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THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY SINCE 1931
THURSDAY 11 • 16 • 2017



Photo courtesy of KATIE STEARS

COOKBOOK RAISES MONEY FOR YSU VETERAN'S SCHOLARSHIP

RACHEL GOBEP

Stars, Stripes and Servings, an event that showcased at least 30 family dishes included in the cookbook called "The Recipes of Youngstown," took place at the Tyler History Center on Veterans Day.

Community members were able to taste the different dishes that have been passed down through generations of families and benefit veterans by purchasing the cookbook.

A portion of the \$4,900 in proceeds for the cookbook will be used for the Recipes of Youngstown Veteran's Scholarship fund for the Youngstown

State University Foundation scholarship.

The scholarship provides financial assistance to veterans who want to attend or finish their education at YSU.

YSU student veterans volunteered at the event and said this scholarship will be beneficial to veterans in many ways.

Shelton Smith, a YSU criminal justice major and member of the Navy, said he volunteered last year and wanted to see this event benefit Youngstown as a whole.

Smith said YSU needs a veteran's scholarship because it will help veterans to further or begin their education. He said the Youngstown-based food at the

event was delicious, so he was happy to volunteer.

Rick Williams, coordinator of veteran's affairs at YSU, said the student veterans and service members should be involved in the community and volunteering at the event helps them to be seen.

Williams said 50 percent of the proceeds for the cookbook will go towards the veteran's scholarship.

In addition, he said there needs to be a scholarship fund at YSU because over 40 percent of veterans in the United States do not use the G.I. Bill.

"They are either not qualified for it, it has been exhausted or

they waited too long to use it," he said. "A lot of veterans count on the G.I. Bill, so for the ones who don't have it, it would be nice to have a scholarship fund where we could help them out."

He said the fund currently has about \$150,000, but the goal is \$1 million.

Williams said about 40 student veterans will be able to receive scholarship through the fund.

He said the scholarship is provided under certain situations. For example, a student veteran cannot have funding through another source.

Recipes of Youngstown is a Facebook page with over 10,000

members who share their original recipes.

Bobbie Allen, the Recipes of Youngstown group administrator, said she was emotional about the event.

"This is for our vets and this is really one of the best things we are probably ever going to do," she said.

Cathy Doslovic said she made a Croatian recipe for cabbage strudel, which is featured in the cookbook. She said she has participated in this event since it began three years ago and loves to bake and cook with her husband.

This was the third volume of the "Recipes of Youngstown" cookbook.



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Photo by LAURA MCDONOUGH/THE JAMBAR

LINDA WIETEMAUER: THE FRIENDLY FACE OF JAMBA JUICE

JAMBAR CONTRIBUTOR
ALEXIS TIMKO

Linda Wietemauer is the friendly hello in the morning as students walk to class, the welcoming smile as she asks for students' orders and the strong mind that remembers your name after you return for your daily visit.

Wietemauer, a Youngstown native and Cardinal Mooney graduate, has been working at Youngstown State University since April of 1997.

She began as a cashier in the food court in Kilcawley Center, and after five years was transferred to the Bagel Stop in 2002, which is now Jamba Juice.

"There are days that I wonder if I should retire, but I have the students keeping me young," Wietemauer said.

Wietemauer, 68, said she suffers from arthritis and had total knee replacements,

but hopes to work for at least another two years.

Ashley Labatte, a junior biology major, said she loves Wietemauer because of how personable she makes each visit to Jamba Juice.

"Linda from Jamba Juice makes getting my smoothie fun," Labatte said. "She always calls me by name and makes me feel welcome. She is a great employee to have on campus and always makes everyone smile with her warmth and kindness."

Wietemauer is most known by students because she calls students by name when they order their smoothie.

"By remembering students' names it helps me keep my mind young," Wietemauer said. "I love to associate names with faces to keep my mind active and young,"

She said she stays active by also babysitting autistic children.

"I am naturally a people person because

even out of high school I volunteered for Easterseals and worked with handicapped children, and I still babysit now for autistic children," Wietemauer said.

She said she likes working at YSU because of the people, it blocks out the pain of her arthritis and how Jamba Juice runs its company.

Wietemauer said she loves YSU because she has lived in the Youngstown area all her life.

Wietemauer is a licensed beautician and nail specialist, but she switched to the food industry so she could continue to work when arthritis and carpal tunnel took over.

"When I first trained for this, I didn't think I could do it because of all the different recipes for Jamba Juice," Wietemauer said. "You have to know the ingredients, how they are nutritional, the value to the body, everything."

Wietemauer said her coworkers made

the transition easier and more enjoyable.

"My crew is outstanding. I could not do what I do at Jamba if it wasn't for my sidekicks," Wietemauer said. "We think as one, and we work as one."

Vincent Camelli, one of Wietemauer's student coworkers, has been working with Wietemauer since August of 2013.

"When I first met Linda, I could immediately tell what an upbeat and happy person she is," Camelli said. "Working with Linda makes for a fun and energetic work environment that I can enjoy day in and day out."

Wietemauer said YSU students and faculty have made a large impact on her life as well.

"My whole experience here at YSU has been one of love, joy, compassion and just enjoying each and every day with each and every student," Wietemauer said.

IT'S NOT A BOULDER, IT'S A ROCK

DAVID FORD

Located in the heart of the Andrews Recreation and Wellness Center, the bouldering wall continues to test novice climbers and enhance the skills of those with seasoned experience.

Youngstown State University hosted a climbing competition on Saturday, mostly designed for beginner climbers.

Every semester, YSU hosts its competition, which brings outside students from schools such as Kent State University, Slippery Rock University and West Virginia University.

The event included a toy drive and prize giveaways to the top finishers. In total, about 25 climbers participated during the three-hour competition.

R.J. Markowitz, the adventure recreation coordinator, said the bouldering wall is a critical part of campus recreation success

because it offers an unorthodox workout.

“Rock climbing offers an alternative to workout machines,” Markowitz said. “For me, since I don’t like to lift weights too often, climbing [the wall], running and kayaking offer great alternatives.”

Markowitz said the addition of the wall allowed for outside interest, as well as an increased number of YSU students attending the rec center.

“Campus recreation as a whole is extremely vital to YSU’s success,” Markowitz said. “The bouldering wall is one of the main features prospective students are shown during campus tours.”

The bouldering wall was added to the rec center several years ago and its addition has allowed YSU to hold several events, such as the competition.

Collin Pope, the marketing and program intern for campus

recreation, said the climbing competitions are among his favorite events at the rec.

Pope said he handles all marketing for campus recreation, which includes social media updates, Rec Extra, spring break trips and escape rooms.

“These events allow competitors to meet each other and have fun. We’re not focused too much on winning as much as we are focused on fostering a new climbing community,” he said.

He said the competitions usually cater to beginners. During these competitions, more experienced climbers are given more difficult routes to level the playing field. While the competition is not about winning, creative trophies are handed out.

“In years past, we’ve taken old running shoes and spray painted them gold and silver, handing them out as trophies for the top finishers,” Pope said.

In general, the small competi-

tions YSU has each semester take a few weeks to plan. According to Markowitz, the event would not be possible without the help of his co-workers.

