

The image shows the cover of YO Magazine's 10th anniversary issue. The background is black with a complex pattern of thin white and red lines that form various geometric shapes, including circles and intersecting lines. The text 'YO' is prominently displayed in large, white, bold, sans-serif capital letters. Below it, the word 'Magazine' is written in a smaller, white, bold, sans-serif font. To the right of 'Magazine', the text '10th Anniversary' is written in a smaller, red, bold, sans-serif font.

YO

Magazine

10th Anniversary

SPRING 2018

Inside this Issue

Foreword	
Where it All Began	2
Celebrating Ten Years of YO	4
Features in Flashback / Tokyo House	6
Language and Cultural Barriers	8
Becoming an Info Doctor	10
How to Start a Rock Band	12
Hall Star / Relationships in College	14
Balanced Meals for Student Residents	16
	18

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Dear Readers,

What does it really mean to be a storyteller? More importantly, what does it mean to be a storyteller in Youngstown? These are questions that I did not know the answer to when I applied to attend Youngstown State University four years ago...

Flash forward to four months before graduation, I found myself standing in a tight parking lot on a weekend in January. A crowd gathered there carrying colorful signs and megaphones. It was cold. Patches of snow still scattered the ground. I was just another face in that crowd with my camera and notepad in hand. I was there to take photographs, unsure of what exactly to expect.

We stood in front of the Northeast Correctional Center, where a local shopkeeper was being held and faced potential deportation from the United States. I had only heard about the case of Amer Othman Adi through coverage by local news stations like The Vindicator at the time, but there is a difference between reading a story among the mass of daily news and being there. Seeing it. Feeling it.

Amer's family led the chant, "Free Al now!" which echoed through the street as passing cars beeped in support. One of his daughters demanded her father's release, and something about the way she said it stuck with me. The words that everyone there uttered spoke to me. I had covered many events in the past, but this one was different. It was not just a protest, it was a feeling of community and compassion. It was a demonstration of how Youngstown can come together in the support of someone who had touched their lives, even just a little.

I drove away that day with a better understanding, I think, of what it means to be a storyteller. More importantly, what it means to be a storyteller in Youngstown.

Jordan Unger
Co-editor of the YO Magazine

**Dear Readers,**

The variety of voices, and the stories created from them, are still being carried through this 10-year-old magazine. Youngstown is not dead and it is certainly not going away anytime soon.

In my years of being here, I have gotten to know a great deal of wonderful people who all have had unique, eye-opening stories to share with me. Spreading these stories to those in Youngstown and beyond like a wildfire gives me life, and I'm hoping it does the same to those who decide to adventure through this year's YO Magazine.

So why decide to embark on such a lifestyle? Why do people, like me for example, bother to pace by the telephone, walk in and out of buildings like pages turning and be a voice? A voice for an endless amount of faces young and old. The reasons could go on forever, but there's one reason that stands out to me as a dedicated reader, writer and editor:

REACTIONS.

Seeing how people react to my stories is what truly gives me a purpose in life as my designated roles. I hope these stories, that were created from those in Youngstown, bring smiles to faces, tears to the eyes (the happy kind), find positions on refrigerators or inside of some frames, open mouths and open eyes.

With this being said, enjoy our 10th Anniversary Edition of the YO Magazine, happy reading and happy reacting.

Marah Morrison
Co-editor of the YO Magazine





magazin
CLOST

magazine]
DOORS

Keep an eye on the sky pg

[the yo* magazine

YOUNGSTOWN'S REGIONAL CULTURE MAGAZINE



youngstown born, playboy spread [is her art pom?]

see how far the yo's actors will go to make it big

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HISTORIAN SESSIONS

SPRING
2010

Where it All Began

By **Jordan Unger**

Cristina Cala chuckles and fades for a moment when asked about founding The YO Magazine, reflecting on everything that has happened over the past ten years.

Her career in media began as a copy editor for The Jambar during her undergraduate at Youngstown State University.

"I remember definitely enjoying copy editing because I've always been a fan of polishing and the proofreading process and it was a skill I had built already," Cala says. "It was a good fit, but I remember feeling a little bit behind the scenes and I wanted to do something more."

With some feature writing under her belt, a growing interest in magazines and this craving to fulfill more, Cala pitched the idea for YO Magazine to Mary Beth Earnheart, who at the time was one of the newest YSU journalism professors and the faculty advisor to The Jambar.

"Mary Beth was very supportive and she loved the idea," she says. "She gave us, as the staff and student journalists, the green light to take initiative and build an editorial vision as we saw fit."

She says encouragement for students take initiative and to be entrepreneurial is an essential quality for the journalism program to have.

"[Being entrepreneurial] is a skill that is really going to set you up for a larger market after you graduate, especially if you want to get into freelance writing," Cala says.

Taking these skills with her, Cala landed a staff job at The Vindicator after graduating from YSU. She followed the growth of branded content writing to New York, where she worked for nearly five years at Condé Nast Media Group and nearly two years at Time, Inc.

The 2016 presidential election coverage reached its peak while Cala worked at Time, Inc.

President Donald Trump won the election. She says it was a crazy time for media, particularly women in the field, who were trying to process Hillary Clinton's loss both professionally and personally. She gathered with some colleagues not long after.

"We were kind of looking for a space to just sort of vent, process and eventually create," Cala says. "Through the trauma of it, there was this need to create and storytell. That's what we do as journalists."

The opportunity presented itself through the 2017 Women's March in Washington, D.C. Cala traveled to the march with a small group of women—colleagues from New York, filmmakers and photographers from Los Angeles and some old friends from Ohio. They brought equipment to capture the groundbreaking event, but did not expect for it to be published or used.

"This is literally history unfolding, so let's go capture it," she says. "We ended up getting all of this beautiful video footage and I was already in the works, talking to a social guru who used to be my intern at [Condé Nast Media Group]. She was back home in New York before we went, setting up an Instagram account."

Through this, Cala founded the Why Women Project, an online platform to showcase the stories and experiences of women. She says with the voluntary help of writers, videographers, photographers and social media experts, the project was quickly lifted off the ground.

"It was amazing how we had these moving parts, women of all these different skill sets contributing to this project and it just came together in a week," Cala says.

Within that first week, the project's Instagram page gathered hundreds of followers. Cala says

Photo Credit to **Laura McDonough** this demonstrates the power of a female network.

"Women were volunteering to be a part of this project because they were personally invested in the cause and telling these stories," she says. "If you look at the top, the way that organizations and most industries in media are set up, position makers tend to be mostly males... What we're giving to our audience is... stories told through the female gaze."

In the future, Cala hopes to see the project partner with other publishers who want to reach this audience.

She also does freelance editorial work for The Daily Beast, but orchestrating her independent project takes up most of her time. She says she can tie all of her accomplishments back to her earliest days working for student media.

"I wouldn't have been able to have my career foundations to stand on and be in a position to start something ten years into my career if I wouldn't have had that first [experience in college]," Cala says.

Looking back on the past decade, Cala feels like she has come full circle in her career.

"The first time I was a founder was The YO Magazine and now the second time I'm a founder for the Why Women Project," Cala says. "It feels a little serendipitous, but it also feels like if it's in you, it's in you."

She says it's important for students to pursue what drives them, whatever that may be.

"If there are any students out there who feel like they have that entrepreneurial bug, I think [you should] follow it and it'll serve you well in your career as a journalist because you will always know where to find the story."

Celebrating Ten Years of YO

By Nami Nagaoka

The YO Magazine was established ten years ago by Cristina Cala, who was a copy editor of The Jambar at the time. Every year as the staff has been changed, its design, layout and writing style have been altered by various generations at Youngstown State University.

It was even difficult to gather all of the issues of the YO, physically or digitally. Since many of previous editions' staff members have graduated from YSU, methods to gather the old issues were limited.

Most of the previous staff majored in journalism while attending the university. Whether they pursued the field after graduation or not, previous staffers expressed that working for the YO is something to make them proud.

Mary Beth Earnhardt, director of the Anderson Journalism Program and an assistant professor of journalism, was the adviser of the

YO until 2016. She explains that a small group of students led by Cala and Richard Boccia brought her an idea of starting a magazine at YSU.

"I was really proud of them... they were already working hard on other projects," Earnhardt said.

The Associated Collegiate Press awarded the YO first place in the Magazine Feature, Special Audience category at the National College Media Convention in spring 2008.

While each issue has its own theme, she says the quality of the YO has remained the same over the years.

"Students surprise themselves with the good work they do for YO," she says.

Earnhardt says although The Jambar has been doing great to give students the opportunity to develop their voices, the YO allows them to test their talents into a different type of journalism.

In fall 2017, the YO established its first

online-only edition, which won an award for Outstanding General Interest magazine in the 2017 Society of Collegiate Journalists National Contest.

