



Walsh Students Advocate for Human Rights



Photo courtesy of Nadya Hudak.

BY: NADYA HUDAK, LAYOUT & DESIGN

Ohio is ranked number five in the country for human trafficking cases. At Walsh University, students are aiming to change this and make a difference not only in our Walsh community but in the surrounding county and state.

Last month, on September 30, the new Cavs Human Trafficking Coalition, paired with Not For Sale: One Step at a Time engaged with the community and assisted in the hosting of the Freedom Summit on campus. The event, primarily held in the Cecchini Center displayed the North Canton community's commitment to ending human trafficking and the squashing of human rights. The Freedom Summit

has been held at Walsh for the last five years and has been growing in numbers each year. This year, the goal was to have 1,000 attendees who would attend the Education Hour of the event as well as the one-mile walk through campus.

Before the 10 AM start, volunteers stood along East Maple Street as "Freedom Educators" with signs to show support for the event, invite those driving by, and advocate for victims of trafficking.

Following the start of the event, attendees got to hear a speech from Attorney General Dave Yost, who spoke about the principle of Imago Dei (in the image of God) and how this can be applied to the fight against human trafficking.

Next was the inspiring speech given by Tamia Woods whose son was taken from her due to the practice of "sextortion," a form of human trafficking where traffickers will extort their victim for money through blackmail. The most inspiring part of her speech was her section on telling the crowd, "You matter." Those who want more information on Tamia and her son's story can visit the Do It For James Foundation website at letsdifj.org

Attendees were now able to exit Cecchini and embark on the one-mile, single-file, silent walk around Walsh's campus to give a voice to the voiceless and those who have lost their lives due to trafficking.

While this is the only Freedom Summit that will take place on Walsh's campus this year, Not For Sale offers education and community events throughout the year. The Cavs Coalition plans on offering other events for Walsh students to participate in. More information on Not For Sale: One Step at a Time can be found at notforsaleohio.com

STUDENT LIFE

Treading New Waters with Walsh's Support: FYE and the Freshman Experience

BY: ALYSSA COCCHIOLA, STAFF WRITER

This fall, Walsh University welcomed 336 freshmen students and 40 transfer students to campus life. For many, the transition to a new college can be difficult. At Walsh, students take a Freshman Experience course to assist in their academic and social transition to college, and all transfer students are recommended to take the Transfer Experience.

“I love how much [Walsh University staff] care about making sure being on campus is truly fun and you have the opportunities to make as many friends as possible,” said Abi Walsh, a freshman student.

In 2023, TimleyMD surveyed 1,200 colleges (surveying 500,000 students). Out of the students surveyed, around 71% of college students experienced stress, anxiety, or depression. Additionally, when students were asked about their top five stressors, 50% listed mental health.

First Year Experience

At Walsh, all freshmen take a course called First Year Experience (FYE) where this very topic is discussed. FYE aids students in adjusting to life at Walsh University. This course is embedded into their General Education Core.

“We know that freshmen arrive at college with much excitement, however, oftentimes, when the reality that they are now responsible for all aspects of their college experience sinks in – stress and anxiety soon follow. Our FYE 101 instructors provide support in and outside of the classroom and serve as vital resources to help students navigate the first year of college,” said Dr. Edna McCulloh, Associate Vice President for Academic Administration Co-Director for the First and Second Year Experience Programs, and Vanessa Freiman, Director of First-Year Student Success and Academic Advising Co-Director for the First and Second Year Experience Programs.

In the FYE class, students are required to read the book, “The Freshman Survival Guide” by Nora Bradbury-Haehl and Bill McGarvey. One of the sections in the book opens a discussion about adjusting to college life. In week three of the course, students participated in a student-led discussion about mental health and self-care. Students shared self-care techniques they implemented

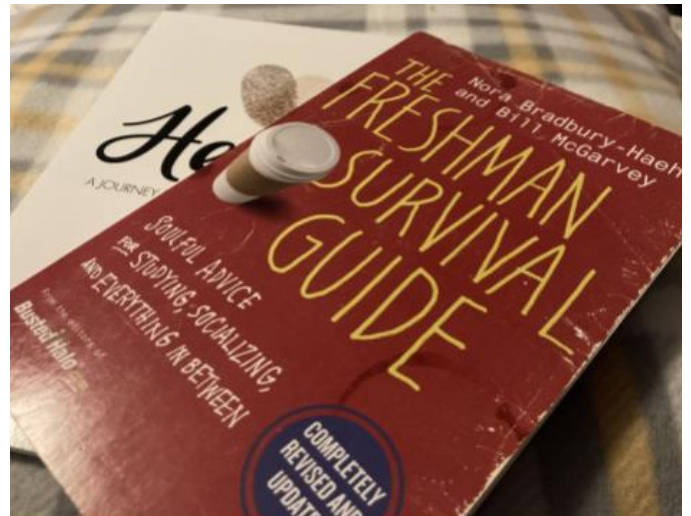


Photo courtesy of Alyssa Cocchiola.

and discussed what they were stressed about regarding college.

