

Professor Opens Door for the Destitute



PHOTO BY SCOTT WILLIAMS / THE JAMBAR.

SAMANTHA PHILLIPS
sphillips@student.yzu.edu

Dana Davis, assistant professor in the department of social work at Youngstown State University, has been helping the chronically homeless in Pittsburgh for nine years and plans on expanding her efforts to the Mahoning Valley.

She founded The Open Door, a non-profit that operates a 15-unit apartment building in Pittsburgh offering safe and affordable housing for homeless people living with HIV and other conditions that make them ineligible for tradi-

tional housing.

"We at The Open Door know that they might have substance use disorders, mental health disorder, they might have HIV or they might have all three and a lot more, but that does not define who they are," Davis said. "They can still be a great person, a good parent, a good employee. They can achieve lots of things in their lives and those problems don't define them."

According to Davis, the program improves the lifestyle of many individuals, and when they move to independent housing, they are more likely to be successful.

She said she was inspired to found The Open Door after noticing that people receiving treatment for HIV would still die because they were homeless and had underlying mental health or substance abuse problems.

AIDS United, a funder of The Open Door, recognized it as an innovative program and wanted to partner with them to support similar programs. The Open Door accepted submissions last year, and two agencies — including one in the Mahoning Valley — were awarded money and consultation services to start new housing programs.

Davis said many people think The Open Door provides free apartments to people with HIV. Most clients have multiple chronic health conditions, so they receive social security, disability checks, SSI or SSI, especially if they have substance abuse or mental disorders, and others work part time for their housing.

"Really what we're doing is giving people the opportunity to rent an apartment. The sad part about that is our clients have been trying to rent an apartment in the community for years," Davis said. "Because they have criminal background history or bad credit history

or don't have the life skills to negotiate a landlord tenant relationship, they have been unable to rent an apartment."

The Open Door helps clients pay their bills. Many clients have difficulty setting aside enough money to pay rent when they are relying on a fixed income, so the nonprofit receives their income, directs the appropriate amount of money toward bills and then gives the client the rest. Davis said this has taught people to be more responsible with their income and prevent future homelessness.

OPEN DOOR
PAGE 3

TEDx Speaker Series: The Mechanics of Mental Disorders

LAUREN FOOTE
laurenleona.l@gmail.com

Greg Siegle, director of the program in cognitive affective neuroscience at the University of Pittsburgh School of Medicine, is trying to understand the mechanics behind mental disorders and how to better treat them in the future.

"In Brown [University], my class was the first class to graduate with a cognitive science degree. After that, I worked in artificial intelligence for a while and then I wanted to see how I could apply that to helping people," Siegle said. "My Ph.D. ended up being in clinical psychology, with my focus being in neural modeling for clinical disorders."

His research examines the neural basis of emotion and thinking in mood and anxiety disorders. He is also trying to see how this information can be used to predict responses to validated treatments and to guide novel treatment development.

Siegle's involvement in the field stemmed from his work with artificial intelligence.

"When I was working in artificial intelligence, I asked one

day what the work I was doing was going to be used for and they said, 'Oh, don't you know it is being used to make more accurate missiles?' And I realized my work was being effectively used to kill people better," Siegle said. "I had to get out of there. My reaction was, 'How can I use this for good?'"

He was inspired by a colleague while attending graduate school at Northwestern University.

"[He] was trying to give emotions to robots, and that was my introduction. Building emotions in computers, you really have to understand how emotions work and function, and that was interesting to me," Siegle said. "I really wanted to know how emotions worked."

Siegle wants to find out why people think of negative things and how to interrupt those thought patterns.

"For the last fifteen years, we have been looking at this question in terms of why people ruminate, and we have been looking at some brain areas and seeing which ones turn on and off when people are thinking about negative things," Siegle said. "We are working with some treatments that could possibly shut some of those areas off, and we are

excited about that."

Siegle's TED talk is going to dive into his research and explore how our brains function.

"Treatments for mental disorders are really geared towards shutting down overactive brain mechanisms," Siegle said. "You take pills which help you to not be so emotional, you do psychotherapy which teaches you to down regulate emotions, and they tend to work like half the people you give them to."

According to Siegle, these treatments tend to work best with highly emotional people, so he is exploring treatment for people who are not so in tune with their emotions.

"What if we went in the other direction? What if we paradoxically increased people's emotions when they are depressed, or anxious or have another mental disorder? Somehow when people go parachuting or hang gliding or they go into a haunted house, they feel great afterwards. If we can understand what is going on there, we can apply that into helping people," Siegle said.

In his TED talk, he'll be looking at studies he's done looking at brain reactions of people engaging in meditation or sexual activities. He's trying to understand how mental dis-



PHOTO COURTESY OF GREG SIEGLE.

orders work.

"There is so much phenomena that could be attributed to why you are feeling bad, and the science in psychiatry at this time is just not precise," Siegle said. "In any other disorder,

you go into the doctor's office and they do a test, and it gives you a treatment that stresses what's wrong on the test. In psychiatry, they don't do that."

