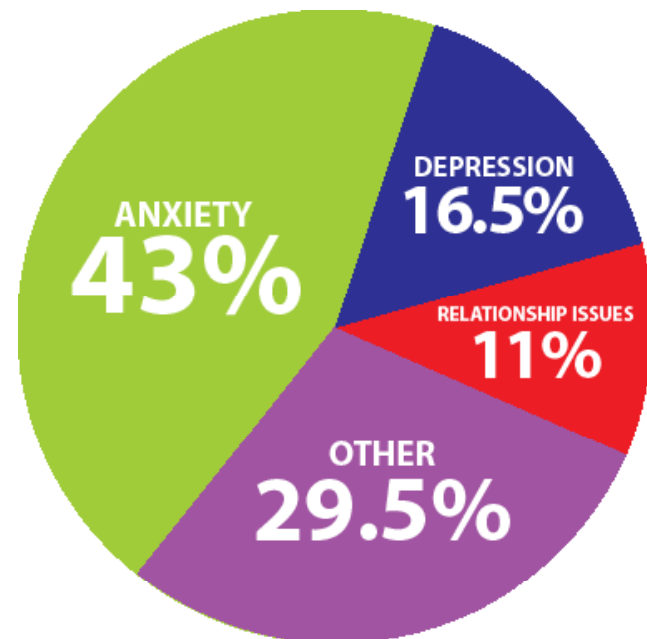


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THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY SINCE 1931
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ANXIETY, DEPRESSION IMPACTING YSU STUDENTS



RACHEL GOBEP

The Youngstown State University Student Counseling Services saw a total of 247 students since the fall 2017 semester, with anxiety and depression being the top presented mental health issues exhibited.

Forty-three percent of the students utilizing the counseling services have expressed anxiety issues, while 16.5 percent exhibit depression. Another 11 percent expressed relationship concerns, according to data collected by the Student Counseling Services.

The majority of students using the services are women, with 66 percent identifying as a woman, 31 percent men and one percent transgender.

Additionally, when asked how long they have experienced their problem, 50 percent said years and 29 percent reported months.

Dr. Ann Jaronski, director of student counseling services, said this means the issues that bring a person to counseling are long-standing and did not begin within a couple weeks.

When asked how often they experienced their problem, 48 percent reported daily and 13 percent reported hourly. Dr. Jaronski said the problems bringing people to counseling are troubling them frequently and intensely.

It is reported that 23 percent of the stu-

dents said their problem was severe and 62 percent moderate.

Dr. Jaronski said students must wait about six business days to get an appointment with the Student Counseling Services, unless there is an emergency.

According to a Time magazine article on March 19, the average university has one counselor for every 1,737 students, which is fewer than the recommended minimum of one for every 1,000 to 1,500 students by the International Association of Counseling Services.

YSU currently has two counselors, Dr. Jaronski and Anne Lally, and 11,872 students, as reported in the spring 2018 semester.

Dr. Jaronski said it would be beneficial for her to work directly with a psychiatrist, instead of outsourcing, which leads to a long process for students. She said after students are evaluated by her and she believes they may benefit from seeing a psychiatrist, they then must go through the same process again.

She said the students will see another licensed clinician at a psychiatric facility and then have the ability to see a psychiatrist.

This process can take six weeks, but sometimes more. Dr. Jaronski said this can become problematic because if a student comes to her in the middle of the semester, they may not have the ability to see a psychiatrist until the end of the

semester. She said this could lead to declination of grades, along with other issues.

Recently, students at YSU voted in favor to pass a Student Health Center Fee of \$34 per semester. The health center will include access to psychiatric services, which will be available for two half-days per week and will supplement the mental health, behavioral health and addiction treatment offered by Student Counseling Services.

This could be a solution to this issue of outsourcing, according to Dr. Jaronski, because she will have direct access to a psychiatrist.

Rayann Atway, president of the YSU Student Government Association, said students can take an active role in discussing mental health by seeking appropriate care if needed and by advising others to do the same.

“Many students feel that their situations aren’t serious enough to warrant getting help, but delaying help will only exacerbate the problem,” Atway said. “We are very fortunate to have two amazing counselors, Ann and Anne, and they are definitely able to assist our students with their needs.”

Atway said SGA wants to continue their movement toward speaking up on behalf of others.

“By hosting the Mental Health Advocacy Training each year, we are able to build awareness on present mental health

concerns on college campuses and learn about the importance of talking about mental health and suicide at YSU,” she said.

According to a Jambar article, Lally, the director of counseling services, said YSU students, faculty and staff should be involved in the training day because the campus is a community.

“This training [provides] each individual with an understanding of a person in crisis,” she said. “Whether your friend, co-worker, roommate, classmate, peer, family member, etc. approaches you with a crisis we will have learned skills to listen, support and refer from this day.”

The SGA hosts MHAT annually to educate students, staff and faculty on mental health issues and has seen an increase of participants since last year. Sixty people participated in the 2017 training day, while 140 took part on April 5, according to Atway.

Dr. Jaronski said she would love to see students take an active role in advocating for increased mental health services on campus, specifically in Student Counseling Services. She said advocating for another full-time counselor, psychotherapy and support groups would be beneficial.

She also said students should discuss mental health and wellness, “not only in their own lives, but in the lives of those they care about.”



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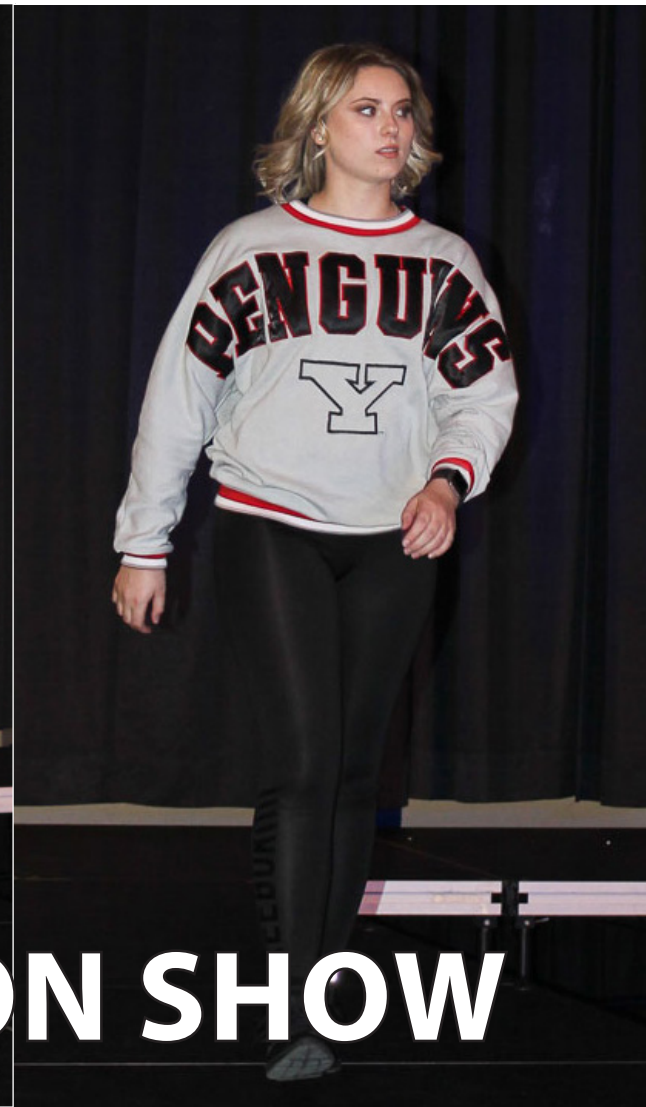
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EVERYBODY FASHION SHOW

ALYSSA WESTON

Youngstown community members and students alike gathered in Kilcawley Center's Chestnut Room at Youngstown State University on April 4 for a fashion show in celebration of all body types.

