



The Endangerment of Monarch Butterflies



Photo by Hailey Metzger.

BY: HAILEY METZGER, STAFF WRITER

As of late summer 2022, monarch butterflies have officially been put on the endangered list, their population reaching a heartbreaking all time low. These beautiful butterflies have had an 85% decrease in the last two decades. Monarchs are arguably the most recognizable butterfly, the most well-known, and for good reason. These unique butterflies do not hibernate like their home bound counterparts; instead, monarch butterflies migrate a great distance South where they remain throughout winter, continuing to breed and then make their way back North.

Things like deforestation and predators have had a major impact on the population of monarch butterflies. The caterpillars only feed on one plant their whole lives, and this plant becoming scarce is also a cause. Aside from food

sources, these insects are also a host to many parasites, illnesses, and misfortunes. OE, exclusively spread through monarchs, has been responsible for countless early deaths.

I began raising monarch butterflies last summer, and plan to this summer as well. You do not have to invest in raising them to help the species, however. The best way you can help monarch butterflies is by planting milkweed plants and flowers that are a source of nectar for the adults. Planting these and tending to your little butterfly garden will allow nature to do its thing. Soon enough, in June, you will start to find little caterpillars and chrysalises all over. It is a beautiful thing to be able to watch and experience.

Senior Send-Off

BY: MARYBETH EDMUNDSON, EDITOR-IN-CHIEF

Graduation is fast-approaching. Everyone, especially seniors, are looking forward to the end of the year; for the graduates, it will bring with it many bittersweet memories as this chapter of life closes and another begins. And, this spring semester, the *Spectator* has a number of seniors graduating, including our very own layout editor. To celebrate, I thought it would be nice to highlight our seniors this issue, showing you all the faces behind the articles you have been reading for the past semester. So, congratulations, everyone! You will be missed by the remaining *Spectator* staff and students at Walsh. So here is our Senior Send-Off; congrats to everyone! You will be missed on staff and around campus.

Alex Medina Puigmarti, Staff Writer.

My current plans for the future is to stay in the U.S to get some work experience.

I've been at Walsh for 5 years and I graduated with a major in Finance and Accounting and minor in Data Analytics. I have been on staff for 1 semester. **CONTINUED ON PAGE 2**

STUDENT LIFE

Sadie Pozderac, Layout Editor

Major in Communications, minors in Graphic Design and Theology; My Post-graduation plan is to pursue a career in the airline industry and travel the world.

I have been on staff for 3 semesters.



Photo courtesy of Sadie Pozderac.

Jaden Baxter, Staff Writer

Major: Political Science; Post grad plans: I have a job working for the government affairs team for the mayor in Cleveland.

I have been on staff for 1 term.



Photo courtesy of Jaden Baxter.

Matthias Bean, Staff Writer

I am a Theology and Communications major; After graduation, I plan on staying at Walsh to start the MBA program and continue to play football.

I have been with the Spectator for two semesters.



Photo courtesy of Matthias Bean.

Anna Mark, Staff Writer

Major: Sociology Applied Family Studies and Psychology with a Research Concentration

Post grad plans: I am planning on going straight into the workforce to gain more experience within my field. I would like to go into organizational psychology, human services, or administrative work. I would eventually like to pursue higher education in graduate school once I have determined which specific field I would like to pursue.

I have been on staff for one semester.



Photo courtesy of Anna Mark.

Jake Cunningham, Staff Writer

My name is Jake Cunningham and my major is business management. My post-graduation plans are to return

home to England and play full time/part time soccer whilst also getting my coaching badges to help me in the future within the sport. I have written for the spectator since January, so two 8-week terms.

Healthy Habits

BY: JAKE CUNNINGHAM, STAFF WRITER

As a college student, juggling academics, social life, and other commitments can be overwhelming. It's easy to neglect your health in the midst of the hectic college lifestyle, but maintaining good health is crucial for academic success and overall well-being. Here are some practical tips for keeping healthy while living as a university student.

1. Prioritize Sleep: Late-night study sessions, social events, and other responsibilities can often lead to inadequate sleep. However, getting enough sleep is vital for cognitive function, memory consolidation, and overall physical health. Aim for at least 7-9 hours of sleep each night to ensure your body and mind are well-rested and ready for the challenges of the day.

