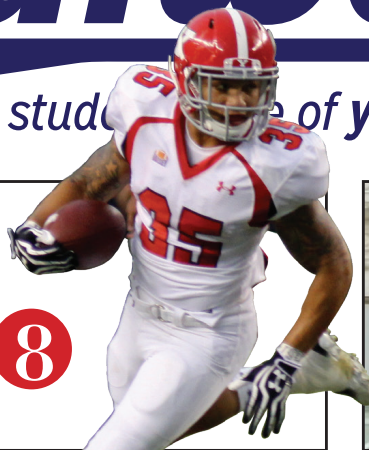




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Cock goes back to the books **8**



Energy is Money

YSU's tight budget gives wayleads to energy

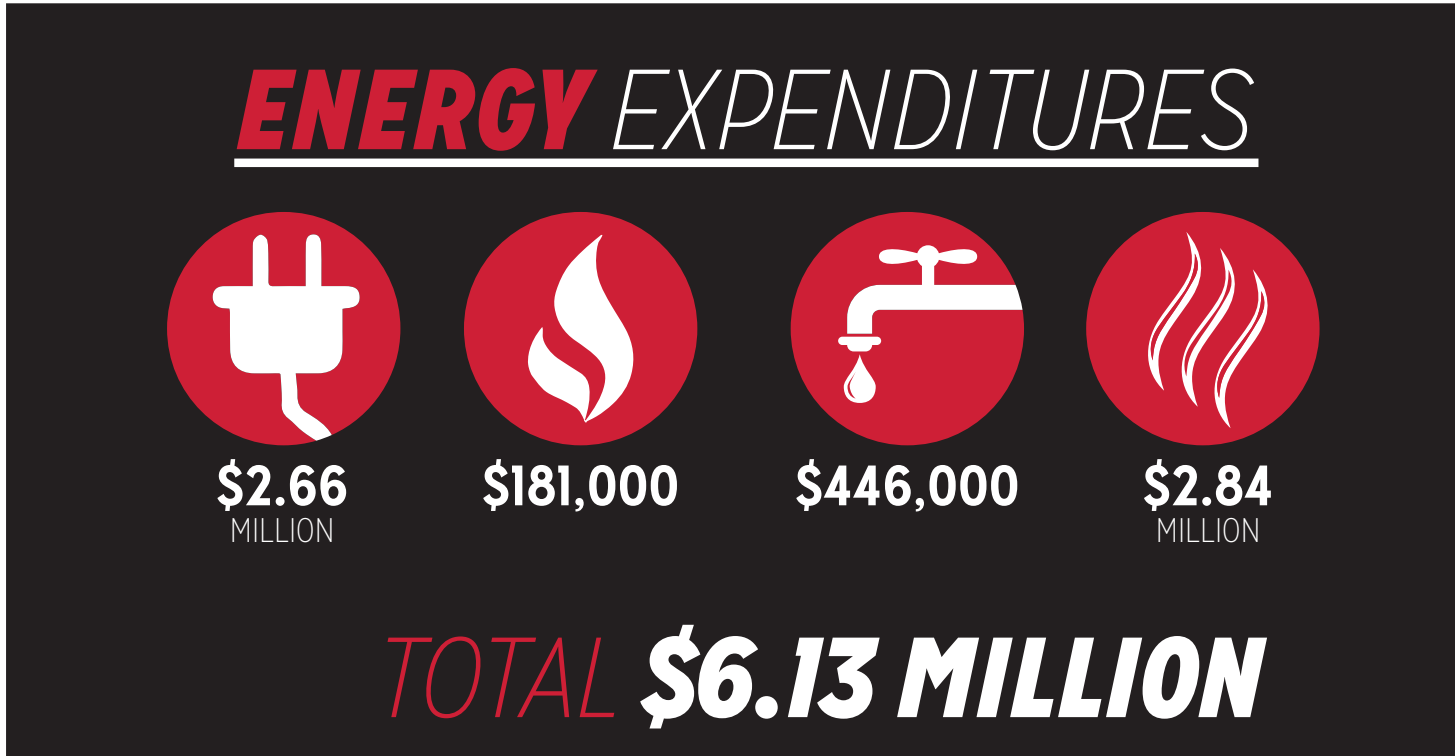
FRANK GEORGE
fgeorge@student.yosu.edu

After a blow to the university's total revenue due to decreased enrollment and reduced state funding, Youngstown State University has a compelling reason to take further steps to conserve energy. "Over the past five years or so, we've really embraced [energy conservation] for a couple of reasons," said John Hyden, director of university facilities. "One, it's good for the environment, and secondly, it's important for us from a budget standpoint to save as much energy as we can. The cost of energy keeps going up.

It's imperative now, with budgets as tight as they are, that we squeeze every nickel out of it that we can."

For fiscal years 2012-13 the university spent \$6.13 million on energy — spending \$2.84 million on steam, \$2.66 million on electricity, \$446,000 on water and \$181,000 on natural gas.

Bill Haas, director of engineering at the facilities office, explained that YSU has a contract with EnerNOC, a company that gives YSU an incentive to curtail energy. Just for participating in EnerNOC's curtailment program, YSU will receive \$38,000



GRAPHIC BY KEELEY BLACK/THE JAMBAR

During fiscal years 2012-13, YSU spent a total of \$6.13 million on energy. The university has taken initiatives to cut back on energy consumption.

this year. The university will then get paid an additional \$1,000 per saved Megawatt-hour. For this fiscal year alone, YSU has avoided an estimated \$168,000 in electrical charges.

"Companies like EnerNOC are able to ask customers to save. They pay us to reduce the energy. They then sell the energy back," Haas said.

Five years ago, YSU entered into a performance con-

tract with Johnson Controls, a company that also guarantees the university savings. Their initiatives have saved the university roughly \$1 million per year.