Jennifer Frank, merchandising: fashion and interiors instructor, was at the forefront of the fashion show, which was put on by the students in her production and promotion class.

Frank said the fashion show is a way to honor the memory of former student, Danielle Peters, who passed away due to complications of bulimia in 2012.

"Beauty does not come from the size of your jeans or dress, but what is in your heart," she said.

Guest speaker, Nina Schubert, shared her battle with body image and an eating disorder with the audience.

Schubert said her body image issues developed at a young age, and it was hard for her to admit there was something wrong in her adolescent years.

She said she is now four years into recovery from an eating disorder.

"I got out of my program about a year ago, and when

I got out I became very vocal on my recovery because I came out stronger than ever before," she said.

Schubert said she is now able to enjoy life to the fullest. She shared a message of self-love with the audience.

"I want everyone in here to know that you can recover no matter what it is from," she said. "I want you to know you are beautiful, you are loved and you can get through anything life throws at you."

Cortni Bowser, senior social media communications major, and Madalyn Baker, sophomore merchandising: fashion and interiors major, were in charge of the outerwear collection.

Bowser said she initially didn't know the meaning behind the fashion show, but after learning it was about raising awareness for eating disorders, it meant so much more to her.

"We wanted to make the clothing aspect of the show a success, but we also wanted to give eating disorders a clear recognition," she said.

Bowser said she learned from the fashion show production and promotion class that more goes into a show than meets the eye.

All of the clothes were borrowed from TJ Maxx for the night of the show and all of the students were responsible

for finding their own models.

Baker said she doesn't think most people realize how much work and effort goes into organizing a fashion show.

"We had to find models of all shapes and sizes, pick out what category they would fit in and have them come to TJ Maxx to be fitted for an outfit," she said. "The whole class had to work really hard so people would want to come and so people would love the show."

Krissy Davis, senior psychology major, modeled professional attire in the show.

Davis said the show did a great job of leading by example and showing that everyone should accept and be happy with their bodies.

"My favorite part of the show was being able to interact with all of the amazing people who came together," she said.

Davis said the show did a great job of leading by example and displaying that everyone should accept and be happy with their bodies.

"A lot of us were nervous to model for the first time, but we embodied the message of the show itself by encouraging each other to stand tall and be our best selves," she said.

Photos by ALYSSA KOSIS/THE JAMBAR

TUITION PROMISE, PARKING CHANGES

JORDAN UNGER

As Youngstown State University incorporates its Penguin Tuition Promise in the fall 2018 semester, changes to the parking system are also expected for incoming students.

Danny O'Connell, director of parking services, recently met with Neal McNally, vice president of finance and business operation, to discuss these changes.

PTP, a plan which guarantees a four-year tuition freeze for incoming freshmen, comes at the same time as the scheduled increase to parking fees on campus. O'Connell said the state chancellor suggested YSU move to a tier parking system.

The new system is expected to give incoming students the option of purchasing a day permit, will allow parking between 7 a.m. and 10 p.m., or a 24-hour overnight permit.

Overnight parking will be limited to designated areas, such as the parking decks or specified lots. Students with overnight permits will not be allowed to leave their vehicles in day lots between 10 p.m. and 7 a.m.

Per the expected plan, new students would not see a transportation fee on their bill. Exact prices for the permits are undecided, but he said the day permit will be roughly \$40 to \$50 and the overnight permit will be roughly \$90 to \$100.

He said this is a transition away from everyone charging fees equally to a system based on use.

"If you don't have a car, you won't be paying it, or if two brothers or a brother and sister are coming down here and they share one car, now only one of them will be paying it," O'Connell said.

Student Government Association President Rayann Atway said this is a push in the right direction, considering the issues that parking services has faced.

"They've been running into problems this year with commuter students spending nights in the residence halls, taking up spots in the residential lots, so they just want to mitigate that problem," Atway said.

According to O'Connell, the new system would not affect current students.

"When you go into your portal to order parking, if you're a current student, it's going to take you to the same page and you're going to have the same options that you have now," he said. "Nothing really is going to change."

Parking services is collaborating with information technology on campus to ensure the transition is as smooth as possible for students requesting parking permits. Current students will not see where there is an additional charge for permits, and new students will never see a transportation fee.

"There won't be confusion," he said.

Still, O'Connell said he expects it to be



Photo by JORDAN UNGER/THE JAMBAR

a challenging transition from the current system to a new one.

"Four years from now, we will have five sets of fees," he said. "One for the freshmen, one for the sophomores, one for the juniors, one for the seniors and one for all of us who were grandfathered in because we are under the old system."

If students go past four years, O'Connell said they will likely move into the next cohort up.

Although the funds will not rise as quickly as they would if all students were impacted by the increase, he said the university will make it work. Funds from the increase will contribute to bonds and parking space replacement on campus.

Ernie Barkett, vice president of SGA, said this should help the university keep on track with eventually replacing the Fifth Avenue parking deck and adding more infrastructure.

"They're saying that with the new revenue, they should be able to stay on that plan," Barkett said. "If you look long-term, while this is sort of a new fee students will have to pay ... in four to five years this is going to be a big improvement to park-

ing."

He said one thing that McNally wants to move away from is closed gates, which can have costly upkeep.

"Since the gates are getting old now and starting to malfunction, he said they are really going to focus on enforcement," Barkett said. "Parking services will start to go through lots more often and really just increase their usage of employees they have."

The move away from gated parking lots is something O'Connell said he hopes will continue.

"People see gated lots as not helping security. They're a traffic control," O'Connell said. "I like to see the gates up."

Barkett said the university would also not have to pay as much for students to work the gates.

"It saves cost on upkeep in the long run, it saves cost on labor in the long run and I want to put all of the money we can into infrastructure," he said. "We need new decks. We need new lots. That's the end goal."

The plan for parking changes is expected to be finalized within the next month.

YSU ETRUSCAN PRIZE WINNERS ANNOUNCED

MELISSA TUROSİK

The Youngstown State University Poetry Center and Etruscan Press announced four winners of the 2018 Etruscan Prize and held a reading at the Youngstown Public Library on Monday.

Each student submitted a one-page creative piece in any genre known as, "One page that sings." The students shared \$1,000 in prize money.

The winners were Kelsey Metzger, Mallory Radar, Logan Burrows and Dom Fonce. Each student read their work to the audience.

Metzger won first place. She said she received a certificate and signed copies of the three author's works, as well as a monetary prize.

Metzger said she was very proud to win the award. Her story is a coming-of-age and a coming-out novel about a boy who struggled with self-acceptance and societal acceptance.