TEDx
PAGE 3



VISIT THEJAMBAR.COM
For information on breaking news as well as complete access to these stories and more.



Like us on Facebook!
Facebook.com/thejambaratYSU



Follow us on Twitter!
Twitter.com/TheJambar



PHONE
330-941-1990



EMAIL
jambarad@gmail.com

The Jambar Advertising

Business Students Named Beeghly Fellows

DOM FONCE
DomFonce@gmail.com

Youngstown State University business students Jerry Dugan, Jessica Marando, Alex McFarland, Fadi El Chammas and Corey Patrick were named Beeghly Fellows by the Ohio Small Business Development Center for the 2015 fall semester.

Betty Jo Licata, dean of the Williamson College of Business Administration, said that the Beeghly Fellowship Program was established many years ago as a means to provide students with paid, career-related experience.

"We found that a model that works very well for us is to have our Beeghly Fellows placed with our Small Business Development Center and International Trade Assistance Center," Licata said.

Licata said that Fellows work to assist small business clients on a face-to-face level.

"The clients love working with our students," Licata said. "Because they bring a very different perspective, they bring a great set of knowledge, skills and enthusiasm to the projects."

Dugan, a senior accounting major, has already com-

pleted a tax and audit internship with Novogradac & Company in Dover, Ohio.

"A typical day includes preparing a cash flow forecast and meeting with a client. I work mainly with finance and consulting," Dugan said. "My favorite project thus far was helping a location open up in Niles. The client purchased the building and has a great market share."

Dugan said he is thankful for this job and would definitely recommend younger business students to apply when they're seniors.

"I would definitely recommend this job to future students. I learned during this internship that I want to go into consulting or sales to have one on one meeting with clients," Dugan said. "Had I not done this, I would have never known."

Marando, a senior marketing major and accounting minor, completed her internship at Vapor Stockroom, where she worked on brand development and social media. She's also the public relations chair for YSU's Enactus chapter, which focuses on entrepreneurship and action.

She said this area is filled with creative and innovative people, but sometimes they need an extra push to get their businesses run-

ning successfully.

"I love working in this office and getting the amazing first hand experiences and problems of expanding businesses," Marando said. "Don't be fooled by the name of the center — not all of our clients are small."

Marando said she's learned many things through her fellowship that will help her in her professional life.

"I've learned things working here that I never would have thought of, but upon learning them, make total sense, and I apply the things I learn here to everyday life," Marando said.

McFarland, a senior business economics major, recently completed her internship at Future Systems, Inc. She also works as a tutor of economics in the Center for Student Progress.

"An average day for me consists of working on my client projects and with the other interns and consultants," McFarland said. "I usually check up on how things are going with each of the projects on the client's end and add my own work to the process. The whole thing is very rewarding, especially the client meetings."

McFarland said she was nervous when talking to clients for the first time but quickly got over it.

"My favorite project so far has been working with a client to build a map of where their current customers are coming from and then using demographic data to map where they might pull new customers from. We teamed up with the Center for Urban and Regional Studies here at YSU for help with the mapping part of the project," McFarland said.

El Chammas, a senior business management major, has worked in the food industry for five years, gaining knowledge in professional selling. He also works for the International Trade Center at YSU.

"On a day-to-day basis we deal with local companies looking to export and expand globally, and we try to help them get the information and research that they need," El Chammas said.

He said the International Trade Center is working on a survey that is branching out to 10 nearby counties.

"It's a 10 county initiative between four counties of Ohio and six of Pennsylvania called the Ohio-PA Stateline Exporting Initiative," El Chammas said. "These local companies answer the survey, and based on those answers we analyze the data and try to figure out a marketing plan for

them to expand export sales in the future."

Patrick, a senior finance and marketing double major, has interned with Edward Jones Investments and is the current president of YSU's Enactus chapter.

"I really like the work that we do because it's always different," Patrick said. "Every client is different. One day I could be doing marketing for someone and the next day I could be doing a cash load projection."

He said his favorite project was watching a yoga studio in Boardman being built from the ground up.

"I got brought into that project halfway through, right when they were about to start building the studio. So, I was there to help with cash flow projections, making brochures and I was even there for its open house," Patrick said.

Patrick said he could see himself working in a position like this in the future, and that the position tends to go unnoticed by most business students.

"A lot of students overlook it because it's sent out through email, but I tell everyone about it as a business student because I really love it," Patrick said.

YSU Respiratory Care Student Nationally Recognized

SAMANTHA PHILLIPS
sphilips@student.yzu.edu

Karissa Kuneli, a senior in the respiratory care program at Youngstown State University, will travel to Tampa in November to receive the William W. Burgin Jr., M.D. and Robert M. Lawrence, M.D. Education Recognition Award from the American Respiratory Care Foundation and the National Board for Respiratory Care.

