



# Marching for the Lives of the Unborn



An estimated 150,000 attended this year's March for Life. Photo courtesy of: Sadie Pozderac.

**BY: MARYBETH EDMUNSON, EDITOR IN CHIEF**

"The March for life is an event unlike any other! There is a peacefulness and joy in every person present that is not found in any other protest. This joy is rooted in the fact that the truth is strong within our young generation and cannot be defeated," said Walsh senior Nate Lewandowski, just after a day in Washington D.C. that lasted roughly 28 hours.

The buses pulled into the city at roughly 5:30 AM. Half-asleep students sat up, groggy, looking out the window to check their whereabouts. The roughly 6-hour drive had just been finished. Students gathered in the David Center atrium the night before, and the drive had begun at 10 PM. Two stops were made; one at Youngstown State University, to pick

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up fellow pilgrims and Dominican Friars Father Louis and Father Norbert, and one at a rest stop in the Middle of Nowhere, Maryland, just to take a break from sitting, then carried on to the final destination: The Basilica of the National Shrine of the Immaculate Conception.

“Some argue that the difficulty of the bus ride was worth it after the feeling of peace that came with marching for such an important cause,” Logan Orłowski stated when asked about the 12 hour round trip to D.C. and back to Walsh again.

Despite the darkness, the cold, the threat of potentially falling asleep while standing, students filed out into the early morning, where lines to enter the Basilica were already formed. When would the doors be unlocked? That was the question. Emotions were running high—students were deprived of caffeine and sleep alike, yet that was not the focus of the moment. Mass would start at 8 AM. This celebration and sacrifice was the true priority.

It would set the tone of the day, and, as Myla Demko stated, “I think the March for life is a beautiful celebration that we, the Walsh family, can celebrate our Catholic beliefs but, we can come also come together with others who are not Catholic that uphold the same views as us, as one family, for Walsh and the nation... it’s like a family reunion of love.”

Mass was the beginning of this reunion, as Catholics from all over flocked to the Basilica to start the day of sacrificing for the unborn with the sacrifice of the Mass.

This, and making sure enough seats were available for everyone in the group.

Which is why, the moment the doors were unlocked at 6:30, half of the pilgrimage party marched into the Basilica, coats in hand, heading towards the pews to claim seats.



**Basilica of the National Shrine of the Immaculate Conception is the largest Roman Catholic Church in North America.** Photo courtesy of David Dzurilla.



**The pilgrims gathered at the National Mall for a rally just before the March.** Photo courtesy of Sadie Pozderac.

Thankfully, enough were secured for the sleepy students who did their best to focus on the Mass. They did their best not to nod off completely, for this was the Mass for Life.

“Even though our eyes were heavy, our hearts and spirits were lifted. As soon I smelled the incense, I was reminded of why I came,” Kaity Bryant, a Walsh junior in attendance, stated.

The switch was visible for other students as well; once mass started, once the Eucharist was received in the nation’s capital, the group’s energy spiked.

Following Holy Mass was the rally at the national mall, just before the march itself. There, a number of speakers presented their personal stories related to abortion. A number of government officials were present, including Texas Representative Dan Crenshaw, and renowned priest Father Mike Schmitz spoke.

He gave a personal anecdote about his grandmother resigning from her job as a nurse after the hospital in which she worked decided they would start performing abortions. He also spoke of a young woman he met through his work who found herself pregnant, alone, and scared. She sought his counsel, and told him, “I don’t want to be a mom.” Father Mike’s response? “You already are one.” The crowd went wild as he said this; people started jumping, cheering, supporting Father Mike’s words in any way they could.

The energy that was virtually nonexistent earlier exploded into a climax.

Layout Editor of the Spectator, Sadie Pozderac, commented on this, saying, “In a seemingly divided

world, it was truly beautiful to see so many people come together in order to support and stand for the lives of the unborn.”

This coming together, which started with mass and the rally, truly manifested itself in the marching itself.

Said student Logan Orlowski: “The march itself is very peaceful and is an excellent representative of the reform that needs to happen within our government.”

This rally gives people an opportunity to peacefully express their devotion to this cause, in a very public way, that makes it clear how strongly the nation truly feels about this.

Andres Mora, a freshman at Walsh, noted this after experiencing it for the first time: “For my first time going to the march, it was one of the most life changing experiences I’ve had. Seeing so many people marching for the same cause was amazing, and it was great to be surrounded by my friends who share the same values as myself.”

Not only was this a way for Walsh students to express their devotion to the cause, but for all those who were experiencing it for the first time, such as Andres, it was truly an event that showed just how passionate the nation is about this issue.

“I am so grateful to be able to go to Washington DC and witness thousands and thousands of individuals defend life in the womb. It is so powerful to see so many young people at the March and it motivates me to teach others about what it means to be pro-life.” Sela Sears, one of the students who organized the pilgrimage commented.

