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THE GREYHOUND

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Top Stories

New LGBTQ+ Department Paves Way for Diversity and Inclusion

By Jacqueline Goldman

It was years in the making. Find out more about the new LGBTQ+ department at Loyola, and the undergraduate who is now a Loyola dean who came up with the idea.

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Second-Hand Shopping Strikes Baltimore: Saving Wallets and the Environment

By Cecelia Lee

You don't have to pay full price for high quality brand names. We've checked out some of the best local thrifting boutiques in Baltimore. These shops are good for the environment and can help your cash flow.

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Five Interesting Clubs to Join at Loyola

By Genevieve Hayes

From the Operation Smile club to Tabletop Tennis or Boxing Club. The Greyhound shares info on five clubs you likely have never heard of.

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Photo Credit: Leah Mazzuchelli

Evergreen Players Get Ready for Spring Season

By Tyra Alexander

Loyola's Theatre Department, The Evergreen Players will produce three productions this spring to close out their five-show run during the 2024-2025 school year.

The Evergreen Players welcomed the Loyola community to campus on Jan. 16 with their first production by subgroup, The Spotlight Players in a show called, "Death and the Maiden". Directed by María López González '25, "Death and the Maiden" is a thriller that followed a woman, Paulina, who thinks that the stranger who comes to her home is the doctor who sexually assaulted her years prior.

Following "Death and the Maiden" is a production that is rather new

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The Future of the Donnelly Science Center



Proposed architectural mockup of finished addition | Photo Credit: Hord Coplan Macht

Construction, growing pains, and more

By Eisa Abu-Sbaih

Students at Loyola University Maryland began navigating a construction zone this semester, as a new 18,200 square-foot addition and renovation of the Donnelly Science Center begins to take shape.

According to the university's strategic plan for 2030, Together We Rise, the future Donnelly will improve student experience and respond to innovation within the natural and applied sciences aligned with an initiative to "grow our footprint, influence, and enrollment" through investments in health and STEM.

But until expected completion in 2027, students and faculty are caught in the crosshairs of inconvenience.

The Donnelly Science Center has been home to Loyola's science programs since 1978. In the decades since, the Department of Natural and Applied Sciences has launched several new science, technology, engineering, and math programs, including data science, forensics, and environmental science. Most recently, Loyola's new Bachelor of Science in Nursing program, in partnership with Mercy Medical Center, will welcome its first cohort in fall 2025. According to Dr. Braham Roughani, associate dean for natural and applied sciences, health and STEM have been growth areas for the university. Undergraduate enrollment in the sciences has doubled from around 600 students in 2013, when Roughani arrived at Loyola, to over 1,000 students in 2023,

though the total of undergraduates has remained steady at around 4,000.

"Our faculty have been very innovative and creative," Roughani said. "They have created new programs that are in demand and align both with what students want and what the industries, businesses, and government agencies want. We are really making Loyola a destination for STEM within liberal arts Jesuit education."

Students may have only just found out about the Donnelly renovation this semester through email updates to the Loyola community, but the project has been in the planning stages for years. Talks of renovation began in 2019 in response to faculty complaints of outdated equipment, old-fashioned labs, classrooms, and study spaces.

"We had to upgrade our labs to ensure the safety of the students. In sciences, things will get old. We have new technology, but it is very hard to retrofit new technology into old buildings," Roughani said.

Meredith Sullivan, director of project management, design, and construction, shared that the Donnelly project started as a minor renovation. However, the project evolved following a feasibility study completed in 2021, and plans moved forward with the design process for a more invasive addition.

According to Sullivan, the addition is largely inspired by the Miguel B. Fernan-

dez Family Center for Innovation and Collaborative Learning, which opened in fall of 2021. In alignment with Loyola's Laudato Si' commitment to sustainability, the construction aims to secure the same LEED gold environmental certification in energy efficiency. The new and improved Donnelly Science Center will also look and feel like a modern, 21st century building, complete with distinctive, large glass windows.

The addition "plays nicely off the architecture and the materiality of the Fernandez Center," Sullivan said.

"Fernandez has wider circulation and more spaces for students to meet, and the addition allowed us to put more of those types of spaces that we saw were really successful in the Fernandez Center into Donnelly, which we weren't going to be able to do without the addition."

A full interior renovation will resize classrooms and add six brand new large teaching labs, which will allow the university to be more industry-adaptable and forward-thinking in creating future programs.

"These new labs will also better prepare students for the workforce," said Dr. Theresa Nguyen, associate professor of chemistry and biochemistry.

"We want to upgrade lab spaces to mirror what students would see when they do research, when they go out and do internships, or when they go to grad

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Exclusive Interview with President Sawyer

By Jack Barker

Loyola University President Terrence Sawyer, J.D., sat down with The Greyhound to discuss students making intentional use of their time, how the school can continue to improve, and how recent ratings reflect both the quality and the dedication of Loyola's instructors.

The Wall Street Journal ranked Loyola No. 23 nationally in its list of 2025 Best Colleges in the U.S. For Sawyer, the

driving factor behind this success is the unique dedication of Loyola's faculty.

"They are experts in their field, they very much want to teach, and to know undergraduate students. If you've only attended Loyola you might think that's how it is everywhere, I am here to tell you it is not," Sawyer said, "Our faculty are uniquely committed and dedicated to their student's success, and that's why the ratings are so high."

Loyola also notably ranked No. 5 for career preparation and No. 22 for student experience. Sawyer found those rankings to be an acknowledgment of the work of not only the staff but also the students and all those who came before them in creating a unique culture at Loyola that fosters success. He also said that the high ranking of student experience could not only be attributed

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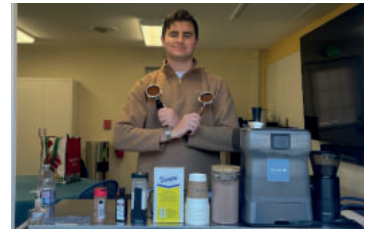


Photo Credit: Jenna Mattern

Pep's Coffee Pop-Up Shop

By Jenna Mattern

For many college students, a cup of coffee is the perfect way to start the day. But for Loyola marketing student Perry Shutt '25, brewing a cup is not just a morning ritual, but also the foundation of his emerging business.

Shutt recently opened up Pep's Coffee, his very own pop-up coffee shop on campus. After thinking about opening a business all summer, he finally made his dreams come true by the second week of the semester. The lighthearted name "Pep" came from a nickname that his family used to call him. He highlighted his inspirations behind his coffee business.

"I've always had a passion for coffee. And when I went abroad, I kind of got shown a new way of making coffee and enjoying coffee. I wanted to take that back here and kind of show campus a different side of what coffee can be," Shutt said.

As a business student, Shutt knew that Loyola could be a help in starting his shop. He emphasized wanting to combine his love for coffee and entrepreneurship.

"I knew I could make coffee profitable. I knew I could make it faster, I could make it more affordable, and I could make it just taste better than the other options on campus," Shutt said.

Shutt recalled the humble beginnings of his business. He described the unique scenario he faced when first starting out.

"I started out in my dorm room which was on the third floor of Bellarmine. I actually sold coffee out of my window using a pulley system," Shutt said.

Shutt explained that this system was not super popular and he really only received online orders. That's when he did some research to find out which departments

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News

Exclusive Interview with President Sawyer

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Photo Credit: Loyola University

to the university's culture but also a concerted effort by him and several of his predecessors to make Loyola more inclusive and accepting.

"We've made strides in that regard, I don't know that that was always the case. In fact, I know that that was not always the case. If you are a student here, this place is for you. You are not a utility to enhance the experience of another student," Sawyer said.

Sawyer joined Loyola in 1998 as a vice president for administration, and most recently served as senior vice president before being named president of Loyola in 2022. He said ensuring that Loyola continues its focus on career outcomes and the success of its students after graduation will further increase the value of a Loyola degree.

Sawyer said this focus entails more than just increasing the technical ability of students in their field of study. He

said Loyola's true secret is teaching students to develop important life skills, like stick-to-itiveness, ethical decision-making, and being a good person.

"When you combine those things, you are a unicorn in the workforce. You shouldn't be, but you are, and those people rise more quickly in organizations because they have the soft skills and hard skills, and they get marked as leaders, and they get retained at higher rates, and they get paid more, and that's why our rankings are so high," Sawyer said.

His most important piece of advice to students is to be intentional in how they spend their free time, and to be sure to experience as much as possible.

"I've never met a graduating senior who says 'I just wish when I was at Loyola I spent more time on social media. I just wish I spent more time playing video games,'" Sawyer said.

He also encourages students to take advantage of both on-campus and off-campus opportunities.

