

Cultural Times Bulletin

ALANA STUDENT CENTER EST. 1989

ALANA=African American, Latinx American, Asian American, Native American & Friends



March 30, 2019 | “Horsing Around”

During my time at the horseback riding trip to Eden, NY, I had fun and learned many things. When 16 of us arrived at the farm, we were early, so the ALANA Student Center treated us to Tim Hortons, which was very kind. Going back to the farm, the owners were really kind and educational. I learned that the horses they own were rescued, and have better lives now. The horse I rode was very calm, well almost too calm because as soon as the staff member let go of him he would stop. He would only do tricks if the staff member stood next to him. It was still a great experience--I never rode a horse before! We were able to see the other farm animals and one of the Canisius students caught a chicken. After everyone rode a horse and took pictures, ASC treated us to Denny's. We introduced ourselves and expressed how we all felt about the trip and how we feel about Canisius. We talked about what we liked about the school and what we would like to see more of. This trip and everyone being open with each other created some unexpected friendships. I enjoy trips like these and wish to be a part of many more.

- Mariah George '20



Pictured: Mariah George '20

On Saturday March 30, a group of Canisius students learned how to ride horses. It was a scary, yet exciting adventure from riding horses to chasing chickens, trying to catch them. We also learned about the different animals that stay on Happy Tails Farm & Rescue Center such as goats, chickens, pigs and ponies. My favorite part of the trip was watching people chase after chickens and taking pictures riding the horses. I have never ridden a horse before and given the opportunity to do so was amazing. I highly recommend riding a horse once in your life even if you are scared. It is truly a life changing moment.

- DesTiny Overton '22



Pictured: DesTiny Overton '22

April 9, 2019

“What Doesn't Kill You Makes You Blacker”



Pictured: Greg Catalano '21, Marcus Brown '20, Damon Young '02, Khin Htike '22 and Interim VP of Student Affairs Anne Dobies '06.

Among numerous public and private collegiate institutions there are very limited opportunities for students to be exposed to open, honest and constructive dialogue pertaining to race and how it functions within America. With welcoming Damon Young '02 to Canisius to discuss his newly acclaimed book, “What Doesn't Kill You Makes You Blacker,” he was able to honestly and humorously discuss his experiences of being a Black man within America while simultaneously expressing his outlook through these different stages within his life and the way in which it effected his world. With bringing Young to campus, the author's conversation drew out very important points that were essential and noteworthy for all races to hear. With continuing the conversation and dialogue on campus, I will affirm as students that we examine our lives through race, class and privilege to better understand each other.

- Avyana Morehead '19



Pictured: Diamond Garner '20, Jesana Gadley '20, Damon Young '02, Avyana Morehead '19 and Danielle Smikle '19

“Essential & Noteworthy
for all races to hear.”



“The Taste” Celebrating Asian American & Pacific Islander Heritage

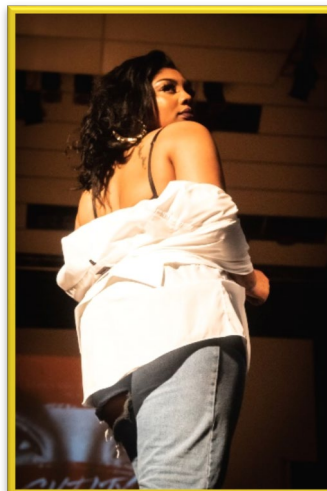
As the tradition continued, this year ASC celebrated Asian American and Pacific Islander by inviting the college community to try new food and learn about different cultures. Held in ASC, Chartwells’ food was terrific. There were so many people coming in to enjoy cultural nourishment and share their thoughts. As this was a three-day gathering, ASC plans to continue *The Taste--and more*, in the upcoming years.

- Khin Htike '22

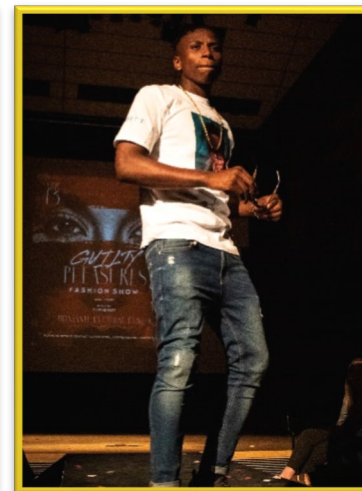
Strut Your Stuff AAS Fashion Show 2019

The Afro American Society’s annual Fashion show was hosted on April 13, and was very eventful. Involving different shades and materials, the clothing looked fabulous on the wonderful models. You could tell the event was a success due to the teamwork and the harmony between everyone. The models were gorgeous and the singers were perfect, adding that little extra entertainment. As a bystander, I felt so included in the fashion show and look forward to many more.

