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Top Stories

Save the Birds; Student Petitions for Bird-Safe Windows

By Simone Sanchez

After witnessing a bird crash into a window on campus, a Loyola student has launched a petition to improve bird safety on campus.

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Women's Lacrosse Seeks Return to Patriot League Victory

By Ryan Butts

Loyola Women's Lacrosse has big plans for a winning season. Read what Head Coach Jen Adams and senior player Ava Kane are expecting on the heels of last seasons Patriot League championship appearance against Navy that ended in a in a tough loss.

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Is Fizz a Problem?

By Andrew Nardiello

The anonymous platform Fizz has been popular on campus since 2023. But is anonymity a good thing? Does it create a sense of security in which people feel comfortable posting without fear of consequences? Opinions Editor Andrew Nardiello shares examples of problematic harassment and discrimination on the platform.

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Ghost Hunting in the Humanities Center

By Emma Sheeran

The trees sway back and forth, sending a quiet swishing noise across the quad. Many beautiful buildings, old and new, line the quad's edges. But it is almost impossible to ignore the haunted look of Loyola's centerpiece building when crossing the quad.

The Knott Humanities Center, with its creaky stairs, winding hallways and dimly lit common areas, is the oldest building on Loyola's campus, built in 1896. What do those centuries of existence hold? The answer, apparently, could be ghosts.

The Humanities Building has been many things over the centuries, which may be part of the reason why so many people believe it to be haunted. When it was commissioned to be built in 1896 by Alice Garrett, it was meant to be a gift

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Students Petition for the Name Change of Jenkins Hall



Jenkins Hall Exterior | Credit: Michael Rosario-Muriel

By Michael Rosario-Muriel

In October, Doehler Chair and Professor of History David Carey, Professor of English Sondra Guttman, and some of Guttman's students created a petition for the name change of Loyola's Jenkins Hall to Dorsey Hall.

Jenkins Hall was named after George Carrell Jenkins, a Confederate Civil War veteran who fought to perpetuate enslavement and remained an advocate of the Confederacy's 'lost cause' until he died.

The proposed change would rename the building after Charles H. Dorsey, Jr. who became the first Black student at Loyola.

Carey notes that the renaming of Jenkins Hall is not to completely erase the history tied to the building.

"Charles Dorsey, who was the first full-time Black student at Loyola, came here at a time when desegregation was very difficult. Within a month of him being here, the theater department put on a show and had Black faces. When they hosted a dance for the campus, they rented a facility that did not allow him to use all of the facility. He was faced with tremendous challenges and yet thrived at this place, and later went on to become an incredible lawyer," Carey said.

Carey also acknowledges while Jenkins may not be viewed favorably amongst

people today, his role in the school's creation is engraved, literally, on the walls of Jenkins Hall.

"I think it's crucial because it's now named after someone who was a very generous donor... The campus that we enjoy now would not be here. But he also was a member of the Confederate Army. He fought against the U.S. government. He fought in defense of slavery. If we are leaning into our Jesuit values, that's someone that we would not want to celebrate," Carey said.

Sharing a similar opinion, Conor Lynch '28 discusses how important it is to cover all sides of history. Part of that history was the Confederacy's support of the 'lost cause,' which attempted to reframe the Civil War as a conflict of state rights rather than the keeping of enslaved peoples. Lynch explains that by observing the history of Jenkins and his support of the lost cause, it paints a more vivid picture for the Loyola community.

"I think Jenkins's support of the 'lost cause' is a really interesting and important thing that we need to remember. He advocated for misinformation about America's history and I think that renaming it to Dorsey Hall helps us remember a more holistic history of Loyola," Lynch said.

This history gives the Loyola community a chance to unite for change, as Elise

Dougherty '28 explains. Dougherty highlights that petition is an opportunity to tell a story. When there is a story to tell, people usually gather around to listen.

"We're thinking a lot about the stories we want to tell and the messages we want to send. I think that Loyola, especially today with our commitment to trying to increase diversity and equity and inclusion on campus, the stories we want to be telling are the stories of people like Charles Dorsey," Dougherty said.

The proposed change has already encountered roadblocks.

"We have run into some logistical errors. We began petitioning outside of Jenkins, trying to get people to sign it. We handed out flyers and buttons. We were stopped because our flyers had not been approved by the campus. It was a process for us to figure [it] out since we are a class and not a student organization," Dougherty said.

Dougherty shares her gratitude for Carey and the student organization Reimaging Inequities through Storytelling & Empowerment (R.I.S.E) for their combined efforts of promoting and assisting with the petition. After the approval of the flyers, the petition gathered more than 500 signatures by November.

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Loyola Confronts Ongoing Deficit With Cost-Cutting Plan

By Jacqueline Goldman

For years, Loyola has been aiming to reduce its structural deficit, which is when spending exceeds revenue coming in. But at President Terry Sawyer's annual Loyola Town Hall, it was disclosed that Loyola has not been succeeding in closing the gap. It closed the 2025 fiscal year with an operational deficit of \$4 million.

As a result, President Sawyer announced the implementation of four controversial changes as a part of the Operation Excellence Initiative that will affect Loyola staff and faculty, as well as explained the reasons why Loyola is struggling to reduce the structural deficit.

Student revenue has gone up by roughly \$5 million for the fiscal year of 2026. Despite this, tuition revenue is not enough to cover the ongoing operating costs in the structural deficit. Unfortunately,

expenses surrounding spending have not decreased to match the university's budget accordingly.

Loyola's budget has depended largely on savings from vacant positions for some time, but this year that safety net was smaller. With fewer vacancies and faster hiring, expected savings did not materialize, while graduate revenue also fell short of projections.

At the same time, liability insurance and utility costs rose sharply, and planned temporary savings failed to take effect. This year, Loyola relied on its reserve fund, also known as the plant fund, to close the \$4 million deficit.

Assistant Professor of Economics Thomas Lyons reflected on the current circumstances facing the university.

"Universities are under a lot of financial pressure for several reasons. Loyola is a tuition dependent school, meaning most of its revenue comes from the students that attend. A college education is a big expense. In the last few years inflation has been higher, so families are being careful with their spending, and some are considering alternatives: community college, public universities, work instead of college. The university's expenses are also going up, so there is a need to balance everything," Lyons said.

Operational Excellence is a guiding commitment from Loyola's strategic plan that informs the way faculty approach their work. It is a multi-year initiative pursuing the end goals of advancing institutional positioning, increasing resource efficiency, growing operational maturity, and strengthening financial resiliency.

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From Fun to Fear: The Growing Threat of Drink Spiking

By Jenna Mattern

A Saturday night at a campus bar hums with music, flashing lights, and crowded tables of half-finished drinks. For most students, it's a normal weekend, until it isn't. In just seconds, a drink can be tampered with, turning a night of fun into something far more dangerous.

Drink spiking, sometimes called drink roofing, occurs when someone adds drugs to a beverage without a person's knowledge or consent. The drugging can lead to a variety of symptoms and could be done with intent to harm, sexually assault, or incapacitate someone.

According to Alcohol.org, among a survey of 969 people, 56% of women and 44% of men reported unknowingly consuming spiked drinks or food, and 37% respondents said it happened multiple times. Over half of these spiking incidents reportedly took place while respondents were in college. The Rape, Abuse & Incest National Network (RAINN) reports that among U.S. college students, 11% of women and 3% of men say they have experienced sexual assault while incapacitated by drugs or alcohol since entering college.

Baltimore City Detective Daisha Simms, within the Special Investigation Sex Crimes Unit, said they have only seen a few reports of Drug-Facilitated Sexual Assault.

"Things like that do go underreported. A lot of people or victims of sexual assault don't feel like they'll ever get justice. Within BPD Sex Crimes Unit, we've only seen a handful of reports like this. And for me, they mainly come in around the beginning of the college semesters," Simms said.

How Does Drink Spiking Happen?

Director of Forensic Nursing at Mercy Medical Center Debora Holbrook said a variety of drugs can be used in drink spiking and drug facilitated sexual assault. Many of these drugs are odorless, tasteless, and colorless, making them nearly impossible to detect.

According to Holbrook, drugs like Rohypnol, Ketamine, gamma-hydroxybutyrate (GHB), and 'club drugs' like Ecstasy could be used for drink spiking and assault. In some cases, the overconsumption of alcohol, encouraged or orchestrated by another person, can lead to drug facilitated sexual assault.

Holbrook describes many of the drugs as having an amnesic effect and explains that they can be given stealthily. She also said that mixtures known as medicine cabinet cocktails, which can leave a person incapacitated, are becoming more common.

"Drugs like Benadryl and, say, a seizure medicine that somebody's sister uses. Mix them together, and they cause somebody to fall asleep," Holbrook said.

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News

Second Interfaith Space Opens on Campus

By Sophia Thornberg

The Office of Campus Ministry held a blessing ceremony to signify the opening of its newest interfaith prayer space. Located inside the Humanities Building in room 213, this space will act as a central location for students of all faiths to gather in worship. The space is currently open 24/7.

Several students and faculty members gathered for the blessing ceremony, which opened with remarks from President Terry Sawyer, followed by music and prayers from the Hindu, Muslim, and Christian faith traditions.

"I know it was a prayer and a desire of yours to create this space, and it was a prayer of mine to get it done... I am so glad that we built it right across the hall from my office, because we have demonstrated that, if we build it, they will come," Sawyer said.

This is Loyola's second designated interfaith prayer space on campus outside of the Campus Ministry office. The other is the Fava Chapel, located in Hammerman Hall on Hillside.

