This issue is dedicated to the memory of professor

Erik D. Heidemann
1978 - 2013
THE ISSUE

45 THE KSU BUCKET LIST

Sixty experiences all Kent State students should have before graduation.
THE FEED

10 DIARY OF A MADMAN: 30 DAYS WITHOUT THE INTERNET
Dylan Sonderman embarks on a harrowing quest to survive an entire month without the Internet.

"It was very overwhelming to me to come late in life to a complete change, but it felt so right."
Maureen Fry

THE LOOP

15 WHEN THE DHARMA COMES WEST
Buddhism has found a following in the unlikely places. A barn-turned-temple in Richfield, Ohio.
By Christina Bucciere

20 A DOWNTOWN RENAISSANCE
Art in the Park and the Round Town Music Festival provide engaging community experiences for students and town folk alike.
By Lucy Merriman

24 TAPPING KENT'S BEER SCENE
For the lager layman, Kent is the perfect place to start exploring new brews.
By Anthony Dominic and Matt Pilen

THE ACADEMY

30 DIVISION I ATHLETES WEAR TUITION DOLLARS ON THEIR FEET
Kent State students are paying for athletic programs every time they take a class — right down to the pompoms and cleats.
By Alyssa Morlacci

40 WALKING THE TIGHTROPE
Cassie Neilen tells her story of how a counselor helped her determine where her life was unbalanced.

THE ANATOMY

EXTRAS

6 THROUGH THE LENS

8 STATE OF THE UNIVERSITY

62 THE EQUALIZER

64 LAST SHOT

STAY CONNECTED

We want you to keep us updated on your bucket list progress. Send us photos on Twitter, Facebook or Instagram of you and your friends completing items. Just use the hashtag #ksubucketlist.

For our Kent dining guide and exclusive content from our team of bloggers, visit the new and improved TheBurr.com!
A note from Anthony Dominic

This is the ultimate Kent State challenge.

And make no mistake — it is a challenge.

In commemoration of our 60th trip to the press, we've assembled the definitive KSU Bucket List: the 60 experiences we at The Burr feel all Kent State students should have (or at least consider having) before graduation. And this isn't a list you can knock out in one weekend. Some of these items are seasonal, meaning you may have no more than four opportunities to check them off. Some not only require you to be 21, but can only be completed on your 21st birthday. From the obvious to the obscure, the evocative to the esoteric, the essence of the Kent State experience lies herein. (Get started on pg. 45!)

We want you to keep us updated on your progress. Send us photos on Twitter, Facebook or Instagram of you and your friends completing items. (Just use the hashtag #ksubucketlist.)

In between dropping yarn bombs and training for intramural dodgeball, take some time to read the other great stories inside. Dylan Sonderman journals his 30-day Internet fast (pg. 10); Alyssa Morlacci breaks down just how much you're paying for the university's athletic programs (pg. 30); and Christina Bucciere finds a Tibetan Buddhist temple in the unlikely of places (pg. 15).

Whether you're a follower or a first-time reader, thanks for picking us up. Be sure to look for our "Girl Issue" around campus next month. (Don't worry, guys — it's for you, too.)

Here's to another 60.
THE PLACE IS RAY'S

YOU HAVEN'T BEEN TO KENT IF YOU HAVEN'T BEEN TO RAY'S!

MUCH GREAT BEER!

LOVE RAY'S FOOD!

FOLLOW US ON FACEBOOK AND TWITTER!

WHO LOVES YOU?!

OF COURSE - RAY'S!
Memorial Stadium stood on what is now the Student Center’s visitor parking lot, near the edge of East Summit Street. At the time of this 1951 photo, the stadium was directly across from the Men’s Physical Education Building, which is now the M.A.C. Center.

THROUGH THE LENS:
LOOKING BACK AT THE CHESTNUT BURR

From 1920 until 1949, Kent State football was played on a plain field behind Merrill Hall. Between 1947 and 1949, a committee of alumni, students, faculty and townspeople raised approximately $60,000 for what would be the university’s first proper stadium: Memorial Stadium. Construction started in the spring of 1950, and the stadium was completed by Oct. 14 for Kent State’s season opener against Marietta College — a 57-0 Kent State victory.

According to the 1951 edition of The Chestnut Burr, the stadium was dedicated during the game’s halftime ceremony to “the memory of the five score students of the University who gave their lives in World War II.” Speakers included the Rev. Charles V. Ireland, stadium committee chairman Martin L. Davey Jr. and Kent State President George A. Bowman.

At the time of its opening, the stadium seated 5,600 people and featured a 22-person press box with three booths for radio and television.

After only 18 seasons, the stadium was closed in 1968, and construction began on a new Memorial Stadium on Summit Road. The new stadium opened the following year and was renamed Dix Stadium in 1971.


The Chestnut Burr was Kent State’s student-produced yearbook, published from 1914 to 1985. In 1986, students Laura Buterbaugh and Thomas Lewis transformed the yearbook into The Chestnut Burr Magazine, which was shortened to The Burr in 1988.
Imagining, creating and transforming the world through the visual, performing and design arts.

The College of the Arts is a vibrant arena of study and professional practice encompassing the visual, performing and design arts. Our concert halls, theatres, world-class fashion museum and art galleries bring the creative collaboration of students, alumni, faculty and renowned artists to the mainstream of campus cultural life.

We invite the community to join us for a season of:

**Dance concerts**

**Musicals and dramatic theatre productions**

**Art galleries for visitors to enjoy** – School of Art Gallery and the Downtown Gallery on Main Street

**The Fashion School Store** selling unique clothing and accessories. Located in Acorn Alley II

**Collections of the world’s greatest fashion designers** in the Kent State University Museum

**Music events including opera, chorale and orchestra concerts, and guest performers**

**Fashion shows and special textile demonstrations in our TechStyleLab**

For details on all arts-related events, please visit [www.kent.edu/artscollege](http://www.kent.edu/artscollege).
Change is coming to three of Ohio’s largest universities – Kent State, Ohio State and Akron – following the retirement announcements of Lester Lefton, Gordon Gee and Luis Proenza, respectively.

The “Lesplanade,” or the Lester A. Lefton Esplanade, as it was dedicated Oct. 4, is complete.

Dunkin Donuts is finally here. (Yes, fair and direct traders. We’re excited.)

Pieces by fashion school alumni Will Riddle and Sylvia Bukowski were worn during the Mercedes-Benz Fashion Week Sept. 5 in New York City.

Happenings around Kent that, interested or not, you should at least be aware of.
Louisiana State University's Delta Kappa Epsilon chapter displays its "school spirit" before the LSU-Kent State game Sept. 14.

Kent State concedes its third-quarter lead against Northern Illinois and loses its GoDaddy.com Bowl rematch on Homecoming weekend.

Sophomore Erin Lee says she intends to shut down the KSU Crushes Twitter account.

The Kent Police Department is literally falling apart.

THE BAD
DIARY OF A MADMAN: 30 DAYS WITHOUT THE INTERNET

BY DYLAN SONDERMAN

When my editors presented me with the premise of this story — to see if I could go without all forms of Internet use for 30 days — I’m not sure what made me so eager to jump at the opportunity. I like challenging myself, but this idea seems absurd in hindsight. The select journal entries that follow contain my thoughts and feelings about my Internet-free period from July 1 to 30, 2013. The overall experience was humbling, liberating and left me feeling much more independent and in control of how I spend my time online.

DAY 1 And my watch begins

The first day with absolutely no Internet access has nearly come to an end. It reminded me faintly of my childhood, before I even knew what it was like to have Internet at home, let alone in my room, at my fingertips at any time of day. Today was the first time I openly mused about the fact that I use the Internet every single day, without fail. Aside from my basic physiological needs, what else do I do every day, consistently? It seems strange that I’ve let Internet use approach the level of need for me; though, I’m surely not alone in this compulsion.

DAY 2 Reflection and Readjustment

It’s occurring to me by writing this out instead of typing it I’m creating more work for myself, since I’ll no doubt have to transcribe this to Microsoft Word at a later date. Hand-writing this journal just feels like the way to handle the experience of Internet independence, so I’m going to go with that and call it intuition. I’ve unplugged my modem to help remove temptation, but it’s still sitting there staring at me like a fruit-proffering snake.

DAY 3 Tempting Time

Today was a bit harder, especially when I tried to shut my smartphone off to remove the temptation of browsing. I then remembered that the power button is broken. Just how smart is this thing?

DAY 4 Distractions (Independence Day)

I spent most of the holiday cooking out with family and hanging out by the pool at my grandparents’. For the most part, it was easy not to think about the Internet. The only thing that kept it in my mind was the way my cousins were glued to their smartphones.

DAY 5 Reaching Out

I called as many people as I could today. I was feeling cut off from the rest of humanity. No email, chat rooms, instant messaging, forums, news websites, Wikipedia or blogs to follow in order to feel “connected” to other people around the world. Whether such forms of contact actually amount to anything remains to be seen. My cravings seem to be for the act of browsing itself, not so much any subsequent human contact.

DAY 6 (Over) Analyzing

I’m trying to think about which uses of the Internet are “productive,” which aren’t and how much time I devote to each. I think YouTube is what I miss the most. It’s hard to say what I miss the least. I only use social media as a means of communicating with people I miss; I don’t go to social media because I miss using the actual websites. I feel like an addict in denial.

DAY 7 Technical Difficulties

Today was hard. I put my modem in a box and put it in the back of my closet. I think I’ll give it to a friend to hold. I almost gave up today.
I was thinking about all kinds of things that I know a marginal bit about, and I suddenly began to question what I really was sure of. It was at this moment that I realized I often use online resources to reinforce various facts and historical events to myself.”

Dylan Sonderman
Writer

DAY 9
Dinosaurs in Print

In feeling an urge I haven’t felt in a few years, I purchased a newspaper with my morning coffee and breakfast. Aside from the articles about rising death tolls in Egypt, rising acceptance of gay rights within the Grand Old Party and rising stock for Microsoft (all of which were news to me), I found an interesting piece about Twitter and (by proxy) Internet usage. Writer George Thomas of the Akron Beacon Journal says Twitter is a “necessary evil.” He goes on to say that Twitter can range from “invaluable” when disseminating information, to sometimes becoming a “verbal dumping ground.” Thomas also implies that Twitter and other online media are useful for breaking the simple facts of a story, while the “dinosaurs in print” can follow up on and analyze the information.

DAY 10
Stormy Wednesday

I woke up from a nap to a blaring tornado siren. When I forced myself to sit up and look out the window, I saw the sky was dark for 4:30 p.m., with lightning striking and heavy rain pouring down. By this point, I have adjusted to not using the Internet to check on the weather or find out what was going on, so I ran down the hall to a friend’s apartment. Luckily for me, she had cable and was keeping an eye on the weather. I’ve never used or even hooked up cable television in my apartment (because with the Internet, I thought, “Who needs it?”), so I was grateful for her assistance in learning there was, in fact, a tornado warning, as well as a flash flood warning.

DAY 12

My email notification icon is up to 50 now. I can only imagine how many emails I’ll be reading through when I’m done with all of this. I went for a walk today, but because I couldn’t check the weather online, I got drenched in rain. It wasn’t so bad, really. I thought about trying to hook up my cable, but I decided to lie in bed instead. I am wondering how severe my Internet addiction really is, or was.
The Great Outdoors

I spent most of the day hiking and swimming. I left my phone behind. For the most part, I didn’t even think about that silly thing I’m not supposed to be using. Oh no, I thought about it! I’m feeling a clicking urge in my right index finger. I swear I’m not an addict.

Half Empty

I’m past the two-week mark. Halfway there. The sensations I’m having range from an elated feeling of freedom and nonconformity to a tense foreboding that Wi-Fi and broadband are the only tethering portals to reality and that I somehow slipped out of existence. Melodramatic? I cannot tell. It’s still not easy.

Back in my day...

I was interested in finding out more about what exactly it was like to grow up before the Web was widespread, so I talked to my dad about how he went about doing research when he was younger. He spoke with considerable pride about his “Funk and Wagnalls Encyclopedia” volumes, of which he had a full set. Though much more information can be found on the Internet, reading an encyclopedia is still a good way to gain knowledge on a subject. My dad is 38 years old, so while he certainly did not have Internet as a child, the technology did exist. When I asked my great-grandfather (who is 93 years old) about the same thing, he expressed confusion as to why someone would want to spend all day texting or browsing Facebook instead of actually spending time with a friend (a question I have often asked as well). After more reflection on this subject, I recalled my great-grandmother telling me several years ago she did not ever want to own a cell phone because she was not at all comfortable with the notion that anyone could reach her at any time. That is a sentiment I can understand. She was trying to make herself more valuable, as opposed to being cheaply “on the grid” 24 hours a day. You called her when she was in her office, or you didn’t get to talk to her. It seems like I am not contacted as often as she was, despite having constant lines of communication open.

Option Paralysis

The possibilities that exist when one opens an Internet browser can result in a paralysis. There are so many things you can do online (and indeed, that many people rely on the Web for). Sometimes I feel like I don’t know what to do. I sit there and look at Google, thinking, “There has to be something I need to look up, or an account I need to check.”

I still don’t know exactly what I’m trying to prove. That I can resist my impulses, or that my generation is not crippled without Internet? I think both.”

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**DAY 26** Time Management

Often, when I see people scanning through Facebook, I ask them how long they'll be using it. They have a hard time tearing themselves away from it because they are using it with no real goal. Perhaps a way to circumvent the wasting of so much valuable time would be to set a limit for yourself. Say, 20 minutes you can devote to Facebook, and then you must find something else to do.

