Smith
Udval Yun
Jordan Zolliecoffer

**The Community Service Award**
Joseph Aguilera
Shardaye Makle

**Diane Geppi-Aikens Service to Loyola Award**
Alicia Espinal-Mesa
Joy Holland

**The Green and Grey Society**
Eric Baker
Clarissa Gonzalez
Andrew Hahm
Joy Holland
Deborah Kim
Angela Monfiletto
Joey Patron
Yamilex Pena
Jonathan Rodriguez

**Magis Scholar-Leader Award**
Julie Alejo
Deborah Kim
Casie Morgan
Juliana Mae Neves
Mariana Rojas
Rodlyn-Mae Banting
Zalen King
Justin Montague
Christopher Roque Mateo
Udval Yun
Alexandria Agee
Adelina Harvey
Michelle Reilly
Cierra Lynn Thurmond
Hector Trujillo

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

Award recipients at the 25th annual Gratias ceremony (from left to right): Joy Holland and Alicia Espinal-Mesa
### November 2017

**Native American Heritage Month**

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 ACE Workshop (12-1pm, CMC)</td>
<td>2</td>
<td>3 International Festival (3-5pm; McGuire)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>ALAS GBM (6-7pm, CMC)</td>
<td>8</td>
<td>9 Sister to Sister (5-6:30PM; CMC)</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>6</td>
<td>7 Hora de Café con Leche (9-4pm, CMC) MANZMAN (9-6:30pm; Cohn 133) CSU Keynote (7-9pm; 4th Floor Programming Room) ASA GBM (7-8pm, CMC)</td>
<td>8 CSU Bake Sale (12-2pm; Boulder) ACA GBM (6-7pm; CMC) BSA GBM (7-8pm; CMC)</td>
<td>9 Sister to Sister (5-6:30PM; CMC)</td>
<td>10 BSA Fashion Show Table (11am-2pm, Boulder) Carribean Midnight Breakfast (12-2am, Boulder)</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14 NAHM Keynote and Luncheon (12-1:30 pm; 4th Floor PR) CSU GBM (7-8pm, CMC)</td>
<td>15 ACE Workshop (12-1pm; CMC) ALAS GBM (6-7pm, CMC)</td>
<td>16 ACA Roll your own Sushi (7-9pm, 4th FL Program Room)</td>
<td>17 BSA Fashion Show Table (11am-2pm, Boulder)</td>
<td></td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>18 Happy Thanksgiving</td>
</tr>
<tr>
<td>26</td>
<td>27</td>
<td>Classes Resume</td>
<td>28 ASA GBM (6-7pm; CMC)</td>
<td>29 ACE Workshop (12-1pm; CMC) ALAS GBM (6-7pm, Reading Room)</td>
<td>30 Sister to Sister (5-6:30PM; CMC) BSA/WLOY Poetry Slam (8-10pm, Starbucks)</td>
<td></td>
</tr>
</tbody>
</table>

### December 2017

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 BSA Fashion Show Table (11am-2pm, Boulder)</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>4</td>
<td>5 CSU GBM (7-8pm, CMC)</td>
<td>6 BSA GBM (7-8pm, Reading Room) ACA GBM (6-7pm, CMC)</td>
<td>7 Sister to Sister (5-6:30PM; CMC)</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td>11</td>
<td>Last Day of Classes</td>
<td>12 Study Day ACE Destress Break (11am-4pm; CMC)</td>
<td>13 Exams</td>
<td>14 Exams</td>
<td>15 Exams</td>
</tr>
<tr>
<td>17</td>
<td>18</td>
<td>Exams</td>
<td>19 Exams</td>
<td>20 Exams</td>
<td>21 Exams</td>
<td>22 Exams</td>
</tr>
<tr>
<td>22</td>
<td></td>
<td>University Closed for Winter Break</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Happy Holidays!**
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.

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

Let’s Talk: Stress and Relaxation

Toward a More Positive Body Image

Concerns about one’s appearance and being liked are normal, but can sometimes become destructive as one tries to fit in at college.

Expectations about body size, ability, health, gender expression, complexion, style, etc. are shaped by endless media images exalting certain narrow standards, while normal diversity is mostly ignored. At Loyola, the Counseling Center helps students, through our public health initiatives, to look critically at such messages, while encouraging them to appreciate the beauty in every body.

Simply finding ways to look more positively and realistically at one’s body, along with developing a healthier lifestyle, can often move one toward a more positive body image. This approach includes recommendations like:

- Take time every day to appreciate all that your body can do, from walking to breathing, laughing to digesting—even the ability to sit upright can be seen as a miracle.

- Keep a list of things you like about yourself—things that are not related to your appearance. Read your list often, and add to it as you become aware of more things you like about yourself.

- Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive and like you just as you naturally are.

- Do something to help others. Reaching out to other people can help you feel better about yourself and can make a positive change in our world.

These and many other helpful suggestions and resources are available through the Loyola Counseling Center’s website, at www.loyola.edu/counselingcenter.

Some students, though, will need additional help to feel better about themselves. Every year, hundreds of students make use of Loyola’s Counseling Center to work toward such goals. The Counseling Center is staffed by highly trained professionals who enjoy working with students. Counseling might include individual and/or group treatment, and can be very effective. Counselors help students feel more in control of their lives and better able to cope with whatever difficulties might arise as they move through college, and beyond.

To make an appointment at the Counseling Center, students can call 410-617-CARE, or simply stop by the Center. We’re conveniently located in Humanities 150—directly across from Starbucks—and we’re open every weekday, 8:30 to 5:00.