

THE JAMBAR

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY SINCE 1931

.COM



ONLINE VIDEO: STUDENT CLEARS HER MIND WITH YOGA



ONLINE AUDIO: NEW PENGUINS COMMIT TO YSU



ONLINE VIDEO: RETIRED PROFESSOR RETURNS

Escaping the smoke

Kacy Standohar
NEWS EDITOR

As more smokers turn to electronic cigarettes to curb their nicotine cravings, the devices are coming under scrutiny from health professionals and public agencies.

The Food and Drug Administration has not yet comprehensively reviewed the use of e-cigarettes since they are not recognized as tobacco products. However, the FDA hopes to propose a rule by April that will bring e-cigarettes under their jurisdiction.

Jenny Haliski, public affairs officer for the FDA Center for Tobacco Products, said in an email that the agency only regulates e-cigarettes that are used for therapeutic purposes.

"Further research is needed to assess the potential public health benefits and risks of electronic cigarettes and other novel tobacco products," she said.

Pam Nock, clinical coordinator of the Humility of Mary Health Partners Regional Tobacco Treatment Center, said one issue of concern is the varied amount of nicotine the devices deliver to the respiratory system.

"The level of nicotine is not regulated, and people are

E-CIGS PAGE 2



PHOTO BY CHRIS COTELESSE/THE JAMBAR

STEM honors its alumni

Frank George
REPORTER

On Feb. 21, the Youngstown State University College of Science, Technology, Engineering and Mathematics will host its fifth annual STEM Awards Dinner in Kilcawley Center's Chestnut Room. Three alumni and two community organizations will be honored at this year's event.

Ted Burke and Jack Scott will receive Outstanding Alumnus Awards, and Dan Martin will receive the Outstanding Young Alumnus Award. The Youngstown Business Incubator and Austintown Local Schools will receive

the Outstanding Community Partner Award and the Outstanding Education Partner Award, respectively.

Martin Abraham, dean of the STEM College, said he looks forward to the dinner.

"[The awards dinner] is a great program, and it is always a pleasure to honor our alumni and friends," Abraham said. "We are recognizing great people, and we have a great staff to put the show on."

Martin, blend test services department manager at the Lubrizol Corporation, said YSU helped him stand out in a competitive workforce.

"I believe YSU employs some of the finest engineering educators in the world and offers a perfect blend of

high-quality academics and hands-on training," Martin wrote in an email. "Being recognized by an institution that I regard so highly is humbling."

Scott, the president and founder of Applied Systems and Technology Transfer, will also be honored at the STEM event. Scott's company has developed technology for high school students enrolled in engineering classes to build working prototypes of their designs. Scott said he is glad to be working with area students.

Like Martin, Scott expressed pride in his alma mater.

"Youngstown State offers an affordable and quality education," Scott said. "Receiving a STEM award is a great honor."

Jim Cossler, chief executive officer of the YBI, said he works to create high-paying and high-quality jobs in Youngstown. Cossler indicated that the YBI maintains a healthy relationship with the STEM College.

"Whenever we call YSU with a question, the answer is always, 'Sure, we can do that,'" Cossler said. "It is fitting to honor the incubator because we have such a great relationship with YSU."

Abraham added that he is happy to recognize the YBI as a community partner.

"We work together to meet the needs of the community. This is the way any good relationship should work," he said.



ILLUSTRATION BY PARIS CHRISPOLOUS/THE JAMBAR

Wintry weather leaves students feeling SAD

Amanda Tonoli
REPORTER

The gray skies and short days of winter leave some Ohio residents vulnerable to Seasonal Affective Disorder.

Wendy Thomas, a nurse at Youngstown State University's Student Health Clinic, said she sees roughly 150

students per week for various ailments and infirmities. The most common symptoms that plague the clinic's visitors are anxiety, stress and an inability to focus, she said.

Thomas said mood disorders usually result from a combination of factors.

"It depends on what's going on in someone's life at that time," she said.

SAD is a difficult disorder

to diagnose, but its treatments — a sun lamp, a healthy diet and a steady routine — are both accessible and effective, Thomas said.

However, if students are using a sun lamp, they should contact a professional, she said. Each person may require a different type of lamp and level of exposure.

Kassandra Openear, a

SAD PAGE 2

YSU takes the bronze

Wellness programs excel for faculty

Cassandra Twoey
COPY EDITOR

For the second consecutive year, Youngstown State University received a bronze-level honor in the large employer category of the Healthy Ohioans-Healthy Worksite Award.

The Healthy Ohioans-Healthy Worksite Award is the product of a joint effort between the Ohio Department of Health and the Healthy Ohio Business Council. The award recognizes companies throughout Ohio that put an emphasis on employee health and wellness, as well as on a healthy work environment.

In 2012, 86 Ohio companies applied for the award. Only 35 were recognized for their efforts. YSU was the only university in the state and the

only company in Mahoning, Trumbull and Columbiana counties to receive one of the awards.

Linda Scovern, physical activity and nutrition coordinator for the Ohio Department of Health, explained that worksite wellness provides "a myriad of ways to help the bottom line."

"A lot of studies done show health of employees affect the health of the business," Scovern said.

She explained that efforts put forth by the employer that positively affect employees, such as wellness fairs and on-site fitness centers, will then have a positive effect on the business.

"It's a win-win for both the employee and the employer," Scovern said.

Carrie Clyde, YSU

LIVING WELL PAGE 2



16 high school teams will compete in Penguin Bowl

Courtney Blackann
REPORTER

On Saturday, Youngstown State University will host the Penguin Bowl, a regional competition that is a part of the National Ocean Sciences Bowl.

The Penguin Bowl will begin at 8 a.m. in Kilcawley Center. High school students from Ohio, Pennsylvania and Kentucky will compete in several events to test their knowledge of marine biology.