“We look at our staff as a community and they do an incredible job of setting everything up,” Markowitz said.

Markowitz added the competitions are managed differently from normal bouldering wall hours, as the events tend to get more technical with routes and numbers.

“Most people during rec hours just climb up, jump down. For these competitions, it’s a lot more technical with how routes are set up. It makes things a little more difficult.”

For the Saturday competition, the climbers were mostly comprised of YSU students; however, climbers from other schools were in attendance.

Amy Fahringer, a student at Clarion University, attended

the competition. For Fahringer, climbing has always been a favorite activity.

“I’ve climbed for about four years now,” Fahringer said. “A friend of mine introduced me to it and I have to say I’m glad she did.”

Fahringer started at a bouldering wall similar to YSU’s, but has since gone outside, where she finds it to be just as thrilling.

According to Pope, there are not many climbing spots in the area. The new River Gorge in West Virginia and the Red River Gorge in Kentucky are some popular climbing spots among locals.

There has been an effort to get climbing at Mill Creek Park, Pope said.

“The Ohio Climbers Coalition fostered a deal with Mill Creek Park to allow bouldering,” Pope said. “For climbers, this could be a huge opportunity.”



Photo by DAVID FORD/THE JAMBAR

IGNITING ENTREPRENEURIAL SPIRIT WITHIN STUDENTS

NAMI NAGAOKA

The Williamson College of Business Administration hosted 3 Day StartUp, an entrepreneurship program where 12 students spent three days developing their business ideas, from Friday through Sunday.

Students were divided into four groups. Each group came up with their best idea and developed the concept from a business perspective by getting consumer feedback and trying to solve any problems that arose.

Joseph Angelo, director of the YSU Entrepreneurship Center, said this was the first time YSU sponsored the program. Joseph said participants have to do three months of work in just three days during the event.

“It’s intense because we want to push them to answer questions and do the investigation in the short time frame,” Angelo said. “We want to ignite the entrepreneurial spirit in our students and let them experience high energy, collaborative environments to see if they can develop their ideas into opportunities.”

Angelo said he was excited to hold the workshop, since the students are hardworking and entrepreneurial.

“Most students, as they are progressing their careers, even if they work for a large company, at some point they are going to think about doing or starting a business on their own,” he said.

Sachith Kodikara, a freshman majoring in business administration, said the lean canvas model is one of the most useful tools he learned during the program. He explained lean canvas as a model with nine phases for developing a startup business. Lean canvas also helped him develop a pitch for his idea, he said.

“[This program] is long. It starts at nine [and] goes until 10:00 p.m., but it’s not tiring. It’s very fun, actually,” Kodikara said. “I [had to] come up with some new ideas, solve problems”

Kodikara said the experience helped the participants sharpen their team-building skills.

“I’m almost friends with all those people now,” he said.

Mi Le, a freshman majoring in business administration, said her team had changed their idea after inter-

viewing customers.

“After this workshop, I noticed that I should have some knowledge in graphic design,” she said. “This program is not only for business students.”

After the competition, Angelo encouraged the participants to keep experimenting with their concepts.

Betty Jo Licata, the dean of Williamson College of Business Administration, joined the pitch presentations on the final day of the program.

“[The participants] obviously worked very hard on their ideas,” she said.

Licata also said the students worked hard and looks forward to seeing their next steps after this competition.

“I’m impressed that students were very dedicated to spend Friday night, Saturday and Sunday to be here to develop their business ideas,” she said.

Angelo said he anticipates this will be the first of many entrepreneurial competitions. In the spring, Angelo plans to give students the opportunity to develop their ideas more fully and compete for prizes.

YSU TO HOLD ANNUAL VETERANS AND ROTC REUNION WEEKEND

MORGAN PETRONELLI

The Office of Alumni Engagement at Youngstown State University will be hosting its annual YSU Veterans and Reserve Officer Training Corps Alumni Reunion on Nov. 17 and 18.

This two-day event will include numerous activities for veterans and alumni to attend.

The weekend will kick off on Friday with a reunion dinner in the Ohio Room in Kilcawley Center at 6:30 p.m. A cash bar will begin at 6 p.m.

The dinner will consist of presenting the 2017 Cincinnatus Award to John M. MacIntosh Jr. of the class of 1965. The Cincinnatus Award acknowledges those

who have served their nation and returned home to serve their community through volunteer work.

The event will also feature class of 1993 alumni Col. Kevin J. Petro, the Army's Psychological Operations branch and Chief of Military Information Support Operations at U.S. Special Operations Command headquarters, as the speaker for the evening.

Petro will also be speaking with students at 11 a.m. in room 3210 in Cushwa Hall. This event is free and open to all students interested in attending.

Rick Williams, coordinator of the Office of Veterans Affairs, revealed the kind of opportunities the reunion weekend creates.

"It's a great opportunity for

veterans and ROTC alumni to reconnect with old friends and classmates and for current student veterans and ROTC members to mingle with those that came before them," he said.

Williams said it provides an opportunity for veterans to discover what is taking place in the world of ROTC and Veterans Affairs as it relates to YSU.

The event continues Saturday, where a tailgate brunch will be held at the Veteran's Resource Center at 10 a.m.

After brunch and a tour of the resource center, alumni and veterans are invited to attend the YSU football game as the Penguins go head-to-head against the Missouri State University Bears at noon.

Williams said that having events like this on campus is an important part of bringing former and current military members together. He said there are almost 350 veterans at YSU who continue to be active members in their communities.

Joseph Paydock, retired lieutenant colonel and chair of YSU's Military Science Department, said the current students are the future of the ROTC Alumni organization.

"The ROTC Alumni at YSU are a group that remains very connected to the school and the program," he said. "I'm proud to have met many of them and I look forward to creating closer ties with them and the current ROTC program."

Catherine Cala, assistant director of Alumni Engagement, said events like the Veterans Reunion weekend display what is happening in YSU's Department of Military Science and showcase the services provided to Veteran students by the Office of Veterans Affairs.

"It enables alumni to meet and interact with current students and motivates alumni to get involved – either by volunteering or supporting YSU scholarships and programming needs," Cala said. The public, as well as alumni, are welcome to attend this weekend's event. For reservations, visit www.ysu.edu/alumni/Vet-ROTC or contact Catherine Cala in the Office of Alumni Engagement at 330-941-2752.

YSU RECEIVES GRANTS FOR FIRST STEP AFTER SCHOOL PROGRAMS

MELISSA TUROSİK

The Youngstown State University Center for Human Services Development was awarded two grants for its First Step after-school programs in Girard schools.

The grants were received by the 21st Century Community Learning Center for afterschool programs at Girard Intermediate, Prospect Elementary School and Girard Junior-Senior High School.

The grants total \$1.7 million and will provide funding for over five years.

The program contributes opportunities for children who come from economically underprivileged families and attend low-performing schools to collect academic support, according to the Ohio Department of Education.

Angie Cameron, director for the Center for Human Services Development, said the grants are highly competitive throughout Ohio.

She said it is an exciting process for the center, as well as the school districts. Cameron said the money received from

the grants will help to implement the programs.

"Funding will cover supplies and materials, field trips, transportation home and salaries for staff to assist with their achievement. Funding supports all aspects of program management and implementation," Cameron said.