**DAY 28** Stay on Target ...

As the days of my fast are winding down, I'm finding myself consistently more relaxed about not having Internet access. I spent quite a bit of time outside again today. I also hung out with one of my neighbors I met the other day. He was astonished at how many days I've gone without Internet. I decided to take my modem back and bring it to the rest of humanity. Hours later, the battery died, and when I plugged it back in it was relieved to find it working well once again. Luckily, I had just located my warranty paperwork for it the other day and will be getting it replaced soon. I suppose at midnight it will all be over, and I can use the Web again, but I have gotten on a pretty solid sleep cycle during this experience, so I think I can wait until morning.

**DAY 29** Almost There!

Here is a list of things I will do when this ends. I think this is the order in which I'll be interested in doing them:

* Check my email!
* See what new albums have come out this past month.
* StumbleUpon and YouTube.
* If I feel up to it, reactivate my Facebook.

**DAY 30** The Finish Line

Today, as if I needed an extra challenge, my phone froze. It would not shut off, but I could not use it for anything (my one portal to the rest of humanity). Hours later, the battery died, and when I plugged it back in I was relieved to find it working well once again. Luckily, I had just located my warranty paperwork for it the other day and will be getting it replaced soon. I suppose at midnight it will all be over, and I can use the Web again, but I have gotten on a pretty solid sleep cycle during this experience, so I think I can wait until morning.

**AFTERWORD:** And Now My Watch is Ended

Two hundred and forty-eight emails later, I am up to date on things again. It seems that I received an average of eight emails per day during my fast (although it seems worth pointing out that only four of those 248 were remotely important). Now, did I go on a binge today? Of course. But it was more of a miniature one than someone may expect. I reactivated my Facebook, checked out a bit of music news and watched a few Youtube videos, but that was about it. This was all over the course of the whole day, not just crammed into a single session. I feel sufficiently gratified about my connection to the outside world.

Despite the reputation the Web has for containing all information one wants to know, I had a very difficult time locating accurate, clear and well-sourced statistics for the very real social problem of Internet addiction. This really speaks for itself on how little research has been done on this relatively new phenomena.

While the American Psychological Association's "Diagnostic and Statistical Manual of Mental Disorders, Fifth Edi-

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**Searches I thought about Googling**

- The weather for the day (prior to going for a run)
- Biography of an author I was reading
- An obituary for someone I knew
- Guitar tabs
- Can relying too heavily on typing cause handwriting skills to atrophy?
- What kind of herbal remedy cures a headache?
- Bus routes
- Movie ratings and Internet Movie Database
- Movie show times at the Kent Plaza theater
- Ordering pizza online
- Phone number for a pizza place
- Recipe for homemade pizza
- Is there a stress ball app?
- Is Internet use unhealthy?
- Can Internet addiction cause ulcers?
- Can abstinence from the Internet cause ulcers?
- Is that new Black Sabbath song any good?
- Isn't there a new Austin Powers movie coming out soon?
- New interviews with George R.R. Martin
- "...I felt ready to even settle for "fail" compilations or even "YouTube Poops" at this point"
- Is there an Internet Addicts Anonymous?
- Do they have a Web page?
Add one more item to your bucket list

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KENT STATE UNIVERSITY
HONORS COLLEGE
EST. 1933
WHEN THE DHARMA COMES WEST

WORDS BY CHRISTINA BUCCIÈRE
PHOTOS BY JACOB BYK

The karmic beliefs of Tibetan Buddhism find their way to the small town of Richfield, Ohio, offering a spiritual alternative to finding one's inner peace.
pull the curtain to one side and peer into the room. He sits on a couch, legs crossed, back straight, looking directly into my eyes. Barely audible, he calls for me to come in. I creep toward him, unsure of how to approach a man who claims to be a reincarnated Lama.

He stretches his outward-facing palm toward the ground, motioning for me to kneel. He reaches back and furnishes a pale, yellow sash. As he drapes it around my neck, he whispers what I presume to be a prayer in another language (ancient Sanskrit, I later learned). I focus my eyes on the beige-carpeted floor, again unsure of myself. This uncertainty was not well-veiled, however, as he lifts my chin with his small hand and meets my eyes as a sign of reassurance. In that moment, I see a palpable kindness in Tulku Ajam Rinpoche.

We talk for the next 30 minutes. With the curiosity of a kindergartner, I question the rationale behind his beliefs. He answers with the patience of, well, someone who believes he came back to Earth to teach people the art of patience. He replies with an unwearied smile, happy to oblige my non-sequiturs and blunt inquiries about why bad things happen to good people, why he believes karma has to do with inclement weather.

Tulku’s visit to the Richfield, Ohio, Palyul Changchub Dargyu temple is a first.

“And to think you chose to come here when such a respected leader in our faith is visiting for the first time — that’s karma,” Maureen Fry, associate director of the temple, would later tell me.

Tulku, who is primarily stationed in Taiwan, arrived in Richfield the previous day to provide services to local followers. Because this was his inaugural visit, followers from surrounding states made the journey to Ohio to learn from the renowned Buddhist leader. Such pilgrimages are not uncommon among Palyul Buddhists, who place their trust in the knowledge of their teachers and often travel long distances to learn from them firsthand.

Palyul Buddhism follows the Vajrayana school of Buddhism, differentiated by the belief that the potency of the practices can allow a practitioner to achieve enlightenment in one lifetime. Palyul is one of six mother monasteries that follow the Nyingmapa school of Tibetan Buddhism. The Nyingmapa school is thought to be the ancient translation of Tibetan Buddhism, harnessing the power of an unbroken lineage of Palyul throne leaders that can be traced back to 1679.

Richfield, a small, rural village situated 30 minutes northwest of Kent, was home to many farms in its early history, and the site of the temple is no exception. A wooden barn, built in 1885, once stood upon the site. Instead of knocking it down and building a traditional temple in its place, the temple founders made use of the old, but sturdy, barn, maintaining its structural integrity. Perhaps it’s this aesthetic quality of the temple that makes it seem perfectly natural in its otherwise unusual setting. The founders’ decision to respect the historic quality of the barn is reflective of their philosophy — seeking to adapt where others might impose and providing gentle guidance to those who seek it, rather than a forceful ploy to convert nonfollowers.

I have been regularly driving past the temple for months. As my curiosity about the temple grew, I finally took this opportunity to learn about the people of the temple and how these Buddhists settled in this small Ohio town.

The Temple Settles

The temple opened in 2008, but was spiritually established in 2009 by Fry and Khenchen Tsewang Gyatso Rinpoche, enthroned khenpo (professor of Buddhist studies) and spiritual director. Fry, 65, came to Buddhism in 1999 when she traveled to the New York Summer Palyul Retreat Center and took refuge, the Buddhist equivalent to a Christian baptism. There, she met Khenchen.

“It was very overwhelming to me to come late in life to a complete change, but it felt so right,” Fry says. “So, I innocently asked Khenchen if he would come to Ohio, and he said, ‘Sure. Where is Ohio?’ Khenchen traveled to Ohio the following spring to help Fry host Tibetan Buddhism teaching sessions in northeast Ohio. For years, the teachings were nomadic, moving from the basement of a church in Chagrin Falls to a friend’s restaurant, to an Episcopal church in Cleveland Heights. Fry advertised the Cleveland Heights session to the local communities but was unsure of what the turnout would be like.

“We arrived at the church ... and people were streaming in to hear Khenchen speak,” Fry says. “We had about 150 to 200 people there. It was amazing. And Khenchen said to me, ‘Well, I think we need a temple here.’”

Khenchen began traveling to Ohio twice per year to give presentations. In the meantime, he and Fry began their search for the perfect location for a temple. With the help of a real estate agent, Fry and Khenchen found the rustic barn in small Richfield. Immediately, Khenchen knew it was there they would settle.

Fry remembers a time when she and Khenchen sat on a bench eating ice cream at a local shop about a half-mile up the road from the site.

“We sat there, so close to where we ended up, and we talked about feeling like the location was close. It was karma,” she says.

People from all across northeast Ohio flocked to the temple for practices and teachings after it opened. Inside the temple, red is the dominant color. A proper shrine for visiting teachers is the focal point of the room, draped in tapestries of red, gold and yellow. Cushions for practitioners line the floor. Tapestries depicting key scenes in the story of Buddha hang from the building’s columns. The space is unexpectedly vibrant for a philosophy that places so much value on inner peace and meditation.

The core group of practitioners is approximately 15 students, but Fry says more people arrive when the spiritual directors make a visit, making a group of about 25 to 30 people. Although the Palyul followers are a small group, Fry says, they have the advantage of the New York retreat center that binds them together in their beliefs and ways of practicing.
"As soon as I saw Khenchen’s face, I was moved to tears. This incredible feeling came over me, and I was crying. My husband came into the room and said, ‘Well, I guess you’ve found your teacher.’”

Cathy Lee
temple director

Page 15: Khenchen Tsewang Gyatso Rinpoche clutches his Mala beads, which are religious beads used to count prayers during reciting or chanting. Khenchen’s are durable plastic so he can carry them as he travels around the world.

Above: Everyone takes their seats during a teaching by Khenchen in what was once a barn, but was converted into a temple through donations. The old fireplace from the barn can be seen in the far right corner.

Left: Friends and members of the Temple crowd around Khenchen in between teachings on Sept. 28, 2013. Khenchen left to go teach in New York the day after. He comes to the temple twice a year on average, and everyone looks forward to hearing his teachings.
"The more people that go there, the more people have a common ground because they learn the same teachings and practices from the same teachers," Fry says. "So when the teachers go back to the mother monastery, the Western people can practice together and travel from center to center having the same experiences to share."

Tibetan Buddhists are a people of exile, fleeing their home country in the late 1960s when communist China repressed their culture — which eventually allowed them the opportunity to expand westward. The throne holder at the time, Penor Rinpoche, spent his life restabilizing and establishing the mother monastery in southern India. Then, in 1997, he traveled to the U.S. and founded the Palyul Retreat Center in McDonough, NY, to give Western practitioners the opportunity to receive teachings in a location closer to home. Rinpoche continued to travel, establishing centers throughout the world, and now the Richfield temple is one of 14 Palyul Buddhist temples in the U.S.

Finding Buddhism

Fry gravitated toward Buddhism after growing up in a Catholic family and later feeling the religion was not well-suited to her core values. In 1986, Fry’s husband, a Case Western Reserve University professor, relocated their family to India for a teaching position, and she says she was touched by the culture and traditions of the people, especially the Buddhist mentality.

"Buddhism just felt right," Fry says. "Things organically happened. It all had a life force of its own. I think when someone is ripe and ready, things just come to them like it did me."

As I sit across from Fry, her gray hair pulled back from her face in a neat bun, inquiring about what she means by this last statement, she quiet. The muscles in her face pull her lips from a straight, thin line to a shy, quirving smile.

"Buddhism is so profound, but incredibly practical," Fry whispers.

The current temple director, Cathy Lee, studied many forms of religion for years before coming to Buddhism. Lee says she believed one could reach enlightenment without the guidance of a teacher, but a book called "Magic and Mystery in Tibet" by Alexandra David-Neel — which tells David-Neel’s story about traveling across Asia in the early 1900s and becoming a Lama in Tibet — changed her mind. Lee decided she wanted to study from a genu-}

ine Tibetan Lama. Coincidentally, she received an email about one of Khenchen Rinpoche’s upcoming teaching sessions a week later.

"As soon as I saw Khenchen’s face, I was moved to tears," Lee says. "This incredible feeling came over me, and I was crying. My husband came into the room and said, ‘Well, I guess you’ve found your teacher.’"

Lee quickly became involved in establishing the Richfield temple and was asked by Fry if she would take over as the director of the temple, so Fry could focus on her own personal practice. Lee was hesitant at first, but when she asked Khenchen how she should serve the temple, he was certain she was the right choice for director.

Lee’s serendipitous encounter of finding Tibetan Buddhism is only one of several similar stories I collected surrounding the ways in which people came to practice at the Richfield temple.

For example, one woman, Lee says, ran past the temple site every day for years. Concurrently, as Fry and Khenchen took an interest in the old barn, this woman had been in search of spiritual guidance. When she discovered what the barn was to be, she quickly took refuge as a Tibetan Buddhist, walking away from a lucrative career as an aeronautical engineer to become a nun in the mother monastery in India.

Tibetan Buddhist Way

A karmic presence certainly surrounds the temple, Fry says with a chuckle, remarking on the way the temple “popped” down in this little town. Her blue eyes sparkle as she looks around the temple. Her eyes fix on the throne, a seat designated for His Holiness the Fifth Karma Kuchen Rinpoche, the twelfth lineage holder of the Palyul tradition.

"The lineage is so pure," Fry says. "It can be traced from master to master to master, which means we are receiving the most stainless teachings of Buddhism."

This concept of purity is the key to the Nyingmapa way. I am hard-pressed to extract any answers from Fry on Palyul history and traditions, as she feels unqualified to speak on matters of the Palyul tradition.

“I am not the expert," Fry says. "My teachers come from a pristine lineage of practitioners who have been handed down the knowledge from century to century.”

As I scan the room, I am overtaken by the purity of the experience as well. In that space, I feel transported. Engaged in a way I hadn’t expected, but appreciative of the culture and respectful of its beliefs. The Tibetan Buddhist people are reciprocal of my own.

“We don’t have evangelical goals of spreading Buddhism because we believe that everyone has to find their own path,” Lee says. "We are taught to respect everyone’s path. But there’s an interesting prophecy made by the original throne holder that says, ‘When the iron eagle flies and horses run on wheels, the Tibetan people will be scattered over the Earth and the dharma (teachings) will go to the land of the red man,’ which shows that this is a destiny point for the dharma to come West.”

I meet with Khenchen, the spiritual adviser to the temple and student of Buddhist practices at the Namdroling Nyingmapa monastery in India. He is visiting from the mother monastery for two weeks to give teachings to his students and anyone wanting to learn more about Buddhism. Followers from as far as Montana have come to hear him speak. We sit underneath the temple in the underground living quarters. He sits with his legs crossed in the wooden kitchen chair eating toast and drinking his morning tea.