Also, current editors Jordan Unger and Marah J. Morrison were recognized for individual magazine writing.

"I am so proud of all the students who went above and beyond to create the online edition," Shelley Blundell, an associate professor in journalism and communication and the YO's faculty adviser, says.

She hopes to find students willing to write for the YO every semester. If you are interested in getting involved for the next edition, you can contact Blundell at sblundell@ysu.edu or Morrison, the fall 2018 editor, at mjmorrison@student.ysu.edu.

Emmalee Torisk

Torisk still recalls how the whole staff put such immense dedication into the YO, no matter the cost. She says that usually meant losing sleep or working on the weekend.

"Putting together the YO was always an exhilarating race to the finish, yet somehow it always managed to get done and was a product we were proud of," she says. "I won't soon forget the odd mix of stress, nostalgia and excitement that filled my last week at The Jambar."

She is an associate staff editor for the Oncology Nursing Society in Pittsburgh.

2008-2013

Lamar Salter

Salter remembers the fun in branching out and covering feature stories, as well as his late hours with coworkers for the YO.

"It was tough work and there were a lot of late nights, but it was definitely worth it and nothing could beat the sense of accomplishment I felt whenever I would pick up a printed copy," he says.

Salter says he was and is still proud of the stories that he sees in the magazine.

"I hope to be able to celebrate another 10, 20, 30 years," he says.

He is currently a senior producer at Business Insider in New York City.

2009-2011

Marissa McIntyre

McIntyre appreciated the opportunity to work on stories that she was deeply passionate about.

While at work on her favorite YO story, "Youngstown History as a Titanic," she met a man whose great-grandmother was on the Titanic. The story left a large impact on her, especially since McIntyre already had an interest in the subject. She is now writing a book on the Titanic, which it is one of her goals to complete by the age of 30.

Although she is working outside of the field of journalism, McIntyre says she is really proud of being a previous reporter for the YO.

"I'm always going to have this and this is something that I can always be proud of," she says, holding a 2012 edition of the publication.

McIntyre is currently working as a manager of human resources at Target in Niles.

2012

Amanda Tonoli

Since working for YO Magazine is not a paid position, Tonoli feels like there was a lot of love and passion behind writers' work.

"When I was done [with one of the issues], I was like, 'Oh, it's my baby,'" she says, smiling.

Tonoli says she was attached to the YO Magazine while on staff and has kept up with the publication's work after graduation. She especially enjoys seeing how different the magazine is each issue.

"The way that designers do it is like a new magazine [every time], which is amazing," Tonoli says.

She works at The Vindicator as an education reporter.

2013-2015

Cassandra Twoey

When Twoey was working for the magazine, people were always under pressure publishing The YO on time.

"It became an after-thought for [The Jambar's staff] to work on YO Magazine... We put it off for so long," she says. "It wasn't definitely as good as it could have been. YSU now has a magazine class, where students are involved in creating the YO... It definitely seems like it's a better system [now]."

She appreciates having a tough schedule by being involved in The Jambar and YO Magazine. She says she acquired time management skills working in student media, which comes in hand in the journalism field.

Twoey works as a news producer for 21 WFMJ in Youngstown.

2014

Billy Ludt

"I didn't realize that it has been so many years," Ludt says. "YO should be the magazine that you put something that you are extremely proud of, that you can take a lot of time to record and write," he says.

He was involved with the YO Magazine and The Jambar while attending YSU. Due to his experience, Ludt emphasizes the need for time management and greater communication with all members on a media staff.

He is now a freelance reporter for the Cleveland News Company.

2015-2016

Rachael Kerr Bunge

She says her time participating in the Yo encouraged her to interview not only individuals on campus, but also in the Youngstown community.

"It was a nice way to be introduced to that side of journalism," she says.

She is a news producer for the early morning show at 21 WFMJ.

2014

Samantha Phillips

Phillips says she would like to see where the new staff is taking the YO and that it is a great opportunity for students to practice feature writing.

"It's a nice break from doing regular news reporting. It's cool to see what new staffers do with it because you get a taste of what matters to them, and everyone has their own writing style," she says.

She is currently the Campbell, Liberty, Hubbard and Girard reporter for The Vindicator.

2016-2017

Gabby Fellows

Fellows says the Yo is unique because it gives journalists-in-training the opportunity to explore a form of writing not extensively taught at YSU.

"It gives students the chance to explore the campus and surrounding community while learning new skills," she says. "While it's definitely stressful at times, it truly feels magnificent when it comes together."

She says there is satisfaction in seeing your work featured in a foreign medium, and she expects this to be the case as the Yo moves into its second decade.

"I hope the magazine continues to grow and inspire the journalists in our program for years to come."

She is a digital content writer for Factor Finders, LLC in Cleveland.

2013-2017



Features in Flashback

By Ian Frantz

This year marks the 10-year anniversary of The YO Magazine, which has highlighted some of the personalities who inhabit Youngstown over the years. In its earliest days, The YO showcased profiles on activist Phil Kidd and artists Bob Barko Jr. and Ray Simon. The articles featured the accomplishments they made in their field of work, which sparks the question: where are they now?

Phil Kidd

When his profile came out in 2008, Phil Kidd started the “Defend Youngstown” movement with the goals of making Youngstown a respectable city once again. Since then, he has been able to make his goal a realistic one.

In 2012, he was putting major plans into motion. He started his own business called “Youngstown Nation” which sells Youngstown memorabilia and offers a spot for citizens to learn what’s going on in the city.

At the same time, Kidd was helping journalism majors at Youngstown State University investigate stories and issues affecting Youngstown and Warren. Since then, he’s been a part of the Youngstown CityScape, helped improve the greater downtown area and started the City Club of the Mahoning Valley, which allows business owners and community members to discuss local issues.

Kidd believes his work on Wick Park, one of the largest projects he has been involved in, has had the best result.

“The park is the most used in the city’s inventory, but it hadn’t seen much investment in nearly 30 years before we put together a plan,” Kidd says.

Since 2008, they have been able to raise over \$850,000 for improvements.

“It’s an example of what is possible when a mentality shifts, people organize, a plan is

made and the community steps up to see things through,” Kidd says.

Bob Barko Jr. and Ray Simons

Another article in the issue focused on two local artists who found inspiration in Youngstown, which has taken both of them to new levels.

Bob Barko Jr. ran his store, Steel Town Studio, for eight years by 2008. He had finished a traveling mural that spans 24 feet wide and six feet tall, showing a visual history of Youngstown.

Since then, he closed his studio for a six-month Air Force reserve tour in the beginning of 2012 to showcase public affairs in Afghanistan.

While he was there, he would help journalists from numerous news outlets meet with squads and fielding calls.

“One of my claims to fame was being a part of the joint operation that Prince Harry was apart of that had his unit coming under insurgence assault,” Barko says.

One of the major challenges he faced was heading for deployment while being recently married.

“It was stressful because we were pretty much planning our wedding as well as my deployment at the same time,” Barko says.

After returning from his tour, he had a newfound respect of how things were back home and wanted to focus on that passion. In 2013, he reopened his studio and went back to doing art shows within two to three weeks.

In the last couple years, he has worked on a piece about the Philadelphia Toboggan Company Carousel that was in Idora Park in Youngstown. He revealed it at a summer festival in 2016 and started a crowdsourcing campaign to help raise interest in the piece and help with production cost.

“I made a post on Facebook and asked if people would be interested in a printed copy and started

Photo Credit to Jordan Unger

a GoFundMe kind of thing that, if people were interested, they could essentially buy a print,” Barko says. “It was a huge success.”

Barko plans to add another section to the Youngstown mural that will show all the recent additions to Youngstown. This will include a few details he missed the first time.

Barko also plans on making a piece about the Youngstown theaters. He says there is a story he has heard from several people that when Frank Sinatra Jr. first went solo, he did a show in one of the theaters in Youngstown at the time. He says there was no record that he played there.

“The idea of a young Sinatra riding a railcar to a theater really stuck with me when I first heard it, and I’m still trying to work it out in my head,” Barko says.

The other artist, Ray Simons, was being recognized on a national level with his art, honoring the service provided by police officers, the success of Operation Iraqi Freedom and a tribute to Kelly Pavlik.

Since then, he is still seen as a celebrated artist on a national level with his recent art entitled The Crucifixion and a tribute to Abraham Lincoln that is currently in the Lincoln Presidential Library in Springfield, Illinois.

The Crucifixion has been displayed in several churches throughout the country and has been recognized by numerous officials of the church community as a beautiful representation of the message of Christ.

“Lincoln’s actions lead to an entire group of people being freed and paved the way for a lot of social change,” Simons says. “This painting helps show Lincoln’s character and how generous and great he was.”

The Abraham Lincoln artwork was Simons’ tribute to who he considers one of the greatest presidents in our nation’s history.