Kuneli submitted a literature review about respiratory care along with a paper about why she deserves the scholarship. She said she never

expected to be the chosen recipient from a slate of candidates nationwide, she just wanted to see if anything would come out of it.

"I didn't even know the position of respiratory therapy existed until my senior year of high school. I wanted to go into the medical field, but I didn't want to be a nurse or a doctor, and I found out that YSU had a well-known respiratory program, so I thought why not give it a try? And it ended up being exactly what I was supposed to do," Kuneli said.

Kuneli plans on using the cash award to pay for her undergraduate degree since she intends to wait a couple years before pursuing her mas-

ter's degree. She said she wants to get a job at St. Elizabeth Health Center.

"I would be a registered respiratory therapist, and I could work in many different areas of the hospital," Kuneli said. "I could work on the general floors, in the trauma room, I also could work with children if I wanted to, and there are so many different areas."

Joe Mistovich, chair of the department of health professions, said Kuneli is an exceptional student.

"We promote this culture of excellence, and I'll tell you one thing I can say about Karissa, she is actually such a prime example of the culture of excellence in the respiratory care program," Mistovich said.

He said she had to submit a paper she did on the cause of cystic fibrosis to receive the award, which makes her achievement even more prestigious.

"They only administer the award to one student a year in an undergraduate program ... and there are around 400 respiratory care programs in the country," Mistovich said. "It is prestigious simply because it is a very selective award."

Kuneli grew up in Hubbard and was home schooled. She had her first classroom experience when she came to YSU.

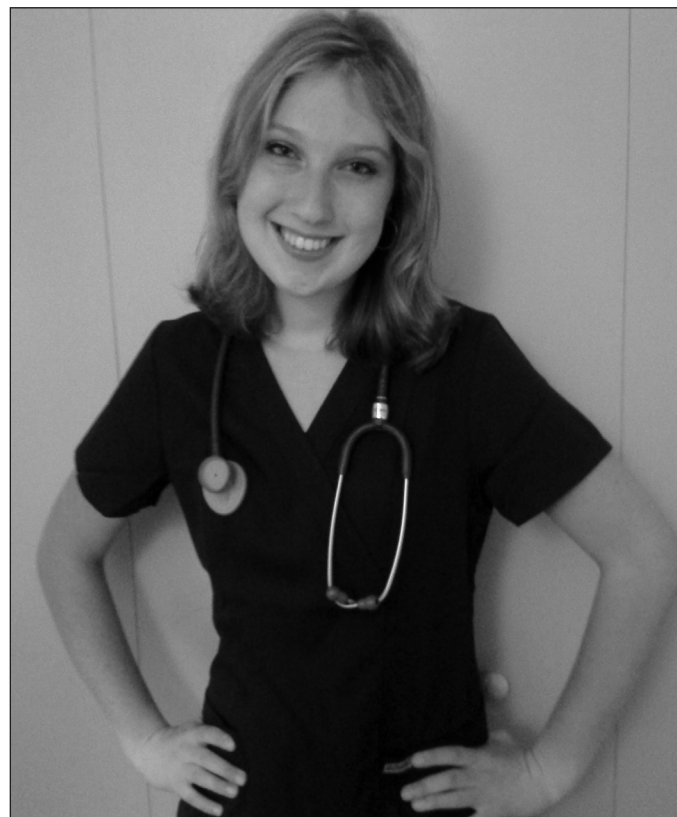
"It was a big shock just seeing the schedule because I was used to working at my own pace and getting done as soon as

I wanted to, and having that schedule with due dates and having someone teach me, that was all a new experience," Kuneli said.

She said home schooling taught her to study on her own, and that helped her at YSU.

"As a homeschooler, I was able to figure out what ways I learn the best," Kuneli said. "I was able to teach myself in those ways, and so I was definitely able to carry over those skills once I got to college."

Kuneli was also awarded the Ohio Society of Respiratory Care's statewide Charles Robinson Memorial Scholarship, which is the society's highest monetary award.



COURTESY OF KARISSA KUNELI

JAMBAR STAFF

EDITOR-IN-CHIEF:
Graig Graziosi 330941.1991

MANAGING EDITOR:
Gabby Fellows 330941.1807

COPY EDITOR:
Amber Palmer 330941.3758

NEWS EDITOR:
Justin Wier 330941.1989

ARTS & ENTERTAINMENT EDITOR:
Billy Ludt 330941.1913

SPORTS EDITOR:
Daniel Hiner 330941.1913

ASSISTANT NEWS EDITORS:
Lauren Foote 330941.1989

WEB MANAGER:
Alyssa Pawluk 330941.1807

DESIGN EDITOR:
Gwenasia Gadsden 330941.1807

ASSISTANT DESIGNERS:
RJ Mikolaj 330941.1807
Kolby Brown 330941.1807

SALES MANAGER:
Christiana Young 330941.1990

COLUMNIST:
Jordan McNeil 330941.1913
Gino DiGuilio 330941.1913

ASSISTANT COPY EDITORS:
Sara Pompeo 330941.1913

ARTS & ENTERTAINMENT REPORTERS:
Mary Van Jura 30941.1913

MULTIMEDIA EDITOR:
Alan Rodges 330941.1913

MULTIMEDIA REPORTERS:
Scott Williams 330941.1913
Ashley Custer 330941.1913

SPORTS REPORTERS:
Will Clark 330941.1913
Andrew Zuhosky 330941.1913
Jeffery Brown 330941.1913