I question him much like I did Tulku. In the middle of our conversation, his iPhone rings. His iPhone. It’s easy to forget I am not in ancient Tibet. He speaks with the same, soothing cadence of Tulku, answering my questions with a series of explanations and words that often lose me halfway through, but he always manages to circle back around to the initial question. What he wants me to know most of all: You don’t have to be a Buddhist to learn from Buddhism.

“There is not an explicit goal to spread Buddhism in the West or anywhere, you
can’t convert someone’s individual nature, it is just part of the teaching to help all sentient beings,” Khenchen says. “The ultimate goal is to achieve enlightenment and ultimate happiness. We want to help others get rid of afflictive emotions such as jealousy, anger, hatred and hatred that cause suffering and instead develop love and kindness.”

According to a 2007 Religion and Public Life Project survey conducted by the Pew Research Center — the group’s most recent survey on Tibetan Buddhism — less than 0.3 percent of the U.S. population is Tibetan Buddhist. However, the study also found that only one in three American Buddhists are Asian, while nearly three in four American Buddhists are converts.

Fry insists the history of Tibetan Buddhism itself is a driving force behind the spread of its belief system to the Western world.

“Even ten years ago [Americans] thought of it as something maybe more exotic. But it’s one of the advantages of the tragedy of Tibet. Had that not happened, we might not have ever met these teachers.”

Even in Richfield, Ohio, a Palyul temple can manage to look right at home — despite that its practices originated on the other side of the world. Fry believes it is America’s shifting social landscape that makes this juxtaposition of East and West feel strikingly natural.

“I think a lot of people in the West have become disillusioned with a lot of religious and political organizations and they’re seeking something that is going to bring peace to the world. It’s about finding peace within. And those who are to walk that path will find it.”

Above: Ani Tsomo, from New York City, prays alongside Ani Sangmo, who lives in Ravenna, Ohio. People come from as far as Michigan to hear the teachings of Khenchen.
A DOWNTOWN RENAISSANCE

From Impressionism to folk ballads, two autumn festivals showcase both local and global artistry in downtown Kent.

BY LUCY MERRIMAN
PHOTOS BY LEAH KLAFEZYNISKI
Art in the Park

I am listening to Halim El-Dabh, and everything smells like rain-fresh mud, hay and funnel cakes. I've been coming to Art in the Park for years, but this 92-year-old, Egyptian-born legend has been coming longer. As the other musicians join in, complimenting El-Dabh's rhythms, I take a look around at the tents and the primary-colored flags strung along the paths in Kent's Fred Fuller Park. There's a sense that something special is happening here. A celebration of something ancient — something human. This year is special, as Labor Day weekend marks the 20th anniversary of the art and music festival. Since 1993, artists and art enthusiasts from all around Ohio — and sometimes the world — gather once per year in Fred Fuller Park. There's no single type that is welcome; artists range from little kids tie-dyeing paper hats to accomplished painters showcasing their craft.

Eddie Harris is one such artist. He was a young man during the Civil Rights Era, and his oil painting "Unity" stands out: three black figures in white and blue dresses are holding hands, facing against a blurred, angry crowd.

"In my era, growing up with Civil Rights, living it, seeing it, seeing the freedom riders being beaten — the young people coming up today haven't had that experience. What I'm trying to do is teach them, and trying to flip it into a kind of celebration," Harris says.

Harris graduated with a master's degree in fine art from Kent State in 1994. He then left the city to explore the world and calls this his triumphant return. His work is vibrantly colored, a mix of abstract impressionism, expressionism and figure work. In another piece titled "Coming and Going," Haitian refugees are clustered on boats in a sea of cloudy blues, the only colors in the piece.

When I asked him which painting was his favorite, he says, "There's a story behind each one of them — I like them all." When asked about his inspiration, Harris says that it comes the second he hits the canvas.

"Once I start painting, the more inspired I get. Some of my inspiration is intuitive, and some of it is from places I've been and seen," Harris says. "I'm constantly receiving; I'm very aware of my surroundings."

Erika Abram is attending Art in the Park for a second time, now acting as the studio coordinator for Hattie Larlham's art program. (Hattie Larlham is a local establishment that works to help developmentally disabled adults.) The art program connects professional artists, whom Abram calls "trackers," with a disabled adult, and they work together to create art.

"It's not a craft, it's not therapy, there's no agenda — it's just art," says Abram, who firmly believes the right to create art is a human right, not a privilege only for those of able body and mind.

The art is showcased in a wide variety of forms, materials and styles. A huge untitled piece painted with aquamarine streaks and orange, curved shapes hangs from the wall of a tent, almost touching the floor. It was entirely hand-painted by Marissa, a Hattie Larlham artist. In other cases, the trackers do the creating, while the Hattie Larlham artists dictate their vision. Sometimes the artists will answer a series of yes or no questions about color, materials and tools.

"We look for their yes," Abram explains. "If we don't see a yes, it's a no. One yes might be a slow blink or a raised arm."

She emphasizes the importance of the art being the artists' creations, not the trackers.

"The tracker is just a human utensil," she says. "Their opinions are not shared."

The proceeds of all of the Hattie Larlham-produced artwork go directly to the artist. To Abram's knowledge, the Hattie Larlham program is the only art program quite like it, so she's enthusiastic to spread the word.

"The more we talk about it, the more it's possible it will exist somewhere else."

Some artists at the festival aren't trying to sell anything at all. Rather, they want to spread their love of a culture or tradition that might be unfamiliar to some Ohioans. That is the case for Sensei Myoshu Wren and the Snowflake Tea Room, which is at the festival for the seventh year. The sensei dresses in simple robes and has the shaved head of a Buddhist monk, and her fluffy puppy Yuki follows her faithfully. She explains why the tea ceremony and ancient Japanese arts are so important to her as a monk; they are practices that come from a strict monastery life. Sharing a careful, peaceful artform with the wider community is fulfilling on a spiritual level, she says.

"My students really love it because we are able to serve tea in front of people, and we get to buy from local artists," Sensei Wren says.

During the exhibit, one of the sensei's students, Kayla Henry, played traditional, meditative pieces on her ocarina, but also performed a medley from the Legend of Zelda video game series, much to the delight of the audience. This mix of the old and the new seemed to demonstrate an aspect of zen that is present in all artforms.

"The main point of the tea ceremony, Chanoyu, is not the drinking of the green tea, but the appreciation of the beauty, simplicity and the spiritual tranquility that forms the essential principles of Zen, and which were particularly suited to the simple lifestyle of medieval Japan," Sensei Wren says.

The Snowflake Tea Room wasn't the only group celebrating a different culture that weekend. The Kent State steel drum band, Flash in the Pan, played for the fifth year in a row. The Society of Creative Anachronism, the traveling medieval re-enactors in full costume, demonstrated authentic weapons crafting and fighting techniques. The entire festival was dedicated to Merle Mollenkamp, a traveling poet who, once a fixture of the festival, passed away this past spring.

Round Town Music Festival

In many ways, Art in the Park provided an interesting contrast to the Round Town Music Festival, a musical tradition that took place on and off campus the following weekend.

Folk music celebrates a particular type of midwestern American nostalgia, one that connects to an important era in American myths. It harks back to the legends of Johnny Appleseed and Paul Bunyan, early American explorers gallivanting about unknown territory, cultivating land and facing hardship.

These legends are the backdrop to a genre of music that has since grown to incorporate elements of jazz, twang, country and even punk rock. My first stop at the festival was a performance of the youngest musicians, experimenting for the first time with their musical roots.

At 4 p.m. on the second floor of the Kent Free Library, the vocal students of Adrienne Smedley line up with their acoustic guitars and take turns showing off their skills. The audience is largely populated by middle-aged parents and younger siblings, some of whom are filming on their phones, as one might expect from a show put on by kids aged 12 to 17. Despite the sparse crowd, it is a pleasant event, and the teens' music is heartfelt and enthusiastic. Original songs are sprinkled among a set of covers of artists as diverse as Jimi Hendrix, Taylor Swift and Phosphorescent.

The show ends with student Adam Leclerc's original song "Dear Amanda," which is about his friend who passed away in a car accident. This melancholy end to the afternoon is a perfect segue to the later parts of the evening, for folk music seems intrinsically tied to wistfulness — songs telling about the past, simple and quietly elegant.

Smedley is proud of her students and how far they've come. She's been teaching at Woody's Music in downtown Kent for seven years, and this is her second year at the folk festival. "Seeing my students perform ... I have several students who are in bands and solo performances, and it's great to see the fruits of our efforts."

Later in the evening, we catch a plethora of bands, ranging from the bluegrass-influ-
The Numbers Band. A highlight of the evening was the group Phat Man Dee, which had come in from Pittsburgh to perform at the chocolate-and-tarot shop Empire. The singer, Phat Man Dee herself, is decorated all over with glitter everywhere. Her outfit should come as no surprise, as this particular folk group has strong roots in jazz, burlesque and circus performance.

A former member of Circus Ridiculous in San Francisco, Dee says she was part of the "punk rock sideshow," and in addition to singing, she ate glass and had a bearded lady act. As she sings in sultry hues, enchanting a small but captivated audience in the store, her jazz influence becomes obvious. "Pittsburgh has a huge, strong jazz community," she says. "They used to call Pittsburgh the land of the giant killers because these giants of jazz would come in and they would just get slaughtered by the locals. If you're going to see music in Pittsburgh and you're not seeing jazz, what are you doing?"

It's been an interesting ride for the singer, who met Roy Jones and Catherine Cartwright-Jones, the latter of whom opened Empire, at a campground in New York. "I've come up to Kent before for Halim El-Dabh's birthday party, but this is the first time at the 'Round Town Music Festival' because Roy and Katherine said, 'Hey, we have a shop.' And they booked us."

She talked about how in her youth, she was very influenced by synagogue music and being Jewish, which led to some funny experiences in auditions.

"They said, 'You're not scatting, you're just wailing in Hebrew!'" she laughs. "That's just how I do it."

In between bands, I wander over to Tree City Coffee, where local band The Hive Robbers is just finishing up their set. Madeleine Bensinger, a senior English major at Kent State, is chilling in the cafe still glowing from the music. When I ask about her favorite band so far, she says, "I'm going to say The Hive Robbers because they're great, and they're my friends. They're an exceptional band! And it's fun to watch your friends."

There are quite a few students among the crowd. On the sidewalk outside of the coffee shop, someone had brought hula hoops to dance with, and many students seem cheerful about the night out, even when it began to rain. Business at Tree City seems to be booming with curious customers.

One local business, Bar 145, seemed to have the most success of the night. The crowd for the band playing there spills over the gate and into the parking lot. It turns out this is the stage for one of the evening's most anticipated groups, The Speedbumps.

The Speedbumps is a band from right here in Kent that has found success in the music world. They won the 2011 Independent Music Award for best new song, they've gone on tour across the country and their music was featured in a PBS original series. Their return home to Kent was one the crowd had highly anticipated.

The show is grand. By the time they go on, it is dark, and the lights from the stage, the bar and a thousand cell phones splash across the band and the audience like stars. The entire crowd is loud, clapping, cheering and even dancing to the rhythms. Vocalist Erik Urycki banters back and forth with his mates and the fans, and by the end of the night everyone is filled to the brim with the joy of the music. Fellow Speedbumps Sam Kristoff, Kevin Martinez and Pat Hawkins never miss a beat as they come together to give the crowd a rousing show.

The end of the night is almost Hollywood perfect. The rain picks up, the stage lights sparkle through it like confetti, and the audience begins to sing along. Enthusiastic and tipsy, some people in the front have carved out an area to dance, twirling and shimmying like mad. The energy is contagious, and pretty soon the whole crowd is swaying back and forth, dancing the evening away.

Dancing is a wonderful way to end an exciting two weekends. Though the two festivals celebrated different things, both have clearly become important events that infuse the city of Kent with a creative spirit.
LUNA NEGRA, ON NEWSSTANDS NOW

Luna Negra is Kent State's literary publication dedicated to publishing poetry, short stories, photography, and artwork.

Visit our website lunanegramag.com or e-mail us at lunanegramag@gmail.com
TAPPING KENT’S BEER SCENE

WORDS BY MATT POLEN AND ANTHONY DOMINIC
PHOTOS BY JACOB BYK
We’ve all been there at one time or another, as much as we’d rather not admit it.

You walk up to the bar and bravely ask what’s on tap. After listening to the bartender rattle off a list of ales and lagers whose names you've never heard, you stick with something easy and familiar. Maybe it's that you're not sure if you're ready to try an IPA. Maybe it's that in the cacophony of a packed bar on a Saturday night, you couldn't quite understand what he or she was saying. After all, it's a whole lot easier to order a Miller Lite than a Great Lakes Lake Erie Monster.

Breaking into the craft beer scene can be intimidating. Not to worry. Downtown Kent is home to a handful of pubs that are perfect for those 20-somethings looking to expand their palette. Below, we highlight Kent’s best bars, in terms of the atmosphere and the variety and quality of beers.

DISCLAIMER: The Burr does not condone underage or irresponsible drinking.
There's an energy at Ray's Place. There are pictures of the early owners strewn about the first floor, and they might as well be daguerreotypes. Depending on the time of day, the bar harbors different crowds — students and townies, locals and visitors — but the point is, there's always a crowd.

Ray's is just as much an institution as any library, city council or court house could ever be, perhaps even more so. When you sit in a booth at Ray's Place with a plate of food and a new beer, it's not hard to imagine the hundreds, perhaps thousands, of people who've sat right where you have. It's not difficult to picture the movers and shakers of Kent's past discussing the town's future over a pint. It's that kind of place.

