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ANTHEM

SEPTEMBER / OCTOBER 2022



Another academic year starts and Latinx Heritage Month (LHM) is soon upon us. Every September, ALANA Services offers the Loyola community programs and events to celebrate Latino heritage, nationally known as Hispanic Heritage Month. Programs and events during National Hispanic Heritage Month take place from Sept 15th to Oct 15th.

The significance of September 15th is to recognize the anniversary of independence of five Latin American countries: El Salvador, Costa Rica, Guatemala, Nicaragua and Honduras. For Mexico, Chile and Belize, the month of October also carries great value since these nations celebrate their independence days and Columbus Day (Día de la Raza) on October 10th.

Today, National Hispanic Heritage Month seeks to recognize the contributions made and the important presence of Hispanic and Latinx Americans to the United States. Therefore, we hope to celebrate Latinx and Hispanic heritage and culture. Please join us in this annual tribute by learning about the generations of Hispanic Americans who have positively influenced and enriched our lives and this nation. To celebrate this year's LHM, ALANA and the Association of Latin American and Spanish Students have some events planned for you!

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DIRECTOR'S CORNER

Greetings! I hope this message finds you in good health and the 2022-2023 academic year is off to a great start. We welcome the class of 2026 into the Loyola community, and welcome back the classes of 2023, 2024, and 2025. The fall semester is underway, and the Evergreen campus is vibrant with students and colleagues. The ALANA staff is excited about the opportunities to connect and engage with our campus community. We invite you to stop by our office on the 3rd floor of the Student Center (office suite E315) to meet and connect with us. While you're on the 3rd floor, take a few minutes to engage with members of our campus community in the Center for Intercultural Engagement, known as the "CIE", where several events take place, including the general body meetings for our ALANA student organizations. There are several events and programs scheduled throughout the semester that will bring us together to celebrate multicultural diversity, highlight important campus resources, as well as provide spaces for social engagement and networking. We are currently celebrating Latinx Heritage Month (September 15th-October 15th) so be on the lookout for upcoming events hosted by the Association of Latinx Students (ALAS). We look forward to seeing you at one of our many events, as well as on social media. Have a productive, safe, and prosperous fall semester!

Ms. Raven D. Williams

WORDS FROM ALAS

By ALAS E-Board

What Orgullo means to me...

What Orgullo means to me is a sentimental and strong feeling that connects you to who you are and your heritage. Being proud of who you are, where your roots are from and what you are aiming to do with that pride, brings a community together and show off the cultural aspects to teach to others who don't know. Having orgullo shows the value and importance of its culture as well which is very empowering and significant.

-Michelle

To me orgullo means being proud of who you are. Latinx people show they're orgullo by showing their culture and backgrounds. We always show our flags to present the pride we show for our countries.

-Alexys

Orgullo is a strong pride in my heritage, which calls for celebrating the history, traditions, and individuals of my home country. Orgullo allows me to rejoice in all the accomplishment of my home country and to proudly tell others what my nationality is. It helps build a strong sense of community between myself and those who share the same heritage as me. Orgullo motivates me to invite others to join me in celebrating my heritage and to teach those interested learning more about my nationality. -Lupe

Orgullo to me, means being proud of not only who you are, but where you come from and who you represent. Your heritage and traditions are something to be proud of.

-Rodrigo

For me orgullo is a heart warming feeling in my entire body when I walk anywhere I go. I reflect on how I am able to fill out spaces and create opportunities for others in my community that my ancestors only dreamed about. I connect orgullo to the eyes of my mother, my abuela, my dad and my sister because everyday they look at me with such love and I just now how proud they are of me. I would never change being from Puerto Rico because I will always be Boricua even in the moon and will take the flag with me. -Natalia

To me, orgullo is being proud of where you come from and not being afraid to share it with the world. In the past, we have been told to reject or change ourselves to please others; Today, ALAS wants to encourage everyone to not only be proud of their heritage and their lineage, but to be proud of how that's affected them today. When we talk about orgullo it's more than just being proud. It's the smile beaming from your Mama after you tell her you got an A, or the happiness you feel when you speak in Spanish. ALAS wants to encourage all students to be orgullosos about where they came from and where they are today! - Alondra