Abi explained that, for this semester, one of the most impactful self-care routines has been making time for herself to be alone.

“I attempt to attend as much as possible and take advantage of all the social events, which is one of my favorite parts of Walsh University. However, I have found that even just walking to class by myself helps me to recharge and get my thoughts in order before I interact with my friends,” she explained. “It also helps to wear headphones when we study all together, I can still hear enough to not be left out but I do not feel the pressure to respond or engage.”

McCulloh and Freiman noted that this book covers challenges students face upon enrollment, which include but are not limited to understanding the difference between high school and college, dealing with self-care, the importance of attending classes and communication, procrastination, getting involved, commuter and residential life, and religion and faith.

Kelsey Nagy, the Registrar Specialist at Walsh, noted that the main adjustment for students at Walsh is the eight-week term. Instead of 16-week classes, students' fall credit hours will be separated by “Fall 1” and “Fall 2” classes.

“It can be an adjustment and courses move fast but keep an open line of communication with your instructors and ask for help. Study groups and tutoring are available if needed so take advantage of those,” said Nagy. “Dorm life is also a concern. Sharing a room with someone can be hard, even if you know your roommate well. This can

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be an adjustment that takes a bit of time but reach out to your RA or anyone in ResLife if you have any concerns.”

In the book, one of the key points is for students to reach out for help if needed. At Walsh, there are many resources available to students, including counseling services, which are free to all students.

Nagy advised students who are having trouble adjusting to college life to “Take care of yourself. Find a good support system. Practice self-care. And know that the faculty and staff at Walsh are here for the students and you can come to any of us at any time. We are here for you!”

The Office of Counseling and Health Services at Drexel University listed a few recommendations for freshmen to aid in adapting to the college setting: getting involved, eating and sleeping regularly, managing stress, staying focused, attending every class, looking on the bright side, enjoying oneself, and communicating.

“Keep this in mind: Struggling is not a sign of weakness or failure. Struggling is usually the first phase of developing a new strength or strategy for success and wisdom,” the website said.

First Generation and Transfer Students

Additionally, the stress of starting to adjust to college can have a major impact on first-generation college students (FGCS). According to McCulloh and Freiman, approximately 40 percent of the freshmen enrolled at Walsh University self-report that they are the first in their family to attend college.

“First-generation college students often are balancing their college life with either inadequate or insufficient support from their family or parents, leaving them to navigate the first year of college without much external support. It is for these reasons that Walsh University launched its inaugural program this year to support FGCS which is titled “First Gen Cavs,” said McCulloh and Freiman.

The First Gen Cavs program consists of volunteer faculty and staff who mentor students.

Additionally, for transfer students, Walsh offers a course titled FYE 101TR The Transfer Experience. This course was created to assist students transitioning to Walsh University from another institution.

“The transfer student enrollment is growing, and we realize that while these individuals have some college experience, they still need support assimilating into a new campus culture and community,” McCulloh and Freiman

explained.

Walsh’s Resources

Every student’s adjustment to college life will vary, and different support systems and services may be needed. At Walsh University, there is a plethora of services for students. These include Counseling Services, the Academic Support Center at Farrell Hall, Alumni & Career Connections, Aultman Now Health Services in Washington Square, Br. Edmond Drouin Library, Campus Ministry, the Financial Aid Office, First Gen Cavs Program, First-Year Student Success and Academic Advising, Help Desk Information Systems, Office of the Registrar, Office of Student Affairs, and Title IX Office.

More information about these services can be found on the Walsh University website.



Photo courtesy of Alyssa Cocchiola.

Walsh’s Commitment to Athletics

BY: ABDULLAH ALESAM, STAFF WRITER

While academics form the backbone of Walsh University, it’s difficult to deny the sports programs at Walsh emit a tangible vitality and excitement. Sports are a big element of Walsh University’s identity, from the volume of the crowd at football games to the skill of the basketball team. Walsh University’s history with athletics can be traced back to the institution’s foundation in 1960. The institution has consistently supported its athletic programs throughout the years, developing them into fierce competitors in a variety of sports. Numerous titles and awards have resulted from the dedication to excellence, boosting the

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university's prestige.

