



Managing Money as a Student

PHOTO "MONEY" BY KEITH COOPER/FICKR

BY JAMBAR CONTRIBUTOR
LAURA MCDONOUGH

Amber Tisdale, a graduate student in the American Studies department, has learned how to manage money after starting to pay all of her own bills.

"I have to make the choice between getting a new outfit or paying my rent," Tisdale said. "I've never had to say I can't have this thing because I have to pay my rent before. It's kind of hard sometimes, but I know the rent is more important."

Some students don't have the same mindset to set priorities as Tisdale and may struggle more with managing their finances.

The biggest challenge, everyone said, was creating a budget and sticking to it.

"To create the budget, putting pen to paper is the easiest thing to do," Mary Wilburn, a volunteer for the Volunteer Income Tax Assistance program said. "The big thing is taking a month and really starting to record everything and see where your money is going."

She suggested using a spreadsheet or an app to keep track of weekly and monthly expenses.

Raymond Shaffer, an assistant professor in accounting and finance, said de-

terminating the difference between needs and wants is crucial when creating a budget.

"Very few things we really need. Now an expensive cup of coffee, it's a nice want, sure it's great, but if you don't have the money you don't do it," Shaffer said.

Knowing how much money you have to spend and what you actually need to spend it on is important, but Shaffer said it's also important to put away some money.

"You should be trying to save some money, because there's always going to be an emergency coming up," Shaffer said. "If you spend exactly how much you have coming in, then at some point you're gonna run into trouble."

Christine Adams, Interim Head of Information Services at Maag Library, said you should save receipts and write down everything you spend money on.

"You don't think much about it at the time, but if you look back at it you may see how much money you could be saving," Adams said. "You may look at it and say 'That's like hundreds of dollars a year I'm spending on coffee.' If you start writing down what you spend money on, you'll be shocked."

It's not all about budgeting the bills, grocery shopping and putting away some money, though.

"You also want to have some fun, so budget going to the movies and going out

with your friends," Wilburn said. "Budgeting is how you figure out what you have to spend and what you have to save."

Occasionally, Wilburn said, saving money can come from spending even more money.

For example, she saw coffee cups from Dunkin' Donuts and Starbucks at the VITA session. She said making coffee at home will eventually save you money. Coffee doesn't always have to be home brew — it's important to have a treat once in a while.

One mistake Wilburn noticed that students do is actively use credit cards, which leads to more debt and a bad credit score.

"Credit cards will get you in trouble. You miss one payment on it and your interest rates start going through the roof," Wilburn said. "They think, 'Oh I'll just pay for it later' and later comes all of a sudden they have a big bill and it's hard to pay for that."

Shaffer agreed credit cards are a problem.

"Be careful with using credit cards. Credit cards are okay if you pay them off every month, but if you can't pay it off every month you shouldn't be using it, especially as a student," Shaffer said.

But he had a different take when it came to what the worst mistake students make is — he thinks it's working too much.

"That comes from 'Gee, I want the car,

I want the shoes, I want the cell phone, I want this and I want that.' That's at the expense of doing well in their classes. If you're not gonna do well in your classes and if you're not gonna take them seriously just go work somewhere and drop out of college," Schaffer said. "You can't do both. You can't work all those hours and come to school full time and expect to do well."

Shaffer said one of the things students lose sight of the most is that the brevity of their time as a student.

"It may seem like forever, but you're only there for a few years," he said. "Then you've got the rest of your life to work and make that money and get some of the things you want as opposed to the needs that you have."

Adams thought students who did things, such as buying fast food rather than cooking when they were tired, were making the mistake of doing things out of convenience.

"It's not really thinking ahead. I did it myself and it's just a natural human thing to do. You're trying to focus on school, trying not to work too much because then it makes it hard to go to school," Adams said.

JAMBAR STAFF

EDITOR-IN-CHIEF:

GABRIELLE FELLOWS GFELLOWS@STUDENT.YSU.EDU

MANAGING EDITOR:

DAN HINER DGHINER@STUDENT.YSU.EDU

HEAD COPY EDITOR:

SAMANTHA WELCH SLWELCH01@STUDENT.YSU.EDU

ASSISTANT COPY EDITORS:

JORDAN MCNEIL JEMCNEIL@STUDENT.YSU.EDU

ELIZABETH LEHMAN ELLEHMAN@STUDENT.YSU.EDU

SARAH DOOLEY SDOOLEY@STUDENT.YSU.EDU

DESIGN EDITOR:

LAURA MCDONOUGH LLMCDONOUGH@STUDENT.YSU.EDU

ASSISTANT DESIGNERS:

KATIE STEARS KOSTEARS@STUDENT.YSU.EDU

LANI NGO ENGO@STUDENT.YSU.EDU

NEWS EDITOR:

SAMANTHA PHILLIPS SPHILLIPS@STUDENT.YSU.EDU

ASSISTANT NEWS EDITOR:

JORDAN UNGER JAUNGER@STUDENT.YSU.EDU

REPORTERS:

RALEIGH BASINGER RJBASINGER@STUDENT.YSU.EDU

ALEXA DEVORE ANDEVORE@STUDENT.YSU.EDU

ELIZABETH LEHMAN ELLEHMAN@STUDENT.YSU.EDU

JENNIFER RODRIGUEZ JARODRIGUEZ02@STUDENT.YSU.EDU

NATHAN HRITZ NSHRITZ@STUDENT.YSU.EDU

RACHEL GOBEP REGOBEP@STUDENT.YSU.EDU

ARTS & ENTERTAINMENT EDITOR:

AMANDA LEHNERD ARLEHNERD@STUDENT.YSU.EDU

ARTS & ENTERTAINMENT REPORTER:

GABE GARCIA GRGARCIA@STUDENT.YSU.EDU

COLUMNIST:

JILLIAN SMITH JSMITH04@STUDENT.YSU.EDU

SPORTS EDITOR:

MARC WEEMS MRWEEMS01@STUDENT.YSU.EDU

SPORTS REPORTERS:

ANDREW ZUHOSKY ATZUHOSKY@STUDENT.YSU.EDU

RICK HENNEMAN RDHENNEMAN@STUDENT.YSU.EDU

WILL CLARK WCLARK@STUDENT.YSU.EDU

WEB MANAGER:

ALYSSA PAWLUK ALPAWLUK@STUDENT.YSU.EDU

ASSISTANT WEB MANAGER:

BRUNO SERRANO BFSERRANO@STUDENT.YSU.EDU

SOCIAL MEDIA CURATOR:

MEGAN WHITE MLWHITE01@STUDENT.YSU.EDU

HEAD OF VIDEO PRODUCTION:

GRAIG GRAZIOSI GRGRAZIOSI@STUDENT.YSU.EDU

VIDEO JOURNALISTS:

COREY MCCRAE CDMCCRAE@STUDENT.YSU.EDU

TRE MASTRAN TCMASTRAN@STUDENT.YSU.EDU

ASSISTANT PHOTO EDITORS:

ALYSSA PFLUG AMPFLUG@STUDENT.YSU.EDU

TYLER ROTHBAUER TJROTHBAUER@STUDENT.YSU.EDU

ASSISTANT ADVERTISING AND PROMOTIONS MANAGER:

AMELIA MACK AJMACK@STUDENT.YSU.EDU

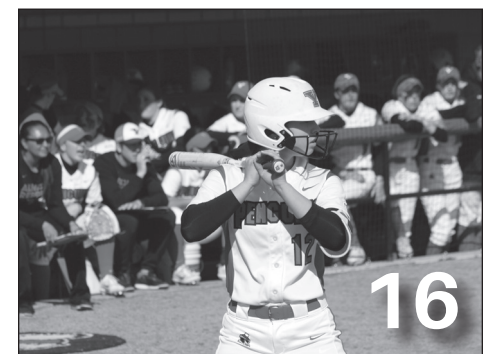
BUSINESS MANAGER:

MARY DOTA 330.941.3094

ADVISER:

DAVE DAVIS 330.941.3095

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CONTACT US


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 330 - 941 - 1990

Fundraising for Flint

BY JAMBAR CONTRIBUTOR
DAVID FORD

The members of the Black Student Union at Youngstown State University collected water and cash donations to send to Flint, Michigan during the week of March 27.

