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## YSU Addresses Lack of Mental Health Services

**LAUREN FOOTE**  
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Youngstown State University's Counseling Services currently employs one mental health counselor, fewer than other Ohio public universities of similar size.

Excluding interns and trainees, Bowling Green State University has 11 staff members to serve its population of 18,856 students, Cleveland State University employs nine staff for its 17,260 students and Wright State University has 10 staff for its 18,059 students.

YSU's 12,471 students have only one counselor at their service.

Jake Protivnak, the chair of the department of counseling, special education and school psychology, said YSU utilizes a supervised intern to assist with the caseload.

"Many college campuses utilize the services of clinical interns or college counseling to supplement the need for counselors on a campus," Protivnak said.

Michael Reagle, associate vice president of student success, acknowledged the problem.

"We have one counselor on campus, and that is less than most universities our size — probably significantly

less than most universities our size," Reagle said. "The administration, specifically Tressel, recognized that and made it the top priority this year to boost up the number of mental health counselors on campus."

Protivnak agreed. "We have a significant need for additional counselors on our campus," Protivnak said. "Additional college counselors would provide the opportunity for mental health awareness to reach across the campus."

Reagle is leading the search for a new director of counseling services as the first step in increasing the number of counselors the University has at its disposal.

"The counseling director will help us address the mental health needs of the campus, helps to increase outreach to the campus to let them know what resources are available at their disposal," Reagle said.

YSU President Jim Tressel said he wants the university's mental health services to meet the needs of students.

"It is astonishing how many students suffer from mental health issues," Tressel said. "This issue needs to be addressed and hopefully this will add resources that the students need."

Reagle said the number of mental health counselors

on campus has fallen.

"I think through budget cuts and non-rehired positions and things like that we have slowly dwindled down to a number that is frankly not good for us," Reagle said.

Hiring a director of counseling services is the first step in expanding the program.

"We are taking this one step at a time," Reagle said. "This person will help us analyze how many counselors we need. We will try to double the amount we have now once we hire this person."

After that, they will assess whether they need more assistants, counselors, psychologists or other therapists, according to Reagle.

"With the resources being as tight as they are around here, we will need at least one more. Then we will reevaluate and decide how to expand from there," Reagle said.

Matthew Paylo, the counseling program director, said the American College Counseling Association recommends one counselor for every 300 students.

"One counselor to 2,000 students is a more realistic number," he said.

The Jambar was unable to reach Anne Lally, the university's mental health counselor, for comment.

### Ratio of Counseling Staff Students (excluding interns + trainees)



GRAPHIC BY RJ MIKOLAJ/THE JAMBAR.

## The Most Powerful Students On Campus

**JUSTIN WIER**  
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Youngstown State University student trustees Bryce Miner and Samantha Anderson may be the most powerful students on campus, and they want you to know who they are, what they can do for you and how you can do what they do.

They are student trustees, appointed by the governor of Ohio — who is currently trying to get elected as president — and who serve on the board with the final say on what goes on at this university. Their job is to represent student interests.

"We definitely want to engage the student body because as student representatives on the Board, I think it's very important that the students know they have resources that they can go to," Anderson said. "We're trying to lift that veil and be more accessible to stu-



PHOTO BY JUSTIN WIER/THE JAMBAR.

dents."

The Board of Trustees is composed of 11 members — two of whom are students — appointed by the governor to oversee the operations of the University. They hold quarterly meetings, during which they pass legislation that becomes University policy.

"Everything that goes on at the University really filters through the Board of Trust-

ees," Miner said.

Many of the initiatives that are pursued by the president, provost or academic senate are reviewed and approved by the Board before implementation.

"The Board of Trustees acts as an overarching entity that really hopes to secure the interests of all of its stakeholders," Anderson said.

POWERFUL STUDENTS  
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## Transfer U: YSU Player Transfers Tell Their Story



PHOTO BY DAN HINER/THE JAMBAR.  
Linebacker Lee Wright tackles Illinois State University's Marshaun Coprich at the goal line. Wright transferred to YSU after attending Appalachian State University during his freshman season.

**DAN HINER**  
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Over the years the ysu football program has developed into a safe haven for student-athletes transferring from other universities. On tuesday, the jambar released the first part of this story. Part two will tell the story of two other players on the ysu defense and their journey to youngstown. This is part two.

**LEROY ALEXANDER**  
YSU starting free safety LeRoy Alexander's story follows

a similar story line as Pelini's. Alexander attended the University of Nebraska during the 2012 and 2013 seasons.

Alexander saw significant time as safety at Nebraska under Pelini. Alexander played in all 13 games in 2013 but was suspended by Pelini for the entire 2014 season. The reason for the suspension was undisclosed, and Alexander declined to discuss the details around his suspension while talking to the media at Nebraska and upon his arrival at Youngstown.

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# Swim Team Raises Awareness for Breast Cancer

**SAMANTHA PHILLIPS**  
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The Youngstown State University women's swimming and diving team will host its fourth annual breast cancer awareness swim meet fundraiser Oct. 23 at 5 p.m.

