

#### AMANDA JOERNDT

Students with insurance will be able to avoid an additional copay, and those without insurance now have a resource to ensure that they are healthy with the recent opening of Wick Primary Care at Youngstown State University on March 19.

The health center is equipped with physicians available for daily walk-ins and appointments on 300 Wick Ave. A behavioral health specialist will also be on staff for YSU students by appointment.

A student health center fee of \$34 per student, per semester was passed by YSU students during the 2018 Student Government Association election, which generated revenue to help outsource the former Mercy Health Student Health Center in Kilcawley Center.

The \$34 fee is included on the tuition and fees bill, which is distributed to students electronically every semester, and allows nearly unlimited health care service such as treatment of minor injuries, immunizations, nutritional diagnosis and wellness visits.

Ērnie Barkett, president of SGA, said the association played a large role in helping the new health care facility come to life.

"Seeing this project come together has been amazing, and it shows the cooperative relationship between students and university administration," he said.

Barkett said students should use the facility to take better care of themselves, physically and mentally.

"It is important for students to use the center and get the worth out of the health center fee," he said. "This is also a primary care facility, not just a student health center, so students can receive access to better care."

Jonathon Fauvie, public relations and communications manager at Mercy Health, said he hopes the students will take advantage of the new facility.

"Once you have access like this, not only to services on campus, but being tied to a health care organization that provides a full continue of care from the start of life to the end of life, is really something that I think students might not know the full impact of yet," he said.

According to Fauvie, the student fee for the services at Mercy Health is very affordable in health care terminology.

"To know again that I can come to this facility and not be charged anything for the services that are rendered is something as a student I would be incredibly grateful for," he said. "Having access to a network of expert clinicians is something not only the campus, but the downtown community can't really put a value on."

Deanna Ford, director of mission and values at Mercy Health, said as a parent of YSU student, the Mercy Health facility gives her reassurance with her child's health care.

Ford said one of the most important aspects from the new facility are the psychiatric services being offered.

"Health and primary care is important, and I'm very excited about the behavioral health piece to this because we know this age group could be in need for some help to think and talk things through," she said.

In Ford's opinion, bringing attention to the younger generation in the community is vital for future successes in the area.

"Our youth in the community is our future so paying attention to that and making sure they have the right services is huge and important to us," she said.

Lisa Johnson, vice president for human resources at Mercy Health, said the new facility was constructed in the heart of the Mahoning Valley to allow people from all around the area to use the facility.

"We are creating the future leaders and employees, so it's very important that we have a community that is healthy which starts from YSU," she said.

Johnson said this will give students the opportunity to learn more about maintaining their health and wellness.

Photo by Tanner Mondok/The Jambai

"We're just excited for the start, and now it's a matter of education. And it's not just that something's wrong, but that they want to maintain their wellness," she said. "Any support and partnership we can do to maintain that is important."

#### Services offered at Mercy Health Youngstown Primary Care include:

- Diagnosis and treatment of minor injuries and administration of first aid
  - Counseling services by appointment
- Continuation of allergy shots, administered if serum and written instructions are provided by an allergist
  - Nutritional diagnosis and counseling
- Orthopedic evaluation of injuries to bones, muscles and joints within the scope of a primary care practice
  - Dermatological problems
- Initial diagnosis and need for simple physical therapy
- Immunizations limited to Hepatitis B and Tdap
  - Mantoux (tuberculosis screening)
- Point of care testing for rapid influenza, rapid strep, urine pregnancy, urinalysis, mononucleosis, glucose, hemoglobin and fecal occult blood testing
  - Basic gynecology services
  - Well care visits
- Acute care visits

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Photo by J. Harvard Feldhouse/The Jambar

## ANY WAY THE WIND BLOWS

#### J. HARVARD FELDHOUSE

When Youngstown State University's three wind turbines stand motionless in a windy sky, students are often quick to dismiss them as a waste. What many don't know is these turbines are foundational in wind energy efficiency research facilitated by YSU engineering students.

Mathew Knepper, who works for the sponsor company Ajax Tocco Magnethermic Corporation, was first to take up the project for his senior capstone, with Marc Peoples and David Wolfe joining him soon after. The trio are all seniors in mechanical engineering.

According to Knepper, they are researching how to regulate the spinning speed of the turbine. The group of students said they are trying to spring-load the fan blades to adjust their angle, or pitch, and resistance to the wind.

"As the wind gets strong enough, it'll automatically overcome that spring force and the blade will feather out in the wind. That limits its rotational speed," Knepper said.

The goal is for the turbine to always run at the most costeffective and efficient speed no matter the speed of incoming wind.

"It'll drive down the cost of the unit, and it'll also prevent overspeeding, which is a big problem the existing one has," Knepper said. "A quick gust of wind will happen, it'll speed up too quickly and it'll have to shut down before it damages itself."

This research, though useful for the wind farms out west and by the Great Lakes, isn't as applicable to the Youngstown area.

"For this area, wind energy wouldn't be the greatest advancement because the wind speeds around here aren't great enough or consistent enough to produce good wind energy," Peoples said.

However, if the modified turbine can work in the inconsistent wind in Mahoning Valley, it should work in the more ideal conditions of the Great Plains. The researching students can also take what they've learned from this project and utilize it after graduation.

"Engineering is a combination between learning the theory, possibilities and the messy real world," professor and chair of

mechanical, industrial, and manufacturing engineering Hazel Marie said. "We put our little turbines in a wind tunnel with the air coming right at it. It works great, but then you get in the real world, it gets a lot messier."

Marie said this research project has done well at combining engineering theory with real life scenarios. The students are in the eyes of employers by working directly with the various companies involved.

"It's like an internship," Marie said. "The company gets to look at them solving a real problem of theirs. If the company has three openings and these guys are doing a good job, absolutely they would have a leg in, because the company has seen for a year what they can do for free."

Marie said this is the second year-long research capstone conducted with the turbines since the U.S. Department of Energy awarded YSU a \$2 million research grant in 2015 and she believes it will not be the last.

"If the turbines aren't spinning, it might be because they're being reworked so we can start our next project," Marie said.