Through the Flint Water Drive, the students of the BSU hope to make a real difference in the lives of those impacted by the lack of clean water.

Anthony Hines, the treasurer for the BSU, stated the number of children affected by the water issue in Flint was one of the main reasons he got involved in the relief effort.

“The number of children with lead in their bloodstream was a problem,” Hines said. “There were no clear cut results to make the water there pure again, so we decided to get involved and help out.”

While the water issue remains a problem for Flint today, the source of it dates back to 2014, when Flint River officially became the main drinking source for the city. Insufficient water treatment led to tens of thousands of residents being exposed to high amounts of lead.

In 2015, to quell the fears of the people, Flint mayor Dayne Walling drank the tap water on live television. Walling’s stunt proved to be ineffective for the city and any chance at his re-election bid.

Recently, President Donald Trump met with current Flint mayor Karen Weaver to discuss infrastructure funding to improve water quality in the city.

Several groups from across the country jumped in to help out the city, including

the Black Student Union of YSU, who so far, have collected more than what they originally expected.

Jaylin Archie, the vice president of the BSU, said this is the group’s first fundraising event and they are proud of the way it turned out.

“So far, we have received 75 cases of water, 80 jugs, 35 bottles and nearly \$200,” Archie said. “We never had a set goal from the beginning but this is definitely more than what we expected.”

After the water is collected, the group plans on driving their donations up to the local Flint churches.

“The smallest amount could go a long way,” Hines said. “We’re glad we were able to do this event and try to make a difference not only in our community but the people and children affected by the water in Flint.”

Several students, faculty and organizations on campus, including the YSU Honors College, have sent in donations for the water drive.

Hunter Miller, a YSU honors student, said they donated a case of water to help in the relief effort.

“It’s a great cause to get behind,” Miller said. “I’m glad we were able to contribute to the water drive.”

As for future fundraisers for the BSU go, Archie said they have some events planned out in the future.

“We are planning on having a three on three basketball tournament and a music festival,” Archie said. “The money we raise will go to a scholarship fund that will be given out to black students who are seniors at school.”

YSU Dean Recognized as Distinguished Woman Scholar

BY JENNIFER RODRIGUEZ

Kristine Blair, the dean of the College of Liberal Arts and Social Sciences at Youngstown State University, was honored with the Distinguished Woman Scholar Award by Purdue University in March.

The Distinguished Woman Scholar Award recognizes women for their career achievements or administrative leadership. Purdue University has awarded four or five female alumnae annually since 2011. The award is given to women from various fields of study.

“I was really delighted and like anybody I think I was a little surprised,” Blair said.

Blair graduated from California State University before receiving her PhD from Purdue University in Indiana.

“I’ve been away from Purdue for a long time,” she said. “I graduated with my PhD in 1994.”

Blair has worked at YSU since May 2016 and she said she enjoys the interaction she has with the students and staff.

“I like to be out and about, celebrating student accomplishments, participating in guest speaker series,” said Blair. “I think just being connected to campus events is a way to maintain connection with student’s faculty and staff.”

Martin Abraham, the vice president of Academic Affairs at YSU, said he has

been very pleased that Blair has “become engaged in the fabric of YSU.”

“She’s got a very interesting scholarship bent, dealing with technology in English, which you don’t usually think of as a combination,” said Abraham. “She’s continued to work in that area and push that research activity forward.”

YSU selected Blair to be dean from a national search because of the whole range of her credentials, academically and administration-wise, Abraham said.

“When we look for our deans, we’re also looking for deans that have outstanding credentials in the other areas that we expect our faculties to have outstanding credentials in,” he said. “So they have to be an educator, they have to be a scholar and be able to do the service as a dean.”

The award is given by the Butler Center for Leadership at Purdue University. Blair said the awards are connected with Women’s History Month.

“It’s really important to honor the accomplishments of women, not just during women’s history month, but throughout all phases,” said Blair. “Our contributions to the academic mission are substantial. To have opportunities to recognize that, here at YSU and at other institutions like Purdue is an important part of creating a welcoming space for women.”

MANAGING MONEY FRONT

Adams created a database for financial literacy that she uses to help with the financial literacy portion of the First Year Experience courses. The database can be found at <http://maag.guides.ysu.edu/FinancialLiteracyYSU>.

She said it would benefit many students, and there is also a rack full of financial advice and budget planning materials on the first floor of Maag Library for students who want to learn how to manage a budget.

From Adams Prezi

The average college student graduates with over \$25,000 in student loans and around \$4,000 in credit card debt. One in three students graduate with \$10,000 or more in credit card debt.

Two \$20 dinners out per week adds up to \$8,320 over four years.

As a general rule, if you can eat, drink or wear an item, it’s usually not a good use of credit.

Another Example

A student spending \$6 a day for a pack of cigarettes spends \$2,196 a year or \$4,380 if they smoke two packs a day.

Professor Evaluations DO Matter

BY JAMBAR CONTRIBUTOR
LAURA MCDONOUGH

According to Provost Martin Abraham, the teacher evaluations that show up in Youngstown State University students' mailboxes are used to gauge teacher effectiveness and course value. Others say the evaluations help dictate which professors receive tenure.

Students should begin seeing faculty evaluations in their inbox in April.

Linda Moore, human capital management analyst from the Office of Human Resources, handles all of the professor evaluations.

Moore said a committee views the evaluations when reviewing professors for tenure or promotion. The opinions on the evaluations can contribute to whether a professor's contract is renewed or ended.

"I don't think students realize that they need [the reviews] for tenure or for promotion, or to just keep a job if they're part-time faculty," Moore said. "...if you've got two professors going up for tenure and you only have one position, maybe that's the deal breaker," she said.

When faculty issues arise, Moore is asked to produce the evaluations for the professor.

"That adds to whatever kind of a mess they might be in. Or if they go up for tenure and get denied, they might want copies of all the evaluations," Moore said.

Zara Rowlands, chair of Human Ecology, said she doesn't put much trust in the evaluations because of the poor return rate.

"Students who tend to complete them are the few who are very unhappy," Rowlands said. "I have often read comments that blame an instructor for things beyond their control or criticize them for

The most memorable evaluations ever received:

"A student who had been frustrated with taking prereq courses and about to drop the major, saying that my course was everything and more than they hoped for in the major, and worth the wait," Rowlands said.

"Keillor is the antichrist," Keillor said.