Competitors will have to think on their feet during the Penguin Bowl in order to quickly buzz in with correct answers and work with others on team challenge questions.

Ray Beiersdorfer, a professor of geology, has been in charge of the Penguin Bowl since bringing the program, part of the Consortium for

Ocean Leadership, to YSU. While on sabbatical, Beiersdorfer volunteered with the University of Colorado Boulder's division of NOSB. When he returned, he received a \$15,000 grant from external sources.

In the first year that YSU hosted the Penguin Bowl, 80 high school students and 16 high school teachers representing 16 schools competed, Beiersdorfer said. Involvement has grown to more than 900 students.

Beiersdorfer also garnered support from the Pittsburgh Zoo and PPG Aquarium, as well as OH WOW! The Roger and Gloria Jones Children's Center for Science and Technology — a new partner this year.

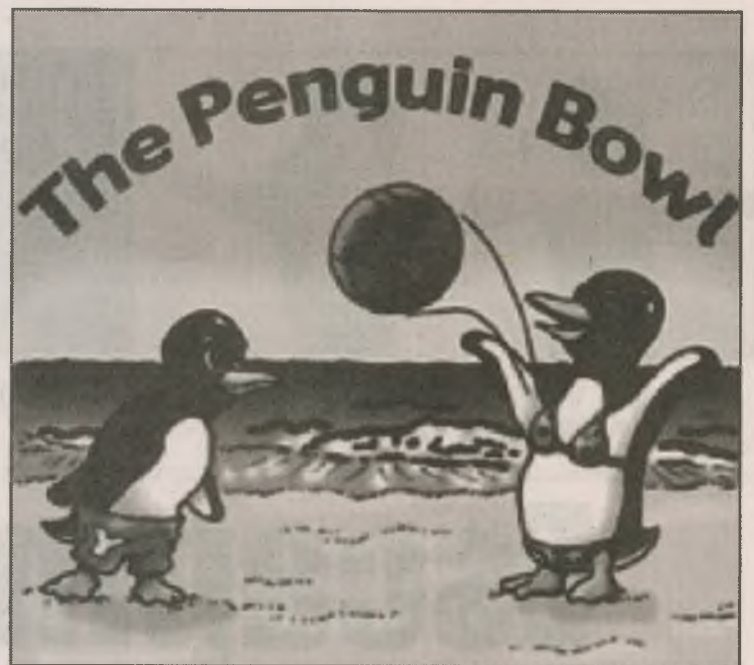
Matthew Balsinger, a NOSB competitor and Penguin Bowl volunteer, said that participating in the competition in 2010 as a high school

student significantly affected him.

"The biggest impact that the Penguin Bowl had on my college career is that it introduced me to Dr. Ray," Balsinger said. "He has been a very helpful mentor of sorts, encouraging me to continue to pursue a career in the sciences — a career that I might not have pursued otherwise."

Penguin Bowl competitors will participate in a pizza party and a sleepover on Friday night.

"Probably the coolest part of my experience with the NOSB when I competed in high school was spending the night in the aquarium in Pittsburgh," Balsinger said. "It's a night you get to spend sleeping under fish, and the next day, you get to see if you can outsmart the other kids there. All in all, the competition is more a fun and friendly competition that fosters interest in



LOGOS COURTESY OF YSU WEBSITE

the ocean sciences."

The winning team at the Penguin Bowl will go on to compete against 24 other regional champions in the

NOSB at the University of Wisconsin-Milwaukee from April 18 to 21.

Visit <http://www.nosb.org> for more information.

LIVING WELL PAGE 1

wellness coordinator, said YSU provides many different programs that the faculty is able to use, including Weight Watchers at Work and incentive programs.

"We're challenging, motivating employees to make small changes in their everyday lives, hopefully to impact them going forward," Clyde said.

Scott Leonard, an English professor at YSU, visits the Andrews Student Recreation and Wellness Center regularly to participate in one of the many incentive programs offered.

"It's a good facility," Leonard said. "I'm healthier for it for sure. Feel better, generally."

Along with incentive programs, YSU also offers health screenings once a year and monthly health seminars.

"We work with our faculty members. We have Zara Rowlands from human ecology doing a gastrointestinal disease series for us," Clyde said. "So, it's nice to have experts in their fields be able to shed some light on these topics in regards to wellness."

Even though many different programs are offered, 54

percent of the faculty does not take part in any wellness activities on campus.

"It's a voluntary program, and we want it to be something that people are enjoying and that they don't feel forced to have to participate in," Clyde said. "As exciting as fitness can be, not everyone is overjoyed about having to do fitness activities."

Leonard said he would like to see more holistic approaches to wellness on campus.

"I could see things as sort of a faculty or yoga program that integrates mind, body, those types of things," Leonard said. "I know that there are classes that are offered at the Rec, but they would have to happen later in the afternoon."

YSU's wellness program also reaches out to local businesses in order to help faculty continue their healthy practices at home. Clyde said many local gyms and similar businesses have been cooperative in giving discounts to YSU employees.

"People are very receptive to our efforts, so that's great," Clyde said. "It's only going to help enhance what we're doing and, over time, make our program even greater."

SAD PAGE 1

sophomore at YSU, said she's already found herself missing classes due to weather worries and emotional sluggishness.

"It was 2 degrees. I couldn't bring myself to even leave the house and suffer for, like, 40 minutes of actual class. It's stupid," she said.

Opencar said she skipped one class toward the end of December, adding that she anticipates taking summer classes. However, she doesn't plan on skipping any of her summer classes, simply because she won't have to battle the weather. In addition, the semesters are shorter.

As a commuter student, Opencar lives with her mom, dad, three sisters and a brother. Emotions run high in such a busy household anyway, and with the added stress of the season, she finds herself faced with more obstacles than normal.