Words from CSU



Our sweet sweet West Indies

Where hearts fill with love and streets fill with trees

The sweet sweet smell of the Island Breeze

Allow our minds and souls to forever be at ease

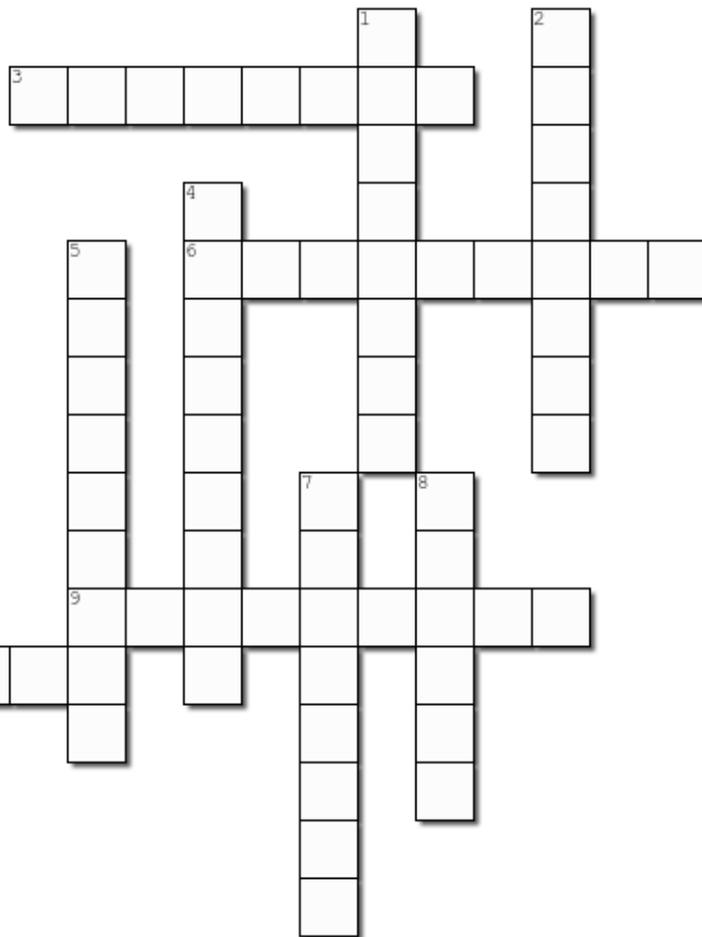
No place can compare, I swear
It's one of a kind, full of vibes, free of care
Not a lack of love anywhere
But filled with smiles everywhere

United by culture not separated by skin
Being from the West Indies is already a win
Round and round, the many different cultures and celebrations spin
Year after year we all wait impatiently for them to begin

Beaches and palm trees
Weather above 90 degrees
Happiness guaranteed
A little bit of rice and peas
Where can I find all of these?
In our sweet sweet West Indies.

-Caribbean Student Union

Crossword!



Across

3. supernatural Barbadian figure in folklore who is known for scaring children and carving out hearts
6. Actress hailing from Bermuda who played a Lannister on the show Game of Thrones
9. Jamaican tradition used for bidding the dead goodbye
10. Barbadian singer and business woman who's net worth is approximately \$600 million

Down

1. an island country in the Lesser Antilles of the West Indies
2. street parties meant to celebrate and commemorate events in history often including a parade of some sort
4. a city showcasing colonial architecture highly influenced by medieval Spain and the Baroque art
5. Trinidadian rapper and singer who is considered to be one of the most influential female rap artists of all time
7. festival that originated from slavery and is held every year between Christmas and New Years
8. music genre commonly associated with the Caribbean and pioneered by Bob Marley

ALANA Mentoring Program

ALANA Based Mentoring: While college is a fun and rewarding experience, the transition can be challenging, whether it is the workload or finding your place. Through the ALANA Mentoring Program (AMP) you will be provided with a mentor who has gone through similar experiences

The Perks: AMP will help you meet new people and make new connections. AMP events in the past have included going to the movies, going to Sky Zone, and having Potlucks.

The Program: You will be paired with an upperclassman who will support you through regular check-ins and meaningful social interactions. Your mentor be 100% committed to helping with your adjustment.

Contact: If you have any questions, please reach out to the ALANA Assistant Director, Jason Summers at jsummers@loyola.edu



IGNATIUS SCHOLARS PROGRAM

Each year since 2013, the Ignatius Scholars Program (ISP) has given cohorts of students an advantage above their peers who arrive in the fall. The program is coordinated by ALANA Services, and the Office of Undergraduate Studies. Participants in the program primarily include students of color, students who demonstrate significant financial need, and first-generation college students. From August 19th to September 2nd, this year's 45 ISP students, or I-Scholars, cultivated eloquentia perfecta, or the Jesuit tradition of exhibiting effective speech and writing, through courses in math, and reading/writing. They also discovered Loyola University Maryland's (LUM) supportive services through a series of workshops, and got to explore Baltimore through a number of excursions. I-Scholars constructed their supportive networks through team-building exercises and academic advisory meetings. For more information, please visit www.loyola.edu/join-us/ignatius-scholars.

Gender Awareness, Inclusivity, and Health

Anthem – Gender Awareness, Inclusivity, and Health

Greetings Loyola Greyhounds!

My name is Dr. Jessica David, and I am privileged to join Loyola University Maryland's Counseling Center team as a Psychologist and the Coordinator BIPOC Mental Health Services! I look forward to meeting and building relationships with you this year!

As we adapt to the new academic year, we must recognize the importance in prioritizing connection and belonging. In the Counseling Center this has specifically included reflecting on and celebrating our campus' diversity within the context of gender awareness, inclusion, and health. Gender has a powerful influence on our lives; from a very young age, we are inundated with messages and ideas about gender. The messages themselves often take the form of "gender norms," and they can shape our interests, our values, our mental health, the careers we select, the ways we dress, how we behave around others, and countless other choices we make throughout our lifetimes.

