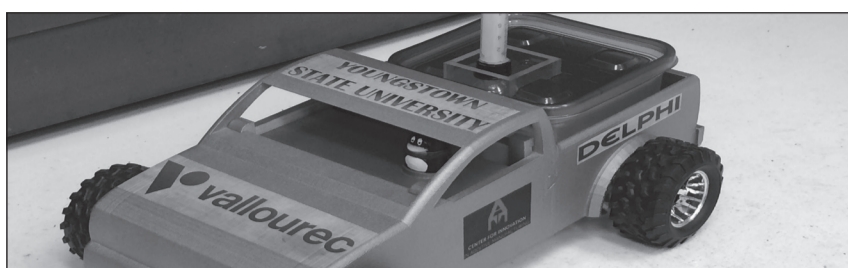


# THE JAMBAR

Volume 100 | Issue 22 | 4. 12. 16 | The Student Voice of Youngstown State University since 1931



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## YSU Students Earn Goldwater Scholarships

STORY: SAMANTHA PHILLIPS | [SPHILLIPS@STUDENT.YSU.EDU](mailto:SPHILLIPS@STUDENT.YSU.EDU)  
PHOTO: SAMANTHA PHILLIPS

Youngstown State University students Andrew Morgan and Jenna Wise were named Goldwater Scholars for the 2016-17 year. This marks the first time that two YSU students are recognized in the same year.

Seven YSU students have received the Goldwater scholarship since its inception in 1986. Morgan and Wise were chosen from 1,150 mathematics, science and engineering students from 415 colleges and universities. They were among 252 students who received the award nationally.

Morgan, who double majors in electrical engineering and computer science, said the scholarship is based off of research. In order to apply, students had to detail their research in a two-page essay.

"They want you to highlight a problem in your field of research, and what you would do to help solve it," Morgan said.

Wise, who double majors in mathematics and computer science, wrote about eye-tracking research she has been working on with Bonita Sharif, assistant professor of the department of computer science and information systems.

They use a device attached to computer screens to collect data on user's eye movements. She said the purpose

is to find ways the data can help programmers solve problems.

"The whole idea behind that is they want ... [to] be able to see where they're looking and determine if how they're teaching programming is the right way to teach it," Wise said.

Morgan focused his application essay on his 3-D printing research. He is a teaching assistant for a first-year engineering class, so students participate in the research.

"[Project based learning] is something they promote in engineering," Morgan said. "So we're doing this, but then we're enhancing it by using 3-D printing, and we're assessing whether or not those effects benefit students."

Wise said Tom Wakefield, associate professor of mathematics and statistics, encouraged her to apply for the Goldwater Scholarship, and she wouldn't have done it otherwise.

Wakefield was tasked with recruiting Goldwater applicants this year, and he thought of Wise and Morgan because of their interest in research. He said the awards are a real honor.

SCHOLARSHIPS  
PAGE 5



**Correction:** Connie Frisby, president of Youngstown State University's Association for Classified Employees union, did not provide The Jambar with the email quoted in Thursday's story entitled "YSU Aims to Bring Barnes & Noble into the Fold." The story also said that members of the YSU-ACE union were "concerned," but that sentiment was not conveyed by the email.

## Internship Services Available in Four of Six YSU Colleges

STORY: KATIE MONTGOMERY | [KFMONTGOMERY@STUDENT.YSU.EDU](mailto:KFMONTGOMERY@STUDENT.YSU.EDU)

The transition from college student to professional employee can be difficult, but internships, mentorships and part-time jobs done throughout a student's college years are meant to ease that process.

Many higher education programs — like business, engineering, education and healthcare — require their students to complete an internship or co-op experience of some kind before they graduate.

Youngstown State University's education and nursing programs help their students with required student-teaching experiences or clinicals, and the Williamson College of Business Administration and the College of Science, Technology, Engineering and Mathematics provide students with professional service offices to aid in locating internships.

Four of the six colleges at YSU have professional service offices available

for student use. The College of Liberal Arts and Social Sciences and the College of Creative Arts and Communications don't offer professional service offices. YSU Provost Martin Abraham attributes this in part to a lack of practical internship experiences available for certain majors in those colleges.

Abraham said not all majors and disciplines have an immediately apparent fit or job that an intern can easily pick up and do for a semester or two. He used history as an example of a major which may be difficult to connect with a practical undergraduate internship, since graduate studies or research are generally required in that field of work.

"There are other places and even some of those in [the College of Liberal Arts and Social Sciences] where [an internship] would be an obvious fit," he says. "It's a question of how does

it fit, and how well does it get in, and how many opportunities are there for them. In some areas, it's just easier to do that than others."

Identifying which programs and disciplines are the most applicable to currently available internships and employers is the next step for creating internship offices for the rest of YSU.

Sherri Hrusovski, coordinator for the STEM Professional Services office, sees internship services as a crucial two-sided gateway for students to explore the professional world and also for employers to experience and approve of YSU students and their abilities first-hand.

"If you look at the big picture, the professional services are the clearinghouse for everything, for internships and co-ops and employers trying to reach out," Hrusovski says. "Would it be feasible to have this for every col-

lege? Yes, absolutely. Students need to have someone to go to for this."

Creating an office to meet the needs of students who currently lack access to professional services — students in CLASS and the CCAC — is not a simple process, according to Abraham.

"Before we started it, we used the WCBA office, and we shared those resources, and our students would take advantage of that," he said. "Part of the reason we split off is that the number of students we had just became overwhelming for that operation."

Hrusovski said it's common for universities to have one larger career services office for the entire university and then also separate professional services and internship offices for each of the colleges or programs.