GENERAL ASSIGNMENT REPORTERS:
Dom Fonce 330941.1913
Samantha Philips 330941.1913
Laura McDonough 330941.1913

BUSINESS MANAGER:
Mary Dota 330941.3094

ADVISER:
Mary Beth Earnhardt 330941.3095

EMAIL thejambar@gmail.com
FAX 330941.2322

NEWS BRIEFS

YSU Hosts Financial Planning Seminar

Youngstown State University will be hosting a free seminar entitled "Financial Planning for College in These Challenging Times" that will be in the Chestnut Room of Kilcawley Center from 11 a.m. to 12:30 p.m. on Thursday, Nov. 12. The seminar focuses on awareness of education on social justice issues and economic empowerment through entrepreneurship. For more information, contact William Blake at 330-941-2087 or Tiffany Anderson at 330-941-3419.

Applied Numeric Analysis Supported by YSU Profs

Youngstown State University professors Annette and Richard Burden have donated \$30,000 to the YSU Foundation to support applied numeric analysis in honor of their parents. The endowment will support applied numerical analysis for working professionals and students through workshops, forums, conferences and speakers on the topic. The Burdens will match other donations to the endowment. For more information, contact Annette Burden at 330-941-1816.

TEDX FRONT

Siegle said he hopes that his talk will help students understand how treatments for mental disorders work, and how we can make them better.

"Treating mental disorders is not one size fits all. We should do assessments first," Siegle said. "Lesson 1: we have to assess people in their brain mechanism in psychiatry before doing anything else. Lesson 2 is that shutting down emotions is not always the answer. Lesson 3 is that we do

have new methods in the horizon which will look nothing like current psychotherapy or medication."

Siegle said times are changing when dealing with mental disorders, and it's moving in the right direction.

"It's going to be a long road and it's going to take a lot of politics, research and open mindedness in our health care communities. I believe we will get there, but it is going to take a lot work," Siegle said. "If people want to get into this area, it's a great time."

OPEN DOOR FRONT

In addition to housing and financial services, The Open Door provides medication adherence support, peer-led assistance with problem-solving and life skills and HIV health services.

Davis said the way society treats people who have drug, health and mental problems is largely to blame for the amount of people who are homeless and unable to get help.

"The thing is, in our country they do not do a very good job of engaging people with all these problems early on," Davis said. "You have to decide to become abstinent [of drugs and alcohol] — you already have to be seeing a mental health care provider [to take care of] your mental health issue before they can do anything for you."

She said when people achieve those goals they are usually significantly older and have already dealt with consequences related to their addictions.

"We at Open Door hope we can engage them as early as possible when they're having that problem because we recognize that they can achieve really healthy life goals," Davis said.

Open Door doesn't force its clients to enroll in rehab services. Davis said almost all of their clients are managing their HIV, but some of them aren't ready to work on substance abuse or mental health problems yet.

She voiced concerned about

the unfair treatment her clients and others like them receive from the general public.

"I think that society does judge certain populations of people, and certainly people who abuse substances are pretty harshly judged in the United States," Davis said. "[There's] a lot of bias and prejudice and discrimination."

She said this prejudice and discrimination exists even in the health care community.

"The health care providers are supposed to be on peoples' sides, and they're supposed to understand that abusing substances is a medical problem," Davis said. "It's a chronic health problem. It's not just going to go away by somebody going to a 30 day rehab or detox program. These are lifelong conditions that need support on a chronic basis."

While she doesn't handle day-to-day operations anymore, as president of the board she is still involved in financial issues, grant writing and supervision.

Davis said she wants to reduce the stigma suggesting that homeless people don't want to get help or be successful in life.

"Our hope is that traditional health care providers can see that if you let clients decide what their goals are, that they will almost never be non-compliant with their health care because their goals count for them," Davis said. "When you let them work on the goals that they're interested in, then they're really going to be quite successful, regardless of what other demands they had in their life."

Assailant Killed by Police After Stabbing 5 in UC Merced Campus Attack

By Joseph Serna and Hailey Branson-Potts

Los Angeles Times (TNS)

Police at the University of California, Merced, shot and killed a male student Wednesday after he went on a stabbing rampage and wounded five people, including four other students, authorities said.

The attack began before 8 a.m. inside the Classroom and Office Building near the center of campus and spread to outside the building before the man was killed by officers on a pedestrian bridge connecting the school's two halves, campus officials said.