2. Eat Nutritious Meals: It's tempting to rely on fast food, snacks, and caffeine during busy college days, but a healthy diet is essential for sustained energy levels and overall health. Make sure to eat a balanced diet that includes plenty of fruits, vegetables, whole grains, lean protein, and healthy fats. Avoid excessive consumption of sugary and processed foods, and try to cook meals at home whenever possible to have better control over the ingredients, even meal prepping for the week if you have the time.

3. Stay Physically Active: Regular exercise is not only beneficial for physical health, but it also helps manage stress, boosts your mood, and improves concentration. Find ways to incorporate physical activity into your daily routine, such as walking or biking to class, joining a sports club, or hitting the campus gym. If you're short on time, even short bursts of activity, such as taking the stairs instead of the elevator, can make a difference.

4. Manage Stress: University life can be stressful with exams, assignments, and other responsibilities. Chronic stress can have detrimental effects on your mental and physical health, so it's important to find ways to manage stress. Practice relaxation techniques such as deep breathing, mindfulness, or yoga. Make time for activities you enjoy, such as hobbies, spending time with friends,

or engaging in creative outlets. And don't hesitate to seek support from friends, family, or a counselor if you feel overwhelmed.

5. Practice Good Hygiene: Good hygiene is crucial for maintaining overall health. Wash your hands regularly, especially before eating, after using the restroom, and after coming into contact with surfaces in public places. Keep your living space clean and tidy to prevent the spread of germs. Always wash your dishes properly after use, too.

6. Limit Alcohol and Substance Use: University life often involves parties and social events where alcohol and other substances may be present. However, excessive alcohol or substance use can have serious health consequences, including addiction, mental health issues, and physical harm. Drink responsibly, most definitely know your limits, and seek help if you have concerns about your alcohol or substance use.

7. Stay Hydrated: Drinking enough water is essential for overall health. Carry a reusable water bottle with you and aim to drink at least 8-10 glasses of water per day. Proper hydration helps maintain physical performance, cognitive function, and supports overall well-being. Hydration also prevents things like migraines and headaches, which can easily come about after long hours of studying and completing assignments.

While university life can be hectic, it's important to prioritize your health. By incorporating healthy habits into your daily routine, like the previous, you can take proactive steps to maintain your health and well-being as a university student. Remember, a healthy body and mind are essential for academic success and enjoying a fulfilling college experience. The small changes can help make a difference.



Photo courtesy of eufic.org.

The Walsh Student Experience

BY: NADYA HUDAK, STAFF WRITER

What is your name, year, and major?

My name is Justin and I am sophomore majoring in Biology Pre-Physical Therapy.

What sports team are you a part of?

I am currently on the Men's Track and Field Team. On the team, he participates in the decathlon. This includes long jump, pole vault, high jump, shot put, discus, 1500 meter, 110 hurdles, javelin, 100 meter, and the 400 meter. These are typically completed over a two-day period.

Why did you choose Walsh?

I really liked the close-knit campus environment, opportunities for research offered through the honors program, and the doctorate of physical therapy program offered.

What are your plans after Walsh?

After Walsh, I am planning to either enroll in Walsh's Doctor of Physical Therapy program or enter medical school in order to pursue a career in Oncology.

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

In addition to running, I am also a part of Honors, PT club, and am one of the Peacemakers on campus, so I help run campus ministry events like Ignite, Brotherhood, and retreats.

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

An indoor track would be great, but I'll settle for the c store being open Fridays.

What's your favorite part of being a member of Men's Track and Field?

One of my favorite things about being a Walsh Student Athlete is getting the chance to practice every day to better myself, then seeing that work pay off in meets through gradual progress.

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

I love being able to represent a catholic university with values I believe in.

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

I would like my fellow Walsh students to know what a decathlon is.

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

My coach likes to apply track to teach real life lessons. The one which has impacted my own life the most is him saying "No one should believe in you more than you believe in yourself."



Photo courtesy of Justin Nienaber.

Coach Mead Earns 900th Career Win as Walsh Baseball Head Coach

BY: MATTHIAS BEAN, STAFF WRITER

On April 12th, Coach Mead picked up his 900th career win as head coach of Walsh baseball; the win was against Lake Erie.

Coach Mead, who is a Walsh alum, and a member of the Walsh Wall of Fame has been coaching Walsh baseball for 40 years and has had a storied career as head coach.

