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ANTHEM

January/ February 2021



Welcome back! Help us celebrate diversity by welcoming the new year with Loyola's African Diaspora 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, "ᐃᐃᐃ (Bahia)-Keeping Our Traditions" Following ADC is Black History Month (BHM). Both heritage celebrations feature food, music, dancing, and the cultural richness of the multifaceted African Diaspora.

The African Student Association (ASA) and Black Student Association (BSA) invite us to celebrate ADC and BHM to reflect on what Black history means for us, our community, and our world. ASA will host a week of events including events like Afro Dance classes and dance competition a showing of Mandela: Long Walk to Freedom. BSA will begin BHM with weekly movie nights starting February 6th, followed by some other programs in the works! We welcome you to recognize, reflect, and pay your respects to the contemporary contributions of African and African American cultures through our African Diaspora and Black History Month celebrations!

Director's Corner

Happy New Year! I hope this edition of the ALANA Anthem finds you refreshed from a restful semester break and ready to tackle the semester ahead. We are excited to see the campus busy with students again and ready for a semester filled with great programming. As 2021 begins to take shape, I invite you to reflect upon the current state of our nation. We have witnessed many challenges, including the ongoing COVID pandemic and over 400,000 lives lost. We reflect on the historical inauguration of the nation's first Black and South Asian Woman Vice President of the United States. We have an opportunity at this pivotal point in history to identify our roles in our communities and in the spirit of Jesuit education, find ways in which we can live out the Magis. We are also in a season of celebration as we highlight African Diaspora Celebration and Black History Month. The African Student Association and Black Student Association have worked diligently with ALANA Services to plan enriching programs for both cultural celebrations. African and Black History is not only for African Americans, but a critical part of the American story. Our hope is that we, as a Loyola community, will reclaim a collective history - particularly that part which is somehow forgotten or deemed "other." Enjoy this edition, and I hope to see you at many of the events listed in the Anthem. Peace and blessings,

Ms. Raven D. Williams

INSIDE THIS ISSUE

- Words from ASA & BSA 2
- African Trivia & BHM Matching 3
- Resilience & Green and Grey 4
- Words from ALANA Staff 5
- Loyola Lingo & Org Leaders 6
- Important Dates & Follow us 7

BLACK HISTORY CELEBRATION

Written By: Amber Davis President of BSA

"In January and February of 2021, the Black Student Association plans to highlight and celebrate black culture and history. Through a series of virtual events, the organization will showcase a variety of both current and past achievements made in the black community as well as provide representation of recognized and unrecognized talent in all forms. In addition, the Black Student Association will spark conversations about racial injustice and systematic change. The challenges created by racial inequalities are becoming more prevalent in today's climate. The organization will be a safe space for these important conversations to take place and will be advocates for students of color on campus."

Black Student Association

African Diaspora Celebration

Written By: Hodavia Kalombo

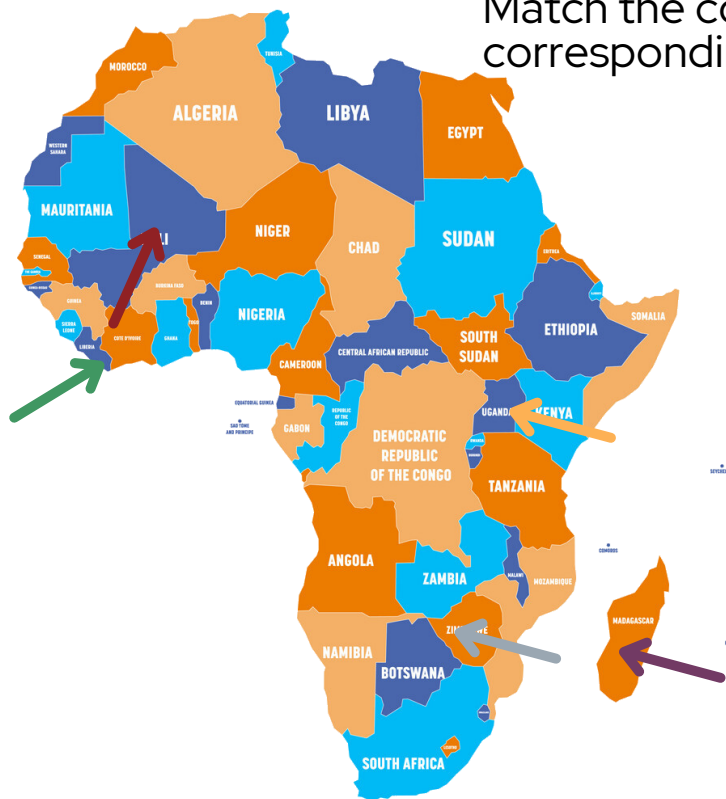
Vice President of ASA

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, “Bahel: Keeping our Tradition”. Bahel is the ahmeric word for Traditional. This year’s theme is a tributube to ancient and Traditional Africa which is mostly looked down upon. We choose this theme as a clear message that it is time for Africans to reclaim their roots. We want to reclaim the villages, the rafias, the soupy and slimy dishes of the African Culture. We believe that this part of the African History is as important as the post colonial hybrid African Culture we currently see represented in pop culture. Thus, ASA invites you to learn about the origins of the African Culture through an Informative scavenger hunt, the words of an Ankara designer, and many more.