YSU will face Cleveland State University in the Beeghley Center natatorium and proceeds will benefit the Joanie Abdu Comprehensive Breast Care Center. The center — located at St. Elizabeth Health Center — provides prevention, detection, diagnosis and support services for women.

Hanna Martin, a member of the team, said they toured the center.

"It is a wonderful place. You don't even feel like you're in a hospital. It's more of a spa-like setting," Martin said. "There are these beautiful pictures everywhere, you get soft, silky robes."

She said they have one of three high-tech screening machines in the entire US.

"It's really cool to say we have resources like that within

such a short distance," Martin said.

Jacqueline Smith, assistant swimming and diving coach, said the annual fundraiser began a few years ago when Megan Ciampa, a YSU alumna, contacted the center and asked how they could raise money.

"Breast cancer research and the foundation was something that was really important to her. We have grown every year since then, but it's been a great opportunity to link with a great foundation that's in Youngstown," Smith said.

Martin said they raised more than \$2,000 for the center so far, but their goal is \$3,000. They will hold raffles, sell T-shirts and sell refreshments at a concession stand to meet the goal.

"We're a women's only team, so being able to work for something that hits so close to home makes us excited to raise as much money as we can for them," Martin said.

The community donated products and services to the swim team to help them in their efforts. Giant Eagle provided food and drinks for the concession stand, and a T-shirt



PHOTO BY GABBY FELLOWS/ THE JAMBAR

company printed shirts and donated \$500 to have their company on the back of them.

This year, members of sororities and fraternities will be competing in "floaty relays" for entertainment. They will be

given floaties and inner tubes and swim 200 meters while wearing pink suits and caps.

"This is our first year with the Greek relays, so we are hoping that it goes well this year, and they're hoping to ex-

pand upon it next year," Martin said.

She said they might have two relays next year and get more campus organizations involved.

"It's definitely something that is going to stick around. It's not a one and done deal," Martin said.

Fighting breast cancer isn't the only cause that the team is passionate about. They volunteer at many events including the Peace Race and the non-violence parade.

"This is the only one where we had a meet centered around, but we definitely try and volunteer and do as much as we can with a lot of different foundations," Smith said.

Smith said the fundraiser has been attracting more people every year. She hopes to fill the natatorium this year.

Martin is determined to make it a success.

"We would love to see as many people as we can get to come support the team and then be able to get the word out," Martin said. "We want to highlight the magnificent work the Joanie Abdu Breast Cancer Center does."

## Penguins Must Win Against Southern Illinois

**DAN HINER**  
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The Youngstown State University football team's loss to South Dakota State University last Saturday put the team's postseason aspirations in jeopardy. With the Penguins' backs against the wall, the team will have to win against Southern Illinois University to get back on track.

"Coming into that game, we thought the outcome would have been better than what we thought," wide receiver I'tavious Harvin said. "As a team, our mindset was pretty much was not there. I guess we depended on certain players to get the job done, but we got to come together."

YSU will have to defend another duel-threat quarterback, Mark Iannotti. The Southern Illinois offense revolves around the play of their quarterback. Iannotti leads the team in total offense with 2,217 yards. His 418 rushing yards leads the Salukis, and he is eighth in the nation with 1,799 passing yards.

The Penguins will have to create pressure against one of the top quarterbacks in the Missouri Valley Football Conference, but they will have to go through the top offensive line in the nation. The Southern Illinois offensive line hasn't allowed a sack in the past four games and allowed three sacks this season.

The Salukis' offense is one of the fourth best offensive units in the nation. Southern Illinois averages 230 rushing yards per game (15th in the nation) and 313 passing yards per game (ninth in the nation).

"This is different. This is almost like playing [against] the wildcat for four quarters," YSU head coach Bo Pelini said. "They're going to go really fast. Their quarterback is always a run threat. It's like having a tailback at quarterback. It's a very unique system. It's not one you run into every week. It's different than the ones we played the last couple weeks. There's some elements that are similar, but this is different. They're going to spread you out. They're going to use the quarterback in the run game. They're going to try to create



PHOTO BY DAN HINER/ THE JAMBAR

one-on-one matchups as much as possible, and there's going to be a lot of one-on-one opportunities."

Missed tackles have been one of the reasons opposing teams have created long plays in the past two weeks. Pelini said the team would have to tackle well when the team is faced with one-on-one situations.

"We're going to need to make the play in space at times. That's just the way it is," Pelini said. "There's times, I think our guys, first and foremost, have to understand the game plan and have respect for what this team does. They believe in their system, they're committed to it and they know what they're doing. It makes you have to be on point all day. [If] you miss some of those one-on-one matchups, you miss a tackle — it could be a bigger play than what you like to see. To a certain extent, that has hurt us. A guy being out of position here or there, instead of it being a five or six yard gain, becomes a 15-yard gain or a 20-yard gain. In this game it becomes even more pronounced because of the type of offense we're playing against. It'll be a nice challenge for us."