Tokyo House: A 30 Year-Old Gem in Youngstown

By Nami Nagaoka

Photo Credits to Nami Nagaoka

Yelp, Zomato, Tripadvisor and Facebook are becoming popular tools for people who are searching for a new spot to eat. Five star-reviewed eateries with a large number of reviewers are more likely to be chosen.

There is a small, 30-year-old local restaurant where these four websites have more than 90 percent of reviews from customers. Zomato has 4.7 stars with over 380 reviewers, as well as 4.8 stars with over 270 reviewers on Facebook.

With such high appraisal, it is easy to learn about this small local restaurant online. To find the building in person, however, is a different story.

About five minutes from Youngstown State University, there is a small, white building where half of a sign hangs, reading, "Tokyo... Japanese."

The sign looks severed in half and no one thought to replace it. At first glance, the building appears abandoned, even if you manage to find it on your first try.

On an early March afternoon, the only evidence that Youngstown's Tokyo House restaurant is open for business is the presence of five cars in the parking lot.

Vel Wall, a Youngstown resident who frequents the restaurant, arrives in the parking lot nearly an hour before Tokyo House opens. A friend told her about the restaurant when she was in high school. Nine years later, she says it is still her favorite place to eat.

"It's all word of mouth," she says. "I didn't even know this place was open... I thought this place was run down."

Wall says Tokyo House is a hidden gem that many people drive past, but she's glad because people would otherwise be there all the time.

"It's super intimate," Wall says. As soon as the restaurant's doors open, people hustle out of their cars, eager to get one of the six hibachi tables available in the restaurant.

Tokyo House was converted from an old gas station 30 years ago by the owner, Can Dao. Dao and his wife are the only employees, even though the restaurant is packed with customers from open to close.

Tokyo House is open weekdays from 4 p.m. to 7:30 p.m.

He used to hire some workers when he owned Tokyo House in Austintown, but he stopped hiring people after moving to Youngstown. He says he keeps it family-run because he hates firing

people. "People tell me I'm too nice," Dao says. "I don't know how to fire people."

Due to the small number of workers and limited business hours, Dao and his wife often have to tell people to come back another time.

Once getting into the restaurant, there is a waiting area for people anxiously waiting for a table. While people are sitting all those seats, everyone was smiling and waiting for Dao's food.

"Hi, how are you? Long time no see!" he greeted customers who were waiting near the entrance while he was cooking at one of the hibachi tables.

Dao says he often jokes and tells a few 'fibs,' and when I was speaking with him about his business, he light-heartedly suggested I not take notes, "because I lie a lot." Dao is from Vietnam, but he did not specify where.

"I'm Mongolian! Because I move a lot," he joked and laughed.

Dao says the Tokyo House closes after May until whenever he comes back from vacation. He says when being asked by a customer if he would come back to Tokyo House, he always tells them, "If I'm not dying, I'll be back." But he feels like he is getting too old to work at a hibachi restaurant.

He repeatedly says he really loves his customers.

"Everybody is so good to me here," he says. "No one judges me."

He tells all kinds of jokes to anyone, even to a first-time customer.

"I cook for Brian! Do you know Brian? Oh! You know Brian," he laughed and the customer laughed following after him.

He laughs in a unique way and people laugh with him. It is a high pitched tone, almost like a witch from an anime.

"We all have fun here," Dao says.

He really loves people in Youngstown. "People here are real," he says. "People here are so good to me."

Dao says he's a cheap guy and that's why they set low prices. He tries to set cheap prices so students can eat there easily.

"This is not a business place, it's a family place," Dao says.

He says more than 99 percent of customers are regulars for many years.

Jill Chambers, whose family is a big fan of Tokyo House, has been coming to the restaurant for 20 years.

"[Can and his wife] knows my kids, they know my parents... we got a family relationship with them," she says.

She tries to come to Tokyo House every year for her birthday to celebrate together in a family atmosphere.

"It's just fun to come here," she says.

Most of Dao's customers were pouring the homemade Yum Yum sauce all over their food. He will never tell anyone the recipe, even those who have known him for more than 30 years. If you ask him, he will jokingly say, "You have to marry my son or daughter."

"We ask him all the time... he just laughs," Chambers says. "We never know what he will say."

Sfury Kuzma, one of the customers, has been a fan of Tokyo House for about 10 years and eats there at least once a month. Her family members and she have been trying to figure out the mystery behind the sauce since her first visit, but without any luck.

"He won't tell what's in [it]," Kuzma says.

She says Dao and his wife are such amazing people and that it's not just food but also people, atmosphere and everything. She said the owner remembers not only her face, but also what she talked about.

"He has the greatest memory," she says.

Kuzma always orders sweet and sour chicken. She says it's the best in the area and different than every other restaurant she's been to.

She said she sometimes waits six hours for a seat. She would never wait for several hours to have a meal anywhere else.

Jennifer Farris, a friend of Kuzma, comes to Tokyo House at least once a year. She explains that Dao still remembers her almost a year ago.

AJ Boggs, a barista at Pressed Coffee Bar and Eatery, joined her coworkers in a dining experience at Tokyo House in December. It was her first time to try any Asian-style cuisine.

"It was a pretty slow day," she says. "He was hilarious and awesome... He has no filter at all."

Their Yum Yum sauce is her favorite, and she pours it all over the rice.

"Start out with an entire plate of rice... Throughout the entire dinner, he keeps piling on more and more and more [food]," she says.

Why Should Students Study Abroad?

By Jordan Unger

Many people might think of studying abroad as just an outlet to bounce from one tourist attraction to the next, but these experiences serve great educational and social purposes as well. Here are five reasons why studying abroad can make you a better student, a better job candidate and a better global citizen.

A New Perspective:

Jenna DeLaurentis, a senior at Youngstown State University, knows the study abroad experience firsthand. Since beginning her college career in 2014, DeLaurentis has studied at universities in Brazil, Chile and Thailand. She has taken a diverse list of courses to widen her perspective, such as politics in Brazil, Buddhism in Thailand, three languages and even surfing and Latin American dancing. She says studying abroad made these experiences possible.

"Every region of the world can teach you new lessons and perspectives," she says. "Adapting to different cultures and studying at four different universities around the world gave me a really unique educational experience."

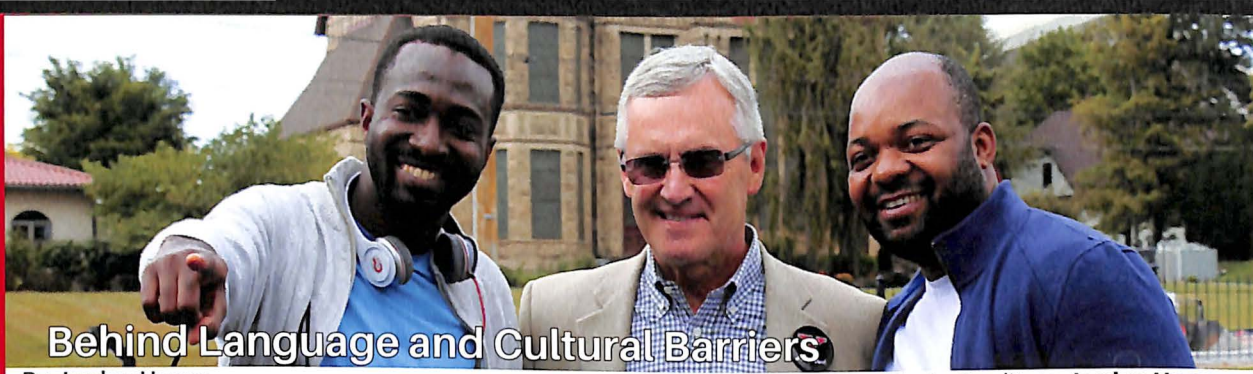
Versed in Languages:

A student who steps foot into another country might be obligated to learn a language commonly spoken by the people who live there, and research indicates that this is not a bad thing. The Global Language Initiative at Northwestern University explains bilingualism can increase critical thinking, improve memory and broaden employment opportunities overseas.

Building Career Skills:

According to the 2017 Open Doors Report on International Educational Exchange, the Institute of International Education surveyed more than 4,500 alumni from higher institutions in the United States to determine whether or not studying abroad impacted their knowledge of career skills.

"Of the 15 skills surveyed, the largest portion of respondents reported developing a broad range of intrapersonal, cognitive and interpersonal skills to a significant degree through studying abroad," the report states.



Behind Language and Cultural Barriers

By Jordan Unger

Manssor Al Jazzir, a student from Saudi Arabia, knew his best chance to pursue an engineering career was to attend college in the United States. Universities in Saudi Arabia were difficult to get into at the time, and most did not offer an engineering degree.

