

Tonoli Talk

7

6 Rock of Lasers

'Drag is Not About Men Running Around in Dresses'

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On Thursday, from 7 to 10 p.m., the Chestnut Room in Kilcawley Center will host YSUnity's third annual drag show.

The drag show has occurred every year at Youngstown State University since the early 2000's, and it was taken over by YSUnity in 2011 with the main objective to raise awareness of the transgender and drag community.

Lisa Ronquillo, vice president of YSUnity, said she wants people to feel open and comfortable at the event because, above all else, it is a learning experience.

"Our queens are so much fun. They make it so you're comfortable asking questions. Educational events don't have to be dry. It's fun and everybody gets involved," Ronquillo said. "We try to make it fun. There are a lot of people who have never seen a drag queen."

The host of the drag show, traveling drag queen and performer Denise Richards, said she also hopes that people come to the show with an open mind about the drag community.

"I was hoping people will understand that drag is an art form, not just men running around in dresses. I think people get a skewed view from things like Ru Paul's Drag Race. It has a double-edged sword to it. It does as much damage as it does good. Everybody thinks drag is just a fun thing ... while many people make a career out of it," Richards said. "You're able to travel and make a living. Some are confused by the different terminology, like transvestite gets confused with drag. We'd



like to clear that up, clear out any misconceptions."

Ronquillo also mentioned that she hopes events like the drag show will reduce the stigma and increase the community's knowledge on the different facets of life.

"Awareness ... is the mainstay word. If you think about it, there is a lot of stuff that we don't know about, whether it's in the community or in the world. Our natural instinct is to fear it, to just not want to know about it. But I feel the more you educate people, whether its transgender issues or anything, the fear melts away," Ronquillo said. "Any lingering ignorance that we might have, and we all have it, we are all human, we all have that fear in our heads that says 'I don't know about that, it's really weird' ... I find the more exposed I am to things ... that I'm OK. I think of the transgender community as such.

Keep bringing education and awareness, and one day everyone may be at peace."

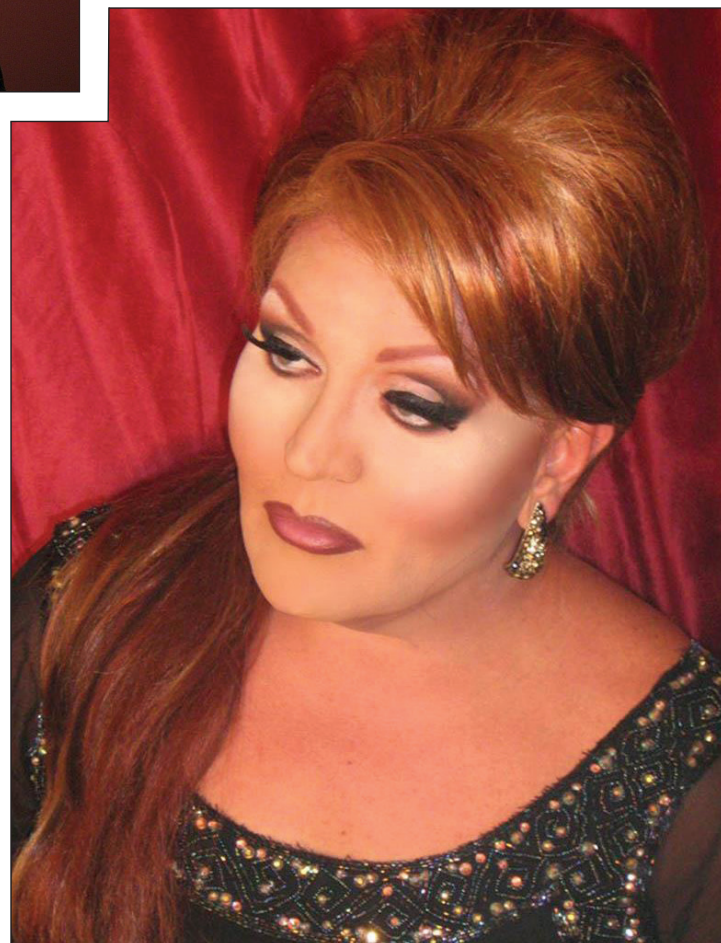
The drag show at YSU will be filled with clean entertainment from featured queens Mona Lotz, Lola VanHoen, Kace Keaven, Verronika Vyce and Richards. After the show, there will be an official after-party at the Backroom at 76, a new LGBT friendly club, starting at 11 p.m.

Tim Bortner, YSUnity president, said that by having both the show and the after-party, attendees can see both sides of the drag community.

"It's like a regular drag show — there is no censorship in this [after-party], you can see the other side of the drag community. Of course there is alcohol, it's a bar," Bortner said. "It's open to the public and is a fundraiser for YSUnity ... we like it not to be just entertainment but educational as well."



PHOTOS COURTESY OF DENISE RICHARDS.



Denise Richards

Would Obama's Free College Plan Kill YSU?



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On Friday Jan. 9, President Barack Obama announced a proposal that would allow anyone in the United States to attend community college tuition free.

Under the proposal, the federal government would contribute over \$60 billion over a span of 10 years to students who maintain a C or higher and who will complete the two-year program or are on track to transfer to a four-year university.

A.J. Sumell, assistant professor in the department of

economics at Youngstown State University, expressed his opinion on the idea of the president's plan.

"I almost feel like it's an idea worth considering, but it is not something that should just be implemented in a rush

FREE COLLEGE
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TUITION RISES FOR NONREGIONAL GRADUATE STUDENTS

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The Youngstown State University Board of Trustees approved a \$125 per credit hour increase in a surcharge for non-resident students, effective this semester.

Students who are not legal residents of Ohio are required to pay a surcharge on top of the instructional, general and information services fee the university charges.

This increase equates to a \$1,500 per semester increase for nonregional students who are within the bulk-rate 12-16 credit hours.

Neal McNally, YSU's Interim Vice President for Finance and Administration, explained the reason behind this decision.

"This increase was recommended by the Dean's Council as a way to reflect the quality of our graduate programs and to bring us in line with the nonresident graduate rates charged at other public universities in Ohio," McNally said.

The increase will raise the cost of attendance for out-of-state students, but YSU still remains one of the lowest in tuition prices compared to other colleges in Ohio.

Under the current pricing, nonregional, full-time graduate

TUITION
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Fees reflect tuition for general masters and doctoral level programs; medical, law and other specialty programs are not included here.

