



The Blouins Abroad!



Photo courtesy of MaryBeth Edmundson.

BY: MARYBETH EDMUNDSON, EDITOR-IN-CHIEF

Even though the school year is back in full swing, the senior Blouins are still thinking of summer. Back in June, we took a trip across the ocean to England for three weeks. We started in London and traveled around the country; from bustling cities to smaller towns, we saw a lot of the English land. From class trips to weekend adventures, our cohort had many cultural experiences: from beaches to the countryside, we explored it all.

But enough about traveling for now; while we had a blast, we did have a bigger, more daunting task: carbon accounting. That's right, folks; the senior Blouin cohort became carbon

accountants for three weeks, helping the Catholic Church find ways to reduce its carbon footprint.

Now to break for some context: the English government is very focused on becoming a more sustainable country, and if I'm being honest, they are miles ahead of us. Think about our own country and area. You've seen some grocery stores now charging you to buy paper or plastic bags when you forget your reusable bags. Maybe even some recycling bins when you're out and about. But can you think of anything else besides that? Let me put this into context. In England, their goal is to be entirely net zero by 2050. What does that mean? The government wants the entire country to produce ZERO CARBON by 2050. Do you see what I mean now? They are very focused on sustainability. And, since we are a cohort studying just that, this was the perfect opportunity for us to exercise our skills.



Photo courtesy of MaryBeth Edmundson.

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STUDENT LIFE

We had no idea what to do at first, but after a quick trip to Oxford to meet with the Guardians of Creation initiative, as well as a few lessons on carbon accounting with Dr. Rowland Daw of St. Mary's Twickenham, we were ready to hit the ground running. We were divided into groups, each set to visit different Catholic Diocese in various cities. Each Diocese had different goals and was starting in different places. It was our job to find this out and go from there. My group, the best group if I do say so myself, traveled to Bristol. They wanted small, achievable ways to become more sustainable. So, when we presented, not only did we hit them with their carbon emission footprint, but we offered them small ways to become more sustainable, as well as out-of-the-box, big-picture, long-term goals. While no two groups did everything the same, we all did something similar to this. Now that we're back in the States, we're taking what we learned and are presenting it to the Diocese of Youngstown; hopefully, this will inspire them to begin working towards a similar sustainability goal.

I can't speak for my fellow Blouins, but I know that I am dreaming of England and can't wait to go back.

Junior Blouins Study Down South

BY: NADYA HUDAK, LAYOUT & DESIGN



Photo courtesy of Nadya Hudak.

This past May, the Junior Blouin cohort had the chance to travel down South and visit sites that allowed us more insight into our topic of human trafficking and exploitation. After leaving campus, we arrived in Cincinnati and visited the National Underground Railroad Museum.

Here, we got our first experience seeing an exhibit that showed similarities between slavery in the United States and the current human trafficking that has become the new form of slavery. Following this, we traveled to Birmingham and visited the Civil Rights Institute which showed us the history of the Civil Rights Movement in Birmingham as well as current movements happening throughout the world that reflect the fight for rights.

Once our cohort reached Louisiana, we visited Whitney Plantation which was possibly one of the most enlightening moments of the trip. During our time there, our guide was able to inform us of the many misconceptions regarding slavery that can lead to harmful stigmas when taught. After being able to explore New Orleans, we visited Eden House, a local organization that takes in victims of human trafficking and helps them get back on their feet. Our cohort was able to speak to one of the survivors there and congratulate her on graduating. Meeting a survivor and hearing the assistance that Eden House provides survivors allowed us to get a glimpse into the effect we can have on our own communities.

Our last experience with our domestic trip was in Montgomery, Alabama where we visited the Rosa Parks Museum. This museum, along with the others, showed us how we can learn from the past and how those movements can influence our solutions to human trafficking. As a whole, the trip led to the group becoming closer and learning more about each other as well as our topic. As a cohort, our group looks forward to their international trip in the spring.

Exploring Walsh University's Active Campus Life

BY: ABDULLAH ALESAM, STAFF WRITER

Every day as I enter Walsh University's stunning campus, I am reminded of the vibrant and dynamic community that I am fortunate to be a part of. Walsh University has grown to be my second home, and I'm eager to share with you all the many aspects that make this institution a genuinely remarkable setting for higher learning.

Campus Facilities: Walsh University offers cutting-edge spaces for both academic and recreational requirements.

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The library offers a calm and helpful environment for learning thanks to its extensive variety of books and digital tools. Our labs are outfitted with the latest technology, and the recently remodeled fitness center encourages students to live a healthy lifestyle.