A friend of his recommended investigating The College of Science, Technology, Engineering and Mathematics at Youngstown State University. From then, studying at YSU became his goal. Al Jazzir came to the United States 10 years ago. He first attended the American English Institute at the University of Oregon to learn the language before studying engineering, and quickly realized the style of English he was learning was much different from what he had learned in high school in Saudi Arabia.

After about a year and a half of writing essays, listening intently and learning grammar, Al Jazzir completed the program and then went to YSU.

In his current engineering program at YSU, he uses English daily and the language comes easily to him. However, even though Al Jazzir's friends are able to clearly understand him, the same cannot be said for others.

"When I would speak, [my adviser] would find some difficulty understanding [what I say] because my accent is 'broken' somehow," Al Jazzir says.

This is something Al Jazzir has experienced over the course of the past decade. He has heard people mispronounce his name and often has had to repeat sentences two or three times before classmates can understand him.

Similar struggles are faced by many international students when they come to the United States, particularly those whose first language is not English. From language barriers to cultural differences, some of these newcomers to the country find it difficult to fit in with traditional students as they become immersed in college life at YSU.

Recognizing the Challenges

According to an article in *Inquiries Journal* by Glory Gatwiri, language fluency is key in determining how successful or traumatic immersing oneself into a new culture will be. Gatwiri says many international students lack self-confidence, keeping them from communicating with natives and consequently, they do not learn the language as effectively.

It does not help their confidence either when some native students, and the country as a whole, may be less accepting of international students.

In 2017, The Institute of International Education conducted a survey with 500 colleges across the United

States, and found that the intake of new international students dropped by 7 percent in the fall. The findings were reported in an article in the *New York Times*, and college administrators credited this drop to the negative perspective on foreigners from the new U.S. Presidential Administration under Donald Trump.

Article author Stephanie Saul states that "The Trump administration is more closely scrutinizing visa applications, indefinitely banning travel from some countries and making it harder for foreign students to remain in the United States after graduation."

Alena Kirova, a foreign language professor at YSU, says it is common for people from all cultures to be close-minded toward those who speak differently than them.

"It's a part of human nature that we always compare our group to a different group. We always polarize the two," Kirova says. "That was probably evolutionary because 'I want my group to be successful.'"

Although these challenges for foreigners are not new, the rising numbers of international students at YSU draws many of these challenges into the limelight.

International Programs Office Associate Provost Nathan Myers says when he came to YSU two years ago, there were about 200 international graduate students and less than 40 international undergraduate students. Now, the university has 342 undergraduate international students alone – an increase of more than 750 percent.

Myers credits the exponential rise in international undergraduates to an experienced IPO staff and the university's recent investment into international recruitment. Another factor is YSU professors' research and global experiences, which gives the university global recognition.

He says the increase is beyond exciting for not only the university, but the Youngstown area as a whole, as well.

"In this new metamorphosis that we're seeing now, Youngstown and YSU is coming back to its roots through growth fueled by a diverse population of folks who see their future success as tied to Youngstown's success," Myers said.

Myers says while international graduate students are more focused on receiving their degrees as fast as possible, international undergraduates have a different mindset.

"They are coming in here saying, 'This is going to be my home, a place that I care about, live in and make friendships,'" Myers says. "They are much more interested in living in the community."

To accommodate these chang-

Photo Credits to Jordan Unger

es, IPO works with international students to make them feel more welcome on campus, hosting gatherings like International Coffee Hour bimonthly and teaching students through the English Language Institute (ELI).

YSU has English proficiency requirements that students must meet in order to take classes at the university. If someone from another country takes an exam and does not meet those requirements, that international student must complete the ELI program in order to study at the university to improve their English comprehension and usage.

Leah Stauffer, YSU graduate assistant at ELI, began teaching students in the program last semester.

"A lot of the things we cover are reading, writing, listening, speaking and grammar," Stauffer says. "Those are the five classes and the students are given many different opportunities to practice authentic English and really just be immersed in English and American culture."

The program has six levels of instruction, which vary based on the student's English comprehension. There are five terms per year, each lasting approximately half a semester, or eight weeks. Myers says people who complete the program are sometimes more prepared academically than those who passed the proficiency requirements.

By the end of the program, Stauffer says not only does she notice an improvement in the students' English, but also in their confidence.

Sabin Maharden, a freshman computer science major from Nepal, says he has been speaking English in his home country since fifth grade, making it easier for him than some international students who are just recently learning the language. Challenges, however, still exist.

"Whenever I talk with people from America, they pronounce things a little bit differently from what we learned in Nepal, so we [international students] talk slowly," Maharden says.

Maharden says people have been friendly and patient with him as a student, but he has seen a much different attitude toward foreign professors. Before taking a microeconomics class with a professor from China, he glanced through online reviews at RateMyProfessor.com.

"There were complaints about his pronunciations being wrong and his accent being not clear. Whenever I was in his class, I think we connected to each other because our accents are a little bit similar because we are [from] neighboring countries."

According to Akbar Marvasti's article, "U.S. Academic Institutions and Perceived Effectiveness of For-

ign-Born Faculty," foreign-born faculty are often seen to be underqualified in communicating the English language, leaving the perception they are not as effective in the classroom as faculty born in the United States.

However, Marvasti says student opinion surveys are often criticized for unfair perceptions and cultural biases. Student opinion survey results may not suggest poor teaching so much as cultural discontent.

Kirova says she has not seen this issue in her department, but she knows it occurs elsewhere on campus. She says a student who gave a bad review online might not have been trying hard enough or not doing all of the assignments, thus receiving a poor grade in the class.

"Since there's always this perception of a person who has an accent as a foreigner, they will blame their personal failure in that class on the accent of the professor."

Language barriers are not the only obstacle faced by international students and professors. Cultural differences can be a common challenge, as well.

Kirova came to the United States from Russia, so some of the cultural differences are relatable to her. She says American culture is more indirect as opposed to Russian culture. In Russia, people are more direct; they tell people what they think more often than people do here.

She has experienced this cultural difference when teaching as well. In the past, Kirova says she would tell students directly their answers were wrong rather than indirectly correcting them. Now that she has adapted to students' cultural expectations, rather than tell students outright they are incorrect, she instead lets them know that something might be an interesting idea or that they are on the right track, but that they have not given her the exact answer she is looking for.

Breaking Barriers

According to Myers, one of the things that makes IPO so effective is that the office staff have expertise dealing with similar cultural struggles when crossing national boundaries.

"Most of the people in the office have lived in a different country at one point or another," Myers says. "We all have that sense of being like the outsider and trying to break in, and we know it's very difficult."

Myers lived in Taiwan for a year as a visiting professor. He quickly learned that the cultural triggers that work in the United States, such as smiling or having a small chat with the cashier in a department store, do not work everywhere.

"Those are the kind of cues that we use and we respond to really, just to validate ourselves as human beings... but those things don't necessarily work in East Asia. You have to find new ways at accessing culture that are going to be different than they are here."

He learned that in East Asian culture, students tend to build the basis of their friendships around school rather than clubs or extracurricular activities. He says some students will come to realize that, in American culture, just because they sit next someone in class does not mean they will get coffee together and study.

"One of the mysteries that I think international students have to unravel coming into the U.S. is how to make relationships here," Myers says.

This unraveling is something Stauffer has seen as a heightened challenge for her ELI students. Thus, she believes it is up to American students at YSU to befriend international students.

"I noticed that some of the international students had never been invited into an American home before," Stauffer says. "Say you're at YSU and your family's local. It would be a really great idea to invite [an international student] to your family holiday celebrations just so that the students feel welcome in our town."

Elizabeth Robb, a friend of Stauffer's and a mathematics instructor at Eastern Gateway Community College, has been participating in international coffee hour for about 10 years. She started connecting with foreigners when her parents invited international high school students into their home through exchange programs.

She says some of the exchange students came back to the area after high school to attend YSU, which was when she started going to coffee hour and meeting other international students. In particular, she has grown close to several people from Saudi Arabia and Middle Eastern countries.

"They're a hospitable culture, so they want to show hospitality to anyone who will accept it, and I think a lot of times Americans are a little bit unaccepting of that because they don't know what to expect."

Robb says it's important to make new international friends because it builds trust among cultures and it can be a learning experience for both parties. For example, Robb invites them to do things she views as part of her culture, like playing games or taking day trips out of the city. At the same time, Robb says she becomes exposed to their culture as well.

"I've seen the world open up and become a lot smaller," Robb says. "I've had out-of-country experiences in the United States that I may not get if I travel as a tourist to one of their countries."

It has become a routine for Robb and Stauffer to get to know international students away from the university in this manner.

It is not only American students who need to engage in these conversations. As an international student himself, Maharden says it is the responsibility of people from other countries to start these friendships as well. Making friends and working closely with professors has been a great help for him to understand the language and feel welcomed in an environment far from home.