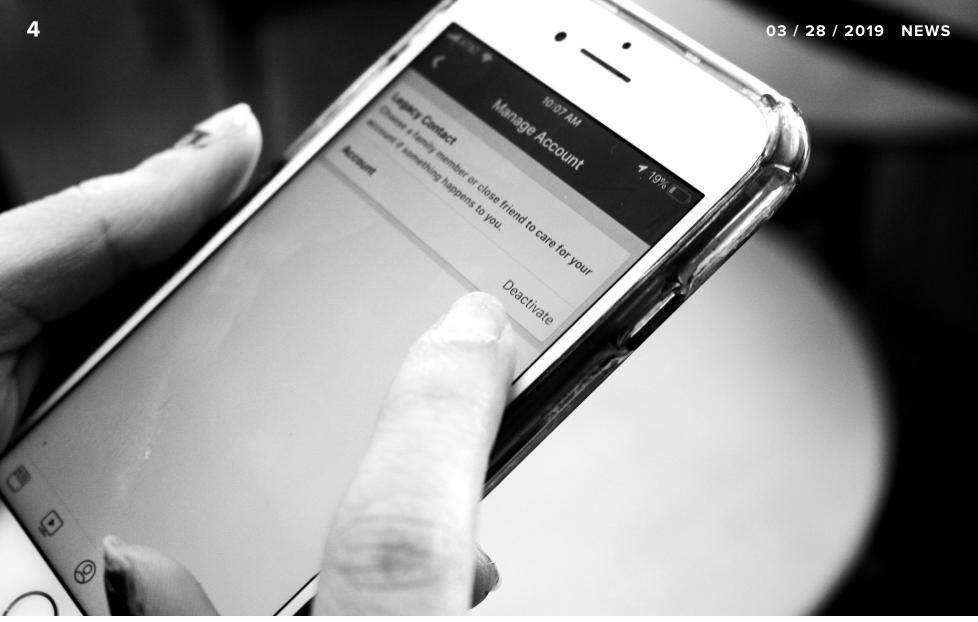


Photo by John Stran/The Jambar

## ESCAPING SOCIAL MEDIA

#### JOHN STRAN

"The Journal for Behavior Addiction" defines social media addiction as having an uncontrollable urge to use social media, which interferes with other life tasks.

What drives someone's social media addiction may depend on personal characteristics.

Adam Earnheardt, chair of the Department of Communication at Youngstown State University, said people with addictive personalities are most likely to be media addicts, adding those with social media addiction tend to also have an addiction to something else.

Just like other forms of addiction, quitting or reducing time on social media can come with its own difficulties.

"There are withdrawal symptoms that people have, and those withdrawals really center on a fear of missing out," Earnheardt said. "You feel like, if I'm not on there, I'm going to miss some important information or some story that the world is talking about, and I'm not a part of it."

Throughout varying research articles, fear of missing out, or

FOMO, is one of the few causes of social media addiction that is prevalent.

Joy Tang, assistant professor of psychology at YSU, referenced an article published in the "Personality and Individual Differences" journal, which claims that FOMO, attachment anxiety and avoidance can be causes of social media addiction.

Earnheardt experienced firsthand how difficult it can be to quit when he did an experiment himself, leaving social media for two weeks during one holiday season.

"I did it over Christmas because I thought I would want to be on Facebook to show pictures and talk about the holidays, and it would just be a time that would draw me to social media," he said. "Initially, it was tough and there were withdrawal symptoms."

Luis Almeida, professor of communication at Lee University in Tennessee, said he became so "burnt out" on technology, he stopped using it for five months.

Almeida realized the constant use of not only social media but technology devices in general had caused him severe anxiety and

During his time away from technology, he created the Human Robot Cycle: a test that determines how often people use different devices such as a smartphone in a day.

What he found is some people may be beyond the level of addiction. He said when people are addicted to something, they generally are aware of their problem, but this is not always the case for social media addicts.

What Almeida believes makes a person's overuse of different mediums so difficult to stop is the conditioning that has been placed on society, saying many people are forced or highly encouraged to use various social networking platforms, to an extent, for work and socialising.

Almeida and Earnheardt are both dependent on their social networking sites for work and spoke highly of current age technology and how it improves their ability to connect with different colleagues and peers, but they both know when the time to power down is evident.

Almeida advised people who want to reduce their time on social media to turn off any of their devices at least four times a day and begin to learn the benefits of social media moderation.

"Try to limit your communication online and try to communicate with people more offline," he said. "Build a culture offline."

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## V2 SETS BAR FOR DOWNTOWN RESTAURANTS

#### DOM JOSEPH JAMBAR CONTRIBUTOR

"We work day and night to make a good product here at V2, and we want people to come down and enjoy the food and relax, while having a good time," Ed Moses, the co-owner of V2 Wine Bar Trattoria, said.

V2, located on Federal Street in downtown Youngstown, opened in 2011 and is the sister location to Vernon's Cafe in Niles. Since their doors opened, V2 has served thousands.

Moses can be found in the restaurant checking everyone's tables to make sure they are enjoying the V2 experience. Moses got his start in the Italian food sales business, working hand in hand with Vernon's Cafe.

"I used to sell to Vernon and Vernon's Cafe, so we had a relationship from that," Moses said. "I used to always talk business with him and how I always wanted to get into the business, and he gave me a shot."

When the opportunity presented itself to open a restaurant downtown, Vernon and Moses couldn't resist.

"We came downtown wanting to give the people a great place to eat, and a nice place to go after work," Moses said. "We had no idea we'd be this successful."

When it comes to goals for a co-owner, Moses seeks to have great relationships with his customers.

"When I was a sales rep, that's how I built my business, with great relationships," Moses said. "That's how you get them to come back. It's all about relationship."

From a customer's standpoint, Danny Reese of Canfield loves making the trip downtown for the restaurant's experience.

"I definitely enjoy going down there," Reese said. "They always have a great crowd. They have great food, and the customer service is always good," Reese said.

Reese, an assistant coach for the Youngstown State University men's basketball team, frequents V2 after work, knowing it's right down the street.

"It's always a good reason to go to campus for sure," Reese said. "It's a great option, especially in terms of the atmosphere."

As Moses mentioned, customer service and relationships are his priority. For Reese, his customer service experiences have been phenomenal.

"Every time I go, they're really friendly and personable," Reese said. "The waiters and waitresses always hang around and ask you questions and make sure your enjoying your time there, which is really nice."

"It definitely makes it more fun having that relationship for the time being," he added. "For me, working for YSU, when they see the 'Y,' they always want to know your affiliation or what you do there. It's great conversation and something you won't get anywhere else."

The wine bar has meant lot to downtown since its inception in 2011, according to Reese.

"New places have popped up, but V2 has been the reliable spot because you know it's going to be great everytime you go," he said.

Moses said people always come back because the food is made with love.

## HISTORY DAY AT YSU

#### **COURTNEY HIBLER**

Youngstown State University will hold an annual History Day event April 6 to showcase projects based on the theme "Triumph and Tragedy."

Mahoning, Trumbull, Columbiana, Ashtabula and Portage County students in grades six through 12 will develop a project using an event or a person in history to illustrate the theme. The majority of students choose to do exhibits with poster boards, while other students bring their creativity to life in documentaries, websites, performances and reports.

Each project will be judged with a reasonable standard of accomplishment to determine which students will go to the state competition held in Columbus. Students who pass the state level will then attend nationals in Washington D.C.

David Simonelli, professor in the history department and regional coordinator for Ohio History Connection, said YSU History Day has been around for 40 years, and the students participating are always creative and inspiring.

