



ALANA Staff:

Raven Williams
Director

Dennis Velez
Associate Director

Mauricio Vargas
Program Assistant

Jared Louie
Graduate Assistant

Knekiya Harper
Graduate Assistant

Jessica Morales
Graduate Assistant

ANTHEM

November / December 2021



Caribbean Heritage Celebration

November marks the commencement of Caribbean Heritage Celebration (CHC). America and the Caribbean nations share a common history of oppression and liberation. As we celebrate Caribbean heritage, it is important to recognize the plethora of contributions they have made to better the American society. They represented this country as athletes, political officials, educators, military servicemen and service-women, community leaders, and innovative students. On May 31, 2016, the United States opened up travel to Cuba, aiming to foster a community of inclusion with the people of Cuba, there, and on U.S. soil. For more information, please be aware of upcoming events of celebration and education from our Caribbean Students Union!



Native American Heritage Month

Here at Loyola, November is when we celebrate Native American Heritage Month. It's important to recognize this cultural heritage because it has often been undermined by other celebrations. In this country, we celebrate the accidental "discovery" of the Americas, yet fail to address the indigenous people that inhabited this land prior to colonization. Throughout history, there have been laws passed that infringe upon the rights of Native Americans. It is essential to become more educated about the overlooked history of Native Americans in this nation, and what can be done to catalyze liberation. For more information, please heed to forthcoming events that celebrate Native American Heritage.

Director's Corner

It is hard to believe that the close of 2021 is quickly approaching. In this season of thankfulness and gratitude, I encourage each of us to take time to reflect on the blessings bestowed upon us, including the opportunity to connect with friends and colleagues across campus, and to engage safely in various activities and networking events. I am incredibly grateful for the ALANA Services' staff and students, especially our student leaders who continue to execute successful outreach programs while balancing their academics and other extracurricular activities. I encourage everyone to remain vigilant to the safety and wellness of our campus by wearing your face masks and following COVID safety protocol.

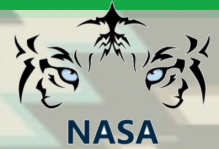
ALANA has upcoming events planned to highlight Native American Heritage Month and Caribbean Heritage Celebration. The Native American Student Association (NASA) and Caribbean Students Union (CSU) have worked hard to plan their events and we look forward to you joining and celebrating with us! In this holiday season, let us take time to check in on loved ones and if possible, give to those in need. We're almost at the home stretch students, so stay focused and let's finish the fall semester strong! Have a wonderful, prosperous, and restful holiday season!

Happy Holidays, *Ms. Raven D. Williams*

INSIDE THIS ISSUE

- Words from NASA & CSU 2
- Caribbean & Indigenous facts 3
- Resilience & Green and Grey 4
- Words from ALANA Staff 5
- Loyola Lingo & Org Leaders 6
- Important Dates & Follow us 7

Words from NASA



Native American Heritage Month is not enough to celebrate the accomplishments and future blessings that come of us or serve as a remembrance of the battles that took place, to the unknown names of the lives/tribes and nations that history has neglected to this day.

However, we take this month with pride, strength, and grace to reflect on never being forgotten. We take this month as a symbol for the world to know that today, we still stand. Today, we are still here.

Though colonizers still continue in their attempts to get rid us, it will never work. Why? Because our tribes and nations are still standing, even those once lost. Tribes/Nations and crops were stolen from us all while enduring an on-going genocide. We were removed from our land, inflicted with foreign diseases, tormented and stripped of our home. Our Pow-Wows were deemed as "banned", even though it was our celebration of our ancestors and tribes/nations from our clothes, hair, shoes, and songs with instruments. Our heads were shaven as a token. Our women and children still go missing, face violence as several are mercilessly killed. All this dehumanization yet it has never stopped us from announcing our presence. All for embracing our culture. All this erasure and cleansing will never stop us. We still strive today through our businesses, Our Pow-Wows, Our Music, Our Food, Our Festivals, Our Art, Our Families, Our Names, Our Traditions, Our Stories, and more. That is why Native American Heritage Month is not just November to us. We embrace our heritage and culture in our lives every day; while informing those who would like to learn the truth behind the scenes of written history.