Athletic Facilities:

The university's top-notch facilities are one reason for the success of its athletic programs. Modern training facilities are available to the Walsh Cavaliers, including the Hoover Park Athletic Complex and the Cavalier Fitness Center in Cecchini. These locations offer the perfect setting for student-athletes to develop their abilities and realize their full potential.

Varsity Sports Teams:

Walsh University has a wide variety of varsity sports teams, including football, basketball, track and field, soccer, and golf. These teams compete in a wide range of sports. Each team's devotion to its craft demonstrates its passion for greatness. Recent successes include conference titles and outstanding postseason campaigns.

Athletic Scholarships and Recruitment:

Walsh University awards athletic scholarships to qualified student-athletes to draw in top talent. To ensure that the teams are made up of players who excel both on and off the field, a rigorous recruitment process is used. Walsh stands out due to its dedication to a well-rounded student-athlete experience.

Services for Athletes:

At Walsh, student-athletes receive support that goes beyond the playing field. There are resources available to help athletes thrive academically and preserve their physical and emotional well-being, including academic counselors, tutors, and wellness programs. The focus on overall growth is evidence of Walsh University's dedication to its students.

Community Involvement and Fan Base:

The Walsh community shows unshakable support for its sporting teams. On game days, the atmosphere is electrifying as students, alumni, and locals pack the stands to support their Cavaliers. Everyone is active in the university's sports activities feels a strong feeling of community and pride, which helps to create lifelong memories.

Notable Alumni:

The alumni network, which includes former NFL players and successful coaches, continues to have an impact on the sports industry. Current students are motivated by their success stories and are reinforced by the notion that goals can be achieved through perseverance and hard effort.

Future Events and Seasons:

As we look toward the future, Walsh University sports fans are anticipating the upcoming seasons. The intense contests and the chance to see the Cavaliers in action once more are eagerly anticipated by the crowd. It serves as evidence of the university's steadfast dedication and commitment.

The athletics activities at Walsh University are more than just competitions; they are a source of pride and camaraderie for the whole school community. Walsh is a force in collegiate sports thanks to its commitment to greatness, cutting-edge facilities, and unwavering support from fans and alumni. The heritage of a university that honors the quest for success on and off the field lives on in the Cavaliers as they continue to compete at the highest level.

Sports are more than simply a pastime at Walsh University; they are a way of life, a physical representation of the spirit of competition and the quest for achievement.

Upperclassman Wisdom On Class Assignments

BY: HAILEY METZGER, STAFF WRITER

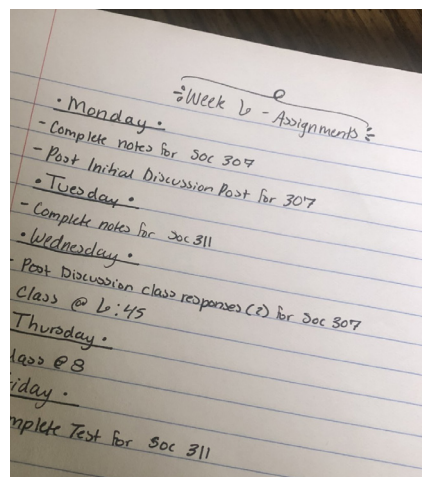


Photo courtesy of Hailey Metzger.

Now that we are halfway through this quarter of classes, I am sure most of us are starting to feel overwhelmed and possibly like we are on the fast track to falling behind.

With assignments and work taking place on a week-to-week basis, it is easy to feel like it would only take one week to dawdle. It is also easy to take a few steps to ensure

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OPINION

we do not allow ourselves to begin to lose focus.

It begins with a mindset. Although the end is drawing near, we are still in session full force up until the last day of class. You need to remain working just as hard as you did six weeks ago when we began these courses. This requires keeping schoolwork in the back of your mind at all times and never allowing yourself to lose sight of it.

I always look over ECN at the beginning of the week, which allows me to be aware of what assignments I have and when they are due. I then lay out my week, making a point to consciously give myself the days I spend on schoolwork. Smaller assignments are usually given a day or two before the due date, and I make sure I give myself allotted time to sit down and work on a given day on a particular assignment. Bigger assignments usually need a little bit extra time, and I make sure I take this into account.