INTERNSHIP  
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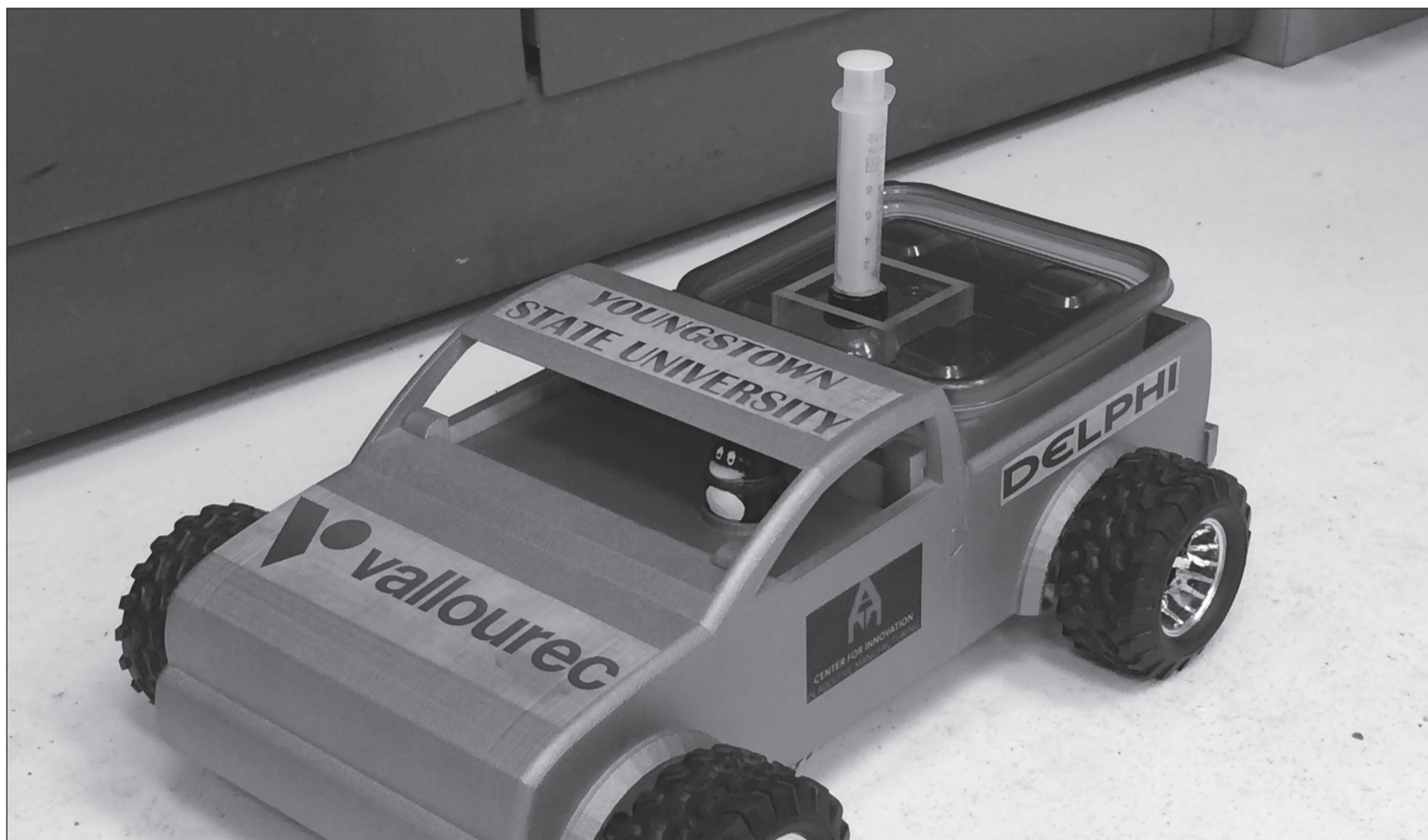


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## Engineering Students Build Chemical Powered Cars

Last year's Youngstown State University Chem-E-Car (pictured) placed 21<sup>st</sup> out of 34 competitors at the national competition in Salt Lake City, Utah.

STORY: SAMANTHA PHILLIPS | SPHILLIPS@STUDENT.YSU.EDU | PHOTO COURTESY OF: ALEX LINCOLN

A team of Youngstown State University student engineers plan to compete at the Chem-E-Car regional competition at Miami University.

The national competition occurs every year during the annual American Institute of Chemical Engineers. Teams create vehicles powered solely by chemical reactions. This precludes the use of mechanical stopping devices, including brakes. Judges evaluate the creativity of the car and whether or not it can travel the required length.

Last year, YSU's team advanced to the national competition and placed 21<sup>st</sup> out of 34 teams.

Holly Martin, professor of chemical engineering, advises the YSU team. She said teams have to modify at least one component of their car every year. "Last year we used an iodine clock,

which went from clear to almost black," Martin said. "This year we're doing a cinnamaldehyde reaction, which goes from a very light yellow to a completely solid yellow with crystals forming. So that's our big change is going from basically a liquid reaction to a solid reaction."

YSU hopes to advance to the nationals this year, which will be held in San Francisco. Bridger Kowalczyk, co-captain of the team, said a slight hardware issue set them back during the last competition.

Martin said participation in this competition benefits chemical engineering students because they learn time management skills.

"This is extracurricular ... but there are deadlines you have to meet," Martin said. "It also benefits them in applying what they learned in class, but

in a completely out-of-the-box, wildly-unrelated-to-class type thinking."

Kowalczyk agreed that success in the competition hinges on time management.

"It takes a lot of research, a lot of time to be in there doing the same thing over and over again; we still have classes, so trying to make time for it is rough," he said. "Right when you think there can't be any more, you make time for more. It prepares you for the real world."

Martin said she hopes it will prepare students for challenges they will face as professional engineers. To that end, the event features a career fair with 300-500 companies, such as Exxon and BP, offering students co-ops, internships and part-time jobs.

"[It's] the biggest job fair for chemical engineers in the entire nation,"

Kowalczyk said. "It's good networking ... The opportunities are here. Take advantage of that."