"He might be an (expletive) tough cookie, but, man, he can teach!" Eunni said.

completing instruction in a way dictated by accrediting bodies."

Rowlands said she never hired or fired anyone based on evaluations because of the poor response rate. Instead, she uses them as a tool for identifying areas for development and improvement.

Rangamohan Eunni, chair of the Department of Management, said the evaluations are just one factor in the decision making.

"We have, in the past, discontinued some contract renewals based on deficiency in teaching effectiveness, which in part was determined by professor evaluations as one of the inputs," Eunni said.

Bruce Keillor, chair of Marketing, doesn't believe the evaluations are accurate.

"They can help to provide an indication of potential problems or things the faculty is excelling at," Keillor said.

Moore said students concerned for their grades should know the evaluations are not given to the educator until after final grades have been posted, so if their evaluation is recognized it will have no impact on that class.

Going digital helps anonymity by removing the handwriting portion that an educator may recognize.

For example, Moore said she was unpacking evaluations to distribute several years ago and could tell what classes a student had because she used the same pink pen for all of her evaluations.

Moving the evaluations online means it's up to the students on whether or not they will fill out the form, which has produced very low response rates, Moore said. While the paper evaluations were filled out more, the responses may not have been any more accurate.

"On paper, no one would answer the questions. They would do all A's and one B or I would get pictures where they colored in circles in the shape of sailboats or a frog or smiley face," Moore said. "It's like, okay, I know you didn't even read the questions. So how is that an accurate assessment of this professor?"

The evaluations may not be taken seriously, but Moore said they need to be because they do have the ability to impact tenure and promotions.

"The general opinion from a student

perspective is 'I'll only do the evaluation if I really like the professor, or if I really don't like the professor or the class,'" Moore said.

Doing this can skew the results for or against the professor, but Moore said sometimes you have to take the results with a grain of salt.

"If you have 50 students in a class, and only four people respond, that's not a very good number to judge anything on," Moore said.

Moore said getting a better response rate may just be up to the educators.

"The professor, in my opinion, needs to come in and say 'Here we go, we need to do this,'" Moore said.

She suggested professors take a few minutes of class time to allow students to use laptops and phones to complete them in class like the old paper format.

Rowlands said completing the evaluations could be used as a requirement to release grades.

"The paper-and-pencil were expensive but they ensured a good response rate because we had a 'captive' audience. Somehow, the students need to be convinced that their input is valuable," Keillor said. "Trouble is that they are asked to do a ton of these every semester."

Eunni also said the evaluations should be done during class time again.

In a memo by Abraham sent to faculty on April 3, he clarified the university's position on the evaluations.

"While student evaluations admittedly serve both a formative and summative role in overall faculty evaluation, as per our collective bargaining agreement Article 14.1, it is in our mutual interest to encourage robust student participation as a means toward supplying valuable feedback," he said. "Which in turn enables faculty to assess course materials and their delivery, and therein better serves the student body."

Responsible to a Fault: A Series on Student Athletes Part 2 of 4

BY JAMBAR CONTRIBUTOR
KATIE MONTGOMERY

Hannah Hall's parents weren't married. Different boyfriends came in and out of her and her siblings' lives, and almost all of them treated the kids badly.

In her junior year of high school, her cousin who was living with them attempted suicide and was sent to an institution. Hall's twin sister spiraled into anorexia and depression and eventually quit track. Afterwards, their mother stopped coming to Hall's track meets.

That's right about when she stopped eating.

"I felt like I was letting my family down by not being home enough, or that I wasn't helping," she said. "And when my mom stopped coming, I felt like I was letting her down. I still don't know why she stopped coming."

Part of her anorexia was related to body image. Like many young women, she was negatively affected by the fitness posts on Instagram and Facebook, showcasing beautiful, sculpted and very skinny women.

That and the revealing, tight outfits runners wear every day for track practices and the sport's open favoritism of leaner, smaller athletes combined for a devastating effect on her self-esteem.

She had lost 15 pounds by the end of her junior year, but it took her over a year to recognize what she was doing.

"I took psychology my senior year, and when we were going over eating disorders I realized, 'Wait, I do that,'" Hall said. "That's when it clicked."

Youngstown was her only option for track and she started running mid-distance this year as a walk-on — meaning she has no scholarship.

"I played four sports in high school and I decided to continue with track because it was my favorite," she said. "But it's also the one that caused most of my eating problems. I never struggled mentally in basketball or soccer like I

did with track."

Alexandra Butta, a swim team alumnus from Ursuline College who also struggled with anorexia, said eating disorders are rampant in sports like track, swimming and diving. She said that part of it is how individualized the sport is and the other part is how revealing the uniforms are.

"You can look over at another girl and go 'does my stomach look like that?'" Butta said. "Then before you know it, you're comparing yourself to everyone around you all the time."

Recognizing the disorder for what it was helped Hall a lot and that came directly through her education. She knows to keep herself accountable with her roommate and her closest friends, but when it comes to seeking help, she hesitates.

"I don't want to say I can't do something," she said. "It's just something you're always taught as an athlete."

But another reason she hesitates seeking help stems from her mom.

"Even if I was just being difficult as a kid, she'd say stuff like 'What's wrong with you,' or 'Do I need to take you somewhere to fix you?'" Hall said.

She hopes one day it will fade to the background, but she knows that whenever she gets worried or stressed it will come back. Even if she isn't starving herself, it's not uncommon for her to use exercise as an escape. Recently, she rode her bike over 10 miles one way just because she was so frustrated and didn't know what else to do to cope with the feeling.

She went to campus counseling services once, but they weren't helpful. Her coaches don't help like Vaughan's did, with every critical comment making her want to stop eating all over again.

If she did seek help, she said it would not be here at YSU — there doesn't seem to be the right person here for that.

SGA Candidates Discuss Their Platforms

BY JORDAN UNGER

Student Government Association presidential candidates and their running mates discussed LGBT safety on campus, increasing communication and their initiatives during a debate on Thursday in the Kilcawley Center.

Youngstown State University students Rayann Atway, SGA parliamentarian, and Sydney Vegoda, former SGA Student Life committee member, are competing for the presidency.

Their respective running mates are Ernie Barkett, former president of College Democrats, and Dylan Edwards, current president of College Democrats and YSU Model UN.

The campaigns took turns answering questions in front of a crowd of students. The safety of the LGBT community was one topic of discussion. Barkett said he and Atway want to create more inclusive spaces on campus.

"It's something we really want to bring up with the administration," Barkett said. "To have something here ... a building, a room or an area where people can congregate [in] a safe place and be able to express who they are."

Dedicating a section of student housing for LGTBQ students and adding more unisex bathrooms are a couple ideas

from the Vegoda-Edwards campaign.

"One of the things we have been talking about wanting to do is creating a gender-inclusion wing somewhere in housing on campus so that LGBTQ students are able to reside there and feel more comfortable," Vegoda said.

Edwards said it's important to make students of any sexual orientation, race, sex or religion feel welcomed at YSU.

"When we don't bring them in, we lose them," Edwards said. "When you don't give students a reason or a community to find themselves involved in, they have less of a motivation to come back. If we don't, we're going to continue seeing retention rate problems that are simply unacceptable."

Ideas on improving campus communication was discussed by both campaigns. Atway said using social media to relay important information to students may be more effective than sending e-mails.