Ecumenical and Interfaith Intern for Campus Ministry Lexi Frenda '27 explained that while the Fava Chapel is frequently utilized, students had been asking that another prayer space be built in a more central location. Frenda said that it was a top priority for the Interfaith Advisory Board within Campus Ministry to get this accomplished.

"Even though we are a Jesuit, Catholic campus, we have quite a number of students that don't identify as Catholic. Whether that is Muslim, Jewish, Hindu, or another denomination altogether, it's really important that those groups feel that they have a space where they can pray and observe their traditions," Frenda said.

Assistant Director of Ecumenical and Interfaith Ministries Saima Sitwat echoed Frenda's statement. She added that having an interfaith space helps keep the university aligned with its core Jesuit values.



"From the administration's point of view, this space is in keeping with our Jesuit values of cura personalis. We have a fairly big community of students who identify with diverse faith and spiritual traditions. Therefore, it is important to have this central space on campus," Sitwat said.

Yukesh Aryal '28 attended the blessing ceremony and shared what the opening of this new prayer space meant to him.

"This space isn't just about faith, but more about giving every student a moment of peace and belonging no matter what they believe in. For me, this space delivers a really special feeling of inclusion, respect, and reflection for all. I cannot wait to see how [we] as students are going to be utilizing this space and forming a community of inclusiveness," Aryal said.

When asked about what the future of this prayer space looks like, Sitwat said that it is entirely up to the Loyola community. She emphasized that her team at Campus Ministry is ready and willing to provide students with the resources they need to help shape this space.

"I would love to see the community make this space their own. I wish that there was a way to send that message out and say please connect with us and let us know how we can help you make this space your own," Sitwat said.

Student organizations that want to host events in the interfaith prayer space should contact Saima Sitwat at ssitwat@loyola.edu.

Loyola Confronts Ongoing Deficit With Cost-Cutting Plan

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Whether it be through reducing class sizes and discount rates, raising tuition, or even laying off faculty, the university has some significant decisions to make as they find their solution.

"The reality is that with all good intentions, we budget too close to the line. A slight miss on revenue or an increase in expenses means that we fall into a deeper deficit. We leave ourselves with insufficient room for error, or the likelihood of unanticipated circumstances occurring is high," Sawyer said.

Listed below are the four implementations within the Operational Excellence initiative.

403(b) employer contributions, a voluntary amount an employee can put into a retirement savings account, will be reduced from 9 percent to 5 percent. This means that staff, including professors, will have a pay cut to their contributing retirement funds.

In an email sent to faculty, staff, and administrators by Chief People and Culture Officer Kristi A. Yowell, it was stated that the order is effective Dec. 1 2025 to May 31 2026. What concerned faculty was the claim that the university's overall benefit package will be reviewed once more over the course of the year.

Secondly, Loyola will not automatically be filling vacant positions. The Provost will be overseeing the implementation of any decision on the academic side of the house. For example, if someone retires, the Provost will determine whether or not someone should be rehired for the position. While not a hiring freeze, it does open the question to how Loyola will maintain academic quality and student support with positions not automatically being refilled.

There were two more implementations that professors felt were less controversial. The university intends to create tighter pol-

icies around P Cards, a university funded credit card, stating that too many faculty currently have access to this medium as a resource.

Lastly, Sawyer intends to meet with each Vice President and Cabinet Member to have a conversation on finding savings through focusing on discretionary funds.

Lyons noted that these implementations to adapt to today's realities parallels the way he continually rethinks his teaching style.

"An important feature in economics is adaptability, because the world is constantly changing. I spend a lot of time thinking about ways that I can change the way I teach to make it more impactful. Adaptability is a core competency, a strategic capability, necessary for success," Lyons said.

For the next round of implementation decisions, Sawyer established an investigative timeline for Loyola's leadership teams. For the Provost, the next goal is to look into accelerated degree programs that will attract high-performing students. The Compensation and Benefits Committee is expected to submit a report to the President and the Cabinet with the hope of refining Loyola's approach to compensation and benefits overall.

For the next phase of implementation, Sawyer outlined an investigative timeline for Loyola's leadership teams. The Provost will evaluate accelerated degree programs aimed at attracting high-performing students, while the Compensation and Benefits Committee will prepare a report for the President and Cabinet with the hope of refining the university's overall approach to employee compensation and benefits.

"This will represent the end of the proverbial kicking the can down the road... our problems, while significant, are solvable, but they are solvable only if we act now," Sawyer.

From Fun to Fear: The Growing Threat of Drink Spiking

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Holbrook said the most important step in staying safe is to watch your drink being poured and watch who you surround yourself with.

"You go as a group, you stay as a group, you watch your friends, you watch yourself," Holbrook said.

Unfortunately, she added, tactics for spiking are becoming increasingly difficult to catch.

"There is very little you can do to protect yourself. People come up to your table, and they're squirting it from underneath the sleeve of their shirt with a syringe or a vixen bottle. And you're looking at their face. You're not watching what their hand is doing," Holbrook said.

Holbrook recommends keeping your guard up and watching out for strangers coming up to tables and bars, even if the person is an acquaintance.

"It's really hard when you're in bars, and people are friends of friends, and they're saying, 'Hey I know you from school!'" Holbrook said.

Employees at local bars said they also play a role in preventing drink tampering.

VIP Bottle Server at Baltimore college bar PowerPlant Live! Ryleigh Pollock explained the steps employees take to help prevent drink tampering.

"We're trained to be vigilant and aware of our surroundings... If we suspect that a drink has been spiked or that someone might be spiking drinks, we immediately alert our manager and security," Pollock said.

Other safeguards for preventing drink spiking include cloth drink covers, testing strips, and even color-changing nail polish.

Confidential Advocate and Director of the

McAuley Women's Center Melissa Lees explained that although these items can be helpful, students should not rely on them fully. Sometimes, she said, they can even provide a false sense of security.

"The nail polish and drink covers can be helpful, but I think it's in combination with knowing who you're with, seeing who hands you your drink, and not leaving your drink unattended," Lees said.

Holbrook also agreed that drink covers should not be a student's only safety net.

"If you want to put a drink cover on it, go for it. But it does not eliminate the need to be watching constantly what's happening with your food and drinks," Holbrook said.

Campus Educational Efforts

Sip Safe Greyhounds, a student run organization that was founded in spring 2025, works to educate students on drink spiking and provides free drink covers for students.

Emma Hester '26, Vice President of Sip Safe Greyhounds, said the club had a lot of successful feedback from students and even prospective families during tabling events.

"Every student that comes up to us is like, 'Wow this is so cool,' which I honestly was surprised by. Even prospective families. I remember one time last semester we were tabling and there were students that were on a tour, and they were just walking around with their parents afterwards.

The parents came up to us and were like, 'This is actually really awesome,'" Hester said.

Hester stated that by having honest conversations around drink spiking, more students will feel comfortable with the subject and learn how to navigate it. Although



Hester acknowledged that drink covers are not foolproof, she said they can act as a good first step in protecting yourself.

"There's always risks, regardless of what type of protection you take. Having those on there can't hurt. Having that on there is just another layer of protection. It's also really important that you're vigilant and watching your drink," Hester said.

Responding to a Suspected Spiking If someone suspects their drink has been tampered with, it is important to get to a safe place, tell a trusted friend, alert security, and seek medical attention immediately.

Holbrook said that if someone thinks they may have been sexually assaulted, GBMC offers free forensic exams, and survivors can choose whether or not to report to law enforcement.

"No matter what they need, we can help guide them to safety if they feel like they're not safe.

Justice is different for everybody," Holbrook said.

Whether it's friends watching out for one another, staff responding quickly to suspicious behavior, or students educating their peers, preventing drink spiking is a community effort, one that depends on awareness, action, and looking out for one another.

Save The Birds; Students Petition for Bird-Safe Windows

By Simone Sanchez



Photo Credit: Natalia Montoro

A Loyola student has launched a petition drive to try and convince the university to install bird safe window accessories around Loyola's campus.

Natalia Montoro '27 decided to advocate for the birds, after witnessing a woodpecker hit a Knott Hall window while she was walking over the Bridge on her way to class.

After seeing the woodpecker's crash and fall to the ground, she knew she had to do something.

"I ran down the stairs to see if it was still alive, but after not seeing any signs of life, I knew that she was gone. When you witness a beautiful animal die in front of you, it is not something that can easily be brushed aside," Montoro said.

Some faculty members also feel that having bird-safe windows would be a positive addition to campus. Associate Professor of Biology Kim Derrickson sees the implementation of bird-safe windows a positive addition to Loyola's campus.

"Within reason, anything we can do to prevent or reduce bird-window colli-

sions would be beneficial, in my opinion. Reflections in windows can easily confuse birds, making them think they can safely fly through the space. If we provide birds with other visual cues, they will recognize it is truly a barrier," Derrickson said.

Derrickson mentioned that there are adhesive films or decals which disrupt the reflection and are effective at helping birds avoid window collisions.

"Some options are barely noticeable when looking out the window: small dots arranged in vertical and horizontal lines are effective, if the vertical lines have a maximal spacing of four and the horizontal lines have a maximal spacing of two. Other patterns are also effective but typically become more noticeable to humans," Derrickson said.

In 2019, the Loyola Community identified Environmental Sustainability as one of three mission priorities when the university took part in the Jesuit Mission Priority Examen, which aligns with Montoro's vision for the future of Loyola. Her mission is to save as many birds as possible, and for her fellow students and Loyola faculty to realize the birds were here first. With 300 signatures and counting, she is hoping to turn this goal into a reality.