School officials closed the campus after the attack and have offered counseling to those who need it and shuttles for people who need transportation.

"I can tell you that we're really shocked and saddened by this," said Lorena Anderson, a school spokeswoman. "We're doing everything we can to contact family and parents to make sure everyone here is safe and secure."

Among the victims was a 31-year-old employee with Artisan Construction, who was working with two colleagues on renovating a student waiting area inside the building where the attack began, the Merced Sun-Star reported.

The worker was Byron Price, son of Artisan CEO John Price, the paper reported. The executive told the Sun-Star his son heard a scuffle in a classroom that sounded like a fight and when he opened the door to investigate, the assailant lunged at him.

"It got the (attacker) outside the room, away from others," Price told the Sun-Star. His son is expected to survive, the paper reported.

Two of the five victims were airlifted to hospitals and all were conscious, according to the school.

Anderson said the crime scene included inside the building, "the whole center of campus," and a pedestrian bridge connecting the school to its lower half where there's food and parking.

Daniel Garcia-Ceja was walking to class on campus Wednesday morning and ran into a police barricade at the Scholars Lane bridge.

Garcia-Ceja, 21, said that, according to friends who were in the area at the time, a person with a knife was shot and killed on the bridge. They said they saw the assailant coming at students with a knife.

"Some of my friends wanted to cry. Some were upset. Some were in shock. It was insane to hear that this happened in general," Garcia-Ceja said. "You know it's happened at other universities, and you know schools have been through these situations ... but I don't think anybody would have assumed it would happen here. We knew it could happen, but nobody thought it would."

Garcia-Ceja had a morning class at the Classroom and Office Building, where the stabbings occurred. He described it as a large lecture hall with a mixture of classes.

He usually comes to class an hour early to study

for quizzes but slept in on Wednesday. He would have been at the building had he done his normal routine.

Garcia-Ceja said the campus was largely on lockdown and that students were buzzing about the stabbing, that small groups of people were clustered on campus, talking about it, trying to figure out what had happened. Like many others, he turned to social media to try to get updates, but there was a lot of confusion, he said.

(EDITORS: STORY CAN END HERE)

His brother, Martin Garcia-Ceja, graduated in 2014 and said there was a stabbing on campus a few years ago, that it was believed to be gang related. He was at a friend's dorm when a student ran past, bleeding. The school had shut down campus and the suspect was apprehended, but there wasn't a lot of talk about it afterward.

Martin Garcia-Ceja, 23, of Ontario, Calif., said the campus is very open and that it's easy to access it whether you're a student or not.

"We were told our campus was safe, that security was everywhere, but no one really knew," he said. "We were under the impression that we were always safe, but when that incident (the prior stabbing) occurred, we understood that maybe we should take more serious precautions."

CLASSIFIEDS

HOUSING

YOU'RE THE ONLY ONE
Licensed and Inspected one-bedroom apartment includes all utilities, appliances and laundry. Plus ADT, cable, dual broadband Internet. From \$695. Call Chris 330-743-7368.

IT TAKES TWO

Licensed and inspected two-bedroom apartment includes all utilities, appliances and laundry. Plus ADT, cable, dual broadband internet. \$455 each. Call Chris 330-743-7368.

OTHER

Need Birth Control, Plan B, Pap Smear, STD Test, 3D/4D Ultrasound, Pregnant?

Dr. Hill, 1350 Fifth Ave., near YSU campus, all insurances, walk-ins. 330-746-7007, askthedoctor@aivhealth.com, answered confidentially.

The SOAP Gallery Opens November Group Show

The SOAP Gallery, Youngstown's independently run art gallery, opens its November Group Show on Friday from 5 to 9 p.m. The group show is a part of SOAP's print series, featuring paintings, photography, printmaking and ceramics by regional artists. Artists participating in the show are producing a heavy body of work, and each is displaying several pieces.

Daniel Rauschenbach, a Youngstown State University graduate student, is a curator and co-owner of the SOAP Gallery.

"These artists are influenced by Youngstown and represent some of the best artists the area has to offer," Rauschenbach said.

The November Group Show features work by DeShawn Scott, Paul Grilli, Dylan Weaver, Craig Latchaw, Tony Nicholas, Matthew Batcho, Billy Danielson, Dana Mooney, Bill O'Rly and Paul Burgess. The SOAP Gallery is located at 117 S. Champion St., Youngstown.



▲ "Severed Contrapposto" by Chauncey Hay

Chauncey Hay is a creator of many genres and mediums. He is a painter, sculptor, print maker and musician. Hay's work transcends typical tropes of artistic mediums. The piece shown is a part of his Selective Figurative Isolation series. Several works from that series will be shown at the group opening.

▶ "Landmarks" by Billy Danielson

Billy Danielson is a local photographer whose work is taken in international settings. The series Danielson is showing is panoramic and strings multiple shots together. His work creates visual movement by capturing landmarks and visual way finders that direct the eyes.