GRAPHIC BY STACY RUBINIC/THE JAMBAR.

students pay \$13,775 per year, and with the increase, will pay \$16,775. Students at universities such as Cleveland State University or Kent State University pay an annual rate of \$25,515 and \$17,960 respectively.

When compared to some larger universities, the gap is even greater. Nonregional, full-time graduate students at Miami University pay \$28,312 annually. At The Ohio State University, that number balloons to \$30,089.

McNally said he prefers not to think of the fees paid by nonregional graduate students as increased charges on the part of YSU, but rather a result of a larger system.

"The state of Ohio requires us to levy a surcharge on any student from outside the state. ... So, in essence, we aren't charging the non-regional students more, rather we're charging the regional students less," McNally said.

McNally recognizes the difficulty presented by the increase.

"This increase represents the second phase of a two-year phase-in of the nonresident surcharge," he said. "This phased-in approach underscores our sensitivity to individual student circumstances."

Students aware of the tuition increase expressed concern for those nonresidents who are affected by the increase. Kevin Scales, a YSU graduate student from Atlanta, Georgia, said that he is aware of the struggles faced by his peers.

"I feel very fortunate [to have my graduate assistantship] because I have friends who are paying for this," Scales said. "They are in the same program and are paying out of pocket. I can only imagine how expensive it is. I feel like YSU would lose its competitive edge in getting students because part of the bargaining factor is the cost."

The increase is expected to provide some financial relief for the university. It will generate additional gross revenue between \$275,000 and \$300,000 per year.

because of all the potential ramifications that probably still haven't been considered even by Obama himself," Sumell said. "As this moves forward, I'm not against the idea of trying to reduce the cost of education in general. I think that actually it is a very good idea, not for those that don't go to college, but for those that currently do go to college. The impacts to everybody, to all the state colleges and people who would be affected, need to be considered before any policy is implemented."

Sumell also explained that the plan would negatively affect enrollment at YSU if enacted.

"I think the effect to YSU would be based on how many

people that currently don't go to any college — whether it is community college or a four-year institution like YSU — versus how many people it would attract who don't go to college at all, versus how many people who decided to switch from YSU to some community college because it is free," he said. "To that extent, obviously, it wouldn't be a positive thing for YSU when it comes to our enrollment."

Sumell said that the intention of the policy is to motivate those who are not pursuing higher education.

"The intention of the policy is to encourage those that wouldn't be going to school otherwise to at least get some degree. So the intent is not to

essentially, have people go to community college for two years and then go to finish up their bachelor's degree for another two years. So it is not intended to apply to all college students currently. It's intended to apply to those [who] don't go to any college," he said.

Martin Abraham, interim provost of YSU, pinpointed the positive and negative aspects of the plan in general to any community college.

"Giving free tuition, well actually in this case, having the government pay for your tuition is an interesting proposition," Abraham said. "There are good points and bad points. The good point is that you get people who might

otherwise not be able to afford to go to college, the opportunity to go to college, that's a good thing, but you are spending significant government dollars to do that, and so the question is whether or not that is the best use of your government money."

Abraham said that if the plan was enacted now, enrollment might decline.

"In certain areas, students are going to pay for the first two years of their YSU education because the programs are sufficiently well-defined, unique and specialized. Getting two years of community college education for free isn't going to help a student achieve his or her objectives. There are other cases where students do

not know what the objectives are necessarily so other potential students who aren't as certain of what they want to do, who might need some time to figure it out, or who might be able to get their education, achieve what they are looking to achieve, in a two-year degree," Abraham said. "So there are some for whom this would be beneficial. There are some for whom it would not be, and for those for whom it would be beneficial, we would probably see the enrollment shift to the community college. Because we are not prepared today to respond to those students, we wouldn't be able to address in an immediate sense those shifts in objectives. In the long term, we've already begun these conversations."

Abraham concluded that YSU has to adapt to the changes of national institutions.

"We as a university have to be able to address change in the marketplace, a change in where students want to go to school, and figure out how to be successful giving the changing nature of higher education in the United States," Abraham said.



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Olympic Host Brazil has 19 of World's 50 Most Dangerous Cities

Tim Johnson
McClatchy Foreign Staff
(TNS)

MEXICO CITY — Forty-three of the 50 most dangerous cities in the world are in Latin America, according to a survey released Tuesday, including 19 in Brazil, which will host the 2016 Summer Olympic Games.

Mexico City didn't make the list, and Ciudad Juarez, the border city with Texas that was once the world's murder capital, fell this year to No. 27.

But the fallen Mexican resort of Acapulco was No. 3, behind San Pedro Sula, Honduras, and Caracas, Venezuela.

This is the seventh year that the Citizen Council for Public Security and Criminal Justice, a Mexico City advocacy, has compiled the list, based on official murder rates per 100,000 residents of cities with more than 300,000 people.

The president of the council, Jose Antonio Ortega Sanchez, said Brazilian authorities would do well to take note that its cities are growing in number on the annual list. Last year, Brazil had 16 cities in the ranking.

"If the Brazilian government doesn't wake up to confront the problem, reduce levels of impunity and corruption ... then they are going to have a very serious problem," Ortega Sanchez said.

Neither Rio de Janeiro, the host city for the 2016 Games, nor Sao Paulo, the industrial megapolis, is ranked among the top 50 cities. Backed by a massive police presence, those two cities and 10 others that hosted matches for last year's World Cup in Brazil managed to keep crime down during the monthlong event.

But outside of the World Cup, many Brazilian cities grapple with high murder rates. The most murderous Brazilian cities are Joao Pessoa (4), Maceio (6), Fortaleza (8), Sao Luis (10), Natal (11), Vitoria (15), Cuiaba (16), Salvador (17), Belem (18) and Teresina (20), according to the survey. Brazilian cities ranking lower are Goiania (23), Recife (29), Campina Grande (30), Manaus (33), Porto Alegre (37), Aracaju (39), Belo Horizonte (42), Curitiba (44) and Macapa (46).

Mexico has 10 cities on the list, while Colombia has five, Venezuela and the United States four each, three in South Africa, two in Honduras and one each in El Salvador, Guatemala and Jamaica.

