



Cavs Cook Series Teaches Students To Cook



Photo courtesy of Alyssa Cocchiola.

BY: ALYSSA COCCHIOLA, STAFF WRITER

During Walsh University's Enrichment Week, 10 students attended the Cavs Cook Series session led by Meredith Soduk, Director of Academic Support Services, and Stephanie Cugini, Academic Support Specialist. There, students learned about different meals that could easily be replicated on campus or in dorms, only requiring a microwave and/or fridge. In a survey conducted by SEGA and Two Point Studios, surveying over 2,000 graduate students from the UK, one in four graduates admitted that they never learned to cook.

"Cooking your own food is cheaper--and also healthier--than going out to eat. There may be times when you have to cook, such as in preparation for guests or a lack of other options. Finally, it is a good hobby that can give a student a sense of accomplishment, especially if they learn to experiment with their own recipes," said Alexandar Oswald, an attendee of

the session.

The Cavs Cook Series was a session offered during Walsh University's Enrichment Week. Enrichment Week occurs during the university's fall break, offering sessions for students to learn new concepts and participate in engaging workshops and activities. The Cavs Cook Series was hosted in Farrell Hall on Oct. 16 from 10:30-11:30 a.m.

Soduk and Cugini taught students how to make the following dishes: no-bake energy balls, overnight oats, and breakfast burritos. The two had cooked these dishes for the students to eat, as well as doing interactive demonstrations on how the dishes were prepared. Session attendees received a piece of paper with recipes for these items. The recipes were from *The Easy College Cookbook* and *The 5-Ingredient College Cookbook*.

"Everything here today, you can make with just a sink and a microwave," Soduk told students during the session. "I personally chose to attend this activity because I love cooking and always enjoy taking opportunities to learn how to make new things, the idea of also not needing a stove or oven was also very appealing. My favorite dish definitely had to be the breakfast tacos; I make them almost every morning before I have my classes," Johnathan Ardelian, a student at Walsh, added.

The ingredients for this recipe on the student printout were as follows: "2 bacon slices, halved widthwise, 2 large eggs, 2 tablespoons milk, salt, pepper, 2 corn tortillas, ½ avocado, pitted and diced, 1 ½ tablespoons shredded Mexican-style cheese blend, fresh salsa, for topping."

The instructions came down to three steps. The first step for this recipe was to place the bacon on a microwave-safe plate and microwave for one minute. After one minute, the bacon

CONTINUED ON PAGE 2

should be microwaved in 20-second intervals until it is done. The second step involved cracking the two eggs in a mug, adding milk, salt, and pepper, and then whisking the mixture. Students were instructed to microwave the mug for around 40 seconds, stir, and then microwave for 20-30 seconds. The final step was to place both the bacon and eggs on the tortillas, topping with the avocado, cheese, and salsa.

For the microwave scrambled eggs, Sodik recommended that students use precooked bacon.

“It’s much better than dealing with bacon grease,” Sodik explained. “This is really convenient.”

Out of the attendees interviewed, the majority shared that the no-bake energy balls were their favorite dish.

Sarah Grady, another session attendee, added, “I liked the energy balls best, and I think it would be interesting to try to make other variations of them. They are really easy, and there are a lot of possibilities of other kinds you could make.”

The ingredients for this dish were as follows: “½ cup almond butter, ¼ cup brown sugar, ¼ teaspoon sea salt, 1 cup finely chopped nuts and seeds, such as walnuts, almonds, sunflower seeds, or pepitas, 1 cup finely chopped dried cranberries, 1 cup roughly chopped dark chocolate chips.”

The instructions for this recipe contained three steps. The first step was to microwave almond butter, brown sugar, and sea salt in a microwave-safe bowl for 30 seconds. Then, attendees were instructed to pour the microwaved mixture into a mixing bowl, combining it with the nuts, cranberries, and chocolate chips. The final step was to create balls out of the mixture that were roughly one inch. The balls would then be placed on a baking sheet and refrigerated until they set.

“You can’t really mess things up. Just microwave the concoction and mix it up,” Sodik said in the session.

Sodik encouraged students to get creative with the recipe and substitute or add any ingredients.

“These are not expensive ingredients, and they go a long way,” she told students.

The final dish students learned how to create was overnight oats.