"Don't try to be alone. Try to communicate with [American students]. Try to speak English as much as you can," Maharden says.

Kirova says education is a pivotal tool in opening minds as well. She taught a sociolinguistics course for the first time in the fall where more than 40 students learned the differences in dialects and language based on a series of physical and social factors. These factors include region, occupation and socioeconomic status. Although she would have liked a smaller, more personal experience, she says the class was a push in the right

direction.

"There are always human biases or cultural biases and we need to overcome them to be a better and more successful society," she says. "I thought that the students did learn a lot of things. They were accepting, they were open-minded."

John Rozum is an education student at YSU who took the course. He did not know what to expect from the class, but says he learned how important the native language can be to someone in their culture.

"In order to respect and appreciate someone's native culture, we have to know and be willing to understand that their native language is also a part of that," Rozum says.

While taking the class, Rozum was working with English-learning children from Puerto Rico in Campbell City Schools. He says both experiences were beneficial to him as a future educator and broadened his perspective on diverse groups.

Other universities have adopted ACIREMA, a simulation workshop designed to educate American students on the challenges faced by international students.

According to Kent State University's Office of Global Education webpage, "It acquaints the participants with the procedures and obstacles students must follow from the initial contact with a U.S. educational institution to their arrival on campus, and even issues that students face after arriving."

David Di Maria, the associate vice provost of international education at the University of Maryland, Baltimore County, has brought the simulation to all of the universities he's taught at for the past 15 years, including Kent State University, Montana State University, St. Cloud State University and, most recently, UMBC.

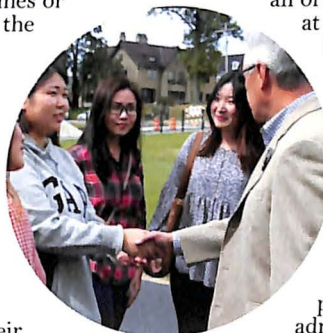
"[The participants] don't really know what they're getting themselves into," he says. "It's kind of a mock process of applying for a passport, getting a visa, getting admitted to a school and all of that to arrive to the U.S..."

This simulation takes up the first hour of the event. In the second hour, Di Maria says a panel of international students will educate the participants on the actual processes and personal experiences. He says this is a great learning experience for students and faculty.

"If you have staff working at a college or university, not all of them have traveled abroad or if they have, it's been for tourism or with a group... they haven't gone through the student experience. The goal [of conducting the ACIREMA simulation] is, when international students arrive who are having challenges, [American students and staff] can empathize and understand ways they can... make it a smoother transition."

The IPO at YSU has no official plans to implement ACIREMA on campus, but Myers says it is something he is willing to look into. Either way, he thinks the rising number of international students coming to Youngstown will have a positive impact on cultural appreciation.

"As this place diversifies, I think it's going to force the issue a little bit," he says.



Building Career Skills:

According to the 2017 Open Doors Report on International Educational Exchange, the Institute of International Education surveyed more than 4,500 alumni from higher institutions in the United States to determine whether or not studying abroad impacted their knowledge of career skills.

"Of the 15 skills surveyed, the largest portion of respondents reported developing a broad range of intrapersonal, cognitive and interpersonal skills to a significant degree through studying abroad," the report states.

A Resume Booster:

With multilingual understanding and an arsenal of career skills under their belt, study abroad could make a recent graduate more marketable to potential employers.

Kayla Matthews' article, "Want a Job? New Research Shows Studying Abroad May Get You Hired," in The Huffington Post states that based on research by the University of California in 2015, nearly 97 percent of students who studied abroad found a job within the first year after graduation.

This is compared to the 49 percent of students who did not study abroad, the article says.

A Respect for Cultures:

Even in this expansive world, some people do not shy away from isolating themselves or stereotyping others based on race, religion or cultural background. YSU foreign language professor Alena Kirova says a key way to eliminate stereotypes and negativity toward different cultural groups is by spending time immersed in those cultures.

"The more people travel, the more people become educated, the more chances we'll have at overcoming those biases," Kirova says.

Pros and Cons of Getting a Doctorate Degree:

According to aie.org, some of the pros of graduate school are as follows:

- ▶ You are focusing on an area of your interest
- ▶ You make more money
- ▶ You could advance in your career
- ▶ You work with some of the top people in your field
- ▶ You get to work on cool research projects

Also, according to aie.org, some of the cons of graduate school are as follows:

- ▶ It's expensive
- ▶ It's a lot of hard work and demanding
- ▶ The thesis/dissertation
- ▶ It takes several years to complete
- ▶ A lack of social life

got her master's degree. She says the people who had helped her the most were professors with their doctorate degrees.

The first-year experience at YSU dives into a different take on the world of doctoral study, however. Instead of pushing students to get a doctorate degree, they are required to have a better understanding of what is required to get one.

Depending on the career a student is thinking of, Becker says they may get the advice that it is the terminal degree. She was unsure about pursuing a Ph.D. early, however she says students should be aware of what a Ph.D. is and have a good understanding of it. She says students need to understand who has a doctorate degree on campus and what it means to have one as opposed to having a master's.

Becker says if she was told that she had to put something in a first-year experience course about a doctorate degree, it would not mean that students need one or should get one. She says it is more about who are these people.

"In a first-year experience course, it may not be so much about preparation for Ph.D., but what does it mean, and how does it apply to me right now at YSU and then how might it apply to me down the line," Becker says.

Becker decided to get her Ph.D. in a unique way. In first grade, she wanted to be a first-grade teacher. In second grade, she wanted to be a second-grade teacher. In junior high school, she wanted to be a junior high school teacher and in high school she wanted to be a high school teacher.

"My doctorate is in English education," Becker says. "I finally became a high school teacher, but I had to go to college to become a high school teacher, and so then I aspired."

Becker says back then, students didn't have student affairs programs like they do now to train people to be in administrative positions in higher education. She says people just stepped up from their current positions to do those kinds of things since there's training for it.

Raulin says at the time, he worked two jobs to get through college. He says he worked about 35 hours a week along with being involved in an 18-credit hour school schedule when he considered graduate study. He says not only is graduate school highly competitive and hard to get into, but the workload expectations can cause students to fail.

"A lot of graduate programs are insane," Raulin says. "100 hour weeks were pretty common."

In his article, "More Americans have college degrees than ever before," Reid Wilson states that only about two percent of Americans have a doctoral degree, and around 1.5 percent of

Americans have earned a professional degree that requires study beyond a four-year bachelor's course.

Koen Deconinck, author of *Trust Me, I'm a Doctor: A Ph.D. Survival Guide*, says a student taking on doctoral study needs to remember that he or she is not a robot and therefore needs a break every once in a while. He says a person's mind is a part of his or her body and needs the proper rest and nutrition.

Raulin says he figured out early that he loved studying human behavior and because of this, the idea of devoting large amounts of time to it for the rest of his life, including pursuing a doctoral degree, seemed like a pretty good idea. However, Raulin says any student considering graduate study should spend a lot of time speaking with faculty because it can be very time-consuming and draining.

Jackson Leftwich says growing up, her mother always told her and her brother that she wanted them to be doctors. She says her mother never thought there was an option for her to be a doctor that wasn't medical related, but still fulfilled her dreams.

While considering becoming a doctor of philosophy, the concept of starting the journey may be a daunting task, depending on the student and their own experiences.

Sanders says getting involved in teaching clinically at hospitals drove him to get his Ph.D. He says at the time he was going to make a career out of teaching, so going back to get a Ph.D. made a lot of sense to him. He says it is never too late to go back and earn an advanced degree, and it does not exclude students from being able to earn a doctorate just because they did not get started their first year in college.

Sanders says most of the Ph.D. programs are somewhat competitive because it is very expensive to educate people at that level and the class sizes are often smaller. He says a lot of the competition occurs if a student wants a funded position. He says more specifically, there are only so many fellowships given to material science and engineering Ph.D. students, but there are different options for students to choose from in regards to how they want to go through school.

The experiences of students, prior to going for the doctorate degree, may have an influence on them as well to get their Ph.D.

Candan Boodhoo, author of *Unfurling the Ph.D. Process*, considered getting his Ph.D. when he became interested in researching teachers' Assessment for Learning. He says as his involvement in this field of study and research progressed, the topic largely contributed to both the policy and the practice of AFL, and was a significant drive

to getting his Ph.D.

Boodhoo says that early in his research career, he had an unclear picture of what doctoral study entailed. As he progressed, he came up with four different stages to describe the Ph.D. process: generating the literature review, refining the research questions as a bridge to methodology, making decisions of design and methods and responding to the research context.

Boodhoo says the Ph.D. process is not an easy concept and it definitely takes time to master. He says a researcher, even a novice like himself, should not be discouraged, and to self-appraise and self-critique continuously.