Since Walsh joined the G-MAC, the Cavaliers have secured a bid in the conference tournament every season. Last season, the Cavaliers won the G-MAC Tournament which earned them a bid to the NCAA Tournament where they won their first game in the Midwest Regional.

Overall, the day was very positive for the Cavaliers as they defeated Lake Erie in both games of a doubleheader to improve their record to 17-11 overall and 12-2 in the conference. In the first game, Walsh rallied back after trailing 6-4 in the 4th inning to pick up a 17-8 victory.

The Cavaliers' rally began in the 5th inning when 1B Cam Hollobaugh drew a walk with the bases loaded to tie the game. Walsh then took the lead off of a passed ball with the bases loaded to take a 7-6 lead. C Eli Sutton hit a sacrifice fly to make the lead 8-6. The Cavaliers would score again in the 5th inning off an RBI single by 2B Ben Lefebvre to take a 9-6. Walsh would continue to stay dominant throughout the rest of the game to secure a 17-8 victory over Lake Erie in the first game of the doubleheader.

In the second game of the doubleheader against Lake Erie, the Cavaliers picked up where they left off and put on another dominant performance to earn an 8-4 victory over Lake Erie. The Cavaliers again had to rally from an early deficit as they trailed 4-0 going into the 3rd inning. In the 3rd inning, the Cavaliers were able to cut into Lake Erie's lead off a solo home run by 2B Ben Lefebvre and a two-run home run from LF Benny Hymes IV to make the score 4-3 in favor of Lake Erie. Walsh would tie the game in the 4th inning off an RBI single from SS Shea Simmer to make the score 4-4. The score would remain tied until the 8th inning when 1B Cam Hollobaugh hit a two-run home run to make the score 6-4 in favor of the Cavaliers. Walsh added two more runs in the 8th inning to secure an 8-4 victory.

Hannah Brown Named Head Coach of Walsh Women's Soccer

BY: MATTHIAS BEAN, STAFF WRITER

On April 17th, Walsh Athletic Director Nathan Cochran named Hannah Brown the head coach of Walsh's Women's

Soccer Team.

Coach Brown, who is a native of Northeast Ohio served as the head coach of Mount Union's Women's Soccer team last year. As head coach of Mount Union, Coach Brown led the team to a 7-6-4 record overall and a 4-4-1 record in the conference which earned them a trip to the conference tournament.

Prior to serving as Mount Union's head coach, Coach Brown spent 12 years with UC Merced's Women's Soccer Team where she served as an assistant before being promoted to head coach in 2017. As head coach of UC Merced, Coach Brown led the team to the conference tournament every season and the team went to the conference championship four times.

As a player, Coach Brown played collegiately at Ashland and finished her college education at Akron where she earned a bachelor's degree in Sports Management, and she went on to earn a master's degree in Sports Administration at Fresno State. Coach Brown takes over as Head Coach of Walsh's Women's Soccer team after the previous Head Coach, Lauren Lewicki stepped down from the position to serve as the Compliance Coordinator for Walsh Athletics.

Coach Lewicki became the head coach of the Cavaliers in 2019 and during Coach Lewicki's leadership, the team qualified for the G-MAC Tournament each season. In Coach Lewicki's first season as Head Coach, Walsh qualified for the NCAA Tournament after winning the G-MAC Tournament. Under Coach Brown's leadership, the Cavaliers will look to build off the positive progress they made last season. The Cavaliers went 9-7-3 overall last season with a 6-5-3 record in the conference. Walsh finished 6th place in the conference which earned them a spot in the G-MAC Tournament. In the G-MAC Tournament, the Cavaliers defeated Northwood 3-2 in the quarterfinals Walsh would go on to lose to the eventual G-MAC Tournament Ashland 2-0 in the semifinals to conclude the season.

Good Networking Can Take Your Professional Life Far

BY: ALEX MEDINA, STAFF WRITER

People always say that having connections is essential. In professional life, a good friend or a reference can change your career.

CONTINUED ON PAGE 6

In the business world, people say that making connections or knowing someone is essential. Networking, as it's called, is crucial because it can help you secure your future career. There are a lot of people out there that could help further your profession. Mentors are people that are willing to help, or a reference from someone you met once could change your career path.

