



No More Snow Days



The North Canton area had a recorded 9 inches of snow. Photo courtesy of: MaryBeth Edmundson.

No Class in the Age of Zoom

BY: MARYBETH EDMUNDSON, EDITOR IN CHIEF

Think back to elementary school. Remember the excitement felt when the world was covered in so much snow that the road could not even be seen? Or there was a blizzard so bad that the only thing that could be seen outside the window was a blanket of white? Remember that feeling of joy bubbling up from the pit of your stomach when it was

announced that school was cancelled? A whole day, to drink hot chocolate, play in the snow, and do absolutely. Nothing.

Now think of the storm that just passed Walsh University... an ice storm, on top of the already existing mountains of snow, then more snow on top of that...

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All classes and offices at Walsh University were completely remote Thursday and Friday February 4th & 5th. Photo courtesy of MaryBeth Edmundson.

a student's dream. A snow day. A chance to sleep in, take a break from the hustle and bustle of classes, homework, and an overabundance of responsibilities.

Think again.

Pre-Covid, yes, that is exactly how it would happen. Post-Covid? Nah; we have Zoom now. If school systems could survive for an entire semester—or more, in some cases—then students certainly can survive for a day with zoom classes.

Right?

Technically, yes. Zoom is really a perfect solution to snow day cancellations. Class can still be held at the same time, just from the comfort, and safety, of home. Discussion can still be led, power point shared, lectures heard. Yet, the energy is lacking; the interest is almost non-existent. One experience in a Zoom class will tell just how true this is. When class is online, less and less students want to participate, talk, or interact with the professor

or fellow students. Does this really allow any learning? Perhaps, depending on the class and the student, but typically, in-person classes are infinitely more engaging.

There are other benefits to no classes on snow days. Surprise mental health days are sometimes more than necessary for the student who doesn't feel as if a break is feasible. A snow day would allow for time to catch up on sleep, reading, movies, or other fun things that school does not allow time for. This goes for professors as well—the day could be used as a rest day, with a break from planning, grading, and all the other necessary tasks to keep a classroom going.

A break would be nice, especially right after midterms.

But, alas, the post-Covid era may never allow for the traditional snow day. Transitioning to remote is, bluntly put, just too easy.

It seems like teachers and students alike can kiss the snow days of old goodbye.



Photo courtesy of Sadie Pozderac.



Snow removal crews worked through the night in order to clear the parking lots on campus. Photo courtesy of Sadie Pozderac.

Winter Blues

BY LEXI WASHBURN, STAFF WRITER

As we drudge through the second semester of the year, many students feel as though they are stretched so thin and beyond burnt out from the days passed. With a short two weeks off for winter break, students feel exhausted with the 16 week semesters and the two-hour-long classes they sit through. Deadlines approach more quickly, but still, summer seems so far away. On top of this, we endure snow and below-freezing temperatures, darkness at 5 pm, and a very seldom sunny sky.

These two things can do a number on mental health, especially for college students. Whether it's your first semester or your last, taking care of yourself during these months is essential to helping you succeed academically and to ensure you feel the best you can on a daily basis.



Photo courtesy of annualleave.com.

Sometimes we seem to place our mental health on the backburner, like setting sleep aside in exchange for an all-nighter to finish a paper. We say yes when we mean no, and we spread ourselves thinner than we might've thought possible. But, placing yourself as your number one priority can help you become more responsible, healthier, and a better student. Not to mention it also means being happy, having time for yourself, and taking time to do things that will help you grow as a person.

With all of this being said, seasonal depression impacts so many people, and coupling it with all of your academic burdens can be crippling. Professors and staff, please let this be a reminder to you as well. Your mental health is

essential to your function as a human, and the first step to ensuring your brain is healthy is to make yourself a priority. Take yourself out to get coffee, spend a night reading a book or watch your favorite show. Buy your favorite ice cream, or call someone you love. No matter what your act of self-care may be, challenge yourself to do something kind for yourself once a week.

Taking this time and actively making yourself a priority will make such a difference in who you are as a person and a student, teacher, staff member, or whatever you may be. Try not to get lost in the darkness winter can bring, and do your best to not allow yourself to get bogged down with stress and anxiety surrounding your academic, professional, or personal life. Make time for yourself, and like always, remember that your mind matters.

Do not hesitate to reach out to a friend, to a helpline, 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.

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 buzzrx.com.