"In some cases, it may not even be that you're not competitive, it might just be that you already have a full-time job that you don't want to give up," Sanders says. "You would choose instead to go part-time maybe through your doctoral program and pay your own way."

So, does it matter? The answer solely depends on the student and the path in life they choose. Whether it would be heading straight into the workforce, getting their bachelor's or master's, or in this case, striving to get a doctorate, the decision is completely up to them.

Preparing for such a degree will most likely not be in my future endeavors, but after taking a deeper look into the graduate study world, this could certainly be motivational not only to me, but to others as well.

Deconinck says he would sit at his desk staring at his notes for an hour, which to him, was a total waste of time. He says he wasn't studying nor was he relaxing, and that relaxing is serious business when in the midst of doctoral study. He says to do something unrelated such as spending time with friends, going for walks and watching movies to be more efficient afterward. He says keeping a good balance between work and play will lessen the guilt and keep students pertained to studies better.

Deconinck says while the Ph.D. process can be very challenging, he has learned a great deal and has met many interesting people. He says the experience was definitely worth the trouble and included the following quote from the essay of Ariel Rubinstien (2013, 196) at the end of his book:

"Remember that you are one of the most privileged people on earth. Society has given you a wonderful opportunity. You are supposed to do whatever you want, to think about new ideas, to express your views freely, to do things in the way that you choose and on top you will be rewarded nicely. These privileges should not be taken for granted. We are extremely lucky - we owe something in return."

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Becoming an Info Doctor: The Diverse Journey

By Marah Morrison

At a young age, I had a firm grasp on what I wanted to do in my academic career. I have often dreamt about being a journalist, a creative writer and a photographer. However, never once did I consider pursuing my dreams all the way to the academic finish line of a doctorate degree, and now I'm finding out I may be too late.

As my college career began and progressed at Youngstown State University, I learned to appreciate scholars with a doctorate degree. Out of respect and interest, I wanted to know more about their journey and how they prepared for graduate study.

During the midst of my research, I concluded that considering as well as receiving a doctorate degree is the ultimate test to show how much someone truly cares about what they are studying. If someone lacks the grit, the time, the money and the heart, then maybe they should reconsider.

From those I spoke to about the process, there were commonalities among the answers. However, there was one in particular that varied.

Dr. Michael Raulin, a clinical psychologist and faculty member at YSU, says if anyone wants to go into doctoral study, talking to an advisor about it during their freshman year of college is something to consider. He says people cannot be competitive for most doctorate programs without having spent most of their undergraduate career doing the right things to become competitive in this field.

Although Raulin was the only one who offered this piece of advice, his reasoning behind it opened my eyes and made me take a deeper look.

In the state of Ohio, graduate study opportunities for students to choose from are available with the necessary requirements. According to the Ohio Department of Higher Education, to obtain a graduate degree, candidates should anticipate approximately two years of full time study for a master's, and three to 10 years for a doctorate.

The doctorate degree can be obtained in almost every topic. A bachelor's degree is required to get into a graduate program and many graduate programs require applicants to pass the Graduate Records Examination.

The ODHE states graduate school options for students include online, accelerated, weekend and part-time programs. Ohio public universities that offer this to students include YSU, Kent State

University and the University of Akron. Not-for-profit institutions in Ohio include John Carroll University and Malone University.

"Doctoral programs can be very competitive," Raulin says. "If you start preparing yourself to apply late in your junior year, chances are you won't have time to make the decisions."

Raulin says the primary reason for considering and preparing for a Ph.D. early is that in most fields, there is a relatively small number of doctoral positions open and often a much larger number of people wanting those positions. He says it is hard for students to appreciate that they can be fully qualified and not get accepted into a doctoral program.

Women's and Gender Studies Program Director and Associate Professor in Politics and International Relations at YSU, Dr. Cryshanna A. Jackson Leftwich, says she was fortunate that the people who had helped guide her when she was in college were beneficial to her. They told her if she was planning on going to graduate school, she should not have to pay for it. She says they helped shape her to enable her to get her master's degree and her Ph.D. for free.

"Growing up, I wasn't aware," Jackson Leftwich says. "I didn't have any Ph.D.'s in my family and wasn't aware of what a Ph.D. was. I didn't know that was an option for me until I got to college."

Raulin says he was extremely lucky and knew he wanted to go on. He says he knew he needed to do some things in order to dive into the doctoral study world and he did as many of them as he could.

However, some students consider getting their doctorate degree at a later time. Starting early may be beneficial, but starting late does not hurt, depending on the mentor and or student.

The Dean of the College of Graduate Studies at YSU, Dr. Sal Sanders, says efficiency wise, considering and starting a Ph.D. earlier will definitely be better rather than considering it later. However, he says this does not exclude people who have not started early. He says a lot of people make decisions rather late in their academic career and even their life, including going back and getting a Ph.D.

"I did not consider it early on," Sanders says. "When I finished my master's degree, I thought that was where I was going to stop."

Photo Credit to Marah Morrison

Jackson Leftwich says starting to consider getting a Ph.D. early wouldn't hurt. She thinks any career someone decides to pursue early gives them more time to prepare. She says if she would have considered a Ph.D. earlier, she would have done something differently in terms of her writing and where she would have gone for her master's.

For YSU, the requirements to apply for graduate studies include a bachelor's degree and at least a 2.7 GPA. The university requires satisfactory preparation for the graduate program in which the student wishes to enroll as specified by the department of the major and a test of written/spoken English.

For those degree-seeking students who have below a 2.7 GPA, they must present a satisfactory score on the general test of the GRE, letters of recommendation and other additional requirements.

Karen Becker, the director and provost of first-year experience and vice president for academic affairs at YSU, says she did not prepare for her Ph.D., and is not sure if she would do it again. She says the advice she would give to someone who wants to consider getting their doctorate degree is to make sure that it is their passion.

Becker says students could not get into a master's or Ph.D.'s program until they had experience under their belts during her time. She says most of the programs are changing now where they will take students one right after another.

In some cases, prior to getting immersed in the doctoral world, students aren't aware that it exists and have different end goals in their college careers.

Jackson Leftwich says she did not consider getting her Ph.D. until after she got her master's degree. She says her original goal was to be a general manager for a sports team. She says initially, she considered herself more of a non-traditional student. She never considered herself a scholar and never really liked to read. She says she was slower and steadier.

"I was very practical," Jackson Leftwich says. "When I went into my college career, I had goals. Then when I started doing them, I was like, 'I can't do this for the rest of my life.'"

Jackson Leftwich says she asked herself what she wants to do, and it dawned on her after she



How to Start a Rock Band

By Katlyn Kritz

Ever wonder how a famous rock band got its start? Youngstown musicians Fletcher Dunham, Jesse DeLorenzo and Scott Erb give their best advice on how to get involved in the music scene.

Fletcher Dunham is the vocalist of Model Rockets, an indie rock group that originally was called Colorblind.

"We had all performed together before and decided to make music together again," Dunham says.

The members were in high school when they formed the group and didn't have a clear idea of what they wanted their sound to be like. In the end, Model Rockets decided to take an indie sound with influences in that genre.

Dunham says the hardest part of being a musician is finding balance. Most of the band is still in school or has freshly graduated.

"Sometimes it's hard to find time to write [music] and record too," he says. "We've typically been really good at making the band a priority without taking away from our other responsibilities."

Dunham says another challenge of being a musician is building a fanbase. He says it's hard to reach new ears beyond your social circle, both digitally and at live shows. The best advice he could give to musicians trying to get into the scene is to network and have a constant presence on social media.

"Be a cool person to everybody," he says. "If you're genuine and fun to be around, people will want to come see you and then venues will want you to play there."

Jesse DeLorenzo, drummer of Highland Rose, says there wasn't much trouble in developing the band because he and the guitarist were already in a band prior. The trouble came in keeping members.

"We've been through several bassists, and that

is always hard to deal with," DeLorenzo says. "That person becomes your friend and you don't want them to leave your band."

He says being in the music industry requires a lot of dedication. This doesn't just include dedication to the music, but all aspects of it, such as media presence, stage presence and recording.

"Real bands in the music industry are there because they're professionals on all levels," he says. "You have to strive to be as professional as possible."

While the band has never been on a formal tour, Highland Rose has traveled all over Ohio and Pennsylvania. They have even stopped in Florida for shows. DeLorenzo said Highland Rose has played over 200 hundred shows since 2014.

"We have a really good following in Akron," he says. "We've chipped away at it and now people new and old always come out to our shows... It seems like someone new always wants to come see Highland Rose."

DeLorenzo says his best advice to someone trying to start a band is to find skilled musicians who they connect with. He says you have to stay positive, work hard, play what you play and always keep getting better.

"The world needs more musicians," DeLorenzo says. "Just spread love wherever you go and love your instrument."

