



New Hounds



LOYOLA
UNIVERSITY MARYLAND

WRITTEN FOR AND BY FIRST-YEARS

YOUR NEW HOME BY MARISSA MANZI

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IN THE SPIRIT OF *CURA PERSONALIS*, DEAN MCGUINNESS, DEAN OF FIRST-YEAR STUDENTS, SUPPORTED OUR PROJECT IN EVERY POSSIBLE WAY. WE THANK HER VERY MUCH FOR THIS OPPORTUNITY.

Your room is all packed up. Your once exuberant personality is now put into boxes and it doesn't even look like you lived there. You have had your own room for eighteen years and now you are expected to pack only what's important and go to school. How will you recreate that home-like feeling in your dorm room? It's important to recreate the way your house feels in order to ease the stress of starting off at a totally new place.

I'm sure your room back home had a lot of personality and style. Loyola is going to be your home for the next four years, so I advise you to pack up that personality and bring it with you. Make your dorm room more-you. You can do this just by putting up a poster of your favorite band or movie. You

want your room to be so you that if you had your friends from home come visit, they would be able to pick out which room is yours.

My biggest piece of advice to you would be to make collages. Bring as many pictures as possible. There is plenty of room to cover your walls in pictures of your family, friends and pets. When you are trying to decide what pictures you want to bring with you, think about the people who have been there for you over the years; the people you wish you could fit into one of your boxes and bring to B-more. Those are the people who should cover your walls. I love how when I'm doing homework at my desk in my room, I'm right next to a frame full of pictures of my friends back home. It's like all

the people you love are right there getting through everything with you.

One of the most important parts of where you used to live is the food you ate. Any home-cooked meals that your parents used to make will help bring home to Loyola. So go ask your parents, grandparents, aunts and uncles what that recipe for your favorite meal is and learn how to make it. When you're in the kitchen at school making that food, the smell will immediately permeate the entire room, and you will remember what it is like when your parents make that for you. Your roommates will also love if you cooked them something that reminded you of home, because it will give them a chance to get to know you and what is important to you. I grew out of missing home easily by having so many triggers that made me feel at home. I'm writing to you right now from my new home and I couldn't be happier.

WHAT TO DO

BY ZACH LANSLOWNE

Baltimore, Maryland, your new home away from home, and Loyola University are vibrant and dynamic places with plenty of things to do. You have arrived! Many will welcome you to the starting gate of your future; there is no reason to be bored.

Loyola's core mission, *cura*

personalis, or care of the whole person, is a phrase that you will hear time and time again. What exactly does this mean to you? It means that you are given every opportunity to expand your mind, spirit, and body. One of the most popular choices on a typical weekend is Midnight Breakfast. This function is held

each Friday and Saturday evening from midnight until two in the morning. Most attend this event for the free breakfast, but more importantly for meeting new people and socialization. How about the arts as well as lectures that will literally "blow your mind"? To

nurture your spirit, consider not only celebrating mass as a community, but also spending time providing service to others. If sports interest you, check out the Fitness and Aquatic Center, which nurtures your body, ultimately fostering your mind and spirit as well.

MORE TO DO WITH ZACH LANDS DOWNE

Face to face time is necessary in order to build relationships and develop life experiences. Reach out, stretch, and make every moment count. Reading about an occasion on a flyer gives you an idea, but hearing about it from someone else gives you perspective.

You will frequently hear people talk about Options, Free the Slaves, Campus Ministry, and WLOY, just to name a few. If a club doesn't exist, you are encouraged to create one. Sophomore Malcolm Perry states, "Loyola

encouraged me to expand my horizons and move beyond my comfort zone by joining groups different from those I experienced in high school."

One of the most enjoyable programs on campus is the Humanities Symposium. The campus reads a common text that is very concise, and unites through discussions and a play performance.

Traditional campus events include Lessons and Carols, Chordbusters, and Loyolapalooza. Find out more on Loyola's website. There is a

bountiful amount of activities to do during your stay: check out Event Services, or just ask someone.

Welcome to your new home.



"Clubs and Organizations." Loyola University Maryland. N.p., n.d. Web. 24 Feb. 2012. <<https://inside.loyola.edu/campuslife/studentactivitiesandorganizations/clubs.html>>.

EASY WAYS TO MAKE FRIENDS: TIP 1

JESSE GARBACZ

Talk to people who are in your class before your class begins. After class ends you can talk about assignments, exams, and concepts from class. Ask them, "what are you doing later?" Talk about sports, last weekend, plans, etc.

ALANA BY VIETTA CHAMBERS

ALANA Services, an office committed to diversity on campus, stands for African, Latino, Asian, and Native American services. Do not misunderstand the title, however. This Loyola student service office is a place for everyone. Deeply invested in the well-being of all students, the multicultural student services creates programs that promote awareness and sensitivity to different topics of sexuality, religion, ethnicity, age, disability, and culture on campus. Not only does the center promote the appreciation of diversity, but it also fosters a welcoming environment where students can make friends, attain help and support for problems outside and inside of class, and, most importantly, feel comfortable and happy on Loyola's campus. I transformed from a clueless, uninvolved, and friendless freshman to a busy, happily involved and connected freshman. Chiefly, this is the place to be because of the family-like bond tying fellow students who have discovered and partaken in the delights found within this organization.

Where is it? It's located on the third floor of the Student Center, where the Claver Multicultural Center (CMC) is located. When should you head over to ALANA Services? Generally, the CMC is like a common room during the day. People head over there to eat their lunch instead of eating downstairs in Boulder. In addition, academic workshops and clubs hold meetings in this room. In the beginning of the school year, my pre-orientation program encouraged me to go there, introduce myself, and network with my fellow peers. I was nervous and did not know what to expect. With this in mind, I was surprised that

a sophomore responded so warmly towards me. As a result, I continued to go to the CMC because the students who go there are friendly and readily welcome new faces. After this first encounter, I was excited to go to one of the clubs that stem from ALANA.