"Less than 30 percent of students and even faculty members aren't reading their emails that are being sent," Atway said. "We need to make sure that information is ... more accessible to everyone on campus."

Edwards said the campus community needs to provide more information about student organization events and programs offered by the university. Vegoda mentioned that

the YSU App should be used as a tool to access this information.

Textbook affordability is an initiative that was created by Ashley Orr, former SGA president, and Gabriella Gessler, when she served as Orr's executive vice president. The Atway-Barkett campaign plans to carry on this initiative.

"We want to take this initiative and expand it to encompass more than just gen-ed textbooks. That way we can save students more and more money," Atway said.

Atway said the student food pantry, also started by Orr's administration, is successful, but she and Barkett would like to build on the idea.

"We have a lot of students who face food insecurities," Atway said. "Ernie and I want to see fresh produce in the food pantry. To do this, we need to make sure we have a refrigerator and freezer in the pantry as well as have a bigger space."

Edwards said he and Vegoda would like to work towards making facilities at YSU open later, and improving their quality.

Students can begin voting for their favorite candidates on April 4, and polls will close on April 6. To vote, go to the YSU Portal, click on Student Organizations (under "e-Services for Students") and follow the instructions. Or, go to Kilcawley to cast your ballot.

SGA Election Candidate Spotlight: Sydney Vegoda and Dylan Edwards

BY JAMBAR CONTRIBUTOR
MORGAN PETRONELLI

Q: What kind of people are you and what are you involved in?

Vegoda: I am a junior and will obtain a degree in Political Science. After college, I will be attending law school and will focus my efforts on working in the area of human rights. I have also been employed as a consultant in the Writing Center since spring 2016.

Edwards: I am a junior political science major and will graduate in the spring of 2018. I plan to attend law school and become a labor or constitutional law attorney before entering politics.

Q: What kind of leaders do you describe yourselves as?

Vegoda: Dylan and I are engaged and intuitive leaders. We both share a belief that a leader needs to immerse herself or himself into a position or situation, be a facilitator, a problem solver, at times a

mediator and an advocate. The responsibilities and duties of the president and vice president may be defined by a constitution and by-laws; however, we both share a belief that we have to be fully available to serve the students of YSU in those areas that have been defined by our job and in those areas that may not have been addressed by the language of the job description.

Q: Why do you think you'd be a better president and VP of SGA?

Vegoda and Edwards: The role of the Student Government Association is to represent students' needs to the administration, provide services and improve access to resources. Our campus and non-campus experiences are more meaningful and intensive than our opponents' in the matters most important to YSU students. More importantly, we offer change in the areas it is needed most.

Q: What kinds of things would you like to see change around the university?

Vegoda and Edwards: While we love

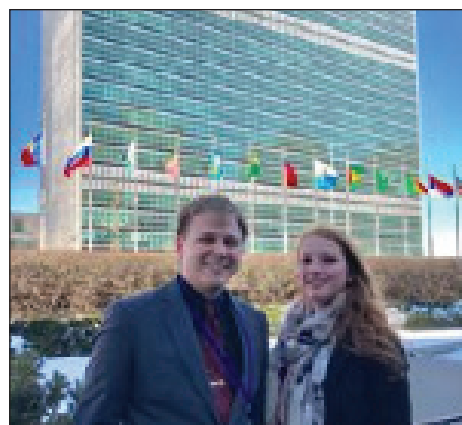


PHOTO COURTESY OF DYLAN EDWARDS

YSU, there are many areas which could benefit from improvement, specifically the four areas which are outlined in our platform, those being campus facilities, campus efficiency, SGA financial policy and diversity and inclusion programs.

Q: What do you wish to accomplish in your time as SGA president and VP?

Vegoda and Edwards: As SGA pres-

ident and vice president, we would like to see YSU become a more active campus, both for residents and commuters, traditional and nontraditional students alike. We see no reason why students should be excluded and prevented from joining groups simply because of how their schedules work out. We strive to make YSU a more inclusive campus, where more student organizations get funding, the funding pathways are easier to navigate and where students are on-hand to help along the way.

Q: Why should people vote for you?

Vegoda and Edwards: We wish to represent every student — not just the traditional students. We wish to reach out and ensure that all students, including those students who comprise a silenced majority of students, have a voice on campus. The nontraditional students have not had their respective needs met and we wish to bring them into the conversations from which they have been effectively removed.

SGA Election Candidate Spotlight: Rayann Atway and Ernie Barkett

BY JAMBAR CONTRIBUTOR
MORGAN PETRONELLI

Q: What kind of people are you and what are you involved in?

Atway: Besides SGA, I am involved with the Honors College, the American Medical Student Association and Alpha Epsilon Delta. These organizations have contributed to my overall growth as a leader and individual.

Barkett: I have really enjoyed being a part of College Democrats, Sigma Tau Gamma and music ensembles at YSU. Although I hope to attend medical school, I love politics and made it a priority of mine to get involved with a multitude of campaigns over the last three years.

Q: What kind of leaders do you describe yourselves as?

Atway: Without a doubt, I most identify as a servant leader. It has always been a passion of mine to serve others and to motivate other leaders. This is one of the biggest reasons I am running for this position. I believe as president, I will be able to best serve the students at YSU. I want to hear all students' concerns and actively



PHOTO COURTESY OF RAYANN ATWAY AND ERNIE BARKETT

convey their feedback and ideas to SGA. Without the students' voices, SGA has nothing to work off of.

Barkett: I would consider myself more of a hands-on leader. I have always enjoyed working with others, especially when we are all trying to achieve a similar goal. I always want to hear from others and try to focus on combining common ideas into a useful plan or initiative.

Q: Why do you think you'd be a better president and VP of SGA?

Atway: Ernie and I are the best choice for president and VP of SGA because we have the most experience out of the two tickets running. Ernie has served on SGA for a year and the Academic Senate for an additional year. I have been on SGA for three years and have served on the executive board for two years.

Q: What kinds of things would you like to see change around the university?

Atway: I would love to see the SGA food pantry grow in size. The amount of donations we are constantly receiving is so wonderful, but we really need a bigger space for them. There is an obvious demand for the services the food pantry has to offer, which is why I think it is necessary to expand.

Barkett: I would want to see an easier access to affordable textbooks at the university. Especially with the opening of our new bookstore, it is important that we give students more affordable alternative options. I would also like to see a non-partisan voter registration effort across campus for students, incoming freshmen included.

Q: What do you wish to accom-

plish in your time as SGA president and VP?

Atway: Overall, we would like to see YSU become a more inclusive campus. The current administration has worked tirelessly to start an Inclusion and Awareness ad hoc Committee and we both would like to see this develop into a permanent, standing committee. In addition, by having the opportunity to speak with many student groups, we have seen there is a recurring theme that students would like to see dining options on campus stay open later. This is something we will bring up to Chartwells to ensure students with later classes have places to eat open when they get out of class.

Q: Why should people vote for you?

Atway: People should cast their ballots for us because we will be bringing great ideas to SGA, as well as the experience and knowledge to get them done. We have both known each other for years and work extremely well together. It is necessary for the SGA president and VP to have a good, working relationship, as they will be working in a team environment along with the other executive board members.