Local networks have benefitted the team as well. YSU's Center for Innovation in Additive Manufacturing provided the car model, and the Youngstown Business Incubator sponsored the team to help make their trips to the competitions possible. Martin said the team wouldn't exist without community support.

Kowalczyk said he would like to get more people involved and build two cars in the future. Brandon Haldiman, the second co-captain, said even though it's a chemical engineering competition, they would benefit from having mechanical and electrical engineering students to help build and wire the car.



## Clutter Passes on Lessons from the Dead

STORY: LAUREN FOOTE | LAURENLEONAL@GMAIL.COM | PHOTO: JUSTIN WIER

Susan Clutter, assistant professor of forensic science at Youngstown State University, delivered a lecture titled "Everything I Know About Life I Learned from Dead People" on Friday as part of Student Government Association's Last Lecture series.

Last Lecture was inspired by Carnegie Mellon University professor Randy Pausch, whose lecture to students after being diagnosed with pancreatic cancer went viral.

Clutter said she struggled with devising

a lecture that conveyed life lessons.

"I can talk about blood spatter all day long," Clutter said. "I'm still learning, so I do not know how to impart wisdom without sounding like a public service announcement."

Clutter worked in the field for 10 years as a crime scene investigator before obtaining a master's degree and entering education. She has been at YSU for 10 years.

"Most of what I have learned, I have learned from people that have passed on," Clutter

said. "I want to start the lecture on dead people, some who are dear to me, and some who I did not know about until they died."

She began by speaking about her uncle, who was murdered when she was young. She attributed her interest in crime to this experience, as well as a visit she made to the FBI as a child.

"People get taken from us, sometimes they are living large and have everything that they need and they get taken from us," Clutter said. "It doesn't make

sense, but that is life."

Her second example was Robin Williams and specifically the message he delivered in the movie "Dead Poets' Society."

"This is about living life to the fullest," Clutter said after showing a clip from the film. "Seizing the day is something we say, and we forget to seize the day, or we think we are seizing the day but in reality we are living by the minute."

Her third lesson was that drug abuse affects everyone, and there isn't a stereotypical drug abuser.

"Baltimore taught me just how many people are affected by this," Clutter said. "It is preventable."

She suggested that people turn to drugs because they forget what their purpose is. When we are children, we have a very clear idea of what we want, but it becomes less clear over time.

"It is really sad because at five we know what we want and at 15 we lose sight of that," Clutter said. "Somebody at some point questioned what you wanted to be."

Her next lesson expounded on this point by talking about her Calculus II professor in college. Clutter said she keeps her professor's obituary between her two science degrees to remind her never to discourage students from pursuing their dreams.

"The last thing anyone wants to hear is what they should do; we want to do what we want to do," Clutter said. "Dump people who are not helping you. You do not need that extra weight."

The next lesson was about an officer that went missing in action in Vietnam, whose bracelet she wears, and an unsolved disappearance where she worked as a crime scene investigator.

"These are symbolic for me," Clutter said. "Sometimes in our life we are not going to see

justice. Sometimes justice takes a long time."

She encouraged students to be proud of their accomplishments, mentioning past students that have handed in their theses and told her how terrible it is.

"This is your thesis, your big thing, and you are not proud of it?" Clutter said. "We need to start feeling better about the things we do right."

She also said students need to own their mistakes and maintain their sense of humor. She encouraged students to avoid procrastinating, and said they are nearing the point in their lives where they can no longer use being young as an excuse.

At the same time, she said we need to put our anxieties and anger in perspective.

"You do not want to be so anxious that you don't even try," Clutter said. "At some point we have to say, 'you know what? At the end of the day, nobody cares about my grades in this class or this assignment.'"

Tyler Miller-Gordon, SGA's current secretary of technology and president-elect, introduced the lecture. He said working with her to create a promo video for the event gave him insight into her life.

"The crowd of just under 100 people proved the impact she has on student's lives," Miller-Gordon said. "I thoroughly enjoyed it!"

# ADS

## THE JAMBAR

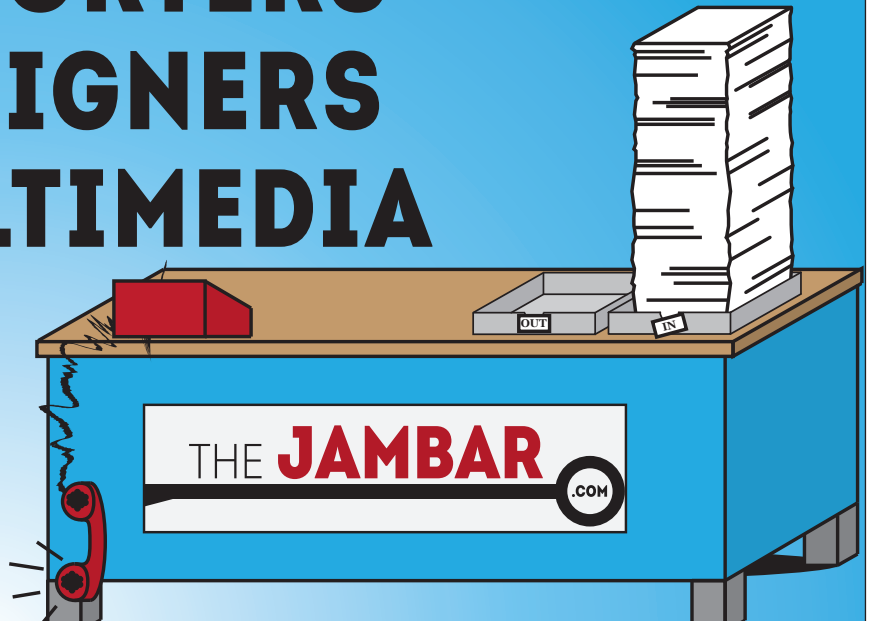
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# YO!