There are five ethnically-based clubs: African Student Union (ASU), Asian Cultural Alliance (ACA), Black Student Association (BSA), Caribbean Students Union (CSU), and Association of Latin American & Spanish Students (ALAS). This information can be found on an events board in the hallway outside of the CMC, an ALANA Services Facebook page that is kept up to date, and in a weekly email that anyone can sign up to receive.

Why go? Honestly, it is to promote diversity; moreover, if you are African, Latino, Asian, or Native American, you are an important part of this organization; the sad part is that many of these students are unaware that they are a part of ALANA and have access to so many useful resources. Additionally, if you aren't in ALANA, you are very much welcome to be a part of this community and delight in the differences found in different cultures and the events held throughout the year. Instead of relating on aspects that make you similar with another person, you can come to relish the differences found in the human race. Ultimately, you will gain experiences that will add to your personal growth as a conscientious human being and a citizen of the world. This embodies the Ignatian value of diversity. It is a start to strengthening one's *cura personalis*—making ALANA Services the place to be.

MEETING OTHER NEW HOUNDS

AS I LEAVE, I KNOW I AM LEAVING MY BEST FRIENDS BY ZACH HANDS

There are several defining moments in a person's life; some are more momentous than others. One of the most important changes is the transition from high school to college. Not only is it a marker of a kid becoming an adult, it creates the psychological establishment that you no longer fully depend on someone. The way you eat, sleep, make friends, and study are decided entirely by you. In other words, arriving at college can make you feel like you are truly on your own. This can be a difficult change for some people and a welcome change for others. Whichever way you shake it, this change drastically alters most aspects of your life. Every new aspect of college life presents challenges, but one of the most difficult to balance is the social change. The best way to handle this change is to accept your new life.

Arriving at college stages an interesting experience, from the complexities of moving in, to meeting your roommate, saying goodbye to your family, and getting used to your living quarters, the first week can be tiring emotionally as well as physically. You may feel ready to explore and embrace the new world placed in front of you. It's also quite possible that you could feel isolated, and greatly miss your friends and family from home. It may be a combination of both. Frankly, a host of emotions might encase you being on a college campus for the first time. No matter how much you have told yourself that you are prepared for this change, or not, it will be a wake up call, that I can assure you.

THE BALANCING ACT

BY KYLE KELLERMAYER

A problem that almost every new student will face is balancing their old friends with their new ones. College gives you a chance to make an entirely new and diverse group of friends.



In high school you made the best friends of your life. The same thing will happen when you come into college. Everyone goes through changes in college, which are inevitable, and in order to keep old friends, you'll want to stay in contact with them even though they are not with you. When it came to my younger high school friends, I stayed in contact with them through Facebook, mainly, along with short conversations on the phone to some of

my closer friends.

Coming into college I had a girlfriend, which ran into complications immediately. After a two-year relationship in high school, it only lasted two more months once I came to college. I realized that people who do stay in relationships from high school to college set special times where they will talk on the phone daily or video talk through the internet.

The number one thing that anyone can tell you about making new friends is utilize the first few weeks of college. What I mean by that is go to as many events on campus as possible and talk to as many people as possible. It's awkward for everybody to talk to each other when first coming to campus, but do it anyway—that way you can form as many friendships as possible. This short period of time is where you will make the largest majority of your friends whom you will keep throughout the rest of the year and the rest of your college experience. One specific piece of advice that I would recommend to any incoming student is to put away your phone and only pull it out when you're getting someone's name and phone number. This will maximize the number of people you are talking to in person. Leave time to text your friends, family, and people back home at night or when you are back in your dorm.

When it comes to relationships with people of the opposite sex, then I would recommend having a group of them because they can help you with a lot of things in everyday life that you can't do.

The best way to balance old friends and the new friends you are making is to include old friends in events and things you do in college with your new friends.

Everyone's experience will be different when it comes to managing your friends for many reasons. Not everyone's friends are at the same place in life, but with this advice, you're bound to work it all out.

We would like to thank Loyola University's Central Duplicating for working with us to publish this newspaper.

THE KEY TO MAKING YOUR HOUND PACK

BY CHRISSY SPITLER

Here you are, now, a freshman at Loyola University Maryland. You're probably stressing wondering if you will fit in, if you will make a good group of friends, if you will be included, and if people will like you. The answer is yes. Being academically accepted to Loyola University Maryland with your acceptance letter also means that you have been accepted into the social community. Most Loyola students are a lot alike. This means we usually have similar goals academically, and that we are all here for each other. Come to Loyola fully yourself; tell people things about yourself that you thought were embarrassing at home. I can guarantee that someone else will have that same interest. This is your fresh start, so why not make it as comfortable as possible for yourself?

Be open to making friends with your roommate, suitemates, and floor. Your floor and room can be like your nitch, a place that Loyola has given to you so things are okay at school.

Another key factor to making a good group of friends is getting involved in clubs or intermural sports. Regardless of what the activity is, the point is—get involved, make yourself known, let others see the true you. There is no better way at Loyola to make friends than to join a club or sport.

Though you may not find your long-term group of friends the first few days of school, don't worry—they are

there. You will be making friends in your classes, with people in your major, at sporting events or other Loyola functions, or even through mutual friends. Your fellow hounds aren't going to just come all at once. You will gradually find more and more hounds with common interests throughout your first year at Loyola. So don't worry about making your hound pack the first day; by the end of your freshman year, you will find your pack.