The mark of any good manager or owner, particularly one in the service industry, is that they're involved. If Ray's is packed on a Friday night, you're not likely to find owner Charlie Thomas holed up in his office; he'll be out on the floor, chatting with customers and helping out where he's needed.

Thomas is a storyteller. The hard laugh lines encircling his mouth suggest this is how he has lived much of his life — smiling and spinning stories. In many ways, he embodies the bar's spirit.

Since becoming owner in 1978, Thomas has been tasked with maintaining Ray's quintessential bar atmosphere, while adapting to the ever-changing beer market.

"101 Bottles owner] Justin Clemens may not get this shipment, but there will be another beer that he'll have the insight on," Thomas says of the local market. "Used to be, we'd get everything because we were the only gig in town. Not only is it 101 ... but we're also dealing with the [chains], the Winking Lizards. It's a game now."

When it comes to draft beers at Ray's, the secret is in the chemistry. If you've ever heard someone insist a Guinness at Ray's tastes different than a Guinness somewhere else, they may be right. In the mid-1980s, when Guinness distributors suggested bars pressurize their drafts with 75 percent hydrogen and 25 percent carbon dioxide, their patrons said, "If you haven't been to Ray's, you haven't been to Kent."

Thomas was one of the first pub owners to heed the advice.

Between its two floors, Ray's features 64 taps — all of which include stainless steel fittings and faucets. As a result, Thomas says draft beers have a "cleaner, fresher, better taste," than if brass or copper implements were used.

In addition to Guinness, some of the bar's signature brews include the Willoughby Peanut Butter Cup Coffee Porter (which tastes more like coffee than porter) and the Columbus Bodhi, which is one of their top-selling India Pale Ales.

Ray's takes its beer seriously. The staff studies beers like a science. Kegs are frequently emptied within days of being acquired, simply because the word gets out that "it's here at Ray's." When people around town say "If you haven't been to Ray's, you haven't been to Kent," it's for a reason.

**WHAT'S IN MY GLASS?**

**Malts:** These are watered grains, such as wheat or barley, which germinate and release sugar. If you don't have malted grains, you don't have beer. Think of them as the coffee beans to coffee.

**Yeast:** Yeast enable the fermentation process by converting the sugar from malted grains into alcohol and carbon dioxide. Did we mention they're fungi?

**Hops:** When you drink an IPA, and you're wondering why it has a bitter kick that tastes like a tea made from pine needles — that's the hops. Hops are a type of flower used in beer for their antibacterial qualities, as well as to balance the sweetness of a brew's malts.

**BUT SERIOUSLY, WHAT'S IN MY GLASS?**

**Ales:** Have been brewed for thousands of years and are the product of fast, top-fermenting yeasts.

**Pale Ales:** Amber ales brewed with pale malts. India Pale Ale, or IPAs, are brewed with extra hops and have a more bitter flavor.

**Porters:** Smokey dark ales brewed with brown malts.

**Stouts:** Smooth, dark ales brewed with roasted malts.

**Lagers:** First brewed only about 400 years ago. The product of slow, bottom-fermenting yeasts.

**Bocks:** Flavor varies depending on type. Helles are pale, hopped lagers; doppelbocks are malty lagers and eisbocks acquire their strong flavor from being frozen during the brewing process.

**Pilsner:** A pale lager, perfected in Czechoslovakia and Germany, that is typically no more than 5 percent alcohol-by-volume.

**Dortmunders:** A pale lager influenced by pilsners that is typically crisp, bitter and golden in color.
Bar 145 is the dark horse of Kent’s beer scene. It’s a place with a case of multiple personalities. Come in during the day, and there are families eating dinner. Come in at night, and a 1990s tribute band, The Hot Sauce Committee, is doing a rock cover of NSYNC’s “Bye, Bye, Bye.” Monday night, of course, is trivia night (see page 48).

The servers all wear red Chuck Taylors, the burgers are something to behold and the bourbon selection is not wanting. Bar 145 manages to juggle all of these aspects of its personality rather well. Something else it’s able to juggle is a curiously specific beer selection.

Catering to the young, thrifty college crowd, the usual standby domestics will always be in stock. However, it’s also a great place for a budding beer enthusiast to climb their way from domestics to transitionals to some of the obscure brews. One of 145’s signature selections is the Kentucky Bourbon Barrel Ale, which, as the name suggests, is an ale that’s aged in a cask once used to store bourbon. This ale isn’t a joke, and it’s not for the faint of heart. It kicks about as much as one would expect, as it’s essentially whiskey in pint form.

There’s a walk-in cooler, like the kind typically found in grocery stores and gas stations, and, naturally, there are cases of Miller Lite and Budweiser Select piled in the center of the room. On the shelves, though, are kegs one wouldn’t expect to see outside of a bar. Bar 145 has, among other things, miniature kegs of Great Lakes. 101 Bottles looks like a veritable library of ales, lagers, porters and stouts. There’s a walk-in cooler, like the kind typically found in grocery stores and gas stations, and, naturally, there are cases of Miller Lite and Budweiser Select piled in the center of the room. On the shelves, though, are kegs one wouldn’t expect to see outside of a bar. Bar 145 has, among other things, miniature kegs of Great Lakes. This is a far cry from the crisp confines of the beer cave at Speedway.

All of this might seem overwhelming at first, particularly for someone trying to break into the craft beer scene. A neophyte who hasn’t sipped a single autumn seasonal might have trouble picking out a single brew from the half-dozen or so pumpkin ales that 101 Bottles has in stock in the fall months. However, manager Amanda May emphasized that at Bottles, staff suggestions are an important part of the purchasing process. “About 75 percent of the time, you end up picking something out for the customer ... a customer who is new to the craft beer scene or getting a gift for someone who enjoys craft beers.”

101 Bottles is the kind of place where the brave, burgeoning beer enthusiast can find something new and exciting if they’re willing to talk to the staff, but it’s also a place where someone who’s been in the game for years shouldn’t have trouble finding exactly what he or she is looking for.

Tropical Tripel, 101 Bottles of Beer on the Wall, $9.50; Stone Mixtape Vol. 5, $5.95.
Cool Song Bro.

Play it again.

BlackSquirrelRadio.com
MONDAY
10-12 PM Asterisks with the McDazzles
DJs: Lazer and Tazer
Keywords: photo, comedy, Akron, political, sports, Midwest, local events, Ohio, rock, alternative, 90s

12-2 PM A Taste of Culture
DJs: Corey Jones
Keywords: indie, rock, music, new, local, love, songs, upbeat

2-4 PM Awkward Time
DJs: Art
Keywords: celebs, celebrities, hip-hop, R&B, new music, concerts

4-6 PM The New Noise
DJs: Justin Graci and Harrison Mills
Keywords: pop punk, hardcore, indie, local punk

6-8 PM Radio Gravy
DJs: Scout, DJ JVIII and DJ Springroll
Keywords: alternative, hip-hop, R&B, punk, pop, everyday life, random, Arizona, Phoenix Dragoon

8-10 PM Blaque Noise
DJs: Blaque Fox and Brandi
Keywords: neo-soul, R&B, fashion, relationships, advice, social issues, artistic health, black women, black men, race relations

10-12 AM The Real is Back
DJs: J.R., DJ Authentic, Othello and Bobby
Keywords: R&B, 90s, talk, relationships advice, social issues, sports, real life

12-2 AM Talk That Talk
DJs: Miss Jaz, Mokalaita
Keywords: hip-hop, local, ladies, R&B, talk, fashion

TUESDAY
10-12 PM The Wake Up
DJs: "Galactic Garmil" (Garmai Matthew) and "Elle, Fancy Tetta" (Patricia Sampaga)
Keywords: current events, conscious, vibes, underdog, local, global, universal, dope, music, indie, college radio, The Wake Up

12-2 PM Dinosaur Sneezes
DJs: Julie Selby and Paige Margolies
Keywords: post-hardcore, post-alternative, rock, punk, indie, hardcore, alternative

2-4 PM Badwords, Beats and Bruh
DJs: Badwords (Randy Pasket) and Control (Derrick Steiber)
Keywords: underground, hip-hop, icons, local music. Kent artists, talk

4-6 PM Face Value
DJs: DJ AJ and Kcurrey
Keywords: alternative, classic rock, rock, hip-hop, 80s, 90s, music news, musical debates, musical facts

6-8 PM Luna Negra on the Radio
DJs: Angel Mack
Keywords: poetry, creative writing, art, indie music, alternative music

8-10 PM All-American Radio
DJs: Cris Ross and Ariean Wolf-Knight
Keywords: classic, rock, music, menica

10-12 AM Kent Concert Vibe
DJs: Christine Framen and Shannon McFarland
Keywords: live, local, concert, interviews, music

12-2 AM Rockin' Oldies
DJs: Maggie Flynn
Keywords: 50s, 60s, 70s, 80s, awesome facts, themed shows, classic rock

WEDNESDAY
10-12 PM The Odd Couple
DJs: Cri$ Ross and Arien Wolf-Knight
Keywords: indie, pop, electronic, talk, music, rap

12-2 PM The Bench
DJs: Max, Fleck, Joe and Gator
Keywords: sports, talk, hip-hop

2-4 PM The Toy Box
DJs: DJ Cubed (aka Sarah Jay)
Keywords: video games, anime, geek culture, game technology, My Little Pony, cartoons, zombies

THURSDAY
10-12 PM Audio Zone
DJs: Key DePeew
Keywords: 80s, punk, alt fit, feminism, causes, writing, activism, gender, 90s, alt, art, literature

12-2 PM The Zach and Beau Show
DJs: Beau Kuhn and Zach Eckert
Keywords: 90s music, punk, radio, Black Squirrel Radio, R&B, media, entertainment, news

2-4 PM Sports with Shook
DJs: Austin Coley, Gabe Kramer, Kory Kuba. Austin Moore, Sean Christian, Patrick Patel, Nick Shook
Keywords: sports, Kent, State, NFL, NBA, MLB, NHL, college football, basketball

4-6 PM Word play
DJs: Jensen DeArment
Keywords: live music, interviews, local bands, varied genres, pop punk, alternative, indie rock, funk, fun facts, life tips

6-8 PM Three Guys and a Girl
DJs: Natalie Moses, Tyler Pina, Andrew Rasner and Jason Kilbane
Keywords: 90s music, party, weekend, pop culture, dating relationships, indie, pop house

8-10 PM Sedatophobia
DJs: Jen Delozier, Megan Corder and Brie Jutte
Keywords: fun, random, fan girl, bizarre, nerds, themed, music, music, squid, extremely

10-12 AM We Are The Eggmen
DJs: Sir Psycho Sexy and Fletcher "The Wombat" Dunham
Keywords: music, movies, alternative, indie, current events, party, local music

12-2 PM Afterparty
DJs: DJ Neil Down
Keywords: sex, drinking, relationships, girls, guys

FRIDAY
10-12 PM Birdlaw with Lindsey
DJs: Lindsey Speyer
Keywords: music, current event, special interest, Q&A, guests

12-2 PM Fresh Fridays
DJs: Ed Stafford and Alyssa Galisman
Keywords: fresh, Fridays, new music, current events, freshman, hip-hop, indie, rock

2-4 PM The Alternative Study Break
DJs: Katherine Krebs and Jordan Savren-Storm
Keywords: anime, classic, alternative, pop

4-6 PM Finders Keepers
DJs: Rachel Carol Campbell
Keywords: pop punk, rock, alternative, local music, unsigned, undiscovered, indie

6-8 PM nightout
DJs: Don, Dan GQRoR (aka JUZZIEBABY) and Miley Dizk (aka haezliz)
Keywords: events, concerts, campus events, 90s, rock, techno, dubstep, fest, wild, crazy, hot, hot, hot wubs not, comedy, dating advice, advice, random, embarrassing, new artists, surviving college

SUNDAY
10-12 PM All My Heroes Are Dead
DJs: Kirk
Keywords: history, classic rock, jazz, interesting people, comedy, instro, show tunes, hipster, empowerment, awkward

12-2 PM Hangover on a Park Bench
DJs: Ben Roman (aka DJ Bronman), Kyle Hurtle (aka DJ K Hunter) and Cody Parry (aka DJ SnazC)
Keywords: variety show, sports, video games, news, current events, classic rock, talk, headlines, hip-hop, local

2-4 PM Real Talk
DJs: DJ Des and DJ Dame
Keywords: human relationships, society, social issues

4-6 PM Return of the G
DJs: Zach Yonkina
Keywords: hip-hop, indie, rock, movies, actors, albums

6-8 PM Tell Fuzzy Music Friend
DJs: Jacob O'Bar
Keywords: music, music, mix, discussion, alternative, indie, music, reviews, new artists

8-10 PM Sunday Toppings
DJs: DJ Bryant Kang, Cameron DeMatte
Keywords: Sunday, hangover, music, mix, current events, talk, alternative

10-12 AM Sunday Funday
DJs: Elite Enselein and AnnMarie Stoppa
Keywords: sneagun, hip-hop, talk, Sunday, drinking, alternative, indie, new music, underground, electronic

12-2 AM The Graveyard Shift
DJs: Connor Reid
Keywords: rock, music, 90s, classic hip-hop

SATURDAY
10-12 PM The Doseage
DJs: Asia Matthews (DJ Sandy No Cheeks) and Nicole Campbell (DJ Nola)
Keywords: hip-hop, talk, early, morning, R&B, classics, new current events, women, college

12-2 PM The Gauntlet
DJs: Ian Klein, Justin McKinney, Richie Mul and Nick Hersey
Keywords: pop punk, hardcore, making radio history, game shows

2-4 PM The Grapevine
DJs: Mike, Angela and Sung
Keywords: funny, hilarious, Mike, Angela, Sung, grapevine, talk, fun facts, punny

4-6 PM Get Stoked On It!
DJs: Nick Onuska, Phillip Wede, Alex Taylor and Hannah Summerville
Keywords: pop punk, hardcore, making radio history, game shows, comedy, anonymous