African Student Association

AFRICAN DIASPORA TRIVIA

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



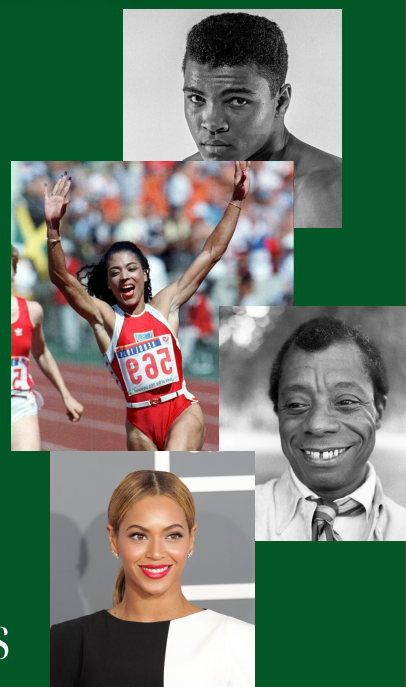
- 1.
- 2.
- 3.
- 4.
- 5.

1. Mali 2. Liberia 3. Uganda 4. Madagascar 5. Zimbabwe

BLACK HISTORY MONTH QUIZ!

MATCH THE QUOTE TO THE FAMOUS BLACK ICON

1. "Float like a butterfly, sting like a bee"
2. "To be a Negro in this country and to be relatively conscious is to be in a rage almost all the time."
3. "I believe in the impossible because no one else does, and that gives me an excellent chance at accomplishing it! "
4. "The most alluring thing a woman can have is confidence."



1. Muhammad Ali 2. James Baldwin 3. Flo Jo 4. Beyoncé

Year of the Ox

Year of The Chinese animal zodiac is a repeating cycle of 12 years, with each year represented by an animal. Each of the animals is representative of the Chinese culture, either being loved or domesticated by the Chinese people.



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. For the year of 2021, the new year falls on February 12th to begin the Year of the Ox. Other years of the ox include 1961, 1973, 1985, 1997, 2009, and 2033. "Ox's" are known for their diligence, dependability, strength, and determination. The zodiac animals rotate on a 12-year cycle and each is assigned a set of traits. Celebrations, lasting 15 days, include a family dinner of auspicious noodles on new years eve, red envelopes of money, firecrackers, and lion and dragon dances. You're invited to celebrate the Lunar New Year with the Asian Cultural Alliance on January 26th for our first GBM at 7pm via Zoom!

Let's Talk-The Counseling Center

Emotional Resilience

(Note: The following is the third in a four-part series from the Counseling Center on Resilience.)

Resilience is the process of "adapting well in the face of adversity" and allows us to be more flexible as we navigate the challenges we may experience in life. Our emotions are an important part of our mental health. Emotional resilience allows us to acknowledge, process, and adapt to what we're feeling, even the most difficult emotions. Have you ever felt such a flood of emotions that you don't think you can handle one more thing? This sense of feeling overwhelmed is a helpful cue for practicing emotional resilience. Here are some ways to engage in and develop this practice:

- Be honest about all you are experiencing (e.g. "I'm feeling so angry right now with my roommates...I'm so disappointed in myself for being in this spot").
- Avoid criticizing and judging your emotions (e.g., "I'm so stupid for feeling this way" vs. "I'm frustrated right now and that's ok.")
- Take an action step that enables you to quiet negative self-judgments enough to problem-solve or get help if needed.

Life experiences can bring about all kinds of feelings - that's okay and a part of being human. We all have emotions, and it is important to acknowledge them. Doing so allows us to adapt and grow in ways that keep us afloat, maintain relationships, improve problem-solving skills, and thrive. The Counseling Center is here to help. "Now that I knew fear, I also knew it was not permanent. As powerful as it was, its grip on me would loosen. It would pass." - Louise Erdrich

To learn more or schedule an appointment with a counselor, call us at 410-617-CARE (2273), visit our website (www.loyola.edu/resilience), and follow us on Instagram (@loyolamd_counselingcenter).