EASY WAYS TO MAKE FRIENDS: TIP 2

JESSE GARBACZ

Join a few clubs and groups. It's a great way to meet new people with similar interests. At Loyola, during the first few weeks of school, there is a club fair up on the quad. All the clubs at

EASY WAYS TO MAKE FRIENDS: TIP 3

JESSE GARBACZ

Get out there. Dorms have a lounge or common area where you can work instead of staying in your room. When you are in your dorm room to study, leave the door open. Try to put a TV

EASY WAYS TO MAKE FRIENDS: TIP 4

NIKKI ARDITO

There are so many different activities to do on campus to meet new people. Many incoming students find that going to sporting events is a great way to meet new friends. My advice is try and make it to as many games as you can!

Another great way to meet new people is in your dorm. Floor meetings and events also allow you to become friendly with people who aren't in the room next to you. After a few weeks you will see that you become really close to people on your floor.

Before the start of the year, my mom gave me a big container of Twizzlers. She encouraged me to go around to other rooms and ask others if they wanted any. This helped me meet more people because we now shared a common interest. Find things in common with people on your floor and you will see how many people are just like you!

When I left for school in September for my freshman year, my mom said, "Say 'yes' to everything the first week." This was the best advice that anyone had given me. Go out to meals with people from your floor or classes. This is a great way for you to start a new conversation with someone and talk about where they live, what high school they went to and allows for you to talk about some common interests you may have. Remember, it's a small world. I hope this helps you!

MORE TIPS

BY RUBEN TORRES

Alpha and FE are first-year programs in which you are only allowed to enroll during your first semester of your freshman year in college. During my first semester, I enrolled in the Alpha program. I really enjoyed this program because it is a small class where you are put with a small group of students. You really end up forming a good relationship with these students because, on some occasions, you end up having the same class together. I had theology with my group, and once a week we would meet up for an extra hour and talk about classes, feelings or some other things.

Loyola has many types of events within these programs. For example, Alpha had events where the students

took a cruise on the Inner Harbor. Unfortunately, I was not able to attend this event but I heard that it was a good and fun experience. My roommate, Phil, was enrolled in FE and as an event his group received a tour of Little Italy. Phil told me that "he really enjoyed eating at Max's Empanadas and at Vaccaro's." These two places are both located in Little Italy.

The overall goal of these programs is to give confidence to the first-year students. They have the opportunity to form bonds with other students and not worry about being shy.



What does it mean to have a girlfriend? It means that you have a special

woman in your life whom you want to share everything with. This girl can be your best friend and is usually the individual who understands you the best. All of these things are tough to find in one single person, but when that unique girl comes along, you need to keep her around.

The summer before college, I was set up with a girl named Annemarie, just to "hook up." What I didn't know was that this "hook up" girl would become a vital part of my life. We spent the whole summer

RELATIONSHIPS DO WORK

BY PHILIP HOLZHAUER

together under the pretense that we would go our separate ways in college. She was set to attend Syracuse University in upstate New York, six hours from Loyola.

I was just about to pick up and move my life two and a half hours away from home, so getting into a relationship was the last thing on my mind. Annemarie said, "Not everything comes along when we want it to." This is spot-on. I could not simply bury my feelings for her.

When you know a person is special to you, the first step you need to take is to think about your feelings. The next step is to actually have a serious talk with the person. The conversation may seem a bit awkward, but the exchange will get your feelings out in the open, and it will give the other person a chance to do the

same. Remember, a long-distance relationship is possible. That being said, don't think that it's the easiest thing in the world, because trust me, it's not. To be honest, it's one of the hardest things you'll have to do, but I urge you to try it.

The next big step is college. I have seen so many relationships end just because the two people go to different schools. This is a very immature way to look at things and I caution you not to fall into this trap. If that girl is special to you and you are special to her, you both owe it to each other.

Another thing is staying in touch. It is hard when you are far apart but there are ways that you can keep in touch. You could "Skype" her or even write her a letter. The letter is seen as a very romantic gesture and she will

love it. Use these methods to help stay in touch and it will make the time pass quickly.

My Mom always says, "Nothing in life that is worth it is easy." Relationships take a lot of work, but if you're willing to go through a long-distance relationship, the end result will be worth it. Spending time with a girl you have strong feelings toward is the best. Sadly, it can't always happen, but there is hope. Be an adult about the situation, take responsibility, and make a commitment to the relationship. It is scary but it can work, and maybe when you are 40, you can tell your children how you and your wife were high school sweethearts who made it through college even though you were apart from each other.

WORKING WITH YOUR PARENTS

BY MICHAEL MAURO-GARCIA

You've finally made it to the fabulous Loyola University Maryland! It is time to get used to things that are different from the way things were at home. For most of you, this will be the first time you will live away from home. This will most likely be the biggest change in your life thus far. You are now going to find ways to eat and live all on your own away from the comfort of your parents. You may be nervous, but most of us were in the beginning. I know I was. Part of personal growth is the ability to break away from your parents and become an adult, able to live on your own. College life is a great way to cut the umbilical cord from your parents. Here are some tidbits of information to make your adjustment much more fluid for both you and your parents.

CALLING

Through better or worse, our parents are our parents; they are spending a lot of money for you to receive an excellent education. Some of you want to know how to tell them to stop being so protective of you and to give you more independence. I know many people whose parents call them three to five times per day. The piece of advice I have for this is to come out and tell your parents what your emotions are and tell them you need some space to grow as a college student. If you do not confront them about how you are feeling, you are just going to make yourself much more stressed. Then it may get worse and it will be harder to tell them how you are feeling later on. You may also feel that they do it so much that it will be hard for them to stop. So just talk with them.