"It's nice to see them get some of the same interest out of working with primary sources," he said. "Looking at actual documents produced by people in the past and imagining how one should interpret their thoughts and ideas in order to produce history is great."

In Simonelli's opinion, students get an excellent sense of accomplishment in producing projects, learning how history works and using their creativity in various ways.

"Creativity is key," he said. "Not a lot of students choose to write papers because they

choose to do exhibits which is more fulfilling to use their imagination in order to illustrate the theme."

Brianna Treleven, a local history member with the Ohio History Service Corps, said this will be her first year working YSU History Day, and she looks forward to talking with students about their projects and seeing the pride in their work.

"My job allows me to watch these students accomplish something in a topic they're completely interested in," she said.

YSU students are also involved with the history day by working the registration desks, policing the exhibit spaces and directing traffic to get people to the right place at the right time.

Students majoring in social studies education will often serve as the judges.

Justin Faller, a junior mechanical engineering major with a minor in history, said he was

involved with YSU History Day in the past and enjoyed seeing students present something they worked hard on.

"History is something we will always need to know, and history day allows students to teach others something we may not have known," he said. "Learning and teaching through creative ways may inspire someone to take up history in their educational career."

Treleven encourages the YSU community to visit the exhibits after 12 p.m. in the McKay Auditorium in Beeghly Hall and at the Youngstown Historical Center of Industry and Labor.

"It's encouraging to see young people interested in history and making connections to events happening today," she said. "Watching students receive awards and advance to the state competition is a point of pride for schools and communities."



Photo by Frances Clause/The Jambar

## PROFESSORS MAKE TEXTBOOKS MORE AFFORDABLE FOR STUDENTS

#### FRANCES CLAUSE

Every semester, students at Youngstown State University and other colleges across the nation undergo the expensive ritual of purchasing required textbooks for their courses. But what happens when the assigned readings are written by the course instructor?

According to the American Association of University Professors, students should not assume professors are making large profits by using their own textbooks for their courses. In fact, the profits are trivial to nonexistent.

"Whatever number of students I have in my course, I have to subtract that from any royalties, so I can't actually profit," Mark Vopat, associate professor in the Department of Philosophy and Religious Studies at YSU, said.

According to Vopat, the university's new policy states that professors cannot receive any royalties from their textbooks if used in the courses they teach. Full-time faculty members can choose their own content for their courses, but adjunct professors must use departmental approved books.

Vopat collaborated with Alan Tomhave, chair and professor

in the Department of Philosophy, on "Business Ethics: The Big Picture and Business Ethics: It's Just Ethics," for his professional ethics courses.

"The reason why we collaborated on these books is because we wanted to get an affordable textbook for students," he said. "If you look at what's out there on the market, most start out at \$80 for a standard business ethics book and go up to \$150. We thought that was ridiculous."

Vopat said that he and Tomhave got lucky when it came to finding a publisher that could keep the prices of their textbooks low. Broadview Press, a Canadian publisher, was able to keep the textbooks at \$50 with a five-year contract.

"The first publisher we went with made [the textbooks] under \$60, but after our three-year contract was up, they upped the price to \$110 a book," he said. "We couldn't stay with them."

Tomhave said the most challenging aspect of publishing the textbooks was watching the budget given by Broadview Press.

"The publisher has to pay royalties to the original publisher of any articles you use on the book, hence the budget," he said. "Some articles are really expensive, so we had to be able to balance the importance of the work that we were putting in the textbook against the cost."

Not only do professors at YSU ensure their textbooks remain affordable for students, some departments even donate royalties to better the university.

To publish his three textbooks, "Environmental Science: Sustainability for the 21st Century," "Geology: An Introduction" and "Pathways to Learning Environmental Science: A Study Guide for Success," Alan Jacobs, geological and environmental sciences professor, went through 20 years of notes, lectures and travels.

Jacobs said his department's policy allows the faculty to freely choose the textbooks to be used for their courses. Royalties are then donated back to the department or YSU.

"To date, \$18,000 has been donated to the YSU Foundation, funded by these royalties," he said. "Students in [environmental and geological] courses compete for \$100 scholarship awards by grade and by point accrual."

Jacobs said he has donated more than the royalties to add to the scholarship fund entitled, Alan M. Jacobs Award for Achievement in Environmental Science/Geology, giving students incentive to perform to the best of their abilities in his courses.

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## A CONSTITUTIONAL CRISIS

#### BRIAN BRENNAN

Neil D. Humphrey had been President of Youngstown State University since 1984. With his retirement pending in 1992, the Board of Trustees set up a process to identify, interview and select candidates for the job.

Both the faculty and Student Government Association would be involved in the search; however, a "backroom deal" within the board would derail the proceedings and lead to what can only be described as a constitutional crisis. On June 19, 1991, YSU rose up in revolt, with SGA leading the charge.

After a nationwide search, six candidates were selected. Five possessed executive experience in higher education. One of them, Bernard T.

Gillis, was YSU's provost at the time and the only in-house contender.

The sixth applicant, however, had no such experience. He was Paul H. Dutton, a local attorney whose only connection with academe was his seat on the Ohio Board of Regents, the government agency that oversees the state's publically-supported colleges and universities. His inclusion with the other candidates struck many as odd.

Enter Brian Fry, who was in the final weeks of his SGA presidency when he received word that Dutton was on the list of finalists.

In addition to Dutton's lack of qualifications, Fry was disturbed by the candidate's close friendship with trustees Michael J. "Mickey" Monus and John F. Geletka. To complicate matters, Dutton had provided legal services for both Monus and his company, Phar-Mor, Inc.

To Fry, Dutton's candidacy represented a clear conflict of interest. He wrote a letter of protest to the board, but to no avail.

In May, Dutton was brought in to interview, but withdrew his name without finishing the process. Perhaps Dutton realized that he was in over his head, some even heard him speak about dropping out of contention the night before.

Fry praised Dutton for his decision, while Geletka blamed Dutton's withdrawal on political forces within the university. Even so, five other qualified candidates remained. In accordance with the board's own process, SGA recommended two to the board, as did the faculty.

Then, the crisis began.

During the Board's meeting on June 14, Paul Dutton was selected to be YSU's new president, despite the fact that he had already withdrawn.

On June 19, an emergency session of the Academic Senate was called. With the backing of the newly elected SGA president, Scott "Gus" Smith, Brian Fry presented a resolution condemning the board's selection.

Similar statements were made by Frederick J. Blue, who represented the faculty. A roll call vote resulted in 60 "yes" votes in favor of the resolution with four abstentions. Not a single "no" vote was cast. A Dutton presidency was now untenable.

Seeing the writing on the wall, Paul Dutton stepped aside. The board set up a new search process, which led to the selection of Leslie H. Cochran as YSU's fifth president.

The crisis was student government's finest hour. Brian Fry graduated and moved on to other things. Mickey Monus ended up in prison after embezzling funds from Phar-Mor.