There are a lot of times when people want to change careers or paths, and they need that friend or reference. Since changing jobs is challenging, having a network or connection in a different sector than yours can significantly help you. Attending the networking events offered here at Walsh University is essential, as it allows students with few contacts in the area to make connections for post-graduation plans. Some undergraduate students have attended those events, and they've made connections with future employers. As employers, they are willing to help students because, at some point, they were in our shoes, and they might have memories of all the struggles they faced.

Giving back to the community by helping settle someone down with a job is friendly and makes someone a better person. Believing or not, every day in your life, you could be talking to someone willing to help you out to make your life a better one or to make you achieve your dreams or goals that you have in your life.

Many people are willing to help students and ensure their childhood dreams come true by helping them and not expecting anything back. That said, I encourage everyone reading this article to attend those events.

How One Ukrainian Family Was Impacted by War: A Refugee's Perspective

INTRODUCTION BY: MARYBETH EDMUNDSON, EDITOR-IN-CHIEF
INTERVIEW CONDUCTED BY: MICHAEL SPROULL, GUEST WRITER

Interview Conducted on May 6, 2022

The war in Ukraine is shrouded in prayers and sorrow. Millions of people have fled their homes; thousands have been reported dead. The fate of their country, of their future, is completely unknown, in the hands of

a foreign leader who destroyed their reality. How is recovery possible? How is moving forward possible when everything you have ever knows is gone?

Last spring, the Walsh Students in Gaming, Austria, were joined by a Ukrainian family of refugees who were forced to flee their home. Now safe in the Kartause, they have graciously agreed to share their story with the Spectator. We ask for continued prayers for them, their extended family and friends, and their home country. Michael Sproull spoke with Halyna, aunt to Kate and mother of four kids, including Sophia. Halyna is the wife of a Ukrainian Orthodox priest and before the war helped her husband in their parish. Sophia was finishing her third year in high school and was looking to major in culture studies at a university before the conflict. Kate is a senior bachelor in sociology student at the Ukrainian Catholic University in Lviv. She was a marketing specialist in a local firm before the war. The transcript below is a summation of the conversation with the family with effort to record their exact words or meanings.

MICHAEL SPROULL: [Off the record] We discussed how February 24, 2022, was the Ukrainian version of 9/11. And how unexpected it was. Can you talk about that?

Halyna: I could feel it. I was in the United States in 2001 and I was in Ukraine in 2022. It is 21 years apart, but it is the same. We only thought it would be one day and that's what we expected actually, you know. . . we believed that it will be OK if it will be one day, OK, it will be 3 days. You know, it's like or maybe it will be 5 days or probably will be seven days and it will be over.

Kate: When I came here, I only had clothes for two weeks. because I was believing that we can return home and live the normal life again.

Halyna: Actually, before we got to Austria, we just planned to Hungarian border. So, we stay there for couple days. That it will be, it will be over, and we will come back, yeah. After that, we just make a decision, you know, it's like if we will go because we knew that. Even if you go to Hungary, it's already NATO you will be more safe.

Michael: How did you come to the Katrause?

Halyna: My sister used to study at the ITI (International Theological Insitute), and we knew we could come to Austria because my sister is here. Probably if we would not have anything close to Austria, we would go probably

also to Poland.

Kate: My father and mother are still in Ukraine, and I am here staying with my aunt and her family. My father and mother are still in Ukraine and are fighting. A lot of men volunteered, and many moved to Ukraine from abroad to help us fight.

Michael: Can you tell me about your parents?

Kate: My dad is quite calm. I think, I hope so. He now lives in a small community. Also, they live in not a town, they live in a small village. So it's safer because when Russians are bombing a city far away from the border they trying to bomb some industrial factory, airports, or something like that and there is no airport or anything else. There is nothing in this small village. So you know it's much safer. So we hope.

Halyna: One of the fellow refugees here is saying her house is already bombed and there is nothing for her to go back to now. You never know when it could happen. We had packed security bags including documents, and other essentials since the war with Russia in 2014. That is a big misconception for the West. The war with Russia never stopped after the annexation of Crimea in 2014 for us.

Michael: Can you talk about your knowledge of Russian and Ukrainian historical relationship?

Halyna: I think it started in 1654 when we went under Russian protection under the understanding we would still have our independence. In 1918, after World War 1, we were named as the Ukrainian Peoples Republic which was fighting for the independence of Ukraine. This then went up to 1991 when we actually got independence. In 1994, there was pact for demilitarization in Ukraine which Russia, the United States, Poland, Great Britain, and other entities signed onto. This is when we lost all our weapons under the promise of international protection. We had no army anymore. Yet in 2014, nobody stood up for Ukraine when Russia took Crimea. Russian used the same weapons we gave up against us. Putin knew then he could go further.