ASKING FOR MONEY

It's Friday night and you do not have money on your debit card to go out to dinner with your roommates. You really want to go, but you do not have cash to spend. How do you find money to go? In my opinion, if you need money, do not ask your friends or roommates. Before you know it, it will become a regular thing, and you will have to repay them a lot of money at some point. So, do not be afraid—give your parents a call, and ask them if they can give you some money. They want you to have a good time and want the best for you. If they are unable to help you out then it is probably best you let your friends know that you will not be going with them. Call some friends up! Watch a movie and eat some popcorn! You can have as much fun in your dorm without having to go out and



spend money.

Change is hard, but it is a change that is beneficial to us in the long run. Some of us will love it; others will take some time getting used to it. But regardless, our parents are the ones who put us on this planet and are a major part of our growth. In order to gain independence and live our lives as adults, we need to learn how to cope with change. With these simple, yet effective, tips, we can make our transition to an independent adulthood much easier.

PROCRASTINATION AND TIME MANAGEMENT

BY BENJAMIN MURDY AND JOHN GOODRICH

College is often portrayed and seen by young adults as a place to party, but to be successful at a new school, academics must be seen as your prime concern. Your class schedule will be shorter but will also present a lot of new challenges that you, the student, must face. The work requirement becomes vastly extensive in quantity and the quality expected by your professors isn't any lower than in high school; in fact, it's much higher. Procrastination becomes an obvious threat to the typical suave, collect college student and is an issue that must be addressed hastily. Procrastination is a silent killer; however, it is a trait that you learn so it's one that you can also unlearn—which is great news but, unfortunately, changing “consumes a lot of psychic energy” (Marano).

If you procrastinate all the time, you won't survive your first year of college, let alone four full years. You don't have a *super-brain* that allows for ultra quick reading and understanding of the material; college can be really tough, but it can also be really easy, all depending on how you approach it, like anything else in life.

So the question now is, “how do I stop?” While a planner can solve many of your organization problems, there are still some that you will have to manage on your own. Since you will most likely be walking to your classes, it is vital to leave for class early enough so you make sure you're not tardy for any of them. Keeping time in mind is important. Depending on where you live on campus, it can take a good ten minutes to get to any class. Not only do your teachers appreciate timely arrival, but there is also a good chance that they might low-

So why do we procrastinate if we know it's bad for us? Procrastinators tend to find ways to occupy their time, commonly known as distracting themselves. Distractors tend to be huge when it comes to procrastination; whether it's checking Facebook or Twitter, or whatever social networking sites you may be a part of, they tend to get in the way. Hearing the all-too-common phrase “I work best under pressure” becomes a routine excuse for our actions. For sure, we all like to have fun, but sometimes we just need to sit down and focus; easier said than done, we know.

We, as people, tend to be unnerved by our procrastination, knowing it's bad for us; unfortunately, we turn to the wrong people for help—our friends—who all-too-commonly

“reinforce procrastination because they tend to be tolerant of [our] excuses” (Marano).

We remember when we first got to college; we came here with the unrealistic expectation of having to stay up all night, every night, to finish our studies. That's not the case at all. We find ourselves with plenty of free time for various leisurely activities. It's funny in a way, too; we see a lot of our peers struggling with all this homework, and it's a result of the same dreaded disease of putting things off until the last minute. Some of these kids really struggle, and the amount of breakdowns and freak-outs we witness are tremendous. They always ask us how we do it, and we say the same thing, “I don't wait until 12 at night to do 50 pages of textbook reading or such.” It's way too much and all that strain on your brain is going to wear you out.



***“Time is
what we want
most,
but what we
use worst.”***

—William Penn

er your final grade in the class for being late repeatedly. This time management should follow you outside the classroom as well. Like we said before, the amount of homework most classes will give far surpasses that of high school. Start assignments early and do your best work on them. It's much harder to catch up in classes that only last a single semester because of how fast-paced they are. Loyola has several areas around campus, like “The Study” and the library, where any student can go if they need a quiet place to work. Loyola provides excellent environments for students to buckle down and complete what seems, at first, to be never-ending assignments, but in the end, they will be manageable, and most certainly doable tasks.

Marano, Hara E. “Procrastination: Ten Things To Know.” *Psychology Today: Health, Help, Happiness Find a Therapist*. 23 Aug. 2003. Web. 16 Apr. 2012. <<http://www.psychologytoday.com/articles/200308/procrastination-ten-things-now>>.

HEALTH AND FITNESS

BALANCING STUDIES AND DIVISION I ATHLETICS

BY JOSEPH WAWRZYNSKI

Are you a new Loyola student-athlete wondering how to handle the commitment of sports and staying on par academically? Worry not; here at Loyola, there are plenty of opportunities to excel in sports while keeping your studies intact.

The transition of high school to college sports can be demanding in itself, and the workload does not get any easier. I, being a freshman member of the varsity crew team here at Loyola, have some experience fitting school, sports, and a little fun in my life. This is not something that you, the student-athlete, have to deal with alone. There are many opportunities and people to help you bring your "A" game to the field, along with the focus to tackle school. Loyola provides many different ways to help balance studies for athletes with mandatory study hours, an academic advisor, along with quiet study places.

Loyola makes a conscious effort of making sure that all their athletes are excelling both on the court and in the classroom. Through the Office of Academic Affairs of Athletes, the Study, and a structured schedule, I find it easy to balance all of my work with being on a Division I crew team. The athletes here at Loyola tend to have higher GPAs than the rest of the school, thus showing that the athletes are fully capable of handling being conference champions and being stellar students. If all these athletes can do it, so can you!



Loyola University—what a bright, fun-loving place. This is the thought that goes through most, if not all, first-year students' minds; I know it was my first thought. During Fall Orientation, first-years are introduced to the Fitness and Aquatic Center (FAC); the director of the FAC gets everyone amped up about always coming to the FAC and staying physically fit with all the programs the FAC has to offer. Trust me, he does such a good job that it's only right that every first-year coming to Loyola would assume once they're here the "freshman 15" won't be a problem for them as long as they go to the FAC.