Cameron said they provide a range of services to community organizations and school districts.

"The center provides services such as needs assessments, grant writing, program evaluation, program management, strategic planning and more," Cameron said. "Currently, we have six 21st Century Community Learning Center grants that provide afterschool programs to five districts, covering three counties."

Craig Rodik, site coordinator at the Girard Junior and Senior High School, said there are over 32 students enrolled within the first month of the program.

Rodik said there were several parents and students that expressed interest in the program and will be joining them soon.

He said the primary focus is improving the mathematics and language arts skills of the students.

"They are engaged in enrichment activities that incorporate those skills, but also adding leadership and social abilities through group interaction as well," Rodik said.

Rodik said students will learn more as they progress through the program.

"As we move further into the program, the students will have a college and career exploration component where they will have opportunities to investigate different careers and career-technical futures through evidence-based strategies," Rodik said.

Amy Klingensmith, site coordinator at Campbell Elementary, said they have seen an increase in daily school attendance because of the afterschool programs.

"More kids would have to come to school to participate in the after school program, so we've seen that and overall we've seen increases in reading skills and math skills. Also, retention rates have decreased," Klingensmith said.

Klingensmith said parents should send their students to the after school programs because it gives them something to do.

"Not every kid is involved in a sport, so it gives kids that age something to do after school and we provide bussing home so it's about the freedom of parents not having to worry about picking up their kids to another activity," Klingensmith said.

Additionally, Klingensmith said they take the students on field trips.

Cameron said they are working with five school districts in a three-county area.

"We will continue to work with school districts that are interested in implementing programs. The purpose of the Center is to assist organizations and school districts to help meet their mission and purpose," Cameron said.

Cameron said they will continue to help children and provide the program if funding continues.

"As long as the federal funding continues, and there are districts interested, we will write for the opportunity to help children in the Valley," Cameron said.



Photo by ALYSSA PFLUG/THE JAMBAR

ELIZABETH LEHMAN

Clean eating has become a universal catchphrase in food marketing in recent years as many consumers are concerned with eating organic, non-GMO food. However, in October 2017 a food packaging company made headlines by electing to remove non-GMO labeling from some products.

Mann Packing, whose U.S. headquarters is located in Salinas, California, has opted to stop printing the non-GMO labeling on its lettuce.

In an interview with PRWeek.com, Gina Nucci, Mann's director of corporate marketing, said the company didn't feel right about using the label.

"It made us go: Why are we doing this? We are perpetuating a fear that something is wrong with GMOs. We didn't feel right doing that, so we chose to take that label off," Nucci said.

Nucci said Mann Packing is discussing removing non-GMO from other product labels as well.

Zara Rowlands, associate professor and chair of human ecology at Youngstown State University, and a registered dieti-

cian, said she agrees with Mann's reasoning about GMO labeling feeding into consumers' fears.

"It is fearmongering. Our food supply would shrink considerably if we only went non-GMO," Rowlands said.

However, some other faculty members at YSU do not agree.

Debbie Smith, a part-time faculty member of the YSU chemistry department, said recently changing her diet to cut out gluten, dairy and processed foods has improved her health noticeably.

On Christmas Eve 2016, Smith said she fell ill and collapsed in a restaurant. She was taken to the hospital and consequently diagnosed with four autoimmune illnesses, including irritable bowel syndrome.

She said prior to the incident on Christmas Eve, she had never had any problems before. But she became so ill, she had to quit her job at YSU during that time.

While seeing a doctor at the Cleveland Clinic, she was referred to the facility's Functional Medicine clinic.

"It's a holistic center where they promote healthy living through eating, exercise, stress management, and I thought why not, because I didn't want to be on

medicine if I didn't have to," Smith said.

To be seen by a doctor in the Functional Medicine department, a patient must attend classes for ten weeks. Smith is on her eighth week and said she has seen a major change in her health since following the guidelines presented in the clinic.

"Basically, they want you to eat foods that rot in a couple days, anything that has a shelf life of a week or more, and a lot of foods out there do have these long shelf lives, aren't really good for you. I've noticed a huge difference," Smith said.

Christine Cunningham Yukech, a part-time chemistry teacher at YSU, said she is also going to be teaching at the Falk School of Sustainability & Environment at Chatham University beginning in the summer.

She is currently at work developing Biomonapp, which can help people using sustainable farming techniques to monitor fish, water and plant health with their cell phones.

Cunningham Yukech advocates for fresh, natural, non-GMO foods, but said people need to know where to get these foods.

"The food dyes, the synthetics, everything they put into these [packaged foods]

to get the shelf life, to have them last, is really bad for kids," Cunningham Yukech said. "It's bad for everybody, but we have a problem."

Cunningham Yukech said if people were able to get such foods conveniently and were able to taste and smell the difference in produce, they would want to go back for more.

Cunningham Yukech also said her health has improved considerably since transitioning from synthetic foods over 15 years ago.

Although Cunningham Yukech is in favor of organic non-GMO foods, she said there is also a good side to the technology being used. She said a project in Akron is looking at using proteomics, a branch of biotechnology, to increase the nutritional wealth of plants.

"They are looking at how we can use genomics to improve the quality and the health of the plants and our medicines; you might not have to take medicine for an inflammatory [disorder] in the future," Cunningham Yukech said. "You might be able to eat the lettuce that's already got the anti-inflammatory in it."

YOUNGSTOWN STATE UNIVERSITY'S CAMPUS CATS



Photo by NOAH JOHNSON/THE JAMBAR

NOAH JOHNSON

Students wandering Youngstown State University in the evening hours may encounter a campus cat. The cat is a feline of many faces. From striped, to sooty grey, to bright orange, cats of many shapes and sizes have been the campus cat for one student or another.

Concerned students like Max Klauscher decided to take in a campus cat and care for her with his girlfriend, Morgan Frederick. A white, spotted kitten, only five to seven weeks old when she was discovered, Artemis has been living with Frederick.

"I found Artemis outside of Bliss Hall on Oct. 18," Klauscher said, "She was in the rocky landscaping next to the stairs that lead to the parking garage."

The couple took Artemis to the vet. Many stray or feral cats are exposed to several diseases in the wild. However, the veterinarian said Artemis is a healthy, young cat.

"She's very rambunctious, super high-energy," Klauscher said. "Her name

is very fitting because Artemis is the Greek goddess of the hunt and our kitten is a tiny, killing machine, or at least she thinks so."

Students like Klauscher and Frederick play a small, but key role in the ongoing effort to manage feral cats in the city. In the spring, when unneutered cats go into heat, the feral cat population explodes. Youngstown may not be an exception to the severity of the feral cat problem.

Adopting helps reduce the chances of the population growing, but most people are not prepared to take them in. There are humane alternatives to adopting, however.

A solution widely used today is Trap Neuter Release or Return, or TNR. Local feral cat caretaker and TNR advocate, Karen Considine, said after watching a cat named Little Mama struggle and lose multiple kittens, action was taken.

"Until last summer, we did not know about such programs," Considine said. "We contacted local animal activist and TNR expert Jason Cooke to assist us."

The universal sign of a TNR cat is a docked left ear tip. These cats usually have

some form of caretaker to provide food and monitor the cat's condition. Students wishing to take action to address the feral cat population here on campus can reach out to Angels for Animals [AFA].