YO Magazine, The Jambar's semesterly features publication, is looking for YSU students to contribute. If you're interested in writing, send an email to: [yomagazine2@gmail.com](mailto:yomagazine2@gmail.com).

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## UC Will Admit 15 Percent More California Students this Year

TERESA WATANABE | LOS ANGELES TIMES (TNS)

LOS ANGELES — The University of California announced Monday a significant boost in California students, particularly Latinos and African-Americans, offered admission for fall 2016.

The announcement comes as the UC system has been under political fire for what critics say is a policy of admitting too many applicants from other states and countries.

Admissions offers to California high school seniors increased by 8,488 to 66,123 — nearly a 15 percent increase over last year. Among them, offers to Latinos increased to 22,704 from 16,608 last year, while those to African-Americans grew to 3,083 from 2,337 during the same time period.

UC also increased offers to non-resident students, to 32,799, representing a 7.7 percent hike. The three most popular campuses — UCLA, UC Berkeley and UC San Diego — have capped their enrollment of out-of-state students.

The announcement came just days after a state audit slammed the 10-campus system for hurting

California students, particularly under-represented minorities, by admitting too many applicants from other states and countries. The audit urged a cap on nonresidents, along with tougher eligibility standards for them.

UC President Janet Napolitano decried those findings as unfair. She said UC tripled the number of nonresidents in the last eight years so their extra tuition costs — \$728 million during that time — could help compensate for massive budget cuts in the system. UC lost nearly \$1 billion, or about a third of its budget, after the 2008 recession and has still not fully recovered, although the state has begun increasing support.

But thanks to a deal with Gov. Jerry Brown and the Legislature for more state dollars, UC agreed to admit 5,000 more California students this year, and another 5,000 — for a total of 10,000 — over the next three years.

Today's admissions figures, in the unlikely event that all the students accepted their offers, would put the state 3,488 admissions

over its goal.

"We've intensified our efforts to boost enrollment of Californians at the University and all indications are that these efforts are working," Napolitano said in a statement Monday. "Our commitment to California and California students has never wavered, even through the worst financial downturn since the Great Depression. Now, with additional state funding, we are able to bring in even more California students."

Overall, 62.7 percent of California freshmen applicants were admitted, a jump of almost 7 percent from 2015. UC received a record number of applications — more than 200,000 — for fall 2016.

California freshmen who will be the first in their families to attend college rose to 42.8 percent of admitted students, and students from low-income families increased to 37.4 percent of the total number of admissions.

Admissions data for transfer students and for individual UC campuses has not yet been released.

## NEWS BRIEFS

### YSU Dance Ensemble Marks 25th Anniversary April 14 - 16

The Youngstown State University department of theater and dance will hold their 25th Anniversary Performance of the YSU Dance Ensemble April 14 – 16 at 7:30 p.m. in Bliss Hall's Ford Theater on YSU campus. Adult tickets are \$16 and special rate tickets are \$8 for non-YSU students, YSU faculty and staff with valid ID, senior citizens, Penguin Club member and groups of eight or more. YSU student tickets are free with valid ID.

### Scholarly Work on Nursing Featured at 'An Evening of Research' Event

Sigma Theta Tau International Honor Society of Nursing Xi Xi Chapter and the department of nursing at Youngstown State University will host "An Evening of Research" 5 to 8:15 p.m. Monday, April 18, in the Chestnut Room of Kilcawley Center on the YSU campus. The keynote speaker is international nursing leader and author Joyce Fitzpatrick, and the event will be open to the public. The cost to attend the event is \$25 and includes a buffet dinner. Registration is required to Jennie Wood at [jmwood@ysu.edu](mailto:jmwood@ysu.edu).



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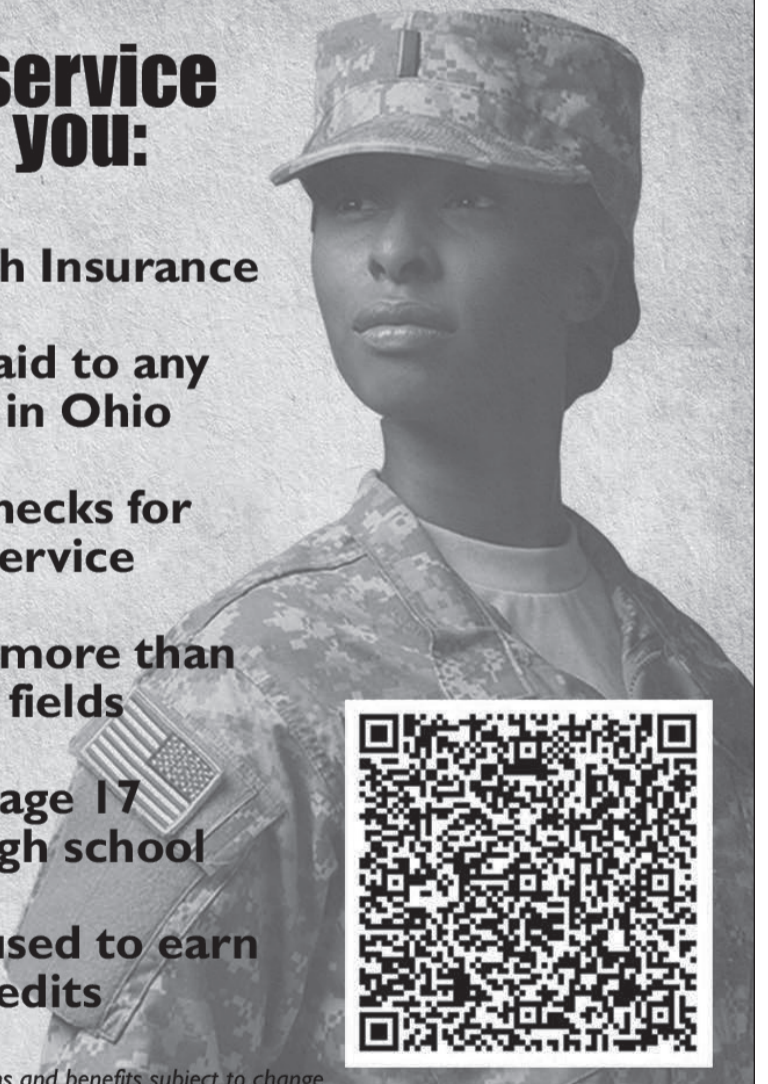
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### SCHOLARSHIPS FRONT

“I think it’s a true testament to their ability as researchers and the undergraduate research they have conducted, but also their potential to make an impact in their fields in the future,” Wakefield said.