Molly Montella, a transfer student from Kent State University, found herself taking an entire spring semester off last year.

"I just didn't have any drive to even schedule classes when I had to drive so far to school. It made me anxious to think about going out into the cold and having to trek around everywhere only to be in class long enough to warm up and have to leave again. Plus, it debilitates your social life," she said.

E-CIGS PAGE 1

sometimes getting more than they should," she said.

She advises alternative methods for smokers motivated to quit.

"I always tell people, 'Don't turn it on. Use it as a prop or use a drinking straw instead,'" Nock said. "A lot of people miss that sensation of the hand-to-mouth motion, but, really, the only safe regulated nicotine is a patch or gum."

Cindy Ramsey, customer care specialist at Green Smoke, said Green Smoke e-cigarettes are an alternative to smoking.

"There is no more smoker's breath, no ash, and no fire or flame," Ramsey said. "It provides an authentic smoking experience."

Yet, Ramsey said she could not make any health claims, adding that she always suggests that people consult with their doctor before using the product.

Youngstown State University student Michelle Otero said she smokes regularly and thinks e-cigarettes are much different than smoking a standard cigarette.

"It's just not the same," she said. "A regular cigarette is heavier, and you don't get the same feeling [from an e-cigarette]."

Otero said the various e-cigarette flavors are appealing, but she would rather continue

to use regular cigarettes.

Mary Yacovone, director of the YSU Clinical Education Respiratory Care Program, said she has begun researching more about the devices. She said she is worried that people are using them as a way to quit using cigarettes.

"It seems like a portable hookah to me," Yacovone said. "Their claim to fame is using pure nicotine without the carcinogens in tobacco. My concern is that it could be a lot more nicotine depending on how often they inhale. The amount of delivered is variable."

Freshman Anthony Berberich said he thinks e-cigarette devices will just get people more addicted to nicotine.

"I think they don't truly get you to stop smoking cigarettes," he said. "People will just end up spending more money because they will use them more often indoors."

Didactics student Heidi Buck said a co-worker uses an e-cigarette in the break room at her workplace.

"It's weird," Buck said. "Eat a piece of candy or something better."

Joe West, another food and nutrition student, said he is indifferent about the devices.

"It was just OK," West said. "It hits lighter than a normal cigarette, but I am not a daily smoker."

twitter
BREAKING NEWS
BLOGS
VIDEO
twitter.com/TheJambar
FOLLOW THE JAMBAR

advertise with the jambar
call us at: (330) 941-1990

♥ Tell your sweetie something sweet on Valentine's Day!
Get a 3 x 5 ad for just \$45 \$20
Your greeting will be published on Thursday, February 14! You can include a photo of your sweetie if you wish!
Call The Jambar 330.941.1990
Jambarad@gmail.com

JAMBAR STAFF

EDITOR-IN-CHIEF:
Chris Cotelesse.....330-941-1991

MANAGING EDITOR:
Jordan D. Uhl.....330-941-1807

SENIOR COPY EDITOR:
Emmalee C. Torisk330-941-3758

COPY EDITOR:
Cassandra Twoey.....330-941-1913

NEWS EDITOR:
Kacy Standohar330-941-1989

MULTIMEDIA EDITOR:
Joe Catullo Jr.....330-941-1913

ARTS & ENTERTAINMENT EDITOR:
Marissa McIntyre330-941-1913

SPORTS EDITOR:
Steve Wilaj.....330-941-1913

WEB MANAGER:
Cassandra Ohlin.....330-941-1807

DESIGN EDITORS:
Kevin Buck330-941-1807
Paris Chrisopoulos.....330-941-1807
Keeley Black.....330-941-1807

SALES MANAGERS:
Anthony DiPiero.....330-941-1990
Arbin Shrestha330-941-1990

ASSISTANT NEWS EDITOR:
Justin Carissimo330-941-1913

ASSISTANT COPY EDITORS:
Jenna Medina.....330-941-1913
Rachael Kerr330-941-1913

ASSISTANT MULTIMEDIA EDITORS:
Dustin Livesay.....330-941-1913
Josh Madore.....330-941-1913

SPORTS REPORTER:
Cory Bartek330-941-1913

ARTS & ENTERTAINMENT REPORTER:
Taylor Phillips.....330-941-1913

GENERAL ASSIGNMENT:
Frank George.....330-941-1913
Courtney Blackann.....330-941-1913

COLUMNIST:
David Roberts.....330-941-1913

RECEPTIONIST:
Alyssa Italiano.....330-941-3095

BUSINESS MANAGER:
Mary Dota.....330-941-3094

ADVISER:
Mary Beth Earnhardt.330-941-3095

CONTACT THE JAMBAR
EMAILthejambar@gmail.com
FAX330-941-2322

CLASSIFIEDS

HOUSING

LICENSED AND INSPECTED BIG HOUSES, SMALL PRICES
Nice 4-bedroom homes for your group. Includes all utilities, appliances, ADT, cable & internet. From \$425.00 per person. Call Chris 330-743-7368.

For Rent: 1 or 2 Bedroom Apartments. \$250.00 or \$275.00 plus utilities. Call 330-743-3887.

JOB OPPORTUNITIES

Infertility is heartbreaking! We help dreams come true, and now you can be a part of that miracle! Egg donors are needed. We pay \$5,000 to women ages 21-32 who donate their eggs to help our patients become parents. Interested in being a donor? Have questions? Call us today! 330-375-3596 Women helping women. Private and Confidential.

got an opinion?

Send letters to:
thejambar@gmail.com

The **JamBar.com**

The Student voice of Youngstown State University since 1931

where you belong!

At ASECU you'll get great rates, lower fees, and an experience that makes you feel good about your financial decisions. Make the **switch to your local Credit Union.**

When you join you'll belong to a secure, convenient Credit Union where people matter. **You belong at ASECU!**

Proudly serving Mahoning, Trumbull and Columbiana Counties...and "YSU Penguins!"

