



## Walsh Men's Cross Country Wins G-MAC Title



Photo courtesy of Zach Kreft.

**BY: MATTHIAS BEAN, STAFF WRITER**

After a successful regular season, Walsh's Men's Cross Country capped off the season by winning the G-Mac championship.

This year, the event was hosted by Findlay University on November 5th. The Cavaliers have won the G-MAC Championship four years and a row; this is their fifth G-MAC championship in the last six years.

The Cavaliers were dominant all year, and several runners earned conference and national recognition for their strong performances throughout the season.

Zach Kreft, who finished first overall at the G-MAC Championship, was named G-MAC Runner of the Year, was

also Midwest Regional Athlete of the Year by the U.S. Track and Field and Cross-Country Coaches Association.

Evan Jarold, who finished in the top 10 at the G-MAC Championship, was named G-MAC Freshman of the Year.

Along with their individual honors, Kreft and Jarold were also named members of the G-MAC All-Conference First Team, along with Nathan Moore. Fellow Cavaliers runners Mitchel Dunham, Drew Roberts, and Julian Shrock were named G-MAC All-Conference Second Team. Walsh's Men's Cross Country Coach Rob Mizicko was named G-MAC Coach of the Year.

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After winning the G-MAC Championship, the Cavaliers traveled to Kenosha, Wisconsin to compete in the NCAA Division II Midwest Cross Country Regional.

The Midwest Regional was another successful showing for Walsh, as the Cavaliers finished as a team third overall at the event. Zach Kreft helped the Cavaliers by finishing 1st overall at the event, Nathan Moore finished 7th overall, and Julian Shrock finished 24th overall, with Kreft's 1st place finish, he was named Midwest Regional Champion, and he alongside Moore and Shrock earned Regional Honors for their top 25 finishes at the event

With Walsh's 3rd place finish at the Midwest Regional, they qualified for the NCAA Division II Cross Country Championship; this will be held December 2nd at Chamber Creek Regional Park in Seattle, Washington

For the men's team, this will be their fifth appearance in a row competing in the NCAA Division II Cross Country Championship. At last year's championship, the Cavaliers finished 18th overall, and Walsh will look to build off the success they have had in the conference and the regional championship as they compete in the National Championship this year.

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## Football Season Concludes with Loss on the Road

**BY: MATTHIAS BEAN, STAFF WRITER**

After a challenging season for Walsh's Football team, the season concluded with a loss on the road against the Northwood Timberwolves on November 12th.

Walsh was able to first take the lead off a 13-yard touchdown run by Tai Carter with 4:26 remaining in the first quarter. However, Northwood would respond quickly with an 8-yard touchdown run less than two minutes later, which made the score 7-7 at the end of the first quarter.

The Cavaliers would retake the lead early in the second quarter off a 25-yard touchdown pass from Ceejay Yarboro to Mark Primer, making the score 14-7 with 12:58 to play in the second quarter.

Northwood would respond and tie the game again off a 10-yard touchdown pass late in the second quarter: the

score was 14-14 at halftime. Northwood got off to a fast start to the second half, scoring a touchdown off a 19-run 50 seconds into the third quarter.

Northwood would continue to have a dominant second half, scoring more touchdowns and holding Walsh scoreless. The final was 34-14

Ceejay Yarboro led the Cavaliers in passing, completing 19 of 28 passes for 123 yards and 1 touchdown pass. Cory Thomas led the Cavaliers in rushing with 18 carries for 141 yards and an average of 7.8 yards per carry. Tyre Gray led the Cavaliers in receiving, with 5 catches for 35 yards. On defense, Stephen Baugh led the Cavaliers, with 8 tackles and 2 tackles for a loss and 1 sack. Johnny Agresta, Javon Colston, and Cam Hollobaugh all had a total of 5 tackles each for the Cavaliers. Diego Bremer had 3 tackles and an interception.

With the loss, Walsh finished the season with a 1-9 record overall. Despite the challenging season, there were solid performances from players all around; seven players were named to the G-MAC All-Conference team.

Outside Lineback Stephen Baugh was named First Team All-Conference. Punter Garret Kashner was named Second Team All-Conference. Defensive Backs, Rian Anderson, and Diego Bremer, Defensive End Marcus Shellenbarger, Offensive Line Dylan Wilson, and Tight End Mark Primer, were all named Third Team All-Conference.