9AM class then 12PM class, possibly get a couple hours in at work then some homework—I'll definitely get to the FAC by seven o'clock tonight. My first couple of nights on the Evergreen Campus, as a Biology Major, I was already swamped with studying. And there was one thing I know I just couldn't get enough of—campus food. So many options, so little time between classes. Plus, the FAC is always there if I gain a few pounds. As time went on, the FAC started to seem far away, while Boulder Dining became very close and very comfortable. I ate almost every meal at Boulder. As weeks went on, I gained more weight than ever, and constantly told myself I would eventually make it to the FAC and burn off the weight. The reality was I never had time, or was too tired from

COLLEGE AND STAYING HEALTHY!

BY BUKKY OLUGBEMI

school work and my job. The stress of high school became minute compared to that of college, and food was my escape, along with

that of many other first-years I knew. Eating became my way of dealing with the stress. Forgetting that exercise and getting involved could also relieve my stress, I continued to take the road most traveled, and live unhealthily.

After weeks of realizing my food choices were both bad for my health and slowly increasing my chances of gaining weight and physical laziness, along with a less accurate mind, I decided to eat healthier. I started to eat a real breakfast, even if all I had time for was a yogurt.

My decision to eat healthier gave me more energy and concentration in classes. As my eating habits improved, I found that I had a whole newfound energy within myself, and actually *going* to the FAC at least three times a week is now something possible for me. I realized that a healthy eating plan that helps me manage my weight includes a variety of foods I never considered. If "healthy eating" makes me think of the foods I can't have, I then refocus on all the new food I *can* eat, which keeps me focused and alert, also helping me academically. So, if you start to feel overwhelmed with schoolwork or anything at Loyola, just remember you're not alone, and it helps when you just eat well.



LOSS BY MARIANNE MAGOT

Every flight of stairs is exactly the same, conceptually at least, to every other flight of stairs on Earth. They get you from point A to point B, after quite a workout, in my humble opinion. However, I gather that there is something special about the stairs leading you to the Counseling Center; they differ from all the other kinds of stairs on the planet. On my way up I felt dizzy, unsteady, light-headed...I had no clue where these spiral stairs were leading me. I was desperate, hurt, hopeless, and disoriented after what happened. I turned, and turned, and kept turning until I reached that huge wooden door. As soon as I turned that doorknob and went in, I felt at ease.

Loyola's Counseling Center has a wide range of resources available to help students work through academic pressures, depression, anxiety, social issues, relationship problems, eating or body image concerns, illness of a loved one, loss, and many other situations common for college students. Some of the services they offer are individual and group counseling, crisis management, outreach and prevention, and many more. It is designed to help you address many of the academic, relational, social, and emotional concerns you might face. Their staff is trained and prepared to help you through whatever issues you may need assistance with, whether it be mental health issues like depression and anxiety, or academic issues such as time management and studying skills, or adjustment issues such as the transition to college, roommate problems and homesickness. But sometimes tragedy strikes you like lightning while being a college student, and trust me, all you want and need at that precise moment is someone who'll listen.

I got a phone call from my mom to let me know that my best friend had just passed away. I'd never felt a pain like I did when I hung up that phone. She was doing perfectly fine; her tests showed that the cancer was gone for good. When I found out that Bianca died, the first thing I wanted to do was hug my mom and at that time it was *impossible*.

It may seem like an impossible obstacle to get around. But like all things in life, there is definitely a light at the end of the tunnel. The best way to deal is to be open about what you're going through, like opening up to a counselor about your feelings. It is so helpful if you just talk with supportive friends and professionals and be patient with yourself as you recover. You may want to simplify your life while still pursuing goals that are important to you. Learning to accept yourself and taking pride in your accomplishments is so important.

So I decided to take that big step and do it. I felt tired of being angry at the world and chose to move on. As soon as you get to the Counseling Center, the atmosphere in the room just gives you peace: the staff is so welcoming and kind that you already feel at home. I started working through my rigid expectations and dealing with my loss through journaling and with the help of my counselor. We talked about how I was really failing no one but myself by not trying new things for fear of making mistakes, or simply because I was too proud to accept that I needed help. My counselor suggested that I try yoga to soothe my anxiety. She said that I needed to practice mindfulness. I shrugged my shoulders and said, "Whatever, my mind is working *all* the time." What my counselor meant was that I was spending so much time always thinking about what people would think of me that I never stopped to look around and appreciate what was right in front of me.

Maybe you're not so fond of therapy, but let me tell you something: therapy is one of life's greatest untapped resources. It's great to have an outside element that you can spill your guts to. Working with a therapist will allow for your anxieties to become tangible so they can be worked on, instead of just a mess of emotions trapped inside your head. Therapists can suggest ways to work with your issues and provide strategies to overcome difficult situations. They also help you focus on what's really troubling you, and will troubleshoot based on particular problems instead of giving a general diagnosis that would otherwise just mask the problem instead of making it go away. Therapy isn't for the "crazy," the weak or the otherwise helpless. It's for the everyday girl or guy who may be punishing themselves for things they can't control. A friend of mine explained, "I feel as if my problems aren't big enough" to seek outside help. But they are! There are no silly questions, and I think the important thing to recognize is that they are there to help you. They provide an extra hand when you feel as

THE PLACE TO BE BY RYAN CANTLON



Adjusting to the college life is one of the biggest changes most eighteen or nineteen year olds will ever come across. Everyone's experience is different, but for me the toughest adjustment was just being away from home for the first time. I was so used to all my surroundings back at home that college was completely different than anything that had happened in my life before. It is not uncommon to feel overwhelmed right away! What are you to expect with so much going on around you? Staying on top of your studies and trying to establish a group of friends seems hard enough as it is—how can you possibly try to fit exercise into your weekly or daily routine? You might even feel stressed out and don't know what to do. What if I told you there was a much more productive solution to all your problems, and that it would make everything seem a world easier to you? There's this pretty cool building that you'll run into if you walk north along North Charles Street. If you haven't guessed what it is by now, it's Loyola's Fitness and Aquatic Center, aka The FAC.