The applicants were notified by SGA President Ashley Orr that they won; she congratulated both of them on their achievement. Morgan said he was happy. Wise said she had to check the website repeatedly to make sure she won.

“It’s still hard to believe now that I’m a Goldwater Scholar,” Wise said. “Andy and I will do our best to live up to everyone’s expectations.”

Wise said she wants to pursue a Ph.D. in either computer science or math, and the scholarship will help her stand out. She also said it provides financial help.

“I don’t have to work as much, and I can focus more on the research that I’m doing now instead of other things, worrying about money and stuff like that,” Wise said.

Morgan plans to pursue a Ph.D. in computer engineering with a fo-

cus on robotics and artificial intelligence.

“I really enjoy combining those two into something that we can see more applicable in our everyday society,” Morgan said. “Even in our Department of Defense, military-type applications.”

Wise said she hopes this achievement can show YSU students that they are just as capable of winning prestigious scholarships as Ivy League students.

“I’m hoping ... this sets more of a pathway for other students. There are so many students I know that could have applied and won it as well,” Wise said. “I hope this helps push more people to apply because I think most of our YSU students are highly qualified enough to win this award.”

Morgan talked about the importance of Orr winning the Rhodes Scholarship earlier this semester and having two Goldwater Scholars in one year for the first time.

“Hopefully this really exemplifies what we’re doing for the university — growing in success,” Morgan said. “I really want it to be a scholarship for the university rather than myself.”

### INTERNSHIP FRONT

“It’s important because you have a different relationship,” she said. “You’re here [in the college building], you’re working with your students, you know them, and students can stop by easier because you’re in the same area.”

According to Hrusovski, Abraham was the one who recognized the need for professional services to extend to more YSU students.

“He was the one who said ‘we need to have this office,’” she said.

Abraham said they needed some kind of operation that would effectively help students get jobs.

“Not so much the permanent jobs, because we already have Career Services [in Kilcawley], but the internship opportunities,” he said.

After STEM began its own professional services, the Ohio state government began the initiative Ohio Means Internships and Co-ops in 2014. OMIC, according to the 2015 Annual Report, is intended to “create or expand internship and cooperative education programs.” In its first year alone, OMIC awarded

over \$10.8 million in grants to universities around the state to further this goal.

This funding has been invaluable to YSU, STEM and WCBA, Abraham says.

“[When OMIC started], we put together a proposal and were fortunate enough to be selected for funding in that program, ... and we were able to renew and that allowed us to expand the operation and grow the activity further,” Abraham said.

While OMIC currently provides funding primarily for STEM and business majors, the Annual Report says that the program will continue to expand into other majors and disciplines, but Abraham thinks that it may be a little more difficult than it was for business or STEM majors.

“It’s actually fairly common in other areas as well, they just don’t call them internships and co-ops, like in education or healthcare, with student-teaching experiences or clinicals,” he said. “When we talk about expanding internships and co-ops, generally speaking we’re talking about expanding into other areas.”

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## The Recovered Stories of 'Lost Youngstown'

STORY: **BILLY LUDT** | [WRLUDT@STUDENT.YSU.EDU](mailto:WRLUDT@STUDENT.YSU.EDU) | PHOTO COURTESY OF: **SEAN POSEY**

Elms Ballroom was a staple for live music in Youngstown 50 years ago. Local and national touring acts alike frequented the venue.

Where Elms once stood, Kilcawley Center now stands. Elms is one of many recovered stories in the book, "Lost Youngstown," by Sean Posey released Monday.

"For a buck or two you could go [to Elms] and see Jackie Wilson and Tina Turner," Posey said. "And at the time, it was one of the big university attractions."

"Lost Youngstown" is the latest in a series of titles published by The History Press, an affiliate of Arcadia Publishing. The series goes city by

city and recovers stories of lost community staples — be it industry, theaters, diners — and retells their story through oral and archival history.

Posey is a freelancing writer and photojournalist, whose prior work has included the history of Youngstown, worked on "Lost Youngstown" from July 2014 to October 2015.

"I think it came together rather well," Posey said. "At the outset, I had some archived work on Youngstown already on hand. I tried to keep this as tight and cohesive as possible."

Posey said that there is history in the book that is well known, but there will be some surprises and little known stories as well.

"I had a good grasp of the history beforehand," Posey said.

Prior to his work on "Lost Youngstown," Posey had published articles on the subject of Youngstown's history.

Previous iterations in the Lost series include "Lost Akron," "Lost Cleveland" and "Lost Toledo." There are currently 51 total titles in the series.

A story that stuck with Posey is Youngstown's, now demolished, Paramount Theater.

"It's difficult to visualize from the outside," Posey said. "It was the first of the real proper dinner theaters in Youngstown."

Posey had the opportunity to go inside the Paramount and shoot photos before it was demolished. He said that the majority of photos that he had to shoot were used for before-and-after comparisons of lost places.

Posey said that he could not disclose too much information, but he is working on another book related to Mahoning Valley history.

