



Kids Can't Wait for Cavathon!



Photo courtesy of Anna Mark.

BY: ANNA MARK, STAFF WRITER

Kids can't wait – for a cure, for medication, or for Cavathon.

Every year, Walsh University students plan and participate in a 12-hour long miracle children dance marathon. This national program is in support of Children's Miracle Network Hospitals; our school's Cavathon supported Akron Children's Hospital and their families.

Starting at 7am, participants joined together in color teams to build team spirit. Students were led by 'morale captains' in 1 of 6 different colors. These captains worked throughout

the year to recruit team members through word of mouth, previous marketing events, sports affiliation, and other personal connections. These colors competed against each other throughout the day in a number of activities to keep spirits high as fundraising occurred.

One way to keep spirits high throughout the event was the ability to send another participant or team to the "lion's den jail". Participants who raised money were able to send another person to jail. This person would need to raise double the amount of money to get out! Some teams were sent as a whole, needing to raise \$200 or more to get out. This kept the competition alive!

A highlight of Cavathon for many is the opportunity to meet and interact with the miracle children of Akron Children's Hospital. Several children and their families shared their story with the group. Participants were able to play games with the children throughout the day, even including them in the marathon's dances.

Another highlight of this event, as a dance marathon, is the ending 'morale dance'. Participants were led through pieces of the dance by the morale captains as the day went on. It is then performed at the end for the children and their families. The best part of the morale dance is the end, at which the morale captains and general board of Cavathon reveal how much money was raised for Akron Children's Hospital.

This year Cavathon raised \$48,240.86! Spirits were high as participants marveled at the amount raised. Cavathon 2023 was truly a day to remember.

"My last year of Cavathon was my favorite one yet! The excitement and dedication everyone brings to the main event is unmatched and has made it the highlight of my four years at Walsh." - Bri O'Sullivan, Blue Team Morale Captain.

STUDENT LIFE

International Dinner

BY: JADEN BAXTER, STAFF WRITER

The international dinner and cultural festival is an annual Walsh University event sponsored by the World Student Organization.

The event is a combination of all of the hardworking and dedicated students who come together to cook, serve food, and perform. The president of the World Student Organization and the one in charge of this event, Shurti Gupta, commented: "Come and join us as we celebrate the diversity of cultures from around the world through food, music, and dance."

This event showcases the diverse cultures of our international student body, and it's a fantastic opportunity for everyone to learn and experience something new. Taste delicious dishes prepared by international students, watch amazing performances such as traditional dances and songs, and see students dressed in their cultural attire.

This is an event not to be missed, so mark your calendars and join us tomorrow as we celebrate the beauty of different cultures and the unity they bring. We hope to see you there!"

This dinner provides food from different places across the globe, but it's more than that; it also grants students and faculty alike an opportunity to learn and appreciate beautiful cultures different from our own.



Photo courtesy of Shruti Gupta.

Sophomore Blouins Cohort Helps Community

BY: NADYA HUDAK, STAFF WRITER



Photo courtesy of Nadya Hudak.

At the beginning of the first term, the Sophomore Blouins were able to go into downtown Canton and not only learn about poverty and its effects on our areas but also do some service for Lighthouse Ministries. We arrived at Lighthouse Ministries on Friday afternoon and were shown where we'd be staying on their campus for the weekend. After this, we could watch a presentation and panel by local experts. The presentation, run by Ritchie Harper, showed us the effects of redlining in Canton and how it has disproportionately affected African Americans in the Southeast area of Canton. After this, we were able to listen and ask questions to a panel of both experts and citizens of the Southeast area.

After spending the night in Lighthouse Ministries, we were able to watch another quick presentation on what Lighthouse Ministries specializes in and tour their campus. It was incredible to see the hard work they're putting into their community and how it's helping the children in the area both while in the program and after.

Lighthouse gives children skills in the arts as well as education, and they even offer scholarships after the students graduate as long as they continue in the Lighthouse program.

After Lighthouse, we were able to visit and tour Habitat for Humanity, where they shared their services as well as educated us on the myths and truths of the program. Most

people believe Habitat just gives homes to those in their services, but they actually have a payment program where homeowners will pay off their houses and learn valuable skills and how to perform maintenance on them.

Once we ate at and toured Refuge of Hope, we were able to return to Lighthouse and do our service there. This included things like cleaning, moving supplies for them, and building shelves for the students to use.