"It's a \$10 million project," Hyden said. "[Johnson Controls] put \$10 million worth of investment into the university in terms of new equipment — which is going to be energy efficient equipment, lighting, various different control schemes,

and variable speed drives and what not to make our mechanical and electrical systems more efficient. We spent about \$10 million and in about ten years, they will pay all of that off."

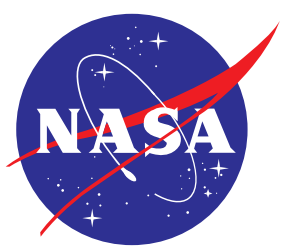
The office of facilities has also made regular, day-to-day repairs that save energy. They have replaced mercury vapor lighting in Beeghly Center and Stambaugh Stadium with energy-efficient, fluorescent lighting and have

installed LED lighting in the M2 parking deck in order to save on electricity costs.

Because the cost of energy has increased, and the university has expanded their square footage by building the Watson and Tressel Training Site and the Williamson Hall, YSU's efforts to reduce energy consumption have not led to a

ENERGY
PAGE 2

NASA Glenn and YSU collaborate to improve Manufacturing in the Valley



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As part of the growing manufacturing initiative at Youngstown State University, experts from the NASA Glenn Research Center will be offering no-cost consultation to area manufacturing businesses.

NASA Glenn is a Cleveland-based NASA research center that tests and creates the latest technology in many areas, including aerospace and space exploration. The center is also participating in the Ohio tech community by partnering with businesses and collaborating with universities and colleges within the state.

Michael Hripko, director of STEM College Research and Technology-based Economic Development at YSU, is coordinating the consultation program.

"I think what NASA Glenn is trying to demonstrate is that even though they may not have an active shuttle program, there is great value in having a resource with this much technical expertise in the region," Hripko said. "Not only for aerospace and military research, but also for economic development. So they're kind of broadening their role."

On Oct. 23, NASA Glenn will be bringing a wide range of technology experts to campus to work with select companies on new or existing projects as well as their future courses of action. They will offer advisement and access to advanced resources.

"As the businesses indicate what their challenges are," Hripko said. "The NASA Glenn team will review them and say, 'you know, we happen to have a subject matter expert who might be able to help solve that problem.'"

Company representatives will meet in the Ohio Room in Kilcawley Center for an introduction. They will spread out to meeting rooms

around the center for private meetings with NASA experts.

YSU has received six attendance applications from local companies. But as the event approaches, Hripko said they expect to see an inflow of applications and hopes to have between ten and 15 local companies in attendance.

NASA Glenn's involvement with YSU is due to the efforts of the Manufacturing Advocacy and Growth Network (MAGNET), and of the federal program, Strong Cities, Strong Communities.

Strong Cities, Strong Community is a federal government program being implemented in Youngstown and six other cities across the nation that focuses on fostering and strengthening local governments.

"The aim of the Strong Cities, Strong Communities (SC2) initiative is to best leverage various agencies within the federal government to address the needs of the city," said Scott Smith, White House SC2 Team Lead in Youngstown. "By working with the city and other community leaders like YSU, along with Federal partners like NASA, we can best support programs that encourage new opportunities for the community."

One of the initiative's predominant goals is bolstering the manufacturing network, image, and resources of the valley. Hripko said that Smith first introduced YSU to NASA Glenn in March.

"He is helping us to develop a new business strategy and positioning for the Youngstown community," Hripko said. "And an affiliation with NASA Glenn — and an opportunity to engage them in Youngstown — really helps our technology image."

With the contact between NASA Glenn and YSU forged, Smith said the relationship could

NASA
PAGE 3

FBI agent preps students and faculty for active shootings

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On Sept. 16, the Youngstown State University Alumni Lecture Series welcomed 15-year supervisory FBI agent Todd Werth to speak about active shooter threats and civilian responses in the Chestnut Room of Kilcawley Center.

YSU Police Chief John Beshara introduced Werth to students, faculty and members of the Alumni Society.

"Todd has worked several programs for the Mahoning and Trumbull areas in violent crime, drugs, gangs and organized crime. He's been working with the Ohio Police Officer Training Academy to develop a new law enforcement response to active threats," Beshara said. "Our community is safer because of his efforts."

Werth explained that active shooters can be found in any area, at any time, and that public response can quickly change the gravity of the situation.

"These events evolve and happen very quickly as law enforcement is responding. Our actions can make a bad situation worse, or determine how safe we stay," he said.

He advised audience members to prepare themselves in the event of an active shooter.

"You need to mentally and physically prepare yourself, whether it is evacuating, hiding, taking action against the shooter, or reacting to

what law enforcement tells you to do," Werth advised. "The first and most important response is to figure out what is going on."

He advised students and faculty to be aware of their surroundings and use any resources around the area to help.

"Being aware of your surroundings is important. Have an escape route and plan in mind, or play dead if you can't run or hide. Lock the door if you are in a confined room, blockade it with heavy furniture, and keep silent," Werth said. "And as a last resort, only when your life is in danger, attempt to disrupt the shooter."

Chief Beshara added that active shooters target those who are the most vulnerable, and listening to law enforcement may help the situation.

"An active shooter incident can affect anyone. It's important for people that are involved to listen to what the police are saying, even though it can seem like they are being rude," Beshara said.

Incidents of active threats in Ohio include the Cracker Barrel in Brooklyn on April 12, 2012; the Nov. 7, 1994 shooting of Wickliffe Middle School; and the May 9, 2003 shooting at Case Western University.

"These things happen in Ohio, but that does not mean that we have to live our lives in fear," Werth said. "In our

SHOOTING
PAGE 3

After five month wait, student trustee is finally named

LIAM BOUQUET
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After an extensive five month wait, Eric Shehadi was appointed by Governor Kasich on Friday to fill the vacant student trustee position on the Youngstown State University Board of Trustees.