Oswald added, “I really appreciated how they made it educational for attendees. We were given the recipes on a printout so we could make them later, samples of each of the items were provided, and Meredith demonstrated how to make each item. She also made suggestions on ways to change up each dish by altering the ingredients (such as substituting different flavors of yogurt in the overnight oats or replacing chocolate with peanut butter).”

The ingredients for this recipe were as follows: “1 cup steel cut oats, 1 cup milk, 1 (6-ounce) container vanilla Greek yogurt, 1 (0.73-ounce) packet hot cocoa mix, 1 ½ tablespoon mini semisweet chocolate chips.”

Attendees were instructed to mix the oats, milk, yogurt, and hot cocoa mix into a mixing bowl, and then divide into mason jars. After the mixture was created, they were instructed to plastic wrap the top and refrigerate for at least one hour. Finally, right before serving, attendees were encouraged to add chocolate chips.

Sodik noted that chocolate does not have to be the only flavor for the overnight oats.

During the session, she recommended that students “go with the flavors of different yogurts” when deciding on a flavor palette for the overnight oats.

Walsh Student Dish Recommendations: Mug Cakes

Grady discussed a dish she makes that could be beneficial for college students.

Grady explained, “I like to make mug cakes in the microwave, which are basically what they sound like single-serving cakes that you make by mixing the ingredients in a mug and baking it in the microwave. I find a lot of fun mug cake recipes online.”

Abigail Walsh, another attendee of the session, also discussed mug cakes.

“I like to make mug cakes and muffins, they are easy step-wise but can require a decent number of ingredients. But the resulting cake or muffin is delicious and well worth it,” Walsh added.

In an online recipe by Lauren Allen on “Tastes Better From Scratch,” she states, “Some people may think I’m exaggerating when I say that Mug Cakes changed my life, but seriously, we’re talking about a personalized serving

STUDENT LIFE

of delicious cake, made in just about 5 minutes!”

Her online recipe consists of the following ingredients: “all-purpose flour: cake flour also works, white sugar, baking powder, dash salt, butter, milk: any kind will work, vanilla, sprinkles.”

To create the mug cake, she listed three instructions: the first step was to mix the dry ingredients in a microwave-safe mug. The next step was to add the wet ingredients, and the final instruction was to microwave for 70-90 seconds.

The full recipe can be found at <https://tastesbetterfromscratch.com/vanilla-mug-cake/>.

All student attendees who were interviewed believed that it was important for college students to learn how to cook.

“I feel as if cooking is a very important skill that college students should learn, I am a commuter but if I were a resident, I would certainly want to have these skills, it’s a great way to save money while also making stuff that is delicious and convenient,” Ardelian explained.

Oswald shared similar sentiments. He recommended that college students should invest in an air fryer for more options in what they can cook.

“You can make a surprising number of dishes in them, and you have the benefit of taking the air fryer with you when you change dorm rooms,” said Oswald.

Activities Around Walsh University

BY: ABDULLAH ALESAM, STAFF WRITER

Walsh University, located in North Canton, Ohio, is not only a hub of academic excellence but also offers a vibrant and diverse campus life. Walsh University students can explore diverse recreational spots both on campus and off. From tranquil parks to thrilling entertainment spots, the area surrounding Walsh University has something for everyone. In this article, we will discover some of the top places for fun and relaxation around Walsh University.



Photo courtesy of Visit Canton.

Hoover Park and Reservoir:

Just a 15-minute drive north from Walsh University, you’ll find the Hoover Park and Reservoir, serving as an ideal escape from the campus monotony. Here, you can enjoy hiking, fishing, picnicking, and even kayaking. The reservoir’s scenic views and trails make it an ideal outdoor paradise for nature lovers.

Belden Village Mall:

For a day of shopping, dining, and entertainment, head over to Belden Village Mall. This shopping center is located nearby and features a wide variety of stores, restaurants, and a movie theater. It’s a great place to catch a movie with friends or indulge in some retail therapy.

Pro Football Hall of Fame:

Sports enthusiasts will find the Pro Football Hall of Fame a must-visit destination. Located just a short drive away from Walsh University, the Hall of Fame showcases the history of American football with an extensive collection of memorabilia and interactive exhibits. You can learn about the legends of the game and even try your hand at throwing a touchdown pass.

Downtown Canton Arts District:

Downtown Canton’s Arts District is a vibrant, creative hub where you can explore art galleries, theaters, and live music venues. The district hosts various cultural events and festivals throughout the year, making it a great place for students who appreciate the arts and culture.