The event featured authors Myrna Stone, Lynn Lurie

and YSU Professor Phil Brady, who each read a piece of their own published work.

Stone, a poet, said it was difficult to get a sense of a person's writing in one page, but she was amazed by what the winners were writing about.

Deborah Liptak, development director of the Youngstown Public Library, said she thinks everyone should support local authors.

"I always tell them once you become rich and famous, remember where you got your start at the public library. That's what it's all about. Books and learning," Liptak said.

Brady, the director of Etruscan Press, said the featured authors came to the area as part of the Etruscan Press and the YSU Poetry Center Outreach Program.

"They visit schools, a few prisons and community centers while they're here for a week," Brady said.

Brady said he loves books and he is delighted to be a part of the community. He also said achieving publication is a wonderful thing.



Photo by TANNER MONDOK/THE JAMBAR

"It's been an ambition of mine since I was a student and I'm glad I had some success as a writer," Brady said.

Brady said his advice to aspiring young writers is to deeply immerse yourself in your own work and the work of others, and treat the publishing process strictly.

Undergraduate students in the College of Liberal Arts and Social Sciences are eligible to submit a one-page creative piece each year.

For more information, please contact Philip Brady (pbrady@etruscanpress.org) or visit www.etruscanpress.org.

THE ROAD TO GRADUATION

LAURA MCDONOUGH

The graduation process isn't always made clear. Some students are unaware they need to submit and complete a senior evaluation with their department chair before they can apply for graduation.

Amy Crawford, associate professor and acting chair of communication, said it is always best to touch base with your department chair and the advisor in the dean's office.

She said when students reach approximately 83 and 93 credit hours completed, with about two semesters away from the expected graduation date, they should make an appointment for a senior evaluation.

To apply for the evaluation, students should go into the YSU Portal, go to student records and fill out a graduation evaluation request. This is not applying for graduation, it's to schedule a meeting to begin the graduation process.

"This is about one year before graduation. That's not applying for graduation, that's just clearing the first step to make sure they're okay to apply to graduate," Crawford said. "Then typically what the chair will do is sit down and look at six different things."

For Bachelor of Arts degrees such as communication, Crawford looks at general education requirements, language requirements, major, minor, 48 upper division hours at the 3700 level or above and a minimum of 120 credit hours.

"Once we're finished,

that's essentially the chair saying, 'here is your path to graduation,'" Crawford said. "Then we can take a look at those next two semesters and make sure [the classes a student needs to graduate] are going to be offered."

She said at that point it is easy to reach out to anyone for clarification, ask questions and look at how any transferred classes while it's early enough to detect and solve problems that may prevent a student from graduating.

"Once that goes through, and this varies based on college, that will then begin the process of getting permission to apply to graduate," Crawford said.

The graduation evaluation request is then turned over to the dean's office.

The online graduation evaluation request initiates a record of the student who is then put on a list for the graduating semester which allows the dean's office to begin a senior sheet.

Shannon Reesh, an academic advisor for College of Creative Arts and Communication, oversees the senior sheets.

It lists all the courses that a student has, like a transcript. That information will be reviewed and approved by the chair of the department for degree verification.

Greg Moring, associate dean of CCAC, said student information is typically held in individual departments, so his office doesn't see it.

"Once we start working on the senior sheet, we then call and contact the chair of the appropriate department and verify the student has completed the evaluation," Moring said.

"According to the chairperson, they are on track to graduate."

A senior sheet shows everything a student has completed up to that date, but does not show courses a student may have registered for in the following semester.

"Really, it's verification by the chair that indeed this student has done their evaluation that also triggers what is called a 'grad-okay' process, which we initiate from our end," Moring said.

A "grad-okay" is a status that enables a student to apply for graduation.

"Once we [do this process] an email is automatically sent to the student to say 'congratulations, you can go ahead and apply.' If we don't do that, then the student does not have the ability to apply for graduation," Moring said.

A "grad-okay" is not granted too far in advance because they have to be certain a student met with an advisor in the department, completed the evaluation and is considered on track to graduate on time.

The information is then sent to the Office of Records.

Julie Felix, associate director of records, said her office awards the degree once the college decides the student is okay to graduate and submits the graduation evaluation to the office after final grades.

The Jambar spoke with the Communications Department and the Dean of CCAC for this article. Students should check with their department, as some requirements or procedures may differ.

DAVID FORD

For nearly 15 years, the Goodyear Tire and Rubber Company faced a reoccurring problem. With the help of a new invention, that problem will ultimately be solved.

Its inventor? Youngstown State University student Jared Vanasdale.

The Improved Extruder System, according to Vanasdale, is a mechanism designed to eliminate the occurrence of stock rubber strips biting off Goodyear tires during the extrusion process.

After Vanasdale joined Goodyear, a group of engineers introduced him to the company's persistent, 15-year issue.

"They are excited to see a working solution," Vanasdale said. "They are also excited to see that one of their prided co-ops created it."

He said the invention could potentially lower tire prices for its consumers while increasing the efficiency of tire production.

Vanasdale said the invention is still undergoing the patent process, but he said he definitely thinks it will go through.

Despite recent success, Vanasdale said he'll continue to challenge himself, no matter the task at hand.

"I always have tricks up my sleeve," Vanasdale said.

During his sophomore year, Vanasdale said he was introduced to Goodyear by a friend and colleague, Carmen Marinucci, who raved about the company.

"I had a friend of mine that did a summer internship at Goodyear. When he came back, he kept going on and on about how great it was," he said. "He initially recommended me and sparked my interest with the company when I was a sophomore."

While Marinucci interned at Goodyear, the company asked him to recommend other interns. He said it was the perfect opportunity to build their intern program, all while representing YSU.

Initially, he recommended two students that he said were most deserving of consideration, one was Vanasdale.

"Jared was the hardest-working person in our mechanical engineering class and the other engineer I recommended I thought was the smartest person in our class," he said. "After I was able to express how valuable they could be to the company, Jared's resume and people skills did the rest."



STUDENT FEATURE: JARED VANASDALE

Photo by TANNER MONDOK/THE JAMBAR

Marinucci will work full-time at the Goodyear plant in Akron this June.

When Vanasdale initially met with engineers at Goodyear, he knew exactly why Marinucci recommended the company to him, and vice versa.

"Goodyear offered an information session that I attended and created connections with," Vanasdale said. "I knew that they were a top local employer and offered opportunities for co-ops to travel so I became excited with the company."

Vanasdale was awarded the co-op Student of the Year Award at the YSU Science, Technology, Engineering and Mathematics Awards Dinner. In addition, he was nominated as a finalist for the Expy awards.

He will speak at the STEM Honors Convocation on April 23, where he said he'll provide words of wisdom to the younger students.

Without the help from STEM and its faculty, Vanasdale said none of this would be possible.

"I've had a lot of people challenge me, especially the head of the department, Dr. [Hazel] Marie," he said. "She's really challenged me in my studies, and just at the STEM Awards Dinner, she called me out in front of the audience to speak."

In addition, Vansdale said Kyosung Choo, assistant professor of mechanical and industrial engineering, has been a mentor to him through the STEM program.