- Mary-Rose Alajo '22



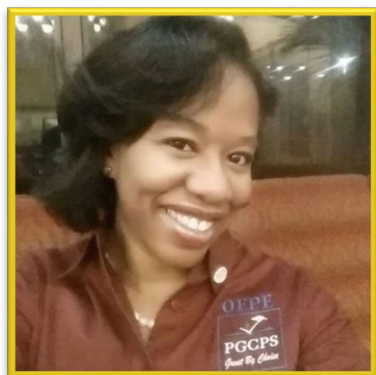
Pictured: Amaya Dennis '21



Pictured: Glorie Ndagano '22

Photos courtesy of Jay Thermidor

ALUMS in focus Tawana R. Lane '98



My experience at Canisius was fantastic, and I would not change it for anything. When I attended Canisius, the school Motto was "Where Leaders are Made," and for me, that is what happened. After graduation, I stayed in Buffalo for six years of which four of those years I worked for the Buffalo Public School System, and in 2003, I moved to Maryland and obtained a Teaching job with Prince George's County Public School System where I am still working. Here is where I truly put into effect all of what Canisius had taught me. I have served as a Board member and Treasurer of the Local Teacher Association (Union). I started a committee once known as the Future Teachers Committee. I served as the Resolutions Committee Chair for the Maryland State Education Association and was their representative at the national level. I attest that the woman I have become as a leader, and as an educator, started with the excellent instruction I received from Canisius. As a teacher, I was often called upon to be a department chair, teacher in charge and a part of the Principal’s leadership team. I went on to obtain my Masters in Reading and a Certification in Administration. Five years ago, I advanced to a master teacher level where I was hired to be a Peer Assistance and Review Consulting

Teacher. Two years later, I was promoted to my current job where I hire, recruit and staff Teachers. My title is Human Resources Staffing Partner. When I left the city of Buffalo, I promised myself that I would return, but I would return to recruit teachers from my alma mater; so far, I have made two trips doing just that. My advice to today's students is to study hard and keep track of your notes. The education that you receive from a Jesuit institution is priceless, and the relationships you make are equally the same. Today and forever, I am a GRIFFIN 4 Life--a LEADER "made" at Canisius!

Faithful and Distinguished Service

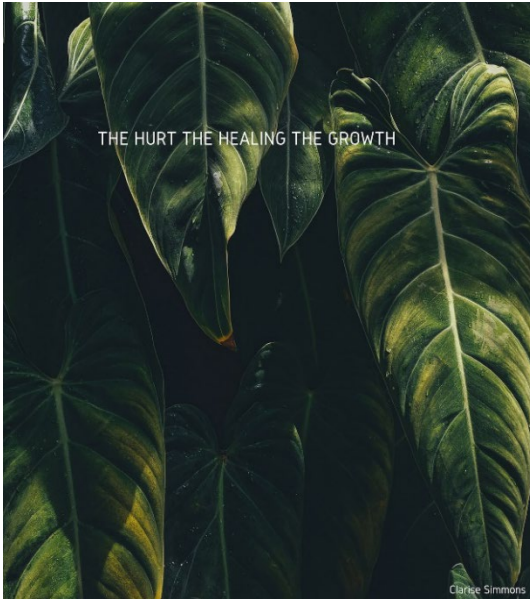
By way of the college’s Office of Human Resources, college members recently celebrated their tenure at this Jesuit/Catholic institution. Sababu Norris of ASC was recognized for 30 years of “Faithful and Distinguished Service.” Originally, from South Carolina, Sababu will always remember his first winter in Buffalo (1989); after trying *three* layers of thermals, he was ready to leave our *City of Good Neighbors*. Members of the college heard about this and introduced him to Dr. David Sheets of the Physics Department. Prof. Sheets and his family acquainted Sababu with cross-country skiing--and even gave him a set of skis—the rest is history! Planning to eventually transition to part-time endeavors in one of the Carolinas, Sababu will retire in June of 2020.



