



# opinion

## Meet the editors

			
<b>ZACH READ</b> Managing Editor	<b>CHRISTINE JENKINSON</b> NEWS EDITOR	<b>BELLA PACINELLI</b> FEATURES EDITOR	<b>EVAN LAUX</b> SPORTS EDITOR
<b>YEAR:</b> Senior	<b>YEAR:</b> Junior	<b>YEAR:</b> Junior	<b>YEAR:</b> Sophomore
<b>MAJOR:</b> Double major in Digital Media Journalism and Digital Media Production with double minor in Public Relations and Religion.	<b>MAJOR:</b> Digital Media Journalism and Digital Media Production minor	<b>MAJOR:</b> Digital Media Journalism with a Public Relations and Strategic Communications minor	<b>MAJOR:</b> Digital Media Journalism with a minor in Digital Media Production
<b>INVOLVEMENT:</b> The Collegian, Honors Program, fellowship of Christian Athletes, The Well, DJ for 88.9 WRDL, Crew for AUTV-20, Sports broadcasts	<b>INVOLVEMENT:</b> The Collegian and AUTV-20	<b>INVOLVEMENT:</b> AU-Live, The Collegian, Facility Manager at the Rec Center, Mixologist at Tuffy's Smoothie Bar, Alpha Delta Pi Sorority and Alpha Lambda Delta honor society	<b>INVOLVEMENT:</b> AU-Live, AUTV-20, Intramural Sports
<b>INTERESTING FACT:</b> I have been to 44 states	<b>INTERESTING FACT:</b> I interned with The Gazette over the summer	<b>INTERESTING FACT:</b> I made a <i>Sex and the City</i> bible which includes the life of every episode	<b>INTERESTING FACT:</b> I'm a pro ping-pong player
<b>FAV SONG/ARTIST:</b> "Beer for my Horses" by Toby Keith	<b>FAV SONG/ARTIST:</b> Any Christmas song	<b>FAV SONG/ARTIST:</b> "Give Me Love" by Ed Sheeran	<b>FAV SONG/ARTIST:</b> "Under the Bridge" by RHCP
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<b>YEAR:</b> Junior	<b>YEAR:</b> Sophomore	<b>YEAR:</b> Sophomore	<b>YEAR:</b> Sophomore
<b>MAJOR:</b> Digital Media Journalism and Political Science double major with minors in Public Relations and Philosophy	<b>MAJOR:</b> Digital Media Production major with a minor in Spanish	<b>MAJOR:</b> Major in Digital Media Journalism with a minor in Political Science	<b>MAJOR:</b> Digital Media Journalism with a double minor in Public Relations and Religion
<b>INVOLVEMENT:</b> I am involved with The Collegian, AU-Live, Ashbrook, Box Office events, AU's Correctional Education Program and Bible Study	<b>INVOLVEMENT:</b> AU Live Sports Editor, Honors Program, Marketing Department Creator, Alpha Delta Pi Sorority	<b>INVOLVEMENT:</b> The Collegian, Varsity Women's Golf Team, Ashbrook Scholar and Alpha Phi	<b>INVOLVEMENT:</b> The Collegian, Honors Program, Bible Study and Circulation Assistant at the library
<b>INTERESTING FACT:</b> I was born on Christmas *Insert Santa emoji here*	<b>INTERESTING FACT:</b> I have 34,000 followers on Instagram, @cassolliver	<b>INTERESTING FACT:</b> I am currently learning to do a kick flip	<b>INTERESTING FACT:</b> I didn't ride a rollercoaster until I was 18
<b>FAV SONG/ARTIST:</b> "Lilac Wine" by Jeff Buckley	<b>FAV SONG/ARTIST:</b> Any song by Taylor Swift	<b>FAV SONG/ARTIST:</b> "My Way" by Frank Sinatra	<b>FAV SONG/ARTIST:</b> Any song by For King & Country
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### the Collegian

#### EDITOR'S NOTE

The views expressed in the columns do not necessarily reflect the views of *The Collegian* or Ashland University.

#### LETTERS TO THE EDITOR

Every letter must be signed and include contact information. The Collegian reserves the right to edit any letter for content, grammar or length. The Collegian prints letters for university and public interest. Please send letters to:

**The Collegian**  
137 Center for the Arts

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### Freshman survival guide

Continued from A1

#### #3: Take care of yourself.

Utilize the wellness center located in the Student Center, work out at the Rec with your friends and watch what you eat in Convo. I know the dessert bar is always appealing, but make sure you are taking care of your physical health.

#### #5: Bring a fan

if you didn't already. There is no air conditioning in the dorms, so a fan is necessary. Enough said.

#### #7: Your professors are there for YOU!

Use their office hours if you need help, advice on how to get your grades up or mentoring for the future. Their job is to teach you, so always feel as though you can reach out to them. They want to help you succeed!

#### #9: Contact your Academic Advisor.

Your Academic Advisor will help you schedule your classes, declare a major and minor and get you to graduation. Make sure to stay in contact with them and attend the meetings they schedule with you.

#### #2: Homesickness is normal.

Moving to a new town and living in a new environment can be intimidating. If you ever miss your bed, your mom's cooking and your pets back home, just know that you are not the only one. You can visit home as much as you want, but remember to stay on campus for the exciting things happening here, too.

#### #4: Mental health is important

While taking care of yourself physically is important, mental health is just as important! Talk to the people around you about what is going on. Life is hard, but it is especially harder when you keep everything bottled up inside.

#### #6: Learn how to live with your roommate

You might get along great and you might not. Either way, you have to live with them, so try to make the best of it. If the situation gets too bad, you can always talk to your RA.

#### #8: Explore your college town.

There are plenty of local coffee shops, bakeries, ice cream shops and other restaurants around Ashland. Along with those, there are numerous shops on Main Street downtown. Get out and explore them.

#### #10: Get involved!

AU makes it easy to get involved on campus with the AU Bucket List, Christian groups, fraternities and sororities, diversity groups and lots of other organizations. There is something for everyone!