"I feel like I've been really lucky lately," Vanasdale said. "I know a lot of students who deserve even more recognition than I'm receiving right now, so being able to be the one who's getting the spotlight, it's been sweet."

He said the rigorous and challenging engineering curriculum has better prepared him his future career. Vanasdale said he also spends time doing several outside activities.

Vanasdale said he participates as a member of the YSU hockey team. He was named captain in 2016, but a semester in Fayetteville, North Carolina, prevented him from playing the entire 2017 season. He also is an EMT student.

"I am currently taking a course at Lane Life Trans to become an EMT," he said. "The intensity of being a part of the Emergency Medical Service, and being on the front lines helping people in need is something I really enjoy."

YSUNITY PRESENTS ANNUAL DRAG SHOW

NAMI NAGAOKA

YSUnity presented their annual drag show in the Chestnut Room of the Kilcawley Center at Youngstown State University on Friday night for an energetic and actively involved audience.

The organization has been holding the event for 19 years to raise awareness for sexuality, gender and inclusivity at YSU and to have fun watching the drag queens perform.

The show was hosted by Mya Garrison and featured several other local performers.

“YSU was very loving last year ... The energy was high, and the pride was flowing heavy which is awesome,” Garrison said.

She said having a drag show performance is a chance for her to inspire people. She also said it promotes the various sizes of drag queens.

“Oftentimes I will have thick girls come up and tell me that they are excited to see someone [their] size rock the outfits that [they] do,” she said

Garrison said she is humbled and honored that she has been able to host and perform at the past two drag shows.

Carissa Brennan, president of YSUnity, said she feels appreciated and sees some improvement in the support of the LGBTQ+ community such as individual

supporters and some posters around campus.

Brennan said last year there was a person who was not a YSU student preaching about how homosexuality is wrong, and she said she had to call the YSU police.

She said the YSU police are very helpful when needed.

“It’s scary because we don’t know how they are going to react and how [YSU students] would react,” she said. “I just want people to be more accepting.”

Although Brennan was worried about getting audiences due to financial issues, the Chestnut Room was almost full.

Catherine Cooper, YSU graduate student in the department of counseling, school psychology and educational leadership, said she has been a member of YSUnity since 2013.

She said the LGBTQ+ community inspired her and helped shape who she is today because she grew up in Los Angeles, where she was surrounded by the community.

She explained there is an importance of taking action and not to be just an outlay, but to be an advocate.

“I believe in diversity and inclusion, that everyone has a right to be happy, and everyone has a right to be who they are,” she said. “We want to promote a safe and inclusive campus for this specific community.”



Photos by ALYSSA KOSIS/THE JAMBAR



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COMEDY IS FOR THE DOGS

Photo by JOHN STRAN/THE JAMBAR

JOHN STRAN

The jokes went to the dogs at Suzie's Dogs & Drafts on Sunday, April 8 as local comedians performed to raise money for the Every Dog Matters Rescue.

Amanda Hamilton works with Every Dog Matters. She said the need for places that rescue dogs has increased since the local charity opened its doors in July of 2016.

"In 2017, we rescued and adopted 47 dogs," Hamilton said. "In 2018, we've already rescued and adopted 30 dogs."

Hamilton said the goal for the night was to raise \$1,000 which would go towards vetting. To draw a crowd, the charity partially relied on these valley comics, one of which was Joe McCormick.

With six years of experience and having performed a few shows in different states, McCormick has dealt with trying to attract larger crowds, and gauging the audience to see what jokes work.

McCormick said stage presence is a major factor for comedic success.

"When you're up there, you have to be the boss," McCormick said. "You can't be afraid up there because otherwise they'll eat you alive."

Along with performing, McCormick was also in charge of selecting other comedians for the show. One man McCormick selected was Shane Herman. Herman said a huge selling point for him to do the show was because it was for the dog rescue.

Herman has been a stand-up comedian for 11 years. He got his first taste for the stage when he won a comedy contest while in school at Bowling Green University.

Herman describes his routine as high energy, and said his material touches on pop culture, but with bizarre twists. He said it's adult-oriented material, but he can also go clean as well.

"I just want to show people that they don't always have to take everything so seriously and can sometimes lighten up a bit," Herman said.

Getting laughs from the crowd is something Herman admits can become pretty addicting, but sometimes trying to reach this high can be tough.

McCormick can attest to this, comparing his current

hobby of stand-up to one of his past professions. He said he served in the Marines and stand-up comedy has been more difficult for him than that.

"The marines was more physical and group-oriented, but it's just me and the mic on stage, so if something messes up, it's my fault," McCormick said.

For Herman, one of the hardest parts of being a comedian is there is no instant gratification. This is why he feels every comedian must be resilient.

"You need to have self-assurance; believe in yourself," Herman said. "You also have to be willing to grind for a long time."

Grinding is something McCormick also mentions, saying it generally takes 10 years for a comedian to see a generous amount of notoriety.

Within this span of time, both Herman and McCormick said shows will happen that make this grind a little more difficult. However, the shows that go perfectly are what keep them performing within Youngstown and beyond.

McCormick's next few shows will be out of state in West Virginia and Pennsylvania, and Herman's is April 29 at the Whistle and Keg downtown.

SPRING 2018 GRADUATING

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FROM A YSU PRESIDENT TO A FICTION AUTHOR

MARAH J. MORRISON

Leslie Cochran, former Youngstown State University president from 1992 to 2000, spends his years in retirement writing fiction novels. Genres include mystery, crime, romance, history and mafia.

Most recently, Leslie Cochran released a new series entitled the “Detroit Thorn Birds,” which is a historical fiction on the Detroit Mafia through the 1970s and the 1980s. He said from the time he was president at YSU to becoming an author, there was a little in between.

“I said ‘I’m not going to do anything, I’ve done my thing and I had a great career,’” Leslie Cochran said. “But, you know, sometimes you just can’t stop doing things like that and I already loved to write.”

Leslie Cochran said he continued his writing after he retired by writing guest opinions and letters to the editor for a local paper, and had a friend say to him, “Les, you ought to write a story.”

“I said ‘but I don’t have a storyline,’” Leslie Cochran said. “He said ‘but you’re always telling these jokes about university presidents ... being such nerds.’”

Leslie Cochran said his friend continued to persuade him to write, and he ended up writing fiction novels. He

said he wrote his first piece of fiction in 2011.

“I had 500 pages typed and I didn’t know what to do with it,” Leslie Cochran said. “A friend of a friend said ‘I will read it and give you an evaluation.’”

Leslie Cochran said his friend, who was an English major who took five years to write her first book, read what he had written up and sent a five-page email back. He said she said ‘you write pretty well, but sociology papers don’t sell.’”

“She said ‘I like your story and if you’re willing to bear with me, I will be glad to tutor you,’” Leslie Cochran said. “It was painful, but the transition was significant.”

Leslie Cochran said he just started writing about the Detroit mafia because he lived in Detroit when he was doing his doctorate dissertation and teaching high school. He said those experiences gave him insights into the mafia.

“I love it,” Leslie Cochran said. “There’s so much research involved, I have a file cabinet full of information about the Detroit mafia.”

Leslie Cochran said a lot of people think Detroit collapsed after the riots in 1967, but there were a lot of people there trying to save their neighborhoods. He said as a teacher, he got to know some of these people and that is the genesis of the books he’s written.