Loyola's Fitness and Aquatic Center has provided the campus with a much-needed place for student activities. The 115,000 square foot recreational facility offers anything from rock climbing and squash, to exercise studios and classrooms. Many students look forward to attending a wide variety of exercise classes. These classes include yoga, pilates, and kickboxing, to name a few. They are free to Loyola students, and have certainly generated plenty of interest. Not to mention an Olympic regulation swimming pool that is right there at your disposal. I hope you don't mind sharing, though, because world-record Olympian Michael Phelps likes to stop in every now and again to practice. After you've finished up swimming, feel free to help yourself to the relaxing sauna and hot tub located right next to each other.

On the second floor of the Taj Mahal of gymnasiums there is a full-sized indoor track accompanied with two private workout areas if you want to escape the crowds. Back downstairs is a state-of-the-art weight room with every exercise machine imaginable from treadmills, to stationary bikes, elliptical walkers, and a plethora of muscle-building ones. The relatively new indoor soccer field and roller hockey rink have provided the school with more versatility. Indoor soccer is a huge hit; leagues or one-day tournaments are offered in the fall and spring to anyone willing to play. It's safe to say that the FAC has everything someone could possibly be looking for in a gym.

BEYOND THE CLASSROOM



SERVICE-LEARNING CLASSES

BY ERIKA ALEX

The majority of students take classes in rooms with desks, chalkboards, and projectors with professors lecturing and students taking notes. By coming to Loyola University Maryland, you are given an opportunity to step out of this ordinary learning setting and serve others. This option is called service-learning where participating in service is integrated with the regular class time. Service-learning combines both classroom learning and volunteering in an outside environment. It is a way for students to get real world experience. Service-learning classes range from "Women and Social Change in Modern Africa" to "Understanding Litera-

ture." You can find service-learning classes in many disciplines.

"Tomorrow's 'whole person' cannot be whole without an educated awareness of society and culture." Rev. Peter-Hans Kolvenbach, S.J.

I am currently taking a service-learning course as part of my Psychopathology class. I volunteer at HOPE

(Helping Other People through Empowerment). HOPE is a place where people who are homeless and suffering from a mental illness can go during the day to rest, do their laundry, eat, and participate in group sessions with other people going through similar things. My volunteer experience takes my learning to a whole different level through the people I meet and the things I observe. As Megan Linz Dickinson, the Assistant Director for Service-Learning, said, "It's great fun and an experience that students often talk about long after it's over," and I couldn't agree more.

WORKING ON CAMPUS

BY CLAIRE BOWMAN

The Federal Work-Study Program allows students, like me, to have employment opportunity at college. It's great that the job is on campus, making it an easy and convenient way to make money.

One of my biggest concerns about coming to Loyola was finding a job. I needed money for food, books, and activities. Although I had been granted a work-study job in my financial aid package, I was not guaranteed one.

I moved into college knowing I had two interviews scheduled, one application in, and one schedule submitted. I was anxious about the interviews, but more worried that I wouldn't be able to find a job. Thankfully, I got an email from Karen Thomas from Student Activities, the woman to whom I had sent my schedule. She told me that my classes worked out with her open position and if I wanted the job as an office assistant in student activities, it was mine.

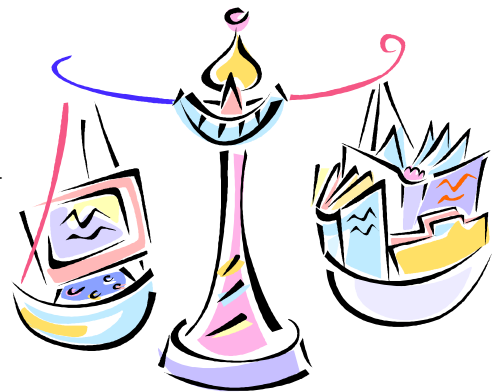
The Student Activities Office is all about working with students to plan events. They are in charge of weekend late night activities, including Midnight Breakfast, Options trips, and club moderation. It's a fun place to work because students are always coming in and out.

The duties for my job include working ten hours a week, stamping and signing flyers, sitting at the front desk, answering the phone, helping students, and accepting payments. For the most part, I'm not too busy, and am free to do my homework or watch a movie. That's the best part of my job. It's a lot less work than I expected.

I get paid every two weeks on Fridays. Those are good days. I make \$7.25 per hour, which is minimum wage, but that means that I get \$145 in every paycheck. It's definitely enough for me to have some extra money to do what I want.

Another great perk about working is that I get to interact with so many different people. I have met so many students and have gotten to know the administrators I work with. I've also learned how an office functions on a daily basis.

Without my job, I probably wouldn't be able to afford to go out. I am so thankful to have been granted work-study eligibility. It's an easy way to make money and has provided me with so much knowledge and experience.



LIVING IN BALTIMORE

COLLEGE ECONOMICS BY THADDEUS B. WILLIAMS

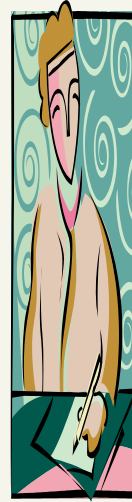
Roaring tires and the sound of a produce truck's horn are blaring; it is another wonderful day in Baltimore City, and even the admitted college freshmen are coming onto the campus of Loyola to start college. As they walk through Boulder for the first time, they are amazed at all the choices that they have...but each choice comes with a price tag, and those costs can add up quickly if you aren't careful.