Posey will be selling and signing copies of "Lost Youngstown" at Barnes & Noble Booksellers in Boardman, 381 Boardman Poland Rd., on April 16 from 1 to 3 p.m.

More information about "Lost Youngstown" is available at [www.lostyoungstown.com](http://www.lostyoungstown.com).

## EVENTS OF THE WEEK

### TUESDAY

STAMBAUGH YOUTH CONCERT BAND  
-STAMBAUGH AUDITORIUM  
7:30 P.M.

### WEDNESDAY

LOST YOUNGSTOWN BOOK LAUNCH  
-M GALLERY  
5:00 P.M.

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-SUZIE'S DOG'S & DRAFT'S  
7:00 P.M.  
  
YSU DANCE ENSEMBLE 25TH ANNIVERSARY CONCERT  
-YSU FORD THEATER  
7:30 P.M.

### FRIDAY

THE TIME MACHINE  
-YOUNGSTOWN PLAYHOUSE  
7:30 P.M.  
  
GORDON LIGHTFOOT  
-W.D. PACKARD MUSIC HALL  
7:30 P.M.  
  
MINT CONIDITION  
-POWERS AUDITORIUM  
8:00 P.M.  
  
HIGHLAND ROSE  
-SUZIE'S DOG'S & DRAFT'S  
8:00  
  
YOUNGSTOWN'S MELTING  
CVTTVMVVTH & BIRTHDAY NOOSE  
THE ROYAL OAKS  
10:00 P.M.

### SATURDAY

RUST BELT MADE MAKERS MARKET  
-THE SOAP GALLERY  
1:00 P.M.  
  
THIRD ANNUAL TASTE OF YOUNGSTOWN  
-M GALLERY  
5:00 P.M.  
  
ADS CLUB 1ST ANNUAL BENEFIT CONCERT  
-SUZIE'S DOG'S & DRAFT'S  
5:00 P.M.  
  
VALLEY OF THE DIVAS CONCERT  
-FORD FAMILY RECITAL HALL  
7:30 P.M.  
  
RECORD STORE DAY  
ALL PARTICIPATING RECORD STORES

# YO!

YO Magazine, The Jambar's semesterly features publication, is looking for YSU students to contribute. If you're interested in writing, send an email to: [yomagazine2@gmail.com](mailto:yomagazine2@gmail.com).

## ..... EDITORIAL .....

# I Wanna Rock and Roll

*(and Rap and Country and Pop)*

## All Night

The Rock and Roll Hall of Fame held its induction ceremony in New York on Friday, and they welcomed N.W.A into the Cleveland museum.

This induction has created a lot of controversy most notably by Gene Simmons of KISS, who said he was looking forward to the death of rap music.

The group responded during its acceptance speech on Friday with MC Ren saying, "I want Gene Simmons to know that hip hop is here forever. We're supposed to be here." Ice Cube added, "Are we rock and roll? You're goddamned right we're rock and roll!"

Simmons responded on Twitter by saying, "let me know when Jimi Hendrix gets into the hip hop hall of fame. Then you'll have a point."

It's all very stupid.

To begin with, N.W.A. is not the first hip-hop group to be inducted to the Rock and Roll Hall of Fame. Previous inductees include Public Enemy, Beastie Boys, Run D.M.C. and Grandmaster Flash. All, we should note, were inducted prior to KISS.

The blurring of the term "rock and roll" isn't a recent trend either; the first class of inductees included James Brown, Ray Charles and Sam Cooke, artists whose connection to rock music is some-

what tenuous. We've also seen the induction of folk musicians like Woody Guthrie and pop stars like Madonna.

Disregarding the ignorance of Simmons' comment about the death of rap music, the real problem is that people assume the Rock and Roll Hall of Fame's definition of "rock and roll" has any integrity at all, and that the museum is more than just a commercial enterprise intended to trick tourists into visiting Cleveland.

While he didn't garner the same degree of publicity N.W.A. did by continuing their feud with Gene Simmons, Steve Miller was openly critical of the institution both during his acceptance speech on Friday and when he spoke to press backstage.

"You tell me, what is the Rock and Roll Hall of Fame?" Miller said. "What does it do besides talk about itself and sell postcards?"

During his speech, he criticized the induction process and the lack of women represented among inductees. Backstage he said the process is difficult and unpleasant, and he wasn't even able to bring his band with him, because he was told tickets for anyone other than him or his wife would run \$10,000 each. He said the show came very close to

not even happening because of the Hall of Fame's poor treatment of artists.

This isn't saying that going to the Rock and Roll Hall of Fame can't be fun.

It's cool to mosey around the permanent exhibits, like Jerry Garcia's guitars and the giant hot dog on which Phish flew into their 1994 New Year's Eve show at Madison Square Garden. The induction ceremonies usually make for fun viewing if you happen to subscribe to HBO (another example of the museum's commercial nature) — last year viewers saw the remaining members of Nirvana perform with a few different frontwomen.

It's also done a decent job of cataloguing important figures in the development of popular music, with the exception of women.

Assuming the organization has any integrity was Gene Simmons' first mistake even if drawing the line at N.W.A. when there are other rap artists makes him seem like an old, out-of-touch white guy.

Getting inducted to the Rock and Roll Hall of Fame is only slightly more prestigious than joining one of the honor societies that bombard college students with applications.

.....THE.....

## JAMBAR COLUMN

# An Ode to Sleep

JORDAN MCNEIL

JEMCNEIL@STUDENT.YSU.EDU

You know what's pretty great? Sleep. I personally am a big fan, even though I suffer insomnia nights far more often than I would like. Sleep is one of my go-to methods of procrastination, and for various reasons.

One, I need a lot more sleep daily to function like even a halfway normal human being — and I mean a lot. Eight hours hasn't seemed like enough for me for quite a few years now, and I always look forward to the nights that I can set my alarm for 10-12 hours. This possibly could be an indicator that there's something wrong with me medically, but I'll just worry about that some other time.