"You have these opportunities to explore things, to go to lectures, to go to shows, to audit a class, to explore Baltimore, to go to Washington D.C. which is a thirty-minute train ride. It breaks my heart when students don't take advantage of the time that they have to do things that don't cost much money."

New LGBTQ+ Department Paves Way for Diversity and Inclusion

By Jacqueline Goldman

The dream of an LGBTQ+ resource center for students on the Evergreen campus came to fruition this past fall semester. Loyola's new LGBTQ+ Student Services Department is quickly becoming a cornerstone for the university's mission of inclusivity. Director Pat Cassidy spearheads programs and initiatives that address the unique needs of LGBTQ+ students.

"One of the foundational goals of the department is to support students. I see that as everything from supporting queer students to navigating the college experience... as we think about different policies and practices that just because of heteronormative society, folks haven't thought about the impact it has on queer identities," Cassidy said.

This idea dates back to 2002, when a request was made by past student and then President of Spectrum Frank Golom to create an Office of LGBTQ+ Student Affairs. Golom, '04, is now the current dean of Loyola University's school of arts and sciences. In the document, he sought aid from academic and student development services to navigate and approve the office, similarly to the way ALANA serves students from diverse backgrounds, including BIPOC. Golom stated at the time there were less than 20 students open about their identity and likely hundreds more that were still closeted. Later in 2006, an assessment by Licensed Clinical Professional Counselor Jeffrey A. Klug mentioned the need for a staff member specifically focused on LGBTQ+ concerns, so students would know who to turn to for affirmation.

Cassidy described how one of the department's early successes has been its

community building efforts. Particularly, this has been through events like the drag shows and drag bingo nights, which are quickly becoming campus traditions.

"We hosted our first drag show on campus last spring, and so we hope to be able to have a drag show be a spring tradition. And drag bingo went very well, so I'm hoping for that to be a fall tradition," Cassidy said.

Beyond the social events, the LGBTQ+ Student Services is also making strides in creating inclusive learning spaces. Cassidy intends to improve upon Safe Zone training, a staff, faculty, administrator, and student training aimed to help ensure that everyone on campus has the tools and knowledge to foster inclusivity.

"It signals to students, colleagues, and employees that this person has done some work to try and say, 'I want to create a space where you can show up fully who you are. Recognizing that, 'I might mess up, but I'm here to navigate through that and find ways to support you,'" Cassidy said.

Several plans are underway to make the LGBTQ+ spaces on campus more welcoming. There is a particular focus on improving upon the Pride Resource Room, located on the third floor of the Student Center, where students have access to educational books, movies, and more. Additionally, Cassidy hopes to highlight the creation of the department's office suite with ALANA Services, where students can reach him for various needs or support. The shared physical space allows for organic, intersectional collaboration between students.

As this department grows, so does the vision of a more inclusive, supportive campus for all students, ensuring that Loyola continues to be a place where every student feels a sense of belonging. Cassidy described what he is looking forward to.

"I'm looking forward to visioning both with the student employees in the office but then also just students and student leaders. What are they desiring and needing, both in terms of visibility and celebration, but also in terms of really practical things of how we can make the college experience more supportive for queer students. It's an exciting moment to be able to envision a dream and to try things," he said.



Pat Cassidy in Pride Resource Room
Photo Credit: Jacqueline Goldman

A Behind-the-Scenes Peek at Planning Loyolapalooza

By Jenna Mattern

Loyola students may be looking forward to warmer weather, lounging in hammocks or on blankets on the quad, and getting the chance to enjoy the various annual traditions such as the BSA Fashion Show and Loyolapalooza. Loyolapalooza is Loyola's take on the Chicago music festival, "Lollapalooza". Loyolapalooza is a longstanding tradition at Loyola and features carnival games, food, giveaways, and a concert from a headlining artist. An approximated 1,800 students attend the event.

Loyola's Student Government Association (SGA) and Office of Student Engagement are currently working behind the scenes to make it happen. SGA Director of Events and Traditions Gabby Mudric '25 plays a vital role in the planning process of Loyolapalooza.

"Palooza planning has already started. We started back in September. We look to see what artists are available and we like to see what students like—particularly, what genre... surveys are sent out and we look at data from the past," Mudric said.

Mudric explained that Palooza is an experience for students to enjoy as the event is hosted before the start of spring finals. She must take into consideration what food, rides, and games there will be. The goal of these combined organizations is to make it an overall successful event. Mudric works alongside Associate Director of the Office of Student Engagement Becca Winkler to create and solidify plans for Palooza.

"One of my primary responsibilities is serving as the SGA advisor. So, Gabby and I work really closely together. We meet weekly. We've already started having conversations about Palooza since it's a very large-scale event and lots of planning goes into it and lots of pre-planning," Winkler said.

Winkler explained that part of her job is considering what will be offered at the event aside from the musician. The event has many moving pieces, so it's crucial to solidify what will be provided for students.

"It's really important for me as an administrator at the university to think about the full day experience—it's not just a concert. So, what else is being offered in terms of food... what's offered in terms of giveaways that the different class years provide, what rides are there, what other attractions are there to excite students and make the day really fun," Winkler said.

Other organizations on campus such as Loyola Dining Services and Events Services help to make Loyolapalooza what it is by creating menus and setting up carnival rides. Additionally, Winkler points out that she enjoys the crossover between SGA and the Black Student Association (BSA) through the announcement of the Loyolapalooza musical artist. Every year, the BSA reveals the musical artist towards

the end of the annual BSA Fashion Show in Reitz Arena.

Winkler said, "It's a great collaboration between two huge Loyola traditions. It's a really nice way to kick off the end of the semester and the end of the school year by supporting BSA and their work."

Mudric encourages students to come to Loyolapalooza. She highlights that it's a crucial tradition at Loyola and allows students to unwind before finals begin and celebrate the completion of the school year.

"It's one of our biggest traditions! It's just an end-of-the-year celebration for all the students and their accomplishments before going into spring finals. It's a break for them to just feel relaxed and have an entire experience just for the student body," Mudric said.

Loyolapalooza is set to be on April 27, 2025. Visit the SGA and the Office of Student Engagement websites to learn more.



Photo Credit: Ryan Hiebler

The Future of the Donnelly Science Center

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school or med school, so that students have all the right tools they need to succeed," Nguyen said.

The renovation will also add new office spaces to house additional faculty for future programs and install lounge, study, and collaboration areas for students. These changes, Roughani hopes, will facilitate better student-faculty interaction and enhance the learning experience.

"The best I can describe traditional lectures is like a lion in a cage, going back and forth in front of the blackboard," Roughani said.

"New knowledge [informs us that] the best teaching is not passive, but requires active learning, group work, and sometimes, the ability to quickly reconfigure the room. The correct design of the space is in everything, even from the shape of the table... these small details add up to create the best and most productive learning environment."

When it comes to navigating construction in an occupied setting like a university, safety of the students and faculty is paramount, followed closely by limiting interruptions to the learning environment. But increased noise and restricted building access can be unavoidable.

And with half the building offline for renovation at a time during the first of two phases

of construction, many science faculty have been displaced into temporary office spaces within residential halls like Newman Towers. These measures disrupt the ease of faculty-student interaction, forcing many professors to rely on mobile or virtual office hours to compensate for the loss.

Amber Delgado '25, a biology and psychology major and president of the Society for Underrepresented Health Students, shared that the limited in-person space made it difficult to find biology courses that suit her schedule and impacted the way students study and learn together.

"For example, when four people all had the same question, we would all go to office hours together and all bounce off each other's questions, which is not something we can really do anymore because we don't have that space," Delgado said.

Access to critical experimental equipment and resources are also limited, which drives professors to brainstorm solutions to replace traditional course plans. Nguyen, for example, has taken the opportunity to introduce elements of liberal arts and ethics into her coursework.

"Any challenge, be it the pandemic or a major renovation, really forces us to focus on what's important, which is the learning outcomes. Can my students learn what

they need to? So, for instance, if one of the centrifuges that we use for our experiment is going to be inoperable, what can I do to creatively answer that problem?" Nguyen said.

The construction team and science faculty have worked hard to maintain lines of communication to reduce inconvenience to students where possible. Sullivan helps lead a committee that meets biweekly to evaluate the impact of construction on classes, a space where faculty can share certain days or times where noise needs to be limited for exams, for example.

"It will be noisy sometimes. It will be a little disruptive. We're asking people to be patient with us," Sullivan said.

Upon its opening during the 2026 to 2027 school year, the new Donnelly Science Center will not just be a distinctive new feature of the academic quad; it will represent new forms of collaboration, innovation, and academic excellence for Loyola students and faculty, according to Nguyen.