Aside from mentally taking notes, it is more helpful to write it down and have a concrete schedule to look at. This way, you have everything for all of your classes in one place and somewhere where you can check off what has already been done. If you wanted to, you could also note when you intend to work on a given assignment; this way, you have that reminder.

For me, I had a small whiteboard on the wall in my room, and every time I was in my bedroom, I was facing this whiteboard. Therefore, I was always reminded of school without having to keep it in mind. It was an organized way to keep track of assignments from the get-go, therefore keeping me in line and ahead of school work.

No matter where you are in your week, it is not too late to create a schoolwork board, and it does not have to be an actual board on the wall. Utilize the reminders on your phone or put them in your calendar. If you remember to check them yourself, you can use the notes on your phone or physically write them down in a planner or a notebook. The main idea is to have somewhere you can look at that includes all of the assignments and work due in a given week. This would prove to be incredibly helpful in maintaining schoolwork without the stress of an unorganized mind.



Photo courtesy of Hailey Metzger.

Activities to Do When You're Bored

BY: HAILEY METZGER, STAFF WRITER

Boredom is the desire for desires, according to Leo Tolstoy. He is not wrong. Boredom is, in fact, the absence of entertainment; it is the need for entertainment and stimulation. At the same time, when you are in a true state of boredom, nothing seems intriguing.

When I am bored, I am usually stuck somewhere between “there is so much to do” and “I do not want to do any of it”. Aside from chores and responsibilities, however, even what would be fun activities do not seem so fun when I am bored. It all seems mediocre. With this boredom and supposed laziness, you can feel somewhat guilty for how much motivation it might take to do something. Included below are different ways to combat boredom while also offering a few words of wisdom if nothing seems to work.

One of my favorite things to do, especially when there is nothing else, is to bake. I have recently found a love for breadmaking. This is arguably one of the best things to bake all of the time.

Homemade bread is so much better for you than store-bought bread; it tastes so much better, and you likely already have most or all of the ingredients in your kitchen. The recipe I have been using is a single-bowl recipe; everything is poured into the mixer. To start, I heat one cup of milk and add two tablespoons of sugar plus two teaspoons of active dry yeast. I let this sit for a few minutes

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until it became foamy, then I added two tablespoons of oil, two tablespoons of melted butter, a teaspoon of salt, and three cups of flour. I turn on the mixer and mix this dough for about 10–15 minutes until it passes the window pane test, which means you can stretch it almost until you can see through it without it breaking. Then, knead the dough on the counter a few times, oil the mixing bowl, and allow the dough to sit covered for an hour. At this point, you'll put the dough in a bread baking pan and allow it to rise covered for another hour before baking it at 350 Fahrenheit for 35 minutes. This bread cools down to be soft and perfect for sandwiches.

If baking is not your thing, I have a few more suggestions. It is difficult to try new hobbies when you are bored because you likely do not have the necessary equipment right now. Some hobbies, however, just might be able to be dabbled in right now. Gardening, for instance. As long as you have a yard or dirt and a pot, you likely have fruits and vegetables in your fridge. You can google how to use store-bought produce to start seeds and eventually find yourself living off of your very own garden.

Some other things you can do when you are bored are YouTube workout routines or stretching routines. This can keep your body active while also occupying your mind. It is never a bad idea to get active or work on your flexibility. On the other hand, you could do something relaxing. Take a bubble bath or a shower. Use the bathroom products you have had for a while but never used. Sit down in a quiet space and try meditation. You might find it to be something you love. Something else you could do is give yourself a manicure, a pedicure, or both.

If none of these suggestions can entertain you, then it is worth keeping in mind that it is okay to have less active days. You do not have to be productive every day to feel good; it is alright to have some days to rest.

Reducing Money Spending

BY: HAILEY METZGER, STAFF WRITER

If you are anything like me, you might get your next paycheck and have your mind go to the items in your Amazon cart you have been holding onto. It is so easy to click that shopping cart button and continue to the shipping page, but it is worth saving money. I especially acknowledge that, as a college student, I must save as much as I can.

I work a part-time job and go to school full-time,

accumulating debt like almost everyone else. Aside from that, I am hopefully working towards being able to move out and afford my own life. I have been planning ways to cut down on spending habits and maybe save some money in the long run.

I think the hard part about saving money is that it is not something you can see the effect of immediately. These are habits that will do you good in the long run. Aside from dramatically trying to save money right now, these spending habits could follow you further down the line and allow you to be responsible with your money when you are financially stable and self-sufficient.