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

Student Leadership Opportunities



Positions	Application Open	Application Due
Evergreen	11/13/2020	01/05/2021
Resident Assistants	11/23/2020	01/04/2021
MAP Navigators	11/20/2020	02/05/2021
AMP Mentors	11/20/2020	02/12/2021
PMC's	11/20/2020	02/12/2021
Campus Ministry Interns	11/20/2020	03/03/2021
CCSJ Interns	01/01/2021	03/08/2021
Peer Conduct Board	01/19/2021	03/05/2021
Loyola Career Ambassador	02/21/2021	03/21/2021
Greyhound Ambassador	Early March 2021	Late March 2021
Campus Ministry Leadership Positions	Spring 2021	Spring 2021
CCSJ Immersion Peer Facilitators	Spring 2021	Spring 2021

MLK CONVOCATION



New York Times bestselling and National Book Award-winning author, Ibram X. Kendi, will speak at Loyola University Maryland's annual Martin Luther King, Jr. Convocation on Wednesday, Jan. 20, 2021 at 7 p.m. Kendi will discuss his book, "How to Be an Antiracist," and other significant actions to uproot racism in a conversation moderated by Karsonya Wise Whitehead, Ph.D., associate professor of communication and African and African American Studies at Loyola. Kendi has authored three No. 1 New York Times bestsellers, *How to Be an Antiracist*; *Stamped: Racism, Antiracism, and You*, which he co-authored with Jason Reynolds; and *Antiracist Baby*, and *In 2020*, Time magazine named him as one of the 100 most influential people in the world. Kendi is the Andrew W. Mellon Professor in the Humanities at Boston University, and the founding director of Boston University's Center for Antiracist Research. He is a contributing writer at The Atlantic, a CBS News racial justice contributor, and the 2020-2021 Frances B. Cashin Fellow at the Radcliffe Institute for Advanced Study at Harvard University. Click here for more information: <https://www.loyola.edu/join-us/mlk-convocation>

Student Spotlight



On January 12th, Seemab Kazmi '22, President of the Middle Eastern and South Asian Student Alliance (MESA), published an article for the Arab-American Business and Professional Association titled "Loyola University Maryland Student Balances Data Science With Community Engagement." She writes of her experiences as a Pakistani-American at Loyola and how her involvement in campus activities like ALANA and MESA continues to be a formative part of those experiences. Click [here](#) to read more.

New Year, Same Staff!



I am striving to take better care of myself in this new year. I strive to put more focus on holistic wellness through self-care and rest, incorporating healthier meal options, increasing physical activity, and unplugging from negativity. Overall, my focus is on what brings me joy and peace.



In 2021, I'm striving to improve my cooking game, to grant myself more grace, and to continue to take things one day at a time. I am striving to continue being open-minded, optimistic, and ready to accept whatever the Universe brings my way.



I'm striving to have more gratitude in my life, incorporating more wellness in my food, health and mind, and to be able to adapt to change as it comes. I hope to focus on myself more and to appreciate more the people around me that care and love me.



I'm striving to find a healthy and balanced routine in life by making healthier choices that affect me both physically, emotionally, and spiritually. Making time for myself to just "be" and not feel obligated to always be "productive."

This year I am striving to stay motivated and passionate about the things I like to do. I am striving to become the best person I can be and continuing on my journey of success!

In 2021, I am striving to finish my master's program and to foster and maintain meaningful relationships that uplift me.

This year, I am striving to remain calm in the face of change, to maintain peace in moments of uncertainty and to hold patience for myself and others through all that I do. When I fail to accomplish these things, I hope to find ways to continue practicing self-acceptance and self-love.



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

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

APPLY!

Multicultural Awareness Program (MAP) Navigator

Applications due

Friday, February 5th, 2021

ALANA Mentoring Program (AMP) Mentor

Applications due Friday, February 12th, 2021

For more information contact Angelique
Dakkak at andakkak@loyola.edu

Stay Engaged with ALANA

January Events

African Diaspora Celebration

- 1/21 - CSU GBM
- 1/22- Time Management Panel
- 1/25- ASA Dance Class
- 1/25- Jeopardy with MESA
- 1/26- Lunar New Year
- 1/26- ASA Keynote
- 1/27 - Hora de Café con Leche
- 1/27- AMP Monthly Mentor Meeting
- 1/27 - BSA GBM
- 1/28 - NASA GBM



February Events

Black History Month

- 2/1 - ASA GBM
- 2/4 - CSU GBM
- 2/6- BSA Movie Night
- 2/8 - Movie Night with MESA
- 2/9 - ACA Virtual Engagement
- 2/10 - BSA GBM
- 2/11 - NASA GBM
- 2/12 - BSA Movie Night
- 2/15 - ASA GBM
- 2/17- ACE Workshop
- 2/18 - CSU GBM
- 2/19 - BSA Movie Night
- 2/20 - Charm City Trivia (BSA)
- 2/22 - Art Therapy with MESA
- 2/23 - ACA GBM
- 2/24 - Hora de Café con Leche
- 2/25 - NASA GBM
- 2/26 - BSA Movie Night
- 2/26-2/28 - Family Weekend
- 2/29 -ASA Scavenger Hunt



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