"You don't choose a school because of the buildings, you choose it for the faculty and the people. If we continue to focus on the people in everything that we do, I think that will be the success story," Nguyen said.

Evergreen Players Get Ready for a New Season of Shows

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for the club. For the first time ever in February, The Evergreen Players will be welcoming Ave Lola Troupe, a theatre group from Brazil. Directors, Crew, and Musicians will be welcomed to the evergreen campus as the two groups collaborate on a production in McManus Theatre. The production will debut on Feb. 20 to Feb. 23.

The Evergreen Players will close out the semester in April with the play, "Noises Off", directed by Dr. Jim Bunzli. "Noises Off" is a play within a play about a touring theatre group putting on the production, Nothing On. The production is about three parts of putting on a play—the dress rehearsal, opening night, and the

behind the scenes. "Noises Off" will open in McManus Theater on April 3 to April 6.

Dr. Bunzli said what he loves most about the play is that it's a play about a play that's going really badly, a comedy that is sure to entertain the audience.

"There's a secret about the play in the second act... I think it'll be a lot of fun for people to discover it when they see the show," Bunzli said. "There's kind of an unexpected twist and it leads to a lot of laughs. So I think the idea is that this [will have] people gasping and as they watch this thing, it's fast moving, it's gonna be great."

For Evergreen Players Treasurer, Bella Masso '25, her goal before graduating is to leave the organization better than she found it.

"I hope within my two years of serving my time that I can leave an impact, create a new tradition, or make somebody feel welcomed to the club. Make things that will last long after I am gone," Masso said.

The next show presented by the Evergreen Players and international theatre troupe, Ave Lola will take place Feb. 20 to Feb. 23. In McManus Theater. For more information on upcoming events by the Evergreen Players, follow their Instagram @loyolamdtheatre.

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Arts & Eats

Pep's Coffee Pop Up Shop: Your Next Favorite Brew at Loyola

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on campus could help him expand.

Around October, the Simon Center for Entrepreneurship and Innovation helped him secure the Campion Annex to hold pop-up shops. He has been grateful for their help, specifically Director Wendy Bolger.

Over the course of the fall semester, Shutt has been working hard to improve his social media, marketing, and price points for his beverages. His shop features mostly espresso-based drinks, including lattes, cappuccinos, and americanos. He also sells hot chocolate and is looking to expand his menu in the future. Prices range from \$3 to \$4.75.

Shutt sources his coffee beans from Ceremony Coffee Roasters, a local roaster in Annapolis, Maryland. The roast is medium to light and he described the beans as top notch.

"My coffee beans, what they strive for, and what I emphasize in the coffee I make, is that you can have a more natural and lighter flavor of coffee that doesn't require a lot of artificial flavors to cover it," Shutt said.

Shutt's future goals for the shop include expanding and hopefully having a more permanent spot on campus. He hopes to give Loyola students opportunities to work at the shop as well.

Shutt is proud of how his business has progressed and encourages other students to take the first step to start a business of their own. He stressed the importance of having the courage to try.

"It just feels really fulfilling to do something that you know you've started and that you've taken the initiative. Anyone can be a business owner with the resources that are out there—with technology, loans, scholarships, and grants. But you just have to be willing to start," Shutt said.

Pep's Coffee is currently looking into next steps for what his shop will look like this spring 2025. To learn more about his business, visit www.pepscoffee.com.



Photo Credit: Jenna Mattern



Photo Credit: Cecelia Lee

Second-Hand Shopping Strikes Baltimore: Saving Wallets and the Environment

By Cecelia Lee

A short distance from Baltimore's Inner Harbor, Fells Point's historic waterfront streets are blanketed with charm and character as a local flea market assembles to create a fashion hub and neighborhood-like community.

Tucked throughout the brick and stone architecture is a diverse array of shops and restaurants that offer a lively climate. While the eateries and shopping opportunities are endless, not every Baltimorean may have the current budget to indulge in the city-spending lifestyle.

Broadway Market, located at 1640 Aliceanna St., hosts Bmore Flea weekly in support of sustainability and ethical shopping amongst a large demographic of consumers. The market is open to the public every Saturday during the fall months, running from 10 a.m. to 3 p.m. Starting Sept. 7, vendors consistently operate until Dec. 21.

Second-hand shopping has been all the rage among not only younger generations, but for those coming from all walks of life. Student Ben DiLorenzo '27 discussed how Baltimore is an underrated city in a lot of aspects that reach beyond the metropolitan way of life.

"When I've been exploring around the city, I've found a lot of places to go on walks and sightsee. It's a good way to get off campus while avoiding the simple act of opening my wallet and spending a lot," DiLorenzo said.

Focusing on local vendors and vintage items, Bmore Flea has a plethora of affordable and original finds.

"Last week, my friends and I went to the flea market and found some pretty cool items for a decent price. Fells is an active area and we had a good time simply walking around," DiLorenzo said.

Jacquelyn Segarra, owner of Mariposa Moon Vintage, explains the importance and delight of what purchasing pre-owned and vintage items means to her. With 20 years of experience in vintage shopping, she highlights the skill it takes to be in her field.

"You have to be ahead of the trends and know what's coming in the future. Fashion runs in a cycle, which is what makes vintage shopping entertaining. You see a lot of the same trends reappear years later," Segarra said.

Segarra also emphasized that the demographic of shoppers in her specific tent is under 40.

"I see college students appear the most, you know? A lot of students tend to be drawn to the Y2K and 90s items that I source. You can find a lot of that same style in stores today, like Urban Outfitters, but the quality may not last as long as vintage items would," Segarra said. Along the string of tents and clothing racks, Revamp Threads stands out as an

upcycling establishment supporting the attack on the rise of fast fashion.

Owner Michelle Shelton stated her opinion on the mass-production of new clothing items, and further emphasized why it is important for a younger demographic to explore the sustainable options around the city.

"When you look at the statistics of fast fashion, it's sick. People like a unique item that they can't find anywhere else. I've always liked to hunt for different fabrics and see visions in my head of what I can make with them. That's what makes it fun," Shelton said.

Shelton says she's been a part of the flea market community for around two years now, sourcing items from all over the Maryland and D.C. area. She notes that selling her items in flea markets is enjoyable because of the people, familiar faces of other vendors, and frequent shoppers add to the support of the niche community.

Second-hand shopping is not only an option if you're looking to save money, but it also promotes sustainability and a less consumer-based lifestyle. If you happen to be in the Baltimore area and are looking for a fun way to shop local, Bmore Flea is available for all to walk through and explore.

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Opinion

Breaking the Silence: How Loyola is Building a Culture of Mental Health Support

By Joseph Mesa

For many students at Loyola, the weight of academic expectations, social pressures, and personal challenges can feel overwhelming. As deadlines loom and the demands of school and life collide, it can be easy to feel lost in the shuffle. But at Loyola, there's a quiet understanding that no one should have to carry that weight alone. It has woven mental health support into the fabric of its community, ensuring that students know help is available, and that seeking it isn't a sign of weakness, but a step toward growth.

Dr. Jason Parcover, assistant vice president for Student Well Being, sees firsthand the mental health struggles students face, especially during times of high academic pressure.

"By far, the number one challenge that students face during times of high academic pressure is anxiety and stress. We know from both Loyola data, but especially national data, that somewhere between 60-80% of students will report high levels of anxiety, at least a few times during the school year," Parcover said.

But Loyola doesn't stop at acknowledging the problem; it actively provides solutions through a wide range of services offered by the Counseling Center. From individual counseling to mental health workshops, the center's goal is clear: to equip students with the tools they need to manage their mental health and succeed academically.

"We see over 45% of all students before they graduate. Students who seek counseling graduate with higher GPAs than those who don't and are more likely to graduate with honors," Parcover said.

The Counseling Center offers a variety of mental health workshops designed to meet the needs of a diverse student body. Programs like Anxiety Toolbox and Recognition, Insight, and Openness (RIO) provide students with practical strategies for managing stress and improving mindfulness.

Parcover said, "These workshops have been incredibly helpful... We're seeing really positive feedback from students who say they feel more in control of their anxiety after attending."

Beyond the workshops and counseling sessions, Loyola's approach to mental health is woven into campus culture. One of the most visible symbols of this is the Green Bandana Brigade, an initiative that equips students with basic mental health training and encourages them to show their support for their peers by tying a green bandana on their backpacks.

"We want folks to feel like they're part of a supportive community. We have over 300 students who are part of the Green Bandana Brigade. These students are prepared to offer a listening ear or direct someone to resources when they need it most," Parcover said.

For Olivia Paré '25, director of Student Support and president of the university's chapter of Active Minds, normalizing mental health discussions on campus is more than just a responsibility, it's a passion.