"I have had the opportunity to talk with Eric and am very impressed by his commitment to taking on the duties of a student trustee. He will be a strong voice for all the students of YSU," said YSU President Randy Dunn.

The position was left empty by Joshua Prest, whose last day was April 30. Shehadi, a third-year mathematics major and employee of the YSU Department of Mathematics and Statistics, was chosen from a short list of six candidates to fill it.

He will serve beside Melissa Wasser, a fourth-year philosophy and political science major, as the liaisons between the student body and the nine other members on the board of trustees.

The board performs many responsibilities such as appointing the president and deciding on an operating budget. Along with the president, they serve as the most influential administrators in the university.

"I'm really excited for Eric; I think he's a great choice," Wasser said. "I think he will do really well."

Shehadi plans to hit the ground running when he begins his two-year term. He has said that one of his goals is to increase collaboration between YSU and the city of Youngstown. Shehadi was exposed to the city while working an internship with the Youngstown Neighborhood Development Corporation.

"I think that is one thing I would like to focus on: finding new ways for the city of Youngstown and the university to collaborate because we face a lot of the same challenges. YSU is seeing an enrollment, the city of Youngstown is seeing a population decline," Shehadi said. "How can we attract people not only to our university, but to our city?"

Shehadi said that with the right people, we could start to see an increase in enrollment and more revitalization in the city.

As a representative of the students, Shehadi also plans to take a more active role in encouraging student awareness and participation in the workings of the university.

"Too often, we see people with leadership po-



Eric Shehadi hangs out with fellow math majors in the seminar room of Cafaro House. Shehadi was appointed to be YSU's newest student trustee by Governor Kasich on Friday. Photo by Frank George/The Jambar.

sitions where they are like 'well, I always have an open-door policy. People can come to me if they have issues.' Now I hope to take the approach where I'm gonna hopefully get out there and educate you, tell you what you should be concerned about, and get you informed and involved," Shehadi said.

As a student trustee rather than a standard board member, Shehadi will not be permitted a vote, but he may still serve on committees and task forces. His primary role is to make the board of trustees aware of the will and needs of the student body.

"I'll be able to voice the opinion of the students," Shehadi said. "One of my main responsibilities is going to be finding out what is important to the students, gauging that opinion, and relaying that opinion to the rest of the trustees on the board."

The decision came suddenly after five months of a student trustee absence on the board, with only Wasser to represent the YSU students.

On May 28, the YSU Office of the President sent the application list to the Governor's Office, where it stayed for nearly 4 months before a decision was returned. Applicants for the position were left mostly in the dark as the decision was made at the Governor's office in Columbus.

"I didn't really hear anything at all. It was slightly frustrating at times, because I knew there was a few other people who submitted applications also and none of us really heard anything," Shehadi said, who sent in his application back in April.

This long of a wait for a student trustee for YSU is not unprecedented. Last year, Wasser was forced to wait until Sept. 13 before word of an appointment,

with only Prest serving as a student trustee. Before that, Prest also waited until Sept 20.

"It is one person for 13,000 students," Wasser said. "I don't really think that is okay."

YSU was one of the last universities in the state to receive the appointment. Kent State, for example, received their appointment in mid-July.

"If you do a quick Google search of 'Kasich student trustee,' you'll see all kinds of other universities in Ohio pop-up. Some were appointed as early as April," Shehadi said. "I guess YSU is one of the last if not the last."

Other universities have also had to contend with unprecedented waits. In 2011, Miami University did not receive student trustee appointment until Oct. after a 10 month delay.

Eileen Korey, the Chief Communications Officer at Akron, said the University of Akron, whose student trustee's term typically begins July 1, has not yet received an appointment.

"I never say that losing a member representing you is a good thing. It is always better to have two, because you see they miss an opportunity to be on a different committee," said Harry Meshel, former State Senator and member of the YSU board of trustees. "Because we are assigned to various committees and that way we should have another student on the committees. I've always felt the student should have a major voice."

The delay will cut into Shehadi's time as student trustee, as it was with Wasser. His term will still end April 30, 2015, despite his appointment coming so late in the year.

ENERGY PAGE 1



decrease in the university's cost of operations.

Hyden also said that energy conservation leads to compromised comfort.

"With the way our budgets are shaping up, we're going to have to make more compromises. We're very accustomed to having things the way that we want them. We're going to have to curtail that. We're going to have to cut back. We're going to have to work at the fringes of comfort," Hyden said. "We've got to change the way that we are operating and immediately."

Michael Orto, manager of the facilities office, agreed with Hyden.

"The bottom line is we need to keep the lights on, but we also need to keep tuition down, and that's directly tied," Orto added. "If we don't conserve, imagine what could happen to tuition."

The office of facilities has received complaints for their

conservation of energy. Energy saving initiatives have particularly affected professors conducting research in Ward Beecher Hall.

"I just know that we are accustomed to temperatures and the climate conditions within our laboratories changing on a regular basis. Some days, it will be nice and cool; some days, it will be very warm," said Chester Cooper, professor of molecular and microbiology. "Probably the biggest thing that concerns me is that we have freezers and when it's hot in the lab, it makes them work harder. And, in some of our freezers here in this area, we have tens of thousands of dollars worth of materials in those freezers."

David Asch, professor of molecular and microbiology, said it takes money to run these freezers.

"A lot of times, energy savings can be false savings. When we turn off the air conditioning, all of our com-

pressors and freezers work that much harder and they ... take up more energy than they normally would themselves," Asch said. "Also, we have some really expensive equipment that 'okay we've saved a few thousand dollars on the electric bill, but we've ruined a piece of equipment that costs \$100,000.'"

The office of facilities acknowledged that they have received complaints.