“They’re kind of a unique group of people,” Leslie Co-



Les Cochran, Author

Photo Courtesy of LIN COCHRAN

chran said. “I came up with the concept of the Thorn Birds.”

Leslie Cochran said the characters in his books become a part of him. He said when he starts writing, he starts about 5:30 a.m. or 6 a.m. until about 10:30 a.m. to 11 a.m.

“I have rock and roll music from the ‘60s on,” Leslie Cochran said. “That’s the period I’m writing about, and literally that drowns out everything else and I’m engaged in the room with the characters.”

Leslie Cochran said his mother used to say ‘if it comes easy, it isn’t worth doing.’ He said if you’re going to do it, then you have to do it right when it comes to being a writer.

“I think the first thing you do is you have to do it,” Leslie Cochran said. “You have to start.”

Lin Cochran, the wife and marketing personnel for her husband Leslie, said she is glad that her husband is doing this, and that it keeps him busy and his mind working. She said previously, in his retirement, she said he ran for political offices more than once, and she likes this a lot better.

“It was a struggle for him at first, but he had some good mentors,” Lin Cochran said. “He’s the kind of person that if he wants to do something, he learns how to it right.”

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Photo Courtesy of AUDREY SCHOENIKE

In March, 18 students on the Youngstown State University Model United Nations team went to a conference in New York and represented Hungary in different committees. One student on the team represented the United Kingdom in the security council.

The team debated and worked with other students around the world, including students from Australia, Italy and Germany, who represented other nations. The students worked to find solutions for world problems such as the refugee crisis, chemical weapons and terrorism through the resolutions that they wrote.

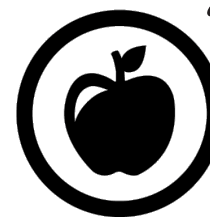
On the last day of the conference, the students were able to go into United Nations building.

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A JAMBAR

EDITORIAL:

THE FIRST AMENDMENT: *HOW DOES IT REALLY PROTECT YOU?*

In recent events, the First Amendment has been a hot topic in the media.

Laura Ingraham of Fox News has come under fire for comments made toward Stoneman Douglas High School shooting survivor David Hogg, tweeting that Hogg “whines” about being rejected from the four colleges he applied to. She also stated that Hogg’s “4.1 GPA” was a no-brainer for not being accepted into the UCLA, explaining that it is “totally predictable given acceptance rates.”

In response, Hogg called for a boycott of Ingraham’s advertisers, listing the companies in a tweet made on March 28. Since then, at least 16 sponsors have pulled their ads from “The Ingraham Angle.” Jane Carpenter, Wayfair’s head of public relations, made a statement to CNBC regarding the boycott.

“As a company, we support open dialogue and debate

on issues,” Carpenter stated. “However, the decision of an adult to personally criticize a high school student who has lost his classmates in an unspeakable tragedy is not consistent with our values.”

This has ignited the debate over where the First Amendment comes into play to protect our opinions. While Ingraham’s comments were less than tactful, she should have the right to voice her opinions, right?

Technically, yes; but there is a catch. The First Amendment has been set in place to protect citizens from persecution from the government — it does not protect citizens from consequences from private businesses or organizations.

In a CNN article written by constitutional expert Lata Nott, she explains that the First Amendment cannot defend opinions made public by private companies’ employees, such as Ingraham’s tweet. If a particular opinion

or statement infringes on a company’s ideas, values, or the safety and operation of their staff and business, then businesses have the “right to discipline their employees’ speech.”

With the advances made in technology like social media, voicing feelings and opinions can be done at the touch of a button. The only drawback to this is the permanence these statements have on the world wide web. You as an American citizen have the constitutionally protected freedom to make your voice heard, but just remember that you are not free from the consequences of your words. As an employee, organization member, or even a student, your ideas can pose as a liability to whomever you choose to represent.

With that in mind, choose wisely.

WHY CHAOS ISN'T ALWAYS A BAD THING

SAMANTHA ALLAN

Organized people are great. They plan events well and often have a lot of focus on their day-to-day activities. Most people know that one person who is super organized. This guy or girl probably runs a tight ship full of written notes and scheduled activities. Super organized people often keep an impressive amount of notes and inner checklists that could push a Rubik’s cube to solve itself. This person probably is prepared for almost anything in a way that many of us are not.

I am one of those people who is not organized in the traditional sense of the word. I often refer to my life as a sort of

controlled chaos in which every responsibility and task swirls around my existence. While it may seem like nothing will ever get done, I always manage to get through it. This type of lifestyle has been integrated in my life for so long, I’m not sure if I could be comfortable becoming something else.

Is it bad to live in a state of controlled chaos? From my perspective, I do not think it is. I often am pretty open to frequent schedule changes, altered deadlines and any other surprise that may come up. My car, backpack and room may appear as a whirlwind of objects and notes to some, but it makes perfect sense to me. I often think it pushes me to work harder

and juggle all of the tasks that get thrown at me each day.

While I may have a pretty solid rationale for myself, I was curious to know if others felt the same way. In “The Benefits of Intermittent Stress and Chaos,” Justin Kompf talks about how bits of stress and chaos can push us to challenge ourselves and grow. He explains that “for someone who hasn’t expanded their mind in years, reading a single research paper or book could come across as a different language whereas mental resources might not be drained for a person who stresses their mind on a daily basis.”

This point gives an interesting perspective to a life of chaos. The rationale here

is that a little chaos every day can actually prepare us for any big changes or challenges in life. Now, it’s probably not the best idea to have a bunch of chaos every day. Too much going on at once can often leave you with more stress and less productivity.

Organization is great if it works for you. Plans and structure can make life go a lot smoother than it may have otherwise. However, I think I manage chaos just fine. Sometimes it will add some extra stress, but it all seems to work out in the end. Fear not if you are on more of the chaotic side of the spectrum. I am here to say that your system can work just as well as anyone else’s.

MARIO'S MOVIES: WE'RE READY FOR "READY PLAYER ONE"

MARIO RICCIARDI

In 2045, the real world is in shambles, but thankfully people can take refuge in the OASIS. OASIS is an expansive, virtual reality role-playing game where people can be whoever they want to be. Because of the widespread popularity of the game, an avatar holds more social relevance than the person behind it. What happens to you in the game almost always matters more than what happens to you in real life.

The game's enigmatic creator, James Halliday, hid three keys deep within different areas of OASIS. Upon his death, Halliday revealed that finding these keys would give the winner ownership of OASIS, amongst many other rewards. Our main character Parzival, the avatar to Columbus, Ohio native Wade Watts, teams up with a ragtag group of gamers to complete this proverbial treasure hunt. To complicate matters, the corrupt video game conglomerate, Innovative Online Industries (IOI), employs an army of debt-indentured players to stop the main characters and win the prize for themselves.

"Ready Player One" is based on the 2011 book of the same name written by Ernest Cline. Since I have not read the book, I have employed the help of David Ford, a general assignment reporter for The Jambar, for this week's review. Ford has read the book and saw the movie with me, so he has his own unique take on the movie.