After the loss to South Dakota State, Pelini said the coaching staff is reevaluating members of the team. Pelini said the process started at the beginning of the week, and any changes will be made before the matchup with Southern Illinois.

"That's how we go about our business anyway. No one's locked into anything — ever," Pelini said. "You compete during the week, you earn

your playing time on Saturday by what you do during the week and that really hasn't changed."

One player that came under scrutiny for his performance last week was starting quarterback Hunter Wells. Pelini said Wells is still considered the Penguins' starting quarterback. He wants the team to put Wells in better situations to succeed.

"A lot of times it falls on the quarterback. Sometimes it's justified, sometimes it's not," Pelini said. "I know one thing — we got to play better around him. We put him in a lot of tough situations. Our running game was nonexistent at times, and we didn't run it very well. We didn't get much movement and that put the quarterback in some difficult situations. There were a couple drops."

"That's kinda the nature of the position. Sometimes it falls on him and it's not always fair. Did he play his best game? No, I think he would be the first one to say he didn't play his best game, but I know one thing, we have to play better around him — to help the quarterback. One guy can't do it by himself. Hunter's a good player, he's a young player, he's still learning ... we have a lot of confidence in him."

The players said the team is still confident after losing the last two games.

"We're hungry. We're hungry," defensive tackle Emmanuel Kromah said. "After these first two losses we're hungry, and we're realizing that our backs are against the wall. We really don't have any choice either. We stay down or we fight."

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## Law Day

October 26, 2015 from 11 a.m. – 1:00 p.m.

Presidential Suite, Kilcawley Center

Representatives from various law schools will be available to answer questions, distribute catalogs, applications and financial aid information. This is a unique opportunity for students who are considering a career in law to gather information about law school programs.

This event is free and open to the public.

Sponsored by the Department of Politics & International Relations/  
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**NEWS BRIEFS**

**Massage Sessions Offered Through Department of Campus Recreation**

Campus Recreation and Employee Wellness is offering on-campus massages with massage therapist Jessica Johnson by appointment. Massages are offered to YSU students, faculty, staff and affiliate members on campus. All massages will be 30 minutes on a chair or a table. To make an appointment, call 720-984-7220. The cost is \$20 for students, \$30 for faculty and staff and \$35 for affiliate members. A YSU ID is required.

**YSUnity Hosts 3rd Annual Diversity Prom and Dinner**

YSUnity's annual Diversity Prom is Oct. 23 at 7 p.m. in the Chestnut Room of Kilcawley Center. The event will feature door prizes, refreshments, live entertainment, a super hero photo shoot and a dance floor. At 5 p.m. before the dance, there will be a sit-down dinner catered by YSU Dining Services. Tickets to the dinner and dance are \$30, and tickets to the dance are \$10. For more information, visit <http://ysunity.yzu.edu>.

**POWERFUL STUDENTS FRONT**

The student trustees bring student voices to the University's governing body.

"We have the opportunity to be on campus everyday, which a lot of trustees do not," Miner said. "We can bring that perspective to the Board, and I think that they really highly value the different views that we have."

He said when the Board was deciding whether or not to approve the new apartment complex being built on Fifth Avenue, they came to him.

"A lot of the Board members asked me for my opinion," Miner said. "What do students want here on campus? And what do you think this campus needs to push us forward?"

Anderson said that while they are a valuable resource for the Board, the flow of information is a two-way street.

"Although we're here to provide information to the Board, I believe there's an equal obligation to provide information to students if questions are raised about certain issues that we can answer," Anderson said.

As a commuter student, Miner said he saw an opportunity to increase his involvement in becoming a student trustee.

"My first two years, I wasn't really involved on campus," Miner said. "Being a commuter student is hard. You come up here, and it's a new university, and you don't really know

which way to go and who to talk to."

He said he's learned an incredible amount about the University and the community through serving as a trustee.

Anderson agreed. She said she was drawn to the position by curiosity and wanting to understand more about the University.

"I'm just constantly dumbfounded by the different multifaceted layers that the University operates on, and as a student I've just never been fully aware of," Anderson said.

Miner and Anderson said they are constantly engaging with students to obtain their perceptions of campus.

"It's crucially important to go out and speak to students," Miner said. "You're there for them, and you're representing them — being their opinion and voice on the Board of Trustees."

Anderson said it's rewarding to bring students' concerns to the administration. She recently had the opportunity to thank people responsible for renovations to Moser Hall on behalf of students.

"Their voices are actually being pushed on to the direct people it impacts," Anderson said.

The two of them traveled with the football team earlier this year to better understand the experience of student athletes.

"We're thankful to have the opportunities to be able to experience even to the smallest degree what other students

have so that way when we bring that opinion back to the Board we actually can bring back some value," Anderson said.

Outside of sitting on the Board during meetings, student trustees participate in the same type of community outreach other members of the Board engage in.