Speaker Discusses “Women in Politics” During Women’s History Month

BY RACHEL GOBEP

Mieko Nakabayashi served in the Japanese House of Representatives from 2009-2012, but when she campaigned, it was hard for her to change people’s perceptions of women being involved in politics.

“They would tell me, ‘Politics are for boys’”, she said. “For me, it was very difficult to change women’s perception of themselves and to make them more aware of women’s issues and how politics can change it.”

Nakabayashi gave a lecture titled “Women in Politics: Challenges and Opportunities” at the DeBartolo Stadium Club on March 30.

During her time as a representative, Nakabayashi was the director of the Foreign Affairs and the Financial Affairs committee. She also worked for the Senate Budget Committee in the United States for 10 years.

Today, she is an associate professor and associate director for the Global Lead-

ership Program at Waseda University.

Throughout her lecture, Nakabayashi spoke on the topics of women in politics, the gender gap and women’s issues in and out of the workplace.

“Women in politics is not a domestic issue, it is a global issue. In any country, women’s promotion in politics is a big subject to talk about,” Nakabayashi said.

Women’s participation in the political field is very low, she added. According to the Inter-Parliamentary Union, under 25 percent of women are represented in National Parliaments throughout the world.

“The United States is not doing that well in terms of international ranking, but is increasing women representation constantly, although at a very slow rate,” Nakabayashi said. “In Japan, unfortunately, the representation of women is not doing well. It is not constant, it goes up and down.”

When the Democratic Party of Japan took control of the government in 2009, women’s representation in-

creased, but representation decreased substantially when the Liberal Democratic Party became the ruling party in 2012, she said.

Shizō Abe, the Prime Minister of Japan, set up an initiative at the World Economic Forum annual meeting in 2014. He plans to have 30 percent of all senior leadership positions filled by women by 2020, Nakabayashi added.

Nakabayashi said if women continue to stay home and take care of their children instead of being part of the workforce, they may never see all of the women’s issues that need addressed.

Paul Sracic, professor and chair of the Political Science Department, has known Nakabayashi for about seven years and has always wanted to bring her to Youngstown State University to speak to students.

“You don’t find many people with that kind of combination of experience and knowledge that she has. It was perfect to bring her here for Women’s History Month because she specializes in women in politics.”

A Night of Literary Works

BY NATHAN HRITZ

Youngstown State University students will be debuting their published pieces at the Night of Literary Works on April 14 in the Ohio Room of Kilcawley at 6 p.m.

The event is the premiere party for the Penguin Review and Jenny Magazine. It will feature the winners of this year’s Student Government Association Essay Contest.

Jacob Schriner-Briggs, executive vice president of Student Government Association, said the winners and magazine contributors will get to read their work at the event.

“I think writing is an important endeavor in creation and when students are willing to put pen to paper and produce quality work, rewarding them with an audience is the least we can do,” Schriner-Briggs said. “The Youngstown State University literary community is a strong one, and events like this only

help it grow.”

Dominic Fonce, a former intern at Jenny Magazine, won first place in the essay contest. He said the evening gives students the opportunity to share their work with others.

“It is cool when people show up to support creative writers,” said Fonce. “It is like a... super bowl for writers; the writers are like super stars for a night.”

According to jennymag.org, Jenny Magazine is an online literary publication run by the Student Literary Arts Association. The Jenny showcases the steel roots that make up Youngstown after the demolition of the Jeanette Blast Furnace, where the magazine derives its name from.

The Penguin Review, primarily student-run, has been in production for close to fifty years, showcasing various forms of literary work by undergrad students at YSU.

Fonce said the Night of Literary Works is a good chance for creative writers to network with peers, meet new people and make friends.

Check out more
content online at
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Dance Ensemble: 26 Years of Movement

PHOTO COURTESY OF OFFICE OF MARKETING AND COMMUNICATIONS

BY GABE GARCIA

Youngstown State University's 26th annual Dance Ensemble will hold performances on April 6, 7 and 8 at 7:30 p.m. in Bliss Hall's Ford Theater.

An informal art walk titled "Blissful Beginnings" will start at 6:30 p.m. on opening night of the concert and run until curtain call. The art walk is designed to showcase the arts in the College of Creative Arts & Communication.

People can view an exhibit by artist Carrie Longley and enjoy musical entertainment in the theater lobby before the show opening at no additional cost.

"All students in the ensemble are dance majors or minors," said Christine Cobb, dance professor and student adviser of the organization. "If ever they feel their dances are too broad or too difficult, they can come to me for feedback."

Students have to try out for a spot on the dance ensemble team each fall — this is what determines who will be dancing in the spring concert.

"The dancers come in during the fall semester if they wish to choreograph and be in the ensemble," Cobb said. "They have to audition in front of me and two other professors and then two weeks later they go through the acceptance process."

Preparing for the concert starts at the beginning of the fall semester and practices take place every Sunday for over an hour.

Krista Colarosa, a junior communications student, is participating in Dance Ensemble for the fourth time.

"My dance is a contemporary solo about how I lost myself and my friends in an abusive relationship, and how I got myself back," Colarosa said. "For

me, one of the best feelings when I'm dancing is getting lost in the moment. It comes so naturally that I forget the audience is even there and it's one of the most amazing feelings."

There are 11 pieces in the concert featuring 31 different dancers in genres like modern, jazz, tap, contemporary and musical theater.

"I'm actually in two pieces," Stefon Funderburke, a musical theater major, said. "The first number is a musical theater piece featuring music from Chicago where I am the character Billy Flynn and the second we dance to hits from Britney Spears!"

Another performer in the ensemble is junior Rachel Schmidt, a dance and hospitality management student, who joined the ensemble as a sophomore.

"I really loved dance and after taking Modern Dance I with professor Cobb, I knew I wanted to join the ensemble," Schmidt said. "I'm a really shy person but right before I'm about to go on-stage, it's like I become fearless — it's awesome."

The week leading up to the concert is known as Tech Week by the dancers and performers. This is where practices become longer and occur every day.

"I usually bring a blanket and pillow because being in the studio is like a second home, and we can be in there anywhere from 2-12 hours," Schmidt said. "It does get a little exhausting and makes it difficult to find time for other things like school and friends, but it's so worth it."

Adult tickets are \$16. Special rate tickets are \$8 for students from other campuses, YSU faculty and staff with valid ID, senior citizens, Penguin Club members and groups of eight or more. YSU student tickets are free with valid ID. All tickets are general admission.

Tips and Tricks on How to Get a Good Night's Sleep

BY AMANDA LEHNERD

College students are reported as one of the most sleep-deprived populations between schoolwork, jobs and extracurricular activities such as sports and student organizations.

According to a recent study at Brown University, approximately 11 percent of students report getting good night's sleep, while about 73 percent report having trouble sleeping.

While sleep deprivation is common among college students, it can have some negative effects on any student's class work. Sleep deprivation can be linked to lower GPA's. It can also affect a student's concentration, memory and ability to learn.

The United States National Library of Medicine reports approximately 50 percent of students have daytime sleepiness. Fatigue during the day can be problematic and cause students to become detached during a lecture or lab, experience impaired moods and put them at a higher risk for motor vehicle accidents.

Here are some tips on how to get a good night's rest while being a college student:

1. Phones, computers, video games and that Netflix show you have been bingeing on is not helping you sleep at night. To be able to fall asleep easier, it is best to turn off all types of technology at least a half-hour before going to bed. Students can spend their time winding down by reading a book.