ASECU has 8 locations to serve you.

330-792-4000 • www.asecu.com • On YSU Campus, Dial x3204

They'll thank you for this new-found happiness.

Learn more about alcohol and other drug addiction treatment: 1-800-228-1287 or www.NKRC.org

Hope Has A Home

Neil Kennedy Recovery Clinic
A subsidiary of GatewayHealth®

Locations in Austintown, Dublin, Howland and Youngstown

NEWS BRIEFS

Laser shows come to planetarium

On Feb. 22 and 23, the Ward Beecher Planetarium at YSU will present laser shows featuring the Beatles, Led Zeppelin and Pink Floyd, as well as shows on black history and astronomy. Seating is first come, first served, and doors will open approximately 15 to 20 minutes before the show time. All shows are around 40 minutes long. Although the planetarium is free and open to the public, a donation of \$1 per person is suggested. For more information, visit <http://www.wbplanetarium.org> or call 330-941-1370.

Dana welcomes musicologist for lecture

Musicologist Kendra Preston Leonard will lecture in Bliss Recital Hall at 4 p.m. on Feb. 22. The musicology guest lecture, titled "Music for Warrior Women," is presented by YSU's Dana School of Music and sponsored by the Dana Research Society, and it is free and open to the public. Parking is available in the Wick Avenue deck for a small fee. Leonard's work focuses on women and music in 20th century America, France and Britain; music and screen history; and music and disability. For more information about the Dana Research Society and its musicology guest lectures, email Ewelina Boczbowska at eboczkowsk@ysu.edu.

POLICE BRIEFS

Car broken into near apartments

Around 1:30 p.m. Monday, a 1999 Honda Accord belonging to a 23-year-old man was broken into while parked in a visitors' lot near the University Courtyard Apartments. The lot was located south of the Eastbound Service Road.

Cooking pizza activates alarm

Shortly after midnight on Sunday, YSU Police responded to a fire alarm activation at the Flats at Wick. The alarm went off while the 19-year-old female resident of a third-floor room was cooking a pizza in the stove. The Youngstown Fire Department reset the alarm.

Bread gets stuck in toaster, summons YFD

On Sunday evening, YSU Police responded to a fire alarm activation at the University Courtyard Apartments after a piece of bread got stuck in a resident's toaster oven. The 23-year-old male resident said he was making toast when the bread got stuck and subsequently burnt. A group of students told YSU Police that smoke was coming from the apartment. The apartment's windows were propped open to let the smoke out and fresh air in, and the Youngstown Fire Department reset the alarm.

2013 AFRICAN AMERICAN HISTORY MONTH CELEBRATION

Friday, Feb. 15
7 p.m., The Ohio Room, Kilcawley Center
"BLACK ARTS AND THE CIVIL RIGHTS MOVEMENT"
Keynote lecture by Mwatabu S. Okantah

Saturday, Feb. 16
1 p.m., St. Augustine Church, 614 Parmelee Ave., Youngstown
SAVE NUBIA PROJECT SEMINAR
Manu Ampim

Monday, Feb. 25
7:30 p.m., Jones Room, Kilcawley Center
BLACK FACULTY RESEARCH SHOWCASE

Thursday, Feb. 21
7 p.m., The Gallery Room, Kilcawley Center
"AFRICAN CULTURAL HERITAGE: MISSING VALUES IN THE QUEST FOR MODERNISM"
Lecture by Dr. Emmanuel Christian Nyarko

Saturday, Feb. 23
7 p.m., Chestnut Room, Kilcawley Center
AFRICAN MUSICAL EXTRAVAGANZA
By Toby Foyeh and Orchestra Africa

Tuesday, Feb. 19
7 p.m., The Ohio Room, Kilcawley Center
WITH GRACE I STAND
One-woman play by E.P. McNight

Thursday, Feb. 7
7:30 p.m., Chestnut Room, Kilcawley Center
THE AFRICAN AMERICAN PYRAMID AWARDS

Wednesday, Feb. 13
Noon to 6 p.m., Art Gallery, Bliss Hall
Panel Discussion: 6 p.m., Zana Auditorium, Butler Institute of American Art
AFRICAN ART DISPLAY
By Sathou Omar Njie

Saturday, Feb. 2
Noon to 6 p.m., Chestnut Room, Kilcawley Center
THE AFRICAN MARKETPLACE

Namaste

YSU student teaches yoga



Lauren Verzilli demonstrates the high push-up position in preparation for Downward-Facing Dog, a basic yoga pose, for her students at the Yoga House in Boardman. Photo by Dustin Livesay/The Jambar.

Marissa McIntyre
ARTS & ENTERTAINMENT
EDITOR

Get down on the floor into a push-up position. Make sure your pointer fingers are straight ahead, with the rest of your fingers spread as wide as possible. Bring the core of your body upward while pressing your feet on the ground. Do all of this while focusing on proper breathing. Take a breath in for four counts while raising your core. Now, take four counts to let it out while flattening your feet.

These are the steps necessary for the Downward-Facing Dog, a basic yoga position. For Lauren Verzilli, a

Youngstown State University student and psychology major, yoga is not only a type of exercise, but it is also a way to focus her mind.

"When you sit in the quiet, things come back into your mind, which is part of the challenge. Chances are, whatever comes to your mind has been weighing on your life," she said.

Verzilli began doing yoga in 2008. She became a certified yoga instructor a year ago, and started teaching her own classes at the Hidden Path in Struthers over the summer. Since then, Verzilli has moved her instruction to the Yoga House in Youngstown. At the beginning of the year, she also started instructing at Body Movin' Fitness upon the open-

ing of its new location in New Middletown.

Despite her experience, Verzilli said she has a lot to learn and still considers herself a beginner at teaching.