"AFA has specials a few times a year," Considine said. "If you bring in the mama, they will fix the kittens for a reduced or free charge."

Students still wishing to adopt need to be aware of certain factors before even placing a dish of food out. One of the most important is the difference between a true feral and a stray or mistreated cat. A local animal caretaker, Sue Sexton, said the key differences depend on how they approach things, such as food.

"With a feral cat, you can hear low growls," Sexton said. "You can put a dish of food out and you can see this cat, who's clearly starving, and it won't approach that food until you're out of the area."

She said a feral cat does not need rescued. Students should not worry about the animals' surviving the winter as many are capable of caring for themselves. Leaving food out or building a small shelter requires a commitment to the feral cat com-

munity depending on those resources.

Students leaving for the summer or are already under financial duress might struggle to maintain the commitment. However, Sexton said puncture wounds from a cat's bite can cause a host of dangerous infections and should be quickly washed, or the victim risks a trip to the emergency room.

After one has successfully rescued a cat that isn't a true feral, Sexton said the next, potentially difficult step is checking to see whether or not the cat has certain types of diseases which may necessitate euthanasia.

Sexton said feline leukemia and feline AIDS are the most common conditions to be checked for if the cat is going to be interacting with another cat.

"If the cat tests positive for those, it doesn't mean it should be put down if you're planning on taking the cat in," Sexton said. "If you have no idea what you're going to do after taking the cat to the vet, and it has AIDS or leukemia, you're going to have to get it euthanized."

ART MAJORS:

BLOOD, SWEAT AND TEARS

MARAH J. MORRISON

When it comes to the necessities for a good grade, an art major can spend a lot of money and time on their projects.

Jake Kohler, a graphic design major and junior at Youngstown State University, said his major can be expensive because he has to pay for prints every week for various projects.

"Every week, I probably spend \$10 on prints and stuff," Kohler said. "Adding that up, it can get expensive – and then having the programs I need and the equipment – it can add up real fast."

Kohler said in addition to the cost, everything art majors need to accomplish can be very time-consuming. He said art majors spend hours upon hours outside of class working on their projects.

"You can't bull-crap art," Kohler said. "You honestly have to get in and you have to do it."

Kohler said when majoring in art, students are either in or they're out with no

in-between. He said art majors are either going to get good grades or they're not, because they may not have the time.

YSU Graphic design major Kristen Best said students must consider printing charges and software expenses when majoring in art. She said it is not expensive for everyone, because they get creative or do things the hard way.

"Cut your own stuff, mount your own stuff and it saves you money, but it's just a little harder," Best said.

Best said she does not doubt for a second she picked the right major, and doesn't mind spending the money to get a better grade.

"I love it, and I'm just really devoted to it," Best said. "I like to spend a little more and have the professionals do it for me, and it helps make things look better."

A senior at YSU and graphic design major Tammy Bigley said the cost can vary from semester to semester depending on what other classes are being taken, such as ceramics or painting.

"When you get to your senior show, you have to print and mount," Bigley said.

"You have all kinds of expenses there, so it can get really costly."

Bigley said it's \$30 for Adobe software, and if art majors are in 3-D printing, they have to buy another program.

If art majors have to work a 40-hour a week job to survive, they are not going to have time for their classes, Bigley said.

YSU senior Haley Holt, who is double majoring in art education and interdisciplinary fine arts, said good paint can be expensive, especially if art majors want their work to look decent or even halfway decent.

"A small bottle of paint can be \$30 to \$40," Holt said. "If you want more colors, that can be hundreds of dollars plus the amount to replenish it often."

Holt said she's required to take classes not for her focus, like photography, and she's required to buy her own camera. She said if students want a new camera in good condition, the cheapest they can find is about \$500.

"That's not even my focus, and that's something that I have to put money toward," Holt said.

Photo by TANNER MONDOK/THE JAMBAR

Holt said art majors need to be prepared for the cost, because it's not easy. If art majors don't have the income to support it, they should not do it because they won't be able to pay for it.

Samantha Mitchell, a telecommunications major and film minor at YSU, has been a photographer for about eight or nine years. She said being a photographer can be expensive, especially for a college student.

"A lot of my money goes to bills and rent," Mitchell said. "To even think about buying a new piece of equipment for photography is out of the question."

Mitchell said she always saves for the equipment she needs, and said lenses alone are expensive. She said every year technology is updated, and if people want to stay in this field of study, they have to keep up with it.

"Getting into an art degree or a photography degree, the students know that it's a tough market," Mitchell said. "Always have a backup plan, never give up and keep doing what you love."

AN OVERVIEW OF FILM CLASSES

JOHN STRAN

Students who are still looking for a minor or an elective for next semester may consider looking at the film classes Youngstown State University has to offer. The film classes offered next semester include history of motion pictures, art of motion pictures, introduction to film studies, script analysis and screenwriting.

The film rhetoric and film genre classes are only offered in the fall. Professor Dan O'Neill has been teaching the film rhetoric class for about 15 years and he feels film at YSU is further along than it has ever been thanks to all the different film classes and programs offered.

O'Neill said he shows movies that speak to people about life and the different choices made throughout life. Some of the films shown in the class include "As it is in Heaven," "Chinatown" and "Cinema Paradiso."

Because there is not enough time in class and some-

times a film may be difficult to watch, O'Neill mentions movies students should watch at home like the drama film, "Osama." O'Neill hopes the class gives students a better appreciation of film and take film more seriously.

Students Anthony Jordon and Christopher Gabriel are both currently taking film rhetoric and both admit to a better appreciation of film.

"I never thought I could learn so much that a movie was trying to teach," Jordon said. "There's a lot more than meets the eye."

Gabriel said he had not seen a lot of the films shown in class and has been rather impressed by the human emotion in the films.

"The films are very realistic and show the strengths and weaknesses of people through different conflicts," Gabriel said. "The films make it possible to step into the shoes of others."

Gabriel said he would have minored in film studies if he had known about it sooner. Jordon doesn't want to minor in it, but said he could see why many would want

to. YSU does not offer film studies as a major but Jordon and Gabriel both said it should be considered.

Jordon said there should be a film major because he thought there has to be some students who want to do it but can't because it's not offered.

If it were offered, Gabriel said he would consider majoring in film studies. He said he would love to have a job behind the camera, though a concern for him would be the connections he could receive as a film major at YSU, once he graduates and has to look for a job.

O'Neill said it would be difficult to turn it into a major because there are no proper resources, such as film equipment, to properly teach more film classes. His goal is to expand film at YSU and in Youngstown in a different way.

O'Neill has an ambition to get students more interested in film. He wants to find a place downtown where he can screen films in the hopes of attracting more YSU students and Eastern Gateway Community College students to possibly give them a life changing experience.