Academic Achievement: Academic achievement is a primary emphasis at Walsh University. The university provides students with a wide selection of majors and programs that will help them succeed in their chosen fields. The committed faculty members, many of whom are authorities in their fields, give students the direction and information necessary to succeed academically.

Student Organizations: Walsh University is known for its wide variety of student organizations. There is a club for everyone, whether they are interested in music, athletics, academics, or community service. Personally, I've discovered my passion with the Environmental Club, where I've had the chance to positively influence our neighborhood.

Campus Activities and Traditions: During our campus activities and traditions, the spirit of Walsh University comes to life. Particularly Homecoming, which brings together current students, graduates, and the outside community, is a highlight of the academic year. Our cultural festivals honor the wide range of cultural backgrounds represented in our student body, and the fervor at our sporting events is contagious.

Student Life: For me, living on campus has been a life-changing experience. In addition to offering a choice of delectable and healthy options, the dining facilities foster a sense of community. Students are encouraged to pursue their interests outside of the classroom through extracurricular activities, which might include anything from intramural athletics to drama performances.

Alumni Success Stories: Walsh University has a long history of turning out accomplished graduates who have left their mark in a variety of industries. Our graduates continue to excel and change the world, from entrepreneurs to doctors and other professionals in the medical field.

campus has to offer. Walsh is not just a university; it's a place where dreams are nurtured, and futures are built.

Walsh University is a community that promotes personal development in addition to being a place of learning. Our university's rich fabric is woven from a tapestry of many experiences that make up campus life here. As I think back on my time at Walsh University, I am appreciative of the experiences, relationships, and education that have helped me become the person I am today.

If you're thinking about attending Walsh University for your higher education or you're just interested in our thriving community, I welcome you to explore all that our campus has to offer. Walsh is not just a university; it's a place where dreams are nurtured, and futures are built.



Photo courtesy of Nadya Hudak.

The Presidential Thought Speaker Series: National Security

**BY: MARYBETH EDMUNDSON,
EDITOR-IN-CHIEF**

One of Dr. Collins' initiatives as President of Walsh University is the Presidential Thought Speaker Series. Various topics have been discussed in the past, but this series had a unique topic on which the panelists are near experts: national security. Moderated By Dr. Joe Wood, the panelists spoke on various topics that all pointed back to national security. Featuring Dr. Joe Wood, Ambassador Francis Campbell, Gen. Philip Breedlove, and Gen. Tod Wolters, they all brought different perspectives from their widely different backgrounds.

Originally from Northern Ireland and now living in Australia, Ambassador Campbell was able to bring an international perspective, commenting on the way security is both a domestic and global need. He said, to paraphrase, that national security for Great Britain is going to look different than in the States because of the nature of Britain: it consists of four separate nations (England, Wales, Scotland, and Northern Ireland), whereas the US is just the US.

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OPINION

The other interesting thing talked about was when the panelists felt like national security was at its best. Gen. Breedlove gave a thoughtful answer. To paraphrase, he described a time when he and his wife lived in Germany, and the Berlin was being taken down. He said this time, when the Cold War was ending, when communism in the States had been defeated, and when the Berlin wall was coming down, was one of the best nationally secure times.

Whether you were able to go to the whole panel, or catch a few remarks from the panelists, this thought series was not one to miss. Each panelist brought a different and unique perspective that stemmed from years of experience that cannot go unrecognized.



Photo courtesy of Walsh University.

How to Make Starbucks at Home

BY: HAILEY METZGER, STAFF WRITER

Starbucks is easily one of the most popular resting stops for young adults, especially early-rising college students. However, everything at Starbucks is a little on the pricey side and those bills can add up at the end of the month. I have stumbled across several homemade Starbucks recipes, and I find them to be cheaper and just like the real thing.

First, homemade cold foam is easy enough. Follow the “3,2,1” rule and you’ll have cold foam to top your morning coffee. All you need are 3 tablespoons of heavy cream, 2 tablespoons of milk, and 1 tablespoon of any flavored syrup. Mix this with a milk frother and you have yourself homemade cold foam, any flavor of your choosing.

When it comes to making knockoff Starbucks drinks, all you need are some flavored coffee syrups to add to your cup of joe. Tis the season for pumpkin spice, so let me tell you exactly how to make yourself some pumpkin spice syrup. In a pot on medium heat, add 1 cup of sugar and 1 cup of water. Add 1/3 of a cup of pumpkin puree to the saucepan along with 2 teaspoons of pumpkin pie spice. Mix it well and allow it to simmer for about 15 minutes. At this point, you can pour it into whatever container you intend on storing it in and add a few tablespoons to your next cup of coffee. This recipe can be found on Alex Gren Coffee’s TikTok page, “@alex.altitudecoffee.”