"We've had complaints, and sometimes they're legitimate complaints. Sometimes, it's just people — in the culture that we have here, we have some people that are just spoiled," Hyden said. "Some people are unreasonable."

Haas added that the office of facilities cannot solve every problem.

"We can't control everything that's going on in every room across the entire university. There are things that are going to happen," Haas said.



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NEWS BRIEFS

Nursing Application Workshop to be held Wednesday

Pre-nursing students who are planning to apply to the BSN program for fall 2014 are encouraged to attend the Nursing Application Workshop on Wednesday, October 2 from 3-5 p.m. in the Presidential Suites of Kilcawley Center. Nursing faculty members will discuss application timelines and procedures, as well as distribute nursing applications. A panel of YSU nursing students from the Student Nurse Association will be on hand to answer questions about the program from a student's perspective. All pre-nursing students planning to apply to the fall 2014 program are urged to attend. Applications for the nursing program will be available in the BCHHS Dean's Office — room 2104 of Cushwa Hall — beginning Tuesday, October 1. The application deadline is Tuesday, January 21, 2014. For more information, please contact the Dean's Office at extension1820.

Early College ranked among best high schools in the area

Youngstown Early College received four A grades and one B grade on Ohio School Report cards. Seven other high schools in Mahoning, Trumbull and Columbiana counties — Canfield, Poland, South Range, Western Reserve, Champion, Maplewood and McDonald — earned four A grades on their report cards. YEC enrolls students who are considered academically at risk. In four years the students not only receive a high school diploma, but enough college credits for an associate's degree.

POLICE BRIEFS

Assult at Stambaugh Stadium

On Sept. 18, an officer was dispatched to Stambaugh stadium for an assault report at 11:25 p.m.

Seizure in Student Health Services

At 12:33 p.m., on Sept. 19, the dispatcher received a call from a Student Health Services employee in regards to a female student having a seizure. An officer was sent to the lobby of Student Health Services.

Student taken to ER

On Sept. 19, an officer posted at the Andrews Student Recreation and Wellness Center spoke to a student who claimed he had a sharp pain in his ankle. The student had been playing basketball, but did not know recall a reason as to why it would be hurting. An ambulance arrived on scene and transported him to the emergency room of St. Elizabeth's Hospital.

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CORRECTION

In Thursday's issue of The Jambar, a news brief titled "Memorial service for Leonard Schaiper" was published erroneously. We deeply regret the error.

SHOOTING PAGE 1

society, we just need to be prepared."

Werth explained what people can expect from police officers in the event of an active shooter.

"Officers may arrive in small groups of three-to-four armed with rifles, shotguns, handguns, shields and high-powered weapons. Don't leave a safe location until they tell you, and avoid screaming, yelling and pointing. They may use pepper spray, tear gas and flash bangs," Werth said.

He explained that the authorities and any law enforcement involved in a shooting would take the necessary measures to ensure public safety.

"Any tool that we can use to prevent these shooters and shootings from happening is what we want to accomplish," Werth said. "Based on our time and resources, the law enforcement and I are going to do everything we can to make that situation as safe as possible."

Students at the event felt

that Werth was knowledgeable in his field, and that they would be more prepared if there was a shooter on campus. Justin Meade, law enforcement major, felt that he benefitted from listening to him.

"I felt that Todd knew what he was talking about, and even if he didn't know something, he admitted it," Meade said. "If something like an active shooter actually happened at YSU, I feel like I would be more prepared for it instead of looking lost."

NASA PAGE 1

expand.

"As of now, we have only opened the door with NASA Glenn. The next step with NASA and YSU STEM can be found in potential for internships for students and future grant activities," Smith said.

MAGNET is a non-profit group dedicated to the improvement and expansion of Ohio's manufacturing industry. The group does this through building an intricate network of companies, universities, colleges, and economic development partners and offering their own expertise to small to mid-sized companies.

"We are very good at going into smaller mid-sized manufacturers — and we know a lot of them — and understanding, based on what they tell us, their needs in manufacturing, in technology, in product growth and innovation and work force," said Deborah Wood. "We will be the intermediary link for our colleges and universities and economic development partners and resources, such as NASA, to bring that to manufacturers."

As part of the Partnership for Regional Innovation Services to Manufacturers (PRISM), MAGNET partnered with YSU and other regional universities to assist local manufacturing companies and to allow them easier access to high-end resources that would typically be out of their reach.

"Last spring, YSU entered into an agreement

with MAGNET to be one of the regional universities that could be a resource if their industry contacts ever needed us," Hripko said "In parallel to that, MAGNET also has a relationship with NASA Glenn."

MAGNET offers the university's expertise to a myriad of other universities, thus helping YSU further build relationships with both large and small manufacturers around the valley and throughout the state.

"If there is a Cleveland company that needs an area of expertise that we know exists at Youngstown State, then we will bring in those resources to even a Cleveland area company," said Wood.

The event itself was brought to fruition at YSU partially because of the NASA Glenn and MAGNET Manufacturing Innovation Project that has been offering manufacturers access to NASA Glenn's subject matter experts that work as an intermediary between NASA Glenn and small to mid-sized manufacturers.

"Our three institutions, joining together in support of manufacturing, serve as a great example of public-private collaboration working to create jobs and increase economic development in our region," said YSU President Randy Dunn. "The collaboration between Youngstown State, NASA Glenn and MAGNET will help to enhance our area's manufacturing success."

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Youngstown State University Center for International Studies and Programs has always given students the chance to study abroad and experience something beyond the college campus.

Michelle Kordupel, junior pre-veterinarian major, recently studied animal science abroad at the University of Nicosia in Nicosia, Cyprus for five weeks.

"It was a lot different from YSU," Kordupel said. "Besides a typical classroom, we would have our classes on poultry, dairy and organic farms. It was very hands-on."