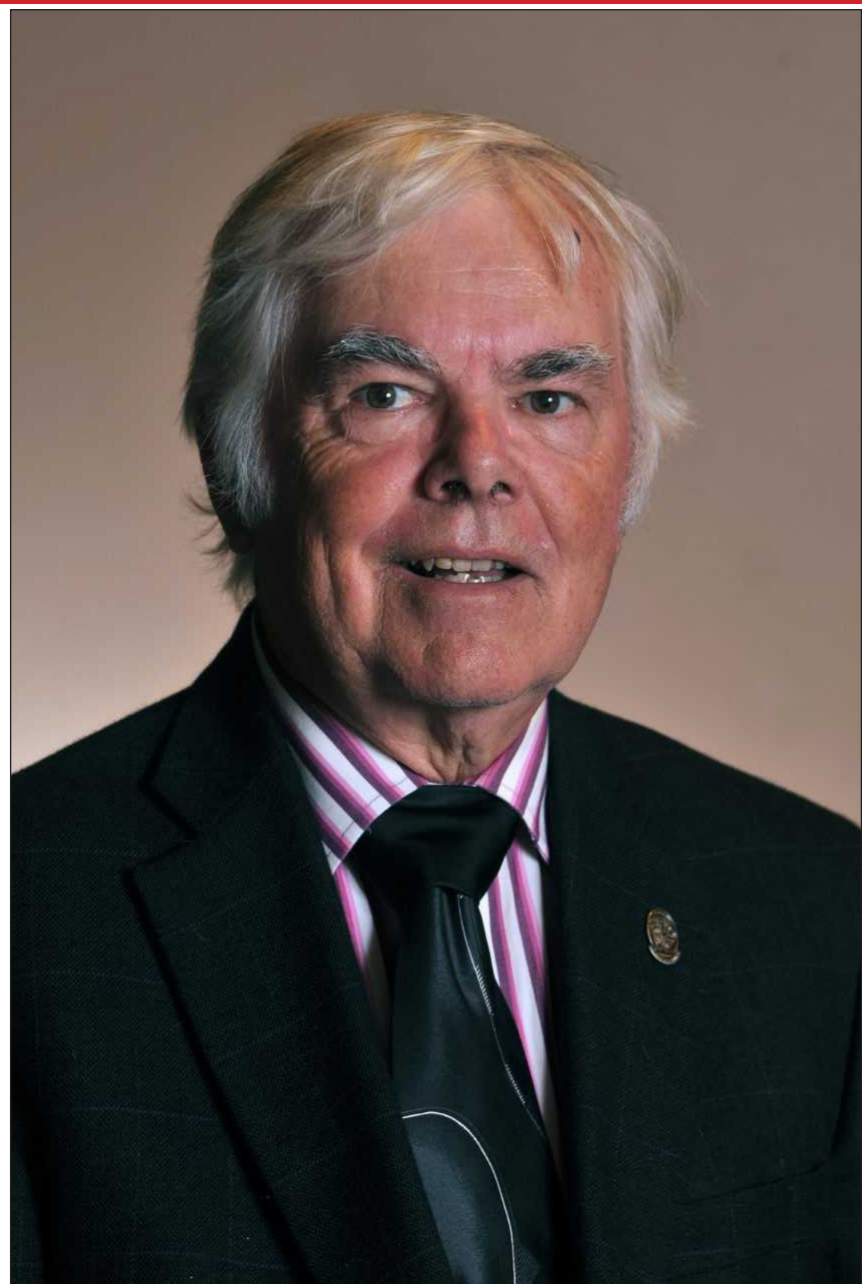


Photo Courtesy of DEBBIE YIANNAKI

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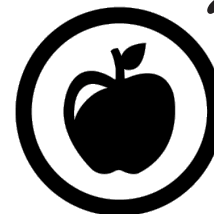
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CHANGING THE WORLD ONE MAN AT A TIME

**JAMBAR CONTRIBUTOR
BRENT BIGELOW**

Creating change in a community starts at the foundation. If the foundation of a house is strong, it can stand for many years. That's Construction 101. The Men of Excellence Empowerment Group at Youngstown State University want to re-shape the foundation of Youngstown.

The Men of Excellence Empowerment Group was started last spring semester by YSU student, Chibuike Obinnakwelu, and YSU faculty member, William Blake.

Obinnakwelu, also known as "Chibby," is a junior majoring in physical therapy and is a part of the YSU Track team. He's involved with other groups, such as Student Diversity Council, The National Society of Collegiate Scholars, Future Physical Therapists Society, The Presidential Mentors Program and Golden Key International Honour Society.

As president, Chibby is the overall spokesperson for the group. He organizes day-to-day happenings, such as getting meetings in order, organizing events and participating in the community.

Chibby said the group participated in the Advancing Education Reducing Crime Day at Harding Elementary school in Warren. The members of the group and special guest, YSU President Jim Tressel, went to the elementary school to read books to the students and educate them on crime.

Chibby said empowering the men

around him helps build a stronger community. In the Men of Excellence Empowerment Group their overall goal is to embrace men of all ages to become leaders in their communities.

"We need to empower ourselves before we empower others. It's crucial that we strive to be excellent in every facet of life, before we begin to focus on others," Chibby said.

Member of the Men of Excellence Empowerment Group, Fazson Chapman, said, "This club is very important to the community. The reason why I say that is because I'm from Chicago. We see a lot of groups that are ran by churches and groups for women, ran by women and also groups for low income families."

Fazson is also busy on campus participating in the YSU Football team, the Fellowship of Christian Athletes, the Black Student Union and majoring in early childhood education.

Fazson is planning another group to spring-board off of the Men of Excellence Empowerment Group. He wants to start a group that will teach students how to dress, speak and teach them how to carry themselves as men.

"I cannot recall a time where I see a community group for men or even led by men. So, I feel that this group is a great outlook for the community and it's setting a foundation for the future. It's a great group to involve young men into to benefit their communities and empower their communities," Fazson said.

Marcus Williams, a senior at YSU and

majoring in geology, is another member of the Men of Excellence Empowerment Group. Williams is the project manager for the group and participates in the Collegiate Black Christian group and also is a part of the YSU football team along with Fazson.

"When people ask about the group I tell

them that I am a part of a group of men who want to see other men have success within college and their community. After that I usually invite them into a meeting," William said.

The Men of Excellence Empowerment Group meets Tuesdays at 8:00 p.m. in Kilcawley.

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VETERANS DAY

SAMANTHA WELCH
NATHAN HRITZ

Veterans Day. A holiday whose meaning I feel is often overlooked. Sure, there are parades and a variety of other festivities to celebrate this holiday, but are we really taking Veterans Day the way we should?

To me it often seems we, as Americans, lose sight of the fact our troops and veterans quite literally make up the pillars our nation is built upon. We get caught up in our personal lives and our individual problems to even take note of the blood our servicemen and women shed to protect the rights we have.

We, as a country, hold liberties that we should be thankful for and we need to acknowledge and thank our

veterans for it. As Ronald Reagan said, “We remember those who were called upon to give all a person can give, and we remember those who were prepared to make that sacrifice if it were demanded of them in the line of duty, though it never was. Most of all, we remember the devotion and gallantry with which all of them ennobled their nation as they became champions of a noble cause.”

In the song “Ragged Old Flag,” Johnny Cash talks about how on our own turf, people have trampled on Old Glory, a direct insult to any of those who have fought for the colors. He ends the song talking about how the flag has been through the fire before, and she’ll take a whole lot more. Those words are a telling reminder of the fight for freedom our country has had and continues to endure.