Active Minds, a national organization, works to raise awareness and reduce the stigma surrounding mental health challenges.

"Our main goal is to make students feel included and supported at Loyola through our events, by highlighting resources, and by trying to normalize mental health in a variety of ways," Paré said.

Active Minds is known for its impactful campus events, such as "I Will Listen" week, held in collaboration with the National Alliance on Mental Illness. These events encourage students to openly discuss mental health and learn about the resources available to them. Paré also spearheaded a walk team for the American Foundation for Suicide Prevention's "Out of the Darkness Walk", a cause that has already raised over \$2,400 from the Loyola community.

"It's about making sure students know they're not alone. Programs like the Green Bandana Brigade make it easier for students to see that help is all around them," Paré said.

Loyola's Mental Health Task Force, made up of faculty, staff and student representatives, also plays a pivotal role in creating a campus culture that prioritizes mental health. Dr. Janet Pries, a member of the task force, believes that while many faculty members care deeply about their students' well-being, they often hesitate because they don't feel equipped to handle mental health issues.

"Caring is never wrong. For most of us, I think this is a human condition, when I don't know what to do, my default will be to do nothing. The task force is about giving people the tools they need to feel confident in reaching out and supporting others," Pries said.

During the pandemic, the need for mental health resources became even more urgent, leading Loyola to introduce new tools like TogetherAll, an anonymous online platform where students can connect with others experiencing similar challenges. Dr. Lisa Oberbroeckling, another member of the force, sees TogetherAll as an essential resource for students who may be hesitant about seeking help in person.

"It's completely anonymous and virtual, which is powerful for students who may feel hesitant to seek help publicly. What it allows for is for students to have a community, and it is a community that is really grounded in mental health," Oberbroeckling said.

This focus on building a supportive culture is a key part of Loyola's broader mental health strategy. At the heart of these efforts is the university's commitment to its Jesuit pillars, which shape every initiative.

"The foundation of these mental health initiatives is deeply rooted in Loyola's Jesuit values, particularly *cura personalis*, the idea of caring for the whole person," Pries said.

"It isn't that we integrate *cura personalis* into our mental health initiatives. It's that *cura personalis* is the foundation. Everything we do builds on that ground," Pries said.

At Loyola, the message is clear: mental health matters. Through the Counseling Center's services, Active Mind's initiatives, and the ongoing support of faculty and staff, students should never walk alone with their struggles. Whether through a conversation with a peer with a green bandana binded to their backpack or attending a workshop, Loyola is working to ensure that every student knows they have a community of care behind them.

The Counseling Center is open Monday through Friday from 8:30 a.m. to 5 p.m. They have an on-call emergency counselor available, providing immediate assistance to those in distress. Students can schedule an appointment by calling or by visiting their website. For urgent mental health needs outside of regular hours, students can access the center's 24/7 crisis line by calling (410)-617-5530.

Is Watching Your Drink Enough? Loyola's Should Train RAs and Students on Dangers of Being Roofied

By Kate McLaughlin

Loyola students and faculty received an email from Dr. Deborah Melzer, the vice president of Student Development alerting the community about an increase in students reporting having drinks being drugged, or roofied.

The email caught me by surprise; how could anyone do such a despicable thing in an attempt to take advantage of innocent people trying to have fun with their friends? The reality is, I have been taught to be aware of such things since I was young. Like many of my peers, I have unfortunately had to learn about strangers potentially targeting, violating, or endangering me.

This is why I was surprised that the only prevention from Loyola following this scary news thus far was an email with a subtitle, "Be an Active Bystander."

The email does include helpful tips, such as reiterating the 'three D's' Loyola students learn about in their summer seminars regarding alcohol safety: direct, distract, and delegate. It also reminds students to watch a friend's drink if they leave it unattended or alert authorities if you notice suspicious behavior.

Does anyone else feel like this just is not quite enough? That the email was too brief? Not informative enough? Not helpful enough? You're not alone.

Let's start with some information about what a 'roofie' is.

The term 'roofie' is used to describe a substance that is slipped into someone's drink without them knowing, usually with the perpetrators goal being to sexually assault the victim. The term comes from a drug called Rohypnol, which is a benzodiazepine. Today, the term 'roofie' colloquially refers to any date-rape drug that incapacitates you; typically, this is in reference to drink-spiking.

Some substances used to violate victims are easier to obtain than you may think and exist in unsuspecting places, and other substances are harder to acquire. Be aware of prescription medications that come in liquid form, such as drops, as some contain poisonous sedative drugs when consumed.

Dr. Melzer said, "These substances are colorless, odorless, and tasteless." The most common drug that has been weaponized against Loyola students is GHB.

When a person is roofied, they often feel extremely drunk with a loss of balance or extreme dizziness, inability

to form proper sentences, and a memory 'blackout' that comes on abruptly. Other signs an attacker has spiked your drink includes sudden nausea, extreme sleepiness, or muscle relaxation.

Dr. Melzer reports that, thus far, none of the perpetrators have been Loyola students. She reports that many cases have been traced back to bartenders and have been slipped into canned drinks which are typically deemed safer from roofies than cups due to the smaller opening. An attacker who is found guilty of spiking a drink with the intent to assault somebody may find themselves in jail for up to twenty years.

I was disappointed that none of this information was included in the school-wide email; I expressed this to Dr. Melzer when I sat down with her.

In our conversation, she was very open to my thoughts on the email and explained that composing the email was challenging.

"It's a difficult balance because we don't want to victim blame," Melzer said.

Included in the email were some reminders, such as not leaving a drink unattended and being aware of any potential suspicious activity around you.

I asked her what mandatory meetings and training have been put into place through organizations like Messina or with RAs; thus far, there are no mandatory actions, but some Messinas have voluntarily chosen to further discuss the issue.

It is disappointing that the school hasn't taken more action following such an upsetting report. Unfortunately, it is on students to be much more vigilant with their drinks given today's risks. Accessing these substances is disconcertingly easy, and something can be put in a drink even if you are aware of your surroundings.

In my own research, I found Night-Cap is a company that sells reusable drink covers that fit into an attached scrunchie so you can easily carry it around. I have one, and it really is such a small, easy preventative measure that makes me feel much safer and of a sound mind when I am out.

Their social media team posted a video this year demonstrating how easy it is for someone to spike your drink, even when you are aware. In the video, a girl pours out a "Pixie Stick" into her friends' drinks, sometimes right in front of their eyes, and

they go undetected. You can still be a victim even when doing your part; no matter what happens in a situation like this, please know that it is not your fault.

If you suspect someone has been roofied, whether they be a friend or not, step in and get them to safety as soon as possible. You may save their life.

"Students intervening when they are seeing a friend act differently, getting them to the hospital, calling 911, and reporting it is the best way to help support each other," Melzer said.

Without proper intervention, physical injury, sexual and physical assault, trauma, and even fatality can occur.

"Going out and coming back to the point of being unresponsive is scary," RA Milan Brown '25 said.

Brown also adds that, while there is a lot of focus on educating first-year students on this issue, it is not just a first-year problem.

Dr. Melzer is pushing for more conversations regarding this issue on campus. In the meantime, all we can do is be as vigilant as possible.

If you are a victim, please remember that both the state of Maryland and Loyola University have an amnesty policy that protects students from getting in trouble, even if you are underage.

"We should break the stigma that you'll be in trouble if you go out or drink underage when it is about your safety first," Brown said.

"Students cannot get in trouble if they have been harmed. We want students to look out for each other," Melzer said.

In the meantime, consider purchasing a reusable drink cover (\$10), a pack of 50 disposable sticker covers (\$14), or wristbands that contain test strips (\$15). Travel in groups, use the buddy system, and watch your drink from the moment it is poured.

Sip safe, Greyhounds.

If you are the victim of a roofie or sexual assault, or any other issues covered by Title IX, you can find resources and report on Loyola's Office of Title IX and Bias Compliance website.

If you need counseling, you can make an appointment or receive emergency support on Loyola's Counseling Center website.



Photo Credit: Kate McLaughlin

The following does not represent the views of Loyola University Maryland, The Greyhound, or Loyola University's Department of Communication.

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We'd love to have you join the team!

Sports

Women in Sports Day: Celebrating Progress, Promoting Equity

By Jahvar Stephenson

Every year on Feb. 5, Women in Sports Day celebrates the accomplishments of female athletes and highlights the continued fight for gender equality in sports. This annual event is not only about recognition, but is a rallying cry to address ongoing disparities in funding, media attention, and support for women in sports, particularly at the collegiate level.