The Sophomore Blouin class is studying human trafficking, and through education on poverty, we'll be able to create solutions to human trafficking. When someone is in poverty, they're vulnerable to people who will traffic or use them. This trip helped us make connections in our communities to local non-profits as well as expand our knowledge to fight the issue of trafficking.

The Students of Walsh: Cavalier Companions

BY: HAILEY METZGER, STAFF WRITER

Pets play a big role in our lives, including the lives of hard-working college students. Between classes, work, and social lives, students still make time for our pets. I have found a new obsession with betta fish, and I have begun to grow my sorority tank of colorful females. I also have a long list of animals I would like to have when I settle down on a farm in the far future. I found a Walsh student who is as obsessed with her dog as I am with my fish, which leads us to the featured Cavalier Companion, Ruby.



Cavalier Companion, "Ruby". Photo courtesy of Madison Hoopes.

Ruby is an adorable 3-month-old shih Tzu puppy recently adopted by the family. "We wanted to make our family a little bigger and give our older dog a buddy, so we adopted her from a Shih Tzu breeder we knew." As told by Walsh freshman, Madi. The fun fact about Ruby that Madi wanted us to know is that Ruby is only 3 pounds of fluff and love.

I was given an assortment of photos of Ruby, and from what I can see, it is without doubt that Ruby was adopted by a very loving home and is living her best life. Snuggled up in soft blankets, and blessed with the ability to take long naps, she is a lucky little dog who adds so much entertainment to a lucky family.

Mens Basketball Concludes Season with a Loss in the G-MAC Semifinal

BY: MATTHIAS BEAN, STAFF WRITER

After another impressive season for Walsh's Men's Basketball team, the Cavaliers' season concluded with an 83-67 loss in the semifinal round of the G-MAC Tournament. The Cavaliers finished the season as the G-MAC regular season champions for the second season in a row with a 16-4 conference record and a 20-9 record overall.

Walsh began to find much success going into the new calendar year as a dominant 69-34 win at home over Northwood on December 31st began a five-game win streak for the Cavaliers; this helped them climb to the top of the conference standings. After beating Northwood to begin the five-game win streak, Walsh went on to defeat Kentucky Wesleyan, Trevecca Nazarene, Malone, and Ashland.

During this five-game win streak, Walsh won four games by double-digit margins. After a 72-65 loss on the road against Cedarville on January 19th, the Cavaliers began another five-game win streak on January 21st with a 62-58 win on the road over Ohio Dominican. After defeating Ohio Dominican, Walsh went on to defeat Kentucky Wesleyan and Trevecca Nazarene for the second time during the season. The Cavaliers then went on to defeat Tiffin and Findlay. Just like the first five-game of the season Walsh had, during this five-game win streak, the Cavaliers won four games by double digits.

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This five-game win streak concluded on February 9th after a 66-51 loss for Walsh on the road against Hillsdale. However, Walsh got back to their winning ways with another dominant performance for the Cavaliers against Northwood on the road in their second meeting of the season which resulted in a 99-48 win for Walsh. This win against Northwood began a four-game win streak for Walsh to close out the regular season which also included a win against Findlay on the road, a win against Cedarville in Walsh's last home game of the regular season, and a win against Lake Erie on the road in the last game of the regular season.

The Cavaliers continued their success during the beginning of the G-MAC Tournament with a 75-70 win at home over Kentucky Wesleyan on February 28th in the quarterfinal round of the tournament. The Cavaliers would then conclude their season after losing to Malone in the semifinal round.

Mens Baseball has Successful First Home Series of Season

BY: MATTHIAS BEAN, STAFF WRITER

The Cavaliers' Baseball team made their home debut on March 16th with a doubleheader against Tiffin, marking the beginning of a four-game series.

The first two games of the series were successful for Walsh as they won the first game 9-8 and the second game 5-4. In the first game, the Cavaliers put together an impressive comeback after giving up four runs in the top of the 1st inning. Walsh scored one run off an RBI double by Jax Miller in the 1st inning to make the score 4-1. Tiffin scored one run in the top of the 3rd inning to take a 5-1 lead, but Walsh responded in the bottom of the 3rd off an RBI single by Jax Miller to make the score 5-2.