Photo by Delaney Wilson.

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# Inside Scoop on the Athletics Department

**BY: MEGAN ETTER, STAFF WRITER**

The Walsh athletes may be the stars on the fields, cross country courses, and track, but what about the hard workers in the athletics department?

Did you know that there are 34 wonderful individuals that make up our athletic department? 34 hard working men and women, some who are coaches, other directors, or secretaries, and we can't forget about the 'loved by all athletes,' the athletic trainers.

I wanted to get a better understanding of some of the positions in the athletic department, so I reached out to Stephanie Cady, our athletics secretary, with a few questions.

Stephanie's official title at Walsh University is the "Athletics Secretary"; she's been at Walsh for 23 years and did not attend college.

My next question to Stephanie was pertaining to her job: what does her position entail? Within her job, she has day to day tasks, maybe some things she repeats yearly, and many things find their way on her to-do list. Stephanie responded: "Some of my tasks include ... scheduling appointments and meetings for the Athletic Director (keeping his/her business calendar), keeping track of our student-athletes in Banner, assisting with our compliance and eligibility department, processing Letters of Intent and Letters of Commitment for incoming student-athletes, serving on search committees when needed (hiring new coaches, etc.), working on the Wall of Fame, along with everyday office duties."

Since I didn't know much about the position beforehand, I was wondering how involved Stephanie was with the students. Stephanie answered the question with the following: "I don't have much opportunity to work directly with students now, but I did when I first started here at Walsh, and I think that is the biggest thing that I miss. When I first started here, my desk sat right in the middle of the football office. The head football coach at that time was Jim Dennison, and he also served as the Athletic Director so the football office was the main hub, and everyone would pass through – students and coaches – and they would all stop and visit."

I then was wondering what Stephanie looks forward to on her workday, she responded with, "We have a great group of people here in the athletic department and I look forward to working with them every day!"

To close out my brief interview with Stephanie, I asked if there was a moment in her career at Walsh that had a huge impact on either her career or her life; she responded with: "Being employed by Walsh gave me the opportunity to help my four daughters earn a college education --- and that means the world to me!"

Shoutout to you Walsh athletic department- we see you and appreciate you.

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## The Walsh Student Experience

**BY: NADYA HUDAK, STAFF WRITER**

**What is your name, year, and major?**

Emma Knisely is a sophomore majoring in Elementary Education and Intervention Specialist.

**What sports team are you a part of?**

She is a member of the Women's Golf team.

**Why did you choose Walsh?**

Emma chose Walsh because she enjoys the close-knit, family environment our campus offers. She likes that everyone on campus is friendly, and we offer a welcoming feel.

**Are you a part of any other activities?**

Emma is also a member of the Blouin Scholar Program and on the Student Athlete Advisory Committee.

**What would it be if you could choose one thing to change about Walsh?**

Emma would like to change the relationship between commuters and residents. She feels like there's a gap between them and would like there to be a smaller divide and instead a community of students.

**What's your favorite part of being a member of the golf team?**

On the team, Emma enjoys being able to play golf with her closest friends. She feels blessed to have this opportunity to play her favorite sport with a team she shares the same love for.

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# STUDENT LIFE

**What's your favorite part about being a Walsh student-athlete?**

As a student-athlete, Emma likes the automatic best friends you make. She found it comforting knowing that other people on campus and in her sport were having the same experiences that helped them grow closer. Since they spend time around each other on and off the golf course, they were able to grow together.

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

When it comes to golf, Emma would like other students to know golf is a team sport. You might have your own responsibility for your individual score, but no matter what, you need to encourage your teammates.

**What's something your coach(s) have taught you that you've held on to?**

Emma's coach has taught her the importance of lifting her teammates up. Just one person having a bad attitude can take the whole team down and affect everybody.



**Emma Knisely**

Photo courtesy of Nadya Hudak.

## Archbishop of Erbil, Iraq Visits Walsh

**BY: MATTHIAS BEAN, STAFF WRITER**



Photo by Matthias Bean.

On November 14th, Archbishop Matti Warda visited Walsh's campus to sign a Memorandum of Understanding alongside Walsh's President, Timothy Collins, and members of Walsh's Cabinet, to signify an alliance between Walsh and Catholic University in Erbil, Iraq.