## YOUNGSTOWN GLOBAL CLIMATE STRIKE

#### COURTNEY CINA JAMBAR CONTRIBUTOR

Both Youngstown State University and local high school students protested climate change policies on March 15, coinciding with similar strikes worldwide.

Cody Clark, an Ursuline High School student and climate activist, was the organizer of Climate Strike Youngstown.

"Reading the October International Panel of Climate Change, we only have 11 years to avoid a major catastrophe due to global emissions," Clark said.

He cites his little brother as his motivation for organizing the strike and said he needs to speak up for his brother's future.

Greta Thunberg, a 16-year-old Swedish climate activist, was the influence behind this global strike.

She set up a strike by herself to protest what she deems inaction by governments authorities toward rectifying human influences on climate change, which in turn inspired this strike all over the globe March 15. She has marched on strike by herself every Friday since 2016.

Clark, 15, orchestrated the local event. It took place on Youngstown's north side at the Unitarian Universalist Church. It consisted of multiple speakers and music.

Roughly 20 people attended, and the people involved in the strike consisted of local activists, speakers from different organizations and students.

"If the system is shaken by our refusal to attend school, then people will have to start paying attention and becoming knowledgeable of the climate crisis," Clark said.

Austin Bashore, co-leader of the Young Greens of Kent State University and member of the Ohio Green Party and the Green Party South Korea, spoke at Friday's event.

"Many threats affect the climate, from burning fossil fuels to using nuclear power. Us — humans — are the ones that can make the change to protect the climate," Bashore said.

These student organizers are calling for government officials to take actions now, demanding more renewable energy sources and green infrastructure.

Renee Dubiel, a YSU student participating in the strike, referenced the benefits of green infrastructure.

"When replacing single water treatment plants with green infrastructure, that is already reducing pollutant discharge to receiving waters, removing air pollutants and reducing energy use," Dubiel said.

To change the nations' platforms to do away with coal plants and pipelines, NextGen Climate and ConservAmerica online said a growing focus is to improve urban biodiversity, in other words, to become a green city.

A green city is focused on sustainability, they said. This encompasses urban areas all striving to lessen their environmental impacts by reducing waste and expanding recycling while expanding space, and encouraging the development of sustainable local businesses.

Chicago's city council has plans to become a green city by 2020. Activists at the local strike said Youngstown has potential to become a green city.

Green infrastructure is environment-friendly and uses renewal energy to construct buildings

and cities, according to Keland Logan, executive director of The Colony Youngstown. The Colony is a nonprofit organization that improves the community's health and economy.

Logan spoke at the strike in regard to educating the public on green infrastructure.

"Our task force includes laborers, skilled professional organizers and resident volunteers. All of the employees are knowledgeable of resilient approaches to managing wet weather impacts that provides many community benefits," Logan said

The Colony's services are green infrastructure installations, community engagement services and grant proposal assistance. This also includes future plans of housing and large-scale green infrastructure projects.

"The work that we are doing has affected the youth and community of Youngstown by taking a proactive role in learning about green energy and that speaks volumes," Logan said.

The Colony Youngstown's mission is to engage, organize and mobilize residents around initiatives and projects aimed at improving the Youngstown Community.



Photos by Tanner Mondok/The Jambar (left) and photo of Joe LeMaster performing as Mya Garrison in the 2018 YSUnity Drag Show by Alyssa Kosis/The Jambar (right)

## WHEN LIFE'S A DRAG

#### ALYSSA WESTON

#### The Day in the Life of a Drag Queen

Drag queens, typically men who dress up as exaggerated versions of women for the purpose of entertainment, are taking Youngstown and Youngstown State University by storm.

Although the idea of a drag queen might be familiar to Youngstown natives, Joe Lemasters, a seasoned drag performer, explained his drag journey to allow people to gain a better understanding of the day in the life of a drag queen.

Lemasters, whose drag name is Mya Garrison, has been the host of the YSUnity drag show since 2017, but has been performing drag for seven years. He first got his start in drag when a friend bet him to perform at his college drag show during his freshman year at Muskingum University.

"Drag is very free. Very creative. For me, personally, it's been something that allows me to express the creative side of myself that normally I wouldn't be able to do and other forms," he said.

Lemasters<sup>5</sup> day job working in a hospital kitchen is the opposite of the glitz and glamour he experiences performing drag, and because of this he uses drag as a creative outlet.

Most drag queens pull inspiration from different cultures, songs, fashion and celebrities for their performances. Lemasters said he gets inspiration from veteran drag queens, like his "drag mother" Maria Garrison.

In Lemasters' experience, his friends have been supportive of his drag career, but he described his family's involvement as "hit or miss."

"It's a little bit different for them, especially coming from a conservative area. They're still trying to get used to the idea because they think it's more of a sexual thing instead of entertainment thing," he said.

Joshua Pietrowski, a friend of Lemasters who is also a member of the LGBTQ+ community, helps Lemasters with his costumes and performance ideas.

Pietrowski said he credits drag queens for the reason why the rest of the community can be "out."

"I'm very supportive of it. I always have been," he said. "[Drag queens] are the ones who [opened the door] for us."

Lemasters described his drag persona as abrasive and "in your face" with a lot of attitude.

"She's not afraid to hold anything back. [As Joe], I'm still in your face. I'll tell you how it is, but I'm a little bit more reserved with it," he said.

#### Drag 101 and 102: School of Slay

Recently, YSUnity has created an introduction to drag class series called "Drag 101" and "Drag 102" to teach potential drag queens how to "sashay away" on stage. "Drag 102" took place on March 21 in Kilcawley Center.

"We're [talking] about makeup, body padding, hair. [I gave] advice on performing and [lip synching] dos and don'ts,"

emaster said.

The goal of the classes are to get students comfortable enough to perform in a student show for the first time.

"My goal is to prepare as many people as I can for the show next month," he said.

Carissa Brennan, a senior middle childhood education major and president of YSUnity, said she wanted to organize the class to show students how to do drag makeup, but because she doesn't know how she recruited Lemaster to teach the class.

Brennan said people should be interested in drag because it's really fun.

"It's so cool to see a drag show, especially if you're a [YSU] student for free," she said.

Eddie Watral, a freshman social work major, attended the "Drag 102" class because as a member of the LGBTQ+ community, he wanted to support YSUnity.

Although Watral doesn't have experience doing drag, he said he does have experience doing his own makeup.

Watral said he doesn't know if he will perform in the student drag show, but is excited to support the group whether it's on stage or in the audience. He encourages other students interested in drag to partake in the show as well.

"Never be afraid of, like, expressing yourself," he said. "Whether it's YSUnity, the drag show or the LGBT community as a whole, it's so accepting and the most loving community you could honestly be a part of. You'll be welcomed with open arms, so never be afraid."

