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 9th, and also very excited about our upcoming Native American Heritage Month Engagement on Tuesday, November 12th.

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,
Raven D. Williams
Caribbean Heritage Celebration: Keynote Performance

Cultura Planera is a non-profit organization based in the Metro D.C. area that focuses on community engagement through Puerto Rican musical styles. The two traditional musical styles include Bomba and Plena. Both styles have unique histories in their influences, instruments used, and dancing that is performed. Cultura Planera offers an educational component to their performances that offers different communities opportunities to learn about Puerto Rican traditions and meaning, raise awareness about Puerto Rico’s contribution to music, and to engage with a welcoming community.

Source/Learn more at: https://www.culturaplenera.org/

What is a Pow Wow?

Pow Wows are a tradition that link back to a rich history of cultural heritage. They are used to celebrate dancing, songs, and community socialization. It is a wonderful way to bring members of different tribes and communities closer by celebrating shared traditions together. Some Pow Wows are celebrated privately, while other Pow Wows are actually open to the public and invite people outside of the community to engage. There are different forms of dancing and styles of clothing and traditional garments that make each Pow Wow unique.

Source/ Learn more at: https://www.powwows.com/

Discover Cultural Dishes

Mofongo: Dominican Republic

This dish is made with green plantains, garlic, and pork rinds. It is often presented in the shape of a ball and served in a pilon.


Ackee and Codfish: Jamaica

This is the national dish of Jamaica made with a traditional fruit and paired with codfish. Timing is important as the fruit can be poisonous before it is ripe.

Native American Culture Areas

Anthropologists and scholars have studied geographical and the traditional differences between Native American cultures living in the Americas. They decided to identify the cultural tribes based on cultural similarities or where they came from before migrating.

1. The Arctic
   -home of Inuit and Aleut tribes

2. The Subarctic
   -home to Athabaskan and Algonquian speakers
   -utilized toboggans and snowshoes for the cold

3. The Northeast
   -home to Iroquoian and Algonquian groups

4. The Southeast
   -Cherokee, Chickasaw, Choctaw, Creek, & Seminole

5. The Plains
   -Crow, Blackfeet, Cheyenne, Comanche & Arapaho
   -used horses to hunt buffalo and bison to make teepees

6. The Southwest
   -The Hopi, Zuni, Yaqui, and Yuma lived in pueblos

7. The Great Basin
   -speakers of Shoshonean or Uto-Aztecan dialects
   -tribes were nomadic as the desert lacked resources

8. California
   -very diverse with over 100 tribes and 200 dialects

9. The Northwest Coast
   -some tribes included the Athapaskan Haida and Tlingit

10. The Plateau
    -the majority of tribes spoke languages from the Penutian

Source: https://www.history.com/topics/native-american-history/native-american-cultures

Native American Heritage Engagement

Andrew Thompson IV (Choctaw Nation of Oklahoma), a 9-year veteran of the army, served as Sergeant in both the Operation Enduring Freedom & the Operation Iraqi Freedom.

After his service, he earned an AA in Criminal Justice and continues at the University of Baltimore. He is currently a valued member of the Board of Directors at the Baltimore American Indian Center.

Join us on November 12th, 2019 at 4:30pm in the Center for Intercultural Engagement for conversation & dance workshop.

Rest, Self-Care, & 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. Maya Angelou, an American poet and civil rights activist, once said, “As you will grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.” Remember to stay grounded and centered this season by choosing rest and self-care in moments where you feel too pressured or are taking on too many demands. 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 28th in McGuire Hall. The event warmly welcomed families back to Loyola for Family Weekend. It was a beautiful sight to see families engaged in 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 Assistant Professor of Chemistry and Biochemistry, Dr. Theresa Nguyen who highlighted her own life experiences through the biological lens of hemoglobin. She talked about the importance of knowing where you come from and never giving up on your dreams.

Asian Cultural Alliance performed the Tinkling dance from the Philippines. African Student Association presented a video that highlighted African culture. The Caribbean Student Union read a poem in support of the Bahamian relief initiative and the Association for Latin American and Spanish students read a poem in Spanish. Black Student Association concluded the breakfast festivities by leading everyone in a closing prayer.

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

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

LOYOLA LINGO:

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 28th, Loyola celebrated the 27th 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**

**Omicron Delta Kappa Leadership Honors Society**
- James Grant
- Caroline Cawley
- Brian Chan
- Oscar Rodas-Falla

**The Green and Grey Society**
- Alexandria Agee
- Antwon Allen
- Taraja Arnold
- Nicole Arro
- Ann Ernst
- Nia Kuttamperoor
- Charles Lewin-Smith
- KaVaughn Scott
- Zakia Williams

**The Community Service Award**
- Eleni Chakales
- Franklin Parks
- Jordan Zoufaly
- Alejandra Gonzalez

**Diana Geppi Aikens Service Award**
- Nia Kuttamperoor
- Alexandria Agee

**Cura Personalis Award**
- Nico Brown
- Genesis Romero
- Matt Dorsey
- Jayda Lawlah
- Oscar Rodas-Falla
- Ryan Chan
- Christian McNeill
- Camryn Williams

**Diversity Award**
- Gabriella Romo

Please join ALANA Services in congratulating these and other students who received awards at Gratias!
**November 2019**

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<td>Hora de Café con Leche (CIE, 12-2pm)</td>
<td>MANJMAN (CIE, 5-6:30pm)</td>
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<td>Leadership Roundtable (6-7pm)</td>
<td>NAHM Keynote (CIE, 4:30-6pm)</td>
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<td>ACE Workshop (CIE, 12-1pm)</td>
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<td>Leadership Fair (McGuire Hall, 4-5:30pm)</td>
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<td>Last Day of Classes</td>
<td>Study Day ALANA STUDY BREAK</td>
<td>Exams Begin Good luck!</td>
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**Christmas Break Begins after last exam**

**Christmas and Holiday Break!**
Introducing our New Associate Director

Dennis Velez (Preferred Pronouns: He, Him, His)

My name is Dennis Velez, and I am the Associate Director for ALANA Services. I am a proud Connecticut native (though my parents were both born in Puerto Rico), and am incredibly excited to join the ALANA Services team, and Loyola University Maryland community! My work in higher education has allowed me to work with off-campus/commuter students, and residential students. I’ve had the privilege of helping to establish robust, inclusive communities, have spent time engaging first year students through intentional outreach and programming efforts, and have spent time helping to retain students. I have advocated tirelessly for underrepresented students, and have made it my mission to help these students overcome personal obstacles, academic challenges, and barriers to ensure they are healthy, successful, and thriving.

I received my Bachelor of Arts degree in Political Science from Iona College, and received my Master of Arts degree in Sociology with a concentration in diversity and inequality from Fordham University. When I’m not serving as a Higher Education professional, you can find me on the dance floor (I love dance fitness), checking out a cool restaurant (eating is a hobby), spending time with my family back home in Connecticut (I have two nieces and a nephew I’m obsessed with!) or keeping up with my favorite reality television shows (guilty habit). I am looking forward to getting to know the ALANA students at Loyola, and continuing the incredible work the ALANA Services team has started.

Go Greyhounds!

2019-2020

ALANA Organization Presidents

African Student Association
Camryn Williams

Asian Cultural Alliance
Charlie Lewin-Smith & Vivian Nguyen

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

Black Student Association
Matthew Dorsey

Caribbean Student Union
Natalie Rosado

Middle Eastern South Asian Students
Syed Kazmi & Erica Bagheri

Native American Student Association
Joy Walker & Taylor Anderson

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.