Like everywhere else, America has its flaws and imperfections. But despite those, we have a lot to be proud of. If

you can’t find at least one thing, then look harder.

There’s a ton of history here — history our veterans played a crucial part in making. I love our veterans. It seems more and more to me the younger generations take our freedoms and the sacrifices behind them for granted.

For me, this is disheartening. For a country that was built off of the blood, sweat, and tears of those who believed in the idea of liberty and justice for all, we should honor those who have sacrificed their time and their lives.

With all that said, I’d like to end this week’s column directly addressing our veterans. So, veterans, on the behalf of myself and many others, I’d like to sincerely thank you for your service from the bottom of my heart. God bless.

JAKE’S PICKS:

STRANGER THINGS AND BEYOND

JAKE MYERS

So, you probably just finished the Netflix Original Series “Stranger Things 2,” like me, and you are wondering what to watch next. First off, please tell me that you have watched “Stranger Things”? If not, find a friend with Netflix, or be like my friend, Dave, and pool your money with your brothers and sisters to pay for a subscription so you can experience it for yourself. I highly recommend this series.

The first season is really good with its Spielberg-esque storyline. There are homages to the movie “ET” (1982) which are fun, but mostly I enjoyed the characters and the chemistry among them. I am not one to give stuff away, so all I can say is this series has wide appeal; I feel like there is something for everyone to connect with.

The child actors/actresses are endearing in the first season, but really step it up in the second season. In fact, the second season exceeded my expectations in every way. There is much more character development all around and a bigger, badder

villain is introduced. The graphics and music are even better. Some new characters were added including my favorite, Bob, played by Sean Astin. You probably know him as Sam in “The Lord of the Rings Trilogy,” (2001-2003) or movie junkies like me know him as Mikey in “The Goonies” (1985) as well. He gives a stellar performance and I feel like I have to throw the word endearing in there once again.

In addition, I think you would enjoy “Beyond Stranger Things” which is similar to “Talking Dead,” AMC’s after-show program about “The Walking Dead.” Each episode of “Beyond Stranger Things,” features different actors/actresses from the series along with a host and the creators/writers of the show, the Duffer Brothers who talk about various aspects of making “Stranger Things.”

Anyway, you learn things like how Sean Astin was only supposed to be in three episodes of season two but they liked his portrayal of the character so much they wrote him into the rest of the season. There are seven half-hour episodes of “Beyond Stranger Things.”

Moving on to a film that you might

have missed, “The Book of Henry” (2017) directed by Colin Trevorrow, recently came out on DVD and Blu-ray. Although the critics panned it, I found it to be really compelling. The performances were great, particularly Jaeden Lieberher, Jacob Tremblay and Naomi Watts. Don’t expect this film to be a run-of-the-mill crime drama. It elicits every emotion.

The main character, Henry, is an 11-year-old genius who imparts wisdom such as: “Our legacy isn’t how many commas we have in our bank account, it’s who we are lucky enough to have in our lives,” and “Violence isn’t the worst thing in the world, it is apathy.” You will probably recognize Lieberher, who plays Henry, as he has had lead roles in “St. Vincent” (2014), “Midnight Special” (2016) and “It” (2017). In addition, Tremblay who plays Henry’s brother Peter was nominated for an academy award for his role in “Room” (2015).

For those of you who watched the Netflix Original Series “Mindhunter,” I suggest you check out the YouTube videos of the actual FBI tapings with Ed Kemper titled, “Edmund Kemper documentary - In his own words,” and “Mindhunter vs Real Life Ed Kemper – Side By Side Compari-

son.” If you have not seen the series yet, please watch the entire first season before you watch these clips. These are actual clips of the real Ed Kemper. There is a holy crap factor here.

Lastly, with all of the bad publicity right now concerning Hollywood, I recommend that you watch the Netflix Original Documentary, “Five Came Back” (2017) directed by Laurent Bouzereau. I certainly didn’t know that directors Frank Capra, John Ford, William Wyler, George Stevens and John Huston voluntarily served our country during World War II in various branches of our military.

The film is full of actual footage taken by the five directors who risked their lives to document the war. There are also interviews with directors Steven Spielberg, Guillermo del Toro, Francis Ford Coppola, Paul Greengrass and Lawrence Kasdan. The documentary is split into three one-hour episodes.

As always, I would love to hear from you so email jcmeyers02@student.ysu.edu, if you wish to opine or use the comments section online.

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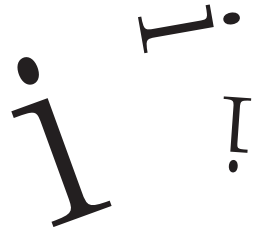
Thanksgiving is a time for football and food. There's always so much food. There's turkey, mashed potatoes, gravy, stuffing, cranberry sauce, rolls, casseroles, all kinds of pie and so much more.

Thanksgiving isn't really about food though; it's about the family and friends that gather to enjoy the holiday together. It's about remembering to be thankful for everything you do have, rather than being upset about what you don't have. Remember to appreciate everything you have throughout the year, not just on Thanksgiving.

This week the writing editors of The Jambar got together and wrote about what they're thankful for this holiday season.

This season I'm thankful for my wonderful staff who have become some of my best friends. I'm excited to be a part of a group that is so dedicated and so friendly. The Jambar attracts the most wonderful personalities, and even though they're all so different, they get along so well. We call ourselves The Jamily, because it is really a second family to some people. I work with some truly amazing people, so I really feel the family atmosphere this semester, like I never have before. I am thankful for my family, especially those I know I can truly count on when I'm having trouble. I love my Jamily.

Laura McDonough
EDITOR-IN-CHIEF



Jordan Unger
MANAGING EDITOR

It's tough to limit the things I'm thankful for to a few sentences or so. To narrow it down, I guess it's easiest to take a look at where I am. Since last Thanksgiving, I have gone from reporting my earliest stories to holding an editorial position at The Jambar. In May, I will be graduating from YSU and stepping into the "real world." Who brought me to this point? My family has always supported my decisions and achievements. My teachers and professors over the years have taught me how to succeed in a professional field. My friends and coworkers have helped make the journey one to remember. All of the people in my life shape who I've become and whom I inspire to be, and words don't express how important they have been to my life.

When Thanksgiving comes around we all begin to think about things we are thankful for. Many times, the obvious subjects come up: friends, family, love. But when I stop and give it a deeper thought, I come up with something I guess I never thought I'd be thanking. I'm thankful for the struggle. In a world where nothing is handed to you, where you have to work for everything and you know what loss means, you realize that without this struggle you would never have the strength to persevere. Be thankful for the fight because it's making you a stronger person. It's preparing you for future obstacles and when others won't know how to overcome, you will prosper with the strength and guidance you learned throughout the years.

Jennifer Rodriguez
NEWS EDITOR

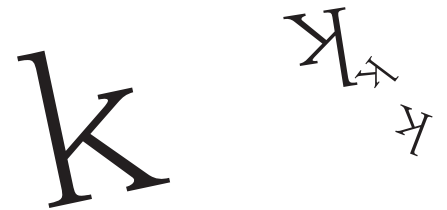


Samantha Welch
HEAD COPYEDITOR

This year, I'm most thankful for my friends and family and everything they do. I've grown so much as a person over this past year, and it's mostly because of the amazing people I surround myself with that keep me going. And for the events and people in my life who have taught me hard-learned lessons, thank you. Without you, I don't think I would've come to appreciate the good people and circumstances in my life as much as I do now. Happy Thanksgiving everyone!

