

Wellbeing Fair presents campus resources

By Brandon Cortés
Features Editor

The Academic Quad turned into a hub of support and positivity during the annual Well-being Fair, where campus services and student activities came together to promote health and mental wellness.

Coordinator for the Wellbeing Center Allyson Regis said the fair is designed to make resources more accessible and less intimidating for students who may not know where to turn.

“The Wellbeing Fair is something that we have annually to provide students with resources,” Regis said. “These are mainly on-campus

resources that they can access free of charge, and oftentimes students don’t really know how many resources we have, or even the fact that they can access it.”

The fair focused heavily on mental health, an issue Regis said is at the forefront for many students facing depression, anxiety and challenges in maintaining healthy relationships.

The goal, she said, was not only to encourage students to use services for themselves but also to equip them with knowl-edge they can share with peers.

“Oftentimes, you might be going through something, and then you talk to a friend about it,

and the friend can be the one to say, ‘Hey, did you know that we have health services on campus?’” Regis said. “So, it’s not just for you; it’s so you can tell a friend to tell a friend.”

One of the highlights of the fair was the hands-on activity provided by Counseling Services, where students could decorate a “worry stone” with positive words or self-compassionate phrases.

Students were also invited to write well wishes on a community prayer flag which will be displayed outside the counseling services office.

Michelle Lawler, a counselor within Coun-seling Services, said the interactive activities help

create a lasting reminder of positivity for students and the wider campus.

“We’re basically explaining what our services are on campus,” Lawler said. “One is to paint or write a positive word or self-compassion on the worry stone that students can take with them. And then, we’re trying to create a prayer flag to put well wishes out into the Southern community.”

The Wellbeing Center also highlighted oppor-tunities for students to gain nationally recognized certifications in mental health awareness.

Regis explained that the center offers two trainings: a 90-minute certification in QPR

— Question, Persuade and Refer — which teaches students how to recognize suicide warning signs, and an eight-hour Mental Health First Aid course building literacy around mental health and substance use.

“Students can learn tangible skills on how to ask the question about suicide, how do you persuade someone to get help,” Regis said. “With Mental Health First Aid, students learn how to support people at different levels and get a three-year certification.”

Regis said the Wellbeing Fair continues to draw students each fall, particu-larly new arrivals who may not yet be familiar with campus offerings.

The Wellbeing Fair has been held at the university for roughly a decade, though Regis noted she could not give an exact year of its founding.

Although the event is typically limited to the fall semester, the office also organizes a suicide prevention walk in the spring as part of Mental Health Awareness Month.

Regis said both events serve as important reminders that help is available year-round.

“Sometimes, students don’t know what they can personally do,” Regis said. “This is a chance to not just see the services but connect a face to a name so that walking into an office doesn’t feel so intimidating.”

American Girl: pricey childhood memories



PHOTOS | GOOGLE
Front cover of the American Girl historical doll 500-piece puzzle set.

By Solé Scott
Editor-in-Chief

The imagination and creativity I had in my childhood was elevated when I started collecting American Girl dolls and my life was changed forever.

American Girl dolls and accessories were a staple in my and other girls’ childhood that I deeply yearn for.

I miss looking through the catalog that would be delivered to my house every month for all the latest toys. I also miss bringing the magazine to school the next day and looking through it with my friends.

I have three American Girl dolls: Grace, Rebecca and Lea. Two of those dolls are Girl of the Years from 2015-2016, which means they were only available for that year and afterward were archived forever.

Rebecca is a historical doll from the lower east side of New York City in 1910. She is a Russian Jewish girl who is obsessed with the film industry and wants to become an actress, but her family disapproves.

I always wanted Addy, Kit, Molly, Cécile, Marie-Grace and Felicity. Unfortunately, money was a factor and some of the dolls were retired by the time I was collecting them.

Now, I have many positive memories about the toys; however, I must be honest about how ridiculous the prices are.

A doll should not cost over \$100, and one outfit should not be over \$35. Do not even get me started on the prices of sets such as bedrooms, bathrooms, kitchens and cars.

A kitchen should not cost \$325, and a bunk bed should not cost \$250.

There are plenty of other 18-inch doll brands that are reasonably priced alternatives, such as Our Generation from Target and My Life from Walmart.

In fact, I would buy most of my accessories and furniture from the other brands growing up, especially from Our Generation. I had their kitchen set, bedroom set, bathtub, car, diner set and other accessories.

If I knew then what I know about money today, then I most likely would have never asked for anything American Girl branded because I cannot agree with the prices in good faith.

American Girl is elitist, as the prices push out lower class families from affording their toys. The toys are rarely on sale, and if they are, they are still too high.

Also, if you do not live near one of their

locations, then you would have to order through their website, and paying for shipping on top of your purchase winds up at exorbitant pricing.

A positive about buying American Girl toys is their resell value on secondary markets such as Ebay and Facebook Marketplace.

Girl of the Year dolls appreciate over the years, especially if they have the original box and clothing.

I do not want kids, so I plan to sell all my dolls in 10-15 years because I can make more money than what they were sold for during their release.

If I did want kids, then I would definitely pass all my toys down to them so they could make their own memories.

I am eternally grateful that I was able to have American Girl dolls at all, and that is thanks to my mother and grandma who worked to give me anything I wanted.

Owls Decide: Do you like coffee or tea?

By Brandon Cortés
Features Editor



PHOTOS | LILY RAND
“Hate Coffee. Hate the taste. I prefer to drink tea.”
-Biology major Melany Villavicencio, a junior



“Tea tastes way better than coffee.”
-Biology major Craig Huydic, a senior



“Coffee. Coffee tastes better.”
-Special education major Jazliece Jenkins, a freshman



“Coffee. Iced coffee tastes really good.”
-Nursing major Iyesha Blackwell, a senior



“Coffee. It just tastes better.”
-Business administration major Vince Hancock, a freshman



“Coffee because its sweeter.”
-Psychology major Yokairi Montero, a senior