The U.S. cities in the ranking are St. Louis (19), Detroit (22), New Orleans (28) and Baltimore (40). Ortega Sanchez said analysts in his organiza-

tion sought to tally homicide rates in cities in Iraq, Syria and Afghanistan, but that data proved unreliable or below the threshold of other cities with high homicide rates.

Some cities in Mexico fell markedly in the rankings, but Ortega Sanchez said authorities should not take credit.

"Homicide rates are falling, but this shouldn't lead Mexican authorities to celebrate or sing of triumph," Ortega Sanchez said. In cities such as Tijuana, Ciudad Juarez and Torreon, the murder rate fell because one criminal group wrested or imposed control over another cartel, he added.

"It had nothing to do with public policy," he said.

In cities like Acapulco, various criminal groups still battle for dominance, leaving a trail of bodies, and local officials are often in collusion with them, he said.

Mexico's most violent cities after Acapulco are Culiacan (24), Ciudad Juarez (27), Ciudad Obregon (31), Nuevo Laredo (34), Ciudad Victoria (41), Ciudad Chihuahua (43), Tijuana (45), Torreon (48) and Cuernavaca, the bedroom resort to Mexico City at No. 50.

The South Africa cities on the list are Cape Town (14), Nelson Mandela Bay (35) and Durban (38).

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NEWS BRIEFS

4.0 Students Honored on New President's List

Youngstown State University has created a new honor list for students who have earned a 4.0 grade point average and take a minimum of 12 semester hours, beginning with the Fall 2014 semester. Betty Jo Licata, dean of the Williamson College of Business Administration, came up with the idea for the new list. Visit <http://ysu.meritpages.com/> for the complete Fall 2014 President's List honorees.

YSU Professor Featured in Online Video Journal

Jonathan Caguaiat, an associate professor of biology, recently got his research published in the Journal of Visualized Experiments (JoVE), the world's premier peer-reviewed scientific video journal. His research article, along with an accompanying 13-minute video, focus on how bacteria break down glucose into intermediates that are used to synthesize new bacterial cells. He describes a method for using a transposon to mutate the bacteria, and how to also tentatively identify which genes were mutated. Caguaiat's research is the first from YSU to be published in JoVE.

YSU Student is One of Six to Win National HR Scholarship

Paige Rassega, a senior human resource student, has received the selective 2014 Society of Human Resource Management Foundation Undergraduate Academic Award Scholarship. Rassega will graduate in May 2015 with the \$2,500 scholarship, and has accepted a full-time position as human resource coordinator with The Brilex Group.



PALESTINIAN HELD IN STABBING OF 13 ON ISRAELI BUS

JOEL GREENBERG
McClatchy Washington Bureau (TNS)

JERUSALEM — A Palestinian who boarded a bus in Tel Aviv stabbed 13 people on Wednesday, wounding four of them seriously, before he was shot and arrested, a police spokesman said.

The assault was the latest in a series of "lone-wolf" attacks by Palestinians who have used knives and cars to attack Israelis on the streets in recent months. The attacker was identified as a 23-year-old man from the West Bank city of Tulkarm.

Witnesses said the man, who was riding the bus, went up to the driver and stabbed him before turning on the passengers. After the passengers fled the vehicle, the assailant got off and stabbed a woman on the street before he was chased down and shot

in the leg.

Liel Swissa, a 14-year-old who was taking the bus to school, told Israel Radio: "I heard people screaming. . . I turned around and saw a person with a big knife stabbing the driver and other people."

"We all fled to the end of the bus. He approached us, I threw my schoolbag at him . . . the driver slammed on the breaks which caused him to fall . . . I broke open a window with my elbow so we could get out, but then the driver opened the doors. When we got out he ran after us with the knife."

Officers of Israel's prison service who had been in a vehicle behind the bus said in radio interviews that they saw the bus rocking from side to side and passengers fleeing. They said they chased the many into an alley and shot at his legs before he was taken into custody.

The driver's sister, who spoke to him on the phone after he was stabbed, told Israel Radio he had tried to re-

sist the attackers with pepper spray and asked her to "take care of the children for me" before he was taken from the scene in serious condition.

The attack was praised by an official of the militant Islamist group Hamas. Izzat Risheq, who lives in Qatar, said in a tweet that the stabbing was "a natural response to the occupation and its terrorist crimes against our people."

Israeli Prime Minister Benjamin Netanyahu blamed the violence on the Palestinian Authority, calling it "the direct result of the poisonous incitement being disseminated by the Palestinian Authority against the Jews and their state."

"This same terrorism is trying to attack us in Paris, Brussels, everywhere," Netanyahu added, referring to recent deadly assaults by Islamist extremists in France and arrests in Belgium of Islamists suspect Palestinian held in stabbing of 13 on Israeli bus.

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2015-2016 Financial Aid Awareness Week

Stop by one of our tables for information on financial aid for the 2015-2016 academic year. The priority deadline to complete the online Free Application for Federal Student Aid (FAFSA) and the YSU Institutional Aid Application is **February 15, 2015.**

*Please join us for our third annual Financial Aid Night on campus. Students and parents are invited to participate in this great opportunity to learn the basics about applying for financial aid. Our professional financial aid counselors will be on hand to assist with online applications. Register online for the event at www.ysu.edu/finaid/night. It is scheduled for **Wednesday, January 28, 2015 from 6:30 p.m. to 9:30 p.m. in the Kilcawley Center Chestnut room.***

The following is a list of dates and times when staff from the Office of Financial Aid and Scholarships will be available to distribute forms and answer questions:

Monday, January 26, 2015	10:00 a.m. - 3:00 p.m.
Tuesday, January 27, 2015	10:00 a.m. - 3:00 p.m.
Wednesday, January 28, 2015	10:00 a.m. - 3:00 p.m.
Thursday, January 29, 2015	10:00 a.m. - 3:00 p.m.

*All dates are in the Kilcawley Center - 1st floor across from the bank

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New Year, New You

CAITLIN SHERIDAN
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It's the start of another year — a time that many dedicate to the fulfillment of their New Year's resolutions. Not surprisingly, January is known as National Fitness Month.

Youngstown State University employees have dedicated their time to help students and staff experience the benefits of living a healthy lifestyle.

Anna Pompeo, first-year graduate student in the Student Affairs program and wellness graduate assistant at the Andrews Student Recreation and Wellness Center, helps develop wellness programs at the Rec Center and instructs a Piloxing class this semester.