"We feel that people in the public should be able to come to us if they have any questions or concerns, and we can relay that information to the administration or to the Board itself," Miner said.

Anderson said she gives everyone she meets the opportunity to get her contact information.

"I'm hoping that the efforts of my reaching, of my saying I'm here to help you, might be returned at least in the form of an email, saying, 'I have a question,' or, 'I'm concerned about this,'" Anderson said.

Miner said the Board members do a wonderful job of engaging the community. Anderson said when she has lunch with Board members, local citizens are constantly coming over to talk to them.

"What Bryce and I do is try to replicate that engagement with the student body," Anderson said.

She said it's important to get perspective on what's going on in the local community as well as on campus.

"When you have both the little picture and the big picture, your ability to assess different policies is greater," An-

erson said.

Despite the impact student trustees can have, the number of applications for the positions has been small. Anderson was appointed from a pool of 12 applicants, which was twice the number of the six applicants that applied the year Miner was appointed.

Anderson said this could be because students don't have a firm understanding of what the position entails.

"There are so many high-quality, high-caliber students here on campus that should be put into that pool," Anderson said. "The last thing I want to think is that we're not getting these high-caliber students simply because of a lack of understanding or a lack of knowledge of the position."

Both Miner and Anderson said they would like to see a substantial increase in the number of applicants this year. They would also like to see more diverse students bringing different perspectives to the position.

"There is no cookie-cutter definition for a trustee," Anderson said. "It's about what you can bring to the table. What's unique about you? What can you bring that no one else can bring? That's what's important."

Donna Greenaway, an administrative assistant in the Division of Student Experience, said they are currently reviewing the applications for release later this week and they will be due at the end of November.

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**HELP WANTED**  
Looking for a preschool teacher and a teacher assistant with a degree, CDA or 2 year experience minimum. Near YSU. Call 330-740-0323.

**Coming Out Week and Safer Sex Week**



Organizations run information tables during Coming Out Week and Safer Sex Week activities in Kilcawley Center. Volunteers distributed a variety of informational pamphlets covering issues such as suicide prevention, transgender awareness and safe sex as well as condoms and branded items. Coming Out Week activities culminate with YSUnity's Diversity Prom on Friday night.



PHOTOS BY SCOTT WILLIAMS

# Geo's Music and Draught House Collaborate



PHOTO BY BILLY LUDT/THE JAMBAR.

Geo's Music has moved to the second floor of the downtown Youngstown bar, the Draught House. Prior to the move, Geo's Music operated on Boardman Street. An immense collection of used and new records, DVDs, jerseys and CDs are being put into place, but Geo's is open for business during construction. Their new space on the second floor of the Draught House has more open air and windows that look onto Market Court.

**SAMANTHA WELCH**  
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Geo's Music has begun moving its location to 219 West Federal Street on the second floor of the staple Youngstown dive bar, Draught House.

The music store owned by George Case was originally located at 228 West Boardman St, in the shadow of The Vindicator building.

"We're kind of on an island over there on Boardman Street," Case said. "Oakland Center for the Arts moved out, The Vindicator sold their building to The Youngstown Business Incubator and that was a great deal of traffic just

right there. The building had possible earthquake damage in the back and the front entryway was collapsing."

Jordan Klucinec, owner of the Draught House, and Roxane Zoccoli, manager of the Draught House, collaborated with Case on the new location of Geo's Music.

"We put our heads together and said, 'Why don't we do the record store up here?'" Case said. "I had quite the extensive cooking background, as well as some of the people around me, so we talked to him about doing the record store up here and the kitchen downstairs."

Bob McAllister, owner of BoJo's Creamery, donated the original malt machine — along

with its recipe — from the Strouss department store to the Draught House so that it can return to Youngstown.

"So now you can come in, get a malt, get your beer, get a pop, get records, get jerseys — whatever you want — listen to live entertainment, have a good time," Case said. "We think it'll give us a true mix of clientele like Youngstown really is — open-minded people. You may come down here one night and hear an acoustic guitar player and another night hear a rock band or hear a rapper. I just wanna do something nice."

Case, who was born and raised in Painesville, Ohio, moved to Youngstown to attend

Youngstown State University in 1987. In 1996, he opened his business because of his love for music.

Singing and writing songs from a young age, Case has had music as a part of the majority of his life. His goal was to run Geo's Music while meeting Youngstown's local musicians so he could start his own live band. In 2003, Geo C and Tha Storm was formed and became one of Youngstown's most popular bands.

Geo's Music carries a large variety of CDs, LPs and DVDs, as well as sports jerseys and sports cards. Case also orders a large number of his merchandise from independent record labels, allowing him to carry

rare music and videos in many genres, including all the latest hip hop and urban music.

"We really know music, and we're really welcoming," Case said. "I think that makes the business unique."

George credits his accomplishments to his wife, Melody Case, and his three children, Lilliana, Diana and Gabriel.