“The Hurt The Healing The Growth”

By: Clarise Simmons '18

An alum of the Canisius Performance Troupe, Clarise Simmons recently published her first book, *The Hurt The Healing The Growth*. A synopsis of the book follows along with her process in creating her own masterpiece for readers.



“The Hurt The Healing The Growth,” is a poetry book that speaks about my relationships and love experiences in college. The biggest relationship being the relationship I had with myself, following the relationship I have developed with others. It is an ode to love, to my love, and to the love, I have allowed myself to receive. In the process of writing the book, I went through many emotions, and it was a very heavy process. Often times I had to revisit those places I tried to keep tucked away in my past, some of which I have never confronted. Many times, I would ball my eyes out while writing, going right back to a space of hurt and pain. When I finished writing the book, I tossed it. It wasn’t right because I didn’t go deep enough. I still did not want to open those unhealed wounds completely and while taking a peek was painful I needed to tear the whole bandage off to feel all of the pain. I was left in a state of numbness but it’s that state that allowed me to feel those things I once buried way beneath the surface. It was at that moment that I realized it was time for me to rewrite the book again, this time holding nothing back. Every time I felt the memory of my love experiences creeping on I would write. No matter where I was or what I was doing I would stop and write and it resulted in this beautiful piece of literature I can now call my own. I wrote this book for my own specific healing, but more importantly, I wrote this book to remind people that it’s okay to feel, no matter what those feelings are. The ability to feel is the beauty of humanity. It’s important that we all have a basic understanding that no matter how we feel, those feelings are valid and should be treated with love and respect.

A poem from the book:

The Healing Process

No more faking it til I make it
 I want confrontation with the woman looking back at me in the mirror
 I’m sick and tired of her
 Smile so wide so fake her jaw hurts as it shakes open fixing to ask someone how they
 Are doing knowing she does not care
 The healing process
 Confronting all the hurt and all the pain she’s been through and not just from other people but from herself
 The self-abuse she put me through
 The audacity to walk around this corrupt earth not knowing her worth, not knowing her values, not knowing herself
 She, just like many, bought into the fake it until you make it and has been faking it so much that there is no real left to make it
 The healing process
 I’m ready to get down to the ugly parts of her life
 To the scars she thought were healed but are fresh
 Some still bleeding
 I’m ready to make her cry all that she can and then get her up off the ground
 Dust her off
 And start all over again
 This time new
 This time fresh
 This time with love in her chest
 The healing process

“I wrote this book to remind people that it’s okay to feel, no matter what those feelings are.”

A Year Gone By...

Afro American Society

Fall Semester:

- Welcome Back BBQ
- Listening Party
- Apollo Meets Poetry and Art Night
- Soul Food Dinner

Spring Semester:

- Welcome Back Social
- Silent Library
- Culture Clash
- My Black Is Beautiful Week:

Meet the Greeks

Men's Appreciation Day

Women's Appreciation Day

Hair and Beauty Expo

Black Jeopardy

- Fashion Show
- Afro Ball

Gospel Ensemble

On Campus Performances:

- The New Life Winter Concert
- Afro American Society's Apollo Night.

Off Campus Performances:

- Shiloh Baptist Church Youth Day
- UBGC "Be Transformed" concert,
- Buffalo State College's "God is Love" Worship Night
- LaMont Josey's "The Sound of Worship" concert

LASAF

Fall Semester:

- Thursday in the Quad
- Baila
- Indigenous day
- Salsa Social
- Dia de los Muertos
- Griffmas Stand

Spring Semester:

- Movie night
- Loteria
- Comida para el corazón
- Baila Part II
- Carnaval
- LATINX Celebration
- Spirit Week

CTB brought to you by:

Editor..... Chandler Hawkins, M.S. '20
 Bulletin Assistant.....Sr. Patricia Brady, SSMN
 Student Staff..... Michelle Calhoun '20
 Student Staff.....Khin Htike '22
 Student Staff.....Rodrigo Ortiz '21
 Student Staff..... Siti Farah '21
 Administrative Specialist.....Madonna Mckernon '12
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Enter for the chance to win!

3 WINNERS will be chosen!

Unscramble the letters below to enter a raffle to win a

Regal Movie Ticket

Deadline: May 10, 2019

UTREGDIAT

Know a student that ASC should highlight in our CTB? Contact Chandler Hawkins M.S. '20 at hawkin14@canisius.edu to let us know!



Positivity from the Pope

“ Human self-understanding changes with time, and so also human consciousness deepens. ”