"Hearing the stories from students is so inspiring. I love seeing staff come in as well to utilize the Rec and see their bodies transform into healthy machines," Pompeo said. "One of my former professors became a Rec regular, and she seriously looks almost unrecognizable. She looks so great. It is also easy to tell that her confidence is now through the roof, which is very inspiring."

Pompeo has made fitness one of her personal passions.

"I have really come to value the fitness level my body has reached," she said. "It is truly rewarding to see what hard work and dedication can bring you in terms of fitness, and I feel more confident in myself by being in shape."

Acknowledging that many do not achieve the goals they set for themselves at the start of a new

year, Pompeo encouraged others to see fitness not as a resolution to be fulfilled, but as an ideal to live by.

"I would rather see a new fitness life plan, or something along those lines, where people don't make it a goal to get in shape for just one year, but instead take steps to changing their fitness routines for their entire lives and don't wait until the new year to decide to do this," she said.

As a former track athlete, the idea of daily workouts has always been a part of Pompeo's regular routine.

"I still run or work out every day, and fit it into my schedule to do so, because it is something that I value and gives me a good jump start to my day," Pompeo said. "If you see that you have time allotted for a workout, it will hold you more accountable and make you want to work out because you already reserved time in your day for it. It takes about 21 days to form a habit, so if you have to do a New Year's Resolution, make it to work out for 21 days until you can continue it on your own as a habit."

The Rec currently sends emails and distributes flyers and posters to encourage students to engage in fitness activities.

Like Pompeo, Carrie Clyde, wellness coordinator at YSU, is dedicated to fitness. She provides health education and wellness programs to over 1,100 benefit-eligible employees. Clyde has been providing fitness programs for over five years at YSU, since the creation of YSU's Living Well Employee Wellness Program.

Her job entails planning, promoting, implementing and evaluating employee wellness programs. She

is responsible for marketing and communicating the available programs to eligible employees.

Clyde said she enjoys watching others attain their fitness goals.

"I love to see them succeed in making those positive changes and feel confident in what they are capable of doing," she said.

Living Well began in August of 2009. In 2014, 39 percent of the benefit-eligible population participated in at least one wellness program.

Using data collected on campus, The Wellness Program offers a variety of free activities tailored to meet the needs of the university's employees — needs like weight loss, exercise, disease management, health education and stress management.

Clyde said she believes that it is important to find a healthy balance for yourself so a person can have the best quality of life and obtain the most out of what life has in store.

"It is important to preserve health so that as we age we are able to continue to do the things we enjoy. The best part is that it is never too late to get started on creating healthier habits," she said. "We truly are the masters of our own fates."

Clyde concluded that she believes that being fit should be a conscious effort every day in order to live the healthiest life you can.

"I don't feel that it is just something to aspire to in the New Year, but should be a focus year round," she said. "However, I do think that it is great that people set forth goals to be healthier and more physically fit; they just need to create a well thought out plan to make their resolution stick for the long term."

SGA Wants You ... To Give Them Feedback

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Youngstown State University's Student Government Association has its plate full for the semester with hopes to amend the elections process, create an ex-officio seat for an international student, host their annual awards banquet and have a broad-scale service project.

A major SGA goal for the spring semester is centered on the Student Academic Success Initiative, which SGA President Michael Slavens hopes to work toward fully implementing.

"From my perspective, our big short-term push is going to be to get as much feedback as possible about our Student Academic Success Initiative," Slavens said. "We will be sending out a survey, hopefully next week. It will both explain as concisely as possible our initiative as well as gauge how helpful students feel the changes will be. We have already made progress, but we would like to get students' feedback to ensure that we're doing everything that we can for them."

A concern for SGA Vice President Jacob Schriener

Briggs is student involvement and input in the functions of SGA.

"I thought we saw some success, but there's always room to improve, specifically on a campus so predominately composed of commuter students," Schriener-Briggs said. "You have to be tireless in working towards engaging a student body filled with people who are juggling multiple, off-campus responsibilities."

Slavens agreed with Schriener-Briggs, emphasizing the troubles SGA faces with engaging an amorphous student population.

"We have tried to be even more open. For example, we launched our forum on our website. It has yet to get a single comment," Slavens said. "One thing that was discussed at the Leadership Retreat was the idea of sending out information on what SGA is doing through the YSU email, but have the ability to unsubscribe. That way if students don't care about what we're doing then we aren't adding to their information overload. I liked this idea and have been exploring it."

Slavens said the organization is focusing on heightening their social media presence this semester.

"A point that was brought up during our last SGA meeting was our lackluster use of social media,"

Slavens said. "This is something that we are working on and hope to improve upon since most students are heavily involved on social media. This would give us yet another avenue to reach students."

SGA will also continue to help student organizations by apportioning funding for their events.

Ashley Orr, vice president for financial affairs and a junior double majoring in mathematics and economics, assures campus organizations that there are still opportunities for funding events.

"One of SGA's main functions is the distribution of funds to student organizations. In the past, around 60 to 70 events are funded by SGA over the entire academic year," Orr said. "This year, just over last semester, my committee worked to fund over 77 events and a total of 54 student organizations. At this point in the semester, we have 44 percent of our budget for student organization remaining and we expect to fund in excess of 30 events this spring."

In every avenue of their work, from funding student groups to proposing changes to academic policy, SGA is seeking one thing: students' feedback.

"Whether on our website, Facebook, or via email, we are constantly looking for feedback," Schriener-Briggs said. "So all students should feel free to offer their insights and help us to better serve them."

NUTRITION BECOMES A NEW ARENA FOR CLIMATE CHANGE POLITICS

Evan Halper
Tribune Washington Bureau
(TNS)

WASHINGTON — The political clash over climate change has entered new territory that does not involve a massive oil pipeline or a subsidy for renewable energy, but a quaint federal chart that tries to nudge Americans toward a healthy diet.

The food pyramid, that 3-decade-old backbone of grade-school nutrition lessons, has become a test case of how far the Obama administration is willing to push in pursuit of its global warming agenda.

The unexpected debate began with a suggestion by a prominent panel of government scientists: The food pyramid — recently refashioned in the shape of a dinner plate — could be reworked to consider the heavy carbon impact of raising animals for meat, they said. A growing body of research has found that meat animals, and cows, in particular, with their belching of greenhouse gases, trampling of the landscape and need for massive amounts of water, are a major factor in global warming.

Cattle industry representatives quickly raised the alarm, summoning help from Republicans in Congress and their allies.