Michael: Can you tell me about the early days of the war?

Halyna: We were first told that the Russian soldiers approaching Kiev were simply lost on a training exercise. That was just propaganda from the Russians. When the military takes back a area it looks like a Holocaust with all of the civilian bodies. There was a city that was under

the Russians for only 40 days, there was genocide. They know for sure what they are doing. Most wars are fought by army and army, yet Russia is killing so many citizens.

Kate: Russia is telling the world they are only bombing military and industrial complexes, but we can see our houses and schools. In one city I heard that 20,000 civilians were killed. This is genocide.

Halyna: This is a continuation of the Russian starvation gulags in the 1900s. This is genocide. More people have died in Ukraine this year than the entire population of Austria.

Michael: Why is this all happening?

Halyna: It is a culture cleansing and forcing Ukraine back into its protectorate state with Russia.

Kate: The villages that speak only Ukrainian are all exterminated. They want to kill them all.

Michael: What is your perception of President Zelensky?

Halyna: When Zelensky came, we were unsure about him. Personally, I thought he would run away from the country and do anything. And now I cannot say that. I am 100% for what he is doing. We have to stand against Russia. There are no talks about giving any Ukrainian land over to Russia.

Kate: Yes, he was a comedian. There was a comedy film where he became the president, and nobody took him seriously when he ran for the actual job. He had no experience in such things. But now all of us are proud of the president.

Michael: Can you talk about the propaganda surrounding the war?

Kate: One thing we hear is that Ukrainians are Nazis. This is crazy we just want out territory, our independence. It is a great example of Russian propaganda at its worst. We even had some friends outside Ukraine that used to visit us for Christmas and Easter. When the war started, these same people shunned us because they were told we were Nazis and eating kids. Even our friends. It is really scary. When Russian conquers a piece of territory, they tell the people that Zelensky has given up on them and everything must be Russian and that no one is coming to help them. They even made a fake video of Zelensky telling the citizens

CONTINUED ON PAGE 8

that he is leaving the country and abandoning them. Some Russians kill the Ukrainians just to take their dishwasher and sinks. Russia is very poor. Outside of Moscow and other main cities, they are very poor. Food such as Nutella is new and valuable to them.

Halyna: Even in Europe, with all the internet and TV, they still have issues with the right information. It's scary.

Michael: To wrap up; what is one thing people should know?

Halyna: One thing that I could say definitely that because we have also friends, a lot of friends who are soldiers in the in the war. They said it is well known that when you pray it's the only weapon that could save you. No matter what the government says, no matter what the weapon, no matter what's going on, you know, prayer the strongest weapon and even for people who do not believe in God.

Sophia: I would say that no one ever should say the Russia and Ukraine are brother nations, never. Especially after this war. Never ever.

Kate: Another thing that will save Ukraine along with prayer is solidarity. When Ukraine was invaded, the whole world united to stand against Russia and I hope it will continue.

A Fun Stroll into the Educational Unknown

BY: MATIAS MERCADO, STAFF WRITER

AI news is popping up faster than ever, changing from a monthly event to a weekly buzz in just a few months. Imagine two years from now: we might be swimming in AI breakthroughs while traditional education sinks like a rock in the ocean of progress.

Picture a not-so-far-off future where classrooms morph into digital playgrounds, buzzing with the endless knowledge of AI-powered learning. Our once-revered educational institutions wobble on the edge of being old news as AI charges ahead, leaving the classic chalk-and-blackboard approach in the dust.

As we stand on the verge of this amazing transformation, a parade of digital tutors, personalized learning algorithms, and virtual classrooms comes marching in. The AI revolution ushers in a new era in the pursuit of knowledge.



Photo courtesy of Matias Mercado.

Students, once stuck with dusty library shelves, are now free to surf the thrilling waves of cyberspace in search of enlightenment.

Our fast-approaching future promises to be a colorful patchwork of endless possibilities. It's like a buffet of brainy delights, spiced up with a hint of algorithmic genius. Two short years from now, academia could be unrecognizable, turned into a fantastic web of interconnected minds, connected by AI-powered learning.