CONTINUED ON PAGE 4

Troll Hole Museum:

For a unique and quirky experience, visit the Troll Hole Museum, located in downtown Alliance, not far from Walsh University. Boasting the world's largest collection of trolls, this museum houses a diverse assortment of these mythical creatures from across the globe. It's a fascinating, offbeat adventure.

McKinley National Memorial:

History buffs will find the McKinley National Memorial fascinating. The memorial honors the 25th President of the United States, William McKinley, who was born in Niles, Ohio. The monument, surrounded by beautiful gardens, includes a museum where you can learn about the life and times of this significant historical figure.

Stark County Fairgrounds:

Throughout the year, the Stark County Fairgrounds host a broad variety of events ranging from county fairs to concerts and unique exhibitions. Check their schedule to see what's happening during your time at Walsh University.

Walsh University's prime location in North Canton, Ohio, provides students with access to a variety of fun and recreational places. Whether you're interested in outdoor activities, cultural experiences, or just relaxing with friends, there's something for everyone in the area surrounding Walsh University. These destinations offer the perfect balance between academic pursuits and leisure, making your time at Walsh University an enriching and enjoyable experience. So, explore, have fun, and make the most of your time outside the classroom!

It's (Almost) the Most Wonderful Time of the Year

BY: MARYBETH EDMUNDSON, EDITOR IN CHIEF

My favorite time of year is the period between Thanksgiving and Christmas; there's so much festivity and joyful anticipation for yet another holiday celebration. The music, the decorations, the traditions... it's truly the best.

But can it come too early? Nowadays, people typically



Photo courtesy of Joshua Parry.

go right from Halloween to Christmas and completely bypass the second half of fall including Thanksgiving. Just take a look in the GLC: it's all decked out for Christmas, even though it's only the beginning of November. And it's like that in stores, as well. Some even had Christmas decorations for sale before Halloween. Is this too early?

Once heard someone say that Thanksgiving to them was just a day, not a season like Christmas. They don't feel the need to celebrate it for longer than a day. But Christmas is a season, a time of year. Plus, it's rumored that studies show putting up Christmas decorations early helps boost morale, and helps students do better on their exams and finals because of all the holiday hype that the decorations bring. With this attitude, it seems like it's never too early to decorate!

But think back to the GLC. Folks, we'll be looking at the lovely decorations for about two months. And they've already been up for about a week if I remember correctly. That's a long time. I know some people get bored with it all quickly because of how long they're up. I've even heard it said that one former student has decided they don't want to decorate their future home for Christmas because it's just too overhyped and overdone. And besides, they've said, all the decorations and frills may be fun, but they're not the real reason for the holiday. In their opinion, it should be cut down to the barest bones of the holiday and the focus should be not on the decorations, but on Christ, on going to mass, and on spending time with your family. Isn't that what it's really about? That's what Linus said in the *Charlie Brown Christmas*, at least.

Either way, the Christmas rush and mayhem have started whether you're ready or not. So while we might not forget Thanksgiving, it seems like in general it has been brushed to the side in favor of the shiner holiday.

SPORTS

Walsh STUNT Program Hosts Cavalier Classic

BY: NADYA HUDAK, LAYOUT & DESIGN



Photo courtesy of Nadya Hudak.

On November 18, Walsh University's STUNT team, under the leadership of Trisha Hart, hosted the first Cavalier Classic. This tournament was for local high school and middle schools in the area to bring their own cheerleading or STUNT teams to Walsh and compete.

Included in these teams were local schools like Field, Springfield, Woodridge, and New Philadelphia. Other schools like Eversole Run traveled from as far as the Columbus area to visit Walsh and compete.

As someone who was able to witness and document the competition, each team was entertaining and brought their own set of skills to show off and hopefully win the trophies.

Schools like Woodridge came away from the day victorious with first in High School, Middle School, and Champions in the Game Day category.

Eversole Run Middle School was able to take home the first place wins in Non-Building, Non-Building Non-Tumbling, and Overall Non-Building Non-Tumbling.

The day also included a jump and tumble competition where cheerleaders from New Philadelphia, Austintown Fitch, Orville, Springfield, and Peebles were able to bring home the win in their categories.