The alliance between both universities will provide opportunities for collaboration for students and faculty from both universities to better serve each university's educational mission in light of the tradition of Catholic Higher Education.

As part of the agreement between Walsh and Catholic University, and signified by the Memorandum of Understanding, Walsh has agreed to provide opportunities for students attending Catholic University with educational trips to Walsh and the surrounding area. Additionally, Walsh and Catholic University have agreed to provide resources to each other so new educational opportunities for students at each university can flourish.

Walsh has agreed to provide opportunities for students at Catholic University to receive scholarships, study, and take courses at Walsh, either in-person or online. In turn, Catholic University has agreed to develop Aramaic and Arabic courses for students at Walsh to take.

Both universities are also working on a collaboration between catechists to provide different learning opportunities regarding the Catholic faith. Both Universities also agreed to provide collaborative funding

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to support the objectives of the Memorandum of Understanding.

In addition to coming to Walsh to sign the Memorandum of Understanding, Archbishop Warda also spent the day visiting campus.

He began his day by celebrating the 11 am Mass at Our Lady of Perpetual Help Chapel. After Mass, Archbishop Warda visited other areas of Walsh's campus before gathering to sign the Memorandum of Understanding.

Archbishop Warda is a member of the Chaldean Order and serves the Catholic communities of Northern Iraq in addition to serving Catholic University in Erbil, Iraq.

Aside from these responsibilities, Archbishop Warda also spends time advocating for Christians in Northern Iraq and bringing awareness to the challenges Christians face in the area.

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## Snow Much Fun at Walsh University!

**BY: LEAH DIMICHELE, STAFF WRITER**

In preparation for the snowy season to come, I want to make sure we are all ready to be miserable and cold – but still have fun.

Ohio is known for strange and unpredictable weather; I should know because I never know how to dress, and I've lived in Ohio for all my twenty years of life. I hardly even look at the weather (shoutout to the people who never look at the weather, you guys are troopers).

Anyways, I want to share some activities you and your friends can do for when the snow starts to pile on and Christmas break looms over.

The first activity I would like to suggest is to let the snow fall (crazy right) and watch it accumulate on the hill right outside Menard Hall. Once it is at an adequate height, grab a piece of cardboard and slide it down!

Yeah, that's right, you can use cardboard as a sled. This will be easy to find because I personally have a lot of cardboard boxes in my dorm (if you need one, just let me know).

Another fun activity to do with your friends around campus is to run in the snowfall, just run around.

I did this last year while it was snowing super hard, and it was the prettiest thing ever. Just make sure you bundle up; it gets cold so quickly.

After you are done frolicking, you and your friends can walk across the street (or drive) and get hot cocoa from Starbucks.

The last thing, and my personal favorite activity, is to find a friend with a car, find the nearest neighborhood (behind the apartments), and then simply drive around and look at the Christmas lights.

This activity is simple, everyone can wear pajamas, and you can sip hot cocoa whilst doing it. It is all three lovely things about life wrapped up into one cheap activity.

If I had to choose between the activities I just listed, I would choose driving around looking at Christmas lights one hundred times over. I get to wear pajamas in a nice warm car – what's not to love?



Photo Courtesy of Leah DiMichele.

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## WU Door Decorations

**BY: LEAH DIMICHELE, STAFF WRITER**

November ended as quickly as it started, and I could not be happier. December is my favorite time of year: not just for Christmas lights on all the houses, but for Christmas time at Walsh!

The University is transformed into a winter wonderland during this time of year, just in time for Christmas break and finals week.

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Photo by Leah DiMichele.

The atmosphere helps our students to look forward to the holidays and to register the environment around them as one of warmth and safety.

At Walsh, the David Center has been transformed into a Christmas living room (sorta) and the library has also been decorated with a fake fireplace and many a cozy chair to sit and do homework in.

Another fun Christmas thing is the door decorations. During Halloween, costumes were rated, but during Christmas, Walsh looks at all the dorms on campus to see who has the best one.

This is my favorite time of year because a lot of students tend to go pretty wild with decorations, so it is always fun to see what students and even faculty can come up with.