Of course, with change comes nostalgia, and there are those who hold onto the cozy past, not ready to say goodbye to the human touch of traditional education. Their arguments resonate through the ivy-covered walls of academia, begging us to consider the importance of human connection and the irreplaceable guidance of a teacher.

In response to these voices of reason, we must admit that the AI revolution won't wipe out education completely. Instead, it will change the way we teach and learn; the teacher-student dynamic will change. Educators will go from being mere information providers to skilled guides of AI-driven learning, helping students navigate the complex world of digital discovery.

As the lines between the real and virtual worlds become more and more blurred, we might be on the cusp of a new age of enlightenment. The pursuit of knowledge will no longer be trapped within the stuffy structures of outdated institutions. AI has the potential to reshape our view of

education and inject some excitement into the dull world of academia.

So, as we dive into the swirling waters of progress, let's embrace the catchy dance of change, moving to the beat of the AI rhythm. The tides of transformation may wash away what's left of traditional education, but we can look forward to a future where learning is a joyful, limitless adventure, unchained from old-fashioned systems.

To quote a certain philosophical space ranger, "To infinity, and beyond!" And so, hand in hand with the AI revolution, we embark on a journey towards a new frontier of intellectual exploration.

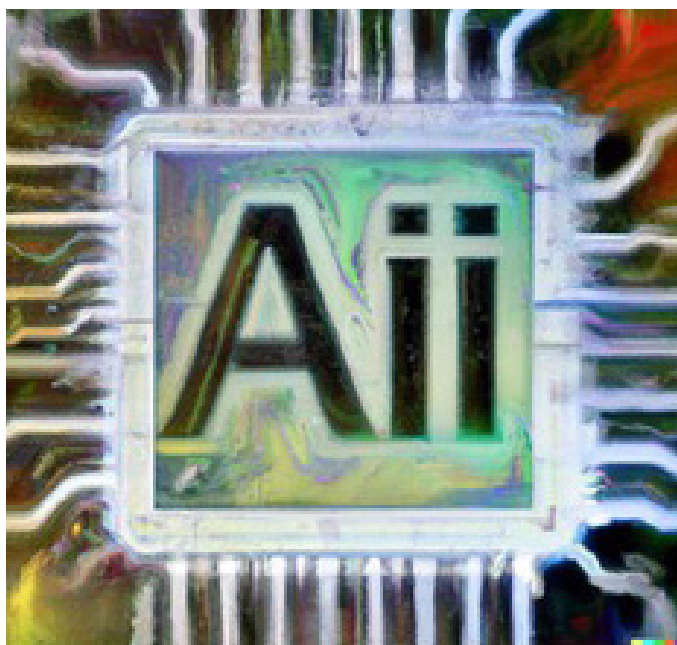


Photo courtesy of Matias Mercado.

Professor Father Shawn Conoboy Appointed to Assignment at Vatican

BY: MATTHIAS BEAN, STAFF WRITER

On April 11th, the Diocese of Youngstown announced that Walsh adjunct professor, Father Shawn Conoboy, received an appointment to serve in a staff position at the Vatican.

Father Conoboy is being assigned to work for the Vatican's Dicastery for Promoting Integral Human Development. In addition to serving as an adjunct professor at Walsh, Father Conoboy currently serves as a pastor for multiple

parishes in the Diocese of Youngstown. The parishes Father Conoboy currently serves are. St. Ambrose Parish in Garrettsville, St Joseph Parish in Mantua, and Our Lady of Perpetual Help Parish in Aurora. In addition to serving as pastor at these parishes and teaching at Walsh, Father Conoboy also currently serves as Director of Ecumenical and Interreligious Affairs for the Diocese of Youngstown, and he also serves as the chair for the Diocesan Presbyterial Council.

Father Conoboy was ordained a priest for the Diocese of Youngstown in 2006. His previous assignments have included serving as Parochial Vicar at St. Charles Parish in Boardman and Christ the Good Shepard Parish in Campbell. Father Conoboy then became pastor at Christ the Good Shepard Parish. After he completed his assignment there, he was named Sacramental Minister at Holy Family Parish in Navarre and then became an administrator at St. Joseph Parish in Newton Falls.