Upcoming Sports Events:

Women's Basketball

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

12/2/23 - Home vs Ashland University

12/9/23 - Home vs Kentucky Wesleyan College

Men's Basketball

12/2/23 - Home vs Ashland University

12/3/23 - Home vs D'Youville University

12/5/23 - Home vs Ohio Christian University

Women's Bowling

1/13/23 - Pittsburgh Collegiate Classic, Greensburg, PA

Men's Bowling

1/13/23 - Pittsburgh Collegiate Classic, Greensburg, PA

Stunt:

11/19/23 - Cavalier Cheer Classic, Alumni Arena

Women's Track and Field:

11/30/23 - Findlay Multi, Findlay, Ohio

12/1/23 - Youngstown State "Icebreaker" Invitational, Youngstown, OH

Men's Track and Field:

11/30/23 - Findlay Multi, Findlay, Ohio

12/1/23 - Youngstown State "Icebreaker" Invitational, Youngstown, OH



Photo courtesy of Walsh University

Healthy and Easy Meals for College Students

BY: HAILEY METZGER, STAFF WRITER

The college has its challenges. In combination with a weekly class schedule and likely a long work schedule, it can be difficult to make time for nutritious meals. Not everyone enjoys spending their free time in the kitchen. Aside from the hours of work, it can take to prepare a single meal, you are left with piles of dishes and a mess to clean. The obvious alternative of a grab-and-go meal can seem like a good idea, and it is not necessarily a bad one. These grab-and-go meals for when you are on the run can be beneficial, as long as what you are grabbing is filling and can sustain you. Oftentimes, you can have more than a pack of gushers or a granola bar as your meal on the go, if you allow yourself at least a minimal amount of meal prep time.

Granola bars are better than nothing, but you might be able to make this breakfast option a little on the healthier side by making them yourself. For homemade granola bars, all you need is only a few ingredients for the granola bar base, and the rest is all up to you. This is a fun way to get creative as well. You can use as many or as few ingredients as you would like. You can make a large batch of these and have them all week as a quick and easy breakfast.

My other personal favorite quick meal, usually for lunch or dinner, would be something that can be microwaved. Anything precooked that just needs to be reheated. Oftentimes I enjoy the leftovers of a dinner for a few days or I cook something simple like rice and vegetables or chicken which can just be tossed in the microwave for a few minutes.

You likely already have the ingredients in your pantry to make homemade pizza. Prep work aside, it takes no more time to cook than a frozen one from the store, and making it yourself is so much more fun. All you need to make is some pizza dough, and then you can use whatever you already have on hand. A homemade pizza night makes for a very fun date night, girls' night, or even just a single night to yourself. The world is your oyster when

it comes to making your pizza. Just make sure you allow it to cool down completely before enjoying a bite. I have burnt my mouth on fresh pizza more than anything else.

These are just a few suggestions for meals that do not involve fast food or ramen noodles. As a friendly reminder, coffee is not breakfast, and lunch is not meant to be skipped. The reason making things at home is often cheaper than eating out is because when it is homemade, a single meal can feed you more than once. Eating at home more can have benefits for your body, your mind, and your wallet. In turn, it can have positive effects on your grades and your studying



Photo courtesy of Hailey Metzger.

The Secrets for Healthy Hair and Long Locks

BY: HAILEY METZGER, STAFF WRITER

One of the dreams that rest within the heart of most girls is the desire for long, thick, beautiful hair. While environment, lifestyle, and genetics all play a role in the hair we have, there are unending articles, videos, and other sources containing advice on achieving these goals. Some of these tips are found to have helped a lot of people in progressing on their hair care journey while other advice is lacking scientific background and evidence of success. I have scoured the depths of the internet in search of fast-acting ways to get the length back after an unwanted cut, and have created a short list of the advice I found to be most repetitive in all the sources, and, in practice, has been proven correct.

It sounds quite backward at first, and when it comes to

CONTINUED ON PAGE 7

trying to grow your hair it is admittedly advice you do not want. However, it is advice you need. One of the first things to think about is where you are starting. Your best advantage would be a fresh cut. I have found it is easier to maintain the length following a fresh cut or a good trim. Regular trims are more important than you may realize. Although this sounds like it would be counterproductive, it will be extremely beneficial in the long run. As your hair grows, it will begin to thin, the ends start to split and there is no way to prevent this, not entirely. Contrary to what a lot of popular opinions say, there is no way to fix split ends other than a trim. If you allow them to stay, they will split further up the strands and break off. This breakage is often why a lot of people feel they can not grow their hair longer than a certain length.