Annette El-Hayek, assistant director of study abroad and exchange programs, works closely with students to help them make their decision on whether or not they want to study abroad.

"When I started this job six years ago, people thought we weren't going to have a lot of people interested," she said. "We have usually 14-18 students study abroad each semester now."

El-Hayek also said she always shows students all of the possibilities where they can study and also helps them open their eyes to other countries that they may like.

"There is no wrong destination," she said. "It's going to make you much more sure of who you are and where you are going to go in the world."

Kordupel said while she was studying, she lived in an apartment and experienced Cyprus' new and ancient cultures.

"The new city was like a normal downtown — like you would see in Pittsburgh or Philadelphia," she said. "The old city was absolutely amazing. Ancient Greek culture was everywhere — especially in the architecture."

Emily Diorio, junior political science major, got the chance to study abroad in France throughout the summer.

"Since I've been a freshman, they had been presenting the opportunity to my French class in order for us to receive our

foreign language requirements," Diorio said. "It was the same cost as the three credits at the university; I decided to take my last course in France."

Diorio also said she would love to study abroad sometime again soon.

"It was such a great experience," she said. "The culture is so different than ours here and it something I will never forget. I'm already looking into programs to go back for next summer."

Besides studying their respective fields, students are able to enjoy the culture and experience what life is like half-way around the world.

Kordupel said her favorite memory was visiting the Cyprus beaches and snorkeling the clear blue waters of the Mediterranean Sea.

"They [Cyprus] have the No. 1 beach in the world," she said. "The sea was so blue, and the white sand and stone beaches were absolutely breathtaking."

Diorio said she seeing the Eiffel Tower in Paris was one of the sights that stuck out to her during her stay in France.

"Seeing it was one of the most amazing experiences of my life," she said. "The view was breathtaking, and it is so much bigger than it looks in pictures."

Students are also able to apply for scholarships to help fund their study abroad program, despite the expensive cost.

"Semester at Sea is the most expensive," El-Hayek said. "But students are able to apply for scholarships and if you have a Pell Grant you can apply for the Gilman Scholarship which is \$5,000."

Kordupel said she encourages any student to take a chance and experience a different culture when they make the decision to study abroad.

"It's worth every penny," she said. "Do it now, while you can, and even if money is an issue you can always work something out."

El-Hayek thinks every student should contemplate studying abroad.

"It tends to let you think outside of the box more," she said. "It'll help you go on to bigger and better things."



Youngstown State University junior, Michelle Kordupel, studied at the University of Nicosia in Nicosia, Cyprus over the Summer for five weeks. (Top) One of her favorite memories was snorkeling in Cyprus. (Left) Kordupel also said she loved witnessing the blue waters and white sands of Cyprus. (Right) Nicosia, Cyprus has the number 1 beaches in the world. **Photos Courtesy of Michelle Kordupel.**

YO CALENDAR

TUESDAY

Health and Wellness Walks
Tuesday, 6 p.m.
Mill Creek MetroParks Farm
2-4 miles

Trivia and Karaoke Night
Tuesday, 7 p.m.
Magic Tree
Trivia Night begins at 7 p.m.,
Karaoke starts at 9 p.m.

The Chill
Tuesday, 8 p.m.
Club eXclusive
Ages 21 and older

Open Mic
Tuesday, 9 p.m.-12 a.m.
Up A Creek Tavern
Ages 21 and older

Open Stage at Barley's
Tuesday, 10 p.m.-2 a.m.
Barley's
Ages 18 and older.

Ultimate Karaoke
Tuesday, 10 p.m.
Utopia
\$7 buckets, 35-cent wings

WEDNESDAY

Two buck Blowout
Wednesday, 5:30 p.m.-8:30 p.m.
Skate Zone
All activities are \$2 each

Pilates Sculpt
Wednesday, 6 p.m.-7 p.m.
Fellows Riverside Gardens
\$10 per session

Dealing effectively with Stress
Lecture
Wednesday, 6 p.m.-7:30 p.m.
Davis Family YMCA

"End of Men" author
Hanna Rosin
Wednesday, 7 p.m.
YSU Kilcawley Center

America's Music: The Blues
and Gospel
Wednesday, 7 p.m.
Stambaugh Auditorium

Cirque Musica with
Youngstown Symphony
Orchestra
Wednesday, 7 p.m.
Covelli Centre

Neil deGrasse Tyson
Wednesday, 7 p.m.
Kent State University Student
Center Ballroom

Lemoneoke
Wednesday, 10 p.m.
Lemon Grove Cafe

EDITORIAL

We will not be silenced

EDITORIAL STAFF
thejambar@gmail.com

Ohio State University's newest student trustee began her term on June 1. Kent State University's trustee began her term on July 19. Ohio University knew who their new student voice on the Board of Trustees would be by May. And Youngstown State University? We found out last Friday.

After four and a half months of having only one student trustee, the student body has a full voice once again. It's great that we have two student trustees now. It really is. But why are we

forced to wait until a month into the school year to be granted our right as students — as tuition paying students that keep this school alive — to a voice on the Board of Trustees?

"It is one person for 13,000 students," said Melissa Wasser, formerly YSU's only student trustee. "I don't really think that is OK."

For nearly five months, all of us — all 13,381 YSU students — had one voice in a very important part of the university, a part of the university that made an important decision in YSU's history: the election of a new president.

And this is not the first time that the students of YSU have

had part of their voice cut off from how the university is run. Wasser had to wait until Sept. 13, 2012 to begin her term. Joshua Prest, who student trustee Eric Shehadi is now replacing, had to wait until Sept. 20 2011 to begin.

Prest's term ended April 30. Since then, there have been seven Board of Trustee meetings without a second student voice — one where Randy Dunn was chosen as the new YSU president and another where tuition was increased and a mandatory transportation fee was added to existing charges.