Established in 1987 as "National Girls & Women in Sports Day", the celebration honors women who have made significant contributions to athletics and calls attention to the need for equal opportunities. According to the U.S. Department of Health and Human Services, the Title IX Education Amendment passed in 1972. Despite being a federal law that prohibits sex-based discrimination in educational programs, female professional and collegiate athletes still face substantial inequalities.

"The progress has been undeniable, but there's still some ways to go. At the collegiate level, we can still see gaps in terms of funding and resources compared to men's teams, and that has an impact on our athletes," Joe Mallia said, head coach of women's soccer.

The disparity in funding is one of the biggest issues, with men's professional sports teams receiving significantly more financial support. According to a news story from Glamour by Macaela MacKenzie, while making up 40% of all participation in sports, women's sports only receive 4% of media coverage and far less in sponsorship deals.

Payton Hurley '26, a defender on Loyola's women's soccer team, emphasized how these challenges affect athletes on a personal level.

"We work just as hard as any men's teams, but we don't always see the same level of attention. It's frustrating, but it also motivates us to keep pushing. Women in Sports Day is a great reminder of why what we're doing is so important," Hurley said.

Mallia added that the gap in media coverage also has a ripple effect, impacting recruitment and the visibility of women's sports programs.

"When female athletes don't get the exposure they deserve, it affects everything from sponsorship opportunities to future career prospects. That's why events like Women in Sports Day are so crucial, they help raise awareness and keep the conversation going," Mallia said.

In recent years, there has been a growing movement within college athletics to push for more equitable policies. Mallia believes that sustained effort is key to leveling the playing field.

"We need to continue advocating for our athletes, not just for equal pay and media coverage, but for equal treatment across the board, whether that's better facilities or more investment in our programs," Mallia said.

As Women in Sports Day continues to inspire discussions about equity in sports, it is clear that the fight is far from over. For college athletes like Hurley, the day serves as both a celebration of progress and a reminder of the work still to be done.

"It's about making sure the next generation of female athletes doesn't have to fight the same battles we're fighting now," Hurley said.



Photo Credit: Alex Brune

A Lacrosse Rivalry: The Battle of Charles Street

By Sean McEvoy and David DiDomenico

It's the big one, and the wait is almost over. Coming up on Saturday, Feb. 15, The Battle of Charles Street is one of the most intense rivalries in men's lacrosse. It pits two of Baltimore's most storied lacrosse programs, Johns Hopkins University and Loyola University Maryland, against each other.

Last season, the Greyhounds finished with an overall record of seven wins and eight losses. The team finished sixth in Patriot League standings and claimed the last spot in the conference playoffs. Last season was the first time since 2015 that the team did not finish with a record above 0.500.

For this big match and the 2025 season, Head Coach Charley Toomey has a unique challenge having added so many new players to the roster. This team has a fresh new look with 22 new players coming in. Nineteen of them are first-years, while three are transfers. Toomey is not discouraged,

"I like the energy that this team plays with, and I believe we will again be able to compete at a high level," he said.

The Greyhounds hope to repeat their successful 2012 lacrosse season, in which they were nearly undefeated NCAA Conference Champions with an 18-1 record. This feat was also accomplished under Coach Toomey's direction.

New recruit and first-year Mason Cook said he is ready.

"I'm so excited to be a freshman here and start playing on a new team," he said.

In addition to new players, the lacrosse team will also add a new member to its coaching staff. Following in his father's footsteps, Sean Cottle has joined the Greyhounds men's lacrosse team as an assistant coach. Sean is the son of Dave Cottle, who coached at Loyola from 1983 to 2001.

"I am excited to welcome Sean to our staff. He has a passion for developing talent and I've enjoyed watching him develop our players on and off the field," Toomey said.

Fans are already waiting in eager anticipation of the big match.

"The Battle of Charles Street is the most exciting part of the spring for me personally. It's a lot of fun seeing everyone at Ridley supporting the team," lacrosse fan Ryan Haskell '26 said.

This is bigger than any other lacrosse match. Fans from all over Loyola come out to support the team.

Greyhounds lacrosse player Brady West '26 commented on the importance of the game.

"The Battle of Charles Street is more than just a non-conference game, it's a sense of pride not only as a team but for

the school. Seeing all of our classmates in the stands shows the power that this game has on the Loyola community and how important it is to beat them [Hopkins]," he said. Named after Charles Street, the road that runs through the center of Baltimore and connects the two campuses, the rivalry is rich in history and tradition. It has been going on for decades, with the two teams having met over 60 times.

Loyola has faced 50 losses against Hopkins, including a staggering 30-game losing streak between 1939 and 1993. Loyola's longest win streak was three games from 2018 to 2020. Its largest victory came in 1999 with a 14-5 win, while their closest game was a 9-8 victory in 2016.

Despite their struggles historically, the Greyhounds have started to tip the balance in their favor in the rivalry. Loyola has a 7-3 record over the teams' last 10 matchups from 2013 to 2024.

Women's lacrosse goalkeeper Lauren Spence '25 commented on the importance of the match for Loyola fans.

"This is more than just a game, it is a local rivalry that has a lot of history, and seeing all the support we get for this one game shows how important a win is for Loyola," she said.

Fan Jake Sweeney '26 said, "The hype this game creates around campus is like nothing I've seen before, and it always feels good to beat your rivals. Hopefully we can do it this year."



Photo Credit: Marty Corcoran

Seven New Stars Join Women's Lacrosse Team

By Clara Dempsey

With spring right around the corner, the 2025 lacrosse season will begin in early February. If you're a Loyola sports and lacrosse fan, you've probably heard the names Chase Boyle '25 or Georgia Latch '25.

These seniors are a crucial part of the team, but so is the rest of the squad. As the women are gearing up for the upcoming season, they have welcomed seven new Class of 2028 recruits from all over, ranging from New York to Australia. With lots of new talent and athleticism, the women's lacrosse team is stacked and ready for the season.

These new recruits were stars on their high school teams, but college lacrosse is a completely different level. The intensity of the game heightens as it gets quicker and more aggressive. Although there was a need for some adjusting initially, the first-years are now getting more comfortable with the changes between high school and college.

Mary Cate Rehkemper is one of these first-years. She commented on the pace of the college game compared to high school.

"The biggest difference is probably that the speed of the game is so much faster, and the aggressiveness is much more intense," Rehkemper said.

Loyola lacrosse fans will soon get to see these new signees play and add their skills to a Top 10 team. Here are the seven Class of 2028 players joining Loyola women's lacrosse.

Emma McLean: A midfielder from Manorville, New York and a star player for Eastport South Manor, she will be joining Loyola's dominating group of midfielders. McLean was named to the Newsday "Top 100 Players on Long Island" list, and was an All-County team member.

Mary Cate Rehkemper: A dual-sport athlete and lacrosse captain for Mount de Sales Academy, Rehkemper comes from her nearby home

in Catonsville, Maryland. Rehkemper was a part of the 2022 National Watchlist for Class of 2024 athletes and will be a great addition to a strong group of defenders. Working alongside some great Greyhound defenders such as Lily Osbourne '25, Rehkemper wants to make them proud and has goals for herself as well.

Rehkemper said, "My expectation for the season is to really focus on getting myself stronger, faster, and more confident. I look up to a lot of the defenders who play above me and learn so much from them every single practice and fall ball game."

Mim Suares-Jury: Joining fellow Australian Latch, Suares-Jury comes to Loyola all the way from Melbourne, where she attended Melbourne Girls' College. Another strong midfielder, Suares-Jury played on the U20 Australian Women's Lacrosse team, which helped her make the All-World team.

Morgan Quade: An impressive three-sport athlete from Centreville, Maryland, Quade played for Saint Peter and Paul High School before coming to Loyola. An attacker with a stellar 299 career points, Quade was named a USA Lacrosse High School All-American two times and was a 2023 New Balance All-American.

Caroline Gerosa: A Ridgefield, Connecticut native, Gerosa is a fast and smart midfielder ready to join Loyola's set of midfielders. She was named to the All-Fairfield County Intercollegiate Athletic Conference team during her time at Ridgefield High School. Gerosa also helped get her school to be nationally ranked in the Top 25 women's lacrosse teams for the first time in program history. As a newcomer to the program, it could be quite daunting. However, Gerosa found it simple to find her place on the team.

"Being on the team is the best. The girls are all so sweet and welcoming, it's like playing with all your best

friends. I can't ever imagine being on another team," Gerosa said.

Lauren Perfetto: Coming from Manhasset, New York and being a lacrosse hotspot on Long Island, Perfetto is another midfielder with height and power. Perfetto was named to the Long Island Lacrosse Journal's (LILJ) "Top 2024 Midfielders to Watch" list, and was an LILJ All-Long Island player.