6-8 PM Nikki and Nora's Infinite Playlist
DJs: Nikki Fitz and Nora Bug
Keywords: girl code, latest hits, current events, advice, health, beauty

8-10 PM The Freshman 15
DJs: Valerie Williams and Lamar Burns (DJ Lema)
Keywords: urban, radio, freshman, hip-hop, rap, urban traffi, urban comedy, urban culture

10-12 AM That's That
DJs: Kitty (Amber McEwen) and Cat (Mandy Adams)
Keywords: alternative, feminism, girl power, pop, R&B, soul, throwback, girls, comics, comedy, beauty, inspiration

12-2 AM Kent Stop Won't Stop
DJs: Kscope, Kyle and Lindsay
Keywords: Kent Stop Won't Stop, party, Saturday, nights, fun, Kent

SUNDAY
10-12 PM All My Heroes Are Dead
DJs: Kirk
Keywords: history, classic rock, jazz, interesting people, comedy, instro, show tunes, hipster, empowerment, awkward

12-2 PM Hangover on a Park Bench
DJs: Ben Roman (aka DJ Bronman), Kyle Hurtle (aka DJ K Hunter) and Cody Parry (aka DJ SnazC)
Keywords: variety show, sports, video games, news, current events, classic rock, talk, headlines, hip-hop, local

2-4 PM Real Talk
DJs: DJ Des and DJ Dame
Keywords: human relationships, society, social issues

4-6 PM Return of the G
DJs: Zach Yonkina
Keywords: hip-hop, indie, rock, movies, actors, albums

6-8 PM Tell Fuzzy Music Friend
DJs: Jacob O'Bar
Keywords: music, music, mix, discussion, alternative, indie, music, reviews, new artists

8-10 PM Sunday Toppings
DJs: DJ Bryant Kang, Cameron DeMatte
Keywords: Sunday, hangover, music, mix, current events, talk, alternative

10-12 AM Sunday Funday
DJs: Elite Enselein and AnnMarie Stoppa
Keywords: sneagun, hip-hop, talk, Sunday, drinking, alternative, indie, new music, underground, electronic

12-2 AM The Graveyard Shift
DJs: Connor Reid
Keywords: rock, music, 90s, classic hip-hop
DIVISION I ATHLETES WEAR TUITION DOLLARS ON THEIR FEET

Five and a half percent of every student’s tuition goes directly to the university’s athletic department – a department which loses money every year. And when it comes to specific spending, the department’s executives aren’t quite sure where the money is spent.

BY ALYSSA MORLACCI

ith a smile plastered on my face, I’m shaking blue and gold pom poms in the end zone at Dix Stadium or on the sidelines in the M.A.C. Center.

Although most football and basketball game student attendees avoid making eye contact when I’m screaming chants in an effort to ‘engage the audience,’ what they might not realize is that they paid for those pom poms and the white Nike tennis shoes I’m bouncing around in.

They purchased my blue spandex jazz pants and my yellow halter top with rhinestones. They invested in the warmup jacket I wear to games, and sometimes classes. And, even the textbooks I’m using this semester because I am a member of the Kent State University Dance Team.

Most of us wouldn’t blindly hand over $4,908 without knowing exactly what we’re getting in return. Yet, college students pay this fee as part of their tuition each semester without knowing where their money ends up. And the worst part – neither does the university.

Sixteen percent of each student’s tuition pays a “general fee” that funds resources like the health center, theatre programs and transportation services. However, nothing gazzles more student dollars than Intercollegiate Athletics. And without these student fees, the athletic program would fall flat on its face, losing more than $12 million according to its NCAA Expense and Revenue report for 2012.

About five and a half percent of each student’s tuition is used to fund athletic programs. So, for one credit hour, an in-state student pays the program $24.50. This means a full-time, in-state student gives the athletic department about $270 per semester, while an out-of-state student gives the program about $490.

The program collected a total of $12,798,790 from student fees in 2012, while earning only $10,104,878 in revenue from all other outlets, including contributions from sponsors, ticket sales, participation in away games, television and radio broadcasting, program sales, concessions, novelty sales, parking fees and more.

This means students tuition fees are the program’s biggest source of income.

When it comes to equipment, the program spent more than $1 million in 2012, but that’s all its executives know. A request for documentation explaining what equipment was purchased during the year of 2012 was forwarded to the Office of General Counsel by the athletic department and answered by Nichole DeCaprio via email, who stated: “There is no record responsive to this request.”

The department doesn’t keep track of the costs or numbers of items purchased every year, such as helmets, cleats, shoulder pads, footballs, uniforms and mouth guards. So why should students fund a program that annually loses money and doesn’t keep track of what it’s purchasing?

Kent State’s athletic director, Joel Nielsen, says the program provides a service to students, as a “release for them, it’s a sense of pride for them, it’s a sense of supporting something that’s outside of their academic pursuits.”

As a member of the dance team, I don’t see much of the programs money exchange past what I collect while hollering “programs, just $5” at every home football game.

I am lumped into the ‘spirit program,’ which includes cheerleaders, mascot and band. In 2012, it received a budget of $43,034. This covered expenses ranging from book scholarships to uniforms to some team travel and occasional pizza at halftime.

We have the smallest budget in the department. Other teams are given thousands to millions of dollars for expenses like equipment, team travel and scholarships.

At large, travel costed $2,472,494, equipment totaled $1,107,479 and $5,516,680 in scholarships were awarded in the year 2012. And while the request for specifics on this information was neglected for two weeks, Joel Nielsen was given an 18 percent raise by the board of trustees Sept. 18, making him the highest paid athletic director in the Mid-American Conference.

This means the nearly $5 million used to pay support staff and administrative salaries at Kent State last year will increase as college athletic expenses as a whole continue to grow on a national scale.

The NCAA’s Revenues and Expenses Report for Football Bowl Subdivisions showed a 10.8 percent increase in programs spending while revenue generated by these athletics departments only rose at a 4.6 percent rate.

This gap between expenses and revenues has made only 23 of 228 NCAA Division I public school athletic programs able to self-sustain in 2012. USA Today further investigated this report during the summer and found that only seven of these schools (LSU, Nebraska, Ohio State, Oklahoma, Penn State, Purdue and Texas) did not receive any type of subsidy. Kent State is ranked 97th with a total revenue of $22,903,668 and more than 75 percent coming from subsidies.

Nielsen says the program at Kent State isn’t built for revenue purposes. Instead, it’s meant to benefit the school by providing visibility as valuable as millions of dollars worth of advertising, especially during the baseball team’s presence in the College World Series and the football team’s travel to the GoDaddy.com Bowl this past year.

Nielsen also says having a self-sustaining program would be ideal, but in order for Kent State to profit from its athletic program, the entire college athletics model would need to change.

“Businesses don’t produce products that won’t sell, or that they won’t make money off of them, and so we would have to be strictly looking at return of investment and making sure there’s a revenue generation stream available that can support the expenses associated,” Nielsen says.
<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
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<tr>
<td>Athletic Student Aid</td>
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<tr>
<td>Recruiting</td>
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<tr>
<td>Support Staff</td>
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<td>Coaching Salaries</td>
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<td>Direct Facilities</td>
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<td>Spirit Groups</td>
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<td>Medical Expenses and Insurance</td>
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<td>Fees for Other Institutions' Visits</td>
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<tr>
<td>Sports Camp Expenses</td>
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<tr>
<td>Other Expenses</td>
<td>$1,107,479</td>
</tr>
</tbody>
</table>

**Total:** $10,332,236
SAVE SMART, PACK UP,

GO ABROAD

WORDS AND PHOTOS BY KELSEY HUSNICK

If you've ever dreamed of exploring the far reaches of the globe, I can tell you that it's entirely possible. Yes, even possible on a budget, while in school, without the help of a magic genie or rich parents. I have studied abroad each year I've been in college, and, as a senior, I'm currently planning my fourth trip.

I've had different strategies through the years, and I'll fill you in on my secrets. You can thank me when you and your friends are dueling with baguette swords beneath the Eiffel Tower, or posing for that perfect picture holding up the Leaning Tower of Pisa.

As a freshman, I was lucky enough to have some money left from my high school graduation party. So when I learned of the opportunity to tour Austria, Germany and Switzerland for two weeks during winter break, I had to go for it. I had never traveled further than New York or South Carolina before, but I knew it was something I wanted to do. My graduation money left me a little over $1,000 short, so I wrote letters to groups in my hometown asking for donations for my trip. This is quick, easy and effective. Write letters to veteran's clubs, women's clubs, conservation clubs and your local library or church. If you explain that you need funding to better your future, most groups will try to help out in some way, even if it's only $20 or $50. This adds up.

The catch is that you may have to make a speech at the club when you get back in the U.S., in order to share your experiences and tell them what you took away from the trip. This is a small sacrifice, and if you're anything like me, you'll want nothing more than to tell everyone you know about how you rang in the New Year in Munich at the original Hofbräuhaus. (But maybe you should leave out the drinking and share the pictures you took from the top of Mt. Rigi in the Swiss Alps instead.)

I studied abroad with the College of Communication and Information's Florence program my sophomore year. Kent State has its own campus in Florence, Italy, with programs specifically for fashion, architecture and communication students, but it's open for all other majors as well. There is another satellite
Think of the extra $5,000 as an investment for your future. I promise you that it is worth the extra pennies.”

Kelsey Husnick
writer

campus in Geneva, Switzerland, with similar programs. To pay for this trip, I worked. I worked and I worked some more and then I worked a double the next day as a manager in a pizza shop. I also received a $1,000 scholarship from CCI. Kent State provides a lot of scholarships for students trying to study abroad, and for this one, I didn't even have to apply. Be sure to check with the Office of Global Education, which can provide you with a list of scholarships you can apply for with both the university and outside sources. There are more than 30 professor-led courses you can take and 200 programs to get you overseas. Some, such as a year in South Korea, are actually cheaper than a year at Kent State.

I also took out a loan from Wells Fargo to fund part of the semester. I hear that groan — no one wants to take out loans, I know that. Think of the extra $5,000 as an investment for your future. I promise you that it is worth the extra pennies. I would relive every single hour of overtime I spent toiling away at my minimum-wage job and take out another loan if I could relive my four months in Italy.

The best part about spending a whole semester abroad? You have all of Europe at your fingertips. Border-hopping is cheap and easy. I was able to see parts of England, France, Greece and most of Italy while living there. Plus, you get a real glimpse of the culture in your host country instead of simply passing through as a tourist.

With seven countries down, I decided to travel to a different continent my junior year. South America was next on my list, and the School of Journalism and Mass Communication International Storytelling class allowed me to go to Brazil on a reporting trip. As a magazine journalism major, this was perfect — working in a foreign country was exactly what my résumé needed. This was another case of working maximum hours for months. I also went to the extremes. I sold all of my old clothes at Plato’s Closet. (You know those jeans you’ve had since high school or that blouse you bought months ago and haven’t even taken the tags off?) I saved all of my coins. I would go out but stop after one or two drinks to save even more. I ate most of my meals at work to avoid buying groceries, which meant pizza for dinner five nights a week. It all helped.

The point is, coming up with the money to study abroad is entirely possible. If you want it bad enough, it can happen, and there are plenty of people and resources on campus to help you. The world awaits you — you just have to step outside your comfort zone and embrace it.

THE WEIGH-IN: WHAT CAN STUDYING ABROAD DO FOR YOU?

“You enhance your critical-thinking skills and problem-solving skills. Adaptation is another important part because you need to adapt to the countries and the cultures that you live in. You look at life a little more differently, a little more globally. You approach a problem differently than other people because most of you have had these experiences where you couldn’t find a train station, you couldn’t find a grocery store or your apartment the first day. You were frustrated in a different culture. It develops your confidence and you reframe your identity as an American, which is important in this global world and market ... When you have study-abroad experiences, your employers look at you differently because they believe you can go beyond the regular things that are happening in the office.”

Ediz Kaykayoglu
assistant director of education abroad

“I think it’s a great way to set yourself apart, and distinguish yourself from the pack when you go out job hunting. There are going to be a lot of other students graduating and going out looking for the same jobs, and I’ve had many students say to me that the study-abroad experience on their résumé is a real conversation-starter. It breaks the ice and shows that they are different than a lot of other students. It just does simply say things without being specific. It says that you’re more adventurous, that you’re more independent and self-sufficient. When you’ve survived a serious study-abroad experience, it says that you can make your way in the world.”

Deborah Davis
director of academic relations in the Office of Global Education
Designer Miles Tucker joins Diatra Lanham, Ajee Smith and Capreon Mitchell in modeling his new line, Winter Delivery 1.

Some students see college as a path to a job or career. But for some enterprising individuals, starting a business is a chance to learn on the job.
iles Tucker seems like the typical college student, sporting fraternity blocks across his chest and attending classes. However, during his sophomore year, Tucker set up a clothing printing press in his Johnson Hall dorm room, where people first met and bought his brand: BOY Culture Clothing.

The entrepreneurship major began working on his brand “for the fitness skateboarder and a skater who likes dope clothes” last October.

Tucker was ambitious about his clothing line, but he knew he needed help, so he sought out the Blackstone LaunchPad located on the second floor of the Student Center.

The LaunchPad was created in May 2013 as an innovative program that teaches students, faculty and alumni how to transform their ideas into thriving businesses.

It connects student entrepreneurs to those in the field with knowledge and background in entrepreneurship to help start businesses such as marketing and graphic design companies, research and feasibility help, equipment and more. The program provides the advice, counsel and networking necessary to get ideas off the ground.

Julie Messing, LaunchPad executive director for entrepreneurship initiatives, says students from all regional campuses are able to connect with the LaunchPad via Skype. Zach Mikrut, marketing and events manager from LaunchPad, and LaunchPad Venture Advisor Stacey Banks-Houston also go on the road to meet with entrepreneurs at regional campuses.