When it comes to trying to grow long hair, starting in a good place is ideal. After the big chop, it is more about maintaining the quality of the hair you have. When you begin to take interest and deeper care of your hair and scalp, the benefits will go beyond just length. You'll often hear that people won't wash their hair very often. This might mean every other day, every two days, maybe even as little as once a week or once a month. Excessive washing drains your hair of its natural oils, and when you do that to your hair every day your hair feels the need to replenish quickly. This is why it seems like you can not go a day without washing. It takes time to train your hair to go longer between washes. The best way is by adding a day. Just 24 hours.

Something else a lot of girls swear by is hair oiling. This is using oils such as jojoba oil, avocado oil, or castor oil and massaging it into your scalp and on your hair. You will hear a lot about coconut oil, and as popular as it is, it does not help your hair the way you hope. Coconut oil is the only one that does not penetrate deeper into your hair shaft. It merely sits on the surface. So while it might make your hair look pretty, or add a layer of moisture, it is not doing anything internally like the other oils would. I noticed this difference when I started to use jojoba oil. Coconut oil is very quick to make your hair feel different. This is because it is a surface-level oil. On the contrary, when I started using jojoba oil, I noticed it took a couple of washes for me to start seeing a little bit of a difference. The best way to use oils is to implement them into your hair-washing routine. After

you massage them in, let them sit for anywhere between half an hour to a couple of hours, and then wash them out.

If these tips do not work in a way that promotes hair growth, they at least work to help maintain the hair you have and make it the best quality it can be



Photo courtesy of Hailey Metzger.

A Thorough Review of The Winking Lizard

BY: HAILEY METZGER, STAFF WRITER

When it comes to eating out, the idea is quite controversial. I have found that food-wise, I would rather order from a restaurant as opposed to fast food. Eating out can get quite expensive, however, it is a very enjoyable activity every once in a while. Going out to eat can mean catching up with friends, going on a romantic date, or just getting out of the house and taking in some fresh scenery. Good-tasting food, a well-mannered atmosphere, and good service are key things when it comes to eating out at a restaurant.

In Washington Square, the only restaurant is Winking Lizard. Walking in, Winking Lizard has a casual feel to it, the room is somewhat dark and dimly lit. When it is busy, it can feel crowded, even sitting at the table. They have TVs lining the walls. For the most part, they have sports playing which can get rowdy when the fans are filling the room. Casual attire and an exciting, high-

CONTINUED ON PAGE 8

energy atmosphere pair well with an outing with friends.

At Walsh University, we have a wide range of students ranging from high school CCP to young adults getting ready to graduate. Something about Winking Lizard worth keeping in mind is that they do not allow anyone under the age of 21 to enter after 5. If you are under the age of 21, you are best to go for lunch or an early dinner.

The menu has a range of meals from burgers to pizza and wings plus more. During Lent, Winking Lizard offers a meatless Lent menu for Fridays, which is beneficial for those of us who celebrate by giving up meat every week. Their pizza is a personal go-to and I could never grow tired of it. We also tried their burgers, which were enjoyable. Their prices are also quite fair. The food is not as cheap as fast food but by far better quality. On the other hand, it is not so expensive you will have to mortgage your house after. Generally, I walk out with leftovers and Winking Lizard meals tend to feed me twice. If you are trying to figure out a good way to get out of the house mid-day, or where to go for lunch with some friends, Winking Lizard should be on your list of suggestions.

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
Spectator

EDITOR-IN-CHIEF

MaryBeth Edmundson

LAYOUT & DESIGN

Nadya Hudak

STAFF WRITERS

Abdullah Alessam

Alyssa Cocchiola

Hailey Metzger

FACULTY ADVISOR

Dr. Tricia M. Ostertag

COMMUNICATIONS DEPARTMENT
CHAIR

Dr. Mark Rogers

The Walsh University Spectator is produced and managed entirely by students. It is published during the academic year under the auspices of the Division of Literature, Language, and Communication.

The Spectator accepts full responsibility for the editorial content for its pages. Opinions expressed here are not necessarily those of the student body, the faculty, the University Spectator Staff or the Division of Literature, Language, and Communications. Staff editorials reflect the view of a majority of the editorial board.

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.