Something I tend to have to keep in mind for myself when it comes to saving is that just because I saved some money does not mean that money is free to spend elsewhere. For example, if I am grocery shopping and find a few deals that save me thirty dollars, that is not thirty dollars I can spend elsewhere. This comes from the mindset that I was going to spend it anyway, so saving it at Giant Eagle means I can spend it elsewhere without feeling guilty. This is not necessarily the case. Unless it cripples you, you probably should not allow spending habits to bother you a lot, but it is something to be mindful of.

There are a few ways to save some dollars. Watching how much you spend somewhere is the most obvious and fastest way to save money. You still have to spend money; we cannot survive without it. Saving money comes in the form of not spending too much. Going along with this would be defining what equates to too much and keeping within the lines of the budget you draw for yourself.



Photo courtesy of Hailey Metzger.

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SPORTS

One of the best ways to save money in the long run is by canceling subscriptions you are not using. For me, this meant a Planet Fitness membership that was costing me \$10 a month as well as a Curology subscription. I was overloaded with products and realized the price had risen too high for me to maintain my payments.

Another way to save money is by eating at home. The price to make a single meal might not be any cheaper than eating at a restaurant, but that single meal will make so many more servings. I love making things at home. Not only is it healthier for my bank account, it is healthier for me as well. Eating at home has several benefits.

Something important to me is to always be as self-sufficient as possible, and the best way to achieve this is to remain financially stable. In my situation right now, I might be able to spend more, but it could have negative effects in the long run. Saving money can benefit you in more ways than just saving some dollars right now; the ways that you spend less have a positive impact too.



Photo courtesy of Walsh University.

Upcoming Sports Events:

Women's Basketball

11/28/23 - Home vs D'Youville University

12/2/23 - Home vs Ashland University

Men's Basketball

11/11/23 - Home vs Grand Valley State University

11/13/23 - Home vs West Virginia Tech

Women's Bowling

10/21/23 - Ohio Bowling Conference 2, Columbus, OH

Men's Bowling

10/21/23 - Ohio Bowling Conference 2, Columbus, OH

Women's Cross Country:

10/21/23 - G-MAC Championships, Canton, OH

Men's Cross Country:

10/21/23 - G-MAC Championships, Canton, OH

Football:

10/21/23 - Home vs University of Findlay

11/04/23 - Home vs Hillsdale College

11/11/23 - Home vs Northwood University

Sprint Football:

10/28/23 - Home vs Saint Mary of the Woods

Women's Golf:

10/23/23 - Nemaocolin Intercollegiate, Mystic Rock Golf Course

Men's Golf:

10/23/23 - Nemaocolin Intercollegiate, Mystic Rock Golf Course

Women's Soccer:

10/19/23 - Home vs Trevecca Nazarene University

10/26/23 - Home vs Ohio Dominican University

10/28/23 - Home vs Cedarville University

Men's Soccer:

10/19/23 - Home vs Trevecca Nazarene University

10/26/23 - Home vs Ohio Dominican University

10/28/23 - Home vs Cedarville University

Women's Volleyball:

10/24/23 - Away vs Malone University

10/27/23 - Home vs Ursuline College

10/28/23 - Home vs Lake Erie College

Come see Volleyball continue their record and watch other Walsh sports teams this fall!

Interested in Writing? Join the Spectator!

Have an interest in writing, newspaper, or editing? The Walsh University Spectator is currently looking for staff! Students are eligible for possible Communications credit and the opportunity to get experience through hands-on editing and writing.

Those interested should contact Dr. Tricia Ostertag at: tostertag@walsh.edu



THE WALSH UNIVERSITY
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EDITOR-IN-CHIEF

MaryBeth Edmundson

LAYOUT & DESIGN

Nadya Hudak

STAFF WRITERS

Abdullah Alessam

Hailey Metzger

Alyssa Cocchiola

FACULTY ADVISOR

Dr. Tricia M. Ostertag

COMMUNICATIONS DEPARTMENT
CHAIR

Dr. Mark Rogers

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Please send us your comments and opinions via email (spectator@walsh.edu). The Spectator reserves the right to hold or edit any submission received.

As an organization, the Spectator accepts the responsible traditions for the democratic press to inform, entertain, investigate, interpret, and evaluate. The Spectator recognizes its responsibility to provide a forum for diverse opinions, to serve the interests and needs for the Walsh University student body and to provide news and commentaries that are fair and accurate.