At the LaunchPad, Tucker met his mentor, Kate Harmon, who is the program manager and an entrepreneur herself. She has co-founded two nonprofit organizations: the Hudson Farmers Market and Junior Leadership Hudson. She is board president of the latter and has more than 10 years of teaching experience as a visiting professor and adjunct professor of art history at other universities.

Harmon helped Tucker define the brand, construct a business plan and fill out legal documents and paperwork, a process that took months.

“The LaunchPad took me from not knowing anything about business to teaching me, and then I found the entrepreneur in myself,” Tucker says.

From there, Tucker began crafting clothing on his computer, utilizing his background in graphic design. He worked late nights designing and remembers barely leaving his room unless it was to go to class or buy food.

Next, Tucker needed to raise money to purchase a heat press, so he took a few freelance jobs designing business cards, postcards and websites for clients. On March 11, 2013, he was able to launch BOY Culture Clothing, consisting of T-shirts, long-sleeved shirts, sweatshirts and tanks for men and women.

All entrepreneur undergraduates are encouraged to dedicate two semesters of coursework to launching their own business. Denise Easterling, marketing and entrepreneur lecturer and serial entrepreneur, believes this opportunity is what makes Kent State’s program so great. Easterling knows first-hand how difficult it is to start a business; she has co-founded five start-up companies herself.

“Not everyone has you actually start up a business and run it for a year,” Easterling says. “I think that is imminently valuable and challenging, but if you’re going to be an entrepreneurship major I think you should have graduated having to go through the process.”

BOY Culture Clothing took a break this past summer to develop a higher quality brand for the fall season, which is scheduled to go on sale Nov. 1.

“My favorite thing about being an entrepreneur is the openness of it and the ability to learn and create something new,” Tucker says.

If you glance at Chris Haynes, junior entrepreneurship major, you would never guess that he has worked nearly 20 part-time jobs. He’s also founded or co-founded four businesses. And he’s only 27.

This is nothing new for Haynes, who says to always work hard if you’re going to be an entrepreneur.

His businesses include Visual Effects Detail Service, Aquacare Detailing LLC., Citizen Sync and Campus Shift. Haynes, too, has found light at the end of the tunnel in being a part of Kent State’s entrepreneurship program.

“Trust me, there are days when I stand back and wonder how I’ve been doing this for 10 years as well,” Haynes says about his success as a student entrepreneur.

Haynes’ story began in 2004 when he attended Kent State as a full-time student; he has been a part-time student taking six credit hours a semester since then. He says there were a few times he took semesters off.

When he was 18, he first started Visual Effects Detail Service, an car-detailing company, out of a friend’s garage just doing car details for family and friends. Eventually, he built his list up to more than 30 different clients and moved into his own building with the money he earned, which also allowed him to keep attending school part-time for a couple of years.

After being approached by a friend, who taught him about boat-detailing and how much more money could be made just by increasing the knowledge he already had, he turned his car-detailing business into Aquacare Detailing LLC.

Haynes and his friend started off small with a few clients, but they eventually worked out a deal with a yacht club in Vermilion, Ohio, where they received a small percentage of the work they completed on their property in exchange for the yacht club promoting the company as their official detail service, he says.

That process allowed him to drastically increase the amount of clients he had within three years and was able to expand to nearly 40 different clients and partner with other yacht clubs along Lake Erie, Haynes says.

Then, two and a half years ago, while serving part-time at a restaurant near Kent, he was approached by one of his regular customers. The customer happened to be Pamela Grimm, Ph.D., the current chair of the Department of Marketing and Entrepreneurship at Kent State. She asked him more about what he did for a living.

Haynes began explaining his entrepreneurship past and Grimm told him she would love to have him check out the entrepreneurship program. It was then that Haynes changed his major and joined the entrepreneurship program in the fall of 2011.

As part of his major, Haynes attended a networking event and met someone who was starting a business based on saving college students’ money. After talking with him and collaborating on how the business could be run smoother, Haynes joined the company and helped create Campus Shift.

“We expanded our team and business model to include multiple ways for students to save money while in college,” Haynes says. “I actually launched the company as my project for the entrepreneurship program.”

In January 2013, he left Campus Shift with a portion of his team to form a new business, Citizen Sync. The business created the Oberlin App — a joint effort among the Oberlin Business Partnership, the City of Oberlin and Oberlin College, designed to reach the entire Oberlin community.

The app launched Sept. 28 and is now available in Android and iPhone app stores.

Haynes says Oberlin App as part of Citizen Sync is “a hands free mobile app solution that is designed to connect residents, visitors, local businesses and important city information on one easy-to-
When you are truly an entrepreneur it isn’t just a career, it’s a lifestyle.”

Chris Haynes

use mobile application.”

Haynes is attending classes this semester, but he’s debating whether he’ll return next spring or focus on growing the new company.

“It is picking up even more steam than Campus Shift ever had, and we’re really excited,” Haynes says. “Now that we have city No. 1 down, who knows what we’ll be up to next.”

As of right now, Citizen Sync is the only company he is focusing on. His two other business partners, Zac Sebo and Darren Mills, are proud to say that when they all started the company a few months ago, they set out on a goal to turn a city into a mobile community.

One thing Haynes is sure of is that he still wants to continue doing whatever he can to help student entrepreneurs. During the past three years, he’s been mentoring and coaching student entrepreneurs, including guest speaking at universities. He says sharing his knowledge and experience with other young entrepreneurs is a life-long goal of his.

“Beyond being a resourceful entrepreneur, [Haynes] has an impressive record of giving back to the entrepreneurial ecosystem by mentoring and coaching other entrepreneurs, connecting them to the members of his impressive network and teaching them how to start and grow their businesses,” Easterling says of Haynes on his LinkedIn profile recommendation.

“The reason I was interested in pursuing my career as an entrepreneur wasn’t because of the money or wanting to be my own boss,” Hayes says. “Every day, I look at the world and realize that with my skills and knowledge I can do something to make it a better place and constantly think of ways to improve the world around me. When you are truly an entrepreneur, it isn’t just a career; it’s a lifestyle.”
FIND YOUR WAY TO CLASS AND GET THOSE ATTENDANCE POINTS.

Download the KentWired App for an interactive map of KSU.

Don't just wander around campus all semester.
Living on your own, managing your money (or lack thereof) and trying not to look like too much of a rookie makes the first year of college a trying time. With a little foresight from those who have been there, you just might make it through.

**Lanyards:**
Total practicality. Holds ID, door key, meal card, cash, bank card, credit card, emergency contact card, Acme card, class schedule and what little dignity a freshman has.

**Campus map:**
Nothing says, "I have no idea where anything is," like a folded piece of paper telling you exactly where everything is.

**Multiple KSU items:**
Show your school spirit by covering yourself head to toe with it.

**Bewildered expression:**
Conversely, freshmen will overcompensate by spending the rest of their time being obnoxious.

**Incredibly young looking:**
This one is not entirely their fault, but still...

**Carrying too many items for class:**
On the plus side, good cardio. Downside: You spend more time picking up dropped items than actually rushing to that class you’re late for.

**Impractical footwear:**
Come on frosh... Flip flops are not for every season.
If you don’t know this by now, people pretty ubiquitously associate wearing lanyards with freshman status on Kent State’s campus. But aside from that, and knowing that one should treat a trip to Rosie’s on a Thursday night with the same trepidation that one would show going into the Mos Eisley cantina, what else do you need to know as a first-year student? Here are a few essential words of advice.

First, at the risk of sounding rote, there is a direct correlation between how many classes you attend and your GPA. Sure, you might be able to get away with a skip here or there, but you’re playing a dangerous game at that point. Some professors will dock points from you for this without you knowing, and once you’ve skipped, you lose all rights to complain that something on the test wasn’t covered in class.

Next, take advantage of your professor’s office hours; they’re there for your convenience. If you are struggling in a class, this should be your first step, even before sending out one of those mass emails to your classmates that is lucky to receive a single response. The reason for this is twofold. The instructor of the class is always going to be able to give you better advice about what he or she expects for their course than a fellow student will. Plus, if your instructors start getting used to seeing your smiling face in their office asking for help, they’ll recognize you in class and while grading, and you have a better chance of them giving you the benefit of the doubt if you barf out some horrible paper at the last minute that was fueled by energy drinks and pizza. You also may find from talking to them early on that they are insufferable and unreasonable, in which case you can withdraw from the class quickly and pick up something else.

Lastly, this one is for students with a meal plan. Don’t use it like you’re spending fake money that will never run out. (There’s nothing fake about it, and it will, in fact, run out.) Try your best to show some restraint. Getting out on your own for the first time with this “debit card” brings on a great temptation to eat five tacos per day from Prentice or order several pizzas for your friends while checking out a band in the Rathskeller. Sure, you might feel like the king or queen of the world for that night, but it’s not as fun when you’re trying to bum meals from strangers 3/4 of the way through the semester. The safest bet is to shop smart, look for deals, and eat three out of every four meals in your room with meal-plan groceries.

To quote LeVar Burton (that’s right, the host of “Reading Rainbow,” which if you are too young to have seen, you are now required to watch every episode of), “You don’t have to take my word for it.”

Here are some words meant to help guide you away from the mistakes these Kent State students might or might not have made:

“The first 16 years of education go like this: ‘Follow your dreams.’ The next two go like this: ‘There’s no money in your major, what were you thinking?’” Pete Grapentien alumnus and English instructor

“Don’t declare an exploratory major. Think of what makes you happy, and jump right in.” Emily Haft senior zoology major

“Don’t choose a major because you think it will ‘get you a job.’ You are going to college to train for a job you are going to have for the rest of your life. Make sure you can see yourself doing that job happily.” Samantha Yost graduate geology student

“Take your scheduling into your own hands. Don’t rely entirely on the academic advisers.” Seth Holt junior English major

“1. Mana potions keep your energy up! 2. Chamomile before bed for sweet dreams.” Greg Resendez senior anthropology major
n early March I was going for a run around campus. During my last half mile, my editor called me.

"Uh oh, he never calls," I thought.

I slowed to a walk and answered my phone.

He told me he was having a hard time finding some of the restaurant reviews I was editing for the magazine on an office computer.

"All the ones I received are in the ‘Dining Reviews’ folder," I replied. I had been working on them throughout the week.

Then he asked where my own reviews were.

"What do you mean, my reviews?" I asked. Not only was I exasperated by this point, but I started getting a little dizzy. Turns out, being slightly reprimanded, my jog, that had slowed to power walk, eventually became a sulky trudge on the way to my apartment as I considered by this point, but I started getting a little dizzy. Turns out, being slightly reprimanded, my jog, that had slowed to power walk, eventually became a sulky trudge on the way to my apartment as I wondered “How on Earth could I miss something like that?” and “When will I ever have time to get these done by tomorrow? I work all day.”

Though balancing multiple obligations was a challenge I readily accepted while in school, and usually enjoyed, I found that the word “balance” was just not part of my vocabulary anymore. Since high school, I wanted to join every activity humanly possible. I was in cheerleading, band, choir, a student political group, student council – the list goes on. I loved my busy schedule and I loved knowing that I was accomplishing all these little goals I set for myself. I sometimes stressed about my work, but I stayed organized and never felt too overwhelmed.

“Get involved as much as you can,” is the familiar mantra students hear all the time. We’re always looking up to the person with the extensive, all-over-the-map resume. The idea of a dean’s list student, with an accounting major, who’s involved in student government and Habitat for Humanity and theatre and the National Honor Society and soccer and dance bedazzles us.

When I came to college, part-time jobs took over a good chunk of my time, while I still tried to get involved on campus. I saw a smorgasbord of opportunities and I couldn’t pick just one. Though my major is news with a concentration in magazine journalism, I got involved in broadcast, working for the student-run newscast while maintaining a weekly blog for The Burr.

My first year at Kent was no problem. I stayed on top of my work and impressed my instructors. Spring semester, however, I began failing at almost everything, and I couldn’t figure out why. My sales goals at work weren’t met, I missed deadlines, I kept cutting hours away from my schoolwork for my job and I eventually begged for help with my then Web editing position at The Burr. When I got home, I bounced around working on multiple activities at once (and not successfully) because I suddenly felt overwhelmed by my normal to-do list. A month went by and I thought it was a phase, a “rough patch” maybe, but that rough patch lasted a lot longer than I imagined it would.

On March 20, I was finishing some statistics homework around 12:30 a.m. I knew I had to work early and I was dying to take a break, so I checked my online class to see if I was up-to-date on all my assignments. A message from my instructor in large print on the home screen read, “Your final projects are in (or should be)... Enjoy spring break knowing you’ve completed the course.”

I stared at the screen blankly. My jaw dropped. I hadn’t even started that project.

I started sweating, literally. After checking my calendar and the syllabus over and over again, trying to rationalize a reason for the misunderstanding, I accepted my mistake.

After my moment of silent panic in my bedroom (I was trying not to wake my roommate), I came to a hard realization; I must’ve glanced at the due date too quickly and carelessly wrote down the wrong one, and this happened because something is missing from my educational experience: focus. Where did it go and how could I get it back?

I decided to meet with a counseling practicum graduate student here at the Kent State counseling center to see if I could get to the bottom of my issues balancing the different roles in my life.

When I met with her for the first time, I didn’t quite know how to explain my problem. (I’ve never done this before, and it was a bit awkward.) So I attempted an analogy.

I often envision myself running in a race. Maybe I don’t have to be in the lead at all times, but I at least want to keep up with the top 10 to 20 runners. It’s not acceptable for me to fall toward the middle at any time, I told her.