Dave's Take:

"Ready Player One" is among one of my favorite theater experiences. I thoroughly enjoyed the book; the movie experience was no different. The visuals worked extremely well, the story never dragged and

the stakes were real. When people ask me who my favorite filmmaker is, I can never give a definitive answer. After watching this film, Spielberg might take the crown.

Essentially, the setting reminds me of a Michael Crichton story — a powerful, eccentric business mogul (Dr. Robert Ford in "Westworld" and John Hammond in "Jurassic Park") creates a world where common people can escape the real world to indulge in consequence-free activities. In "Ready Player One," OASIS creator James D. Halliday, portrayed by Oscar-winning Mark Rylance, built an entire world where people can escape their real-life problems which is why the real world in the film is so dilapidated. People didn't care anymore; they could escape to OASIS.

While the film does a great job explaining its origins and visually creating the epic, virtual reality paradise, it fails to deliver a compelling message about our obsession with technology.

The film's comparisons, which I would say are "Westworld" and "Jurassic Park," deliver a thought-provoking take on our indulgences with technology, and cautions us, as humans, to avoid playing God. "Ready Player One" fails to do so.

Toward the end of the film, Wade mentions OASIS is closed on Tuesdays and Thursdays so people can strive to make the real world better. This is the only real message about the overuse of technology we really get in the film. Other than the film's message being far underdeveloped, I have no other complaints.

The cast was great — Mark Rylance, Simon Pegg, Olivia Cooke, Ben Mendelsohn, Tye Sheridan, etc. Despite his brief role, Pegg's performance as Ogden Morrow, the apprentice and co-creator of OASIS alongside Halliday, was my favorite. Mendelsohn's role as villain, Nolan Sorrento,

followed the familiar trope of evil, business tycoon. The character's back-story briefly follows his internship with Halliday and Morrow, which I wished was fleshed out more; however, for what it's worth, I enjoyed his performance.

Overall, Spielberg delivered another entertaining, visually innovative film I'd highly recommend. When it releases on the home video market, I will definitely purchase a copy.

 (4/5 Penguins)

Mario's Take:

Science fiction and fantasy has a long standing history of linking humans with computers. One minute they're helping you iron your clothes and cook breakfast, the next they're coming back from the future to kill you or to harvest your biochemical energy. These tales of artificial intelligence being major shareholders in humanity have always come across on a deeper level as cautionary tales. This has since changed.


With "Ready Player One," the story of a computer-simulated world taking priority over the real one becomes a subtle yet overt warning. Sure, the plot has more to do with authoritarian corporations and unequal distribution of wealth but the background is still the background. The future in "Ready Player One" is bleak. People live in trailer homes stacked on top of each other, put life savings toward video game power-ups, and care more about humanity in a computer simulation than humanity in the real world.

For the first time in years Steven Spielberg doesn't feel like one of those "old man directors" Tarantino is always harking about. Spielberg brings back his classic two-perspective approach to storytelling. On the surface "Ready Player One" is about kids hunting for treasure,

but a level deeper it's about our cultures decline into digital escapism. Just like how "Jaws" is about a killer shark, but it's really about families going through divorce. "E.T." is about aliens, but really it's about the lonely finding friendship. "Indiana Jones" is about action and archeology, but really it's about finding relevance as one approaches middle age. Yes, Spielberg has shifted back towards his roots for this one and it's an enjoyable experience. The film occasionally falls flat and there are a few inconsistencies with the characters (Aech is terribly afraid of horror movies, yet has Chuckie doll power-up on hand?). That aside, it's a really fun ride. Also, the pop culture references the movie has worked into the scenery are great. If you're a pop culture geek you'll have a field day.

Essentially "Ready Player One" is studio film full of special effects, CGI and easily digestible storytelling. It's a crowd pleaser made by one of the most accomplished directors of our time. And although this is the case there is almost always something more interesting or engaging in the background. Whether it's the pop culture references or the condition of the real world contrasted with the virtual reality, there is more to study by looking deeper. Regardless of entertainment value the true take away from the film is how close our reality is to being the world in "Ready Player One."

For me, "Ready Player One" is a movie that focuses too much on being entertaining. I felt the true story was about the continual surrender of humanity for technology and the importance of giving others the true you. Unfortunately, these themes do not get as much screen time as they deserve for the sake of popcorn entertainment.

 (3/5 Penguins)

YSU'S GOULD SOCIETY CELEBRATES 60TH ANNIVERSARY

ELIZABETH LEHMAN

The Clarence P. Gould Society at Youngstown State University is celebrating its 60th year since being chartered in 1958 to recognize distinguished students in the liberal arts and sciences.

Jay Gordon, associate professor for English and member of the Gould Society, said being inducted is a very prestigious academic award for a student.

Denise Walters-Dobson, academic administrator in the College of Science, Technology, Engineering and Mathematics and Gould member, said inductees must have a 3.9 GPA, but Gordon said being inducted is about more than just having a high GPA.

“High GPA is important, but we look for students who kind of have some breadth in the courses they have taken, that they’ve branched out a little, students who have two majors but in ... different colleges, students who have taken a lot of courses in an area that’s not in their major,” Gordon said.

Martha Pallante, associate dean and professor in the College of Liberal Arts and Social Sciences and another member, said the society requirements include that the GPA must place students in the top one-half to two per-

cent of their class cohort

“[The students must] exhibit a breadth of scholarship beyond the requirements of their majors. We normally admit approximately 30 students a year,” she said.

Pallante said the society looks for students who have stretched beyond their standard curriculum. She said they might look for a CLASS or College of Creative Arts and Communication student who took math-based science courses, or a STEM major who took social sciences or humanities courses too.

“We’re also looking for things like study abroad, research classes or research-based work,” Pallante said.

Gordon said the Gould Society is similar to Phi Beta Kappa in its requirements. Pallante said when the society was founded, YSU wasn’t eligible for a Phi Beta Kappa chapter because it was founded as a law school.

“There were a number of faculty who felt that the standards and the notions promoted by Phi Beta Kappa were important and ought to be reflected here,” Pallante said.

The society was named after the late Clarence P. Gould, who was professor and chair of the history department from 1938 to 1958. He was also holder of the Phi Beta Kappa Key, according to the program from 2017’s dinner event.

Gordon said the annual event will be conducted a bit differently this year.

“We’re trying to have it be more appealing and engaging for students,” Gordon said.

He said in the past, the formal event was a bit stiff. He also said students were often not quite aware of what the award meant until they were invited to the induction. Inductees are selected by a committee and it’s not something they can apply for, so it can be a surprise.

“What we’ve done this time is try to let them know beforehand that they are finalists before we pick the winners ... It’s a chance for us to let them know what this thing is about and what may be in store a few weeks later for them,” Gordon said. “Then when we pick the inductees, they’ve already been made aware of what the society is and why it’s a prestigious honor.”

Donald Priour is also a member of the society and an assistant professor in physics and astronomy. He said the Gould Society is different than a professional society.

“It’s an honor, it’s an award ... Once a member, always a member, no matter what,” Priour said.

The Gould Society reception will be held for inductees and members on May 3 at the Center for Industry and Labor.

YSU FACULTY RECOGNIZED FOR SCHOLARSHIP

MORGAN PETRONELLI

Youngstown State University faculty members are no stranger to academic achievement.