She and Andres note the same core principle: when the nation, when young, passionate people, come together to support a cause, the experience is truly life-changing and eye-opening. One may never imagine how important the Pro-Life stance is until the march is attended.

After hours of waiting, walking, and cheering in the cold, demonstrating and proclaiming the importance of preserving life, energy began to lag once more. It was time to return to Walsh, this time, with light hearts and inspired minds. It is impossible to attend an event as grand as this without walking away changed for the better.

“When preparing for the March there are so many factors that you have to prepare for, and it can be really stressful. But when you get to D.C. and you are participating in the March, watching Walsh students join thousands of others,

it can be a truly powerful moment to see God’s grace working in the world today,” described Haili Kendall, another student leader who assisted in organizing the trip.

The grace of God was present in each person marching, representing a different part of our county. Yes, there were many sacrifices required of the pilgrims; but this only shows just how important this event was for everyone.

Father Louis Bertrand, Assistant Chaplain at Walsh, who attended the march with students, sums it up best: “Freezing cold, sore feet, sleepless bus rides, weird mall food - only a few of the inconveniences we experienced. But it is a joy to see our students put themselves second, and give up a few days of their precious time to witness the value of every human life. If that isn’t a sign of hope for the future of the Catholic Church, I don’t know what is.”



Photo courtesy of Sela Sears



Photo courtesy of Sadie Ponderac

**Pictured above:** the students and faculty from Walsh University that attended the March for Life in Washington D.C.

**Pictured left:** students, Ellie Molitor (left) and Sela Sears (right) stand in front of the Washington Monument as they prepare to participate in the March.

## Your Mind Matters

BY LEXI WASHBURN, STAFF WRITER



Photo Courtesy of istockphoto.com

From classes to zoom calls and conversations to discussion posts, COVID-19 has done a number on the college experience. Throughout the past two years, we have gotten used to the constant state of change, with unknowingness becoming a mainstay. We are living in a world that is susceptible to change at any second, one where disaster seems to be hiding in the shadows of each turn. With this being our new normal, adjustment becomes necessary. Yet many have found it difficult to come to terms with our reality. With an ever-changing virus and a world trying to stay one step ahead, many feel lost in the shuffle. Even with the introduction of vaccines and the ending of lockdowns, people are still greatly impacted by COVID-19's unpredictability and the threats it poses. The overall mental health of college students has suffered the last two years as the pandemic has progressed, and even though we seem to have seen a light at the end of the tunnel in terms of COVID-19 severity, anxiety and depressive disorders amongst college students continue to rise. We see this reign true with over 70% of college students experiencing increased feelings of stress and anxiousness. It seems that even as we progress through this pandemic, these issues are here to stay. Regardless of the advancements made, mental health issues are on the rise. This growing issue exemplifies the need for increased research and resources for mental health, especially at the college level. While stress and anxiety are hallmarks of the college experience, coupling this with a global pandemic and all that it entails only exacerbates these issues and often leads to further problems.

Mental health advocacy is essential to the mental and physical well-being of students, and it is our individual responsibility to prioritize our minds day in and day out. It may seem daunting, but prioritizing your mental health is a starting block to being healthier and more successful both in and out of school. There are so many resources in place to help you become more mentally healthy, with Walsh University Counseling Services providing counseling, therapy, mental health tips, and personnel to help you in your journey towards overall wellness. Do not hesitate to reach out to a friend, to a help-line, to counseling services, or sign up for the YourMindMatters remind by texting @2h3gh2b to 81010 to receive mental wellness messages and information about the resources available to you, and/or join the Geneva group chat by downloading the Geneva app.

Using these two resources can help to connect you with peers and focus on your mental wellness as we navigate our harsh reality, all while feeling supported and understood. Both the Remind and the Geneva group chat have the sole purpose to serve Walsh University students, help recenter our focus on mental wellness and remind students that their minds matter. This column will be written in each issue of the Walsh University Spectator to continue to advocate for mental health and support for students. Your mind matters, you matter, and taking steps towards better health is essential to being the best you can be in times like these.

If you are in a counseling emergency, please call the Crisis Center at (330)-452-6000, the Suicide Prevention Lifeline at 1-800-273-TALK (8255) or the Crisis Text Line by texting 4HOPE to 741-741.



Photo Courtesy of istockphoto.com

# ARTS & ENTERTAINMENT

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## Hoard Couture at Walsh

BY: AUSTIN KURTZ, STAFF WRITER

While fashion continues to keep itself new and trendy, perhaps it's not the only path to creating a style. Judi Krew presents her exhibition Hoard Couture: Wearable Art Accessories through The Visual Arts and Museum Studies Program.