These runners represent my colleagues, the race itself is my journey to success and the finish line is the accomplishment of all my personal goals, I explained. The runners may change or sometimes they’re bundled together. They could be my coworkers, my friends or my fellow students, but the feeling of guilt when I can’t keep up with any of them is the same.

The problem occurs when I take on too much with all my activi-
ties. The runners begin speeding ahead of me in different directions at once. Suddenly, I’m in a whirlwind of competition and I can’t decipher the fork in the road I want to choose. I start running toward one, then change direction, scatter-brained and frantic. I know that I need to pick one road. In the meantime, people are passing me faster than I can blink.

“That’s a good analogy,” my counselor said.

“Well, what do you think about all this?” I replied.

She looked at me with a coy smile. I should have known it wouldn’t be that easy.

“The point is so we figure all this out together,” she told me. After I left with little satisfaction and loads of frustration, I pondered if that perhaps this wasn’t just me who was struggling with time management. After a little research I learned it’s not.

The easy answer was staring me in the face: Run your own direction, at your own pace and on your own time. This’ll help us find our zen. But we as students don’t live in that kind of world, or at least we don’t think we do. A study published in the Journal of Nutrition Education and Behavior in 2012 reported that “Women, 4-year-students, and students of lower socioeconomic status appear to be particularly affected by high time constraints and not having a healthy balance in life.” Though this study focused on finding time to prepare healthy meals versus stopping in a fast-food drive thru (which is something I’ve definitely been guilty of for most of my college career), its findings can say a lot about the way many of us on the college-track are living.

The way I’ve always seen it is when one aspect of my life suffers, everything else does, too. Blowing off sales goals at work can reduce a paycheck, slacking in extra-curricular activities allows others to get a one-up on their resumes that I won’t have, and a lower grade point average can reduce my opportunities for scholarships or even job opportunities. Reducing friend and family time can make me feel isolated and depressed, which can possibly make all those things suffer at once.

After I missed my final assignment for my online course, I called my mom.

“Honey, do you want me to come out there and spend an evening with you?” she asked for about the fifth time that semester.

“We can talk about it and figure out a game plan,” she suggested.

I cut her short.

“No, I don’t even have time. I just have to push through. In fact, I’ve gotta go,” I replied.

Another study conducted by the Institute of Behavioral and Applied Management in 2007 supported the idea that incompatible pressures from both work and school lead to emotional strain for college students, and in turn, lower their state of well-being.

Of the 197 billion students enrolled in school, 72 percent of them have part-time jobs, according to the U.S. Census Bureau. More than half of undergrads work more than 20 hours per week, CBS News reports.

Add one of two extra-curricular activities onto that and it’s no surprise that the majority of us could probably use a little life-balancing advice.

But I wondered if by joining clubs, taking on positions, and expanding our resumes, we forget what we’re here to do. Have we become so accustomed to multitasking that we’ve forgotten how to hone in on one subject? At what point did we evolve from well-rounded students to jacks of all trades, to scatter-brained masters of none?

My questions would have to wait, because at my next appointment my counselor came prepared with a diagram. It was time to focus on myself.

She presented me with a Wellness Wheel. It was a piece of paper that looked like a spiderweb of all different topics, including, but not limited to: community involvement, dreams and ambitions, fun and recreation, career, family, spirituality and physical fitness.

She asked me questions about all of the topics, which had contained five empty spaces branching outward. I rated them on a scale of importance and fulfillment (1 being the worst and 10 being the highest). It seemed a little basic and juvenile, but I fought through my pride and answered honestly.

When we finished the wheel, she showed it to me and asked me to reflect on it and ask myself if I was OK with the way it turned out. I finally took it all in and my eyes widened.

It was a little, well, pathetic. Most categories were about average on the wheel, but anything that involved people, such as family, friends, relationships, was almost nonexistent.

Light bulb. I was unintentionally alienating the people in my life for months, and I hadn’t realized it until this moment. I thought limiting my time in my social world was improving my college and work world. But in reality, it was making it worse. My life became all about the business. So much so that when I tried to go out with my friends for an hour or two, I felt guilty. And usually, by Friday night I was so spent and tired that I hid in my bedroom watching the week’s worth of General Hospital alone with my cat.

Because I’m 21 years old and not retired, I decided that sacrificing some time to reunite with my loved ones wasn’t such as bad idea. My counselor created a plan to help me out. She decided I should do things like contact some friends and family members I hadn’t seen in a while. She also suggested that I allow people like my mom to help me, instead of just using them to vent. Her advice definitely helped. My support system is back and I finished my finals with a momentous stride.

Perhaps I’ll never know why we as students gravitate toward opportunity like moths to a light bulb, but at least now I realize that it’s okay to say “No,” to some of those opportunities, and it’s even better to make time for the people in your life who support you. After all, how important would our accomplishments be if we had no one to share them with?

"Have we become so accustomed to multitasking that we've forgotten how to hone in on one subject? At what point did we evolve from well-rounded students to jacks of all trades, to scatter-brained masters of none?"

Cassie Neiden
THE WELLNESS WHEEL

Shade it in for yourself to see if your life is balanced. Start at the center, and color outward. The more spaces colored in, the more satisfied you feel in that category. Think of each section separately. When you’re finished filling in every category, hold it out in front of you. Are you looking at the person you believe yourself to be?
YOU COULD BE PART OF THE EXCITEMENT.

If you’ve ever dreamed about being on the radio or TV, or you’ve always wanted to write articles or take photos, now’s your chance. Student Media is a student-run department engaged in providing news, information and entertainment to the Kent State University campus and surrounding community. You don’t have to be majoring in a media-related field. We train you!

Black Squirrel Radio has about 100 DJs! TV2 needs students to run cameras, anchor the newscasts, cover live sporting events, appear on shows and much more. The newsroom for the Daily Kent Stater, Kentwired.com and TV2 always needs more students to report, edit, write stories and take photos.

This year alone our students traveled to cover the College World Series of Baseball in Oregon. About 100 students worked to cover President Obama’s visit to campus in October. We sent students to Boston and Chicago to cover the election November 6.

You could have been part of the excitement.

Student Media needs diverse students of all majors and backgrounds to truly reflect all that is Kent State.

• GAIN REAL-WORLD EXPERIENCE
• MAKE LIFE-LONG FRIENDS
• FEEL LIKE YOU BELONG
• HAVE FUN
• EXPRESS YOURSELF!

For information on how you can get involved, email Lori Cantor at lcantor@kent.edu.
We’re creating a buzz.

ksubuzz

Check out the ksubuzz weekly entertainment magazine, available on newsstands across campus every Thursday.
experiences all Kent State students should have before graduation. In no particular order.

COMPILED BY THE BURR STAFF
ILLUSTRATION BY CHUCK CONKLE
Spin the Wheel at Ray's Place on your 21st birthday.

It's a 21st birthday must-do. On 'mine, the bartender stopped the wheel at "bartender's choice." He consulted my friends, who told him to have no mercy. I agreed not to smell the concoction, so he agreed to prepare a chaser. I ended up downing a Nazi Taco — Bacardi 151, Jägermeister, tequila and hot sauce; washing it down with pop. —Becky Dickson
Sing karaoke at the Brewhouse Pub.

Jimmy Tribuzzo, owner of the Brewhouse, says the go-to song is “Sweet Caroline” by Neil Diamond.

Attempt a ‘Grecian Urn’ at The Loft on your 21st birthday.

This disgusting abomination has only three standard ingredients: Bailey’s Irish Cream, lime juice and Tabasco sauce. Everything else is up to the bartender, and depending on who’s working the counter, it can become a nasty mix of hard liquors. You’re forced to imbibe this unholy concoction near a trash can because vomiting is common and unwelcome on the floor. Your mouth will burn and your stomach will feel the bitter sting of betrayal, but you’ll feel accomplished — even if you spill your guts. Just be sure to keep some peanuts and ginger ale close by.

Drink a ‘Hulk’ at the Loft.

This green and white monster is designed for chugging. Blackberry schnapps and Red Bull meet in a clear mug before the bartender drops a shot glass of Blue Curacao to the bottom, turning this potent mix of alcohol and caffeine green.

Spend a late night at Rosie’s (with friends, in your PJs).

Attempt ‘The Challenge’ at Mike’s Place.

The menu says it best: “A few have dared, taken the challenge and won.” If you accept (and drop $29), you have 30 minutes to conquer this 70-ounce, ground-beef monstrosity. Should you succeed, you’ll not only get a full refund, but your photo will be enshrined on the restaurant’s entry wall.
Eat a Mo-Fo Burger at Ray’s Place.

You cannot consider yourself a connoisseur of classic American cuisine until you’ve indulged in the Mo-Fo Burger at Ray’s Place. Featured on the Food Network’s “Best Thing I Ever Ate,” the Mo-Fo is a colossal double cheeseburger with bacon, sautéed mushrooms, and the usual slathering of pickles, onions, lettuce and condiments. It’s no joke, and you’ll have to unhang your jaw like a python in order to take a bite.

Dine at Eastway Café during a themed night.

Give your body a break from the colossal sodium overdose known as ramen noodles and eat something interesting for a change! The Eastway Café, located in the Eastway complex on campus, frequently features theme nights for its meals focused around different ethnic foods. Past theme nights include Soul Food night and Noche Caliente. It’s the perfect excuse to spend your meal-plan dollars on tacos.

Take in some jazz (and wine) at the Secret Cellar.

Winos far and wide, delight! Kent’s new 1920s-inspired wine and jazz bar is sure to make the bucket list from this point forward. If you loved “The Great Gatsby” as much as, well, the rest of the world, it’s bound to be your new hotspot. Keep it classy, you jazzy ladies and gents.

Scarf down a Pat O’Brian Omelette at Mike’s Place.

The Pat O’Brien Omelette (which could be an obscure reference to English novelist Patrick O’Brien, American actor Pat O’Brien or former entertainment-show anchor Pat O’Brien) is, according to the menu, the “traditional Kent State students’ cure for the common hangover.” This four-egg omelet, stuffed with gyro meat, home fries, sautéed onions and peppers, comes with one note from the chef: “Aspirin optional. Tums recommended.”

Assemble a team for Monday night trivia at Bar 145.

Line dance at the Dusty Armadillo.
14 Have breakfast at Wild Goats Café before a morning class.

We recommend the Jamaican-Me-Crazy coffee and the Cheese Cake French Toast.

15 Attend an event at the Kent Stage.

East Main Street’s historic Kent Stage was constructed in 1927 and originally presented vaudeville shows and silent movies. Since the Western Reserve Folk Arts Association assumed control of the venue in 2002, it has hosted a wide range of folk, rap, rock and spoken word artists, such as Joan Baez, Machine Gun Kelly, Zappa Plays Zappa and Henry Rollins. Recently, “disco nights” were added to the agenda, which feature live dubstep music. The venue can seat about 650 guests, so whatever show you and your friends choose will feel like an intimate VIP experience.

Make the rounds at the ‘Round Town Music Festival.

Come down to the ‘Round Town Music Festival! Every autumn, downtown Kent gears up and gets ready for folk, jazz, and acoustic musicians from all across the country. Local favorites such as The Speedbumps and The Numbers Band play every year as well as burgeoning new talent.

Buy a ticket to Lip Sync.

Witness Greek chapters performing songs and dances at the annually sold out philanthropy event hosted by Delta Zeta. Last year, the performance raised more than $40,000 for multiple charities.

Buy a bacon-related item at Off the Wagon.

College might leave you strapped for cash, but spend your money on something frivolous for a change. Go down to Off the Wagon and buy a few of the following assortment of bacon-related items (availability not necessarily guaranteed): bacon air freshener, bacon beans, bacon candy canes, bacon dental floss, bacon toothpaste, bacon toothpicks, bacon frosting, bacon gum balls, bacon lip balm, or the bacon vs. tofu action-figure set. Yes, these are real.
Attend Blastoff.

There once was a time when people flocked to Manchester Field to celebrate spring by watching notable up-and-coming bands for free. Now, we gather in the M.A.C. Center, doing the same thing, but seeing a concert in the M.A.C. Center means limited seating (so make sure you get there early). KSU books artists right before they reach their point of superstardom. Bands such as Cobra Starship, 3OH!3, Bruno Mars and Kendrick Lamar have all played for Kent State's FlashFest. So did Third Eye Blind — but we cannot quite explain that one.

Crowd surf at FlashFest.

Attend Black Squirrel Festival.

A favorite event of Kent State students and Kent City residents alike, the annual Black Squirrel Festival has been put on for the last 32 years. Organized by Kent Student Center Programming, there's festival food, reps from many student organizations and live (free) entertainment. There is even a free movie on the Student Green!
Experience Halloween, Kent style.
Express yourself on Scribbles’ back room tables.

Commemorate College Fest by pouring one out.

The Kent Police Department may have shut down one of the greatest block parties in the state, but that doesn't mean it cannot still be celebrated. In its honor this spring, crack open your favorite beverage to commemorate the gathering that once resulted in couch fires, mudslides, public nudity, tear gas and armored vehicles driving down East College Avenue.

Bring your sibling (or someone else’s) to campus for Lil’ Sibs Weekend.

Embark on a street art scavenger hunt!

Get familiar with local miscreant artists by exploring downtown street art! In addition to city-sanctioned murals on the Haymaker bridge and Scribbles Coffee Shop, try to spot work by local artists such as Dat-Sik, SOURC/, (whose cartoonish bear can be found eating local signs), The Yarnbomber (whose yarn-attacks cover everything from bikes to lamp posts), Stormtrooper and iconic quotes on the wall beside the railroad tracks.

Go geocaching in Kent.

It’s a guilty pleasure, one we’re not apt to tell everyone we know because of the fear of being deemed nerdy, but one we’ll indulge in with our best friends. Geocaching is adult treasure hunting, and it’s happening right here in Kent. Smartphone apps use a global-positioning system to log and find caches, or secret objects, hidden around the world. There are more than 25 caches on and around campus for you to find. Basic rules are as follows: don’t take anything from the caches without replacing it, don’t remove the cache, sign the logbook, and avoid the muggles – people not in the geocaching club.
Go to $5 movie Mondays at Kent Plaza Theaters.