From authoring books, leading research projects, winning Fulbright awards to supporting and encouraging students to excel academically at the university — these are just a few of the things in a long list of reasons why the YSU faculty stand out.

YSU honored those distinguished faculty members on Wednesday in the Chestnut Room in Kilcawley Center.

The annual Faculty Recognition Awards Dinner honored nearly 40 faculty members. Awards will be given out to celebrate multiple years of service, scholarship excellence, department chairperson excellence, teaching excellence and excellence in service.

Out of all the awards given, the most notable went to Daniel O’Neill, professor of communication, who received the Faculty Service Award marking 50 years working at YSU.

“The other faculty are a bunch of quitters,” O’Neill joked. “I accept this recognition in memory of the key people who

helped me along the path of life. They are the ones I would like to honor for this gift of 50 years of service to YSU.”

Other award winners spoke of their appreciation for their recognition and why they continue to work at the university.

Albert Sumell, professor of economics and faculty union president, was awarded the Distinguished Professorship Award for Excellence in Service.

“What drives me to continue teaching at YSU is the fact that this is a student-centered institution and is a vehicle of social mobility,” Sumnell said. “It’s gratifying to be a part of an institution that offers students an opportunity to learn about, succeed and engage in the world, many of whom would not have had that opportunity elsewhere.”

Katherine Durrell, professor of physics & astronomy and kinesiology & sport science, received the Part-Time Faculty Teaching Excellence Award.

“It is a great honor to be selected for the Part-Time Faculty Teaching Excellence Award from among the many dedicated and talented part-time faculty we have here at YSU. I really enjoy teaching and helping my students learn new skills,” Durrell said.

Another recipient of the Part-Time Fac-

ulty Teaching Excellence Award was Teresa Leone, professor of English.

“I am pleased that an award has been developed to recognize part-time faculty for their hard work and dedication to this university ... I have been teaching at YSU for over 20 years, and I thoroughly enjoy working with students and helping them through their educational experience,” Leone said.

Pamela Schuster, professor of nursing, along with Hojjat Mehri, professor of mechanical, industrial and manufacturing engineering, were also recognized during the awards dinner for their 35 years of service at YSU.

“Looking back 35 years, I have had a great career in academia and nursing education,” Schuster said. “I have enjoyed relationships with co-workers and students and participating in the growth of the university. Although there have been many challenges, no challenge has been insurmountable because of collaborative relationships with administration, faculty and staff.”

Michael Jerryson, associate professor of philosophy and religious studies, was the recipient of the Distinguished Professorship Award for Excellence in Scholarship.

“It’s wonderful [that he was recog-

nized]. I think there is very few chances at YSU in which you can feel appreciated for your scholarship and I think this is one of the few times that you can receive it and feel that way,” Jerryson said.

He mentioned that he used to work at a liberal arts college where students paid over \$38,000 a year to receive an education, but said he was proud to now be working at an affordable university that allows for lower-income students to receive an education.

Cryshanna Jackson Leftwich, professor of politics and international relations, was awarded the Distinguished Professorship Award for Excellence in Teaching. She said her main driving force to continue teaching is the students, but it is exciting to be recognized for her work in the classroom.

“Teaching can be a thankless profession, but you don’t do it for the thrill, you just do it because you love it, so to get recognized for something that is important to me is exciting,” Jackson Leftwich said. A full list of the award recipients can be found at <http://ysu.edu/news/distinguished-faculty-recognized-april-11-campus>.

PRESS BOX PERSPECTIVE: NBA PLAYOFF TIME

SETH RIVELLO

The NBA regular season has come to a close and seeding has been determined. The playoffs are when you can finally tell what teams are real and what teams are fake. What I mean by that is all number one seeds aren't guaranteed a trip to the finals. Regular season records mean nothing anymore.

The Toronto Raptors hold the number one seed in the Eastern Conference with a record of 59-22. That is a very impressive record but the Raptors have shown to be a bad playoff team. Toronto always seems to lose in the first or second round. The eight seed Washington Wizards will give Toronto trouble. Point guard John Wall is finally healthy after playing only 40 regular season games. Wizards' shooting guard Bradley Beal has shown he can lead a team with Wall's absence, and not to mention the young talent surrounding that backcourt.

Toronto also has a nice back court with point guard Kyle Lowry and shooting guard DeMar DeRozan. During the regular season those two combined for about 40 of the teams 111 average points per game. What sticks out is the production of Jonas Valanciunas, Toronto's center.

Averaging 13 points, nine rebounds and a block per game that gives Toronto a huge advantage over Washington and its center Marcin Gortat.

The rest of the Eastern Conference is just average. The Cleveland Cavaliers will take on the Indiana Pacers. Cleveland has had a lot of problems this season but Indiana shouldn't be one, especially with playoff LeBron James. Indiana's main piece is guard Victor Oladipo who showed how much he could shine without Russell Westbrook holding him back, but that's not enough to stop Cleveland.

The Boston Celtics looked good until star guard Kyrie Irving went down with a knee injury. Now led by young role players and rookie Jayson Tatum they should take down the Miami Heat. I don't see them getting further after that. The best matchup of the first series could be the Philadelphia 76ers and the Milwaukee Bucks.

Philadelphia has a mixture of pieces with Ben Simmons, Joel Embiid, JJ Redick, Dario Saric, and Robert Covington. Rookie guard Markelle Fultz may also play a big factor after coming off a long injury absence, not really showing too much in his games back. The Bucks are led by Giannis Antetokounmpo, who averaged 27 points per game and 10 rebounds. Khris Middleton silently

averaged 20 points, four assists and five rebounds. The 76ers are just too young right now to make a huge run. I think Milwaukee will advance, not easily but it will.

The Western Conference comes down to two teams and maybe one sleeper. The Houston Rockets, Golden State Warriors and my sleeper, the Utah Jazz. Houston led by future MVP James Harden, Warriors led by Kevin Durant with Steph Curry injured, and Utah lead by rookie guard Donovan Mitchell and defensive stud Rudy Gobert.

The Rockets will roll through the first round without a problem. Harden averaging 30 points, five rebounds and eight assists with Chris Paul and Eric Gordon averaging close to 19 points. Clint Capela handles the pain averaging a double-double.

The Warriors, most likely without Steph Curry, will take on the Oklahoma City Thunder. Kevin Durant, Klay Thompson, and Draymond Green should be able to handle OKC with ease. If OKC does go down, it will be the best team to ever lose in the first round of the playoffs. Triple-double machine Russell Westbrook, future hall of famer Carmelo Anthony, and star Paul George will put up a fight. If they lose, I don't see them being together next season.