What is crazy to me is that the doors should have already been decorated by December 2nd. Most houses do not

have Christmas lights up by this time, and the doors need to be decorated by the 2nd!

The winners will be decided by December 5th. This gives students a bit of a gap in between the decoration process and the anticipation of becoming a winner. This makes sense since December is such a quick month at Walsh University, being that Christmas break is coming up in only a few weeks.

Hopefully the door decorations can signify a grand end to the Fall semester; we can only go up by the Spring semester.

Let me know if you are decorating your door, and I will be on the lookout for it. I personally like doors that use lights and tinsel (that is the best). Doors that are wrapped like Christmas presents are very clever too... that may guarantee someone an automatic win if I am the judge (I will not be the judge.)

I hope everyone has a very merry end of Fall 2, and congrats to whoever wins the door decorations – you deserved it!

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## Reindeer Food...to Eat!

**BY: LEAH DIMICHELE, STAFF WRITER**

Making reindeer food for the holidays is always something so special to me; I can still remember taking the baggie full of oats and sprinkles outside and spreading them out in my front yard.

Going outside the next morning to see if it was eaten was a hard pill to swallow, considering there were no hoof prints like I had imagined. As a kid, I would play rain sounds to help me to go to sleep on Christmas Eve because of how excited I was to see Santa come and to gaze upon all the beautiful presents underneath the tree.

It is such a beautiful time of year, but I must ask myself, “What would reindeer food actually taste like?” and “Could I make it for myself?”

Well, don't you worry: I am going to share a reindeer food recipe you can eat along with a traditional one to feed to the reindeer when Santa Claus lands on your roof.

The first recipe I will show you involves pretzels, corn Chex cereal, peanuts (or no peanuts – your choice), M&Ms, and white chocolate. These ingredients are easy to find/purchase and you may have these ingredients in your dorm rooms already.

The next step is super easy: simply combine all the ingredients and then spread a thin layer of white chocolate on them – boom.

Afterwards, you will want to put the mixture in the fridge to cool the white chocolate and make it stay on the snack mix. This is a great snack to have around the house or as a gift to a friend.

The second recipe I wish to share with you is a traditional reindeer food recipe. This recipe calls for uncooked oats, sugar cookie sprinkles, plastic sandwich baggies, festive holiday ribbon (not required), and paper for printable tags (also not necessary).

After you gathered these ingredients up, pour 3-4 tablespoons of oats into a baggie, add a tablespoon or two of sprinkles, close the baggie with a piece of ribbon and shake it up to mix. Then – boom. You have your reindeer feed.

This recipe is less in depth than I thought it would be; I think it would be fun to add other festive candies and treats to this just to make it pretty but do what you please.

I hope you enjoy these fun recipes – share them with a friend or two!



Photo Courtesy of thespruceeats.com.

## North Canton's Expanding Store Collection

BY: NADYA HUDAK, STAFF WRITER



Photo Courtesy of supermarketnews.com.

Coming soon, students will be able to find more deals in the area even closer to campus than before.

Whether it's cleaning supplies, clothing, food, or even technology, it's better to pay a discounted price as a college student than to dish out money that could've been used for tuition. These stores can also be helpful for Christmas shopping during the holiday season.

On Main Street, near Chipotle and Acme, a new discount store is opening called "Where Ya Bin."

Each day, the items in the bins are at a set price, starting at \$14 on Fridays and going all the way down to \$0.25 on Thursdays. The store gets truckloads of inventory each week so you can find things like appliances, clothing, and tools at a greatly discounted price.

Inventory comes in on Fridays when it's most expensive, so you'll have a new grouping of items each week to sift through and find some hidden gems. The grand opening was December 2nd, so it's now easier to find Christmas gifts before we all go home.

Further down on Main Street, a new Aldi will be opening soon.

While there's an Aldi in Belden Village by the mall, it's difficult to get there; once this new Aldi opens (reportedly

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in February), it'll be quicker and easier to get discounted groceries.

Aldi is a great alternative to Walmart or Target given its lower prices and relaxed environment. Once they open, be sure to visit the aisles usually near checkout since there are typically good deals on some home decor or appliances.

Both stores are within ten minutes of campus and will certainly be worth the visit to get the needed supplies for your dorm or apartment.



## THE WALSH UNIVERSITY **Spectator**

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