Every year people ask you what exactly you are thankful for and I guess that means me too. I'm thankful for many things each year that maybe I don't express all the time. I'm definitely thankful for family above all. They support me through all my endeavors and I appreciate them very much. Beyond family, I'm always thankful for sports. Without sports, I wouldn't have a career. Also, I'll always be thankful for the opportunities I've been afforded. Not everyone gets to be in the spot I'm in during my life and career and for that, I'm thankful.

Marc Weems
SPORTS EDITOR



Marah J. Morrison
ARTS AND ENTERTAINMENT EDITOR

When it comes to things I am thankful for, the people I work with at The Jambar is a no-brainer. They are like a second family to me, hence why we call ourselves the Jamily, and the times I've spent with them, and the memories made amongst all of us, are irreplaceable. In addition to my newspaper family, my friends, who have stuck with me through thick and thin, are definitely on my "what I'm thankful for" list (you know who you are). Last but certainly not least, my father and my brother. I love them with all of my heart.

A GAME FOR THE SENIORS



Photo courtesy of YSU SPORTS INFORMATION

Hunter Wells rolls out of the pocket in Week 1 against the University of Pittsburgh. He is one of many seniors who may play their last game at Stambaugh Stadium.

CHRIS MCBRIDE

The Youngstown State University football team (5-5, 3-4 in Missouri Valley Football Conference) will take on Missouri State University (3-7, 2-5 in MVFC) in its final home game of the year. This followed a successful series of road games culminating in a 28-20 win for YSU against Southern Illinois University (4-6, 2-5 in MVFC.)

Against the Salukis, junior defensive back Justus Reed sealed the win after forcing a sack-fumble on SIU quarterback Matt DeSommer and converted it into a touchdown late in the fourth quarter. On the ensuing drive the Penguins defense ended any hopes for a comeback to further solidify the game.

Early on, YSU overcame a 7-0 deficit early beginning when QB Hunter Wells, who dealt with nagging injuries all year connected with receiver Damoun Patterson on one of two touchdown passes between the duo.

One of those passes included a 14-yard pass with 27 seconds left, making the game 14-7 before halftime.

"It was definitely good to get back in the flow of the game. The game speed was a little faster. I felt like after that first drive I was in, I calmed down a little bit. I was picking up where I left off," Wells said.

An SIU field goal late in the third quarter closed the gap before Tevin McCaster ran in a touchdown on fourth-and-goal to further the Penguins' lead. From there, the Salukis fought their way back to get the game within one point by the end of the fourth before ultimately coming up short.

YSU was able to overcome four turnovers on the game.

The game was not only a fitting way to end the final road trip, it was also a passing of the torch to newbies such as cornerback D.J. Smalls who got his first start.

Head Coach Bo Pelini praised him as being the "player of the game."

"I've been through a lot to get there; God put me through a lot of situations and it was just perfect timing," Smalls said. "At first I didn't see it as that, but over time I just had to realize."

For its final game in the Ice Castle the Penguins will defend the castle against MSU, a team that has won two of three meetings in Stambaugh Stadium against YSU.

Approaching the game, Pelini expects a tough game against the rapidly improving MSU.

"Their offense is putting up some numbers and moving the ball and defensively they've improved, they're one of the more improved football teams out there," Pelini said.

Last time these teams met in 2016, YSU secured a comfortable 65-20 win on the road.

It was a game in which the Penguins controlled from the start, overpowering the Bears enough to gain a 34-10 lead by halftime. YSU finished the game with 747 offensive yards and 572 yards on the ground, setting

school records. The Penguins hold the season series advantage with a 12-5 record.

Pelini stressed this as being a game that his players will have to be on their toes for.

Twenty seniors will bear the Y on their chest as they prepare to take what may be their last walk through the tunnel. One of those players, left tackle Justin Spencer, has been a staple on the offensive line, having started 50 straight games for the Penguins.

Pelini described Spencer as being a "pretty special guy" and a "good player."

"He's had some injuries, some nagging things, but he has fought through it and he fights through it to find a way," Pelini said. "I give him a lot of credit, he's a tough kid really committed to the team and a really good leader, an example to all the young guys."

With the playoffs looking doubtful, this could potentially be his final game. Wells summed up his thoughts by looking back on the career.

"It's crazy thinking that four years went by as fast as it did," Wells said. "It feels like the other day I was walking in as a freshman but all good things come to an end."

As Pelini's saying goes, it's the "next man up" for this YSU team as the seniors hand the keys down to the next group of men. Players like Smalls hope to carry the mantle in their wake, having said he hopes to send them away with a win in their final game.

To these next round of players and future Penguins, Wells left some parting words.

"At any time, anything can happen and you gotta be ready to go, so if you're a two or a three, you have to be preparing yourself to be a starter," Wells said.

These seniors will have a lot to look back on, including last year's national championship game.

The Penguins are set to cap off its season at 12:00 p.m. in Stambaugh Stadium against MSU.

PRESS BOX PERSPECTIVE: WHO WILL DETHRONE THE KING

SETH RIVELLO

LeBron James has been known as “The King” or “King James” ever since he stepped onto the hardwood over 15 years ago. As much as Cavaliers fans and some NBA fanatics don’t want James to age, they have to cope with the fact he’s 32 years old. Though he’s still putting up MVP numbers those will eventually plummet, and that’s just sports. Once his reign of terror stops, who takes over?

A couple guys in Philadelphia have gotten a lot of hype and for a good reason. The 76ers finally struck gold when they played the waiting game with Joel Embiid who was struggling with injury for a couple years.

Trusting the process worked out as Embiid looks like an elite big man setting his own personal league highs this year. 20 points per game, 10 rebounds, a block and a half, with a steal isn’t a bad stat line for a center with occasional limited minutes. He shoots threes, can lead the team down the floor like a point guard and is a well-known personality on social media and on the floor.

If he keeps rising and LeBron is gone in five years, Embiid might be wearing the crown.

With the first overall pick in the 2016 draft Philadelphia selected Ben Simmons. Coming out of Louisiana State University, Simmons caught every comparison to LeBron. Simmons at 6-foot-10 and 230 pounds can play any position from center to point guard.

With a broken foot, he missed the 2016 NBA season, being silenced and talked over. Simmons stepped into 2017 with a lot to prove, and proving a lot he is. In all 13 games, he has scored in double-digits averaging 17 points per game, seven assists, nine rebounds and almost two steals.

He is showing he’s an outside the box player, non-conventional and can be plugged in anywhere. He is my pick to be crowned “The Next King” with him being an almost spitting image of LeBron.

Milwaukee has a 6-foot-11, 220-pound point guard/forward named Giannis Antetokounmpo. Nicknamed “The Greek Freak” because of his huge stature and being born in Greece, he has really jumped onto the scene in the past three years. His steady rise in play, long arms and long name have gained him and the Milwaukee Bucks a ton of publicity.