The action would pick up in the top of the 5th inning; Tiffin hit a two-run home run to make the score 7-2. Walsh responded in the bottom of the 5th with an RBI double by Matt McGrath to make the score 7-3 followed by an RBI single by Jax Miller to make the score 7-4. The Cavaliers would further cut into the deficit in the bottom of the 7th off a solo home run by Brady Maciak to make the score 7-5. Tiffin would answer with an RBI in the top of the 8th to make the score 8-5, but Walsh responded in the bottom of the 8th off a two-run RBI by Shea Simmer

followed by an RBI double by Brady Maciak, tying the score 8-8 going into the 9th inning. Walsh went on to win the game in the bottom of the 9th off a walk-off home run by Cam Hollobaugh: the final score was 9-8.

In the second game of the doubleheader, the Cavaliers continued the momentum they earned in their home debut by defeating Tiffin 5-4 in an eight-inning game. Much like the first game of the doubleheader, the Cavaliers staged a comeback as they trailed 3-0 going into the 4th inning before tying the game off a two-run RBI double by Shea Simmer, followed by an RBI single by Brady Maciak, making the score 3-3. Tiffin scored in the top of the 5th inning to make the score 4-3, but Walsh responded in the bottom of the 7th off a sacrifice fly by Cam Benoit to make the score 4-4. The Cavaliers went on to win the game in the bottom of the 8th inning of an RBI single by Matt McGrath give the Cavaliers a 5-4 victory.

The series continued on March 20th with another doubleheader between Walsh and Tiffin. In the first game of the doubleheader which was a seven-inning game, Tiffin put together a comeback victory after trailing 4-1 going into the 4th inning when Tiffin was able to find momentum and tied to game 4-4 in the top of the 4th inning. Tiffin took the lead in the top of the 6th inning to make the score 5-4 and they scored again in the 7th inning to give them a 6-4 victory.

The Cavaliers responded in the second game of the doubleheader to close out the series with a 4-2 victory over Tiffin. Walsh put together another comeback victory as they trailed 2-0 until a dominant 7th inning where Walsh scored four runs which resulted in a 4-2 victory for the Cavaliers to conclude to series.

Womens Basketball Season Ends with a Loss in the G-MAC Quarterfinal

BY: MATTHIAS BEAN, STAFF WRITER

On February 28th, Walsh's Women's Basketball team finished their season on the road against Trevecca Nazarene which resulted in a 67-61 loss for the Cavaliers in the quarterfinal round of the G-MAC Tournament.

The game was close from start to finish as both teams went back and forth. The Cavaliers jumped out to an early

lead and led by as many as eight points in the first quarter before Trevecca Nazarene responded and eventually took the lead at the end of the first quarter and continued their momentum in the second. Walsh was able to come back and tie the game late in the second quarter, but Trevecca Nazarene retook the lead before the end of the first half to take a 35-34 lead going into halftime. The game remained close in the second half as both teams went back and forth to keep the game close. The Cavaliers were unable to take the lead in the second half but tied the game early in the fourth quarter and kept the score close until a late rally by Trevecca Nazarene that helped them come out with a victory.

With the loss, Walsh finished the season with a 12-17 record overall and finished with a 10-10 conference record, resulting in a sixth-place finish in the regular season standings for the Cavaliers. Despite the challenges the Cavaliers faced this season, there were positives for Walsh in their first season under new head coach Mark Schwitzgable.

The Cavaliers jumped out to a 2-0 start to begin the season after defeating Rockhurst and Missouri S&T. Walsh then lost their next three games all by single-digit margins and then defeated Ohio Dominican in the Cavaliers' first conference game of the season. The Cavaliers then lost to Ashland but won two games in a row against Malone and Lake Erie. Walsh went through a rough stretch after the positive start to the season by losing five games in a row to close out the month of December and into early January. The losing streak came to an end on January 12th when the Cavaliers defeated Malone for the second time during the season.

Following the win against Malone, Walsh lost to G-MAC regular season and conference tournament champion, Ashland for the second time during the season. However, the Cavaliers found some momentum after the loss and won two games in a row which included a win over Cedarville and a win over Ohio Dominican for the second time during the season. Walsh would lose two games in a row to close out the month of January but began the month of February with a win over Tiffin, but the rest of the month was another up-and-down month for the Cavaliers. Despite this, Walsh was able to close out the month of February and the regular season on a positive note with a win over Cedarville, their second of the season, and a win over Lake Erie before losing to Trevecca Nazarene in the G-MAC Tournament to conclude the season.

The Discipline of a Student Athlete

BY: ALEX MEDINA, STAFF WRITER

The life of a student-athlete goes further than that of a regular student.