2. Coffee, coffee, coffee. Students tend to rely on caffeine for a pick-me-up later in the day, but this may be a prominent reason for not being able to sleep at night. Studies show that people who do not drink caffeinated beverages after 3 p.m. have an easier time falling asleep at night.

3. Many students look forward to getting some extra sleep on the weekends when a class isn't in session, but this may be why they can't sleep during the week. During the week, students usually wake up around the same time Monday through Fri-

day; when the weekend rolls around they tend to sleep in later. Students should try to not sleep more than an hour later on the weekend to keep their mind and body on a constant sleep schedule.

4. Don't study in bed! Many students tend to work on their computer or send emails on their phone from bed, which can cause your mind to associate your bed with work. When doing class work, it is best to designate a separate study area away from where you sleep. This will allow your brain to switch off, relax and recharge at night.

5. Exercise is great, but not before bed. When setting up a workout routine, it is best to schedule it earlier in the day. After a workout, a person's adrenaline is pumping, and their heart rate is up, which can make it hard to relax and go to bed. If you must workout at night due to scheduling conflicts, make sure your body has enough time to cool down after a workout, and plan to have at least an hour in between your after-workout shower and bed.



YSU 65th Annual Greek Sing

PHOTO COURTESY OF SYDNEY BRUSH

BY AMANDA LEHNERD

Youngstown State University Greek Life, PepsiCo and YSU Student Government Association present the 65th annual Greek Sing at Stambaugh Auditorium on Saturday starting at 6 p.m.

YSU Alumni Engagement is hosting a pre-concert Alumni Reception at 4:30 p.m. in the Stambaugh Auditorium. The reception will provide cocktails, hors d'oeuvres and dessert. The pre-concert reception will be \$10 per person/cash bar.

Greek Sing is a tradition for many in the Greek Life community. Each year, there is a different theme for Greek Sing— this year's theme is Alphabet Soup.

"Greek Sing is a big performance where all the fraternities and sororities get together and perform choreographed dances to multiple songs while singing," Syd-

ney Brush, president of Alpha Omicron Pi, said. "This year's theme is Alphabet Soup. Each fraternity and sorority had to pick a letter of the alphabet and then choose artists starting with that letter. Any song by the artists of their choice starting with their preferred letter is eligible to use."

Many sororities and fraternities start practicing for Greek Sing early on in the spring semester to get their performances perfected.

"We prepare for Greek Sing by having scheduled practices 2-3 times a week starting in February," Brush said. "The rehearsals are basically like a cheer or dance practice. We learn the choreography from the designated Greek Sing chair, who makes the performance."

Bradley Linton, president of Theta Chi Epsilon Delta Colony, feels that Greek Sing is a time where members can bond with their fraternity "brothers" and sorority "sisters."

"Greek Sing to me is my chance to bond

with my brothers while showcasing to the public what Greek life is all about," Linton said. "It creates this phenomenal relationship within your fraternity/sorority and makes a positive impact in the community." Theta Chi prepares for Greek Sing by practicing at least twice a week for two hours each time.

Theta Chi Rehearsals are very fast paced and the schedule only allows for 15 minutes of practice on the stage.

"It's kind of frightening because that's the moment when you realize that tomorrow is the big day," Linton said. "You truly get a feel of where you stand for your performance after that practice."

Ashley Fagert, member of Delta Zeta, feels Greek Sing is her favorite time of year.

"Greek Sing is my favorite time of the year, we spend four days a week together learning all of the dances and songs," Fagert said. "It may be stressful at times, but no matter what we are always having fun,

laughing together and growing closer."

Each sorority and fraternity have chosen a separate theme for their songs to entertain the crowd and possibly bring home a win.

Delta Zeta will be singing songs "that hit them right where it hurts in the heart and songs that they can belt with every ounce of energy they have," Fagert said.

Theta Chi will be singing upbeat hip-hop songs, along with some "funny" tunes to entertain the crowd.

Sigma Alpha Epsilon will be singing a medley of selections from Justin Timberlake, Journey and James Brown.

Zeta Tau Alpha will feature songs by Lady Gaga, Lauren Alaina and La Roux along with others.

Other chapters participating this year include fraternities Alpha Phi Delta, Sigma Chi, Sigma Tau Gamma and Tau Kappa Epsilon. Additionally, sorority performances will include Alpha Omicron Pi and Alpha Xi Delta.

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The Press Box Perspective:

Will You Watch the Masters?

BY ANDREW ZUHOSKY

You saw the promos all the way throughout March Madness, you heard the majestic, sweeping piano music and you probably lost count of the times you heard the phrase, “A tradition unlike any other.”

It’s time for the 2017 Masters Tournament, four days of the world’s top golfers converging on Augusta National Golf Club’s course for the first major event of the year in the sport, competing for a share of \$10 million in prize money.

Just like in 2016, the champion will receive \$1.8 million.

Here’s something you might be interested in: The holes on the golf course each have their own names.

Prior to Augusta National being a golf course, it was a garden. Each hole on the course was named for trees or shrubs, ranging from Tea Olive on the first hole to Holy on the 18th hole.

As usual, CBS Sports and ESPN will carry the action over the next four days, with ESPN having aired yesterday afternoon’s Par 3 contest and CBS airing 15-minute late night highlights after rounds one and two tonight and tomorrow at 11:35 p.m. EDT.

ESPN will also rerun its coverage of rounds one and two tonight and tomorrow at 8:00 p.m. EDT in case you miss it live.

Streaming video of the Masters will also be available through masters.com, cbssports.com and ESPN3.

CBS’s streams include feeds of Amen Corner (the 11th through 13th holes on the course at Augusta National), featured pairings and the 15th and 16th holes.

Here’s one thing I’ve noticed about the Masters:

There are people who look forward to the Masters throughout winter and will watch the Masters that whole weekend but not watch any other golf tournaments other than the majors for the rest of the year.

This is what’s called a casual golf fan.

A casual golf fan will be quick to tell you that England’s Danny Willett captured the Masters championship a year ago, overtaking 2015 champion Jordan Speith on the final day, erasing a five-stroke deficit to win the first major title of his pro career.

What a casual golf fan may not be able to tell you is the winner of the tournaments directly preceding and following the Masters.

A golf fan who watches tournaments week in and

week out and probably has Golf Channel as the power-on channel on their cable box will be able to tell you that the United States’ Jim Herman was the champion of last year’s Shell Houston Open preceding the Masters.

They’ll also tell you that South Africa’s Branden Grace won last year’s RBC Heritage following the Masters.

So, the question is simply this one: Are you planning to devote any of your time over the course of the next four days to watching some or all of this event?

I’ll probably split some of my time this weekend between watching the Masters because it’s such a prestigious, majestic sporting event and watching baseball because it’s the first weekend of the season and I want to see how some of my favorite players are doing.

Moreover, I’ll watch the baseball scoreboard on the bottom of the screen to see if any games wind up getting rained or possibly snowed out. As any meteorologist will tell you, it can still snow in early April in some parts of the country.

With that having been said, I guess there’s nothing more left for me to say but enjoy the Masters this weekend.

Editorial

Internet Influence

During the past two U.S. presidential elections, the internet played a large part in creating an image for the campaigns, expressing opinions and swaying voters.