GET YOUR DEGREE, TUITION-FREE

Let the National Guard help you pay for college

- Up to 100% Paid Tuition
- Job Skills Training & Experience
- Monthly Paychecks

For more information call/text Lee Keck at (216) 543-3927

NATIONAL GUARD 

NATIONALGUARD.com • 1-800-GO-GUARD

Programs and benefits subject to change.

EDITORIAL

Social Media is not a Social Life

Social media star Essena O'Neill recently created thousands of virtual reality waves when she decided to abandon the apps and platforms that made her Internet famous.

Nineteen-year-old O'Neill had made her living by promoting different products on social media. With a follower count of over 600,000 on Instagram alone, she was making around \$2,000 a month just taking pictures for her followers to like and share.

Due to her sudden change of heart — and subsequent public outcry — O'Neill has been the talk of the Internet over the past few days. On Oct. 27, she deleted thousands of photos from her Instagram account and rewrote the captions for her remaining photos with messages such as, "If you find yourself looking at 'Instagram girls' and wishing your life was theirs ... Realize you only see what they want ..."

Shortly after, the teen declared she was quitting social media for good and creating a website, letsbegamechangers.com, that focuses on her "own personal value and aim" to "make the world cleaner, healthier, more peaceful, more beautiful and more conscious."

In a tearful admission posted online, O'Neill claimed that she often sold out her face, her body and her values for the sake of advertising dollars. The further she ventured down the rabbit hole, the further she felt from herself and her values.

Comments on her website and other entertainment sites are saying nothing but positive

things about O'Neill's decision to leave the Internet fame and social media behind.

While O'Neill's pal and fellow social media star, Bonny Rebecca, claims that not all Internet stars are about exploiting their image for money and that social media has been "very good" to most people, a question arises. Is social media ultimately more good or bad? How much 2-D interaction is too much?

According to a Global Web Index report in 2014, the average person aged 16-24 spends around six hours of their day online. Of those six hours, 2.7 are spent on social media sites like Facebook, Twitter and Instagram.

Six hours a day, seven days a week — that's 42 hours a week. Almost two days out of seven are typically spent on the Internet. In a year, that's 102 days out of 365, so 28 percent of a year.

We spend a lot of time online.

Advertisers recognize that. It was advertisers — and the false worlds they tried to sell to young consumers — that drove O'Neill away from social media. In a YouTube video she posted explaining her actions, O'Neill claimed that advertisers would pay her and other social media models to wear their products and take photos in certain ways and at certain times.

This isn't new. Advertisers have used youth and beauty to sell products since the concept began. TV and magazine ads constantly remind people that

they aren't complete without their product. Not a man unless you drive this truck, not truly feminine without this mascara, not hip without a particular phone.

Of course, their claims are all bullshit, and they're easily avoidable. Mute the TV during commercials. Read magazine content online and run an ad-blocker. It's possible to avoid the hype.

What O'Neill — and countless other beautiful teenagers — have sold themselves out to is a devious new form of advertising. One selling more body issues and the "Fear of Missing Out" to kids at younger ages than ever before, by convincing them that these models are regular people, just like them.

Now, we're not saying that every platform is bad or that social media doesn't enhance our lives to a certain extent. It sure can make it easier to connect with friends and family, watch entertaining things and share thoughts and opinions.

However, O'Neill's decision to turn away from the contrived corners of social media — instafamous models and their ilk — is one that everyone would do well to seriously consider. Those people are no more real than the Kardashians and just as dangerous as Joe the Camel.

We're not saying delete your social media platforms, but we are saying to think twice about how much you really use them. In an age where everything is becoming digitized, keep your social connections rooted in the real world.

LETTER TO THE EDITOR

Dear Editor,

Under the bridge sits a veteran, on a 30-degree night, waiting for the snowfall to subside. A young girl and her parents share Christmas dinner in their car. Then there is the woman with a growling stomach and no money for food. What do all of these people have in common? They are all homeless. There are days that there can be hundreds to thousands of people homeless in Mahoning County and its surrounding community.

You may pose the question, "Why should I worry about the homeless?" Other than their life being just as important as the next life, the homeless are unable to buy health insurance, they are unable to seek preventative health care and they are unable to purchase medications that they may need. When they do seek care, they are incapable of funding this healthcare. In turn, the government and taxpayers are covering these unpaid hospital services. And what are you showing your children, that people can go hungry? Are you showing them generosity and kindness by helping

encourage the homeless to seek care? Have you recently helped by donating unused clothing or canned goods?

There are services that the homeless can use like the Rescue Mission of the Mahoning Valley and the local food banks, which have the ability to provide food, clothing and a place to stay. But with the winter months around the corner, some of these people may simply not have a coat to wear, and there may be a shortage of accommodations for them. Increasing awareness about the homeless population will help others to encourage the homeless to seek care in facilities that can help keep them warm and keep food in their stomachs. Their understanding in these services needs to increase because at the end of the day, they are people. People who want to stay warm in the snowfalls, who want to spend Christmas with family in a home and who want to have food in their stomachs. All of which are everyday things that you may take for granted.