Two, I usually have really weird and crazy dreams. Sometimes they're good, sometimes they're horrifying, but they're always way out there. Which means they can almost be guaranteed to be more interesting and intriguing than whatever paper I'm supposed to be researching or presentation I'm supposed to be preparing. I mean, if the choice was between working on a 15-20 page literary analysis or briefly becoming a secret agent that hunts down the bad guys while flying and talking to goats, which would you choose?

Three, sleep is good for your health. I'm sure you all already know that, have heard it multiple times throughout your lives, but I'm listing it again because it's true. Your body and brain need to recharge on a regular basis, and sleep is the way to do that; avoiding sleep is the way to get sick. The other week, I pulled two all-nighters in a row — which I would highly not recommend — to finish a hefty assignment, and I was feeling ill, off balance and

not fully there for the next five or so days. Sleep is important folks.

But sleep can do more than just simply recharge your batteries and keep your immune system operating. I stumbled across an old article by Elijah Wolfson in *The Atlantic* the other day called "Why Some People Respond to Stress by Falling Asleep." I mean, come on, that was pretty much made for me. Most of it focuses on the psychology of "learned helplessness" that changes some people's fight or flight response to sleep because they have been conditioned through past experiences to believe that there's really nothing they can do about what's happening.

It also discusses, though, how sleep helps sort through your daily "data" to find the experiences that are important to commit to memory and discarding the others. This allows your brain to then process the events of the day, which can lead to learning from them. When you're awake and stressed out, your brain is frayed with all that it is being bombarded with; but once you're asleep, it's capable of finally examining the pile of stresses. It's part of our natural stress response, and what this does is both destresses the body physically and helps refresh your brain to tackle your problems once you wake back up.

So yes, I sleep as procrastination when I'm stressed out on my work, but in doing so, my brain gets recharged and maybe comes up with a few solutions for me to put towards my assignments — and that's almost like I'm not actually procrastinating at all.

## Getting Started: After Graduation, Don't Let Financial Education Stop

CAROL BIGDA | CHICAGO TRIBUNE (MCT)

It's graduation season, which, for students leaving campus, means it's time to begin repaying student loans and thinking about your financial future. To help get you started, here are a few quick tips.

Keep learning. You may have closed the books on your academic studies, but when it comes to managing money, you want to begin reading.

William Bernstein, a financial adviser and author of several books, including "If You Can," (Amazon) an e-booklet about investing for 20-somethings, says learning the basics of investing before you dip a toe in the market can pay big dividends.

"We spend more time researching what sushi place to visit than we do important financial decisions," he said. So start learning the basics of budgeting, saving and investing now. There are plenty of resources online or in bookstores.

Don't fear stocks. When you begin to invest, Bernstein says young investors should not be turned off by volatility in the stock market.

"The young investor wants turbulent low-returning markets so she can buy stocks cheaply," he said. When you have less time to recover from a market loss and fewer working years to keep saving, those stocks become much riskier to own.

Start saving now. Even if you're not investing in the stock market right away, you should try to start building some cash savings as soon as possible, says Sophia Bera, a financial planner in Minneapolis who works with 20-somethings nationwide.

How do you come up with the spare cash? Bera suggests keeping your day-to-day expenses low: Get roommates. Skip the cable TV package. If you need a set of wheels, buy a used car.

"Live like a college student," she said. "The lower you can keep your fixed costs, the more money you have for the fun stuff."

Stay insured. Some expenses should not be cut,

such as health insurance. If you're losing coverage after you graduate and don't have a job with benefits, you have a couple of options to get insured.

First, if you're younger than 26, you can stay on or be added to a parent's policy (if your parent gives the OK).

Another option is to sign up for an individual policy through your state's health care exchange. Although open enrollment for 2014 has ended, there are certain exceptions, including losing your school-based insurance, that allow you to enroll at different times during the year.

And if you earn about \$46,000 or less per year, you may qualify for a subsidy to help offset your monthly premium.

To learn more, go to [healthcare.gov](http://healthcare.gov).

Tackle student loans. Finally, if you have student loans, figure out how you'll manage the monthly payments. In most cases, you will have a six-month "grace period" from the time you finish school before repayment begins. Use that time to get organized, Bera said.

First, figure out how many loans you have (you may have taken out several over the course of your studies). For a list of your federal student loans, go to the National Student Loan Data System website at [nslds.ed.gov](http://nslds.ed.gov). For private student loans, contact your lender.

Then, determine how much you'll owe each month and whether you need to take action to make the debt manageable, say, by consolidating your loans or signing up for an alternative repayment plan. For more help with federal loans, go to the Federal Student Aid office of the Department of Education at [studentaid.ed.gov](http://studentaid.ed.gov). If you need help with private student loans, check out the Consumer Financial Protection Bureau at [consumerfinance.gov](http://consumerfinance.gov).

### JAMBAR POLICY

Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press honors. The Jambar is published twice weekly during the fall and spring semesters and weekly during the first summer session. Mail subscriptions are \$25 per academic year. The first copy of The Jambar is free. Additional copies of The Jambar are \$1 each.

### OUR SIDE POLICY

The editorial board that writes our editorials consists of the editor-in-chief, the managing editor, the copy editor and the news editor. These opinion pieces are written separately from news articles. They draw on the opinions of the entire writing staff and do not reflect the opinions of any individual staff member. The Jambar's business manager and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

### YOUR SIDE POLICY

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## Ryan Krokos:

### Former YSU Pitcher Turned Volunteer Coach

CONTRIBUTOR: MARC WEEMS | PHOTO COURTESY OF: YSU SPORTS INFORMATION

As a freshman in 2011, Ryan Krokos came to Youngstown State University to further his love of the game, baseball. Now his love for baseball has transcended his playing career.