"My first yoga was hard. I remember being in downward dog. I was the only person looking around," she said. "One of the challenges is to relax and that's normal. ... People think, 'I can't do it,' but they don't need to know what to do to take a class."

During her classes, Verzilli teaches her students a variety of positions, explaining the importance of each and how their bodies will react. She said the science on yoga is important to learn to fully grasp the concept.

"You need to have soil in

your garden for it to flourish. You need to understand the foundation of yoga," she said.

Jessica Becker-Schmidt has been doing yoga for a month and said it has helped her. Recently, Becker-Schmidt took one of Verzilli's classes and said the pace is slower than other yoga classes she's taken, but that she liked Verzilli's approach more.

"I started doing yoga because I was going through some personal issues," Becker-Schmidt said. "It's really helped me just focus and take my mind away."

Verzilli found that after doing yoga for a while, her education in psychology began to blend with her physical training. She said that something as simple as mat placement can

tell her a lot about that person.

"How you react in yoga could be how you react in life," Verzilli said. "Some people give up easily; others stick with it until they get it. You can see those people's earnest devotion," Verzilli said.

In India, "Namaste" is a common salutation. Its deeper meaning, as illustrated in yoga, is a concept of both peace and of acknowledging our existence. It is taking the mind into a place of kindness, love and compassion. At the end of the lesson, the students raised their hands in prayer formation and in unison said, "Namaste."

"I think the world would be a better place if everyone did yoga because of this," Verzilli said.

WORLD-RENOUNDED RUDNYTSKY SHINES AT CONCERT

Taylor Phillips
ARTS & ENTERTAINMENT
REPORTER

Professor Emeritus Roman Rudnytsky's life rests on 88 keys.

On Monday, the former Youngstown State University piano instructor performed a guest artist concert in Bliss Hall. Some of the selections included music by Mozart, Chopin, Stravinsky and Debussy.

With both of his parents being musicians, it was natural that he began playing piano at age 4. By the time he was 7, he played his very first concert.

Throughout his teen years and into adulthood, Rudnytsky won numerous awards and attended the Juilliard School of Music, studying piano. Rudnytsky received his master's degree from Juilliard as well.

"My nicest memories come from Juilliard," Rudnytsky said. "Because I was at such a prestigious conservatory, I had to believe in myself and not be rattled."

After graduating from Juilliard, Rudnytsky taught at

YSU for 39 years and retired in 2011.

Dianne Yazvac, a YSU piano instructor, said she was glad to see her former colleague again.

"To say Roman is a genius is an understatement," Yazvac said. "I've known him for almost 30 plus years now, and he ceases to amaze me and the department."

Over the course of his lifetime, Roman has performed his concertos in more than 95 countries. Even though Rudnytsky has played across the globe, he can't pick a favorite.

"There is no place in the world I do not like to be at," Rudnytsky said. "Everywhere is so unique and mysterious, especially the Easter Islands. So much mystery lies within the islands and it is so beautiful."

Marissa Dell'Arco, a

sophomore psychology major, attended the concert and said she was impressed by Rudnytsky's extensive resume.

"A lot of people don't like it here at all," Dell'Arco said. "After being in that many different countries and coming back for something small, it makes me really excited to see it. Many people wouldn't do that."

Although Rudnytsky has accomplished so much over the course of his life, he is

still learning every day.

"No matter how good you are at something, you can always better yourself," Rudnytsky said. "Even to this day, I am trying and learning new things, and I am improving myself."



PHOTO BY TAYLOR PHILLIPS/THE JAMBAR

Words to live by

Two years have passed since the tragic death of YSU student Jamail Johnson.

For almost the same length of time, his mother, Shirlene Hill, was forced to endure a tumultuous legal process riddled with mishaps, poor communication from the prosecutor's office and the murderers making a mockery of the situation by goofing around in their orange jumpsuits before Judge John Durkin entered the room.

Still, she sat there. Quiet. Resilient. Stoic.

During that time, YSU has planted a memorial tree in his honor and has hosted several events aimed at stopping violence in the city.

But with everyone responsible for the crime behind bars, there's little left to occupy the pages of newspapers.

Jamail is gone, yes, but he's certainly not forgotten. His story lives on through us. We continue his legacy.

When tempers flared at the Indiana Avenue residence, most occupants fled. Johnson stood his ground and attempted to mediate. His peacemaking efforts ultimately cost him his life.

But his heroism that night has never been debated.

Horrendous and heartbreaking as it was, it's the sort of thing we emulate.

We have a limited number of years, days and hours to live. Spend them wisely. Live them bravely.