This is a problem that needs to be resolved. There is no reason that the responsibility of

representing over 13,000 students should fall on one person. There is no reason for a lack of student representation because of this annual delay.

Clearly, there is something wrong with the process of appointing a new student trustee every year. This year, the Board of Trustees had it in their agenda in May to approve a list of candidates and send it to Governor Kasich's office. That list was submitted May 28.

It took the governor's office three months and three weeks to pick a candidate, a decision that came only a day after our reporters began calling to get an answer.

That's not to say that we are

solely responsible for the appointment of a new trustee, but rather, it seems that the decision was not made until someone started wondering about it.

Something like this, something like giving the students of YSU a full voice in university policy and decision, cannot be treated like something that only matters when people complain.

This is a problem that must be rectified next spring and if it is not, it will be a great disservice to the students of YSU.

We are the ones that this university exists to serve. For us to not be heard is not something that should ever happen. And surely, it is not something that should happen every year.

Using reality TV to reveal your personality

GINA BARRECA
The Harford Courant
(MCT)

I've been fascinated by personality tests ever since I abandoned those quizzes where you try to find out the shape of your face. At this point in my life I don't care what shape my face is. Or what shape my whole head is for that matter. What am I, a professor of geometry?

Personality tests, however, always extend the promise of deep and meaningful insight into what's been bothering you all these years. Even brief ones printed on bus panels are a catalyst for self-examination. One-panel versions in public transportation pose such questions as "Need Cash?" or "Want to Meet Local Singles?" If your ride is long enough, you can write a complex story combining an answer. Basically, those two questions inspired Flaubert to write "Madame Bovary."

But even personality tests have their limitations. To be honest, the standard assessments have replaced organized religion for a lot of people. I have friends who treat Myers-Briggs the way others

treat Warren Buffet, with a belief so profound it borders on reverence.

You've heard of the Myers-Briggs personality test, right? It's the one reassuring you that you're an introverted, feeling, intuitive perceiver. Because if you're a judgmental extravert, then you're kind of a jerk. I'm a judgmental extravert if there ever was one but I don't permit myself to mention it at parties. Not since people kept excusing themselves to fetch some cocktails and not returning.

Is it just me, or has everybody you've met recently started referring to themselves as an introvert? If she took Myers-Briggs, Joan Rivers would probably decide she's an introvert; Bette Midler would identify as an introvert. Miley Cyrus in the latex suit? Secretly an introvert.

Those with the biggest mouths, the most magnetism and least shame have suddenly all decided they are now introverts. They're making a million bucks a minute by being famous, but they're all secretly shy. There are huge best-selling books about how to love being an introvert — not only how to love it, but how to exploit it.

And maybe I'll start believing folks are introverted and non-judgmental as

soon as I stop listening to talk radio and reading stuff online.

The big news, however, is that I've discovered a way to replace those personality tests clogging the self-actualization, leadership and motivation market.

From now on, deep personality structure will be catalogued by using Gina's Reality TV Matrix: In this scenario, your temperament and identity are defined by the tackiest reality shows you watch.

Participants will be divided into categories. We'll have the "Hoarders, Teen Mom, Catfish" category, otherwise known as the "Too Much Is Not Enough" group. We'll have a "Doomsday Preppers, Duck Dynasty, Breaking Amish" consortium for those who are adamant about being able to exist in multiple environments simultaneously.

A third group might fall under the "Toddlers And Tiaras, Honey Boo Boo, Dance Moms" aegis. Although this does not mean you are automatically put on the predator list, it does mean you need to start saving for therapy, either your own or your offspring's.

You'll assemble a startlingly accurate personality profile based on your selection from each category.

Let's say you're a "Duck Dynasty,"

"Toddlers and Tiaras," plus "Pawn Stars" type: you are, therefore, a Domestic Striver, a person with an eye toward putting the value in family values. You like glitter and camo.

Part of the "Dance Moms," "Teen Mom" and "Doomsday Preppers" constituency? You're an Apocalypse Hipster, not only believing the world is coming to an end but sort of rooting for it. You like sweat pants and canned goods.

Is "American Pickers," "Breaking Amish" and "Honey Boo Boo" your signature combo? You're a Self-Maker, ready for whatever life, or your audience, throws at you, which could be messy. You have a fondness for drama and rust.

Better yet, turn away from the screen and take your pen off the test paper. Ask the person who knows you best to describe you. Be forewarned: the conversation might not necessarily end with a hug and a kiss. Truth can be unsettling, as both reality TV and actual reality prove. Nevertheless, you'll probably learn new and surprising information about yourself. While you're at it, ask about the shape of your face.

JAMBAR POLICY

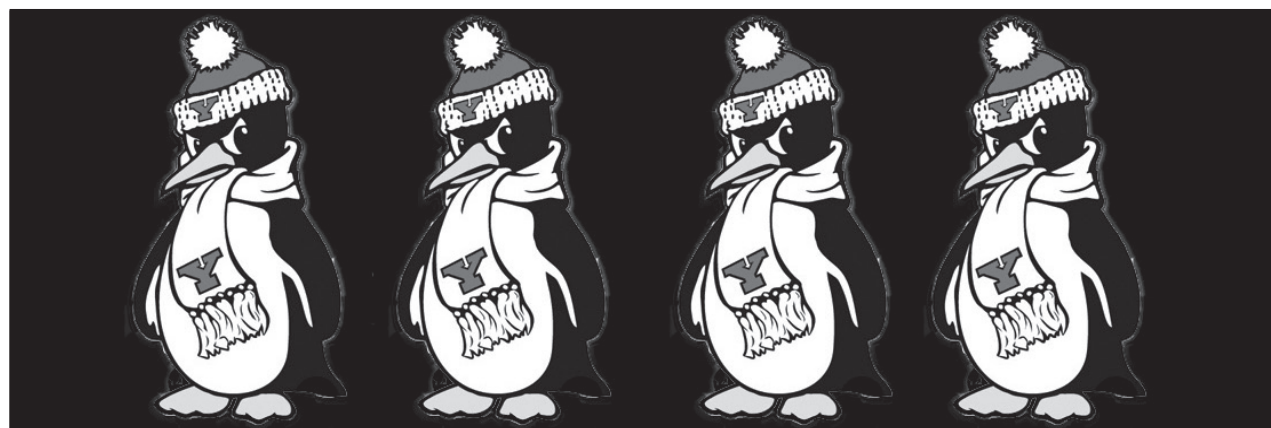
Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press honors. The Jambar is published twice weekly during the fall and spring semesters and weekly during the first summer session. Mail subscriptions are \$25 per academic year. The first copy of The Jambar is free. Additional copies of The Jambar are \$1 each.