#### Photo by Tyler Rothbauer/The Jambar

#### VICTORIA REMLEY

Ukrainian egg decorating, a 2000-year-old folk art tradition, was taught at the Soap Gallery in Youngstown March 23 just in time for Easter, which allowed customers to put their own designed art on the eggs.

Carol Novosel, folk artist and instructor from the Shenango Valley, said Ukrainian egg decorating has rolled through the generations in her family, and she learned it from her mom at the kitchen table when she was five or six years old.

Ukrainian egg decorating was a dying art, but because of perfect situations, it came alive again. Novosel called the process boutique, which involved wax and dye. In addition, ancient symbols were incorporated on a real eggshell.

People at the event learned about art and color and had the chance to explore the folk art.

"This art is passed down from hand to hand, from person to person," Novosel said.

Participants worked with a raw egg, a candle of beeswax and dyes. Wax was applied to the egg in a pattern the artist desired. Dye that was put on the egg adhered to the shell, but not to the wax. When the wax melted off, the design remained on the egg.

"The process is something that you need to watch someone work with to fully understand," Novosel said. "Someone who knows the background of the art, so that what you do has extra meaning."

The eight-pointed star holds a lot of meaning to the Slovak culture. In some Slavic cultures, it represents a rose, which means love. When a Slovak child was born in ancient times, a star appeared in the sky. That star was assigned to the child.

A Slovak egg represents a greeting card. Each symbol on the egg relates to the person receiving it. To prepare, Novosel

provided tools and supplies for her classes.

She made new dyes, printed background notes and patterns and set up tables with supplies. After a short presentation on how to create the eggs, customers dove right in.

Jean Josa, Novosel's helper from Sharon, Pennsylvania, said people at the event learned about different heritages.

Andrea Sargent of Youngstown said Ukrainian egg decorating was awesome, and apart from the class being full, she was very excited to be there.

The class was not a typical art class. Sargent said the class brought something new to Easter and brought families together. She said she thought it would be fun to try something that added a twist to the family's tradition of decorating Easter eggs.

"You're learning about history and culture, and just enjoying the experience with other people," she said.

## PHOTOGRAPHY: TRUTH AND ILLUSION



#### BRIANNA GLEGHORN

Richard Mitchell spoke to a group about the history of still photography, along with its uses, how it has changed and the controversy about editing photos at the Butler Institute of American Art on March 24.

Mitchell introduced photography to the Youngstown State University art department in the early 1970s. After a number of classes had been added, a Bachelor of Fine Arts in photography was offered.

"The power of the still image is that it cannot move, so we can study it," Mitchell said.

Mitchell divided the uses of photography into two categories: scientific and artistic. He said science is intended to adhere to the objective truth as people see it, a reality people can record.

"Then there's the artistic side of it, which has to do with what we want things to be as an artist rather than the way things are," he said.

While the artistic side of photography is often thought of, there is also an authentic side such as photojournalism. Mitchell said with photojournalism, people are talking about the way things are.

"Artistic photographers, however, have something called artistic license. We don't necessarily have to stick to the truth," he said.

Wayne Gruver works with the Fine Art Gallery and holiday

show information at the Butler Institute of American Art. He said Mitchell has hit on something that a lot of photographers have been debating about.

"[It] has become a point of contention about YouTube and Facebook — what is real and is it okay to exaggerate or add things to a photo," he said.

With editing software, most commonly known as Photoshop, users can add and remove aspects of the photo. This edit can change the reality of the moment a photo was taken.

"It's not new," Gruver said. "Back in 1839, they did photo collages, some people call them double exposures. It becomes [hyperbolic] now in society because everyone can do it."

Dawn Marshall, an audience member, agreed with Mitchell on the ethics of editing a photo. She said that she does not have a problem with the artistic side of it.

"I think that is beautiful in photography and should be used as an art," she said. "It depends on what you're presenting it as. It becomes a problem if I'm trying to use it to manipulate a story that I'm telling."

A common example of fixing reality in photos is the editing of models in magazines. Marshall said even looking at magazines today, there are girls all over the place who think that they can look the way that someone does on the cover.

"In reality, those are so heavily photoshopped that no woman actually works that way," she said.

Mitchell said a photojournalist sticks to the truth whereas the photoartist makes their own truth.

## **ARTISTS WITHIN**

#### MARAH J. MORRISON

Youngstown State University student artists are thriving and passionate about what they do. Living a double life as a student and an artist may be challenging, but it is the driving force of their happiness.

Torri Session, a senior theatre major, said she grew up drawing and her mom was also an artist who went to YSU. She said she has always enjoyed drawing and watching animations.

"That really got me into drawing," she said. "'Powerpuff Girls' was one of my favorite shows and I used to emulate it a lot."

Session said when she was a digital media major, she put her work toward her projects, and on the weekends, she would take the time to work on things she personally enjoyed.

"My style would be considered an anime style," she said. "I [also] enjoy doing illustrations or comic work."

Session said most of the time, her ideas come to mind, she'll jot it down and do a sketch to try to get something out. She said sometimes she pre-plans her work while looking for inspiration.

"A lot of it is through Twitter or Pinterest," she said.

Session said her biggest fulfillment in pursuing her artwork is seeing the work completed, and sharing her work with others pushes her to work harder from being inspirationally driven.

"I've always wanted to do storybook illustrations for covers, so I want to try and get into that field [in the future]," she said.

Manolo Villatoro, a junior graphic design major with a focus in interactive design from Guatemala, said as a child he chose artwork instead of sports. He said he enjoyed coloring and drawing.

"Our school in Guatemala back home, they have [a] vocational school [where] you can take something specific [in] what you will like to do in college, and I did graphic design," he said.

Villatoro said in 2015, he wanted to be a tattoo artist and had an opportunity to become one, but he also wanted to pursue a career in college and graphic design.

"I love it," he said. "It's my passion. I think I can say I'm decent at it."

Villatoro said over spring break, he took the time to look at his old sketchbooks from 2015 and compared them to his work now, and he has not stopped drawing since then.

"I draw every single day [in the] free time I have," he said. "I definitely have improved."

He said he was influenced by a tattoo artist at a shop that he had an opportunity at, which is why he got into illustration.

Villatoro said it's scary exposing his work to others, and artists will get people who are not going to like it and will question the work.

"When you're trying to print and sell stuff, you're always taking the risk," he said. "You have to get enough stuff and have the [right] mentality, but sometimes they don't."

Villatoro said when it comes to pursuing artwork, there is always a chance, and the only way to know if something works is if an artist puts it out there.

Evan Von Thaer, a junior graphic design major, said his mom thinks she showed "Jurassic Park" to him too early. The film heavily influenced him and it's the type of work he enjoys creating.

"When I got to college, I wanted to go into computer science because that seems like the place to get a job, but I realized I did not like math enough to do that," he said. "I chose graphic design."

Thaer said he usually keeps something with him in case he thinks of anything, and he can then quickly write something down or draw it.