Here at Walsh, there are many student-athletes, and many who simply do sports for fun. Combining sports with school is a difficult task since it requires a lot of hours of dedication. Depending on the major, more hours might be spent on the sport than in class. Being part of a team is a huge responsibility, too; sometimes, you get rewarded with a scholarship for this.

Being a student-athlete requires discipline in scheduling the practices, recovery time, and downtime, and fitting all this in between class and homework. School is four years of our lives, and it goes fast. Having the right mentality of things can get an athlete through the four years, but at the same time, if an athlete does not have the right mentality or discipline, it can ruin their careers.

As an athlete, it isn't easy to organize yourself, as college takes some adjusting. That's why there are resources at the universities to help that out. I recommend that, if possible, everyone try to be a student athlete. There are a lot of things that benefit it. You make new friends, and you get to travel to a lot of places with the team, and make memories on every road trip. But simultaneously, it takes a lot of time and hours from your schedule.

Overall, there are many positive and negative things, as you might only get to play some of the time if you are good enough and the amount of time invested in the sport. Also, you could get injured, which can have lifetime consequences.

Managing Mental Health

BY: JAKE CUNNINGHAM, STAFF WRITER

Mental health is a crucial aspect of our overall well-being. It refers to our emotional, psychological, and social well-being, and affects how we think, feel, and act. Taking care of our mental health is essential for our academic success, relationships, and overall quality of life. Unfortunately, mental health issues are becoming increasingly common

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nowadays, especially among students, so it is essential that schools and universities prioritize mental health.

One of the most common mental health issues that students face is anxiety. Anxiety can manifest in many ways, including excessive worry, panic attacks, and avoidance behaviors. Anxiety can be triggered by academic pressures, social situations, and family problems. If left untreated, anxiety can interfere with academic performance, relationships, and daily activities. Students with anxiety may benefit from counseling, therapy, and relaxation techniques such as meditation or deep breathing exercises.

Another mental health issue that affects students is depression. Depression is characterized by feelings of sadness, hopelessness, and a loss of interest in activities that used to bring joy. Along with this, depression can also cause physical symptoms such as fatigue, changes in appetite, and sleep disturbances. Students with depression may benefit from forms of therapy, certain medication, and lifestyle changes such as frequency of exercise, healthy eating, and getting enough sleep.

Stress is another common mental health issue among students. Academic pressures, extracurricular activities and social obligations can all contribute to stress. Stress can lead to common physical symptoms such as headaches and stomach aches. To manage this, students may benefit from using time management skills, relaxation techniques, and self-care activities such as exercise, hobbies, and spending time with friends and family in order to lower their levels of stress.

It is essential to prioritize mental health in schools by providing resources and support for students. This includes counseling services, mental health awareness campaigns, and wellness programs. Teachers and staff can also play a vital role in promoting mental health by creating a supportive and positive learning environment, identifying and responding to mental health concerns that may be brought to their attention, and also modeling healthy behaviors.

In conclusion, mental health is a crucial aspect of our overall well-being. Students face many mental health challenges, including anxiety, depression, and stress. It is essential to prioritize mental health in schools by providing the right resources and support for students and letting people know that it's OK to speak up. By prioritizing mental health, we can help students maintain

the right frame of mind, achieve academic success, build healthy relationships, and lead fulfilling lives.

If people feel like they need someone to talk to about their mental health, or even just in general, there is always somewhere to turn:

For any mental health emergency, call or text the Suicide and Crisis lifeline at 988.

For a meeting with counseling services call (330)-490-7348, or call by the offices near the bookstore in the David Center.

April is Stress Awareness Month

BY: ANNA MARK, STAFF WRITER

April is National Stress Awareness Month. We know the word 'stress' all too well as college students. Whether you're a student athlete, working a job, or just trying to complete all your homework, stress is inevitable. As we are nearing the end of our school year, April seems fitting as the perfect time to raise awareness for and support those experiencing stress in their lives.

While healthy stress may be attributed to positive experiences, such as meeting deadlines or achieving career goals, it is not uncommon for this stress to become extensive. This becomes especially easy to slip into as we balance school with other commitments. Long-term stress can have harmful effects on the body and mind when it remains unrecognized and unmanaged.

So, how can we manage stress before it becomes chronic? Here are some ways stress can be combated in day-to-day life.

1. Find time to be active. This can be changed and suited to your needs. You could take a quick walk and listen to a podcast, lift some weights, or even do yoga. Finding time to move your body and take a break from working your mind can do wonders for both your mental and physical health.