"They've become the reason I do all this," Case said.

Geo's Music is open through construction. The Draught House's restaurant will open on Nov. 10 and Geo C and Tha Storm will play live on Geo's Music's opening night, Nov. 25, at 9 p.m. Live music, provided by Ann Rock, will be played on Saturdays after opening.

## YSU Film Club to Host Horror Film Festival

**MARY VAN JURA**  
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At 6 p.m. on Oct. 26, Youngstown State University's Film Club will be set up at the Soap Gallery on 117 South Campus St. for a viewing of their student-made horror films, which members have 48 hours to create.

The viewing is free to anyone who wishes to attend. The films can be anywhere from one to 15 minutes in length.

Students in Film Club have specific rules they must follow in order for their film to be shown. While there is no limit on the amount of people

that can make up a group, each group must pay a \$5 entrance fee for their film to be shown.

The students will pick from a hat for which horror-themed plot they will use to create their films. This method of choosing a theme has piqued the interest of Film Club member Quincy Carrier, a junior and telecommunications major at YSU.

"I'm excited to see what everyone will come up with because picking from a hat takes the barrier away from coming up with an idea for plot," Carrier said.

Carrier also said that some of the themes he has heard that will be in the mix are funny horror, B-Movie type and pure

terror.

Carrier is interested in acting and directing and has high hopes for the outcomes of his peers' films.

"I hope that the students who participate will have a great time and also learn to overcome the obstacles that come into play while creating films," Carrier said. "Since there is no time to overthink in 48 hours, they will be able to realize that it's not that difficult."

Courtney Kensinger, the president of Film club and a telecommunications major, is interested in the screenwriting, directing and cinematography aspects of film.

Kensinger said that the idea

for the 48-hour Horror Film Festival came from Bill Brophy, a YSU professor who has been teaching audio and video production and telecommunications for the past 26 years.

"I organize for speakers to come in and help herd everyone in the same direction," Kensinger said. "I try to let everyone's opinion be heard, but when it comes down to it I've just got to take control and make a decision on what we're going to do."

She said that the 48-hour Horror Film Festival presented a fun idea to work on something in such a short span of time. The Student Art Association is also teaming up with Film Club

to offer their expertise in set design and costume makeup.

As for other events the club is planning, Kensinger said they are working on an end of semester project that differs from the comedy skits they've previously produced.

"We're planning on filming something the last month of the semester and we have a couple scripts in the works," Kensinger said.

Film Club will reward a "super secret top prize" to the film that succeeds in using the best effects, use of plot, costume makeup and acting.

## YSUnity's Diversity Prom Honors Personal Heroes

**BILLY LUDT**  
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YSUnity's third annual Diversity Prom is Friday from 7 to 10 p.m. in the Chestnut Room of Kilcawley Center.

Tim Bortner has been the president of YSUnity, the Youngstown State University LGBTQIA organization, since 2012.

This year's theme for the Diversity Prom is "unleash the superhero from within," but that does not mean attendees must necessarily dress up as superheroes. The prom finishes

up the week of activities for this year's Coming Out Week.

"It's not just in a sense of superheroes," Bortner said. "It's kind of like your hero growing up. Like if it was an author, a family member. We want you to come dressed as your hero, and, of course, super heroes work."

The first year YSUnity organized the Diversity Prom, dress was formal and it was set in a 1920s freak show tent. Last year's prom was a Hollywood movie theme.

"This year we took a different approach with it," Bortner said.

Before the prom begins,

YSUnity is also hosting their first Diversity Dinner.

The dinner is a full course meal and the ticket includes admission to the Diversity Prom. Tickets are available all day Wednesday and are \$30. The dinner begins at 5 p.m.

The dinner was organized in an effort to raise more funds for the organization. YSUnity hosts discussions, participates in World AIDs and gives away 3,000 condoms a semester.

"It's never actually been a traditional prom," Bortner said.

The idea for Diversity Prom stemmed from same-sex couples in high school not being

allowed to take their significant other to prom.

YSUnity has partnered with Alpha Psi Omega, the YSU theater honors society, to put on a short performance about a child being harassed in school during the prom for, as Bortner put it, being who they are.

"We always have a great support team from our departments on campus," Bortner said. "I don't know what we would do without Student Activities or Kilcawley Center helping us every year."

The Diversity Prom is also sponsored by the Student Government Association, the

Department of Campus Recreation, Kilcawley Center, University Events, the Office of Student Diversity Programs, Housing & Residence Life and the Women's and Gender Studies Program.

Admission to the prom is \$10. Tickets can be purchased online or at the door. Every person who walks through the door has a chance to win prizes. There will be finger foods and refreshments, a dance floor, a superhero photo shoot and a DJ.

## EDITORIAL

# Mending Mental Health

Posts on social networks and certain sites on the Internet that may trigger negative emotions to a reader are beginning to be tagged with the words “trigger warning”. Those articles normally involve rape, substance abuse and violence.