Last season, Giannis won the Most Improved Player award and made the All-Star team. This year he’s looking for MVP as he’s putting up 31 points per game, 10 rebounds, four assists, a steal and a block. The last two months he’s been on fire, and he’s now waiting on newly acquired Eric Bledsoe to get in rhythm and Jabari Parker to get healthy. Antetokounmpo could be crowned sooner than later.

In 2015, an oblivious kid from Latvia got booed by New York Knicks fans during the draft. Little did Knicks fans know that this kid is what they would need to build around – a diamond in the rough. Kristaps Porzingis, 7-foot-3 and 240 pounds can pretty much do it all. With constant work, he’s turned into the Knicks best shooter, a good rebounder and dominant shot blocker. He was nicknamed “Unicorn” by Kevin Durant because a ball player like him has never been seen before. Porzingis is putting up the best numbers of his short three-year career, close to 30 points per game, a couple blocks and seven rebounds. He is a humble kid and a great competitor; he’s a dark horse for sure, but could eventually take the crown from James if he keeps producing at this high level.

YSU MEN’S TEAM SET TO FACE FRANCISCAN AND CANISIUS THIS WEEK

CHRIS MCBRIDE

After Kent State University spoiled the debut of head coach Jerrod Calhoun and the Youngstown State University Men’s Basketball, they look to recover against the University of Franciscan on Tuesday and Canisius College on Saturday.

Against the Golden Flashes this past Saturday, YSU managed to stay within reach to begin the game trading leads before KSU ultimately went on a 7-0 scoring run to bring the score to 47-41 at the half.

“We had a lot of guys play really, really well the first 20 minutes. I thought from a game plan standpoint, our kids really executed. I thought they had energy and we kept Kent really off balance,” Calhoun said.

KSU came out swinging in the second half going on a 10-0 run to make the game 56 to 43. From there, it didn’t look back with the Penguins poor shooting effort only accounting for 38 percent from the field to the Golden Flashes 68 percent to finish out the game.

The high percentage shooting KSU proved too much as it went on to hand YSU a 111-78 blowout win. Guards Cameron Morse and Braun Hartfield scored 19 and 14 points respectively but they collectively only went 12-of-42 from the field.

“Basketball is about seeing the ball go through the basket,” Calhoun said. “Sometimes with a young team when the ball goes through the basket your defense is better. What we found out is you have to be able to win games when you don’t score.”

Calhoun in last week’s press conference emphasized the importance of rebounding against this tough KSU team and actively working to keep them off the glass. Something the Penguins did not seem to manage as the Golden Flashes grabbed 57 rebounds to YSU’s 41.

YSU faced some injury woes early on when point guard Jeremiah Ferguson went down early with



Photo courtesy of YSU SPORTS INFORMATION

Michael Akuchie throws down a vicious dunk against Franciscan University of Steubenville in a 134-46 win.

a broken nose. Ferguson was starting in place of guard Francisco Santiago who is still on minutes restriction due to a knee injury.

Not all was bad as freshman forward Naz Bohannon put up solid numbers with nine points and eight rebounds. Though he’d disagree saying he could have done more to help the team win and promising that the team won’t get outworked again.

“It’s about how you bounce back, adversity is facing us right now. We got punched in the mouth and this is going to show our true character,” Bohannon said.

YSU surely will be coming into their next two matchups with a chip on their shoulder.

“You live and you learn, it’s game one,” Calhoun said. “I said all along we were gonna find out where our level of toughness was, I think we have to get tougher when the ball doesn’t go in the basket but we have a lot of other opportunities.”

Recruiting News

During the press conference Coach Calhoun also announced two new signings for YSU adding guards in Atiba Taylor Jr. from Hackensack, N.J., and Darius Quisenberry from New Carlisle, Ohio.

Next Game Up

After an absolute beat down of Division III Franciscan by a 134-46 score, YSU looks ahead to a tough Canisius College squad which has beaten the Penguins before. YSU broke a school record for points (134) and point differential (88).

“These people are paying money to come watch you play basketball, you have to take great pride in that,” Calhoun said.

The Golden Griffins have started the year 0-2 and will be a tough road match-up for YSU to handle.

That game will be the first true road game on the year for YSU.

Tip off against Canisius game will be Nov. 18 at 7 p.m. in Koessler Athletic Center. The game will also be broadcasted on ESPN3.



YSU WOMEN'S TEAM WANTS MORE

Indiya Benjamin will be a key to YSU's success as a program this year.

Photo courtesy of YSU SPORTS INFORMATION

MARC WEEMS

After two disappointing losses to Kent State University and the University of Pittsburgh, the Youngstown State University women's basketball team (0-2) want more out of these early season games.

In its first game against Pitt, YSU lost 66-58 as Indiya Benjamin scored 16 points and Nikki Arbanas scored 14 in the loss. Freshman Anne Secrest grabbed eight rebounds in the defeat.

"After a loss, you want the shorter break so you can get right back on the court for another chance," YSU Head Coach John Barnes said. "When we turned the ball over is when Pitt really hurt us. In the half court, I thought we did a good job."

Barnes said against longer, more athletic teams, YSU will struggle a bit to adjust.

In the loss, YSU was outrebounded by five and turned the ball over four more

times, which turned into six more points off turnovers for the Panthers.

"It felt really good to just be out on the court," center Mary Dunn said. "We didn't get what we wanted out of that game but I think we will be fine but I think we will have a really good season."

Dunn grabbed four rebounds, scored four points and had a steal against Pitt. Off the bench against KSU, she scored just two points in eight minutes off the bench.

"We have to take care of the ball," Barnes said. "Our perimeter went like 8-for-34. I thought we played really hard and our defense was very solid. We held them to 18 first-half points and just two first-quarter points."

For the Penguins, Barnes wants to see more intensity and to see everyone continue to get healthy as Sarah Cash eases her way back into game shape.

"I saw some nerves. Which is understandable," Barnes said of the younger

girls' first few games. "They made some mistakes that they haven't made since probably eighth grade. I thought Anne did a good job. I'm glad we got that first game out of the way."

Anne Secrest posted eight rebounds against Pitt and scored five points with six rebounds against KSU.

"We just need to calm down and be more mentally tough," Dunn said. "We had some turnovers and missed free throws. I missed two free throws. I think if we work as a team and take our time, we can beat a lot of people."

During the KSU game, the Penguins struggled to be consistent. It held the Golden Flashes to two first-quarter points and then was held to just nine second-quarter points.

"We've been playing defense well the entire game," Benjamin said after the KSU game. "We had a couple of turnovers that led to a couple of baskets. We relaxed

a little and they kind of got ahead of us."

Benjamin put up 12 points with three rebounds and two assists.

Another of YSU's problems through two games has been three-point shooting. YSU is a team that prides itself on shooting and hitting three-pointers by the boatload.

YSU is currently shooting 11-for-53 through two games for just 20.7 percent from behind the arc.

"You try to make practice as game-like as you can. It's not always how it goes once the lights are on and the refs are there. It's always nice to shoot at your home rims," Barnes said.

For YSU now, it continues to play hard and get better each game.

YSU now goes on the road for its second road game of the year against Loyola University-Chicago on Nov. 18 at 2:00 p.m.

"It's going to be a challenge for us but we are looking forward to it," Barnes said.