Sincerely,

Sara Esmail
YSU Student Nurse

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.

Totes Go Votes

GINO DIGUILIO

grdigulio@student.ysu.edu

America is awesome. Yes, you hear it all the time, and the idea of a nation that is great enough to allow its citizens to openly engage in politics is pretty cool to me. One of my biggest role models, Leslie Knope — regardless of the fact that she is completely fictional and charmingly psychotic — once said, "America's awesome. It's so full of hope, and small towns, and big cities, and real people and delicious beverages ..." There was more to that quote, but sometimes less is more.

The reason I came to the conclusion of how awesome America is derives from what I experienced yesterday.

Yesterday, I voted. I expressed my constitutional right to have my voice heard by the government. It was beyond doubt, a great thing to experience for the first time. Unfortunately, my high was only short lived when talking to friends, colleagues and family members shortly after and throughout the day.

Finding out that many people, including close friends, simply didn't vote because they didn't understand the issues, or they felt

that their vote doesn't really count, was heart breaking. Like that moment when you drop your phone face down on asphalt and you know it's shattered. My heart is metaphorically that phone.

Too much? Nah.

What has our government done to make their own citizens feel so minute in the grand scheme of things that they simply just don't vote? Is it the crazy and elaborate writings of the new laws that are aimed to confuse, stump and demoralize the public? Or is it the pressure of the radical or outlandish, and sometimes harsh, protesters sitting outside of a polling station to make you feel one of two things: good that you were on their side, or out casted because you have differing views?

Personally, I believe it is a mixture of both.

I drove past multiple polling stations while on my way to my designated station. At more than half I witnessed citizens waving handmade signs protesting certain new laws that were on the ballot. Yes, they are caring individuals and their opinions matter just as much as everyone else's.

To be frank, if I had to journey past those groups, knowing that I was voting the opposite of them, I would be caught in a whirlwind of emotions ranging from small forms of anxiety

to rage. There's a time and place for both, but neither should be present while voting publicly.

This brings me to the wording of laws and issues. I did my research on every topic, person or issue that was on the ballot this election cycle. I wanted to be informed and I wanted my vote to be accurate.

It's not that hard to Google something for a few minutes and make a decision. Get it together, people. Read up on your issues and don't let the big wordy paragraphs describing what the law entails distract you. It is your job and solely up to you to educate yourself before expressing your opinion through votes.

To bring everything to a glorious and grand closure, I bring you another quote by the infamous Leslie Knope, "What I hear when I'm being yelled at is people caring really loudly at me."

This is perfect to me. Everyone has beliefs and views, but there is no reason to scream and yell or even care loudly at anyone. We are all part of this awesome country and have the ability to change the nation or even our local community with the power of our vote.

Educate yourself. Stick to your guns. And always remember, America is awesome.

THE JAMBAR
COM

Men's Cross-Country Finishes Second at the Horizon League Championships



PHOTO COURTESY OF YSU SPORTS INFORMATION.

The Youngstown State University men's cross-country team finished in second place at the Horizon League Championships on Saturday. This was the third consecutive season the Penguins finished in the top-three at the conference championships.

JEFF BROWN

jbrown02@student.yzu.edu

The Youngstown State University men's cross-country team finished one point short of its best season in school history at Saturday's Horizon League Championship.

The Penguins finished second in the race but were mere-seconds from being victorious. All the Penguins needed was a single runner to finish one place higher and the team would have tied for the championship.

"It hurt. I thought we had a good shot. We knew it was going to come down to Oakland and us. Everyone battled as hard as we could," senior Austin McLean said.

McLean took first place in the race and was named Hori-

zon League Cross Country Athlete of the Year. McLean was also victorious at the Tommy Evans Invitational earlier this year and was the Penguins' top runner in every race he competed in this year.

"Austin has had an amazing journey from a West Jefferson Ohio High School runner that never ran a day of cross-country in his life before arriving on YSU's campus in 2011," head coach Brian Gorby said. "Austin has been like a son for five years and will be greatly missed by myself, staff and teammates."

Gorby has been highly impressed by the way McLean has handled himself through the highs and lows of his career at YSU, and believes he is a role model for future YSU runners.

"The journey through the lows of stress fractures and redshirt years and back of the

pack races to the apex of 2015 Horizon League Championship is a story we will share with many, many future freshmen to come to YSU," Gorby said. "His work ethic and attention to detail is second to none."

McLean was named as first team All-Horizon League, along with teammate sophomore Ryan Sullivan who finished third in the HL championship. Fellow teammates sophomore Alan Burns and junior Ethan Wilson were named to the second team All-Horizon League. Burns finished eighth, while Wilson came in at 11th.

The finish for Wilson was his top performance of the year and was something he wasn't expecting coming in to the year.