-Native American Student Association

Words from CSU



Caribbean Heritage is an aspect of our culture that we carry with us through our daily lives. Whether we are with our own blood relative or someone from a different island, we are undoubtedly connected to one another. Caribbean heritage is something that can connect not only the island but generations because our traditions spread beyond our homeland. From our music to our food Caribbean heritage is woven through our veins like roots in the ground and watered with the blood and sacrifices from our ancestors to grow trees for generations to come.

-Caribbean Students Union

ALANA Welcomes Mauricio Vargas

My name is Mauricio Vargas, and I am the Program Assistant for ALANA Services. I am an only child born into a family of migrant workers from Mexico who proudly picked tomatoes and onions in the San Fernando Valley, California. I spent my infancy and early childhood in Mexico with 27 first cousins. Later, I was raised in a San Diego, California neighborhood situated beneath the shadow of the Coronado Bridge and next to Chicano Park, where I discovered I had a fear of heights and a love for Aztec (Mexico) dancing. I served in the Marine Corps from 2002-2011. In 2016, I graduated from Loyola University Maryland with a Bachelor of Arts in Political Science. I am a first-generation U.S. college graduate.

During undergrad, I volunteered through the Center for Community, Service, and Justice (CCSJ), teaching English as a second language (ESL) at Esperanza Center, helping teens from Spanish speaking immigrant families with homework through Education Based Latino Outreach (EBLO), and Spanish legal translating for children and families seeking refuge from violence and human trafficking with Kids In Need of Defense (KIND).



At Loyola, I was the president of Model United Nations and founded a veteran's support group. I am currently pursuing a Master's in Data Science. I hope to use my experience as an undergrad person of color at Loyola to help students who feel out of place feel welcome. When I am not working, my fiancé and I are busy planning our wedding to take place in the Parroquia de San Miguel Arcángel in San Miguel de Allende, Guanajuato, Mexico. When we're not planning our out-of-control monster destination wedding, we are traveling, eating at our favorite restaurants, and doting on our elderly dogs Lucy and Sully."

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 Traditional Native American Dish

Three Sisters Soup



This dish is made up of three ingredients including maize (corn), squash, and beans. The term "Three Sister" comes from the three main crops (listed above) of some North American Tribes. They were grown closely together and aided each other in the growing process.

Buffalo was the most important food for many Native American peoples, and they developed multiple ways to cook it. This dish is made of bison meat and root vegetables.

Hearty Buffalo Stew



The Indigenous People of the Caribbean

Western Taíno-The Western Taíno lived in the Bahamas, central Cuba, westernmost Hispaniola, and Jamaica. They spoke a dialect known as Ciboney Taíno or Western Taíno. The Western Taíno of the Bahamas were known as the Lucayans, they were wiped out by Spanish slave raids by 1520.

Classic Taíno-Classic Taíno lived in eastern Cuba, Hispaniola, and Puerto Rico. They spoke a dialect called Classic Taíno.

Eastern Taíno-The Eastern Taíno inhabited the Leeward Islands of the Lesser Antilles, from the Virgin Islands to Montserrat. They had less sophisticated societies than the Classic Taíno

Igneri-the Igneri were the original Arawak inhabitants of the Windward Islands in the Lesser Antilles before being conquered by the Island Caribs who are thought to have arrived from South America.

Island Caribs-The caribs now commonly known as the Island Caribs inhabited the Windward Islands of the Lesser Antilles, it is from this group the Europeans named the region the caribbean, they were noted for their warlike lifestyle, due to their resistance to European colonisation.

Guanahatabey-A separate ethnic identity from far western Cuba. They were an archaic hunter-gatherer people who spoke a language distinct from Taíno, and appear to have predated the agricultural, Taíno-speaking Ciboney

Ciguayo-A separate ethnic people that inhabited the Peninsula of Samaná and part of the northern coast toward the Nahua in what today is the Dominican Republic, and, by most contemporary accounts, differed in language and customs from the classical or high Taíno who lived on the eastern part of the island of Hispaniola then known.