Walk into the Birk Center of the Arts and you will be introduced to a wide variety of dresses, adornments, and accessories. Krew's colorful and diverse displays make use of items she has collected herself for over 50 years– from pins to tickets and paint swatches– the often disposable items have been given new life through her sculptures. The show is free and open to anyone who wishes to attend.

Judi Krew will be at the event on Thursday, February 24th, to meet guests and give a talk about her work. Refreshments will be served and guests are asked to wear a mask.



Krew's piece called "Faerie Queen of Fancy Flight."

Photo courtesy of Sadie Pozderac



Krew's piece called "I will give you a doodle a day dear, I will give you a doodle a day..."

Photo courtesy of Sadie Pozderac



Krew's piece called "I like my Rainbows on Steroids."

Photo courtesy of Sadie Pozderac



Tulle Remnant; Feather cluster and burlap craft flower with beads, all from Krew's inventory.

Photo courtesy of Sadie Pozderac

## An Update on the Students in Austria



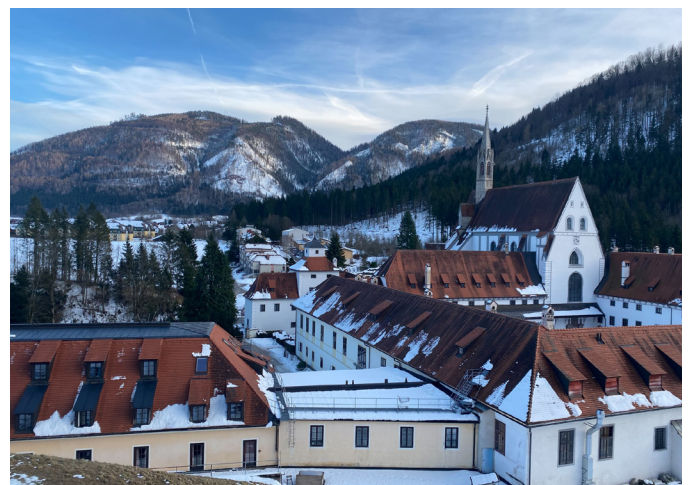
Walsh students (From left to right) Jess Pregizer, Eva Klockner, Michael Sproull, Claire Campbell, Allie Hunter, and Lindsey Eisenhower stand in front of the Kartause; the Carthusian Monastery that Gaming, Austria is known for. Photo courtesy of Eva-Mae Klockner

### BY: EVA-MAE KLOCKNER, STAFF WRITER

We arrived in snowy Austria on Friday, January 21st. The first thing we did after making it through customs was meet up with our fellow program members in the Vienna airport.

Later that afternoon, we were transported to our home for the next four months: a Carthusian Monastery in the foothills of the Austrian Alps.

Although the six hour time difference and eight hour flight had the whole group severely jetlagged, the grind never stops in Gaming. We had Mass, orientation meetings, and a social. Then, it was up at 6:45 the next morning for an excursion to Melk where we visited a medieval monastery and library turned museum about the history of Austria.



An overlook of the City of Gaming taken from the hill behind The Kartause. Photo courtesy of Eva-Mae Klockner

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It snows almost constantly here. Because the roof at the monastery is slanted, we have “roof avalanches” quite frequently. These entail the sudden sound of thunder followed by copious amounts of snow sliding off the roof, and, if you’re not careful, straight onto your head. So far, no Walsh University students have fallen victim to this, but we have had a few close calls.

Austrian culture is not big on processed foods, and some of us have noted that we feel significantly healthier and better than we do in the states. The water is clean and safe to drink out of almost any

sink, though tap water or “still water” is not as common as sparkling water to drink at meals. We’re all adjusting and settling into life in the monastery smoothly. We started classes on January 25th and found our new schedules to be a welcome change of pace. We attend daily Mass and have taken several positions in ministry including Eucharistic Ministers, Lectors, and Music Leaders. We also have a variety of paid cleanup, tutoring, and assistant jobs on campus, as well as volunteer positions helping the local families with their babysitting needs. Needless to say, we are seldom ever bored.



The misty alps behind the Kartause on a snowy morning. Photo courtesy of Eva-Mae Klockner

Though our life on campus at the monastery keeps us on our toes, we could not be more excited for the many upcoming travel opportunities just around the corner. On February 4th, we will be embarking on a pilgrimage to Rome and Assisi, Italy. There, we will spend ten days touring some of the most popular sites in Catholicism.

Although we are all having a lovely time, we do miss our beloved Walsh community. Thank you for all of the communal support and prayers that you have given and will continue to give throughout the semester. We reciprocate them daily. We'll be sure to keep you posted as our travels really begin to pick up. Until then, auf wiedersehen!



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Please send us your comments and opinions via email ([spectator@walsh.edu](mailto: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.



A picture of the inside of the Kartause's Church taken before morning mass. Photo courtesy of Eva-Mae Klockner