JAMBAR POLICY

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

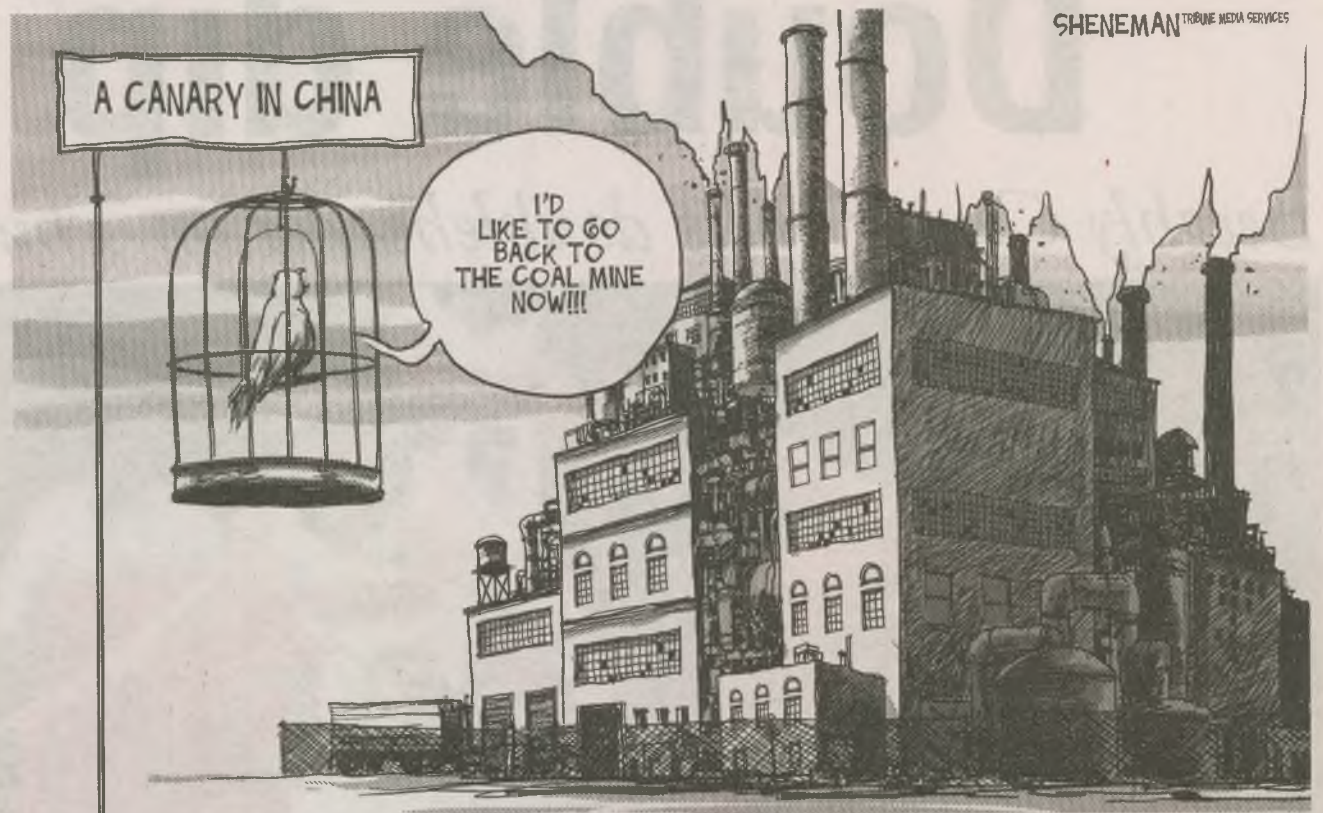
OUR SIDE POLICY

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

YOUR SIDE POLICY

The Jambar encourages letters to the editor. Submissions are welcome at thejambar@gmail.com or by following the "Submit a Letter" link on thejambar.com. Letters should concern campus issues, must be typed and must not exceed 500 words. Submissions must include the writer's name and telephone number for verification, along with the writer's city of residence for printing. The Jambar does not withhold the names of guest commentators. Letters are subject to editing for spelling, grammar and clarity. Letters will not be rejected based on the views expressed in them. The editorial board reserves the right to reject commentaries and letters if they are not relevant to our readers, seek free publicity, fail to defend opinion with facts from reliable sources or if the editorial staff decides that the subject has been sufficiently aired. The editorial board will request a rewrite from the submitting writer based on these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and commentaries on the opinion page do not necessarily reflect those of The Jambar staff. Editorials do not necessarily reflect the opinions of the faculty, staff or administration of YSU.

TheJambar.com



The views of this artist do not necessarily reflect those of The Jambar.

Religious freedom and contraception

Chicago Tribune (MCT)

Americans of different faiths differ on the morality of contraceptives. The Roman Catholic Church rejects their use, and most other Christian denominations accept it. Thanks to the First Amendment's guarantee of the right of free exercise of religion, each group gets to follow its conscience without penalty. That's what religious liberty guarantees.

The Obama administration agrees that this sort of choice should be protected not only for individuals but for churches. Under the rules it has drafted for the implementation of its health-care reform, employers would have to offer employees health insurance that includes coverage for contraceptives, including some that critics regard as abortifacients. But in the spirit of the First Amendment, churches and religious orders are exempt.

As it happens, though, these are not the only faith-based organizations. Many universities and hospitals, for instance, are affiliated with the Catholic Church or other churches. And the administration has decided not to grant them an exemption from the contraceptive mandate.

When it first announced that decision more than a year ago, the administration provoked a wave of criticism. So it drafted what it

labeled a compromise: Religiously affiliated organizations (those universities, hospitals and many others) wouldn't have to provide or pay for contraceptive coverage — their insurers would bear the responsibility and cost of it.

That compromise didn't satisfy Catholic bishops and a lot of other people who value the freedom to live according to religious principles, because it smacked of a shell game: Institutions' premium dollars essentially would be laundered through their insurers to provide the very coverage the institutions oppose. As President Barack Obama tellingly put it last Feb. 10, "no religious institution will have to provide these services directly." They and their dollars would, instead, provide these services indirectly. But provide they would.

Obama's latest so-called compromise, floated Friday, also isn't likely to pass muster with defenders of the First Amendment: The Department of Health and Human Services has agreed to treat religiously affiliated employers differently from secular ones. But it would nonetheless guarantee such coverage to their workers. The company from which they purchase insurance would have to provide coverage — this time via individual policies separate from the institution's policy — and still, supposedly, at the insurer's own expense. In the case of a self-insured institution, the company administering its plan would bear

that responsibility.

It's all an attempt to conceal the blatant reality that religiously affiliated employers will be implicated, financially and otherwise, in the provision of something they find morally objectionable. It's another fig leaf and, again, it's not convincing.

The Becket Fund for Religious Liberty says the "proposed rule does nothing to protect the religious freedom of millions of Americans." University of Virginia law professor Douglas Laycock tells us that any insurance company offering a policy to a Catholic university or hospital knows it will have to cover the cost of providing contraceptives to employees. The premiums it charges will reflect that cost.