One of my favorite Starbucks drinks is the Brown Sugar Oat Milk Shaken Espresso, and I was ecstatic when I found a homemade version. The recipe I follow uses instant coffee, which has been a game-changer. In a container, you can fit a lid, put 1 tablespoon of brown sugar, 2 teaspoons of instant coffee, a shake of cinnamon, and 2 ounces of water. Now vigorously shake this until everything combines and it gets that foamy layer shaken espressos are notorious for. Pour it into your cup, and add your oat milk on top. This recipe can be found on Cosette At-Home Barista’s TikTok page, “@cosettecutie.”



Photo courtesy of Hailey Metzger.

The Majesty of Monarch Butterflies

BY: HAILEY METZGER, STAFF WRITER

Throughout the past few decades, science has kept a close eye on the populations of monarch butterflies. This gorgeous species has been in great decline in recent years. Easily one of the world's most well-known species, who knew they could be in danger? As renowned as they are, monarch butterflies were officially put on the endangered species list last year. To know the possibility of future generations never seeing these beauties in person is a devastating thought.

I raise monarch butterflies out of my house, ensuring the tiny baby caterpillars make it to adulthood and release the butterflies so they can reproduce. To help the population, you do not have to go this far. All you have to do is plant native milkweed. Milkweed is the host plant of the monarch butterfly, and the only leaves the caterpillars can eat. It is worth keeping in mind, however, that milkweed is a skin irritant and toxic if ingested. This applies to your furry friends, as well. Contrary to the name, it is not a weed, it is a tall, flowering plant and it will grow seed pods from late summer to early fall.

Now is the time to retrieve milkweed seeds.

Wild milkweed is not hard to come by. I have had luck finding it along the walkways at parks and lakes. Be cautious of poison ivy if you are on a search in public areas. If you are not confident in your abilities to find milkweed in nature, do not fret. You can find the seeds online and order them.



Photo courtesy of Hailey Metzger.

Right now is the time to obtain milkweed seeds because they do best if planted in the fall. They require cold stratification to grow, which means that they need the cold of winter to properly germinate. When it comes to buying seeds, you only need to buy them once if you succeed in getting them to grow because your milkweed plants will bless you with their seeds come next fall.



Photo courtesy of Annabelle Ehmer.

The Walsh Student Experience: Cavathon

BY: NADYA HUDAK, LAYOUT & DESIGN

What is your name, year, and major?

Annabelle Ehmer, Senior, Exercise Science Pre-OT

What group on campus are you a part of?

Cavathon

Why did you choose Walsh?

Annabelle chose Walsh because of its proximity to her home, she was able to do cheerleading here, and because she saw potential to make a difference as apart of the Blouin Program.

What are your plans after Walsh?

After Walsh, Annabelle would like to attend graduate school to receive her Master's or Doctorate degree.

Are you a part of any other activities? (Ex: Blouins, Honors, clubs, etc.)

Annabelle is part of the Blouin program, Stunt team, and is in the Human Trafficking Coalition.

If you could choose one thing to change about Walsh, what would it be?

One thing that Annabelle would like to see Walsh improve is the food options on campus.

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What's your favorite part of being a member of Cavathon?

Annabelle's favorite part of Cavathon is giving back to a bigger hospital community and make a difference in the children's lives.

What's your favorite part about being involved on Walsh's campus?

One thing that Annabelle likes about being involved is knowing Dr. Collins on a personal level. Many of her friends at other universities haven't even seen their college's President.

What's something you want other students to know about your activity?

When it comes to Cavathon, Annabelle wants her peers to know how much fun the event is and all they do for the kids.

What's something your group leader (advisor, coach, etc.) have taught you that you've held on to?

Annabelle's group leader, Kelly Lynch, has taught her that you need to do it for others, not yourself.

Walsh University's Cavathon will be taking place this year on April 6, 2024.

a toasted marshmallow swirl. The best way to kick off autumn is wearing a comfy sweater, drinking a Starbucks pumpkin spice latte, and eating a waffle cone with a scoop of campfire s'mores.



Photo courtesy of Hailey Metzger.

Ways to Welcome Autumn

BY: HAILEY METZGER, STAFF WRITER

We are officially well into September, the first month of fall. Fall seems to be a favorite for almost everyone, and now is the time to start celebrating its arrival. The air is cooling down, and the sun lingers less and less by the end of the day. September is prime time for pumpkin season.

The best way to start off a crisp autumn morning is with a run to Starbucks. Pumpkin spice lattes, pumpkin chai, pumpkin cold foam, it has all returned to the menu this year. Dunkin also has pumpkin items on their menu, and it is not just coffee getting into the season.