Mechi O'Neil: Another three-sport athlete with lots of athletic capability, O'Neil is from Manchester-By-The-Sea, Massachusetts, where she attended and played for Manchester-Essex Regional High School. Along with scoring a lot of points, O'Neil used her abilities to have 215 draw controls and has a strong midfield presence.

With fall ball occurring, Loyola's recruits have gotten to experience college play against big teams such as James Madison University, the University of Delaware, and the University of Maryland. This period of time can serve as a chance for the first-years to prove themselves and their abilities.

"The off-season is the time to not be as intense as our actual spring season, but it is also the time to set the tone for the season and especially as a freshman, show what I can do to help the team win," Rehkemper said.

Gerosa also finds the off-season to be helpful in many ways.

"The off-season is great because we can all work together as a team to focus on what we need to do to be able to dominate during the season," Gerosa said.

All of this new talent will definitely add to the lacrosse team and help them reach their goals this season. Every year a new class joins the team, but this set seems extra strong and talented with high lacrosse IQ's. It can be expected there will be top teams faced and exciting opportunities for these new signees to impact the team and its outcomes.

Link and Sekunda Recap Successful Volleyball Season

By Kelenna Onukwugha

Throughout a season of ups and downs, the Loyola volleyball team kept up their fighting spirit as they rallied for wins in the Patriot League tournament. With a 0-3 loss to Army in the Quarterfinals, the 2024 volleyball season came to an end. However, this fateful end did not stop graduate student Lauren Link or Kacy Sekunda '25 from remembering the season in a positive light.

Both players stood out on the team this year and received numerous awards and honors. Link and Sekunda were both nominated to the All-Patriot League Second Team, and Sekunda also made the Academic All-Patriot League Team with her dean's list honors.

Link racked up notable statistics with her performances throughout the season. As the team's starting six-rotation outside, she garnered 327 kills during the regular season which brought her to 1,346 career kills. She hit her No. 1,000 kill in an energetic match against Lafayette. Link now has the fifth most career kills in all-time Loyola volleyball history.

According to the official Loyola Greyhounds Athletics website, Link extends her gratitude to her coaches and family for being her support system this season and for the past five years. Her mom would take off of work on Sundays to come to almost every match.

"It was so great to be able to know that no matter what happened on the court, I could look for them in the crowd after the game and get the biggest hug of my life," Link said.

This extra support was much needed after she came back from a serious injury that took her off the court for almost a year-long recovery.

"I put in a lot of work. I definitely credit that all to my physical therapist, and my athletic trainer, Zach. He saved my life and kept me from going crazy. It's scary knowing that you're going to be off for so long but he kept me sane and was quite literally my rock throughout that process," Link said.

With a few other injuries on the team in key positions, the starting lineup looked a bit different for the Greyhounds this season. For Sekunda, who is oftentimes the team's setter, this meant switching between setting and hitting on the right-side for many matches. Sekunda commended her teammates on their flexibility with the lineup changes.

"I admire how each of us bounced back. We did have some injuries, but we had some people step in and take on big leadership roles on the court which I respect a lot, and it was really admirable of them," Sekunda said.

Sekunda also had some notable statistics this season. Showing her versatility as a player, she was second on the team in kills, assists, and digs. She tallied 239 kills, 416 assists, and 299 digs this season. She also scored nine triple-doubles this season. A triple-double is when a player scores double digits in three statistical categories in one game. Sekunda hopes to take a fifth year to finish her degree, so the Hounds may be able to welcome her back to the court next fall.

Despite the season's ups and downs, both Link and Sekunda could not help but remember it in a positive light. The duo shared immense gratitude for the rest of their teammates and their ability to show up when they were needed the most. In her last season as a Greyhound, Link was determined to enjoy every last minute of her time playing volleyball at Loyola.

Even when reflecting on her Senior Night game, which the team lost in a sweep by Bucknell, the graduate student could recall only positive parts of the night and commended her team's enthusiasm throughout the match.

"If you ask anybody, it was on paper a terrible game. We got swept and the score was not even close, but all of us will agree that it was the most fun game ever. We were just goofing around, smiling, laughing and just trying stuff. That was the greatest way to leave Reitz Arena and my career, to play a game like that. We were playing because we love the sport and because we love each other. It was such a fun atmosphere," Link said.

The Greyhounds will return next fall short of their three graduate students and three seniors, but they will welcome some new freshman faces to the court.

Travel & Health

How To Do D.C. on a Budget

By Kate McLaughlin

When I decided to attend Loyola, I couldn't wait to frequent D.C., yet I have found myself now as a junior having never fulfilled my visions of skipping through the National Mall while chatting with the president. Why? The number one illness affecting nine out of every 10 college students in the world: a disease called "being broke".

I was quite certain that a day in Washington would surpass my very low student budget, so I never followed through with my dreams of exploring our nation's capital. If you are interested in visiting Washington D.C. without breaking the bank, get acquainted with these tips to stay under budget during your weekend to remember!

Transportation

Washington D.C. is close enough to drive, but city parking can add up. Train tickets from Baltimore can be as low as \$10, especially if you book in advance. Rome2Rio is a resource that shows all travel options and prices from different online platforms. If you are interested in driving, Parkopedia is another resource you can use that compares all parking options across the city so you can find the most bang for your buck.

Once you get to the city, there are countless options for how to get around. Apps like Uber and Lyft are always an option, but why spend that money when Washington D.C. is known for having some of the best public transportation in the country? The subway, called the Metrorail, runs during early hours of the morning until after midnight, and tickets are available to purchase ahead of time to make the process even quicker.

Another option is the Metrobus, but it is best to ride during the middle of the day and not during peak traffic hours to avoid a long commute from city traffic.

Hannah Stubbs lived in Washington D.C. for four years attending law school and now lives in New York City.

Stubbs said, "I can safely say that I miss the cleanliness, air-conditioning, general safety, and reliability I felt on the DC Metro and buses."

She added that she is always happy to see people utilizing the Metro because it is such a great system.

If you're feeling sustainable, feel free to hop on a Capital bike to get around

the city; it is a great way to get some movement into your day and enjoy the outdoors, while still getting around at a good pace.

Should none of these options sound good to you, do not fret; Washington is known as one of the most walkable cities in the U.S., so you can always get your steps in while taking in the city.

Activities

Despite having small city limits, there are countless things to do in Washington D.C., and many are extremely affordable, or even free! Most museums and exhibitions in Washington are no charge, from all Smithsonian Museums, to the National Gallery of Art, to The National Zoo. You can walk around some of the brightest minds in the country, most iconic pieces or art, and visit cute pandas all for free.

If it's a sunny day and you want to keep yourself outside, check out sights like the National Mall, Lincoln Memorial, or the U.S. National Arboretum. In places like these, you will find yourself learning while also appreciating natural beauty and having fun. You can even save money by packing a lunch and setting up a picnic in parks around the National Mall, as well as some quieter parks such as Kenilworth Park & Aquatic Gardens or Rock Creek Park.

Stubbs said after four years of being a D.C. resident, she only scratched the surface of all the fun and inexpensive activities the city has to offer.

She said, "My roommates and I followed local Instagram and TikTok accounts to find out about events, and we would send the events we wanted to go to.



Rock Creek Park | Photo Credit: Wikimedia Commons

The Washingtonian Magazine is a great resource for this, too!"

She also recommends looking for seasonal-specific activities that pop around the year.

Stubbs said, "We'd like to go visiting the Christmas market downtown [in the winter]. In the spring we'd...participate in the Cherry Blossom Festival activities. In the summer, we'd sip sangria and listen to jazz on the mall, 'jazz in the Park!'"

Food

Forbes Magazine deemed Washington the capital of two things: America, and food. Like any city, you can find a \$1 slice of pizza or a Michelin Star restaurant. Chances are, college students are skewing toward the \$1 pizza on that spectrum, so check out some inexpensive food options below.

Coffee & Breakfast

Bagels Etc. is a cute coffee shop with indoor and outdoor seating that has been described as "one of D.C.'s best bagel shops" by Austin Graff, a D.C. reporter and self-proclaimed expert. You can enjoy a coffee and breakfast sandwich for about \$10 and enjoy city views at this shop.

Filter Coffeehouse is another coffee shop where you can get pastries and specialty coffee for under \$10. It is uniquely situated as a two-story modern storefront that is quite large, something that is hard to find in a city. Customers specifically rave about their espresso, with some deeming it the best in downtown D.C.

If you are looking for a sit-down spot, The Cracked Eggery is a well-known



Washington Monument | Photo Credit: Pexel.com

and loved spot with two locations in Washington. Their menu features brunch sandwiches and bowls, as well as a noteworthy tater-tot menu. They were awarded 'Hottest Sandwich Spot' in D.C.'s 2022 Rammy's, the most prestigious award presented to members of the restaurant food and beverage industry in the metropolitan Washington region. And the best part—everything on the menu is under \$15.