DeLorenzo says one thing to avoid in the music industry is promoters and companies who treat bands poorly. He recommends to always get background information for shows and do your homework.

"It's important to know your worth," he says. "Playing a show should always leave you feeling good. It sucks when you leave a show bummed out."

DeLorenzo says some of his favorite memories of performing were when Highland Rose had the

Photo Credits to Model Rockets & Kim Boningsegna

opportunity to open shows for nationally known bands. He says they opened up for Puddle of Mudd at The Odeon in Cleveland several years ago.

"Just last year we opened up for Mr. Big at Jer-gel's in Pittsburgh, and the venue treated us really good," he says. "The crowd was so awesome."

DeLorenzo says travelling with your friends and spreading the music they've created is what makes being a musician rewarding for them.

Scott Erb, sophomore in environmental science, has been playing music since he began learning trumpet in fifth grade. His interest in music from that point developed into his guitar skill.

Erb says throughout high school, he had been a part of three projects and is currently developing a new band. He says the greatest challenge is finding time to practice.

"Having three or more college aged adults with jobs and social lives makes it difficult to find times when everyone is available," Erb says. "Playing the music is the easy part."

Erb says finding the right bandmates is extremely important, because if a band doesn't have good chemistry, it could turn into a bad experience. He says he has worked with very difficult bandmates in the past that made the profession horrible.

"I look for musicians who listen to each other because I think that's the most important thing in a band or any relationship," he says. "Without good communication, it's doomed to fail."

Erb says his fondest memory of performing was when his band played in 2015 Tri-C Rock Off.

"My band played a battle of the bands at the Rock and Roll Hall of Fame," he says. "I will never forget looking into the crowd and seeing people singing the songs along with me."



Hall Star: Ohio's Very Own

By Brian Yauger

Typically, Ohio hasn't been known as a hockey market. According to QuantHockey.com, only 27 Ohio-born players have ever seen the NHL level. As of the 2017-18 season, 48 players from Ohio have been selected in the NHL draft by a team. In June, that number is expected to rise again.

According to Future Considerations, Curtis Hall, the 52nd ranked player in this year's NHL draft, was not born in Ohio, but is a native of Chagrin Falls. He was born in Princeton, New Jersey, but moved to Ohio at a young age. Hall has played hockey for Ohio based teams nearly his entire life. Hall played for the Cleveland Barons, a development organization composed of three separate teams, based on age.

Hall says he came from Cleveland, which isn't a huge hockey area. He says it is important to work hard and whenever you're on the ice, do your best.

"People are watching every game, so wherever you go you'll have eyes on you," Hall said. "If you prepare correctly and perform well, you can go anywhere."

Hall has spent the last two seasons as a player for the Youngstown Phantoms. He has also been a member of the United States Hockey League and the Top Junior League in the United States.

Youngstown is about 50 miles from Hall's hometown of Chagrin Falls. Hall is in a unique situation; many players in junior hockey don't have the luxury of playing close to home.

"I can go home and see my family when a lot of guys on the team can't," Hall says. "They can come and support me at all the games, and be there for me if I need it, so it's really nice. You can't really get homesick being this close to home."

The Phantoms have produced a sizable amount of talent over the years. Twenty-two players are playing in professional leagues, with a couple in the NHL.

Kyle Connor of the Winnipeg Jets spent three seasons with the Phantoms before moving on to the University of Michigan and later the Jets. Hall aims to join the Phantoms' impressive pedigree and take his talents to the professional level.

"Hall's numbers aren't eye-popping, but that's not a detriment to his talent," Jake Baskin, a writer from Mile High Hockey says. "He's a very good goal-scorer and has handled the transition to the USHL, which is notoriously unfriendly to teenagers."

Baskin says Hall should be able to start his college career at the center position and stick with it into the professional ranks. He says he has played well wearing a Team USA uniform.

Baskin expects Hall to be selected in the second or third round, and he could eventually be the captain at Yale.

"Curtis is a very versatile power and scoring forward hybrid," Phantoms head coach Brad Patterson says. "He is good in all situations: the power-play, penalty kill and regular five-on-five. He's a very powerful skater that is hard to take off the puck, tremendous at the faceoff circle and shines in the playoffs."

Since education is one of his higher priorities, Hall is committed to Yale University, one of the most prestigious universities in the nation. He says a lot of players are moving on to big schools and he is excited to do the same.

"We all have a great time here, but we're all looking to get better and to get to the next level," Hall says. "I wanted to find a good school that has good academics in addition to good athletics."

Hall says Yale is a great fit. He got along with the coaches and they have a great staff. He says everything just kind of fell in line for him at Yale, and he's really excited to go there.

The 2018 NHL draft will be held in Dallas on June 22 and 23. For interested NHL teams, his coach has the sales pitch ready.

"He is a can't miss player," Patterson says. "When the going gets tough and space is limited on the ice, Curtis [Hall] excels. He is as driven as any player we have had."

Patterson says not only was Hall their best player last year in the playoffs as a 16-year-old, two days after losing out against Chicago, the eventual champions, Hall called him to get their off-season strength program. He says Hall wants

Photo Credit to Sean Stewart

to get better every day and he does.

"My favorite team is the Chicago Blackhawks," Hall says. "There's a couple places I'd like to go, but it really doesn't matter to me. I would be honored to go any place that picks me."

Hall says Boston would be a good fit for him. He feels like they just work really hard and they're a good team who sacrifice themselves for each other.

Sticking with the theme of Boston, Hall models his game after Boston Bruins center and two-time Olympian for the United States, David Backes.

"He's just a big guy," Hall says. "He works really hard, he has size and is a reliable guy."

While this is his last season with the Phantoms, Hall says he has plenty to look back on throughout his time here. He says he has a lot of memories to look back on, and all of the great people he's met there.

"It's going to be sad to move on and I'm going to miss them a lot," he says. "[I've had] a lot of great memories being in school with them and a lot of great memories at the rink. I'm excited to move forward, but I'm definitely going to treasure what I've had here."

Curtis Hall is the third closest player, geographically, to Youngstown. Bill McCreary, of Hudson, is the second closest. McCreary was drafted in the sixth round of the 1978 NHL Draft by the Toronto Maple Leafs. The closest player to Youngstown is JT Miller who was born in East Palestine. Miller was drafted in 2011 by the New York Rangers, and was

Relationships and Dating in College

By Tyler Rothbauer

Photo Credit to Jordan Unger

My intentions in writing this feature piece was to explore how millennials, primarily college students my age, were going about dating. For most of my college life, I believed I was an exception to the ever-present hook-up culture that is so commonly used to describe our generation. This was all I knew.

As pretentious as this is, I thought my customs on the dating spectrum were more traditional than what I vaguely saw and read about. I thought my perspective was unique, until I really got after it and did some heavy exploration into the subject, subsequently shattering what I superficially believed.

There are numerous articles, books, studies and anything else discussing college dating. Opinions are tossed around like a frisbee and we, a generation seeking answers, are left exhausted. I want to explore what professionals have said and researched so that, collectively, each of us can make a proper self-assessment. We're human and all wired differently. I implore you to try different parts of the experience that is college relationships, so that through trial, you eventually come out on top and discover what works best for you.

"Romance has gone the way of cursive writing."

Yes, romance old friend. Rachel Greenwald, an author and dating coach, thinks the dating scene is so poor because most college "relationships" now occur within the context of a brief sexual encounter, or "hookup," a term used commonly by millennials. Romance, she said, "has gone the way of cursive handwriting."

Factually, I disagree.

Dating is scary, with complete candor. It can end ugly or blossom into something beautiful that is long lasting. One of my friends from High School, Adam Witmer, has carried a relationship from his senior year of high school until now, approaching graduation this spring at Belmont University in Nashville, TN. His girlfriend, still an Ohio resident, will FaceTime him often and tries to visit as often as she can.

"I typically fly down a couple times a semester and will try to take a road trip once as well," said Elizabeth Meals. "The long-distance is tough, like really tough, but we're almost there and seeing him on breaks means that much more to us both."

Their story is heartwarming and is inspiring to remind us that long-dis-

tance is manageable, with work included. Distance relationships are incredibly difficult to maintain. I, along with several friends are not with the partner we were dating as we left for college. Conflicting schedules was the biggest challenge.

Continuing further investigation into the subject, I created a survey to which I distributed to various students on campus containing questions allowing the respondents to explain if they're currently in a relationship or not, and each of the standardized questions gave them freedom to opine. The results I gathered surprised me.

The survey results I collected back from students on campus were indicative that being in a relationship is preferential to casual sex. Over 75% of respondents confirmed this. The primary reason: because it is more meaningful.

Dr. Cryshanna Leftwich Jackson, a professor at Youngstown State University believes the surrounding stigma is because sex is such a taboo topic.