Indirectly, the employer still would be arranging and underwriting something that violates its fundamental religious doctrines. The "accommodation" is not a true accommodation; it's merely a convenient fiction.

There is a better option: Let faith-based employers as well as churches opt out entirely. In this sort of matter, no religious person or institution should be forced to put aside its doctrines at the behest of the government.

That's precisely the sort of thing the First Amendment was written to prevent. It is a vital mandate that the Obama administration should respect — but, with every so-called compromise on this issue, stubbornly flouts.

Contraception conundrum a balancing act

St. Louis Post-Dispatch (MCT)

Birth control pills can be obtained for as little as \$15 a month, so the lawsuits, expense and outrage over who pays for contraception under the Affordable Care Act are simply outrageous.

The problem is that families, children and sex have increasingly become an intersection where politics and religion meet. In our divided culture, that's a dangerous spot.

Tossing aside common sense in favor of polemics, individuals and groups on both sides of the issue appear determined to try to force the U.S. Supreme Court to wrestle with a response. The histrionics suggest yet another reason that a universal single-payer health care system would be a good idea.

Under that plan, no one would be required to try to negotiate the delicate balance of the rights of religious liberty against the rights of the individual.

President Barack Obama's administration has been striving to satisfy the complaints of religious groups that don't want to pay for employees' birth control. At the same time, he is trying to protect the rights of women who work for such groups but don't share their employers' conscientious objections.

Under the original iteration of the administration's plan, employers would have had to cover sterilization and the full range of

contraceptive methods approved by the Food and Drug Administration, including emergency contraceptive pills that reduce the risk of pregnancy resulting from unprotected sex.

Some employers immediately contended that it was unreasonable for them to be forced to pay for contraception coverage to which they had religious and moral objections. So Mr. Obama's administration began clarifying coverage exemptions.

The administration has tried three times over the past 15 months to satisfy everyone on the issue.

The most recent effort was made on Friday, when the administration proposed a compromise that would expand the number of groups that do not have to pay directly for contraception.

Currently, only churches and other religious organizations would be exempt from the coverage requirement. The new proposal would expand the exemptions to include some religiously affiliated hospitals, universities and social service agencies. In such cases, health insurance companies would pick up the cost of contraception coverage without passing on the cost to client organizations.

That is a generous concession. Many of the affected employees do not share the faith of the organization for which they work; often their employers' primary purpose is not to inculcate religious values.

But it's still not enough for some religious groups, which are seeking an explicit exemption for faith organizations and secular businesses whose owners have

religious objections to the contraception mandate.

The Pew Forum on Religion & Public Life says Roman Catholic organizations that oppose abortion and the use of artificial birth control have led the opposition, but that some Protestant and Jewish groups also have sued to stop the mandate.

Supporters of the mandate contend that a woman's access to contraception should not be dependent on her employer, and that businesses and organizations have no right to impose their religious beliefs on their employees.

Another less-discussed issue is that occasionally, contraception is used for reasons other than birth control. Sometimes women are prescribed birth control pills to control conditions such as polycystic fibrosis and dysmenorrhea. In these cases contraception can be viewed more clearly as a women's health issue than as pregnancy prevention — although we would argue that family planning is a fundamental women's health concern.

Instead of spending obscene amounts of money to haggle over contraception coverage, why not just give each female employee of child-bearing age a \$15 a month raise? No questions asked. No religious liberties violated. She can spend it on pills. She can spend it on lunch.

The far less frequent need for more expensive procedures, such as a medically necessary sterilization, would remain covered by insurance.

Or else we could go to that single-player plan ...

Double dip

Beeghly Center hosts doubleheader on Thursday



YSU guard Liz Hornberger (21) plays defense during a home game against Loyola University Chicago. On Thursday at Beeghly Center, the YSU women's team will play at 5:15 p.m., followed by the men's team at 7:45 p.m. Photo by Dustin Livesay/The Jambar.

Steve Wilaj
SPORTS EDITOR

When the Youngstown State University basketball program hosts doubleheaders, Bob Boldon, head women's basketball coach, can't help but notice the difference.

"Just the environment," Boldon said. "There's usually a bigger crowd on doubleheaders, and it's just an exciting opportunity."

Beginning at 5:15 p.m. on Thursday at Beeghly Center, YSU will get another opportunity to show off its ever-improving basketball program.

The women (15-5 overall and 5-2 in the Horizon League) open against the University of Detroit Mercy in the first game. The men (13-9, 5-4) will then tip off against Loyola University Chicago at 7:45 p.m.

"The best benefit is that your fans could come out in the cold of February and see both teams and not have to walk back out to the car," said Ron Stollo, executive director of intercollegiate athletics at YSU. "They can kind of settle in for the night and enjoy both games."

This will be the third doubleheader for the Penguins this season. The first two — Dec. 29 and Jan. 26 — proved successful.

On Dec. 29, the Penguins drew 1,658 fans. At the time, it was the highest home-attendance total on the season for the women. The Jan. 26 doubleheader set attendance season-highs for both teams, drawing a total of 4,395 fans.

"The reason for the good turnout was really three things," said Rick Love, associate director of athletics. "You get two games for the price of one; it took place on a Saturday; and third, we were playing Cleveland State, which has kind of become a rivalry."

The athletics department enjoys the doubleheaders, but it actually has no control over their scheduling. League officials set the schedule a year in advance.

"It's just kind of the luck of the draw," Love said. "Some years we have four, five or six. Some years we only have two, but, yeah, we certainly look forward to it because we're able to plan events around them."

YSU athletics will host an indoor tailgate in the Beeghly Center upper deck between games, from 6:30 to 7:30 p.m. The first 500 students will receive a free YSU Basketball Hoops T-shirt, and free pizza will be avail-

able to YSU students.