Montoro's vision is for installation of bird-safe technology to be done on windows that pose the biggest threat to birds, which are only some windows on campus. Ideally, as she explained, the instances with the most documented collisions would be prioritized, and the ones with fewer can be completed later on.

According to Montoro, problematic windows are often large, without panes, and reflect the surrounding trees or sky. She has noticed that Knott Hall and the Fernandez Center have the most documented window collisions, as they are highly reflective.

In terms of cost, Montoro explained that she would need to go to facilities and find the square footage of windows that would need the implementation and calculate the cost based off of that.

Montoro explained that this would not be a campus-wide project, but would rather focus on the buildings that do not currently have these new features.

Windows such as those in Seton Court, Campion Tower, the Humanities building, and the Alumni Chapel have all been deemed bird-safe. Those that have external insect screens such as those in Hopkins Court and Southwell would also not be in need of any adjustments.

Ella Dafeldecker '26 shared why she feels this implementation would promote a more positive and environmentally-friendly experience on campus.

"I definitely think that it promotes something positive because I think a lot of people probably don't know how many bird deaths there actually are. I think that if more people knew about this and knew it was happening in general, it just promotes more sustainability and keeping the environment in mind," Dafeldecker said.

Students Petition for the name change of Jenkins Hall

Continued from Page 1

The team of students and staff behind the name change plan to continue to work on this spring semester.

"A couple people from our class are going to speak to the Diversity Equity and Inclusion subcommittee some time in February. Just sort of reminding them of the petition, keeping it in their head," Lynch said.

Carey said the petition has to go before The Board of Trustees at least twice before a vote could be called on the issue. With this rule in place, Carey acknowledges the outcome is unclear,

"It's possible the board would say 'Oh our agenda is too busy and put this off for maybe

April, May, until the next meeting.' So it's hard to say honestly. But I think to me the big thing is that the work of the students has drawn so much attention to it, that the board is willing to consider it," Carey said.

Though the timeline for a decision is still unknown, students from Guttman's class have brainstormed several ideas for the future to pressure the university to re-name the building. This includes creating an on-campus Student Run Organization that builds off of the work from the petition and also spreads awareness about more diversity, equity, and inclusion issues around campus.

In a recent "Talks with Terry" interview with Greyhound News and Health Editor Simone

Sanchez, President Sawyer made an official statement about the petition and his stance.

"I did not sign the petition. I wasn't asked to sign the petition either, but I guess I could have found it and signed it. Perhaps that will disappoint some people that think that this is a completely no-brainer. I don't view it that way. I think it is an issue for which reasonable people might disagree on what's the right, moral, just, thing to do and so I honor that by staying relatively neutral at least for now."

To learn more about how to get involved in the future, email drcarey@loyola.edu or sfuttman@loyola.edu.

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Arts & Eats

Ghost Hunting in the Humanities Center

By Emma Sheeran

for her son, Horatio Garrett and his new wife, but Horatio Garrett died before the home could be completed.

"The story is that his spirit wanders around in that part [the east wing] of the building," Professor Emeritus of Philosophy and former Associate Provost Frank Cunningham said.

During WWI, the Red Cross used the building to house blind veterans, and it later became home to the Jesuit priests that worked at the university and remained as such for 68 years. There was also a large fire at the building in 1955, in which 12 firefighters were injured; there is no record of injuries, aside from the firefighters. Overall, the building has truly seen so many lives; one might wonder if it has seen just as many deaths.

That history can be quite intriguing to students. Christopher Fletcher '26 said that he and his friends have visited the building late at night a few times, specifically to ghost hunt, but never encountered any paranormal activity.

Shateeka Dallas '26 said that she feels like the building is definitely spooky.

"It just has an ominous feeling to it. The building itself just creates that feeling of eeriness," she said.

Faculty have shown interest in the ghosts as well. Back in October, Jack Owen, Loyola Notre Dame Outreach & Community Engagement Librarian, organized a campus ghost tour. On the tour, the group read stories from a book written by former public safety officer Sean Kapfhammer. It was self-published in 2016 titled, 'The Ghosts of Loyola University and the Surrounding Area.'

"We knew this book was in the archives and we thought it could make for a really fun and engaging activity for students... to learn a little bit about all the cool items we have in the archives, and then actually go on a little ghost tour across both campuses," Owen said.

And according to Owen, the chapter of Kapfhammer's book dedicated to the



Humanities building is one of the longer ones. According to Kapfhammer's book, there were some employees who would not even go into the building after dark, but the ones that did often saw things.

An employee told Kapfhammer that as she was doing her nightly rounds, she saw a full-bodied apparition, dressed in priestly robes. It paused on the middle landing of the steps, then vanished after a moment. The employee described the feeling that washed over her to Kapfhammer as the feeling you get when your mind is trying to process what you've just seen when everything you've learned in life tells you that it should not be possible.

But Kapfhammer's book was published almost 10 years ago now. For such a big, old, haunted building, it seems hard to believe that paranormal activity ceased upon the publishing of a book. Surely, there is someone who has seen something more recently.

Wrong. Around every corner of the humanities building seemed to be another office with another apologetic person inside who had never had an encounter with the paranormal.

The winding hallways soon started to repeat themselves, and the doors already knocked on begin to reappear. After many dead ends, it began to seem apparent that maybe the ghosts of the Humanities building did in fact leave Loyola with Sean Kapfhammer and his book.

Or maybe, they haunted everyone and everything they needed to haunt.

It may never be proven whether the building is truly haunted, ghosts are a difficult thing to prove.

"What is it, like, half the population believes and half doesn't? So, half the population, you think you're crazy, right," Kapfhammer said.

Regardless of ghost existence or not, one thing seems to be at the heart of the Humanities Building, and Loyola itself, its history. Owen notes how rich Loyola's history really is, both in its Jesuit roots and its physical location. He feels it is important for students to engage with it, even if it may be spooky at times.

"Whether we're learning about that through ghost stories or other channels, it's important to stay rooted in the history of the school and our location. Whether people are believers in the stories or not, I think it's a fun, engaging way to learn about our history and to feel a kind of connection, too, with the buildings on campus," Owen said.

So maybe the next time a stair creaks when there's no one around, or a door opens, but no one enters, there is something more to it, something larger than just a spooky story to tell in the dark. Something historical, and maybe even beautiful.

The Greyhound's Guide To The Spring

By Tyra Alexander

Around Loyola

Gear up greyhounds because this year's Battle of Charles Street will be Saturday Feb. 14 at Homewood Field on Johns Hopkins Campus. Cheer on the Lacrosse teams for another year of this traditional matchup!

Around Baltimore

Less than a mile from campus, Sherwood Gardens is a staple for enjoying spring florals and enjoying a casual picnic with friends when the weather warms up. With several tulips and flowers to look at, you can

expect peak bloom in mid to late April.

Grab a Bite to Eat

With over 300+ food and merchandise vendors, you're sure to find a bite to eat at the Towsontown Spring festival happening Saturday, May 2 and Sunday, May 3.

With live music, carnival rides, and food trucks, celebrate the 58th year of the Towsontown Spring Festival happening at Chesapeake, Pennsylvania, Washington, and Baltimore Avenues in Towson.

Jazzing It Up at Baltimore's Keystone Corner

By Tyra Alexander



Located in the heart of Baltimore, Keystone Korner is a local jazz bar highlighting talent and culture. With the motto, 'take care of the music and it will take care of you,' Keystone Korner is a place for togetherness, food, and music.

The quaint jazz bar sits outside of Fells Point on Harbor East, and although the Baltimore location of Keystone Korner didn't open until 2019, the origins of Keystone date back over 50 years in San Francisco with a closure in 1983. According to their website, "Keystone Korner was a home away from home for hundreds of the most supremely swinging and creative musicians of its time, and most of the dedicated folks who worked there—servers, door personnel, bartenders, and office helpers alike—were either musicians or aficionados who were nonetheless deeply passionate about the music we presented."

Walking into the establishment, you can see photographs of famous jazz musicians such as Billie Holiday and Cab Calloway. On stage, you can find artists like GRAMMY Award-Winning Jazz singer Samara Joy or Ravi Coltrane, son to the legendary saxophonist John Coltrane.

Alongside numerous seating options, live music can be enjoyed close to the stage, or far away for listening.

With the seating being close knit, Loyola English Professor Mark Osteen emphasizes the overall feel of Keystone fosters group enjoyment,

"People need the experience of listening to live music and being there with it because it's communal. So it's not just the back and forth to the crowd, but it's also the crowd's interaction with other members of the crowd, you can see that this is all something we're doing together," Osteen said.

For Ravi Coltrane, performing on a stage like Keystone Korner is a way to connect with the audience, specifically when performing his father's music with his sextet.

"Most people are familiar with the music that [John Coltrane] made before this period in his earlier stages of development. And that later music sometimes can frighten people...You can search [for] something more universal than just playing a style or a genre, I think the effect of it can be, you know, kind of an extreme sound," Coltrane said.

Coltrane also notes how audience reception is important.

"To be able to play that music and for people to connect with it in some ways...and then we get to [John Coltrane's music] it's a bit of a diversion from the other styles of music we were playing. People seem to react that way the most," Coltrane said.

Live performances offer a different way for audiences to enjoy music. Osteen says that in his opinion, jazz should always be live.

"[Jazz] unfolds in real time and no two performances are alike. You can hear the record, but you're not really hearing them improvising on the spot. So it's really important for jazz, because it's an improvisational art, every performance is different," Osteen said.