Yet, although the country is apt to adapt to the needs of those suffering from past traumas, concerns and cares of many different “trigger warnings” on the Internet, it seems not to do so with certain situations in real life.

Many people who have gone through a form of tragedy in their life, whether it be any of the warnings above or one not listed, have in turn been burdened with some type of mental illness. While it has been commonplace among the years to use tags of mental illness as lines of banter between friends, the behavior has to be put to rest.

Joking that “you’re depressed” or asking your friend if they throw up after they eat in a mocking tone doesn’t do anything for the negative stigma mental health has in today’s culture.

According to ABC News, one in five Americans suffer from a mental illness. Out of those, only 60 percent get treatment.

Whether that be anxiety,

depression, self-harm or any other form, there’s no dodging around the fact that people, especially college kids, with a mental illness don’t get as much help as they need.

Why is that? Resources are becoming more available. YSU offers free services for students, open 8 a.m. to 5 p.m. Monday through Friday. More counselors are being hired so that more students can have access to professional help when they need it.

Many insurances also cover the cost of an off-campus therapist or other mental health professional, at least for a few appointments.

The issue lies in how people with a mental illness feel they are perceived. In a study conducted by the Center for Disease Control and Prevention in 2007, only 25 percent of adults with mental health symptoms believed that people are caring and sympathetic to those with mental illnesses.

Compare that with the 57 percent of adults without mental health symptoms that believe people are caring and sympathetic to those who have mental illnesses, and the case for mental health misconceptions grows.

There is a significant gap between how people with mental health issues are viewed and how they feel they are

viewed. The population generally agrees that individuals with mental health symptoms greatly benefit by seeking out professional help.

The CDC also said that 78 percent of adults with mental health symptoms and 89 percent of adults without agreed that treatment can help people with a diagnosed mental illness to lead normal lives.

The good news is that changing the perception of how people with mental illness think that others view them is something that can be fixed.

Talking openly about mental illness and the stigmas that they carry is the first and most important step in the right direction.

If the gap of how people feel they are seen and how they really are is reduced or closed, those who suffer with undiagnosed mental illnesses will be more open to seeing a professional about their problems. Even if there is only a small increase in the amount of people that seek help because of a reduction in how they feel others view them, it will still be considered a victory.

Mental health is present, it can be fixed and it’s okay to talk about it openly. The more open the lines of communication, the better.

## The Marks We Leave on the World

JORDAN MCNEIL

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“Our church isn’t going to be big enough for all the people that are going to come.” My youngest sister said that in regards to funeral preparations for our grandmother last week. My mother and other sister firmly agreed with her sentiment, but I was left wondering if really that many people were going to show up.

It turns out that they were right.

My grandmother touched the lives of so many in her lifetime. Whether it was through activity with Grange, selling Nature’s Sunshine supplements — earning her the title of “the herb lady” — raising goats, helping with the fair and 4-H or just simply being a good neighbor, she reached more people than I could truly imagine. Even knowing how active she was in various communities, I couldn’t fathom what that actually meant until I saw it for myself. My mother continuously whispered under her breath “Oh my goodness” when new people walked in, surprised that so many people from her past, who my grandmother hadn’t seen for decades, came to say goodbye.

I was approached by a lot of people — some I knew, others I had never seen before — at calling hours who told me their stories of my grandmother and how she helped them get better with her herb business, or taught them life lessons in 4-H, or gave them a home-away-from-home when they were young. I learned that my grandmother was always helping out others, even in the

smallest, most innocent ways.

I learned that you don’t need to do something huge or monumental to leave a mark on the world.

It sounds very cliché to say that little interactions with people — a compliment, a smile, a “good morning” — can leave lasting impressions, can change someone’s day, maybe even their life. But it’s true; I’ve seen the evidence.

You don’t need to swoop in to save the day by performing life-saving surgery or stopping a mugging to leave a mark. Tutors at the CSP and the Writing Center leave a mark on the students they help by helping them understand their classes better, and maybe even improve their grades. Volunteers leave a mark on both the organizations they are doing the work for and the people who are affected by that, by showing them all that there are those in the community who care.

The man on the bus leaves a mark on the person he gives up his seat for. People passing each other on the street leave a mark on each other when they are kind — a compliment, a smile, a “good morning.”

You don’t need to be famous, or a public figure, or part of a large organization or project to leave your mark on the world. You leave your mark in the day-to-day, in your daily interactions with others and the world around you.

You are leaving marks now — it doesn’t wait until you’ve graduated and entered the adult world with a big-time profession, it’s happening right now. Are you happy with the marks you are leaving?

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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.

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## Why Congress Should Reconsider the Perkins Loan Program

By Thomas J. Botzman

The Philadelphia Inquirer (TNS)

Numbers have a way of revealing the real story beneath the rhetoric and misinformation around controversial topics.

Take the ongoing Federal Perkins Loan debate, for example. More than 1,700 institutions of higher education participate in the program, resulting in about 500,000 students in need being awarded loans to finance their college educations. This campus-based program provides funds to students with the highest level of financial need.