One piece of advice I have is to get a snack wrap or an inexpensive sandwich at Boulder Garden Café. There is fresh sushi, also, just outside

Boulder. Iggy's, too, has sandwiches and healthy choices.

Another way to save money is to import food from home. If you go to your local grocery store and buy items you like when they are on sale, you can bring them with you to campus.

One thing I have had to learn as a college student is how to stretch my dollar to the very cent, which is a rite of passage, in some sense, for all college students—and for adulthood as well.



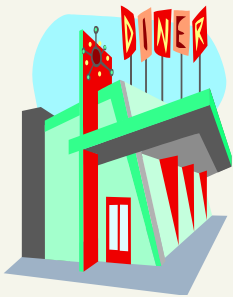
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“ DINERS , DRIVE - INS , & DIVES ”

BY JOSEPH INMAN

Food was actually one of the last things on my mind when I first came to campus. However, after spending a semester at Loyola I came to appreciate good food very quickly! Not to put down the food served here at Loyola, but I found myself missing the feel and, most importantly, the taste of a good, home-cooked meal. Since it's highly unlikely your mother is going to be sending you daily meal care packages, the most helpful piece of advice I can give is to get off campus and explore your food options. I'm going to create my dream



absolutely humongous and it will save room for some of their hand-cut “spud” potato french fries.

As dinnertime approaches, do yourself a favor and head into the heart of the city a little early so you can make your reservation at Sammy's Trattoria. As the

day of eating here in Baltimore, with features for breakfast, lunch, and dinner. As a disclaimer, I feel I must warn you that I am often more than willing to sacrifice my heart health and/or looks for food that tastes great. As you will find out if you follow my advice, it's absolutely worth it when eating from the following establishments.

As a major league bagel-lover, I give my full endorsement to Towson Hot Bagels in neighboring Towson, or as you'll soon hear it being called: THB. I knew this place was special after my

name implies, Sammy's is an Italian restaurant that is one of a select few restaurants of its type in Baltimore that can compete with New York's Little Italy or Boston's North End. The old-fashioned Italian, family-oriented feel of this restaurant really adds to the experience, and Sammy himself often walks around to make sure everyone is having a great time.

As a new student with only a semester under my belt, I, too, am still get-

ting to know the many food options Baltimore has to offer. The one thing I gleaned from my first semester of experiencing my own version of “Diners, Drive-Ins, and Dives” was that all of these places reminded me of being home in a way. They induce the same feeling that you get at your neighborhood eatery, which is something that only increases their value when the food is already so good.

As long as you're in Towson, my suggestion for lunch would be to walk the two block trek to Burger Brothers Burgers, or Burger Bros. This place is another simple, typical American “burger joint” that makes my list for one reason: they keep it simple and get it right. Take my advice: stick to the single as they're

ting to know the many food options Baltimore has to offer. The one thing I gleaned from my first semester of experiencing my own version of “Diners, Drive-Ins, and Dives” was that all of these places reminded me of being home in a way. They induce the same feeling that you get at your neighborhood eatery, which is something that only increases their value when the food is already so good.

LOOKING AT BALTIMORE IN A NEW WAY

As an incoming freshman, especially if you're from out of state, it is very likely that you have some concerns about crime in Baltimore. Baltimore has received national attention over the past few years due to its high murder rate. Although Baltimore does have many drug and other crime-related problems, it is unfair to associate the city with this.

Over the past decade, Baltimore has been dubbed as a dangerous city. While it is easy to see where a title such as this would come from, the city as a whole should not be generalized as dangerous. Baltimore is just like any other city in that there are some great areas, and some not-so-great areas. In order to stay safe in Baltimore, just like any other city, you need to be smart about where you go and

when you go there, but at the same time be open-minded when it comes to exploring the city. You just need to use some extra caution when venturing out into an unfamiliar place. While it is important to step out of your comfort zone, you need to be smart about how you move around the city.

My first week at Loyola, I went to a talk on crime in Baltimore and how to stay safe. The presentation included a map of Baltimore, focusing on Loyola's campus. The map featured a "no-go zone," with areas marked off on the map in red. We were told that we would be safe as long as we didn't go to these areas. Yet, I knew that going into these areas wasn't going to mean automatic danger, and I also knew that it isn't always one hundred percent safe in the areas not marked off. Not to go to certain parts of the city deprives you of fully experiencing Baltimore's culture.

Although you shouldn't assume that it is dangerous to live in Baltimore, common sense is the most important part of staying safe here, or in any city for that matter. You cannot simply stay away from the "bad parts" of the city, so you

need to stay alert and pay attention to where you are going.

In order to get the most out of living in Baltimore, you need to be open-minded yet cautious. Don't let inaccurate stereotypes of life in the city dictate how you spend your time here. There is nothing wrong with going on a walk by yourself on a nice day, but that doesn't mean that you should walk anywhere, anytime. So whether you are a native Baltimorean, or coming to Loyola from across the country, staying safe is just a matter of staying smart. Always be aware of your surroundings, and stay away from situations you are unsure of. Baltimore is a city with a lot to offer; you should go out and explore it, but use your common sense in order to prevent yourself from becoming a victim of crime. Being smart and learning about Baltimore and its culture are the best ways to stay safe and still get the most out of this wonderful city.

By Nolan Warthen



FOR THE NOMADIC NEWBIES

You could very easily go the whole semester—if not the whole year—without leaving the campus. But that's not what college is all about. You should want to go and take part in all the different experiences Charm City offers. To get around Baltimore your first year, you won't have a car, a friend with a car, or a parent to shuttle you around. You will have to resort to the public transportation system, cabs, or some other means of transportation.