"There is an anti-meat agenda out there, and this is a way to go after meat," said Daren Bakst, a fellow at the Heritage Foundation, the conservative research and advocacy organization. "We need to just focus on nutrition. Once you bring up these other things, it undermines the legitimacy of the guidelines."

Administration officials are already enmeshed in bitter fights with Republicans over coal-fired power

plants, methane emissions from oil and gas production, and regulation of automobiles. Whether they have the stomach for adding a food fight to the list remains uncertain. But the possibility that climate change politics could affect nutrition guidelines serves as a reminder of how many parts of daily life the struggle to limit global warming can reach.

"We can't solve the climate problem with just what we are doing with fossil fuels and energy," said Doug Boucher, director of climate research at the Union of Concerned Scientists, which is lobbying for changing the pyramid. "Food is a big part of it."

The food pyramid is just the latest function of government where climate change looms large after years of not being a consideration.

Legions of military officers are focused on shifting the nation's fighting force to clean energy, hoping ultimately to not only limit global warming, but also save money and reduce the need for huge, vulnerable oil supply lines. The Department of Housing and Urban Development is pushing a green building portfolio. Even the Department of Education is required to regularly produce a climate change action plan.

But the stakes are high when it comes to steak. The dietary guidelines embodied in the pyramid are the core of the nation's food policy. And although the nation's obesity epidemic raises questions about how much the guidelines affect public behavior, they do shape billions of dollars of government programs, including school lunches and food stamps.

Environmental and animal rights groups see the discussion of the role food plays in climate change as an opportunity to reach a vast new group of Americans.

"People care a lot more about their own personal health than they do about the environment or animal welfare," said Michael Jacobson, executive director at the Center for Science in the Public Interest in

Washington. "So these groups are hoping to make progress on their issues by linking them to healthier diets."

A revamp of the food pyramid to take climate into account would be a bold step. Despite a major push by the United Nations for countries to rework dietary policies with an eye on climate impact, none has. The Netherlands is expected to be the first when it releases a new chart illustrating food guidelines this year, said Kate Clancy, a longtime sustainability advocate who advised the federal panel.

"This is a way to get people to think about how their food is produced," Clancy said. "We should not be making it seem like there is no connection between what you eat and its impact on the planet."

Hoping to nudge governments, advocacy groups have been busily designing mock-ups of what a revamped food pyramid would look like. A rendering by the Italy-based Barilla Center for Food and Nutrition has the traditional pyramid alongside an upside down "Environmental Pyramid."

Beef ranks as the least healthy and least environmentally sound food on both charts. Cookies, however, are unhealthy for your body, but not necessarily the planet.

Differences like that provide talking points for critics of a sustainability-focused pyramid. Nutritional guidance, they say, is already confusing enough for consumers.

"It is becoming harder and harder for the public to figure out what the scientists are saying with this document," said Marshall Matz, an attorney who was chief counsel to the Senate Agriculture Committee when it wrote the nation's first dietary guidelines in the late 1970s. "If we integrate all this new information into it, I fear it will be useful for about 5,000 Ph.D.s and be of no value to the average American consumer."

'Rolling Ever Since'

Youngstown band celebrates 10 years and new release

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The Turbo Lovers, a band from Youngstown, is set to release their album titled "Over the Hump" this summer.

The album will feature B.J. Lisko on guitar and vocals, Christian DeSantis on the drums and Keith Colclough strumming the bass.

Lisko said he has had a vision for the music he wanted to make since he turned 16. He would go on to play with a number of bands, but something still didn't fit. He wanted to make music his way.

Eventually, he started up The Turbo Lovers as a side project to record some of his own music.

"[The] Turbo Lovers came from a side project out of Hellvis. It started as a joke, it was just like I'm going to go record stuff that sounds like '80s rock," Lisko said.

From there, he created a disk that caught the eye of the record company Cracked Piston Recordings in Pittsburgh. They released the album and soon after, the band received a positive review in Classic Rock Magazine, a popular music magazine out of Europe.

DeSantis said being in the magazine has been a boost for the band internationally.

"They dug us — they dug our music," DeSantis said.

Turbo Lovers have had their albums reviewed five times in the magazine.

"More people know us outside of town than here because of that," Lisko said.

As lineups changed over



PHOTO COURTESY OF THE TURBO LOVERS.

the years, Lisko still hoped he would find two players who shared his same vision of rock 'n' roll. Soon enough, he did.

In 2011, DeSantis and Colclough left their band Manifold Stud. Lisko called DeSantis, who had performed with him in the past, asking if he wanted to stop by his house and play and record songs just for fun.

Out of this impromptu jam session, Lisko found his new drummer. Colclough became part of the band shortly after.

"We immediately hit it off, it was like a perfect fit. What B.J. was looking for in Turbo Lovers and what I was able to offer him with the songs, it was a natural fit with us three, and we've been rolling ever since," DeSantis said.

Inspiration for the band has included the likes of AC/DC, Kiss and Danko Jones. The band wanted to bring this variety of rock to Youngstown.

"At a young age, I fell in love with music, I was first influenced when I was a child, listening to bands like Kiss and AC/DC, had a fascination and love for the drums along with a dream to play in a band," DeSantis said.

The lineup has not changed since 2011, with DeSantis, Lisko and Colclough. Disagreements happen during recording, bands break up, but DeSantis said they all fit so well together they avoid this strife.

"It's been a godsend to be honest. All of our heads are in the same spot, all our ideas, ev-

erything that I envisioned personally. We fit so well together — B.J. fits that mold perfectly with us," DeSantis said. "We're just trying to ride this wave as long as we can."

Fans can see them right here in Youngstown and in Cleveland. They recently opened for Tantric at the Harley-Davidson BikeTown in Austintown.

The Turbo Lovers always are willing to open for performers who are touring through the area, but have yet to tour because of job commitments and limited finances.

All three have found it hard balancing both their full-time jobs and recording music.

"It's hard to find time, especially with the jobs that the three of us have. Everybody's

really busy, working at least 50 to 60 hours a week," Lisko said. "It gets hard to schedule and squeeze stuff in, but we sort of manage it OK."

Lisko said there are no plans to turn The Turbo Lovers into their full career currently.

"There would have to be a big break for us to quit our day jobs and to devote all of our time to Turbo Lovers, something big would have to happen," he said.

Regardless, Lisko plans to continue making music whether it's by himself, with another band or The Turbo Lovers.