Other elections are also influenced heavily by the internet, and the current Student Government Association elections are no exception.

The Sydney Vegoda-Dylan Edwards and Rayann Atway-Ernie Barkett duos have been chipping away at each other during in-person debates, but primarily have been doing so on the internet.

In addition to the online disses, those who favor either party have been posting their support, which is then shared by others or by the campaigns. Most of the debates and major talking points from the campaigns are coming from and happening on social networks.

For those who aren’t on different social platforms, a lot of information is lost— not necessarily

information that should influence how votes should or should not be cast, but information that can be used to judge the personalities and thoughts of the campaigners and their supporters.

This editorial is serving as a friendly reminder that basing a vote off of information from only one side, information that is heard second-hand from a friend or getting opinions from those on Facebook is basically wasting a vote.

Listen to the debates, look at the platforms and talk to the candidates for information. Rookery Radio has a livestream of a debate moderated by a Jambar editor.

The internet is a great way to get information, but don’t mistake opinions, no matter how well they’re crafted, as fact.

The Jambar doesn’t endorse any candidate, but does endorse researching your options before casting a vote for the voice of future YSU students.

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Letter to the Editor: *Trending: Diversity*

Last year, I opened an email inviting Youngstown State University students to participate in a Diversity Talent Showcase, hosted by the Office of Student Diversity Programs. At the time, I had been doing some photography. I thought, Why not share it?

The event ended up being phenomenal. I met new students, saw amazing acts and left, happy that I had decided to participate. Yet, I couldn't help but notice that I was one of the few white people that had attended. That got me thinking: What does diversity mean at YSU?

Depending on your experiences on campus, you can come to think about it a hundred different ways.

For the Office of Student Diversity Programs, it's about fostering enclaves of diversity, as well as making sure all students can make a difference. The department is first and foremost a place of inclusion—that is, making sure our differences are included, and that we all have a seat at the table. Mr. William Blake — its director — told me that the department works with developing programs. For example, the office helped found YSUnity and has helped plan events for both Hispanic Heritage Month and Women's History Month. Yet, as I had observed at that Diversity Talent Showcase, the office attracts mostly black students to its core events. Mr. Blake says that this may be because black students feel more comfortable in his office, because he himself is a person of color.

This points to the importance of diverse leadership on campus, not only in YSU's administration and faculty, but also SGA's.

For SGA, diversity and inclusion are values to constantly be improved upon, both on campus and in the body itself. Gabriella Gessler talked to me about the various tactics the current body is implementing, starting with the creation of the Inclusion and Awareness Ad Hoc Committee to continue working on issues of diversity. Very real actions have been, or will be taken, such as

working with the administration to implement single-user bathrooms to be inclusive of transgender penguins.

SGA has been self-conscious of its own lack of diversity in regard to some demographics for the past couple of years. For example, last year, the body created a non-voting seat for an international student. This year, an international student ran for a voting seat and won — yet, it's hard to say if the two actions are correlated. Primarily, the current administration's focus is on networking with and encouraging underrepresented students to run.

The year's SGA candidates all promise to work on diversity as well, with each campaign differing in its approach. For example, one major difference between campaigns is that Atway/Barkett believe in considering affirmative action when appointing empty voting seats, whereas Vegoda/Edwards believe in appointment by merit alone.

Atway/Barkett told me that if they were to be elected, they would likewise prioritize appointing minority students to nonvoting seats. Jaylin Archie, Vice President of the Black Student Union, currently holds a nonvoting seat in SGA. He expressed dissatisfaction with such a tactic: "Just appointing seats to minority students that are nonvoting — that have no real voice, no real power with a vote — that's only making an image, it's not spreading diversity, it's not spreading inclusion."

Of course, SGA can't force anyone to run for office. The logic behind appointing minority students to the four available non-voting seats is that these minority students would become informed, and perhaps later want to run for a voting seat. Yet, this tactic may lead into murky waters, as those same minority students may paradoxically end up feeling disenfranchised.

Mr. Blake also pointed to another concern: in the case of black representation, black students generally have lower GPAs than white students at YSU. This becomes an issue when deciding to run for election,

as you must have over a 2.5 GPA to vie for a voting seat and a 2.75 GPA to vie for an executive position. Again, this is complex. Students should focus on their studies first and foremost, however with this policy in place, less black students may ultimately be eligible to run for the body.

Relatedly, while serving in SGA myself last year, I had observed that a disproportionate number of SGA reps are a part of the Honors College — i.e. are high-achieving academically.

"A lot of students [in SGA] come from the same surrounding areas, like Boardman, Canfield, Poland, and there aren't black people in those schools," Archie said. "So you come to this school, you're in the Honors College, you're in SGA and there's only white people, that's what you're comfortable with. I don't feel as though [SGA is] trying to keep black students or minority students away, but they don't know how to connect, because they've been disconnected [from minority students] for their entire life."

Majority white schools, like Poland's, also typically have better educational systems than do majority black schools, like Youngstown's. The GPA topic opens up a larger discussion of privilege, race and opportunity.

Because of this disconnection, Archie believes that racism, privilege and diversity should be addressed during Freshman Orientation. He added that the Black Student Union is working to get different diversity classes built into the curriculum of the First Year Experience program.

Despite these issues, SGA and YSU as a whole are aware of the importance and complexity of this topic. I feel proud to see our university make strides towards inclusion via representation and celebration of our rich diversity. And I hope next year's SGA administration continues this trend.

GEORGIA KASAMIAS

JAMBAR POLICY

Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press honors. The Jambar is published 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.

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PHOTO COURTESY OF DUSTIN LIVESAY

Emily Dietz (19) throws down the lane in a practice round in February before a tournament.

Laying the Pathway: YSU Women's Bowling Completes First Season

BY MARC WEEMS

With the Youngstown State University women's bowling team finishing its inaugural season, it did better than expected.

YSU was the only first-year program to crack the NTCA Coaches Top 25. It ended the season ranked No. 21 in the country. YSU beat many teams including 10th-ranked Central Missouri State University and many more.

"We definitely had ups and downs throughout the whole year," YSU head coach Chelsea Gilliam said. "It was very exciting for the girls and the team to beat some of those ranked teams this season. That is a confidence boost for them and gives them a lot of hope in the future."

Gilliam said that it was important because the girls know that even though it is young, the team can compete.

YSU was able to beat teams such as No. 19 Adelphi University and No. 17 Kutz-

town University of Pennsylvania. YSU's best individual win was against No. 6 Sam Houston State University. It beat SHSU by just 23 pins.

"We definitely had our low times no doubt," Gilliam said. "We missed easy spares here and there that we should have had. Those small things cost us games and matches. It was rough, but was a very good year."

Speaking of very good years, Nikki Mendez and Rachel Darrow both led the Penguins last season. Darrow was the only girl to average above a 190 with a 190.59 average. Mendez and Alexis Grim both averaged in the 186 range. Mendez, Darrow, Grim and Emily Dietz all played in over 30 matches.

"I think the season went well and we have room for improvement," Dietz said. "Now that we've been out there, we see what our competition is. We know the high level of play that we need to meet. Now, we have time to work on things in

the summer. We know our weak points and our strong points now."

Dietz said that now expectations are higher because of everyone's great play.