2. Plan breaks and opportunities to rest. Socializing, reading, or whatever hobby you enjoy allows you to look forward to something in your day. This is crucial to your wellbeing, especially if you are busy nearly every day

throughout the week.

3. Learn how to say no. As college students, we are often thinking about the next best thing that can improve our resumes or experiences. Learn when opportunities are outside of your scope and if they are truly worth the time and effort commitment. It is okay to say no to things you don't think will benefit you.

4. Reward yourself. Acknowledge your hard work and reward yourself with something you enjoy. College is difficult regardless of your major and activities. Know that you deserve to reward yourself for all you have done.

5. Ask for help. There are many resources at Walsh ranging from academic, to mental health, to physical. Counseling services are a wonderful resource to utilize and free to all enrolled students.

This month, take the time to check in on your friends and family. Ask if they are experiencing stress and see how you can help. Stress is an ongoing problem in all generations, regardless of age and experience. Now is a better time than ever to look out for yourself and loved ones.

Renewed Beauty and Esthetics

BY: HAILEY METZGER, STAFF WRITER

Renewed Beauty and Esthetics is a newly rising business placed in IMAGE studios in North Canton, Ohio.

Renewed Beauty and Esthetics will be opening on April 1st, run by Morgan. Morgan is fresh out of trade school and excited to get her business started. I have known Morgan personally for a few years and have worked with her in a professional environment. She is nothing but lovely to work with, lighthearted yet focuses on the task at hand. I always admired her ability to work with people and handle customers.

Morgan has spent many months learning her trade, practicing, and has put even more work into beginning her business. At Renewed Beauty and Esthetics, Morgan offers a number of services, including facials, brow and lash work, waxing services, and massages. She will be open Tuesday through Saturday. Hours for each day, as well as prices, can be found on her Instagram page.

Morgan is active on Instagram, so you can reach out to her there, but she can also be reached at 330-704-3136, where you can message with questions or to make an appointment. She is taking clients now, as she prepares to open her shop very soon. If you are in need of some relaxing self-care or maintenance, just message her with the number provided, Morgan would be more than happy to help.

How Independent Are You?

BY: MATIAS MERCADO, STAFF WRITER

Well, well, well. You've made it to college. Congratulations, you're officially an adult... or so they say.

Yes, you're now living away from your parents, eating ramen noodles for breakfast, and have the freedom to do whatever you please. But let's be real; are you really independent? Or are you just a college student who still calls their mom for advice on how to do laundry?

Independence during college is a double-edged sword. On one hand, you have the freedom to make your own decisions, and you don't have to answer to anyone. On the other hand, you have the responsibility of taking care of yourself and making sure you don't end up living in a cardboard box on the side of the road.

But let's talk about the concept of independence. Is anyone ever truly independent? We're all connected to something or someone, whether it be the government, society, or our own biology. We rely on each other for survival, whether we like it or not. So maybe the idea of independence is just an illusion.

But wait, I hear you saying, "I pay my own bills, I make my own decisions, I am independent!" Sure, you may be self-sufficient, but are you truly free from external influences? The choices you make are still influenced by the culture and environment around you. And let's not forget the biological impulses that drive us all, like hunger, thirst, and the need for social connection.

So, where does that leave us? Are we all just pawns in a game we can never truly win? Is independence just a pipe dream? Maybe. But that doesn't mean we shouldn't strive for it.

At the end of the day, independence is about taking

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ownership of your life and your decisions. It's about recognizing the influences around you and making conscious choices that align with your values and goals. It's about acknowledging your own limitations and seeking help when you need it.

And yes, it's also about eating ramen noodles for breakfast and staying up until 3 am playing video games. Because let's face it, you're only young once.

But don't take my word for it. Science has something to say about independence too. Research has shown that having a sense of autonomy is essential for our well-being. When we feel like we have control over our lives, we're happier and more motivated. So, in a way, independence is a key component of our mental health.

But here's the thing: independence doesn't mean you have to go it alone. In fact, seeking support and building relationships with others is a crucial part of being independent. It's about recognizing that you can't do everything on your own and that's okay. It's about finding a balance between self-sufficiency and interdependence.

So, what's the takeaway from all of this? Independence is a complex and multifaceted concept, but at its core, it's about taking ownership of your life and your decisions. It's about recognizing the influences around you and making conscious choices that align with your values and goals. And it's about finding a balance between self-sufficiency and interdependence.

And if all else fails, just remember: at least you're not eating ramen noodles for breakfast because you have to. You're doing it because you want to. That's independence.



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