At Keystone Korner, you can find a community of music lovers with a culture that values the art of jazz and other genres of music as well. To accompany the music, Keystone Korner has a variety of dinner options, including All-American classics such as a barbecue brisket sandwich or Angus beef burger, as well as a crab cake sandwich and raw oysters for a taste of Maryland.

In February, Keystone Korner will be welcoming 10-time GRAMMY Award Winner Arturo Sandoval and eight-time GRAMMY Award Winner Christian McBride. In March, you can find the all-female jazz band, Artemis.

For those looking to enjoy live music and good food, Keystone Korner Baltimore has a number of performances to enjoy in person and online.

Use It or Lose It; Some Students Feel Trapped By Their Meal Swipes

By Caroline McMillion



Photo Credit: Katie Pollock

After a winter break filled with comforting home-cooked meals by family, the return to campus brings a harsh reality: now, you have to plan everything. Every bite. Every meal. Every week. And on top of keeping track of midterms and finals, and everything else college entails, many of us are going to have to track meal swipes.

September 2025 ushered in new changes to the meal point swipe system. In the previous academic year, Loyola students had a semester block where they could ration out swipes. For example, you could have 150 meal swipes an entire semester and 400 meal points, and the semester block so students could carry over swipes from week to week.

This academic year, Loyola took that option away. Now students have the option to do 14 meal swipes a week and 200 meal points or 21 meal swipes a week and 200 meal points, ultimately dividing last year's points in half. That would leave about two meals a day that students are swiping. But the problem is, if they don't use their weekly swipes by Sunday, they lose them.

Lizzy Becker '28 speaks on the changes and how it has affected both herself and her roommates.

"I was really excited to have a kitchen

this year and cook some meals with my roommates now that we moved from a dorm to an apartment. But we feel forced to eat out at Boulder and Iggy's because of the point system," Becker said.

Alternatively, some students might grab an extra entree or snack on Sunday night simply so the swipes don't go to waste, even if they can't finish it. Becker finds herself wasting food.

"We wind up having leftovers in the fridge most of the time, and then we just throw away what we don't eat. So we aren't using our kitchen at all," Becker said.

Various students that do not live too far away often venture home on the weekends, leaving some swipes unused, which results in a loss of money. Some students living on campus might opt not to go home as often so they can use as many swipes as possible before the Sunday reset.

Last year, Genesis Elias-Argueta '28 used to go home every weekend but with the new swipe system, she switched to every other weekend. She did not want to waste as many swipes as she would if she traveled home each weekend.

Students with jobs, internships, evening classes, or labs may have fewer chances to eat on campus, so they

lose more swipes than classmates with open schedules.

"Paying for a meal plan that expects me to swipe for two to three meals a day can be difficult when I work as a Loyola tour guide and take late classes. Most of the time, I only swipe for one to two meals a day, which makes me feel like I'm wasting my money," Elias-Argueta said.

Upperclassmen have been dealing with the hard decision of cooking versus eating campus food for three to four years.

Sophia Thornberg '27 prefers to make breakfast in her apartment and eats in the dining hall for lunch and dinner on the weekdays. On the weekends, Thornberg tries to cook in her kitchen. It can be hard to find that balance of cooking and making it to classes on time, which is why it is so easy to resort to the dining hall.

Tiffany Curtis, a Loyola University Maryland writing professor, offers a way students can use their kitchens more.

"Students can use their kitchen more when they make cooking a community-based thing. Divide the spending for the groceries but make the cooking experience something you do together. Community is of great value to not only the students, but to the university as well," Curtis said.

As students juggle classes, jobs, and social lives, the new swipe system may feel like just another hurdle. But every challenge is also an invitation. Whether it's sharing a weekly grocery run or swapping recipes from home, students can begin to incorporate the art of cooking and community into their lifestyles. After all, a college education isn't just earned through lecture halls, it's about learning the everyday skills that build independence and a sense of belonging.

Arts & Eats

Best-Selling Baltimore Writer says “Don’t Narrow Your Life”

By Gabrielle Plaag



Photo Credit: Sid Keiser

This year’s annual Cleophas Lecture featured Baltimore hometown novelist Laura Lippman. With over 20 crime fiction novels including ‘Lady In The Lake,’ which has been adapted into a television series, Lippman’s talk carried a central concept of not narrowing life through narratives.

Lippman has resided in Baltimore for over 25 years. She is a New York Times Best Seller and has won several awards for crime writings since publication of her first novel in 1997. Lippman said she feels that women often need the mask of genre to feel entitled to write, as opposed to male writers.

“I met a very influential woman in my career... She said she felt in our culture men were really comfortable sitting down saying, ‘I’m going to write the Great American novel.’ But women were hesitant unless they said, ‘Well, I’m just gonna write a mystery, a romance.’ And so, that really stuck with me, but the fact is, I love crime fiction,” Lippman said.

Lippman said she decided to be a novelist at age five. But, she was disliked by her early boss at the Baltimore Sun for her writing skills, yet this only inspired her to follow her earlier dreams.

“He told me I wasn’t a very good writer. Which I didn’t think was fair, but I also understood that when someone is your boss, their opinion of you carries a lot of weight. But if I could write a book and sell it and publish it, then a lot more people get to decide whether I’m a good writer. So that’s how it got started. I just decided to write a book to see if I could change this narrative of not being a good writer,” Lippman said.

Lippman continues to pursue her passion of novel writing and goes against the set cultural expectations of women in this field. She describes how she has always had a passion for crime novels and she intuitively knew how to do it.

“I don’t think being a genre writer means you can’t be a great literary writer... I started off because it’s like, I love this. And I had read so much of it that I knew how to do it without knowing how I knew how to do it,” Lippman said.

Leading into her main message of the lecture, Lippman encouraged students and audience members that narratives help un-

derstand life, but life should not be lived as if it were a narrative.

“Even though I’ve built my life around narrative, even though I’ve built my life around stories, and even though it’s very human for us to try to turn our life into stories, I think the real challenge is to live your life as if it’s not a narrative, because narratives get smaller at the end,” Lippman said.

University of Maryland College Park Alumni Nora Zuccaro, who attended the lecture, is a fan of Lippman’s novels.

“I really enjoyed her intro about how you shouldn’t really look at your life in narrative pieces, how that is really doing yourself a disservice, and how being open to more opportunities is really more expansive for your life, not really just in your writing, but in your personal life,” Zuccaro said.

Zuccaro cherishes Lippman’s stories and she has read many in the past with her favorite being ‘Lady In The Lake.’ Zuccaro points out that Baltimore’s fun side is not commonly represented in novels, and she said she appreciates the way Lippman writes about Baltimore in comparison to other works such as ‘The Wire.’ Zuccaro said it is rewarding to read something that has a lot of charm.

Lippman thoroughly emphasizes how proud she is to be a Baltimore native, and she believes that place is essential as a writer.

“I think Baltimore is a great, interesting, challenging, idiosyncratic place to write about... You know, I live in South Baltimore... Baltimore feeds my imagination. I just think it’s an interesting place, and I love it. I want to share that love with people,” Lippman said.

Lippman concluded by encouraging the audience not to limit themselves to a three-point plot, but instead look to the future as a way of opening your life, because that is what has worked best for her.

“Everything I thought I knew about my life didn’t turn out the way I thought. A lot of it was much better. Some of it was worse. Some of it was just different. And I make up stories for a living. But when I tried to make up the story of my own life, I got it wrong,” Lippman said.

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Opinion

The following does not represent the views of Loyola University Maryland or The Greyhound.

It's Time For Gas Stoves To Go

By Andrew Nardiello

In 2023, Congress and the internet erupted in fear over Americans losing an essential freedom: the right to poison themselves with gas stoves.

This was because a Consumer Product Safety Commission found that gas stoves had hazardous effects on people's health, thus they were considering regulations in order to protect people.

Though you may have believed this was a generation-defining issue if you were unfortunate enough to look at any conservative's post online at the time, or even members of Congress' proposed bills, nothing came of this.

This hasn't stopped the scientific community from studying the impacts of gas stoves, and concluding a move to electric stoves would be beneficial for our health and the planet's. Why hasn't Loyola made the switch in dorms?

To get more details as to why these stoves create such concern for people's health and the environment, I spoke to Dr. Elizabeth Dahl, Director of Environmental Science and Studies and associate professor.

"Gas stoves, particularly used in an unventilated area where there is either no vent hood, or a vent hood that doesn't vent outside, can cause indoor air pollution levels that exceed the health standard set by the Clean Air Act," she said.

This is consistent with the government reports published under the Biden Administration and other studies done in the field. Dahl corroborated these concerns and went into more specific detail about the health impacts.

"The primary concern is nitrogen dioxide, but carbon monoxide, VOCs, and particulate matter can also exceed safe levels. Short-term exposure to nitrogen dioxide can aggravate asthma and other respiratory issues and long-term exposure can contribute to the development of asthma," she said.

Dahl pointed out studies that have also found correlations between childhood development of asthma and the use of gas stoves in households. The Biden administration attempted to combat this by offering incentive rebates for people with gas stoves to swap out for electric.

The numerous documented negative impacts may feel alarming, but Director of Environmental Health and Safety at Loyola Tom Hettlemen said there are some mitigating factors. "I think a lot depends on the proper function of the stove itself, ventilation, the use of the above stove exhaust fan and amount of time the stove is active," he said.