The federal government began its new fiscal cycle on Oct. 1. For the first time in 57 years, the proposed budget does not include the Perkins Loan program.

Although there is a wide range of programs that aim to support the nation’s neediest students, the Perkins Loan has a few unique twists that make it valuable to both students and taxpayers.

Most obviously, the Perkins Loan is a loan and not a grant. As such, the student agrees to pay back the loan over a 10-year period following graduation. With a 5 percent fixed interest rate, repayment generates additional funds for the next generation of students. Furthermore, colleges and

universities make contributions to the fund, which extends the reach of the program.

At Misericordia University, a cumulative federal contribution of \$1.1 million was available for student loans during the 2014-15 academic year, \$245,000 of that in new loans. Those funds were cumulatively supplemented by more than \$600,000 of institutional money, which also was lent to students. Although the limit for Perkins Loans to undergraduates is \$5,500 annually, most students receive about \$2,000 per year. Perkins Loan funds help fill the gap between other sources of financial aid and family contributions so students can meet the entire cost of attending a college or university of their choice.

One argument that led to the expiration of the Perkins Loan program was that other vehicles provide funds to students with significant financial need. Yes, the landscape of student-aid programs is complicated. It requires expertise on the part of financial aid administrators to apply assistance appropriately and justly. It is important, nonetheless, to have an array of programs that meets the need of each individual and not just a mythical “typical” student.

The Pell Grant, for example, provides a much larger average award to a student, but it does not need to be

repaid. While the Pell is a progressive and respected option, it does not return funds to be lent again and again and again. Stafford Loans, meanwhile, are not earmarked solely for students with the greatest need and do not carry a fixed interest rate.

I should also note that there have been efforts by Congress to cut funding for Pell Grants and Stafford Loans, just as we have witnessed for the Perkins Loan program.

If the Perkins Loans are not restored, repayments of loans will return to the federal government. We would then have taken a program that has worked for nearly six decades — providing a hand up for so many students — and turned it into a political football with little return to taxpayers.

Support for education at the federal level is an investment in our collective future. It is simple arithmetic to figure out that a \$2,000 loan each year for four years equals \$8,000. That is obviously less than the \$8,000 plus 5 percent interest the student repays — not to mention the lifetime of higher earnings that provide more taxable income.

We have taken a solid program that works for everyone and replaced it with, well, nothing. That’s not solid policy, good government or a step toward building a future for all of us.

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PHOTO BY DAN HINER/THE JAMBAR.

Safety LeRoy Alexander tackles South Dakota State University running back Kyle Paris. Alexander began his career at the University of Nebraska prior to transferring to YSU in the spring.

#### TRANSFER FRONT

Alexander participated in the Cornhuskers' spring game under current Nebraska head coach Mike Riley, but he announced in June that he was leaving the program and transferred to YSU shortly after.

Even though he is not from the Youngstown area, Alexander still considers this a return home. Alexander attended Whitmer High School in Toledo, along with YSU backup running back Jody Webb. The thought of returning to the Buckeye state was one of the major reasons for his enrollment at YSU.

"Being back in Ohio, being a couple hours away from home, having a lot of support and knowing Bo [Pelini] has my back through everything was definitely a big decision for me," Alexander said.

Wanting to follow Pelini wasn't much of a surprise. Players frequently transfer to another university when their former head coach is fired, and some usually follow in their coach's footsteps.

"I'm a big believer — Bo [Pelini] has been my guide. He stuck by my side through everything I've gone through," Alexander said. "I started my career with him and I will end it with him."

Alexander leads the Pen-

guins with 38 tackles and is first on the team in fumble recovers, recovery yards and interceptions. He recovered the ball 50 yards to help set up a scoring drive during the Penguins' 31-3 win over the Coyotes.

"He's a good football player that can add something to our defense, and he could do a lot of different things to help us," Pelini said.

Alexander couldn't have started off his YSU career any better. He intercepted two passes from Pitt quarterback Chad Voytik, including an interception returned for a touchdown that allowed YSU to claw back into the game at the end of the first half.

"I'm just trying to help the team any way I can," Alexander said. "So far it been by getting INTs [interceptions] and doing anything I can on special teams, or even if it's just coaching anybody at my position and just helping them be a leader. Coaches put us in good positions to make plays and that's just what I'm doing."

#### AVERY MOSS

YSU defense end Avery Moss was one of the most highly talked about transfers to come to YSU over the years and also one of the most highly scrutinized.

Moss exposed himself to a campus convenience store worker in 2012, was subsequently suspended for the 2014 season and received a campus ban after a conviction for public indecency in January 2014. He tried to appeal the suspension, but was denied and later pled no contest to the charges.

Following the hiring of Pelini in January, Moss transferred to YSU later that month. Moss said his decision to transfer to YSU was "a lot easier when I knew coach Bo was coming here."