OUR SIDE POLICY

The editorial board that writes Our Side editorials consists of the editor-in-chief, the managing editor, the copy editor and the news editor. These opinion pieces are written separately from news articles. They draw on the opinions of the entire writing staff and do not reflect the opinions of any individual staff member. The Jambar's business manager and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

YOUR SIDE POLICY

The Jambar encourages letters to the editor. Submissions are welcome at thejambar@gmail.com or by following the "Submit a Letter" link on thejambar.com. Letters should concern campus issues, must be typed and must not exceed 500 words. Submissions must include the writer's name and telephone number for verification, along with the writer's city of residence for printing. The Jambar does not withhold the names of guest commentators. Letters are subject to editing for spelling, grammar and clarity. Letters will not be rejected based on the views expressed in them. The editorial board reserves the right to reject commentaries and letters if they are not relevant to our readers, seek free publicity, fail to defend opinion with facts from reliable sources or if the editorial staff decides that the subject has been sufficiently aired. The editorial board will request a rewrite from the submitting writer based on these requirements. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The views and opinions expressed in letters and commentaries on the opinion page do not necessarily reflect those of The Jambar staff. Editorials do not necessarily reflect the opinions of the faculty, staff or administration of YSU.



JAMBAR CONTEST

Safer Sex Week may be over, but we can still have some fun! Show us your best condom balloon animal photo @TheJambar on Twitter. Make sure to use the #sexyJambar with your photo! Winner receives a **\$25 Ambiance: The Store for Lovers gift card!**

Contest ends Friday, September 27, 2013. Two winners will be selected by The Jambar Staff. Please keep photos appropriate. Gift cards provided by Ambiance: The Store for Lovers, Boardman, OH location.

THE WAITING GAME

Loyal to family and the field

STEVE WILAJ

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Jamaine Cook could be bitter.

In chasing his dream of making the National Football League, the former Youngstown State University running back has been yanked around for the past five months.

He's been overlooked, signed as an undrafted free agent, released, re-signed and then released again. His hopes have risen and fallen, his heart has been broken and his will to continue the pursuit has been tested.

But here in late September, as Cook waits for the next NFL call while taking classes at YSU, he maintains one thing.

It's something that keeps him pushing forward through all the ups and downs: A positive attitude.

"I think that's the biggest thing," Cook said. "I think it's very important to keep a positive mindset with the whole NFL thing. The only thing I can control right now is making sure I stay in shape and — when I get the opportunity again — to perform well."

Moving forward

Fridays are a good day for Cook. He doesn't have any classes, which allows him to stay home with his 18-month old daughter.

Between his 15-hour fall semester schedule and his daily workout inside the Stambaugh Stadium weight room, Cook doesn't have as much free time with his daughter as he would like.

So on this particular Friday afternoon, Cook spoke over the phone as yells and laughter from his daughter howled in the background.

"I have a daughter and a family, so I have to get the ball moving," Cook says. "I can't just sit out and wait for the whole football thing. I have to keep things moving."

Cook, an accounting major, is on pace to graduate in the spring semester.

Truth be told, he would rather be studying for a Sunday NFL opponent instead of a Monday exam. But he knows his priorities, and family is at the top.



Former Youngstown State University running back Jamaine Cook (35) is taking classes at YSU this semester while waiting for a call from the NFL. Cook played two games for the Cleveland Browns in the preseason. **Photo by Dustin Livesay/The Jambar.**

Still, the guy who rushed for 4,052 yards in his four-year Penguins career — second best in school history — can't help but think about his dream.

"I want to get that degree and move forward," Cook said. "But the way things are going with running backs, I think it's just a matter of time before I get a call. I'm just going to have a tough decision — do I drop all my classes and stop moving forward with school for something that's not even guaranteed longer than a week?"

Nature of the business

Plain and simple, Cook was heartbroken.

A native of Middleburg Heights — a city just outside of Cleveland — he signed with the Cleveland Browns as undrafted free agent on April 30.

He participated in rookie and mini-camps, but was waived by the Browns on May 21. It was his first exposure to the business-like nature of the NFL.

"That's something I had to learn the hard way," Cook said. "You don't truly understand unless you're experiencing it. The saying is 'here today, gone tomorrow,' because you could be there one day and have a great practice, then a linebacker will go down so they cut a running back because they have one extra. That's the type of stuff that goes on."

Loyal to football his whole

life and all the hard work it requires, Cook quickly learned the NFL doesn't return the favor.

"I think as a player, you devote your whole life to the whole football thing and you're so loyal to it," he said. "But once you get to the NFL, football is not as loyal to you as you are to it. It's very cutthroat."

However, his passion and positive attitude never faded.

Cook continued working out and keeping in shape for the next three months while doing construction, painting and landscaping for his grandpa's properties.