"My notes make absolutely no sense," he said. "I'll wake up from a dream in the middle of the night, I'll write something down, and then I'll wake up the next morning and be like 'what was I thinking?"

That said the artwork ideas may come randomly, but he still pursues it. He said artists have to love what they do and when he is not working on schoolwork, he is working on his art.

"You have to make time for what really matters," he said.



## MARIO'S MOVIES: 'INTO THE SPIDER-VERSE'

#### MARIO RICCIARDI

Let me tell you, when you've gone out to eat twice in one week, had to buy snacks from Williamson's cafe because you woke up too late to pack snacks three different times and both Spotify and Adobe send you their bills, the dollar theater can be a great place to go. Most of the time, I avoid looking at the dollar theater showtimes because I know I spent three times the amount to see the same movies two months ago.

So, with my financial situation last week and very little left in my wallet to spend, I checked the times at the dollar theater. Luckily, a movie I have not already seen that I forgot I had wanted to see was playing. "Spider-Man: Into the Spider-Verse." Ugh. What? Another Spider-Man movie?

Yep. That makes seven Spider-Man movies out there in the world for us to watch, and you know what I'm not even complaining. "Into the Spider-Verse" is sweet. First and foremost, the two-hour film was made entirely in Photoshop. To put things to scale, it would take two animators one year to create 10 seconds of completed footage. When added up, the film took 800 people four years to complete the film.

For as much that went in behind the scenes, what ends up on screen works pretty well. Not quite the cornucopia of metajokes and references that one would have hoped for, the film stays surprisingly grounded. That's despite the best efforts of the multiple realities and the necessary creative risks made in order to achieve something new in a world that has seen a new Spider-Man movie every two years.

"Into the Spider-Verse" is the story of Miles Morales. He is a New York teenager who gets bitten by a radioactive spider, has an uncle who dies (spoiler alert, but not really) and learns that with great power comes great responsibility. You'd think that another Spider-Man origin story bogs down the film, but it provides a grounded buffer zone for keeping up with the five alternate reality Spider-Mans from five different dimensions.

Miles' story takes place in an alternate dimension where things are only one step to the side of our reality, well at least our

Spider-Man's reality. Where most animated films work to mimic real life, "Into the Spider-Verse" seized the creative opportunity to style their film like a comic book.

The finished product is a "Blade Runner"-esque combination of cinematic darks and vibrant colors. This look helps to reinforce a story that at times is fun and lighthearted, but at others doesn't shy away from serious real-world ramifications.

Ultimately, the film serves as a reflection of how real-world sorrows can be easily digested through animation. That combination is what earned the production the best animated feature Oscar at this year's Academy Awards.

Not to be that guy, but I was super happy it beat out Disney with "Wreck-It Ralph 2" and Disney Pixar with "The Incredibles 2." A real underdog story. Then again, Disney owns Marvel which owns "Spider-Man," so I guess it's really not a victory against the mega-company after all. It's still a pretty sweet movie though.

**4/5** Penguins

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03 / 28 / 2019 OPINION

# HAMBAR EDITORIAL

#### CLIMATE CHANGE CRISIS; IT'S TIME TO CHANGE

Climate change is an issue that is being disregarded and overtly denied by some United States legislators and others around the world, but climate change is not a partisan issue — it is a crisis that needs to be dealt with immediately.

The world will begin to see the impact of climate change within the next 11 years, according to a report released by the United Nations Intergovernmental Panel on Climate Change in 2018.

To combat this crisis, scientists are calling for changes including phasing out coal and transforming the carbon footprint of our food sources. However, energy demand around the globe increased by 2.3 percent in 2018, which has led to coal plants having higher emissions than ever before, according to a report by the International Energy Agency.

The annual report by the IEA focuses on the trends in energy and emissions in 30 countries, including the United States. Although countries turned to renewable sources of energy, those sources were not enough to meet the demand, so they turned to fossil fuels. This drove up the use of coal, which according to the agency, met almost 70 percent of the demand.

Coal plants in Asia were the driving source for coal emissions, exceeding 10 billion tons of CO2.

Fossil fuels were also in demand due to weather conditions and drove global carbon dioxide emissions up for a second year, by 1.7 percent, according to the report.

"To date, coal emissions are responsible for around 1/3rd of the increase in global temperatures since pre-industrial times - the single largest source of this growth," the IEA wrote in a tweet on Monday.

It is horrifying that even with the use of renewable energy, countries still continue to use fossil fuels exorbitantly.

"To me, all this reflects the fact that climate policies around the globe, despite some limited pockets of progress, remain woefully inadequate," Michael Mehling, deputy director of the Center for Energy and Environmental Policy Research at the Massachusetts Institute of Technology, said in a Washington Post report by Chris Mooney and Brady Dennis.

How are climate policies around the world even allowing this?

Lawmakers tend to only think "in the now" and do not anticipate the consequences that surface when decisions are made, and with the Senate rejecting the Green New Deal on Tuesday — an ambitious climate change legislation that was brought on by progressive Democrats such as Rep. Alexandria Ocasio-Cortez, D-N.Y. — something still needs to be done and party politics needs to be taken out of this.

The deal asked for the U.S. government to take a stronger

position in cutting carbon emissions, along with other ideas to combat climate change, but Republicans saw the proposal to reduce dependence on fossil fuels as a far-left and unrealistic idea.

All Republicans in the Senate and four Democrats voted against the Green New Deal, and the Washington Post wrote that to "avoid an intra party fight on the issue, 43 Democrats — including those who introduced the Green New Deal — voted 'present.'"

"This might sound like a neat idea in places like San Francisco or New York, the places that the Democratic Party seems totally focused on these days," Senate Majority Leader Mitch McConnell, R-Ky., said in a Washington Post report. "But communities practically everywhere else would be absolutely crushed."

It is ridiculous to say that communities would be "absolutely crushed." People need to adapt or there will be no need to adapt anymore due to the deterioration of our planet. Young Americans and young people across the globe are petrified that this planet will not be livable because of climate change. They have the voices that need to be heard and listened to.

To put it simply, don't we want our successors to enjoy this planet and not watch it crumble to pieces?

Not only do changes need to be made, radical changes need to be made. We only have one planet. It should be treasured. A person wouldn't dare destroy their iPhone or new television set, but will accept the destruction of the only livable planet in our solar system.

There are also numerous news reports stating that officials in the White House are putting together an advisory panel that is aimed to counter the scientific evidence behind how humans contribute to global warming.

Not only is this dangerous, but it can be detrimental to every person on this planet — the climate crisis is not a joke. The science simply cannot be countered.

This anti-global warming idea comes straight from the top of America's executive branch, and he still continues to deny that it exists.

U.S. President Donald Trump's ignorance regarding climate change led to the United States withdrawing from the Paris Climate Agreement because adherence to the agreement that was created to control and reduce greenhouse emissions would impact jobs in the U.S., specifically employment in coal mining.