Lunch & Dinner

Stellina Pizzeria has earned three Michelin awards and features an expansive menu. Here, you can grab a stone-oven pizza to share with friends, or a pasta dish, sandwich, or salad for yourself—all for about \$20. They have cultivated an interior with both a modern yet timeless feel and are recognized for their tentative service as well.

Craving Mexican? Mezcalero Cocina Mexicana has burritos, flatbreads, sandwiches, tacos, and much more, for under \$20. The restaurant is known for bringing authentic Mexican flavors to the city in both traditional and creative ways. Plus, if you're 21, you can swing by between

3 and 7 p.m. for happy hour discounts.

Not sure what you're craving? The 150-year-old Eastern Market is an iconic and historic staple of Washington's food scene. Located in Capitol Hill, you can find absolutely anything that fits under any budget. Any meal can be enjoyed here, and you can shop at their pop-up market for local produce, jewelry, crafts, and more.

Stubbs' advice is to make a bucket-list of all the places you want to visit.

She said, "You might not have time for everything you want to do. But again, that is the beauty of D.C., there's always something new to check out when you visit."

No matter where you find yourself in Washington D.C., you are bound to have a great time. Despite being known as one of the most expensive cities in the country, someone on a college-student budget can certainly enjoy a plentiful day in many ways. Get down to D.C. and have a day, Greyhounds!

Anxiety Toolbox Workshop and Support Group Services

By Samantha Jones

By the time the Class of 2025 graduates, around 40% of students will have visited the Counseling Center in some capacity such as a "Let's Talk" session, an intake appointment, short-term individual therapy, or group therapy. Clinician and Group Coordinator Julie Phillips says that Loyola students' most prevalent issues when they come to the Counseling Center are stress and anxiety from changes in their environment.

"When people return from abroad, or sometimes junior year, there seems to be a lot of adjustment, because people's friends go away in the fall and they're here, adjusting in a different way. And then sometimes people who go away in the fall come back in the spring, and it's just like there is another adjustment period. So that's something that brings people in. Breakups, roommate issues, grief, and loss are other common reasons," Phillips said.

The Counseling Center has recently adopted a new workshop/small group called "Anxiety Toolbox Workshop". Anxiety Toolbox Workshop comes from Cal Poly counseling services in California and has replaced the Recognition, Insight, and Openness workshop (RIO) here at Loyola. Four doctoral and master's level externs will run and facilitate the workshop throughout the fall semester. The Anxiety Toolbox Workshop is comprised of three sessions that occur weekly, with a total of eight possible sessions to register for throughout the semester. Phillips says that these eight series allow for

flexibility in students' schedules.

"So when people say, 'Oh, I don't really have time for that', we have eight that they can choose from. It should fit your schedule somewhere along the course of the semester. So let's say you would sign up for one that's Wednesdays at 2 p.m., then you would come three Wednesdays in a row, and it's just 50 minutes. It's really kind of like a class. It's different than our other support groups, in that it is more of a workshop format," Phillips said.

Anxiety Toolbox Workshop is on managing stress and it allows students to share as much or as little as they want to during those three sessions. The workshop is formatted to be very structured as every week looks the same where you do introductions and go around to see how everyone is doing. Phillips says that a workbook is provided to students in the workshop containing homework, worksheets, and exercises that are not mandatory, but the more you put into it, the more you get out of it.

"So this is a very, very solid research-based way of managing stress. And I always tell students that if they come and if they do some of the work, they will benefit. These types of strategies have been researched for decades and it's been shown to be very effective, which is why we're doing it. It will help you manage stress. And it's not one of those things that in three sessions, you're cured and your anxiety is gone, but it should absolutely reduce it," Phillips said.

The workshop uses exercises that help to identify thoughts and cognitions that are not helpful called distorted thinking patterns. We all have distorted thinking patterns. For example, catastrophizing is when something goes wrong, and you extrapolate that everything is wrong and terrible. Phillips says that this is a common thinking pattern for students, and sessions two and three are geared toward practicing alternative responses and questioning faulty thinking patterns.

Phillips said, "So, when you have that automatic thought of 'Everything is terrible, it's never going to feel better,' we challenge students to think about, 'Well, is that the truth? What is the evidence to support that?,' and so it's a very methodical kind of deconstructing of your thoughts. And it can seem a little structured, a little formulaic, which I think sometimes for students, it feels like a little homework. And we know, you all are so busy that it's maybe the last thing people want to do, but I just always encourage students to stick with it."

Besides the Anxiety Toolbox Workshop, the Counseling Center offers additional support group programming. Support groups are typically weekly and they have anywhere from six to eight students. The facilitators of the support groups facilitate supportive conversation between the students, and model providing feedback and gentle challenging of interpersonal styles and dynamics. Support groups allow students to support one another, ask questions,

and give feedback, which can be a more advanced form of treatment.

The Facilitator of Men's Group Dr. Ryan Sappington says studies continue to prove that group therapy is an incredibly powerful modality of treatment because not only are you being supported by a licensed mental health provider, but you are also in the presence of other people struggling with very similar things.

"For men who have joined, it has filled up every semester. Many of them return semester after semester, in addition to adding new members every semester. They speak about how impactful it has been for them to have corrective relational experiences with other men and to really learn

from other men, grow together, and support one another. I love group therapy. I hope that more students are open to experiencing it because I think it can, in many cases, be more powerful and effective than individual therapy," Sappington said.

The support groups offered by the Counseling Center are Women's Group, Men's Groupout, Time and Space, which is a trans and nonbinary support group, Resilient Healing, Understanding Self and Others which is a co-ed support group, and Grief and Loss. Visit the Counseling Center's website to get more insight into the services the Counseling Center can provide to Loyola students.

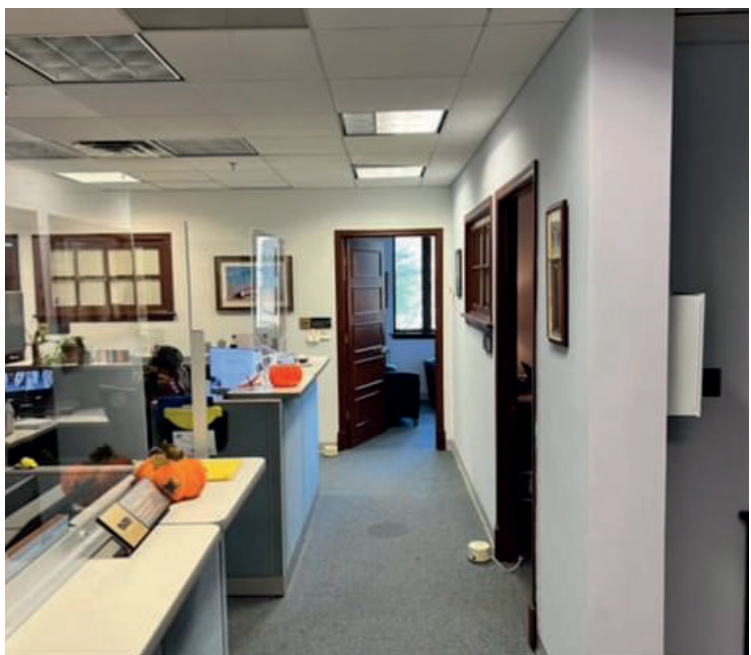


Photo Credit: Joseph Mesa

Captured Memories from Fall Semester



The Greyhound staff's first meeting
Photo Credit: Luisanni Delgado



The Bryce Vine concert
Photo Credit: Luisanni Delgado



Loyola Women's Volleyball Pride Night
Photo Credit: Luisanni Delgado



The Falling for Comm event
Photo Credit: Luisanni Delgado

Five Interesting Clubs to Join at Loyola

Whether you're a freshman looking to get more involved on campus, or a student who is looking to build on your interests, you're sure to find a club that will be a fit for you! Here's some club suggestions to get you started:

Operation Smile

Looking for a way to help underserved children in your community? Operation Smile is a global non-profit organization that serves children with cleft lips and cleft palates and raises funds for surgeries to improve the health and well-being of affected children. Loyola has its own chapter that serves children internationally and in the Greater Baltimore area.

Hannah Kelly '25 is the current president of Loyola's Operation Smile chapter. Kelly is in charge of contacting local cleft lip and palate teams, such as The Greater Baltimore Medical Center (GBMC), and raising awareness about the club's mission.

"Our club's goal and mission is to provide support for international and local cleft lip and palate teams by organizing fun events for the patients and raising funds," Kelly said.