Macorix-Another separate ethnic group that lived on the eastern side of the island of Hispaniola. Their region today is in the Dominican Republic. According to las Casas, their language was unintelligible for the Taínos, but may have been similar to the Ciguayo

Florida tribe-The Tequesta of the southeast coast of the Florida peninsula were once considered to be related to the Taíno, but most anthropologists now doubt this. The Tequesta had been present in the area for at least 2,000 years at the time of first European contact, and are believed to have built the Miami Stone Circle

https://en.wikipedia.org/wiki/Indigenous_peoples_of_the_Caribbean

Resilience on an Individual and Institutional Level

Resilience is broadly defined as 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. On an individual level, there are many ways in which nurturing our mental and emotional wellness can allow for development of resiliency (check out this website to learn more). We often think about resilience on these individual levels because of the emphasis on intentionally choosing how we want to live—with what values, goals, and people in our space.

But what about the adversity that fosters the need for us to be resilient in the first place? For most of us, the experience of adversity occurs on an institutional level that often upholds systems of oppression. The ways in which we move through adversity differ due to our varied and intersecting identities but are also related to our different access to resources and support. Often, people are applauded for showing resilience when they have been forced to find a way to survive and (even thrive) in damaging or toxic environments. This imbalanced focus can foster resentment and isolation, and ultimately promote silent suffering – not resilience.

So, what can we do to choose how we want to live as a collective community and think about our shared values, institutional and systemic goals rooted in equity, and relationships as the basis of community care and thus share responsibility for decreasing adversity? Here are some things to consider:

- Values often motivate and guide our actions and choices. Individually, it is important to spend time reflecting on the values you would like to shape your experiences.
- On an institutional level: What are the ways in which we can challenge our system to uphold values that remove barriers to opportunities and promotes access to resources so more people have viable choices?
- Goals represent the specific objectives that, guided by our values, we seek to achieve.
- On an institutional level: How can we engage in actions that create shared spaces for identifying resources and make reaching goals rooted in community support and openness?
- Many of us are seeking meaningful relationships and a sense of purpose. Learning how to apply our values and goals to effectively manage stress, navigate conflict, and connect across our differences can allow us to establish lasting relationships.
- On an institutional level: How can we promote equity in settings in which different populations have been historically disenfranchised and silenced? How can we be intentional about promoting collaboration and diversity of thought when making decisions that affect our community?

As author Jamie Attenburg said in a NYT feature on resilience, “I want people to be proud of themselves for being resilient. It is an act of triumph to surpass challenges and traumas. I just don’t want it to have to be the only way of life.”

To learn more or schedule an appointment with a counselor, call us at 410-617-CARE (2273), visit our website (loyola.edu/counselingcenter), and follow us on Instagram (@loyolamd_counselingcenter)
We Care. We’re here to help. Let’s talk.
The Staff of the Counseling Center

GREEN
and
grey
Society 2021-2022

**Congrats to our ALANA
Students Included In The
Green & Grey Society this
year!**

Jaylin Andrews
Mea Foster
Ada Gonzalez
Seemab Kazmi
Christian McNeill
Sarah Mirr
Alejandro "Alex" Perez
Kayte Rooney
Camryn Williams

Words from the ALANA Staff



It's easy to neglect self-care when there's so much we're trying to balance...classes, work, extracurricular activities, etc. I view self-care not as an option, but as a necessity to survive and be well. Self-care can be accomplished in a variety of ways...taking a nap, exercising, grabbing a meal over good conversation with friends, or having your own spa/pamper day. The great thing is you get to choose what feels right and works for YOU! I encourage you to take the time you need to care for yourself, as well as practicing mindfulness and gratitude. As we enter the holiday season, I am truly grateful for our ALANA students and the ALANA staff.

If your compassion does not include yourself, it is incomplete. Self-care is so vitally important, and we often neglect ourselves as we focus our energy elsewhere. Take time to find ways to celebrate, find things to be grateful for, and ways to take care of yourself. For me, it's about taking time to breathe, relax, and recharge. Here's to ending the semester strongly and having a peaceful & joyful season.