STUDENT LIFE

Working Out on Campus

BY NADYA HUDAK, STAFF WRITER

Looking for a place to workout between a busy schedule? Fortunately, Walsh University offers multiple options for students. All are welcome to use the gym in the Cecchini Center and in the basement of the David Center, but there are also workout programs that take place each week. Cecchini's gym hosts the athletes' lifting, but students can go independently in their free time. The David Center's gym is a quieter environment with treadmills, ellipticals, weight lifting equipment, and a separate yoga room with wooden floors and mirrors used primarily for classes.

This semester, there are two workout programs in the David Center yoga room. Every Monday, through February 28, Resident Director Allie Harris runs a POUND class at 5 PM. POUND is described as a "high-energy dance cardio class using drumsticks." Each class includes components of yoga, dance, and aerobics, and is perfect for anyone, with or without experience. All they ask is for participants to wear tennis shoes and bring a yoga mat. In the yoga room on Tuesdays, then, also at 5 PM, an Intramural sponsored "Rejuvenate" class takes place through March 3. This class gives students a chance to relax, which is especially needed on weeks like midterm and finals week.

If you're looking for a more team-oriented experience, Walsh's Intramurals offers many opportunities for students to play their favorite sports with their friends and fellow athletes. On Wednesday evenings from 8pm-10pm, students can bring their own ball to the auxiliary

gym in the Cecchini Health and Wellness Center for an Open Gym. On Thursdays, students have the chance to form a team and compete against other teams in Intramural Volleyball tournaments. Most matches only take around an hour of the assigned time, and provide an opportunity for a fun workout with friends. For questions on these events, students can email: imsports@walsh.edu.



Students as they play an Intramural volleyball match. Photo courtesy of Nadya Hudak.



Some participants as they prepare for a POUND class. Photo courtesy of Nadya Hudak.

Walsh vs. Malone: The Rivalry Continues



Photo courtesy of Sadie Pozderac.

BY: SADIE POZDERAC, LAYOUT EDITOR

Both the men and women Cavaliers brought home win this past Saturday, February 5th, in the Walsh vs. Malone basketball games. Both teams defeated rival the rival school, Malone University, to secure the annual, coveted Mayor's Cup.

The women's team took on Malone first, making this their tenth straight win, allowing this victory to be even sweeter. The leader in points for the game was Walsh's own Sha Carter, who scored the Cavs 30 points. The women's team defeat Malone by 14 points, with the final score of 79-65.

The men's team also defeated Malone by 14 points, with the final score of 90-84. Darryl Straughter led the Cavs with 21 points, including five 3 pointers. This victory made sure the Cavs brought the Mayor's Cup back to Walsh in 2022.

The Cavs also won against Carlow University (129-68) the next day on Sunday, February 6th.



After the win against Malone, the men's team are tied for first place in the conference at 10-3. Photo courtesy of Sadie Pozderac.

8 Weeks Terms from the Voice of the Students

BY NADYA HUDAK, STAFF WRITER

In Fall of 2020, Walsh University officially instituted 8-week terms in replacement of a traditional 15-week semester. This switch was made to allow the students more time to work, focus, and collaborate, as well as give the faculty time to conduct their own projects.

Yet, the community wonders, does the 8-week term truly follow the original goals that Walsh was hoping to implement? Most students love the change, praising it for the free time, the fresh start, and the light homework load it provides. The addition of the 8-week terms allows for students to have less classes per term which does translate to less homework, but it also means that classes are condensed to allow for more subjects to be covered. Some students, also, feel like their grades are consistently higher and that they're more engaged in their courses.

However, some students prefer the old semester format. When it comes to tougher subjects like sciences, they find it harder to fully grasp all the information like they could with a full semester and they feel they're being forced to learn tough subjects in small amounts of time. One psychology student feels like he doesn't have enough time to be exposed to the material he's studying, and is worried he might fall behind other schools that have the same program, just with a full-semester format.

So does Walsh's new format help students or hurt them? Students tend to lean toward the 8-week format if they're a student athlete or just enjoy more free time. But students who have more science classes tend to like it less. While it's nice to have less classes on your plate, most students feel like they're sacrificing a crucial part of their education for another student's free time.



THE WALSH UNIVERSITY
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EDITOR-IN-CHIEF

MaryBeth Edmundson

LAYOUT & DESIGN

Sadie Pozderac

STAFF WRITERS

Juanita Gray

Nadya Hudak

Eva-Mae Klockner

Austin Kurtz

James Matheson

Michael Sproull

Lexi Washburne

FACULTY ADVISOR

Dr. Tricia M. Ostertag

COMMUNICATIONS DEPARTMENT

DIRECTOR

Dr. Mark Rogers

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