"We're really making an effort to reach out to our campus population for this game, particularly our students," Love said. "So, we're [going to] do an indoor tailgate party for the YSU students to come up and get free T-shirts and hopefully root the Penguins on to a victory."

The women's team will try to capture its fifth straight victory when it plays the Titans (12-7, 5-2). The Penguins won at the University of Illinois at Chicago and Wright State University last week.

"We played very well this weekend and got two very good road wins," Boldon said at Monday's press conference. "We're excited to get back in the gym and start preparing for Thursday's game."

Unlike the women, the men's team will play on super short rest. The Penguins lost, 66-60, at Cleveland State University on Tuesday.

After its matchup with Loyola, YSU will host UIC at 2:05 p.m. on Sunday to cap off its busy week.

"This is as challenging a week as we've had so far in terms of league play," said Jerry Slocum, head men's basketball coach. "This is a big concern week for me."

SPORTS BRIEFS

Bellin again honored as HL newcomer

On Monday, the Horizon League announced that it had named junior Kamren Bellin, an Atlanta native, as the HL Newcomer of the Week for the second consecutive week. In the previous week, Bellin averaged 17.5 points and eight rebounds per game; in addition, he shot 52.1 percent from the field and 60 percent from the 3-point range. He was 9-for-15 from the 3-point range on the week.

Penguins plan to host Central Michigan Chippewas

On Feb. 23, the YSU men's basketball team will host Central Michigan University in the 2013 Ramada Bracketbusters. Tipoff is scheduled for 7:05 p.m. at Beeghly Center. The game marks the sixth meeting between YSU and Central Michigan, and it is the first since 2006. Central Michigan has a 2-0 record playing in Beeghly Center, and it owns a 4-1 advantage in the all-time series. However, the Penguins won the last meeting, 74-50, on Nov. 8, 2006.

Men drop to 12-10 after Cleveland State matchup

The YSU men's basketball team couldn't maintain its lead on Tuesday night at the Wolstein Center, dropping a 66-60 decision to Cleveland State University. The Penguins fell to 13-10 overall and 5-5 in the Horizon League, while Cleveland State improved to 12-12 overall and 4-6 in the HL. YSU will host Loyola University Chicago on Thursday at 7:45 p.m.

PENGUIN SPOTLIGHT



Bobby Hain

Year: Freshman
Height: 6'10"
Hometown: Jupiter, Fla.
Position: Forward

YSU freshman Bobby Hain has proven to be a valuable player coming off the bench. In 22 games, the forward has averaged seven points a game and has shot 53 percent from the field and 25 percent from 3-point land. Hain has also shot 62 percent from the foul line. So far this season, Hain has snatched an average of 3.8 rebounds per game, four pickpockets and 10 blocks. One of Hain's best performances this year came in YSU's 66-60 loss at Cleveland State University on Tuesday. Hain led all YSU scorers in the contest with 15 points, and he was one of YSU's three double-digit scorers. Hain's biggest output came in a November contest against George Washington University; in this matchup, Hain scored 19 points in the 80-73 victory. In high school, Hain captained Jupiter High School's basketball team during his senior season, scoring an average of 19.6 points during each contest and snatching 9.6 boards per night on his way to a first-team all-conference selection. Hain's major at YSU has yet to be determined.

Softball swings into spring

Cory Bartek
SPORTS REPORTER

Anticipation is high as the Youngstown State University softball team nears the start of its season.

The Penguins are looking to improve upon last year's 29-21-1 record, which was good enough to earn them a fourth-place finish in the Horizon League.

Brian Campbell, head softball coach at YSU, said he just wants to get better.

"Every year is a new year, and this year, we are building on the foundation from the first four years," he said.

Offensively, the Penguins performed well in the HL. YSU was first in batting average (.313), second in RBIs (244), second in runs (279) and second in hits (428).

Still, junior pitcher Casey Crozier said the team wants to hit the ball a lot more, score runs and help out the defense.

"I want us to have a better record than last year, and I'll do as much as I can to help make that happen," Crozier said. "We didn't do as well in the fall as we would've liked to, but we worked very hard in spring to fix the things we were lacking in fall."

During the past few seasons, the team has continu-

ously improved its total wins.

In 2010, the team's overall record was 13-37 and 6-17 in the HL, while in 2011, it finished with an overall record of 22-24 and an HL record of 5-16.

In 2012, the Penguins more than doubled their wins in the HL, with 12.

It's a good amount of team chemistry that makes these improvements possible, said junior Samantha Snodgrass.

"We were close in previous years, but this year, we're even closer," she said. "Everyone wants to be here and play and get better, and we all hang out outside of softball."

Campbell said he expects

his older, more experienced players to help lead by example, but the responsibility for success falls on the shoulders of all.

"Softball is a team sport; you build upon the 18 to 19 players together," he said.

Snodgrass said the team's balance from top to bottom will give the Penguins a better chance at winning the conference title.

"The freshmen came in and worked hard and were really impressive," she said.

Being one of the top six teams at the end of the regular season and earning a spot in the HL tournament are always beginning goals, Campbell said. However, reaching these goals comes with making adjustments throughout the year.

"It's all about how you take the next step to move forward," Campbell said.

Campbell said that while having the opportunity to practice at the Watson and Tressel Training Site has been beneficial, he can sense that his players are ready to hit the diamond.

"You can feel the excitement," he said. "The girls are itching to get on the dirt."

The players agreed that they are ready for play to begin.

"Everyone is extremely excited to move off of the turf and onto the dirt," Crozier said.

The softball team will begin its season on Feb. 16 against Drexel University at the University of North Carolina at Charlotte.



YSU softball catcher Vicky Rumph goes through catching drills during practice on Wednesday. Photo by Dustin Livesay/The Jambar.