"We like to do it — we like to play rock 'n' roll. ... This band really solidified at about 2011 with the guys that I have now and will probably be the last lineup this band ever has," Lisko said. "I'm sure in 10 years, when I'm 43 years old, I'll still be doing this band or something similar to it, if it's not this one."

DeSantis said their new album, "Over The Hump," is a true collaboration of the band — each member being heavily involved in its production and recording.

"'Over The Hump' is more of a band perspective, more us three more involved. We hope to release it sometime this spring," Desantis said.

The band hopes to bring straightforward, in-your-face rock 'n' roll that gets to the point without dragging on.

"Nowadays, to do music, you have to do it because you want to," Colclough said.

You can find more information about The Turbo Lovers on their Facebook page or search their music on Amazon and iTunes.

Rock of Lasers

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A hemisphere placed upon an upward pointing pole emits lights of red and green. The colors mix and dance off of mirrors and shine beams of light in the dark, moving amorphous figures upon the ceiling, while Pink Floyd

Weekend's emcee and light disc jockey. He explained the attraction, mechanics and purpose of this weekend's laser show.

"The main reason [for Laser Weekends] is to spread word about the Ward Beecher Planetarium and attract more people to shows," Spivey said.

The laser-light apparatus being used for Laser Weekends

and AC/DC. At 6 p.m., the tempo will be pulled back featuring songs by The Cure, The Police, Duran Duran and many more.

Artist-exclusive shows start at 7 p.m. with "Laser Beatles," followed by Spivey's favorite from the series, "Laser Zeppelin" at 8 p.m. Pink Floyd closes the night, beginning at 9 p.m. with "The Dark Side of the Moon" played in its entirety, and an excerpt of songs from "The Wall" at 10 p.m.

Spivey explained that an overabundance of people have come to the planetarium in the past. In certain situations, some have been denied admission due to lack of seating.

"We almost had to beat them off with a stick," he said.

The planetarium seats 145 and they are first come, first serve. Admission to Laser Weekend is free, but a donation of \$1 or more is recommended.

"We expect demand to be heavy, so get here early," Spivey said.

Spivey advised that food, drinks and psychedelics are strictly prohibited in Friday and Saturday's showing.

For more information regarding Laser Weekend, or other events at the Ward Beecher Planetarium, visit wbplanetarium.org or The Ward Beecher Planetarium Facebook page.



PHOTO COURTESY OF WARD BEECHER PLANETARIUM.

plays in the background. This Friday and Saturday only, the Ward Beecher Planetarium will present Laser Weekend, a series of hour-long, music-themed laser light shows. Laser Weekends will feature classic artists such as The Beatles, Pink Floyd and Led Zeppelin.

Curt Spivey is the planetarium engineer, as well as Laser

comes from the company Audio Visual Imagineering. AVI is the only planetarium supply company that manufactures entire light projectors that use the entire dome of the planetarium.

The shows will begin at 5 p.m. on Friday and Saturday with "Laser Vinyl" — a collection of rock singles by legendary groups such as Van Halen, Queen, Kiss

Youngstown: The Next Movie Hot Spot?

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Between Pittsburgh and Cleveland, two of Hollywood's newest movie hubs, can be found Youngstown, an unassuming city with a seemingly absent film scene.

Fred D'Amico, actor, producer and Youngstown native, is determined to change this and put Youngstown on the map as a movie metropolis.

"You don't have to move out to LA ... to pursue your dream. Your dream is 45 minutes away ... in Pittsburgh or Cleveland. And we are sitting here in the middle of the Mecca of movies 45 minutes away from us. ... Well, we're going to bring the movies to Youngstown since nobody wants to drive 45 minutes away," D'Amico said. "Our future is this. It's a nonprofit that is going to work with another nonprofit school downtown to begin a film series. Every four months, a movie will be made all by local people. There is a possibility that a movie could be coming here as soon as February."

D'Amico is known for his work on "Carnival of Souls" (1998), "Happy, Texas" (1999), "November" (2004) and his most recent movie, "The Power of Few" (2013) starring Christopher Walken. He said he wants to bring the

dream of having the movie industry in Youngstown to life through the nonprofit organization Project Young Hollywood.

"Project Young Hollywood is a nonprofit set up to design every element needed to bring the movie industry here," D'Amico said. "We want people who want to learn how to write scripts, who want to be building movie sets, working the set, set decorating, etc. ... There are a ton of jobs involved with bringing a movie to life that many aren't aware of."

Students and members of the community who hope to learn about the movie industry through hands-on experience are encouraged to sign up to be a part of Project Young Hollywood's cast and crew database at <http://projectyounghollywood.org> or email jobs@projectyounghollywood.com.

People interested in joining on as movie extras, background talent, actors and actresses, experienced crew members and those who just wish to learn can also be placed in the database directly for \$5 by appearing at open casting held on Saturday from 12 p.m. to 3 p.m. or Monday, Jan. 26, Wednesday, Jan. 28 and Friday, Jan. 30 from 6 p.m. to 9 p.m. at the Oakland on 220 West Boardman St. in Youngstown.

EDITORIAL

You Won't Believe What This Editorial Has to Say

The fourth paragraph will blow your mind

Over the past few years, I've noticed a troubling alteration to my Facebook feed, and it has, on countless occasions, made my blood boil; it has tested my will; and it has tempted me to compose ill-mannered and impotent internet rants.

And if you — as a Facebook user — have contributed to this obnoxious trend, odds are I've unfollowed you.

I'm talking about the promotion of mindless viral "news" sites — the pages that have no journalistic merit, that contribute to the formation of needlessly radical ideas and that are too often taken as examples of accurate reporting.

I'm talking about sites like the obviously conservative Independent Journal Review — an online publication that has, as of late, demonstrated a bizarre fixation on the Bible, guns and Clint Eastwood's "American Sniper." And I'm talking about the equally nox-

ious publication UpWorthy — which forwards a liberal agenda and publishes fatuous stories that range in topic from the questioning of law enforcement officials to the criticizing of capitalism.

At The Jambar, we take pride in our attempts to always remain ethical in our reporting; we strive for objectivity and accuracy; we write and report stories; and we never forward a political agenda. When we do share an opinion, we make sure it's clearly labeled as such.

Though no news outlet is perfect, the viral news sites mentioned above — along with several others — do not make any effort to abide by these widely accepted journalism ethics. Their articles are not journalism; they are, instead, examples of manipulative propaganda.