Ryan Krokos, a former pitcher who finished his senior season at YSU with a team-high 27 appearances as a starter and from the bullpen, was named a volunteer coach for the YSU baseball team after he graduated last season.

"I wanted to play baseball as long as I could, so I have kind of maxed that out," Krokos said. "I love [baseball]. To come to the baseball field every day and call that work, while teaching the players, is a huge passion for me."

Head coach Steve Gillispie discussed how

Krokos played, and his transition to the coaching staff.

"He was very competitive as a player and was very detail oriented. He had a great aptitude for applying what was being taught or coached," Gillispie said. "He was very disciplined and knew what it took to improve and to become a better ball player."

Gillispie said Krokos was a coachable player that always wanted to better himself. Gillispie said that allowed him to become a good coach after playing.

"Before the start of his senior season, we, as a staff, asked Ryan [Krokos] to change the arm angle he threw at, which goes to show he wanted to do everything he could to get better and to help the team," Gillispie said. "As a young college coach, you must take



on a lot of grunt work to ultimately reach certain goals."

Krokos talked about being so close in age

and thought to the guys on the baseball team, and how that affects his coaching style.

"I think I'm in a great

position as far as being close with the other coaches and being close with the players," Krokos said. "I get where the players are coming from, but then again, I get where the coaches are coming from as well. I can be that happy medium where players and coaches can come to me and get where they both are coming from. It works out well."

Joe King, a junior left-handed pitcher at YSU, talked about what Krokos provides to the team.

"Although there are similarities from the players to coach Krokos," King said. "We have a certain respect for him, as we do for all the coaches, but he gets us a little more than the rest of the coaches. Since he's a few years older than us, he was in our shoes just last year. As a team we can relate

a little more to what he is saying, because he has done what we are doing before."

Gillispie also spoke on Krokos and how having him on his coaching staff is so important.

"He's still close enough in age and knowledge that he can remember when he was told things to do in his game and can relay to the guys in a way that isn't so coached."

"I'm very much removed from the college-athlete scene, and Ryan [Krokos] can relate to players in a way that my coaches and I really can't," Gillispie said. "Since he played with some of the guys who are still here, he has a relationship that although he is just as young, he is still a coach after all, and he is an absolutely perfect addition to our staff."



Youngstown State University catcher Maria Lacatena behind the plate during the softball team's game at the YSU Softball Complex.

## Penguins Comeback to Top Flames

STORY: DAN HINER | DHINERJR@GMAIL.COM | PHOTO & GRAPHIC: DAN HINER

Demi Ann Patonis probably isn't a name that many fans of the Youngstown State University softball team know, but the freshman came through in the bottom of the sixth inning on Friday to give the Penguins a 5-4 win over the University of Illinois at Chicago.

With two outs and YSU's Alexa Schmidt at third base, Patonis came to the plate with the go-ahead run in scoring position. On the first pitch of the at-bat, Patonis singled to left field to give YSU a 5-4 lead.

"They just told me to give my full effort and believe in myself," Patonis said. "I was just glad the team put me in that situation to contribute to the win."

YSU (18-13, 5-2 in the Horizon League) lost the first game of a doubleheader 7-2, but YSU regrouped in the second game.

"The part about softball, or the fun of play-

ing softball, is going into the second game, you have to have a short memory — just kinda forget what takes place, win or lose, and refocus going into the second game," YSU head coach Brian Campbell said. "I couldn't be more happy with how the young ladies responded. We were able to get on base and get some key hits, and for Demi Ann [Patonis] to come through with a first-pitch shot that scored that run, and we got back to play defensively."

The Penguins used their "small ball" style of play to generate offense in the second game of the doubleheader. UIC entered the game with the top pitching staff in the Horizon League.

"Maria [Lacatena], I think in both games, I think she did fairly well. I think she went 3-3 with a couple RBIs there," Campbell said. "So, on top of that, just trying to take that mentality and letting it go

through to get the next person their at-bats.

"I think when you look at the second game there, Demi Ann was just looking for a pitch that she could drive to score a run with two outs. And I think that's just the mentality we've tried to instill this year — don't try to do anything above and beyond. Stay within yourself as a player."

In the bottom of the first inning of game one, YSU catcher Maria Lacatena hit a two-run single to left field to drive in Sarah Dowd and Miranda Castiglione to give YSU a 2-0 lead.

After UIC (20-12, 6-2 in the Horizon League) fought back to take a 3-2 lead, YSU infielders Brittney Moffatt and Katie Smallcomb hit back-to-back doubles to give the Penguins a 4-3 lead.

In the top of the fifth inning, UIC first baseman Laura Swan hit a groundball to Small-

comb at shortstop, but Smallcomb committed an error. UIC centerfielder Lexi Watts scored on the play to tie the game at 4-4.

Patonis drove in the game-winning run in the next inning.

YSU pitcher Caitlyn Minney pitched a complete game allowing four runs on five hits

and three walks.

Even though the Penguins dropped the first game of the day, YSU's comeback in game two could have an impact on the rest of the season. The Penguins won 11 of their last 13 games, and Patonis said the win could give YSU more momentum for the next couple games.

"I think it's going to help us considering we beat one of the better teams in the conference," Patonis said. "[UIC pitcher Alice Fitzpatrick] was a part of one of the top pitching staffs in the conference. I think, since we hit off them, we have that confidence in our other games."

#### Horizon League Conference Standings Softball

School	Conference		Overall	
	W	L	W	L
1 Wright State	8	1	23	15
2 UIC	6	2	20	12
<b>3 Youngstown State</b>	<b>5</b>	<b>2</b>	<b>18</b>	<b>13</b>
4 Oakland	3	2	7	19
5 Valparaiso	3	4	8	21
6 Detroit	3	6	10	28
7 Northern Kentucky	2	6	9	27
8 Green Bay	1	4	10	23
9 Cleveland State	1	5	8	23