The world needs to come together to make sure this planet is not destroyed due to our complacency and unwillingness to change. It's time to step into reality and listen to the voices of young people. This crisis will reach a critical point, but legislators who can change it now won't be here to see it.

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# YOUNGSTOWN STATE MEN'S BASKETBALL FUTURE SHINES

#### BRANDON TERLECKY JAMBAR CONTRIBUTOR

The Youngstown State University men's basketball team ended the season on a good note despite falling to the University of Oakland in the quarter-finals at Motor City Madness.

The season did not start the way the Penguins wanted, opening with a record of 2-2 coming into the first home game in November.

Finishing the season with a record of 12-20 and 8-10 in the conference, down the stretch, YSU has a lot to look forward to.

Horizon League standout Darius Quisenberry dominated throughout the season and was a threetime Horizon League Freshman of the Week and led the Penguins in scoring.

He ranked 15th in scoring, sixth in assists and eighth in steals. He also set the freshman 3-pointers record with 51 and scoring 431 points.

Another standout who made a huge impact was Garrett Covington. He averaged 10.7 points and 3.5 rebounds a game and could always be found guarding

the most difficult player on the opposing team.

YSU had a different vibe this year and toward the end of the season, the women were winning game after game at home. This seemed to bring a lot of encouragement and uplift the men's team as they went on a six-game win streak.

This season showed a lot of potential with a very young team who can do serious damage in the future.

YSU coach Jerrod Calhoun will be entering his third season in 2019; he is 20-43 with the team and owns a career mark of 144-81.

As far as the tournament goes, the Penguins are just 6-17 since joining the Horizon League in 2001-2002 and only 5-12 in the first round of those games that were played.

It is safe to say the program has a lot to look forward to when it comes to basketball season. The women's team who finished 22-10, losing only one game at home all season, playing the way they played is definitely something to look forward to.

There was so much talk from the players and the student body about Youngstown possibly becoming a basketball school and with the way things went this year, that just may be the case.



### YSU WELCOMES NFL STAR TO CAMPUS

#### **BRIAN YAUGER**

Youngstown State University welcomed former NFL star and Heisman Trophy winner Eddie George to campus on Tuesday as a part of the YSU Thomas Colloquium series of speakers.

Eddie George spent the most of his career with the NFL's Tennessee Titans, where he was named to the NFL All-Pro Team. He rushed for 10,441 yards and was a key factor in the Titans' playoff run that got them one yard away from a Super Bowl title in 2000.

Now, George is a jack-of-all-trades, doing everything from financial advice and teaching at his alma mater, The Ohio State University, to acting, even having a stint on Broadway as the role of Billy Flynn in the hit musical "Chicago."

Sometimes as an athlete a person gets pigeonholed and is expected to "stick to sports," but that's not something that George worried about.

"I don't worry about the perception that other people have about me," George said. "I focus on the perception of myself. If I do that successfully, things will materialize the way they should be. I just go towards the things that I am passionate about, that I love to do, I can be the best in the world at, and I keep it simple with that and I just work on that craft until I have that breakthrough."

George spoke to a room of YSU's athletes, students and faculty and discussed life after the game. George's own career was cut short due to injuries.

"Athletes die twice, once when they lose their careers," George said. "It was a place of uncertainty, it was scary. I was thinking, 'What am I going to do with my time now?' For so long I was preparing my mind, my body, my spirit for the rigors of an NFL season. I had a routine and the routine was now gone. That can be a very dangerous place without a guiding light."

George went on to detail the dangers of time without a guiding light.

"You're going to do things that make you comfortable," George said. "Maybe it's hanging out with friends in the clubs, maybe it's gambling. It was drinking, to get a good rest at night I was taking Ambien. One led to two, two led to two-and-a-half

and then one day my business manager told me I passed out at the table and said 'Help me,' and I don't remember that."

When it comes to facing challenges, George recommends four pillars of wellness: spiritual, mental, physical and social.

What brought George to campus? Almost every big name in the football world will tell you the same thing.

"Jim Tressel," George said. "The relationship I've had with him over the decade. When he asks you to come, you come and do it. He's doing wonderful things at Youngstown State, and any time I can impart some wisdom on the kids about my history and things that I've been through to inspire them to be their best selves, that's what I want to do."

Tressel described George as a "terrific American success story." "My hopes were that through his visit and wisdom, that countless YSU Penguins and community members would be inspired that they too could realize their dreams and aspirations," he said. "Eddie certainly gave us the blueprint for success."

George ended his career with four Pro-Bowl appearances and was inducted to the College Football Hall of Fame after his time at OSU.



Photo by Robert Hayes/The Jambar

#### ROBERT HAYES

Something that every athlete and coach will say is that sports have the ability to bring people together.

There's something unique about a connection that people have with others who either play or coach a sport. This unique connection is amplified when a parent is given the opportunity to work with their son or daughter in the world of sports.

Cal Ripken Sr. and Jr. had father-son coachplayer connection with the Baltimore Orioles. Ken Griffey Sr. and Jr. were teammates in 1990 and 1991 with the Seattle Mariners, and Doc Rivers was given the opportunity to coach his son, Austin Rivers, when he played for the Los Angeles Clippers.

President Jim Tressel had the opportunity to play for his father, Lee Tressel, at Baldwin Wallace University in the '70s.

Once such father-son connection is currently present at Youngstown State University's football program with John Peterson, the Penguins offensive line coach, and Cole Peterson, an undergraduate offensive assistant and recruiting operator with YSU.

"It's probably one of the coolest things ever, growing up as a coach's kid," Cole Peterson said. There's nothing truly like it. You feel like you have 105 older brothers at all times, it's really

John Peterson is excited to have his son with him at YSU.

"There's no question that there's a very special element when you surround yourself and have to opportunity to be with your son," John

John Peterson grew up as a multisport athlete and began getting involved with organized football in eighth grade. He grew up looking up to to former Bengals offensive linemen such as Dave Rimington and Anthony Muñoz.

"I was always involved as a young student in

high school and college with different youth sports, whether it was NYSP and always worked working in summer camps," John said.

John Peterson was an offensive lineman at The Ohio State University from 1987-1990 when he crossed paths with Bo Pelini, the current Penguins football coach.

"[Pelini] is the most passionate competitor, and he was the same way in college," John Peterson said. "His intense focus to be his best carries over into his coaching and teaching."

The University of Akron, University of Cincinnati and the University of Pittsburgh are all places John Peterson spent time coaching at and his 30 plus years in coaching included an eight year stint at OSU from 2004-2011 as the offensive line coach for YSU President Jim Tressel when he still coached for the Buckeyes.

He looks back at his time with the Buckeyes

"It was a unique situation to be able to coach at your alma mater for one and to have an opportunity to transition and coach were you played and having a lot of success," he said.

John Peterson went on to praise Tressel.

"There's certain people in your professional life that impact you, and President Tressel definitely impacted me as a coach and person and was influential in a lot of different areas," he said.