What's more, these sites often lie about their mission, falsely labeling their reports

as objective news articles. In fact, the IJ Review's "About" page describes the site as "a news platform and publisher dedicated to being objective, fair and entertaining." Entertaining, maybe, but let's be clear: there is nothing objective or fair about IJ Review.

Unfortunately, these sites do not simply exist; they thrive. While IJ Review generates 35 million unique visitors per month, UpWorthy garners 50 million total engagements.

How do they experience so much success, you ask? Well, it seems to be that social media sites like Facebook and Twitter have helped popularize these viral news outlets. Thousands of social media users consume and then share and like these insipid articles.

It is not simply that these articles are an annoying trend. They provide a way to substantiate the views of their similarly minded readers with an echo chamber. It gives readers

a thriving community in which opinion is held as definitive truth and facts are molded into agendas. In other words, it discourages independent agency and encourages polarization. Fox News and MSNBC are the popularized versions of this, but these smaller sites are subtle and therefore, in some ways, more dangerous.

Though we certainly agree these sites have the right to publish this nonsense, harmful though it may be, we ask readers to take action, to become more conscientious posters and to think twice before sharing media on the web. Ask yourself: does this post educate my online friends? Or does it simply echo my personal opinions? Is this link an example of objective and quality reporting? Or is it sensational propaganda — perpetuating party polarization?

We ask our readers to think about the function of news, because this is the sad truth: in

a digital era filled with funny cat videos and Willy Wonka memes, we've come to expect constant entertainment. Certainly news can be entertaining; in some instances, to make the most impact, it should be entertaining, but in its attempts to entertain it should not be reduced to the level of juvenile Internet trends. News should primarily work to inform and educate. We ask our readers to be conscientious consumers. Though this kind of quality news is not always as entertaining as Charlie the Unicorn, it is our responsibility to become informed citizens, to be aware of the plights of others and to seek out respected publications.

But if people are not going to read real news, the least they can do is stop themselves from propagating harmful viral news on their Facebook feed and stick to puppy and kitten videos instead.



Just Tag Me Then

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You're scrolling through your timeline on Twitter and BAM. You see it. You know it's about you. It's the girl who sits three seats behind you, tweeting about her hate for your oversized laptop blocking her view of the board. *Insert eye roll*

Here's the question, why couldn't she just tell you she couldn't see? What was the point of this noxious post to the world cursing you and your large laptop?

She subtweeted you. Subtweeting — short for subliminal tweeting — is tweeting about someone without tagging them via their Twitter handle.

In "What Is Subtweeting?" an article written in December 2012 for the Business Insider, Dylan Love defines subtweeting — noting that the actual word is one of many Twitter-born expressions.

"A scaled-down definition might be this: subtweeting is a way to publicly talk about someone behind his back," Love said.

Subtweets aren't always bad though. Many think they are a passive-aggressive form of communication, sometimes intending to get someone to do or stop doing whatever you're posting about. Other times, a subtweet is used to grouse about

something or, usually, someone that annoys them — exactly what we need, more complaining on the Internet.

So, what makes a good subtweet?

In "The Art of Subtweeting" on The Social Chic published in October 2012, David Benson takes a completely different approach to passive-aggressive tweets. He notes that good subtweets are actually meticulously designed.

"Other people reading must remain unaware of what you are actually saying," Benson said. "This is where most subtweets fail; it's not really a subtweet if the majority of your audience knows you are passive-aggressively tweeting about a specific person."

So, there is a method to the onslaught of madness in the mess of social networks. Benson continues to argue that subtweets have an actual goal.

"The intended recipient needs to understand the hidden meaning, but the tweet needs to stand on its own in the eyes of the general public," Benson said.

Benson also brings up the tweets we all hate seeing — the cries for attention and incessant whining about one another in the most obnoxious way possible. Of course, we occasionally fall victim to when someone hurts our egos like, for example, not getting a call back from that date you went on a week ago.

How do we craft the per-

fect subtweet, though?

First, one has to be clever, rather than whining in yet another tweet about how much boys or girls suck. Find something that would be clear to the intended person, but not something to further annoy followers — not to mention something that is mindful of your future employers sifting through your posts about college angst.

"Tease out the details for greater amusement," Benson said. "If said 'stupid boy' wears a lot of hats, go with 'From my research, Snapback wearers run a high risk of brain cell suffocation. Communicative intelligence may suffer from even short-term use.'"

Clearly he never called back because his over-worn Snapback is cutting off oxygen to his already tiny brain.

So, the art to subtweeting is to not tip everyone else off as to who you are talking about — hence not tagging them in the first place. The point of a subtweet isn't to complain, but to get your point across with a certain level of diplomacy.

Maximum results to artfully crafting your tweet would be that you get the idiot in the front of the class to shut her huge laptop, or to get that phone call back from last Thursday. On a minimal level, in learning to subtweet properly, you stop annoying your followers with your passive-aggressiveness.

JAMBAR POLICY

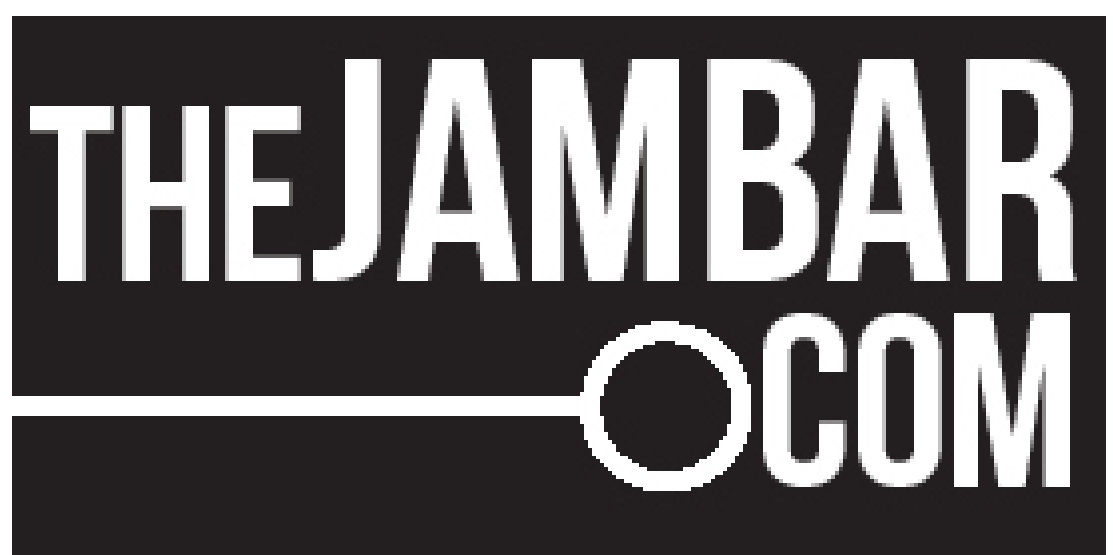
Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press honors. The Jambar is published twice weekly during the fall and spring semesters and weekly during the first summer session. Mail subscriptions are \$25 per academic year. The first copy of The Jambar is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