Hettlemen also countered a World Health Organization funded research



paper indicates there is no conclusive evidence that gas stoves cause childhood asthma. Yet, that same paper acknowledges an increased risk in bronchitis and other health impacts with the use of gas stoves, recommending that areas with the capability to switch to electric should as it has zero emissions at the point of use.

Loyola is committed to Maryland's energy reduction laws, Hettlemen noted, including the Climate Solutions Now Act of 2022 and other initiatives focused on reducing the usage of fossil fuels.

Hettlemen said Loyola University is already moving towards electric stoves.

"We have been and continue to replace the stoves with electric during major renovations of the resident halls. Generally, this requires a complete upgrade of the electrical system to accommodate the increased electrical needs," he said.

The university could not give The Greyhound exact date on how many gas stoves have been replaced with electric stoves. According to the Office of Sustainability, only Thea Bowman is considered a Green Building, meaning it was built and utilizes sustainable methods.

Knowing the health risks and negative health impacts that gas stoves can have on students is important to push for a faster change from the university. Fifteen percent of Loyola's yearly emissions in 2015 were from natural gas, thus cutting down on this would also help the school reach its climate goals.

Alexandra Chouinard '27, an officer of Loyola's Environmental Action Club, said students should join her in advocating for this change.

"Everyone here believes in climate change and understands the threat. When practical solutions are given, most will act on them. You just need to decide on the issue you're passionate about because it's easy when you look to find groups to work with or organize others," she said.

Moving away from gas stoves means less pollutants in our dorm, our campus, and ultimately, our planet.

Is Fizz A Problem?

By Andrew Nardiello

Launched on Loyola's campus in the Spring of 2023, Fizz quickly became widely used among students to discuss classes, student life, and post memes.

Fizz's distinctive anonymous posting and 'Fizz Karma' system enticed students to post frequently, allowing them to post frequently, allowing them to climb the leaderboard. Some students even organized events, such as last semester's ginger run and the platform allows clubs to register and spread the word about events they are hosting.

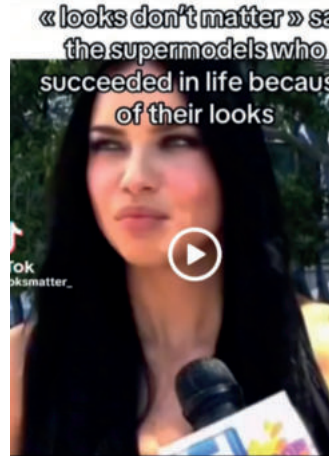
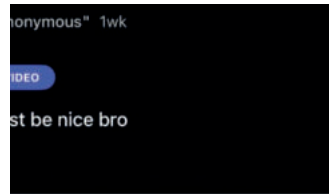
The anonymity, however, has created a sense of security in which people feel comfortable posting without fear of consequences. This has led to harassment and discrimination on the platform.

Eamonn O'Shea '26 dealt with harassment on Fizz during his first year when someone, in a now deleted post, claimed that he was 'scary'.

"It's never fun to see anonymous comments about yourself online—even if it's something as milquetoast as some random stranger calling me scary," he said.

When asked if he thought the app was contributing to an unhealthy campus environment, O'Shea believes the anonymous nature of the app inevitably makes it ripe for toxicity.

"Even if it's a small fish in a big pond, being able to post vaguely homophobic things about the swim team behind your phone screen is in direct conflict with our mission as a Jesuit-Catholic institution. There's no caring for the whole person when this opportunity exists," he said.



Frequently, the platform is engulfed in a gender war usually spurred on by a misogynistic TikTok with very homophobic undertones that fly over the poster's head. The video depicts supermodels saying that looks don't



Huh? What do all these looksmaxx terms even mean? Nobody cares about that IRL!!! Huh, my makeup? I do this only for myself! I don't have an intention to give myself better PFL, canthal tilt, eye spacing and illusion of forward growth! The foundation and blush all over my face aren't supposed to hide my fucked health indicators and give me better red undertones! Covering my "cupid's bow" by lipstick isn't aimed to make my horselet philtrum shorter, I promise! I only got botox for my thin lips because it's my personal preference and I feel more confident that way, not because I want to fix my ratios and get more dimorphism! My contouring is just a form of art, it doesn't make my bones seem more prominent, my nose smaller and my face look less bloated! I cover my eyebags because I don't like looking tired, not to hide my horrible sunken infraorbitals! I'm not trying to get a man with higher genetic value by frauding mine to satisfy my hypergamy, I promise!



matter with the caption 'just be nice bro' attached.

black crime, drugs, kids turning to shooters, and robberies"

A video of a variety of models saying that look do not matter with the caption "<Looks don't matter> say the supermodels who succeeded in life because of their looks."

I'm not saying we should not be having political conversations—in fact I think that's the only way we learn and change our minds— but these posts don't seek out conversation. They want controversy and the ability to discriminate without the possibility of having to reframe their world view or face repercussions.

This sentiment is straight from incel communities, where men believe all women care about are looks and superficial features such as height. Another video critiquing women using makeup by presenting it as concealing all of these unwanted features and depicting them as an ugly caricature was posted over the summer as well.

This is not to say the platform hasn't been used to the community's benefit; the admin of the Barstool Loyola page on Instagram focused on how students use the app to express their feelings about campus life and how they use the app to promote events.

A picture of a cartoon woman, half of her face with make up on it and the other half without, depicting her as ugly and reliant on makeup.

"The trending posts make the top of the page easily, and majority of Loyola students frequent the Fizz app so it's an easy way to get a quick word out," the admin said.

These posts speak to a larger problem within young men today and the pervasive nature of misogyny. They are not only permitted but encouraged by the anonymity to make these posts to garner attention. Whether these posts are genuine beliefs of the poster or an edgy attempt to cause controversy, they succeed in making the platform toxic.

Last year, Loyola hosted its first ever Ginger Run, which is a popular event at universities such as Notre Dame around St. Patrick's day. Barstool Loyola helped organize the event and it simply would not have performed as well as it did without the attention it garnered on Fizz. admin noted that the event would not have garnered as much attention without their use of Fizz.

One post included a poll, asking if white students say the "N-word", one student responded by hoping misfortune comes to those who responded with yes. The post below subsequently parroted racist stereotypes in response.

While I think Fizz's moderation has to do better, as a community, we need to be better at calling out this online behavior. If you notice friends being toxic or posting sexist, racist, or homophobic content, it's important to address it in order to keep Fizz and all spaces at Loyola welcoming and accepting of all.

A Gif of Spongebob shaking in fear with the caption "Oh no I'm scared, maybe instead of being offended about words you should be offended that 0.2 miles away u have black on

The Influencer Effect

By Caroline McMillion

Social media influences everything we do, from the way we talk, to what we watch, and what we buy.

Oftentimes, people will find comfort creators: influencers which people consistently go to for advice and entertainment. This level of connection easily captures attention, and so, when creators begin to build out their platform, they gain profitable partnerships and ads.

Katie Fang's skincare routine has gone viral, leading to collaborations with Glow Recipe and The Ordinary, featuring her face on product labels to boost sales. Similarly, Demetra Dias fashion has made its way into countless closets, leading to partnerships with brands like Hollister and Aeropostale.

Diya Sharma '28 follows Demetra Dias on social media, and has noted her influence on several purchases.

"She put me on to gold hinge workout shorts and the Abercrombie white pants from the men's section. Everytime I look at her page, I always see her with the biggest smile and the cutest outfits. I feel so influenced by her," Sharma said

While there are some genuine influencers that promote products for their fans, many social media stars advertise products for

profit rather than honesty, blurring the line between real opinions and paid deals. Are these specific weight loss supplements that TikTok users promote as reliable as they say they are? Are these hair products that are being advertised on Instagram actually good?

Eliana Pearce '28 had a bad experience with a TikTok content creator advertising a camera. The influencer made it appear as if it took clear pictures and contained all the trinkets the expensive cameras have at a much lower cost. When it came in, the camera quality was terrible and looked very cheap.

"The TikTok user definitely prioritized the money the brand was giving her rather than the truth," Pearce said.

Influencers thrive on building relationships with followers that feel personal. When fans feel close to creators, they're more likely to buy whatever they recommend. This emotional connection creates trust, while allowing influencers to turn that trust into profit through brand deals. Even when they don't truly love a product, the paycheck can make it easy to say they do.

According to GoDaddy, 57% of Gen Zers have been influenced to purchase a product that was advertised by an influencer, but nearly half later claimed they

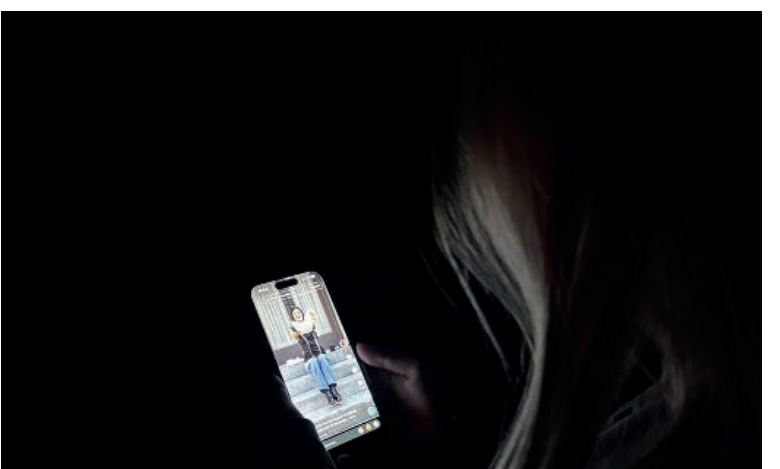
didn't think the influencer genuinely used the product themselves. As this culture grows, so does the sense of confusion among consumers.