While John Peterson was coaching with the Buckeyes, Cole Peterson was able to grow up around the prestigious football program and considers Tressel to have a godfather role in his

"President Tressel is close to me and my family. First time I met him was at the age of five, and he's been influential in my life since then," Cole said. "Even after Ohio State, you're still talking to him all the time and came full circle with me coming to Youngstown State. He's a huge reason why I'm here."

One of the challenges of coaching in college athletics is the possibility of having to relocate at any possible moment, but John Peterson felt

that his family made moving around a lot easier.

"I couldn't be in a better situation with support from my wife and two boys," John said. "At the end of the day, coaching football is what you do, but not who you are. When you go home and have support, it makes the transition, or some of the ups and downs a bit more level."

Cole Peterson had to grow up going to different schools and having different friend

"Moving made it difficult growing up, to move all around at such a young age is hard, but I have great family and faith," Cole said. "I have my older brother Austin, who's my best friend, and we took the punches together.'

Cole Peterson transferred to YSU in the summer of 2018, and he has been with the football program ever since then. John Peterson was hired in February of 2019 to replace Carmen Bricillo after Bricillo left YSU to take a job with the New England Patriots.

For John Peterson, it's special to be back coaching with his son.

"It takes a village to raise a boy and there's a lot of role models on campus, whether it's in athletics or elsewhere," John Peterson said. "A lot of people impact your son, and to be able to see that first hand and see your son engage into campus and engage into his college experience and grow as a young man."

John Peterson also feels that raising two boys has helped his coaching as well.

"As [Austin and Cole] grew into the recruiting age to college age, my wife would always remind me that my players — they're like talking to your son as far as the age bracket and they're only 16-year-olds that you're recruiting," John Peterson said. "Just think of where your sons are at with distractions in the world and the different choices that are out there. That was always a great equalizer to reflect on in the stages the boys were at and relating to the kids that I was coaching."

Cole Peterson has learned a lot from working with his dad.

"He always would tell me, 'Don't feel sorry for yourself, when things don't go the right way. Be a competitor,' and that's really struck with me," Cole said. "I've taken that to a whole other

"I'm ultra competitive in everything I do, and I'm never going to feel sorry for myself. I'm going to attack everything with 110 percent and do everything with a high motor and high energy. That's just type of person I am. My dad has been so influential in my life, he's someone I can come to and talk to about anything." Cole said.

It is noteworthy that Tressel and Pelini, two men that both interacted with John Peterson at Ohio State at different points in his life, have slowly converged at YSU, and John Peterson believes that says a lot about Youngstown.

"I think it's a reflection of how special a place Youngstown is. I think when you reflect back at all of the people and things that have been accomplished here, there's a lot of respect for the city and the university, and what this place has done in the past," John said. "With that respect is a lot of responsibility, and I'm excited to be apart of that and develop this team and win a championship."

Cole Peterson has a good outlook on the upcoming season.

"I'm excited about the 2019 season with these guys because I think we're going to make a run at Frisco like Bo [Pelini] said," he said. "The championship effort is what we aim for here, and we want to restore the national championships and restore this place to where it was at under President Tressel."

The Penguins are finishing up spring practices and are looking forward to a fresh season. YSU has the honor to take place in the first college football game of the season when they take on Samford University at the Cramton Bowl in the Guardian Credit Union FCS Kickoff game, which will be broadcasted nationally on ESPN. The game is set to take place Aug. 24 with kickoff at 3 p.m.



Photo by Brian Yauger/The Jambar

#### **BRIAN YAUGER**

Like I said in the post-game recap of their game against the University of Cincinnati — all good things must come to an end.

The Youngstown State University women's basketball team closed their season with a record of 22-10, finishing third in the Horizon League and securing a Women's National Invitation Tournament bid for the third time in school history.

"I think it was a great season," Penguins coach John Barnes said after the game against Cincinnati. "We lost the all-time leader in assists, the all-time leader in threes. I think a lot of people were thinking .500, maybe a little bit above at best, so to have 22 wins, and that's on the seniors."

The WNIT carries a "second-fiddle" stigma to it, but that didn't matter to the Penguins. The postseason is the postseason to them, the correct attitude to have.

"If you can't get fired up to play them, then you're in it for the wrong reasons or you shouldn't be in it," Barnes said before the game. "We'll definitely be fired up, ready to go and ready to compete."

They were definitely ready.

The three seniors on the team, Sarah Cash, Alison Smolinski and Melinda Trimmer each had outstanding games. They definitely played like they weren't ready for the season to end. No one on the team wanted it to end, but the three seniors each

had special performances.

Trimmer set a career high in her final game, putting up 17 points in what was arguably the best game of her career.

"Obviously, I wish it could continue. I wish we had a few more games left, but I just gave it everything I had knowing this could be my last game," Trimmer said after the game. "I'm just very honored to have played with these girls, and we couldn't have accomplished anything without the teammates I have here."

This season Trimmer really came into her own, ending her career as one of the best point guards in the Horizon League.

It wasn't just her. Mary Dunn returned this season after a sophomore slump with a vengeance. Chelsea Olson transitioned to playing guard and still led the team in rebounds. McKenah Peters played the role of a lockdown defender, shutting down the best players on every team. Amara Chikwe wound up being utilized as a secret weapon, a perfect role for a player who admitted to loving the "dirty work."

The Penguins beat every team in the Horizon League at least once, finished first in the Horizon League in field goal percentage, free throw percentage and assist-to-turnover ratio.

YSU also had six of the 17 Horizon League Player of the Week nominations — double what any other team has been awarded. Three players were also awarded All-Horizon League honors, Cash and Olson on the second team, and Dunn on first team.

Cash, Dunn and Trimmer were named to the All-Academic Horizon League team, which was the first time in school history

three players were named to the team.

It was a year of milestones all across the board; coach Barnes captured his 100th career victory with the Penguins in their win against the University of Illinois-Chicago in February. He also became the second winningest coach in YSU women's basketball history

Smolinski set more records this season than I can count. Seriously. She was absolutely insane, and established herself this season as one of the best players to ever suit up at Beeghly. A YSU Athletics Hall of Fame bid is 100 percent in her future.

Legacy was a key to many a speech from Barnes this season — safe to say his seniors listened.

"The seniors can definitely be proud of how they left the program," Barnes said after the Cincinnati game. "We talked about this at the beginning of the summer that 'Hey, this year is your legacy,' and they can be proud of that."

It wasn't just the seniors creating a legacy, everyone on the roster contributed to what is one of the best seasons in program history.

Like I said on my Twitter, (@\_brianyauger for those interested), covering this team has been the most fun I've had with my job yet. Getting to know this team as players and as people has been great. Thanks to the seniors for always not throwing things at me when they made you do a press conference. Do the Penguins proud in your future endeavors.

To everyone else: Same time next year?