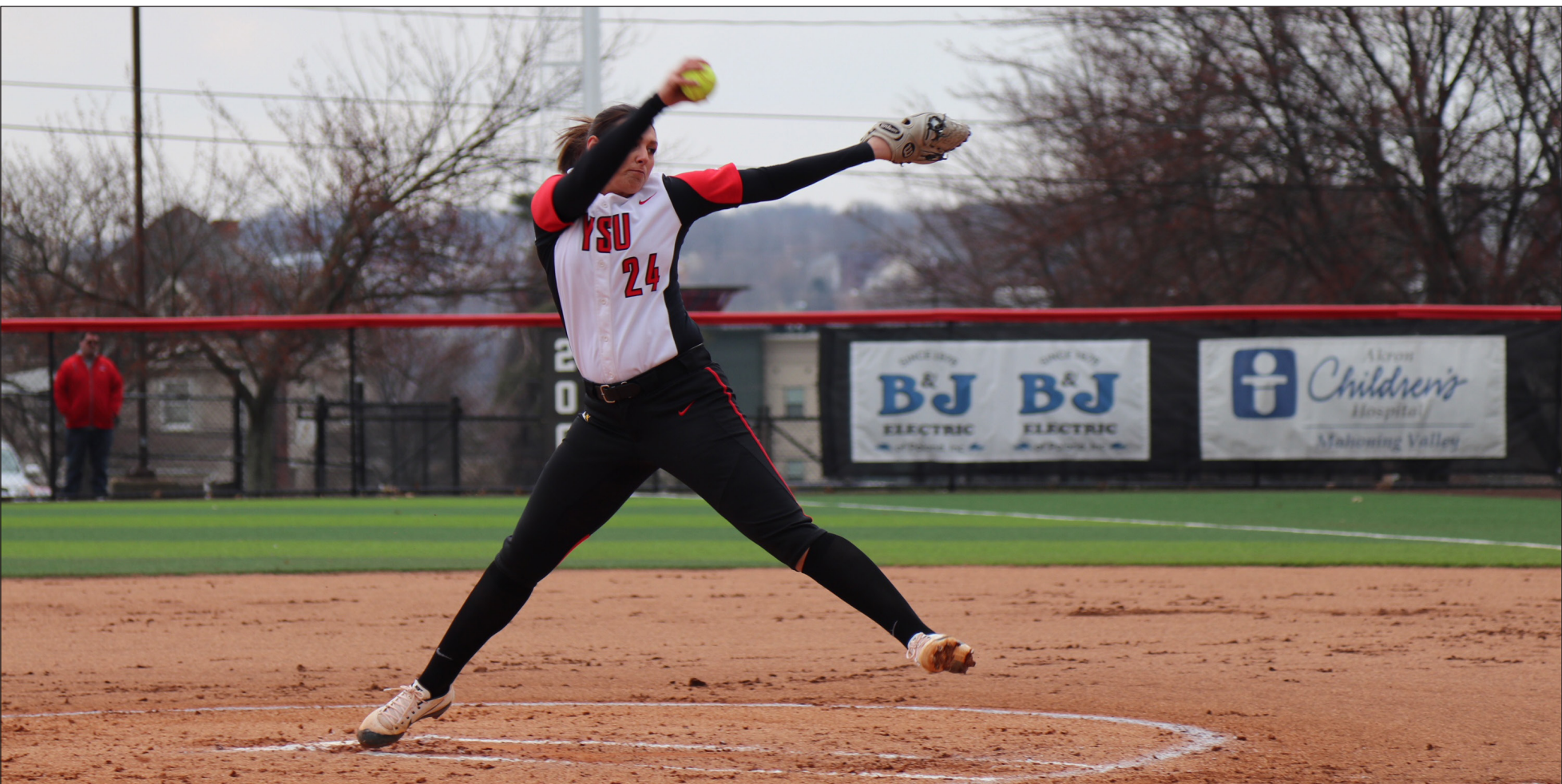
NEWS BRIEF

500TH CAREER WIN FOR SOFTBALL COACH

Head Coach of the Youngstown State University Softball team, Brian Campbell, landed his 500th win against Northern Kentucky, 2-1, in game one of a doubleheader on Tuesday.

The Penguins are 14-19 overall and 5-6 in the Horizon League.

Youngstown trumped their three-game series against Northern Kentucky with a dub finishing 2-1. The team won the third game in the series 9-5 on Wednesday at the Covelli Sports Complex.



Paige Geanangel throws a pitch against Northern Kentucky University on April 10th

Photo Courtesy of YSU SPORTS INFORMATION

YSU PLAYER TURNED ASSISTANT COACH: MIRANDA CASTIGLIONE

CHRIS MCBRIDE

For Miranda Castiglione, a volunteer assistant for the Youngstown State University Softball team and graduate student in criminal justice, being a leader was something embedded in her mentality from day one.

"I've grown up a leader, I love to lead by example," Castiglione said. "With sports growing up and with my parents, they always taught me to step out and don't be afraid to speak up. Through everything, give 100 percent."

From her playing time for YSU and her now second year as a volunteer assistant, she's kept that mindset.

Growing up in Ontario, Castiglione learned early on that softball wasn't a sport with the same stature as in the United States.

"It's nowhere near as competitive as softball here so it's harder to get recruited by a U.S. school," she said. "When you play in Canada, you don't really know the recruiting process whereas here it's all about the recruiting process, getting videos and getting seen."

Castiglione credits her time playing for

the Junior Canadian National team along with her then soon to be assistant coach at YSU, Tiffany Patterson, who is also a fellow Canadian. For her, being able to make it stateside was tough.

Despite seeing minimal action as a freshman in 2013, what opportunities Castiglione did get her first year helped see her role change come sophomore year.

Her 2014 season would be a breakout year. Castiglione won Horizon League Co-Player of the Year and All-Horizon First-team honors.

From there, her career trajectory would only rise as she was given back-to-back first team honors en route to being unanimously voted team captain in 2016, an honor that hadn't been given to a lone YSU softball player since 2008.

Off the field, she had success in the classroom having accumulated a 3.6 GPA. She was a five-time Horizon League Academic Honor Roll selection. Castiglione always carried herself with the idea that both student and athlete in the term student-athlete were equally important.

"You're here for school, that's your number one priority. That's what Coach [Brian] Campbell always stressed is that

school comes before sport," Castiglione said. "Time management is something I learned while here and that's been a big help for me and making it easy to continue to my masters."

When Castiglione got the opportunity to be a volunteer coach through her assistantship in criminal justice, it was just another test of her leadership qualities.

Her first year saw her helping oversee some of the same players that she had previously grinded with throughout a season.

Castiglione noted that it was difficult at first making the adjustment to coaching her peers but it would be a learning experience for both sides. She credits that experience as being what helped her to gain the respect of her athletes and bridge any gaps.

"For me, it's about always understanding before judging a situation," Castiglione said.

Being able to relate was key to her coaching experience.

"You don't always know what's going on in the athlete's life," Castiglione said. "If they come to practice and they seem to be in a bad mood you can't automatical-

ly assume they aren't trying, that's what I implement into it, there's always a back story."

Working from the other side has since helped her as she says she's learned more about the game coaching than she did as a former player.

The future for Castiglione sees her straying from the world of softball and her five-year goal sees her putting her criminal justice background to use.

She's looked into potentially getting into federal parole, and currently has an internship at the Adult Parole Authority here in Youngstown. Castiglione sees it as an opportunity to help offer a second chance to people that need it.

"If they didn't have people that work corrections or work parole they'd have no one to hold them accountable," Castiglione said. "They'd go back out there to reoffend and not know what to do or how to find a job."

Despite the differences between the two worlds, Castiglione still finds there's a commonality between athletics and criminal justice stating that both hold you accountable for your actions.