Dr. Diana Betz, a psychology professor at Loyola University Maryland, explains the psychological implications behind social media users being persuaded by content creators.

"I think [influencers] are capitalizing on that parasocial relationship, where we feel like this is a friend, someone we like, someone who is 'like us' who is telling us about an effective product, and so we are persuaded to buy it," Betz said.

Platforms like TikTok and Instagram have also made it easier than ever for anyone to become an influencer overnight. But with that accessibility comes pressure: the more followers someone gains, the more brands spike up with offers. Suddenly, creators who once shared genuine content find themselves curating every post around sponsorships.

Take Alix Earle, who started social media by sharing 'get ready with me' videos in her college dorm. Now, her feed includes brand mentions from Tarte and L'Oréal. Emma Chamberlain, who built her platform on awkward and fun vlogs, now partners with luxury fashion brands



like Cartier and Louis Vuitton. The line between personal expression and profit has become almost impossible to see.

Marc Felsen, a marketing professor at Loyola University Maryland, touches on the difference between real and paid marketing.

"An influencer's recommendations can be perceived as honest and authentic when they disclose their paid brand relationships and when there is a good fit between the brand and the influencer. When the brand fit seems forced or ingenuine, then it can be perceived more as just a paid advertisement," Felsen said.

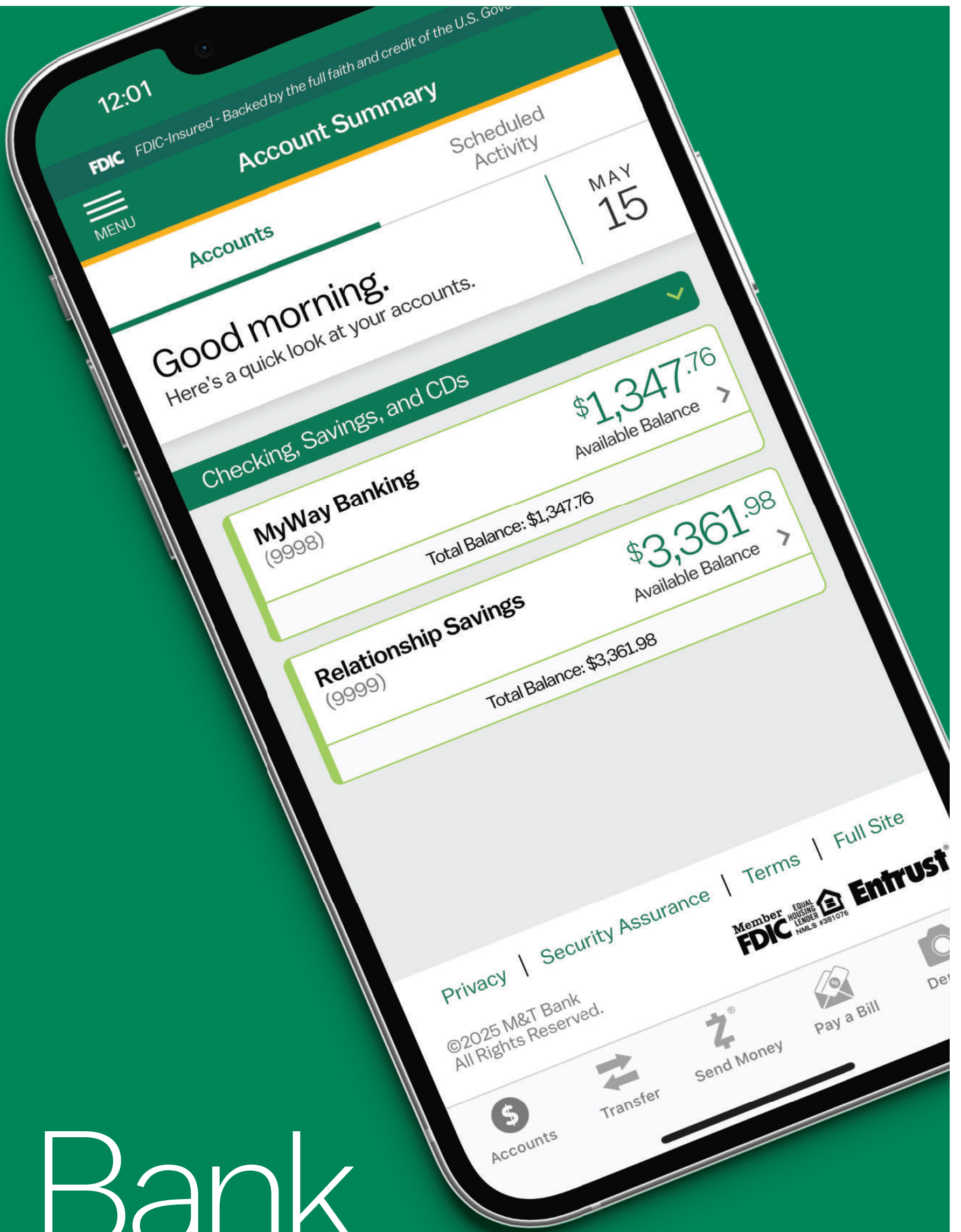
With it being difficult to tell when influencers are being genuine, it's important to look for clues in their videos that reveal whether they're truly authentic with the brand.

Dr. Jason Zhang, a marketing professor at Loyola University Maryland, provides recommendations for social media users coming across influencer advertisements.

"It helps to look for clues such as #ad or #sponsored tags and to notice how often a creator promotes products. If every post features a brand or looks overly polished, it is likely part of a paid partnership," Zhang said.

At the end of the day, followers need to question the motivation behind what they are seeing online. A creator's excitement might be real or it could be rehearsed.

So, next time your favorite creator calls something life-changing, think before you click add to cart. Genuine recommendations don't ask you to drain your bank account.



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Sports

Women's Lacrosse Seeks Return To Patriot League Victory

By Ryan Butts



Loyola Women's Lacrosse is gearing up for an impressive and redemptive season this spring. The Greyhounds finished 2025 with a 13-7 regular season record and a Patriot League championship appearance against Navy that ended in a tough 13-14 overtime defeat.

The Women's Lacrosse team has decades of success, including winning the Patriot League in every non-COVID year from 2019 to 2024. Although the team had another excellent season in 2025, they are seeking to once again win the Patriot League in 2026.

Attacker Ava Kane '26 says the team's goal is a Patriot League victory,

"It's been in the back of our minds that we want to take that championship back. It's made this team hungrier. This fall, we've had this relentless spirit and really special energy that has come to every single practice, lift, conditioning session, whatever it may be. I'm really excited to see what it can do and transfer over to this season," Kane said.

Kane is a senior and is preparing for her second season at Loyola after transferring from Rutgers. Last season, Kane started 19 out of 20 games, totaling 25 goals and 31 points. The attacker made a big impact early on in 2025, scoring two goals against the number one-ranked Boston College in the season opener and earning at least one point in the first twelve games.

Kane is ready to have another strong beginning to her last season, but her senior year feels different than years prior.

"My goal has been to leave the team the best I can and make sure I leave everything on the field every time I step off. I think that having that overarching goal will allow me to succeed and also help my teammates succeed," Kane said.

The team has been working on building chemistry this offseason, both on and off the field. Team building is especially significant this year, as the team welcomes 13 first-year players and one transfer student.

The Women's Lacrosse team spends a lot of time together, even having a Friendsgiving. Midfielder Elisa Faklaris '26 highlights the community within the lacrosse program.

"The culture that Loyola Women's Lacrosse has is honestly indescribable. It's so amazing. I think you realize that when you're surrounded by 35 of your best friends, all putting in the work every day, inside and out. You realize that you can really accomplish anything, and you can also have fun doing it," Faklaris said.

Faklaris is the highest returning goalscorer among the players. She scored 51 goals in

2025 and started all 20 games, receiving an honorary spot on the second team All-Mid Atlantic Team. The senior says she is excited for the year ahead, and, although there may be some expectations, there is a chance to become even better.

"There might be pressure, but it's the good kind of pressure, because we're all trying to be there for each other and be the best versions of ourselves," Faklaris said.

Someone that has helped the Greyhounds become the best versions of themselves is acclaimed Head Coach Jen Adams. As a player, Adams led the Maryland Terrapins to four straight national titles from 1998-2001, breaking every season and career scoring record for the school. Adams also excelled in the Women's Lacrosse World Cup, captaining Australia in 2005 to a gold medal and earning All-World honors after leading all players with 26 assists and 47 total points.

Faklaris says the team greatly benefits from Adams' expertise and leadership.

"She's obviously a legend in lacrosse, but she's also just a really good person, as well as the rest of the coaching staff. I'm probably biased, but I think we have the best coaching staff in the country... Playing under her has just been awesome. You want to work so hard because you know she's working so hard for you. All the coaches would do anything for you," Faklaris said.

Ramping up for the season ahead, the Greyhounds spent the fall working hard, practicing to become even better. Although they usually scrimmage against themselves, highlights of this fall included a scrimmage against the Japanese women's national lacrosse team at Ridley Athletic Complex.

Attacker Emma Talago '26 knows her team has the fighting spirit needed to win.

"I would definitely describe this team as gritty. We have this competitive edge coming out of practice where we know we're gonna go really hard against each other every day, and make each other better that way. This team isn't afraid of hard work," Talago said.