"Even though we know everybody is doing it even at a younger age, we have evidence of that from the CDC, but still in our society it's taboo," said Jackson. "There's so much debate about sex education in high schools because no one really wants to talk about it."

With some research, I discovered dozens of universities that offer classes on how to date in college. Primarily an introductory course targeted at incoming freshman, the class provides insight on how to date healthily in college and this proves very effective. More education on such a taboo topic seems required with the growing dating complexity that millennials face, including the presence of a spike in on-line interactions, introducing problems of its own.

Youngstown State offers no such course, but as Jackson added, students are required to complete a survey regarding sexual assault.

"I think we really do need more training here at YSU," said Jackson.

TOO BUSY?

College is a busy time for everyone, arguably the busiest some of us have ever been and to some, the addition of a relationship on top of an overwrought schedule is terrifying. It means possibly getting attached to someone, which leads to an occupancy of time which can affect countless outside activities going on, least of which to mention,

academics.

Remember that it's important to stay true to yourself. An article written by Valerie Berman for Her Campus, mentions how doing little things together progressively is a healthy way to get involved for two people with extensive agendas.

This begs the next question, what's really holding college students back from pursuing a relationship?

Contrary to complexity, the answer is rather plausible. From what I gathered on-campus and what research I did to corroborate the national representation as well, students now are more career driven. College includes a constant academic life with imminent fear of failure. Students face challenges in and outside the classroom and are left to believe that managing a relationship as well as staying astute is too much.

MEDIA PRESENCE

An article written by Elisabeth Sherman, published in The Rolling Stone focuses on how millennials are dating and some of its challenges. She introduces the subject of vulnerability and the contradiction young people are facing between being active in online dating, but not really seeking love – more so just someone to chat with.

Sherman subsequently asks the question, "Has the Internet done permanent damage to the way Millennials relate to each other?" She answers this with a "probably" and rightfully so. DM's, tinder, bumble, all these sites put pressure on participants to keep a look or aesthetic about them to ensure matching. This is, self-pressure and societal pressure.

As people may think our generation is using such sites to participate in casual sex, they're wrong again. A recent study from Florida Atlantic University found that more and more young adults are forgoing sex.

"This study really contradicts the widespread notion that Millennials are the 'hookup' generation, which is popularized by dating apps like Tinder," said Dr. Ryne Sherman, co-author of the study.

In all, date when it's most opportune for you, whatever that looks like. Learning and growing makes us human and doesn't assume failure. It's our job to take this convoluted system and break it down so that it no longer empowers and overwhelms us.

Jargon Glossary

Ghosting- cutting off communication without any explanation at all

Swipe left/right- in reference to dating apps such as Tinder
ex. "Did you see that boy's man bun, let me just swipe hard left."

Curved- similar to ghosting, except other person dodges questions

Cuffing season- cold weather apparently heats up love

SHIP- wanting two people to be in a relationship
ex. "Oh my god I'm shipping them so hard right now."

DTR- Define The Relationship

Talking- intermediate stage before dating, but more than friends, I guess

Benching- apparently, when someone you may be "seeing" texts, snaps and all that jazz, but won't commit to hanging out

Thirsty- wanting lots of attention, negative connotation

Peacocking- boys who are supposedly fake, but flaunt it like they got it

Kittenfishing- making yourself seem way different online

Breadcrumbing- sending a flirtatious text or a direct message, but essentially leading the other person on with no real intent



baked stuffed potato
russet potatoes are simmered with select seasonings and smoked bacon in a rich cream sauce, embellished with spring onions and snipped chives

Balanced Meals for Student Residents

By Alyssa Weston

College students are stereotyped to not get the most nutritious meals while attending the university. These accusations stem from the idea that most college aged students don't make a lot of money, many of them don't have access to a full kitchen and they are just adjusting to living on their own and figuring out which diets work best for them.

Youngstown State University has worked hard to make sure there are many resources for students who are looking to get a nutritious meal to reduce these stereotypes.

Students have many resources that they may not be aware of, including a 'free' dietitian whose services are included in the cost of tuition.

Chrystyna Zellers, registered dietitian for the Andrews Student Recreation and Wellness Center, answers students' questions regarding fitness and nutrition goals, caloric intakes and meal plans through appointments.

According to the Youngstown State University Nutritional Services webpage, Zellers is a professional member of the American Dietetic Association and the Ohio Dietetic Association. She believes the full circle of wellness must include physical activity.

"It's nice to be able to refer to a fitness assessment or exercise [in the rec center] or a tour to get them interested in exercise or even personal training," she says. "It's good to have that at my fingertips."

Zellers says many students are unaware of the services she provides unless they already walk through the Rec Center on a regular basis.

The services are free and unlimited to students as long as they are bettering themselves through it.

Zellers will conduct an assessment of the students' current nutrition, which consists of three different appointments. The students will be asked to complete a food log that gets run through a diet analysis program and a fitness assessment.

After three appointments, students can get a healthy eating plan that corresponds with their goal. The plan may include weight loss, weight maintenances, more energy and gaining muscle.

If campus residents do not have access to a full kitchen, but still want a full balanced meal, Zellers says they can start by seeking it out

themselves.

"If you have a pretty good background as to what healthy eating is then you can find those things here. If you don't, then you should come see me," she says. "A lot of kids come here and they don't know how to shop for themselves or cook for themselves so we can help with that a little bit and suggest things."

Zellers says once students understand what a healthy diet is, it's easier for them to go to the dining hall and pick out a balanced meal.

"It wouldn't be easy if you were going right from high school to a job and living on your own. If you haven't had that background, this is your chance to investigate it for free," she says.

Although fast food is cheap, Zellers says you get what you pay for as far as nutrition.

"You have to think economically. If the food is cheap, they are giving you things that they don't have to pay a lot of money for and there is an overabundance of [it]," she says.

Marta Hergenrother is a sophomore psychology major who lives in the Cafaro House dorms. Hergenrother has the meal plan, which she says has its perks.

"It is easy to buy food on campus and I always have enough money to get through the semester," she says. "However, there aren't too many options to eat, especially healthy ones, so it makes finding healthy food a little challenging."

In order to overcome this challenge, Hergenrother looks for places with the most green options or builds her own meals. "I would love to see healthier options and a broader variety of vegetables and fruits," she said.

Abbaas Braswell, freshman psychology major, lives in Lyden dorms.

Braswell says he thinks the food options on campus are really good and there are many different places to choose from.

Braswell, who has a meal plan, says, "I think that if you use your meal plan right you could definitely get a balanced meal throughout the day. If I would change anything, it would be to add a few places that maybe focus on good nutrition that the students will enjoy."

Braswell says as a student living on campus, the meal plan helps.

"With the meal plan, I can get a meal almost whenever I want at the cafeteria and I also get a

Photo Credits to Jordan Unger

nice amount of flex and Pete's points to spend at other places around campus," he says.

Angela Drohn, YSU marketing manager for Chartwells, says when Chartwells builds menus, they look for ways to incorporate items that will satisfy a wide range of students' needs.

"We meet with students, conduct student surveys and receive feedback through comment boards and electronic feedback forms regularly to determine those needs and plan our menus accordingly," she says. "When building our menus, we source seasonally and locally first to offer cleaner, more natural foods on campus. Our salad bars offer seasonal, nutrition-rich items and we offer cage free eggs and milk and yogurt free of rBGH."

Drohn says Chartwells strives to make vegan and vegetarian items available at the dining hall.

"We offer veggie burgers, portobello mushroom burgers, hummus and seasoned tofu everyday. There is always a meat free pizza option and a meat free soup option available everyday as well," she says.

Chartwells regularly meets with students to discuss their preferences and concerns regarding allergies. He said they will be using that information to help build menus and programs for next year.

Drohn says Chartwells navigates food allergy options for students by using a system of icons to identify which menu items are vegan and vegetarian.

"Those icons are displayed on PIDs, on our website and app menus as well as signage throughout the cafeteria. We also identify items that are made with gluten and have dairy," she says.

Chartwells is expanding their food options on campus and searching for new ways to give students variety by hosting 'SONO Celebrate Latin,' a pop-up cuisine in the Kilcawley Center Annex on March 29 and April 5.

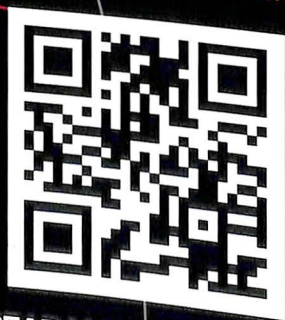
SONO's menu included build-your-own rice bowls, enchiladas and tacos. Tom Totterdale, director of dining services, says the pop-up dining offers a different variety of food options and helps test to see what students like.

Totterdale says it allows Chartwells to try different things and potentially change the program.

YO

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