Throughout the school year, the Operation Smile club holds several events where members of the club can volunteer and help local patients.

"Most years we do this goodie bag event, where we get a bunch of toys and candy together to bring to the patients and their families, and they absolutely love it! In the springtime, we do this pizza party with them where we do arts and crafts, and a magic show, and just tons of food and pizza there. It's super fun and it really makes the families happy, and the patients. It puts a smile on their face, because they're really going through a lot," Kelly said.

Kelly believes that anyone would be a good fit for this club, especially students who are looking to connect with the local community.

"We have great volunteering opportunities that are super fun, and you get to actually make a difference in the patient's life, which is kind of unlike any other club on campus."

Operation Smile meets a few times a month to collaborate on future event ideas and prepare for upcoming events with GBMC. For information on when and where Operation Smile is meeting and for future event info, students are encouraged to visit the club's Bridge page and follow their Instagram page: @loyolamdoperationsmile.

Fashion Club

Are you a lover of fashion, or wish to be one? The Fashion Club is an on-campus club where all things fashion are discussed, with supplementary events offering transportation to off-campus local flea markets like 'Vintagepalooza,' and on-campus upcycling events.

David Avila Berlanga '26 is a co-founder and co-president of the Fashion Club. Berlanga described what an average meeting looks like.

"What we tend to talk about is what's going on with fashion at the moment, whether it be new trends or things we see making a comeback," Berlanga said.

Also emphasized by Berlanga was the club's goal to teach students about upcycling and making smart purchasing decisions when it comes to shopping for clothes.

"We want to teach people how to be a more sustainable consumer," Berlanga said.

The Fashion Club is aiming to host more events alongside their regular meetings.

"We want to have more fashion-related events on campus. One of my personal goals is to have a flea market on campus, with a lot of vendors from the Baltimore area, and where student vendors can sell their stuff," Berlanga said.

The co-founder of the club also shared about some events they have already had, such as a decorating event and a Fashion Week watch party. Berlanga thinks that anyone who is interested in clothes or fashion should join the club.

"If you like the trends that are popping up or if you see yourself wanting to grow out of the trends or want to find your own personal style, you can come to the events, come to the meetings. We talk about all things fashion and how to be more sustainable-like how to upcycle your clothes," Berlanga said.

The Fashion Club currently meets on Tuesdays, but interested students are encouraged to check out the Events page on the Bridge for any changes. Interested students are also encouraged to follow the Fashion Club's Instagram account, @lum.fashionclub, for more updates.

Hounds Helping Hounds

Are you an animal lover? Do you live far away and miss your dog? Hounds Helping Hounds is a club that provides animal lovers with

volunteering opportunities with local animal shelters and organizations like Maryland's Society for the Prevention of Cruelty to Animals (SPCA).

Hounds Helping Hounds is also Loyola's official pre-vet club and is working on providing informational resources for other pre-vet students. Isabella Diaz Pabon '26 is a co-founder and a current co-president of Hounds Helping Hounds.

"It was a pre-med meeting right in freshman year...I remember not seeing a pre-vet club. I got kinda frustrated at the fact. I was a very shy person, but I remember raising my hand and being like 'No pre-vet clubs?' Dr. Wetzel had pulled me aside that same day- that same meeting- and was like 'Hey, if you'd like to make a club, you're more than welcome to!' I remember meeting the two officers that work alongside me and they were like 'I heard you wanted to start a pre-vet club- we wanna help!' And that was honestly very cool," Pabon said.

Pabon shared the importance of creating Hounds Helping Hounds on campus.

"The veterinary community is very underserved, and animal medicine is not where it's supposed to be, and I feel like we could do so much better just by giving our time, making fundraisers, and putting a bunch of people that miss their dogs into a group! Our main goal is to serve clinics, mostly shelters, because they truly need every resource they can get," Pabon said.

Hounds Helping Hounds has held several volunteering events, with Pabon's favorite being the Maryland SPCA dog-walking.

"You know how your dog has a personality? I just saw these dogs and I saw previous owners and their pain, their trauma, and their little unique personalities. I could definitely tell that all the volunteers also saw them," Pabon said.

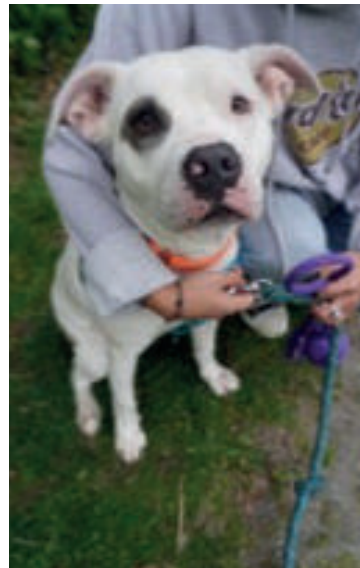


Photo Credit: Trinity Robinson

Any student who is an animal lover or a pre-vet student is encouraged to check out The Bridge for upcoming events. Interested students are also encouraged to follow the Hounds Helping Hounds Instagram page, @loyola_houndshelpinghounds, for more info.

Tabletop Club

Looking for a group to join a D&D campaign with? Do you love to play board games or card games? Tabletop Club is a weekly on-campus club that provides an alternative space for students to play traditional board games, role-playing games, card games, and other tabletop activities like painting mini-models.

Shiloh Shea '25 is the president of the club, better known as the "Grand High Marshall". They shared what an average meeting looks like, with multiple small groups playing their own games at the same time.

"Tabletop Club is a very high energy club, despite what some people might think about tabletop games. We have a massive D&D scene, if you're into D&D. We're trying to organize more events because we have so many people. There's Magic the Gathering, there's Warhammer, there's traditional board games," Shea said.

Colin Cohoon, '27, the "Ordinance Officer", shared his surprise about how many people were interested.

"We got 60 or 70 new members at the Club Fair. It was kinda insane," Cohoon said.

The Tabletop Club does have its own funding, where the club is given a stipend to spend on purchasing games that are requested. Shea shared that they want the club to be accessible to all students, and that the officers are working with the Loyola Notre Dame Library (LNDL) to help with that endeavor.

"We are trying to work with the library to set up a board game library so people who don't want to come to a big club meeting or don't have the money to buy the game themselves can go and try out games without having the pressure of organized club events or spending money," Shea said.

Shea and Cohoon think that anybody looking for something to do on a Friday night should join Tabletop Club.

"High-energy is not mandatory," Shea said.

"Most people here start chill and then shenanigans go down," Co-

hoon said.

The Tabletop Club meets on Fridays in Knott Hall from 7-10 p.m. Students who are interested in joining the club are encouraged to check out The Bridge for meeting updates and are also encouraged to follow the club's Instagram page for more information: @loyolatabletop.

Boxing Club

Looking to build your strength and confidence? Do you want to find an outlet to work on your physical and mental goals? The Boxing Club is a weekly on-campus club that aims to foster a supportive and goal-driven environment for beginners and experienced boxers alike. The club focuses on building a strong community of mentally and physically fit individuals who want to work on their skills.

Jay Vidal '26 is a co-president of the Boxing Club along with Ahmad Miller, '26. The pair went to middle and high school together and have been boxing for several years. Vidal shared what an average meeting looks like.

"An average meeting starts off with stretches, dynamic stretches. Our vice president, Dalu, and our treasurer Renee kinda help us through that. Then we go straight into a run. After that we go straight into drills that kinda brush up on our basics. And then straight into our agenda," Vidal said.

The Boxing Club is aimed at working with all skill levels when it comes to boxing.

"We want everybody to feel included. There's a lot of times where we have to go back to the basics, basically every practice. But that's what we're here for. It's mainly to build people's confidence, self-defense, and definitely about getting in the right conditioning and pushing ourselves," Miller said.

Vidal and Miller think that anybody and everybody should join the Boxing Club.

"It's cliché, but everybody. It's not too complicated, I wouldn't say. But you know, everybody learns differently. But anybody can learn anything," Miller said.

The Boxing Club currently meets in the FAC on Mondays from 5:15-6:45 p.m. and on Fridays from 6-8 p.m. Students who are interested in joining the Boxing Club are encouraged to check out The Bridge for meetings and events, and to follow the Instagram page for more: @loyolaboxing.



Zoe Conway (left) & Operation Smile President Hannah Kelly (right)
Photo Credit: Operation Smile Instagram



Fashion Club members at Baltimore's "Vintagepalooza"
Photo Credit: Fashion Club Instagram



Tabletop Club's table at the Club Fair
Photo Credit: Tabletop Club Instagram



Boxing club co-presidents Ahmad Miller (left) and Jay Vidal (right)
Photo Credit: Ahmad Miller