Talago started all 20 games for the team last year and had 21 assists, the second most on the team and the most out of any returning player. She did so after overcoming a back injury she suffered during her first semester at Loyola, forcing her to redshirt the 2023 season and reacclimate to lacrosse as a sophomore.

Now, Talago wants to put that set back behind her,

"I've been trying to make progress every year after that, and keep building and getting better. It's always been my goal since I committed here to be an impact player on the team... I think, hopefully, I've set myself up to be that impact player this year that I've always wanted to be," Talago said.

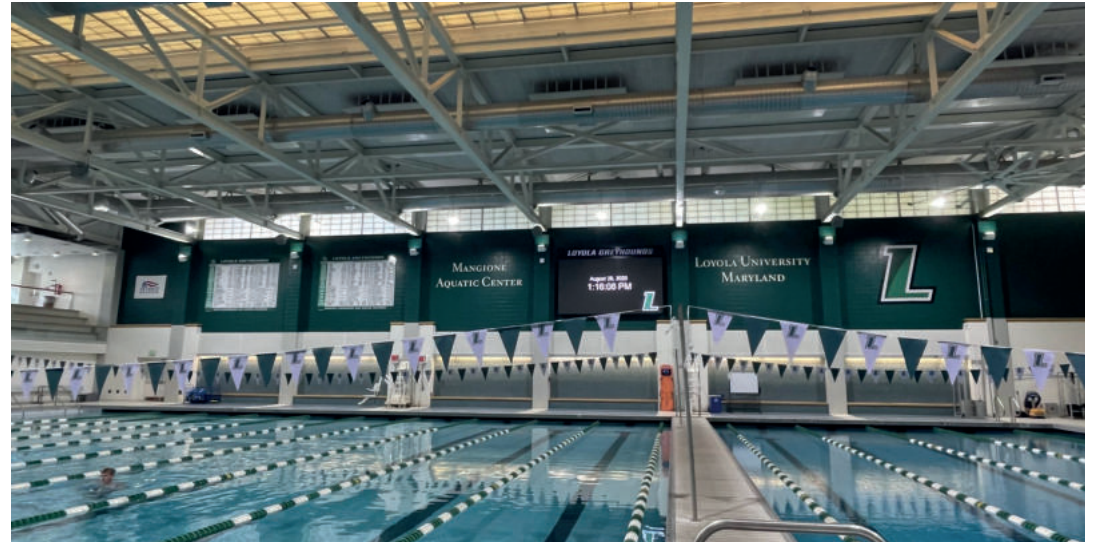
Talago explains that, although the team was disappointed in not winning the Patriot League in 2025, they have focused on resetting and preparing for a better year.

"We can't hold on to whatever happened last year. Our goal this year is to reach our potential," Talago said.

The season begins Feb. 7 with a home match-up against the Florida Gators.

Diving Into The Ravens and Michael Phelps' Visit to the FAC

By Samuel Mejia



This past August was a memorable month for Loyola. After all, it's not often that the starpower of The Baltimore Ravens and Michael Phelps join together in one space.

The Ravens, Michael Phelps, the Michael Phelps Foundation, and 10 members of the Boys and Girls Club of Baltimore visited the Loyola Fitness and Aquatic Center (FAC).

Phelps' goal that day was to give swimming lessons to the Baltimore Ravens team and local children at the FAC. This visit was not the first time that people of this reputation have visited Loyola's campus. When it does happen, though, it is special.

But why did they come to Loyola in the first place?

A couple weeks prior to their visit, Ravens cornerback Marlon Humphrey posted a video on his Instagram of himself and teammates Ronnie Stanley, Kyle Hamilton, and Charlie Kolar in a pool at the Ravens training facility. The video was directed to Michael Phelps, the 23-time Olympic gold medalist, Baltimore native, and who is considered the greatest swimmer ever. The players relayed to Phelps how roughly one in every three Ravens cannot swim and stated that Phelps should visit their facility to teach them how to swim.

Phelps commented on the video saying he would do so. The only thing that changed was that he would not only visit them at the Ravens training facility, but also at Loyola University Maryland. That set the stage for several Loyola students and staff members present at the FAC awaiting the arrival of the Ravens, Phelps, and the other accompanying parties on Aug. 12, 2025. However, not everyone at the FAC knew that beforehand.

Maeve Brandenburg '28 showed up at the FAC that day, expecting a lifeguard as usual. But soon after, she would learn it would not be an ordinary day.

"We were supposed to be there as lifeguards. We didn't really know what we were going into. We were just told that we were working a special event, and we couldn't know what it was," Brandenburg said.

"We were told that they needed more people in the pool with the Ravens... to help teach them, as well as the younger kids who were learning to swim through the foundation. So, me and Alina [Zavala '27] actually were able to get in the pool... We were hopping in right with the Ravens, just teaching them the skills," Brandenburg said.

Aline Zavala said how cool it was when Phelps went in the pool and warmed up, and how they were lifeguarding his warm-up.

"All the kids were super enthusiastic about it, and so were the players. There were a few of them that really wanted pointers, really wanted to learn," Zavala said.

She also mentioned the competitiveness that the Ravens players had with one another, trying to race when they could and throwing themselves off the diving board while having a fun time learning from the staff.

Loyola's FAC hosting the Ravens, Phelps and his foundation, and kids from the Boys and Girls Club of Baltimore is a testament to the help that the facility gives the Baltimore community.

Since 2008, the Michael Phelps Foundation has helped kids and adults swim safely. Both drowning and the inability to swim are two challenges the foundation continues to tackle.

According to The Today Show, the leading cause of death for kids under four is drowning, which is also the second leading cause of death for kids aged five to 14. Forty million adults in the United States do not know how to swim.

Brandenburg said it meant a lot to see Ravens players, some of the most athletic people in the country, put themselves in this unfamiliar situation and be vulnerable. It showed that even though not all of them know how to swim, they are still willing to learn that new skill, even at a later stage in their life.

"It was awesome for them to show how vulnerable they are to especially the younger children that are there in-person as well as watching on TV, just to show that you can try new stuff at any age, and it's always a great skill to have to pick up swimming because

it could save a life someday," Brandenburg said..

Phelps sat down with The Today Show's Craig Melvin and mentioned how before he was a professional swimmer, he was even afraid to put his face in the water. Phelps acknowledged how this feeling is completely normal, but that you naturally overcome these fears based on your confidence and your comfort level in the pool.

"[Everyone should] become more vulnerable. I think that is something a lot of people are afraid of. Jump right in, literally jump in, come jump in [the pool] with me," Phelps said.

Phelps grew up in Baltimore County, so his effort to teach both the Ravens and kids from the Boys and Girls Club in Baltimore how to swim is one example of his commitment to helping his home community. His continued care for Baltimore is heavily recognized.

"That's just awesome for him to come back [to Baltimore], even though he's been around the world... he still knows his roots," Brandenburg said.

Zavala, a Baltimore native, said she feels almost lucky to see Phelps' impact since his helpfulness towards Baltimore is such a close community impact for her.

"It's cool to see that not only is this me and my school, but this is me and the community around me. And it also makes me realize that it's really such a privilege to know how to swim because I know it severely affects the Baltimore region that people don't know how to swim," Zavala said.

Zavala recounted other times that influential figures have visited the Loyola FAC in the past, such as when NBA Hall of Famer Shaquille O'Neal visited in 2009 for his reality show 'Shaq Vs.' to do a swimming race with Michael Phelps. But this is one lifeguarding day, she won't soon forget.

"It was really sweet the way that the kids looked up to [the Ravens players]. It almost felt like there was a level of reassurance between the kids and the players that they had that ability to experience it together... It was like a big Baltimore crossover episode," Zavala said.

Loyola ESports Team Steps into the Spotlight

By Demetrius Davis

Loyola's Esports team is a club sport that competes in the Northeastern Collegiate Conference (NECC). The NECC offers weekly competitive events in a variety of video games, including but not limited to League of Legends, Overwatch 2, Valorant, Rocket League, and Marvel Rivals. The conference works with over 400 universities throughout North America to ensure a positive collegiate Esports community.

The League of Legends team started the season strong, winning their first four games of the season. They finished the year 7-0 and came in second place out of 16 teams in the NECC East Division VII tournament, losing their last game by a score of 3-2. Their Overwatch 2 team finished with a 4-3 record, and Valorant finished 3-4; both teams missed the playoffs.

Ben Richardson '26, the head of marketing and communication for the team, explained that the Marvel Rivals and Rocket League teams are each split into two squads, titled Green and Grey.

For Marvel Rivals, their Green squad is the higher ranked of the two. The Green squad

finished with a 5-2 record, placing in the top 8 of 16 teams in the East Division III tournament. The Marvel Rivals Grey squad finished 3-4 and missed the playoffs.

For Rocket League, the Grey squad is higher ranked than their Green squad. The game's Grey squad finished the season 5-2, and placed top 8 of 16 teams in the East Division VIII tournament. The Rocket League Green squad finished 2-5 and missed the playoffs.

The Esports team has a classroom at the Fitness and Aquatic Center (FAC) where they hold their meetings and play games.

"We're currently set up [at the FAC]. We have two PCs up there right now, as well as our switches, and we have a big banner that says Loyola Esports," Richardson said.

The team used to have a room inside the Donnelly Science Center before being displaced due to the ongoing renovations in the building.

Despite this setback, the team is actively

looking for a larger space with a good number of computers for gaming to call their permanent home.