Newman and Penguins Take On Wright State

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The Penguins will take on Wright State University on Jan. 22 at the Beeghly Center. Wright State is entering the game with a record of 14-4 and 3-1 in conference play. The Raiders are second in the Horizon League.

The Youngstown State University women's basketball team began conference play a couple weeks ago. So far the women's team has gone 2-1 in Horizon League play.

"They're just really good," YSU head coach John Barnes said. "They're very athletic, they're fast, they can shoot. They have all aspects of the game covered — they're well coached. It's going to be a really tough game for us."

Wright State's offense has created problems for opposing defenses all year. The Raiders are first in the Horizon League with 76.9 points per game and out-rebounding their opponents by nearly seven more rebounds per game.

"Any time you can attack the basket and put pressure on the defense it creates problems ... that's what Wright State does," Barnes said. "They're constantly forcing the action or attacking the basket, so you either have to help or foul, and if you help they'll kick it out for a three. They put you in bad situations and it makes it difficult. So the more you attack the basket, that puts the other team in tough spots."

The Penguins offense revolves around working the ball into the paint. YSU is shooting 42.2 percent from the field and 35.9 percent from

behind the 3-point line. YSU is currently first in the conference in both categories.

"Well a big part of our offense is getting into the post," forward Kelsea Newman said. "So that's what we try to do. Once teams can't stop us in the post, then they have to start double-teaming which leaves guards open on the outside."

The differences between the two styles of offense might cause a problem for the Penguins. The Raiders like to run the ball up and down the court. Since YSU prefers to run a slowed down offense, the Penguins will need to make sure they don't lose their offensive identity.

"They like to run it a lot, and I'm not saying we don't," Newman said. "We definitely like to slow it down and try to push it inside. With our height and our post players that will be good for us."

The Penguins are coming off a win against fourth-place Cleveland State University. Barnes said the 79-65 win against the Vikings gave the team confidence heading into the game. YSU has not played since Jan. 15 and the Penguins will look to maintain their confidence despite the long layoff.

"Obviously the confidence will still be there from getting a good win," Barnes said. "I think the biggest thing is to be rested. We gave them a couple extra days to rest up and this time of year it can be a grind. When you get an opportunity to rest it's always nice. We came back with a lot of energy today. We had a very solid practice and we will continue that the rest of the week."

Tipoff is scheduled for 7 p.m. at Beeghly Center.



PHOTO COURTESY OF SPORTS INFORMATION.

Sophomore forward Kelsea Newman (13) attempts a 3-point shot during the Penguins 78-52 loss to the University of Pittsburgh at the Petersen Events Center. Newman is shooting 41.3 percent from behind the 3-point line.

First Pitch Baseball Breakfast



PHOTO BY DAN HINER/THE JAMBAR.

Hall of Fame catcher Johnny Bench answers questions from the media before the start of the First Pitch Breakfast on Jan. 17. Bench was one of the guest speakers and donated signed memorabilia.

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In college athletics, funding is everything. It allows universities to improve their programs by purchasing up-to-date equipment and facilities. Most of this funding tends to go toward the football and basketball programs, leaving little for the rest of the sports available on campus.

Programs like the baseball team need to raise the money for costs like travel and equipment. The Youngstown State University baseball team held its annual First Pitch Breakfast on Jan. 17 at The Maronite Center in Youngstown. The breakfast auctioned off memorabilia from YSU athletics and Major League Baseball. A few items such as a signed Jim Tressel football helmet and four Cleveland Indians tickets went for over \$1,000 — including a signed

Johnny Bench jersey purchased for \$2,000.

The breakfast featured two Hall of Famers from their respective sports. Jim Tressel, newly-inducted College Football Hall of Famer and YSU president, and MLB Hall of Fame catcher Johnny Bench spoke at the event.

"That's our community. Our community turns out for great opportunities, which it is. It's great to have Johnny here. But they're always seeming to find a way to back great causes, which this is," Tressel said.

Bench spent time talking to the YSU baseball team before the breakfast. He stressed the importance of getting an education as a college athlete and to enjoy their time as members of the team.

"The fact is, you have to go out and get an education ... the numbers are totally against you in being in professional baseball," Bench said. "But the opportunity to share these times with

your friends and teammates and get a great education and make a lot of friends during your life is going to be the most important. So treasure each moment they have. Go out and enjoy the game, improve your game and walk away from this university with a great degree."

The YSU baseball team won the Horizon League Tournament last season and entered the National College Athletic Association tournament. Bench took the time to compliment Penguins head coach Steve Gillispie on potentially turning the baseball program around.

"It's been a lot of fun," Bench said. "It's an opportunity for me to come and it's very impressive for what's happened with Steve Gillispie and the Penguins just in the last year and the last few years how he's brought baseball to a new level."

Mitchell Joseph, the CEO of West Coast Chill and YSU graduate, ap-

proached Bench about meeting the YSU baseball team and speaking at the breakfast.

"I never thought I'd ever meet Johnny Bench," Tressel said. "It's a special thing for our community. Thanks to Mitchell Joseph, who's one of our graduates at YSU and longtime friends with Johnny. ... He said 'Why don't we see if we can get Johnny to campus' and he spoke with the student athletes and then here with the community. It's a special day."

Gillispie thought the event was a success. The early numbers showed a higher than expected turnout for the event as compared to past years.

"We set up for 544. We were planning on a little over 500, which I think we've exceeded a little bit," Gillispie said. "It's about 100 more than where we've been the past few years. ... It's an unbelievable venue — lots of space and Blue Wolf catering and the Maronite Center have just been fantastic."