But Moss' decision had a deeper meaning than staying with his original coach. Moss said the impact Pelini has with his players through his day-to-day interactions played a role.

"He's definitely a player's coach and since he sat across from my parents, he told them that he was going to take care of his son," Moss said. "He treats me like his son, and he treats all his players like they were kids of his own."

"He cares about more than just football. You can tell with some coaches — once you get in the locker room you do what you're supposed to do. But with coach Bo [Pelini] there's more than that — he's teaching us a life lesson. It's a 'father-son' connection towards him, and that's why I think everybody likes him so much."

While at Nebraska, Moss

earned All-Big Ten honors as a redshirt freshman from the Big Ten Network and was named to the all-freshman team by ESPN. Upon arriving at YSU, Moss was considered an impact player before spring practices started.

Although Moss hasn't replicated the statistics he put up at Nebraska, Pelini said the junior defensive end has significantly improved during his first season with the Penguins.

Moss has become a disruptive force for the Penguins. He has 12 tackles this season and one tackle for a loss, but he is tied for second on the team with two quarterback hurries. Long story short, he isn't getting sacks, but his ability to make opposing quarterbacks uncomfortable in the pocket is just as effective.

Moss is currently in a rotation with incumbent starters Derek Rivers and Terrell Williams, and all three defensive ends are on the field in passing situations. Moss said having two talented veteran defensive ends on the roster gives him people he can model his game after.

"It's great knowing I have those two dudes. Those are my best friends, and they're also someone I could look up to," Moss said. "The way that Terrell plays and his violence and his hand motion — how he gets his hands on opponents and controls them and dominates

the blocking. Everybody knows Derek Rivers is a real good player. Playing alongside them and playing with them ... I've learned a lot more and it's just great having them."

Moss isn't listed as a starter on YSU's depth chart, but he has received significant playing time. Pelini considers him a starter based on the amount of time he sees on the field in certain packages.

"He's a starter as far as we're concerned," Pelini said. "Sometimes we play three ends together and sometimes we play two, but as far as we're concerned, he's a starter."

Although some members of the public and the media didn't condone the decision to accept Moss into the program, Moss has been a model student-athlete to this point in his YSU career. Moss has stayed out of trouble and said the suspension was a learning experience that allowed him to focus on his development off the field.

"I think all throughout the year was a growing and maturing thing for me. I expanded my faith a lot," Moss said. "For the most part, I do think I matured. I don't want to say I'm a completely different person now, but I know right from wrong better. It's stuff that comes with age I guess."

Additional Reporting by Jeff Brown

# Men's Cross-Country Wins Another Meet

#### JEFF BROWN

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Sophomore Ryan Sullivan recorded his first collegiate victory and led the Youngstown State University cross-country team to its second consecutive win at the Penn State National Invitational. The Penguins were able to hold off Big Ten foe Penn State University by a slim margin to ensure victory.

Sullivan credits his victory to a more aggressive approach he took this week, as compared to the past when he's gone conservative and tried to save his energy for the later parts of the race.

"The goal for everyone this week was to go out and try

something new," Sullivan said. "It was my turn to go out and be aggressive and see what I can do going out with that top pack."

YSU finished with four runners in the top 10. Sophomore Alan Burns placed third, junior Ethan Wilson took sixth and senior Jon Hutnyan finished seventh.

For Burns, this ties his second-highest finish in his career at YSU. He also took third at the Tommy Evans Invitational earlier this season.

"I was really happy with it because, even with Penn State, it's a much bigger race compared to Akron [Tommy Evans Invitational], so for me I was really happy with a third place

finish," Burns said.

Perhaps most impressive is that the Penguins were able to grab the victory without top runner and last week's Horizon League Runner of the Week Austin McLean.

"To be able to win without him, it is a big confidence booster," Burns said. "It shows how strong our team is and how deep we are compared to how we used to be. We can take our top guy out and still go places and get the win — which I think is pretty impressive on our part."

Burns credits head coach Brian Gorby to building the team's depth, which he said is a crucial part to the team's success so far this year.

"A lot of the credit I give to Gorby. He's the one making our workout plans and letting us know what to hit," Burns said. "He's very knowledgeable about the sport and he helps everybody out. He doesn't train us as just one program, he trains us as individuals, which is a huge part of why I think we're becoming so successful."

The Penguins have a bye this week before having a chance to complete their ultimate goal, winning a Horizon League Championship. Burns said having a week to prepare for the championship is huge to get the team in the right mindset.

"I think it's good to have

the week off. It let's everybody relax," Burns said. "It lets everybody get prepared and fully 100 percent recovered from Penn State."

In last year's conference championship the Penguins finished third behind the University of Detroit and the University of Wisconsin-Milwaukee, but they won't be satisfied with a third place finish this year.

"Anything other than a first place finish at Horizon League would be a disappointment. We were planning on trying to win last year and that didn't happen," Sullivan said. "Literally anything other than first place would be a disappointment."