The Esports team aims to increase awareness of their club among the classes of 2028 and 2029 so that more underclass students can get involved in the team's work.

Andrew Nardiello '26, president of Loyola Esports, and Richardson both went abroad during their junior year last year, along with many other team members. This absence left the team with little presence on campus and no leader to sub in while Nardiello was away.

"We really needed to up our social media presence, especially after fall semester," Richardson said.

Once Nardiello returned to Loyola from his study abroad program, he took on the role of president of the group after demonstrating great leadership qualities in his role as club officer during his sophomore year.

The club has seen an increase in viewer-

ship, along with people tapping into their Twitch livestreams on Mondays, Tuesdays, and Thursdays. The increase in engagement on the Loyola Esports Instagram and Twitch accounts is evidence of this growth.

The club has grown to a much larger audience, even beyond the Evergreen campus. Nardiello hopes, as president, to lay the foundation for the next person to take his

position and keep improving on all that he has already done for the club.

Want to keep up to date with the Esports team and events? Follow them on Instagram @LoyolaEsports and join the Discord @LoyolaEsportsDiscord. You can also check out their events on The Bridge to stay up to date with the latest events happening with Loyola Esports.



Sports & Photography

Scoring Success: How Intramurals Can Better You as a Student

By Gabrielle Plaag

Whether it's building a community and establishing camaraderie, staying active, gaining a leadership position, or healing your mental state, intramural sports have something that every student can benefit from.

Six sports are offered in intramurals at Loyola. This includes basketball, flag football, and indoor soccer, which recently wrapped up, along with volleyball, outdoor soccer, and softball, which are getting underway post-fall break. The intramural league also hosts pop-up tournaments that happen throughout the semester. They have done pickleball, beach volleyball, and three-on-three pickup basketball tournaments.

Kailey Dunne '28 is the captain of a competitive intramural indoor soccer team. Dunne recognizes these benefits as a student and says that intramurals are a great use of free time.

"It's a good balance, like it allows me time to hang out with my friends and do something I enjoy. I am not just doing schoolwork all the time, it's a really good use of my free time, and it's really fun. You are exercising and it's a chance to relax, enjoy yourself. It's low stress," Dunne said.

Assistant Director of Sports Programs Tyler Zorn '22 manages intramural sports at Loyola. He describes the school's program as one that is special and has something every student may enjoy.

"Intramural sports are a place for people to just play sports for fun. Anybody is able to participate in our intramural program as long as they're a part of our Loyola community," Zorn said.

Zorn believes that intramurals of any sort can help ease built-up tension from a student's hefty academic workload.

"Coming out and being active is a great thing for physical and mental health. Maybe you had a long week, and then Friday afternoon, you have an intramural game. It's just something to blow off some steam or decompress a bit," Zorn said.

Beyond the physical and mental benefits, Zorn explained that intramurals can help advance students further in their professional careers.

"They get a chance to come out and learn a new skill but also gain a lot of life skills. Whether it's conflict scenarios, injuries, dealing with brackets, making playoff schedules and things like that, you have to be able to make rapid adjustments on the fly," Zorn said.

Zorn says that the main goal of intramurals is for students to have a good time and have some fun. He advises anyone considering intramurals to try it.

"Just come out and sign up. It's no pressure. It's not supposed to be super serious. It's supposed to be laid back and just a fun



time to hang out with your friends," Zorn said.

Dunne plays soccer twice a week through her intramurals and said it is important to have a balance of school with stress-free extracurriculars.

"Just do it. There is nothing that can go wrong. It's all fun, and if you lose, you make good memories," Dunne said.

There are new activities and opportunities you can look out for if you are interested in intramurals. Zorn says in addition to a potential volleyball tournament, students can suggest what sports they want to see moving forward, and the suggestions will be taken into consideration.

"If the interest is there, and if the students want to see it, we're always open to new suggestions," Zorn said.

If you are interested in joining an intramural sport or learning more about intramurals, visit imleagues.com and log in with your Loyola credentials. You can also follow @loyola_intramurals on Instagram for more information and updates.

Campus Frames

Latin Fest: ALAS's Annual Hispanic Heritage Month Celebration

By Luisanni Delgado

In October, the Association of Latinx Students (ALAS) held its annual celebration of Latinx Heritage Month: Latin fest in McGuire Hall.

The Association of Latinx Students fosters awareness of Latinx culture on campus through educational programs, outreach, and interactive events.

This year's theme was masquerade, bringing thrill and mystery to the celebration. During the event, students enjoyed food, games, prizes, live music and an outstanding performance by the Pasion Dance Team from Towson University.



"ALAS Co-PR Director Claire Buckley" by Luisanni Delgado



"Students Dancing" by Luisanni Delgado



"Student Attendees" by Luisanni Delgado

Charm City Frames

Soul Kitchen: Helping The Community One Meal At a Time

By Luisanni Delgado

Every Sunday, the Center for Community, Service, and Justice, (CCSJ) along with the York Road Initiative, opens its doors for Soul Kitchen Day.

Soul Kitchen is a weekly program at Govan's Church that serves free community and take away meals to low-income families and individuals in need. Rooted in community, respect, and love, Soul Kitchen welcomes Loyola University student volunteers each week to support neighbors in need.

Carolyn Anewich is the director of Soul Kitchen, and described by friends as the 'Michelin Chef for the homeless.' She told The Greyhound's Luisanni Delgado at some time or another everyone could use a little help.

"We take everyone as an individual, not what their circumstances are. Soul Kitch-

en has been serving more meals this year, especially in the last four months. We see more children, more older individuals, and more new faces each week. I think we support our community the most just by people knowing we are there," Anewich said.

With support from the York Road Initiative, CCSJ, and local businesses, Soul Kitchen gives back to the community expecting nothing in return.

"We pride ourselves in giving our community members the respect that each and every one of us deserve, by making, with love, the best meals we can. People should not be hungry," Anewich said.

The York Road Initiative was created in 2008 as part of Loyola University Maryland's efforts to improve the quality of life for residents along the York Road

corridor. This initiative uses a place-based strategy focused on the Govan's/York Road communities of north Baltimore City, from the Evergreen campus to Northern Parkway.

Through partnerships with CCSJ and local residents, the York Road Initiative supports educational development, community well-being, civic engagement and area improvements.

CCSJ and YRI partnerships bring the Loyola community closer to its neighbors through advocacy and volunteer opportunities.

"We offer our volunteers a chance to learn how to cook, and most importantly learn how great it is to become part of a larger community," Anewich said.



"Food Ingredients" by Luisanni Delgado



"Food Preparation" by Luisanni Delgado



"Student Volunteers" by Luisanni Delgado

Multimedia & Games

Multimedia

<https://thegreyhound.org/category/multimedia/>

A Closer Look at the Middle East with Professor Bahar Jalali

By Roxana Bahari

Watch an interview conducted by Roxana Bahari '27 with Loyola Professor Bahar Jalali as they discuss the current political state of the Middle East.



Walk A Mile In Her Shoes

By Roxana Bahari

Watch a mini documentary about the Class of 2027's Walk A Mile In Her Shoes event. Learn about what the event stands for and who participated!



Series: Talks With Terry

By Roxana Bahari

Watch The Greyhound's new series where Simone Sanchez '26 interviews Loyola President Terry Sawyer about current issues and events happening at Loyola.



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With help from Professors
Jenny Glick and Katie Wollman!

Loyola's Events & Traditions

Across

2. This holiday event held in the Alumni Memorial Chapel combines music and scripture readings.

4. The Spectrum Experience hosts this fun night of queer performances with a classic game to win prizes.

6. The semesterly showcase featuring pirouettes and hip hop moves is performed by this student organization.

7. The sold-out stylish event showcasing Black talent and fashion.

10. Students at this 12-hour event spend a day racing and raising money for cancer research.

11. Loyola's longest standing alumni tradition, joined by the current senior class!

12. The semesterly event where students learn about all of the Loyola clubs and organizations.

Down

1. The biggest sports match of the year against Loyola's greatest rivals.

3. The most hyped event of the spring semester!

5. Hosted by ALAS, this is an annual celebration where students enjoy Latin music, food, and cultural performances.

8. HAP's very own version of Build-A-Bear!

9. This semesterly acapella concert will have you daydreaming that you're in Pitch Perfect.

Created by Genevieve Hayes '27 & Erin Altenbach '26



Interested in writing for us?

Join us in our Bellarmine Hall office on Monday at 5:45 p.m.

Questions?

Reach out to Editor-in-Chief, Jacqueline Goldman goldman@loyola.edu Managing Editor, Kate McLaughlin: kmclaughlin1@loyola.edu

We'd love to see you there!

ACROSS	ANSWER KEY	DOWN
2) LESSONS AND CAROLS	1) BATTLE OF CHARLES STREET	1) LOYOLAPALOOZA
4) DRAG BINGO	2) STUFF A PLUSH	2) LATTIN FEEST
6) DANCE COMPANY	3) BSA FASHION SHOW	3) CHORDBUSTERS
7) BSA FASHION SHOW	4) DRAG BINGO	4) STUFF A PLUSH
8) DANCE COMPANY	5) BSA FASHION SHOW	5) LATTIN FEEST
10) RELAY FOR LIFE	6) DANCE COMPANY	6) LATTIN FEEST
11) RELAY FOR LIFE	7) BSA FASHION SHOW	7) CHORDBUSTERS
12) ACTIVITIES FAIR	8) BSA FASHION SHOW	8) HAP'S VERY OWN VERSION OF BUILD-A-BEAR!