"Coming here as a first year program, we didn't know what we were getting into," Mendez said. "As soon as we started having practices, we realized what we were capable of. To set those big goals and then to actually exceed them is really exciting. We are really excited for next year."

Darrow and Mendez have been the highest pin-getter, except in the Crusader Classic in which Grim led with a 211 average.

"We have always set high expectation for the program and what we want to achieve," Gilliam said. "We already got a jumpstart on that by beating these ranked teams. Also, being ranked in two of the polls sets us up to go even further next year. At first I was thinking, 'Let's go out and be competitive and let's hang with these teams.' We kept working and then

we made the Top 25 in the February poll. I was so excited I could barely talk."

Gilliam also said that was the best feeling because the polls are coach voted and that they all can compete on that level.

"This was the only first year program that I was looking at," Mendez said. "I know of others that are first-year programs and it is nice to know that we are doing so much better than them. We are all from different areas and so it is important that we are all very close."

Mendez said that being close has made them a better team and that without closeness, it wouldn't be succeeding as well.

"We are all freshmen or sophomores," Dietz said. "To do this well starting off gives us a great future. It's an exciting feeling because we can make this program whatever we want from here on out. We are the first for YSU, the first to make the Top 25 and the first to do so well. Hopefully we are setting the pathway for the future."



PHOTO COURTESY OF YSU SPORTS INFORMATION

Tatum Christy (12) in her only at-bat of the doubleheader against Akron on March 21.

YSU Sweeps Weekly Softball Awards

BY MARC WEEMS

The Youngstown State University softball team (14-19, 4-2 Horizon League) had a rough start to the year. It began the year losing its first nine games and began 2-13 overall. It has now won nine out of its last 11 games.

That win streak was led by two freshmen, utility infielder Tatum Christy and pitcher Maddi Lusk, who have performed phenomenally.

Lusk posted a 4-1 record during the week and posted a 0.66 earned run average. During that week, she threw two complete games and struck out 21 batters. She also threw 32 innings in her five starts. Lusk won Horizon League Pitcher of the Week.

"It felt good, and it was a great honor," Lusk said. "I couldn't have done it with-

out my teammates playing defense and hitting really well. It was great honestly."

Lusk also said it is nice to be able to produce on offense so that it takes some weight off her shoulders.

That weight off her shoulders was helped by teammate Christy who had a blazing-hot week.

She went 8-of-11 including her first career home run and triple along with seven runs batted in. She had a 1.182 slugging percentage during that stretch.

"Basically it was the first chance that I've gotten this year," Christy said. "So it was nice to get a chance. It is cool to have my teammates there the whole season. They've been there to just encourage me when times are rough. We just had a good week overall as a team."

This was the first time in YSU history that two freshmen won player and pitcher of the week in the same week since it has been a part of the Horizon League.

"It was nice. I felt like all the hard work

paid off finally," Christy said. "All the time that we put in paid off. As a team I think that we hit well. Unfortunately, we didn't win the series [at Valparaiso University] but as a team, we were really seeing the ball well."

Christy has started the last five games for the Penguins at shortstop and has played in just 14 games this season.

"Just putting the ball in play is important and putting pressure on the defense is huge," Lusk said. "It helps when people can put pressure on the other team. It helps me being a hitter and a pitcher because I can identify pitches much better, whether it's a screwball, fastball or off-speed pitch. It is really helpful for my game."

Lusk also said that YSU head coach Brian Campbell has worked with both her and Christy to improve their confidence as well as their performance.

Lusk said this whole thing has been cool since they actually are roommates on

campus.

"Maddi and I are not only teammates, but we are friends and roommates," Christy said. "It was definitely cool, but we couldn't have done it without our teammates. The upperclassmen gave us encouragement both on and off the field."

Christy said that the team talks so much in the dugout which helps everyone succeed quite a lot and happens to be what keeps them so close.

"As a pitcher, I watch the first couple batters to see what their tendencies are," Lusk said. "Once I can catch on, either as a hitter and pitcher, it's easy to try and get the right pitch once you figure out a pitcher. That works the same as a batter. My goal is to get people to pop-up or ground-out. My variety of pitches allows me to get those results more often."

YSU comes home to take on the University of Illinois in Chicago on April 8 and 9.

Erasing the Past: YSU Volleyball Looking to Improve Now



PHOTO COURTESY OF MATT MILLIGAN

Sarah Varcolla (13) goes for a kill against Cleveland State University on Sept 25. YSU lost in straight sets.

BY MARC WEEMS

After the Youngstown State University volleyball team (8-22, 2-14 Horizon League) struggled mightily, the slate is wiped clean as the spring season is upon us.

Last fall, the Penguins lost five close matches by a score of 3-2. At one point of the season, YSU had lost 17 out of 18 games including going 0-9 in the month of October.

"The spring helps because we get to work on a lot during practices," outside hitter Sam Brown said. "Spring is more about trying new things. We take what we did in the fall that did or did not work, and do it better. Maybe I wasn't hitting something as hard as I should be. Trying new things is the key to spring."

Last season, Brown played in all 30 matches last season including a career-high 23 digs in a 3-2 loss to Duquesne University on August 30. She was also a part of the all-freshman team in 2014.

"Spring is huge every year," YSU head coach Mark Hardaway said. "Everyone gets a chance to work on technique. In the fall, you get so caught up in prepping for matches, and trying to keep everyone healthy. It is big in the weight room for strength gains and again technique

work is huge. If we want to introduce anything new, spring is the time to do it."

Hardaway said that the team gets to work on everything that no one can in the fall.

One of the important things for YSU's future is that eight of the 16 players on the team are either sophomores or freshman.

"I think this is very important," middle blocker Sarah Varcolla said. "They get more training in and they aren't 'freshman' anymore. They are more like sophomores now and getting into the groove of feeling more comfortable. Now, they just need to excel and keep working on things."

Varcolla, just like Brown, was an all-freshman award winner in 2015. She had a career-high 16 kills against Duquesne on Sept. 5 of 2015.

"In spring matches, no one really sees the results," Hardaway said. "You can work on something new, get beat and no one knows or hears about it. It really is about getting better for next year and that is hard for players to keep in mind. Like right now, they have all been lifting really heavy. They tell me 'Coach, I'm tired' and I tell them we have to keep pushing."

Hardaway said that the goal is all about next year and that is super hard to have players understand.

"Coming back from the fall into the spring after a losing season is different," Varcolla said. "I think it will bring a fire underneath us and to really come together to beat teams in our conference. I am looking to improve my blocking and hitting more. If I set up a better ball, everyone will know where to hit."

YSU's biggest part of the spring season is when it hosts a tournament with teams like the University of Akron, West Virginia University and the University of Pittsburgh.

"Right now our conference is as strong as it has ever been since I've been here," Hardaway said. "We've been ahead of the MAC and the Missouri Valley so this is about challenging these girls to improve themselves. It's more of a motivational thing and it is about practicing with urgency."

Hardaway said that although the fall didn't go as planned, he stays optimistic about the upcoming year.

"I know that we had to play some players that we didn't want play because of injuries," Hardaway said. "Some young girls got to play but some just had their first experience against Akron a few days ago. You want the freshman to start to contribute this spring and it starts now."

YSU's spring tournament starts at 10 a.m. on April 8 at the Beeghly Center.