"Many of us are constantly bending over backward to go above and beyond for our friends and family. It makes us feel great to do things for others as we like to make those close to us feel appreciated and loved. Sometimes that attention is not reciprocated back. Self-care is making ourselves appreciated and loved. I suggest we bend over backward to go above and beyond for ourselves as well. How do we do this? Choose something good for you, like exercise. I find that when I exercise, I am in a happier state of mind and a healthier state of body. Due to my busy schedule, the only time I have to go to the gym is in the morning. Therefore, I make an effort to wake up at 6:00 am to make it to the gym and be ready for work in the morning. Do I like getting up at 6:00 am? No, but I know it's ultimately going to be good for me in the long run. That's bending over backward and going above and beyond in the name of self-care."

Self-care is allowing myself to sometimes be okay with not being okay. Cutting myself some slack and allowing myself to process the struggle I am currently experiencing or leaving aside some activities I may not mentally be able to get to. Setting time aside to spend with my dog and just be lazy also helps too!

Self-care to me is being kind to myself. This includes speaking to myself in a nice way, resting my body and mind when I am feeling burnt out, treating myself to things I like such as a Starbucks coffee, and telling myself I am doing the best I can even on days where I feel like I am not doing enough. It also helps to remind myself what I am grateful for in my life. I am grateful for the many supportive friends and family that I have. I am also grateful for my ALANA family!

Self-Care to me is taking time for myself. You cannot pour from an empty cup, so taking care of myself while doing the things I enjoy is very important. Whether it is buying a new pair of shoes, sleeping in, or watching a new show on Netflix, taking time for myself helps me recharge to be able to help those around me. I hope you all find time to take care of yourself and recharge as we are in the home stretch of the semester. Happy Holidays ALANA family! :)



Loyola Lingo: Examen

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 Examen that have specific focus points, such as diversity, work related, or annual review.

Source: www.jesuitresource.org; Xavier University.

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 & Kelly Chan

ASSOCIATION OF LATINX AMERICAN STUDENTS

Mariana Carillo Obregon

BLACK STUDENT ASSOCIATION

Amber Davis & Anaya Adams

CARIBBEAN STUDENT UNION

Jada Brown Guerra

MIDDLE EASTERN SOUTH ASIAN ALLIANCE

Seemab Kazmi

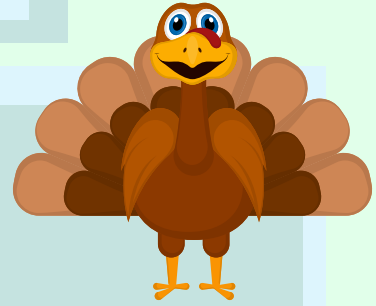
NATIVE AMERICAN STUDENT ASSOCIATION

Joy Walker

MOSAIC: A WOMEN OF COLOR INITIATIVE

Gabriela Argueta Ferrufino

Stay Engaged with ALANA



November Events Native American Heritage Month

- | | |
|---------------------------|-----------------------|
| 11/2- Mosaic GBM | 11/16- Mosaic GBM |
| 11/3- ALAS GBM | 11/17- AMP Self-Care |
| 11/4- ACE content | 11/17-ALAS GBM |
| 11/4-ASA GBM | 11/18- ACE Workshop |
| 11/5- I-Fest | 11/18-ASA GBM |
| 11/6- Caribana | 11/19-BSA Tournament |
| 11/8-MESA GBM | 11/20- BSA Tournament |
| 11/9- CSU GBM | 11/21- BSA Tournament |
| 11/9- Roll your own sushi | 11/22-MESA GBM |
| 11/10- BSA GBM | 11/23- CSU GBM |
| 11/10- NASA & ALAS GBM | 11/29- Man 2 Man |
| 11/11- Sister to Sister | 11/30- Mosaic GBM |
| 11/12- Wingapo | |
| 11/15- Man 2 Man | |

December Events



- 12/1-ALAS GBM
- 12/1-NASA GBM
- 12/2- Sister to Sister
- 12/2-ASA GBM
- 12/3- AMP Winter event
- 12/3-ACA Cafe
- 12/7- Mosaic GBM
- 12/8- BSA GBM
- 12/9- ACE Workshop



Follow us!



@alana_services



@Alana_Services



ALANAServices