Contrary to what many believe, gender is not something we are born with, but instead is a social construct invented by humans in an attempt to neatly organize vastly complex and diverse bodies and behaviors. As we consider gender identity more broadly in this semester's Counseling Center public health campaign - Gender Awareness, Inclusivity, and Health – we hope to provide resources for our gender diverse campus population, increase accountability as a campus community to support gender awareness, inclusivity, and health, and celebrate the complexity and diversity of our gender identities. Let's start with a few definitions:

- Gender Awareness: Reflecting on one's own gender experiences and increasing knowledge and understanding of language, terms, and definitions related to gender, sex, and sexual identity.
- Gender Inclusivity: Building a world in which humans of all gender identities can live authentically and thrive.
- Gender Health: Cultivating compassion, authenticity, and well-being in all aspects of our gendered lives by promoting healthy notions of masculinity and femininity; ending gender-based violence; improving body image and bodily love across the gender spectrum; and much more.

Want to learn more? Check out this website!

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

Words of Encouragement from ALANA



The fall semester is often a time of excitement with the start of the academic year, but can quickly become a time of stress and concern with our various obligations and tasks. As we continue to navigate and balance our day-to-day work and activities, I encourage each of us to make self-care and wellness a top priority. Whether it's 30 minutes or 2 hours, incorporate time for YOU in your schedule. For me, talking a walk, journaling, or getting my nails done is my form of self-care. Discover what works for you and prioritize it!

Welcome/Welcome Back to Loyola! The start of the semester can be hectic, overwhelming, and busy. Find time to rest, relax, and recharge. Ask for help if you need it, and take advantage of the resources Loyola has to offer. Best of luck this semester, and remember: you've got this!



With the semester beginning and already off a great start, please remember that it is okay and necessary to find moments to breathe! It's easy to get busy as a college student, finding time to relax may be difficult but isn't something worth sacrificing.

"The beginning of the year can be stressful and uncertain. Trust in your ability to persevere through the coming challenges and look for support in the unlikeliest of places. You might just find exactly what you're looking for."

No matter where you find yourself at the start of this new school year, know that you are more than capable of tackling what's ahead and that you always have us here in ALANA to cheer you on and to support you however we can. Let's make this semester a great one!



Loyola Lingo: LUM Core Values

One of the first things that you may notice coming to campus is the strong emphasis on Jesuit values. And while you may have heard about Jesuit values since familiarizing yourself with Loyola, it may be unclear what those are. These are foundations that Jesuits believe are a fundamental part of the goals and ideals that you strive for, both in life and also as a student. Academic excellence is promoted through Loyola being an institution of learning and exploration, while at the same time protecting those academic freedoms. Another value promoted throughout the university is diversity, which seeks to provide an inclusive environment for all regardless of race, gender expression and identity, religion, ethnicity, sexual orientation, or disability, which is done through offices, like ALANA Services. The focus on the whole person is another concept exemplified by Loyola to provide services to help individuals strive for good health, well-being, and spiritual value, through offered services such as, the Counseling Center, the Center for Community Service and Justice (CCSJ), and Campus Ministry. There are many more Core Values that LUM abides by and it is essential to understand how each of these function on campus. These ideals are not mutually exclusive, and are meant to provide students, faculty, and administrators with a sense of community as they step onto this campus. How do these values relate to your personal ideals? <http://www.loyola.edu/about/mission-vision-values>



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.

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2022-2023

ALANA ORGANIZATION PRESIDENTS

AFRICAN STUDENT ASSOCIATION

Justine Amedson

ASIAN CULTURAL ALLIANCE

Carly Dacanay

Emily Choi-Slattery

ASSOCIATION OF LATINX AMERICAN STUDENTS

Natalia Medina Lozada

BLACK STUDENT ASSOCIATION

Grace Murry

CARIBBEAN STUDENT UNION

Jada Brown Guerra

Ahsan Huland El

MIDDLE EASTERN SOUTH ASIAN ALLIANCE

Hajrah Jalil

MOSAIC: A WOMXN OF COLOR INITIATIVE

Alison Diaz

Stay Engaged with ALANA

September Events Latinx Heritage Month



9/9- ALANA Block Party

9/13 - Man2Man

9/13 - CSU GBM

9/14- ALAS GBM

9/15- ASA GBM

9/15- Sister to Sister

9/20 - ACA GBM

9/22 - MESA GBM

9/24 - ALANA Family Brunch

9/26 - BSA GBM

9/27 - Man2Man

9/27 - CSU GBM

9/28 - MOSAIC GBM

9/28 - ALAS GBM

9/29 - ASA GBM

9/29 - Sister to Sister

October Events

10/4 - ACA GBM

10/6 - ALAS Student Panel

10/10 - BSA GBM

10/11 - Man2Man

10/12 MOSAIC GBM

10/12 - ALAS GBM

10/13 - ASA GBM

10/13 - Sister to Sister

10/18 - ACA GBM

10/20 - MESA GBM

10/22 - Latin Fest

10/24 - BSA GBM

10/25 - Man2Man

10/25 - CSU GBM

10/26 - ALAS GBM

10/26 - MOSAIC GBM

10/27 - Sister to Sister

10/29 - ASA GBM



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