Nonetheless, the Browns called again on Aug. 15 for a workout. On Aug. 18, he re-signed with his hometown team.

"I sat out for three months and it was hard, but I just trust in God, because he knows if it's meant to be," Cook said. "I got back in there and got a chance to perform. So the way I look at things, I have to just roll with the punches and whatever happens, happens."

Dream come true

Make no mistake, when Cook suited up for the Browns in the preseason on August 24 against the Indianapolis Colts, it was a dream come true.

Receiving playing time at the Colts' Lucas Oil Stadium with the third-string, he rushed two times for 11 yards and caught three passes for 24 yards.

"That was amazing being around great players and in that environment," Cook said. "It was everything I expected and everything I dreamt of."

But the following game — August 29 against the Chicago Bears — was even more satisfying. Playing at Soldier Field in Chicago, Cook got to perform on the same field as legendary Bears running back Walter Payton.

"He's my favorite player of all time, so that made things even better," he said. "It really was a great experience."

The experience of playing in the NFL is something Cook highly values. During that time, he tried to soak everything in.

"I got to speak with a lot of the vets, especially the veteran running backs that have been in the league," Cook said. "Like [former Browns running back] Brandon Jackson. I got to sit down and talk with him about everything concerning the league and concerning things outside of the league — things such as staying ready every day and making sure your family's good."

And while Cook took advantage of mingling with the other players, he feels he also took advantage of his playing time.

"I think I showed more than enough," he said. "I showed that I can play on special teams and play in the backfield, whether

it's first down, second down or even third down. I even returned some kicks — so I showed some ability — but at the end of the day, I don't know if I was in the best scenario."

The Browns released Cook again on August 31 during the final cuts before the regular season.

"I don't know what the Browns are doing right now," he said. "They just traded Trent Richardson. So I'm thinking, if they just got rid of him like that, what chances did I really have of making that team?"

Still, Cook believes he showed enough to earn another call.

"After that second opportunity, I'm more content than I was the first time around," he said. "I felt that I got out there and competed against the best. I showed that I can play and have the ability."

The right attitude

It's an unusual time right now for Cook.

Accustomed to performing on the gridiron during fall weekends, the days pass without any competition. The only game for Cook right now is the waiting game.

"I know you can get called up any day," he said. "You always have to be ready and always have to be on your toes. I understand it's a business, so I'm always ready to go."

However, Cook isn't going to stress about that phone call — it would go against what he believes in.

"When you worry about things you can't control, that's when your mind starts going crazy and it's harder to focus," he said. "When you start focusing on the future, you can't focus on the task at hand."

It's an attitude that is continually tested through his treacherous climb to an NFL roster. It's also an attitude that he said will serve a deeper purpose.

"That's something that will always stick with me even after football," Cook said. "Just stay positive and focus on what you can control right now. Everything else will fall into place."

•• Five for Five

Carmine Cassese



JOE CATULLO JR.

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On June 29, Youngstown lost one of its most famous sons: Carmine Cassese. The retired Youngstown State University head equipment manager and long-time business owner died from complications related to pancreatic cancer. Cassese, 57, was a third-generation owner of MVR Restaurant, an 86-year old Youngstown landmark.

Cassese also helped start the Hope Foundation of the Mahoning Valley Bocce Tournament at MVR five years ago. This year, the tournament is on Oct. 14 and has been renamed the Carmstrong Bocce for Hope.

This week's Five for Five is not five questions for five answers. Instead, it is one question about the type of man Cassese was asked to five different YSU sports personnel.

Ron Stollo,

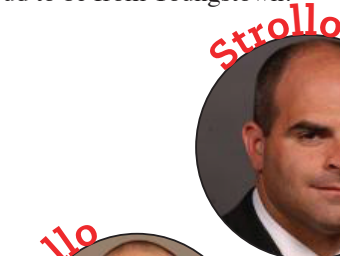
Executive Director of Intercollegiate Athletics:

"I think it's really hard to describe in words. You know, I think he was a friend to everybody whether it was our student-athletes here or someone at the restaurant. One of the kindest people I've ever been around. This place meant a lot to him, the MVR meant a lot to him and just so proud to be from Youngstown."

Eric Wolford,

YSU Head Football Coach:

"He was a family man — salt of the Earth, give you the shirt off his back. He's helped so many people in many ways and never wanted to be recognized for it. He was a guy in this community that we'll miss. He did a lot of things for a lot of people, and a lot of things people don't know. He wasn't one of those guys that was grandstanding about everything."



Gallo

Tim Gallo,

Assistant Equipment Manager:

"Carmine was a good man. Like Alvy said, he knew everybody and everybody knew him. He was just a good person, somebody that would talk to you or talk to me about stuff at work, stuff from our personal life. He was basically a father to me. He taught me a lot of life lessons whether they were good or bad. He was always there for advice, no matter if it was good or bad. He taught me a lot of things here professionally. He was always dependable. He was just a good man."



Schmidt

Robb Schmidt,

Assistant Director of Athletic Marketing & Promotions:

"The one thing that always comes out about Carmine was that he was just a genuine person. Carm would have given you the shirt off his back if he had to, and you really don't find that quality genially in people. Some people will say 'hey, I'll do whatever I can.' Carmine was genuine in how he cared for people and especially cared about his friends. He always made sure that if someone needed something, he was always there to give it to them. And I think that's why so many people cared about him and were sad with his passing. He's a guy that most people aspired to be."



Johnson

Alvy Johnson,

Head Equipment Manager:

"He was a great person, very personable. I mean, sometimes he would drive you crazy, but he was always there for you and very defendable. He had that knack about him where he knew everybody, and everybody liked him. He taught me a lot about how to handle people in this world, and things like that where you can try your best, but it takes a certain knack. He taught me a lot of things that I took with me. He was very helpful with me in how to run the equipment room."