Father Conoboy has also served the Diocese of Youngstown in a variety of other ways. He has worked with the Hartville Migrant Ministry by celebrating Mass in Spanish for the ministry. Father Conoboy has also had an active role in ecumenical ministry for the Diocese of Youngstown. His work has included participating as a member of the Youngstown-Warren Chapter of the Society of St. John Chrysostom which is a group that consists of lay people and clergy who work to educate and promote an understanding of Eastern Christianity. Father Conoboy's other ecumenical work has included being a member of the Lutheran-Catholic Covenant Commission.

Father Conoboy will continue to serve in his assignments at Walsh and in the diocese until May 1st and on June 1st, Father Conoboy will begin his assignment at the Vatican.



Photo courtesy of olphaurora.org.

The Only Resource on Macarons You Will Need

BY: HAILEY METZGER, STAFF WRITER

I have put years into learning how to make French macarons and, after spending endless hours in the kitchen, I finally feel properly informed.

One of the issues I encountered while learning how to bake these delicate cookies is the many resources that are out there. Each of these resources treats it as if there is one way to make macarons, and there definitely is not. Many things factor into making a successful batch, and I will address all of them. The only thing undisputable about making macarons are four necessary ingredients: Almond flour, powdered sugar, egg whites, and regular granulated sugar. These will be found in any macaron recipe. Most everything else differs person to person. It is important to note that I do use a food scale to measure, and I am conscious about sifting my almond flour and powdered sugar.

There are two main components to macarons, those being the dry ingredients and the meringue. In every recipe, the baker will measure the almond flour and powdered sugar and whisk them together in a bowl. The rest of the ingredients get mixed in the bowl of a stand mixer. I measure my egg whites and whip them a little bit while I measure the sugar and meringue powder.

Something important to consider about the wet ingredients is that most people use a stabilizer in their meringue. This can be egg white powder, cream of tartar, corn starch, or meringue powder. Which one you use matters little, it is all about what works for you.

You want to slowly add your sugar and stabilizer to the egg whites and turn up the dial on the mixer. You don't want your meringue over whipped or under whipped, you will find this exaggerated within the macaron community. It is actually very difficult to over whip your meringue, and it is necessary to whip it a little beyond what is considered "stiff peaks", although most recipes will have "stiff peaks" engraved in your head. Aside from maintaining stable meringue, the hardest part of the macaron process is the "macaronage", or the step where you meticulously combine your dry ingredients with the meringue.

Once you are confident in your meringue, you can scoop it into your dry ingredients, adding a little at a time. Then

comes the macaronage. Videos will demonstrate this strategic motion, and it is very important not to over mix or under mix your batter. This is often said to be avoided when you can create a figure 8 with the batter, however, the flaw in this trick is that over mixed batter can make a figure 8 as well. My advice is to keep an eye on the batter, and when it flows off the spatula in a ribbon form, and folds on itself as it enters the bowl again, your batter is perfectly mixed. The flow should not break, it should be somewhat continuous, although it may break once or twice. Perfectly mixed batter, in my experience, sometimes feels undermixed. Once it is smooth and somewhat runny, it is ready to be piped.

You want to carefully pour your batter into a piping bag fitted with a round tip. Macarons are best if piped with the bag held straight up, and don't hold the tip too close to the mat. You want to keep the tip in one place as you pipe, allowing the macaron to expand itself as you pipe. Once you have piped a whole tray, tap the tray to remove air bubbles and allow your macarons to sit on the counter until they form a dry skin over their tops.

At this point, you may want an oven thermometer. I have found my oven sits at 15 degrees higher than what I set it to, and this is true for most ovens. 15 degrees makes a big difference for macarons. Most recipes suggest a temperature of 300 degrees, some as low as 260 degrees. It is a matter of playing with your oven. Bake time is the same way. I bake mine for about 15 minutes, then turn the tray around and bake for 15 more. You want to allow fully baked macarons to sit on the mat until they cool completely, and they should pop right off. Fill them and allow them to mature in the fridge overnight.

Keeping these things in mind, you should be set up for success on your macaron quest. The final piece of advice is to begin with vanilla, don't try to make flavors. Once you master the basic recipe, you'll have an easier time making flavors.



Photo by Hailey Metzger.

Is Book Banning the Right Choice?

BY: NADYA HUDAK, STAFF WRITER

Across the nation, more and more states are passing legislation permitting the banning of books. The most prominent of these recent cases has been in Florida, where teachers and librarians have to get their books vetted in order to have them in their classrooms.