For first-years, cabs are the easiest way to get around. They're everywhere. Almost to a point where you question the profitability of their businesses. Depending on where you go and at what time, taxis seem like an overwhelming sea. There are

plenty of cab companies that will send one to wherever you might be. As a rule of thumb, Fell's Point is about \$20, the airport is \$35-\$55, and Penn Station is \$10-\$15. If you feel like the driver's meter is running fast, you can often call them out on it, or get campus police involved.

Cabs can get really expensive and to save a little money you can use the College Town Shuttle. You need to go to a local Baltimore college to ride but if you show your I.D. it's free to ride. The schedule is online at www.baltimorecollegetown.org/shuttle/. It tends to be late, but make sure you show up a few minutes before it is scheduled to arrive because it can also be a little early. There are multiple stops right by Loyola, which are all marked by vibrant green street signs. It runs late at night, so if you're going to see a friend

at a neighboring college, you can spend the full day. The College Town Shuttle also makes it really easy to get to and from the gigantic Towson Town Center or Penn Station.

From Penn Station the options are endless. Penn Station has a whole bunch of trains that travel all over the east coast. An easy Marc commuter train can be caught at most hours to go down to D.C. for a spur of the moment trip, or to BWI for a longer journey. Amtrak also runs out of Penn Station and they can take you pretty much anywhere in the northeast. You can always transfer to other trains to go even farther.

Right outside of Penn Station you can also catch the Charm City Circulator, which is free and has a bunch of lines and stops around the city. One of the more popular stops is the gorgeous

Inner Harbor. The Inner Harbor is really one of the highlights of Baltimore, and is definitely worth the time to check out.

Right near Penn Station is also where the Bolt Bus and Mega Bus pick you up. They are both a really cheap and easy way to get around. Tickets can go for as low as one dollar if you get them early. Utilizing the bus and trains enables you to get anywhere you wish inexpensively.

The last form of popular transportation in Baltimore is the Light Rail. The nice thing about the Light Rail is that it runs right by Penn Station and then right by Camden Yards and all the way to BWI. Unfortunately, it doesn't have a stop that is too close to Loyola, but an easy cab ride can take you there pretty quickly.

By John Nolan

DEAR GREYHOUND



DEAR GREYHOUND,

What does the core curriculum consist of? What is it about?

-Matt, New Jersey, Class of 2016

DEAR MATT,

The core curriculum covers topics in humanities, math, science and the social sciences. The core curriculum is put in place for you to balance your education and help you with narrowing your choice of the major you wish to pursue. It may also inspire you to double major or to minor in a discipline, too. The core will help you stay on track with your studies and classes. You will know exactly what classes you need to take to graduate within the next four years. Remember, everyone who goes to Loyola has to take all of these classes, so if you ever need help with a class, ask a friend because, most likely, they will have taken it or are in the class that semester. I hope this answers your question!

By Nikki Ardito

DEAR GREYHOUND,

What is the best way to handle a roommate problem?

-Maria, California, Class of 2016

DEAR MARIA,

The best way to avoid a problem with your roommate is to be completely honest on the survey given to you during orientation. Also, be straightforward with your roommate in the beginning. Your RA (Resident Assistant) will ask you and your roommate to do a Roommate Contract. If you do not want him/her to touch anything, let your roommate know. Create boundaries that you think will fit with your comfort level. Sometimes people are completely honest and just get paired up with someone who doesn't work well with them. If this happens, try to solve the problem by yourself. Make compromises and sometimes that helps; if not, the next step is to go to your RA. Your RA is trained to help you with these problems and will do everything and anything to help you stay with your current roommate. If you do switch, Housing will pick you a new roommate based on your survey, as I previously stated. So, be honest and hopefully you won't have a roommate problem. I hope this helps you with your question, Maria!

' T I L D E A T H D O U S P A R T

First second, first goal, first cheer roared among the crowd. Half-time—more cheers, screams increased in magnitude. Swoosh. BUZZ. The final second of the game was over and the buzzer roared. The crowd of spectators in the stand screamed, chanted, and yelled as their team won in the final second. Typical for spirit-crazed college students, right? Except these roaring fans were not college students. They aren't students any longer and some haven't been for 40+ years. These fans were Loyola's Alumni cheering on their beloved hounds three states away in Manhattan, New York.

This isn't the only game the Alumni have seen the Greyhounds win, nor will it be the last. And their love for their school extends past their own being as they bring their children and their children's children to these games to support what has become a part of them—in Loyola clothes, too.

But what, exactly, makes an Alum's love for Loyola so strong? The answer isn't a simple one and isn't the same for each student, but the one thing that holds true is that Loyola started it all—the friendships, the careers, and even the relationships. This brings the Alumni back to where their lives essentially began. This creates the unfaltering love in the hearts of these Greyhounds. The excitement, the family-oriented atmosphere, and, most importantly, the memories bring them back and keep them coming back.

I, just like you, will experience what these Alumni have been experiencing ever since they first made a decision to come to Loyola countless years ago. When you finally step onto Loyola's campus as a student, you are becoming a part of the Greyhound family, just as I did this past year. This family will transcend our time here on campus. This family will come with us along every hardship, on trips, through decisions, and even enter

into our own families. When you are a Greyhound, you will always be a Greyhound.

Fifty years later, they are still wearing the shirts, still cheering on their team, living as they did when they were 20 years old. After all, we bleed green and grey until death do us part.

By Elizabeth Curley

Thank you to all of my students who dedicated themselves to this project. Together, you have chosen to serve our new hounds, and I truly appreciate your careful attention as you wrote and revised to make this newspaper practical and entertaining. Sincerely, your co-editor Dr. Leary

To all of our new hounds—we wish you a productive, amazing new year here at Loyola.