Drop a yarn bomb.

Explore nature!
Portage County is full of beautiful lakes and parks. We suggest renting a boat at Lake Hodgson and checking out the 2,000-year-old Hopewell Indian mound at Towner’s Woods.

Feed a black squirrel.

Though it may sound difficult, it really isn’t. Kent’s notorious black squirrels have gotten pretty used to campus foot traffic. They hardly scatter when you walk by. If you have leftover lunch, toss it over. Heather White, manager of groundskeeping at the university, says squirrels enjoy many of the nuts you can find on trees around campus, such as hickory nuts, black walnuts and pecans. She said she believes they’d probably like peanut butter and fruit, too!

Guys: Walk a mile in her shoes — literally.
Blisters form and ankles roll during the men’s annual march in high heels to raise awareness for rape, sexual assault and gender violence. Hosted by the Kent State Women’s Center every spring, the largest and most fashionable of women’s shoes are matched with cargo shorts and hairy legs as male students and faculty complete a mile walk down the Esplanade. Too macho for a strappy stiletto? Impossible. Even head football coach Paul Haynes participated (and stumbled) during last year’s event in nice, two-inch pumps.
Take the May 4 Walking Tour.
Pay your respects to American history right here in Kent. The visitor’s center commemorating the tragic events of May 4, 1970, offers a narrated walking tour outside of Taylor Hall, cued up to specific markers around the building where the events actually took place. You can rent out an iPod at Taylor Hall or the University Library to hear the documentary narrated by civil rights figure Julian Bond.

Attend a student performance at the Music and Speech Center.

Support a student film project.
Kent State University Independent Films has produced three films since it first started making movies in 2008. Its most recent production, “Hell at Heathridge,” is a supernatural thriller that revolves around a group of students attempting to recreate a horrific homicide that occurred two decades prior. The film premieres this December and will even include a red carpet premiere event.

Attend a student fashion show.

Participate in Relay for Life.
Dust off your best running shoes. Every spring, supporters gather at the Liquid Crystal Small Group Track for a 24-hour walkathon in the name of cancer awareness.

Go skating at the Ice Arena.
Tour the Fashion Museum at Rockwell Hall.

Free to all Kent State students, the museum hosts more than eight exhibits including Pretty Pleats and Fashion Timeline. Learn about fashion history and culture or shop at the store inside where clothing, jewelry, books and other fashion materials are available for purchase. All Kent State faculty, staff and students receive a 20 percent discount!

Get Mot Buchanan to make you an article of clothing — from balloons.

The junior education, health and human services general major from Tallmadge has been twisting balloons for 20 years. He can create anything from a parrot on a swing to balloon dresses. He sometimes charges for balloon sculptures, but if you see him on campus, he might make one free of charge as long as he has some balloons in his pockets.

"It's nothing to regular people, but I have a driving need to do something creative, and this is a way to challenge myself."

Mot Buchanan
41 Paint ‘The Rock.’
This campus tradition began in the 1930s when Greek organizations started painting their letters on the 6-foot-wide rock on West Main Street. The tradition became so popular that in 1972, The Rock was moved to a safer place away from the street at the bottom of Hilltop Drive, according to the Kent State Alumni Association website. Since then, students have used its surface to advertise everything from Greek letters to events to friends’ birthdays.

Witness the burning of Kent State’s prairie lands.
Let it burn! The Kent State Fire Department began the tradition of burning the prairie grass surrounding the Student Recreation and Wellness Center in 2004. Every year in early spring, firefighters purposely set fires to the protected prairie grass to allow for new growth. So if you’re on Summit Street and you see a bunch of flames around the Rec, don’t freak out! Instead, join other spectators inside the Rec for a great view.

42 Kiss on the K.
Take part in an annual Homecoming tradition and lock lips with that special someone on Risman Plaza.

Cheer on the Golden Flashes with Superfan.
Attend the 46 Homecoming parade and football game.

Enter the Black Squirrel 5K.

Experience Jock Jams.
You've seen the basketball team on the court and the wrestling team on the mats, but you have yet to see them on the dance floor. Donate to the American Cancer Society and enter the Cartwright Hall auditorium this spring to witness Kent State's 16 athletic teams performing dances, songs and skits in pursuit of a win decided by a panel of judges. Last year, special guest Superfan appeared on the judging committee while the volleyball team showed up in glow-in-the-dark body suits. The football team took home the win performing to a Macklemore/"The Lion King" music mix.

Attend a Kent-Akron sporting event.
Two constants remain in this modern world: The sun will rise and set, and Kent State and Akron will hate one another. The rivalry stays alive with the annual football battle for the wagon wheel and a struggle between the men's basketball teams for the MAC Championship. When the organizations play each other, they create one of the most electric environments in northeast Ohio sports; it's all about pride, bragging rights and declaring victory against the despised Zips.
Grab your swimsuit and see a Dive-In Movie at the Rec’s Leisure Pool.

Go bowling at Eastway.
Support Kent State’s legitimate baseball team.

Kent State’s baseball program is one of the most unheralded organizations in the area. It took a run to the 2012 College World Series, earning recognition both locally and nationally. The success resulted in upgrades to Schoonover Stadium, including the addition of lights, which means students can now attend night games. Catch a game played by a perennial Mid-American Conference contender, and hop on the bandwagon before new head coach Jeff Duncan leads the Flashes in another successful season.

Pose with Flash.

Paddle down the Cuyahoga River.

Crooked River Adventures, located on Stow Street, is operated by Kent State’s Recreational Services. For a small fee, you can rent a tube ($5), kayak ($20 to $25) or canoe ($30 to $40).

Assemble an intramural dodgeball team.

Other sports offered include handball, badminton and flag football. Register your squad on the Recreational Services website.
Get Lester Lefton to buy you a T-shirt.

In the spring of 2012, Kent State President Lester Lefton stopped two students on campus, one of whom was wearing an Ohio State University sweater. Lefton invited the students to walk to the University Bookstore, where he asked the student in the sweater to pick out a Kent State shirt. When the student returned with one he liked, Lefton pulled out his wallet and paid for it. By the time the student left the bookstore, his gray and scarlet had been covered by navy and gold.

Take one of Tony Carlucci’s wine classes.

Professor Tony Carlucci’s wine courses are perfect for the 21-and-older crowd looking for an upper-division elective. Carlucci, an enologist, teaches a variety of courses that will fit your fancy: Wine and Food Pairing, Wines of Northeast Ohio and Geography of Wine. The first two courses are field trips to wineries in the area during a few Fridays or Saturdays, while during the latter you can taste and learn about wine in the comfort of McGilvrey Hall.

Scale the rock-climbing wall at the Rec.

Take a one-credit hour course on ballroom dancing.

Post-graduation life means working 9 a.m. to 5 p.m., paying off those student loans and attending your friends’ weddings. With receptions and open bars being the only things to look forward to, make sure you’re properly prepared for the dance floor with this one-credit hour class. The basic beginners’ course is built to teach ballroom skills and dance partnering.
EAT OUT WITHOUT DEVOURING YOUR BANK ACCOUNT.

DOWNLOAD THE KENTWIRED APP FOR DELICIOUS LOCAL DEALS.
From May 20 to Aug. 17, I was not taking any classes at Kent State, nor did I once set foot on campus. I was living and interning in New York state, working 40- to 60-hour weeks and earning less than minimum wage. However, on May 22, the university sent me a bill for $509.

I was charged because I was an intern. As a student in the School of Journalism and Mass Communication, completing an internship is one of my graduation requirements — to which I have no objection. However, this requirement is built into the curriculum as a one-credit hour “class” — a decision that is anything but arbitrary.

Since all registered interns are technically earning one credit hour, they are billed accordingly. (As an in-state student, my bill was comprised of a $9 legal services fee, a $368 instructional fee, a $71.20 general fee and a $60 College of Communication and Information program fee.) This sort of practice is not exclusive to the journalism school. For example, physics students are charged for a two-credit hour internship, and fashion students are charged for a three-credit hour internship.

These internships fulfill Kent State’s experiential learning requirement. As outlined in the university’s 2013-2014 academic catalog, the experiential learning requirement “may be fulfilled by a course, a component of a course or a non-credit paid or unpaid experience.” This ranges from research projects, to community service to study abroad opportunities. The decision to charge students for completing internships is entirely up to each school and college.

My internship, while fulfilling only one credit hour, was required to consist of 300 hours of on-the-job work. In contrast, a typical one-credit hour class should consist of approximately 15 hours of in-class work. For student interns, this discrepancy is insulting.

School directors insist these bills for $500, $1,000 or even $1,500 are, in part, an investment in the schools’ internship coordination efforts — meaning the faculty and resources that are intended to help students secure internships. However, I, like so many of my peers, learned about an internship, interviewed for a position, was hired and moved out of state independently. And it wasn’t that I was refused help from my school; I simply felt my school didn’t offer any resources I couldn’t find elsewhere. One of the only resources available to me was a list of internship postings on my school’s website, many of which could be found directly on an employer’s website.

Thor Wasbotten, director of the School of Journalism and Mass Communication, did not disagree that the current internship system places an additional burden on students. He would like to see the one-credit hour requirement for journalism students change to a three-credit hour requirement. If this were to happen, he said students could complete this requirement through one, two or three different internships, as each credit hour would equal 100 hours of work. Even if this change were to take place, there are two problems: Journalism students would be required to pay three times what they’re already paying in order to graduate, and the school would have to ensure that students were not exceeding their allotted on-the-job hours — which could limit internship opportunities. And in regard to credit hours, it still doesn’t explain why 100 hours of of on-the-job work would have the same credit value as 15 hours of in-class work.

The bottom-line: No university should charge a student for completing a paid or unpaid internship. There should be no “class,” no credit hours involved. And universities that do should offer students a serious return on their investment. In the public university system, students and their families depend on this “return.” If a school were to effectively market its students, guarantee paid positions and ensure students weren’t overworked, a bill for $509 may be entirely worth the price.

The number of high-profile lawsuits filed by allegedly exploited interns — such as those filed this summer against Fox Searchlight Pictures and Condé Nast — have prompted the U.S. Department of Labor to rigidly enforced the Fair Labor Standards Act. In order for an unpaid, uncredited internship to be legal, it has to be set up like a summer school — a program entirely for the benefit of the intern. Naturally, this is rarely ever the case.

However, many students are misled into believing it’s advantageous to earn credit for an internship, when so often that very credit is merely a university’s ticket to take more money.

Whether or not administrators and faculty can agree on sparing students more fees, they should have no problem agreeing on transparency. Fees should not be masked as credit hours, and no intern should be surprised by a bill. This is a moral issue, and it ought to be addressed as one.
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STORIES ABOUT PEOPLE

STORIES ABOUT OUR COMMUNITY

STORIES ABOUT WHAT'S NEXT

THIS IS WHERE OUR STORY BEGINS

A STORY THAT IS truly portage county
This summer was my first time setting foot in a war zone since I was in Iraq, several years back, as a sergeant in the United States Army. This time I was alone. I grew a beard to try to blend in, but standing at 6-foot-2, carrying two large cameras and lacking the ability to speak colloquial Arabic made me stick out like a sore thumb.

In the city of Aleppo — a perpetual war zone — it's not unusual for enemy fighters to sleep within 50 meters of each other. Some are so close they are able to have conversations and yell obscenities back and forth.

I took this photo on June 27, 2013, after climbing a few flights of stairs and watching young Free Syrian Army fighters throw grenades into the windows of a neighboring building. This Free Syrian Army fighter, who defected from the Syrian Army, is shown peering out a window at the aftermath. He saw nothing. We thought the coast was clear.

We were wrong.

Shots rang out from the neighboring building, and bullets slammed into the walls around us. Moments later, we were traversing rubble and ducking in and out of cover. We stayed low and continued out of the kill zone until we were safe.

I exhaled and made eye contact with the fighters who were with me. We had all made it. They smiled at me. We had literally dodged bullets. There is nothing that will make men bond faster than being on the wrong end of gunfire. We shared a nice laugh and, later, a cup of chai.
NATIONAL AWARDS

- The Association for Education in Journalism and Mass Communication
  
  **Second Place**, General Excellence
  Single Issue of an Ongoing Print Magazine
  Anthony Dominic, April 2013 issue

  **Second Place**, First-Person
  Consumer Magazine Article
  Rachel Campbell, “Failure to Diagnose” (April 2013 issue)

  **Third Place**, Investigation and Analysis
  Consumer Magazine Article
  Mark Haymond, “The ‘G’ Word” (April 2013 issue)

- The Hearst Journalism Awards Program
  
  **Top 10 National Finalist**
  Personality Profile
  Anthony Dominic, “Who is Lester Lefton?” (December 2012 issue)

  **Top 20 National Finalist**
  Personality Profile
  Rebecca Reis, “Making Amends with My Invisible Half” (November 2012 issue)

REGIONAL AWARDS

- Society of Professional Journalists, Region 4
  
  **First Place**
  Non-Fiction Magazine Article
  Daniel Moore, “Climbing the Ladder” (Spring 2012, Issue 1)

  **Second Place**
  Non-Fiction Magazine Article
  Leighann McGivern, “Waiting for ‘I Do’” (Spring 2012, Issue 2)

  **Third Place**
  Non-Fiction Magazine Article
  Rebecca Reis, “Making Amends with My Invisible Half” (November 2012 issue)

- American Advertising Federation, Akron
  
  **Silver Award, Student ADDY**
  Publication Design, Cover
  Thomas Song and Kelly Lipovich, “Putting the Pieces Back” (Spring 2012, Issue 1)