According to *Esquire*, most teachers must remain cautious with the books they choose to keep in their classrooms. If not, they will receive a warning or harsh punishment if they fail to do so. When looking at the list of commonly banned books, you often see *Of Mice and Men* and *To Kill a Mockingbird*. These are books that are most students have read, and even some schools still require. Then, there are books included like *The Hate U Give* which talk about racial inequalities and violence. Typically, the bans have been for reasons of violence, disrespect, or claims of indoctrination agenda.

When looking at these reasons for banning books, they all feel lackluster. The point of writing is to share information, points of view, and stories that cause readers to consider their own lives. By banning books, governments and institutions censor the education of the people they're in charge of.

According to Middle Tennessee State University, those who are against banning books have specifically brought up students in their arguments, stating their right to be able to not only ingest those ideas but also to share their own. While a Supreme Court case in 1982 was able to limit the books that can be banned on the basis of disliking the ideas inside of them, this case unfortunately only applied to school libraries and allowed schools to ban books that they find wrong for the curriculum.

Many teachers are taking to TikTok to vent their frustrations. Some are sharing videos on their now-empty libraries, and others telling their own stories. The majority of them showed the frustration of having to get each individual book in their library approved.

While the leaders are trying to claim that these books are banned for reasonings of possible indoctrination and violence, there's an undeniable claim that, when looking at the books, they're examples of representation in minority groups. This is where the majority of the arguments against

book banning stem from the want to keep representation through books in schools. When having their teacher read them a book or read it themselves, students want to see their own groups represented. This gives them confidence in their own identities.

Leaders shouldn't be pulling the type of literature away that allows students to see the world in a broader light. Having books of all kinds allows students to think for themselves, see themselves in characters, and have a picture of what the world is like outside of school. As the popular news is still steadily covering this topic, it should be interesting to see how it unfolds in local and federal legislations.



Photo Courtesy of rd.com.

Reality of Owning Betta Fish

BY: HAILEY METZGER, STAFF WRITER

I have had my fair share of fish in my life. Countless goldfish and the childhood blue betta were the reason why I bought a 10-gallon fish tank and tried to start a community aquarium. I started out with a couple of angelfish, which led to a few obstacles I was not prepared for. I have lost countless fish since I began this journey, but I have also learned a lot along the way. Pet stores encourage the use of filter systems, heaters, and all the expensive stuff when it comes to caring for angelfish or any of the others kept in the long rows of tanks along the walls. However, even pet stores fail to provide the necessary care to their assortment of betta fish.

CONTINUED ON PAGE 12

Betta fish are tropical fish, and this is something a lot of people do not realize. Wild Betta fish are found in the warm waters of Asia, and their tank water needs to be kept around 80 degrees. Aside from this, a single Betta needs a tank bigger than the ones labeled for them. 5 gallons is the minimum size recommended for a single Betta. Males must be kept separated from other males; however, females can be kept in groups of at least 4 or 5. A group of females is called a sorority tank, and sorority tanks are a whole other topic.

A tank that acts as a home to a betta fish requires a heater to maintain the water temperature, as well as a filter. Filters are necessary to keep the tank clean as well as aerate the water. Movement is what allows oxygen to be in the water, so having a filter ensures this is true. If the water lacks oxygen, your fish will, ironically, drown.

Don't allow all this information to deter you from adopting a fish into your home or dorm room; an assortment of fish in a working community tank are mesmerizing and an incredible sight to have right in your room. It might sound crazy, but the more time you spend with your fish, you'll find they have personality, and they start to recognize you when you enter the room. Owning an aquarium is rewarding, not only because of all the time and energy spent, but it's so nice to see happy and active fish swimming around.



Photo by Hailey Metzger.



THE WALSH UNIVERSITY *Spectator*

EDITOR-IN-CHIEF

MaryBeth Edmundson

LAYOUT & DESIGN

Sadie Pozderac

STAFF WRITERS

Jaden Baxter

Matthias Bean

Jake Cunningham

Nadya Hudak

Anna Mark

Alex Medina

Matias Mercado

Hailey Metzger

FACULTY ADVISOR

Dr. Tricia M. Ostertag

COMMUNICATIONS DEPARTMENT CHAIR

Dr. Mark Rogers

The Walsh University Spectator is produced and managed entirely by students. It is published during the academic year under the auspices of the Division of Literature, Language, and Communication.

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.