"To be honest, I actually didn't think I could run anything I did this year. I really

wanted to be top five this year — on the team. Coming in, I'm a junior and third oldest on the team, I just wanted to be a huge influence for the younger guys," Wilson said.

The trio of Sullivan, Burns and Wilson gives the Penguins high hopes for next year's HL Championship. The trio expects to finish top 10, with Sullivan and Burns having a chance to be the two top runners in the conference.

"Me and Ryan have talked about that before," Burns said. "Whether it's our junior or senior year, that's one of our main goals to finish one [or] two in the Horizon League. When it comes to workouts we're always pushing each other and motivating each other, and when it comes to races it's the same type of situation."

The Penguins have one more race left this season, The

Great Lakes Regional Championships. The regional championship fields the top cross-country programs from Ohio, Michigan, Minnesota and Illinois. YSU finished 21 out of 30 teams a year ago, but hope to crack the top 20 this season. The Penguins have ranked as high as 14 in the Great Lakes Region this season. McLean was the Penguins' top runner in last year's meet finishing 60th, and set the school record for the 10k.

"I think we could honestly push for a top-15 spot this year. I think that's doable if everyone does well," McLean said. "Which would be huge to be top 15 in our region, which is probably the second toughest region out of the nine. It's gonna be tough but I think we can do it."

Pelini Searching for Right Combination

DAN HINER

dhinerjr@gmail.com

On Friday night, in his room at the Marriott Pere-Marquette near Macomb, Illinois, freshman guard Gavin Wiggins was thinking about the Youngstown State University football team's upcoming game against Western Illinois University.

Wiggins was about to make his first career start for YSU. The Penguins had a 2 p.m. kickoff against the Leathernecks but Wiggins had trouble sleeping. His roommate Cole Newsome tried to calm his nerves heading into Saturday's game, and it looks as if it might have worked.

"The night before I couldn't sleep," Wiggins said. "I was

just pacing back and forth in the hotel room. My roommate was like, 'You have to get some sleep, or you're not going to play at all tomorrow.'"

With the playoffs on the line, the Penguins were able to settle their nerves and pull out a 23-21 victory over Western Illinois.

Two weeks ago, YSU head coach Bo Pelini said, "In certain areas, some guys are going to need to step up." Last week's game against the Leathernecks allowed several players, including Wiggins, that hadn't seen time early in the season to get their first taste of college football.

Freshmen and sophomores like Lee Wright, Armand Delovade and Darien Townsend have stepped up in the last couple games. Pelini has been trying to find the right com-

bination of players to give the team the best chance of winning, and with recent roster changes to the starting rotation, younger players will be relied upon heading into the end of the season.

"Injuries happen, different unforeseen things happen and that's part of the game. We'll just have to see how it goes," Pelini said. "I take it week to week, we're creating competition in practice, guys have opportunities and it's what they make of their opportunities."

"It's not always a perfect science, but last week we had some true freshmen step up, and a number of guys who started the game for the first time or played more significant minutes — and that's a week-to-week thing. We're going to need different guys to step up as we finish out the season, as

we keep progressing through the season."

Now, the Penguins are back at home for two of their final three games this season with Missouri State University next on the schedule.

Missouri State (1-7, 0-5 in the Missouri Valley Football Conference) has been a thorn in the Penguins' side during their visits to Stambaugh Stadium. The Bears have a 2-6 record at YSU and have won the last two games in Youngstown, 2009 and 2011.

YSU beat Missouri State 14-7 last season. This year is considered a rebuilding year for the Bears. The only win on the Missouri State schedule came after a 21-13 win over Chadron State University.

"They have a couple good backs. They hang into a number of games early on," Pelini

said. "I think they've had a hard time putting together four quarters of football. It's obvious that they've really got remarkably better when I went back and watched some of their early games. They've got a lot better as the season's gone on. I think they're searching for some consistency, but they're playing a lot of young guys."

"They're rebuilding right now. At times they show that they're very capable of playing good football. At the end of the day, I'm not real concerned about Missouri State — I'm concerned about us. I'm concerned that we continue building on some of the things that I thought were very important for this program this past Saturday."

MISSOURI VALLEY FOOTBALL ACTION WEEK TEN

Southern Illinois vs. South Dakota

(2) Illinois State vs. (11) South Dakota State

Western Illinois vs. (6) North Dakota State

(23) Indiana State vs. (17) Northern Iowa

MISSOURI VALLEY FOOTBALL CONFERENCE STANDINGS

	CONFERENCE	OVERALL
1. Illinois State	5-0	7-1
2. North Dakota State	4-1	6-2
3. South Dakota State	3-2	6-2
4. Western Illinois	3-2	4-4
5. Indiana State	2-3	4-4
6. Youngstown State	2-3	4-4
7. South Dakota	2-3	4-4
8. Northern Iowa	2-3	4-4
9. Southern Illinois	2-3	3-5
10. Missouri State	0-5	1-7