We still have a few warm days left, and the students of Walsh can cool down at Almost Heaven Ice Cream Shop on Middlebranch. There, you can find pumpkin caramel cheesecake ice cream, pumpkin milkshakes, pumpkin frappes, and more. The apple pie sundae is making a comeback, and they are celebrating the return of bonfire season with a s'mores flavor called campfire. A creamy chocolate ice cream with a graham cracker swirl and

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



Walsh Triumphs at First Football Game

BY: NADYA HUDAK, LAYOUT & DESIGN

On Thursday, August 31, the Walsh University football team played their first game against the West Liberty University Hilltoppers. Walsh's student section supported the team throughout the exciting game, keeping the team excited and fighting. The marching band led the football team to the field with their playing of the Fight Song, the Alma Mater, the Star Spangled Banner, and finally, Hey Look Ma, I Made It.

The crowd's overwhelming support encouraged the team and led them to hold a 17-0 lead over the Hilltoppers for the first two quarters of the game. Within just a few minutes of the game beginning, sophomore Cameron Macon was able to run into the end zone and give the Cavs their first touchdown of the game. With nine minutes remaining in the first quarter, senior Dom Jennings added another six points to the score, making it 14-0 at the end of the first quarter. Freshman Trent Doerflew assisted the Cavs with 38 seconds remaining with a field goal, allowing the team to lead 17-0 at the half.

Following an engaging animation-themed show by the Walsh University marching band, Walsh was able to hold their own when Delshawn Pestrosky seized the ball from West Liberty and scored another touchdown. While the Hilltoppers tried to keep up with a few touchdowns throughout the second half, they were no match for the Cavs who defended their turf. With a close score of 24-21, sophomore Amare Jenkins was able to keep the ball secure to finish out the time, leading Walsh to a triumphant win on our opening night.



Photo courtesy of the Canton Repository.

Upcoming Sports Events:

Women's Cross Country:

9/15/23 - All-Ohio Championships, Cedarville, OH
9/23/23 - Lock Haven Invitational, Lock Haven, PA
10/7/23 - DII Crossover Meet, Romeoville, IL

Men's Cross Country:

9/15/23 - All-Ohio Championships, Cedarville, OH
9/23/23 - Lock Haven Invitational, Lock Haven, PA
10/7/23 - DII Crossover Meet, Romeoville IL

Football:

9/23/23 - Home vs Thomas More University
10/14/23 - Home vs Ohio Dominican University
10/21/23 - Home vs University of Findlay

Sprint Football:

9/16/23 - Home vs Midway University
9/22/23 - Home vs Quincy University
9/30/23 - Home vs Oakland City University

Women's Golf:

9/16/23 - Ohio Dominican Invite, Champions GC
9/23/23 - Eagles Invitational, Ashland GC
10/2/23 - William Beall Fall Class, Findlay Country Club

Men's Golf:

9/11/23 - Malone Invite, Glenmoor Country Club
9/25/23 - Cedarville Invite, Beaver Creek Golf Club
10/2/23 - Kyle Ryman Memorial, Mohawk Golf Club

Women's Soccer:

9/13/23 - Home vs Thomas More University
9/20/23 - Home vs Malone University
9/23/23 - Home vs Tiffin University

Men's Soccer:

9/20/23 - Home vs Malone University
9/23/23 - Home vs Tiffin University
10/12/23 - Home vs Thomas More University

Women's Tennis:

9/2/23 - Allegheny College Invitational, Meadville, PA
9/8/23 - Hillsdale College Invitational, Hillsdale, MI
9/16/23 - ITA Regional, Indianapolis, IN

Men's Tennis:

9/2/23 - Allegheny College Invitational, Meadville, PA
9/16/23 - Hillsdale College Invitational, Hillsdale, MI
9/29/23 - ITA Regional, Allendale MI

Upcoming Homecoming Schedule:

Walsh Staff have been working tirelessly to set up events for the students for this year's upcoming Homecoming week. Here are a few of the events that will be featured on campus:

Wednesday, September 20:

- Tie-Dye Event, David Center Lawn
- Cavalier Cookout
- Women's Soccer vs. Malone
- Men's Soccer vs. Malone

Thursday, September 21:

- Homecoming King and Queen Crowning, Global Learning Center
- Bonfire including Kona Ice

Friday, September 22:

- Pav's Creamery Truck, David Center Lawn
- Sprint Football Game including Brooks Homestyle BBQ Food Truck
- Student After Hours

Saturday, September 23:

- Tailgate and Homecoming Festival including Food Trucks
- NCAA Football Game
- Men's Soccer vs. Tiffin
- Women's Soccer vs. Tiffin
- Homecoming Dance

For more information, visit www.walsh.edu/homecoming



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Spectator

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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.