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ONLINE VIDEO: BASEBALL PREVIEW

Guiding veterans 'over the hump' of PTSD

Justin Carissimo **ASSISTANT NEWS EDITOR**

The Youngstown State University Metro College and the YSU Counseling Program will collaborate with the Eastern Ohio Area Health Education Veterans Mental Health Center to sponsor a continuing education program on the subject of post-traumatic stress disorder in veterans returning from combat.

Edgardo Padin-Rivera, a Vietnam War Army combat veteran and the Chief of Psychology Services at the Louis Stokes Cleveland VA Medical Center, has been helping veterans with post-traumatic stress disorder for 18 years.

During the "Coming Home: PTSD and the Healthcare of Veterans After Combat" event, Padin-Rivera will provide participants and local healthcare professionals with information to help recognize and prevent mental illness in veterans.

"We try to look at returning combat veterans from Afghanistan and Iraq transition back to civilian life," Padin-Rivera said. "About 500,000 vets are coming home from war and communities need to be prepared for this."

The reintegration process into civilian life has become a speedy process - offering treatment in a variety of new electronic forms that work well with a patient's new schedule such as a smartphone app called "PTSD Coach."

However, some vets may still have trouble even admitting they may have PTSD symptoms and are not getting the help they need.

PTSD PAGE 3



ILLUSTRATION BY PARIS CHRISOPOLOUS/THE JAMBAR



Vendors displayed traditional African jewelry and clothing Saturday afternoon in Kilcawley Center's Chestnut Room. The marketplace was held as part of Black History Month. Photo by Justin Carissimo/The Jambar.

'Harambee' for Black History Month

Justin Carissimo ASSISTANT NEWS EDITOR

February marks Black History Month and Youngstown State University kicked off its celebration with an African Marketplace on Sat-

The Harambee Youth Group of Youngstown performed traditional African music and dances during the event. The Swahili word "Harambee" means "let's do it all together" when translated into English.

People from various backgrounds came together to display and sell African outfits, artifacts, books, paintings and jewelry to patrons at Kilcawley Center's Chestnut Room.

Victor Wan-Tatah, director of Africana Studies, said everyone can learn something from the marketplace.

"It's not just about buying items that you can't find at a store. It's about networking, learning about a new culture and meeting new people," he said.

Participants saw dancers perform traditional African dances while backed up by the rhythm of the Harambee drum circle.

"If we stopped celebrating this month, it would be a major omission of knowledge from the culture. It's just as important as many of the courses we offer in the university," Wan-Tatah

Throughout February, the university will hold numerous events across campus to honor the African culture. The festivities will showcase African artists, musicians, poets and the African American Pyramid Awards.

The African American Pyramid Awards recognize exceptional students from Youngstown

BLACK HISTORY MONTH PAGE 2

Concealed carry on campus 'worth examining'

Benjamin Orr REPORTER

Students for Concealed Carry, a national organization established in response to the shootings at Virginia Tech in 2007, hopes to put Ohio on the list of states that allow licensed individuals to carry concealed weapons on college and university campuses.

Kurt Mueller, acting director of public relations, said the group is about to file a lawsuit against Ohio State University.

"We've successfully sued the University of Colorado, and now concealed carry is legal on campuses in Colorado," he said.

Mueller said campuses aren't always safe. He added that the only way to protect campuses would be to undertake a process of "screening every car and student ... [unless] ... students and faculty were allowed to have concealed carry."

Gordon Frissora, an associate professor of criminal justice at Youngstown State University and a concealed

carry permit holder, said state and federal laws allow citizens to protect themselves, but that the Second Amendment isn't

militia,' and well regulated

means we can put regulations

on it," he said.

"It says 'a well regulated

Cory Okular, president of the YSU Student Government Association, said the issue is worth examining, adding that responsible gun owners give "bad guys with guns" a reason to act more cautiously. But the university could explore other

options. "Rather than allow concealed carry, they might have more officers on campus," Okular said. "Instead of having them drive around, we could have them inside the campus."

Lt. Shawn Varso of the YSU Police Department said university police officers are well prepared in case of emergencies.

"With the officers we do have, the campus is never uncovered, but it's definitely nice to have extra officers,"

Varso said he could not reveal the police department's response strategies, but said the officers keep up to date with security protocols.

"When Virginia Tech happened, we started equipping our officers to prevent it here,' he said. "In the training, our officers are being placed in different scenarios to learn how to engage the threat.'

The university also implemented the YSU Alert Notification System following the shooting at Virginia Tech.

"The idea was you could alert everyone on campus," Okular said.

Rec offers passport to health

STAFF REPORT THE JAMBAR

The Andrews Student Recreation and Wellness Center is offering students, faculty and staff a "passport to health and wellness" to maximize use of the Rec's programs and activities.

The program started on Monday and will run through March 29. Rec Center patrons can register at the administrative desk until Feb. 18.

Each week, the program's coordinators will offer five activities that participants can complete to earn a stamp on their passports. After five stamps, the participants' names will be entered in a drawing for prizes ranging from a travel-related gift basket to T-shirts.

"A lot of them are T-shirts," said Ryan McNicholas, fitness and wellness coordinator. "I know students love T-shirts."

McNicholas said the incentive program will offer different programs each week to hold student and faculty interest.

Lesley Anne Roddy, a graduate assistant for fitness and wellness, said she hopes the incentive program will be the "extra little bit of motivation" someone might

need to exercise.

"Hopefully, they will learn some new things and maybe take on some things that they've never tried before as a challenge," Roddy said.

The activities vary in approach to wellness, such a stress relief and social wellness. A participant can earn a stamp for attending a Penguin Pre-Party or spending time in meditation.

"We're trying to incorporate a holistic wellness. Wellness is more than just eating right and exercising," McNicholas said.

The Rec also implemented some rules to protect overenthusiastic gym rats. The program follows the American College of Sports Medicine's

guidelines for cardiovascular exercise. Participants may only perform these exercises for up to an hour each day, although they may add strength training to their routine.

"They don't want you to over exercise per day where you'd get burnt out, basically, too quickly," McNicholas said

Drew Froomkin, a junior public health major, said the program is good for people who need motivation to exercise.

"I can see people who need to get motivated for the gym liking the program. It sounds like a pretty good incentive to get people to make that change in their life," he said.

BLACK HISTORY MONTH PAGE 1

City Schools. The event is co-sponsored by the Family Empowerment Institute and Youngstown City Schools.

Awards will be presented to students, mentors and parents that have displayed dedication to helping students with their goals.

Katie DiGiacamo, a freshman at YSU, says she plans on attending the event if she can find the time between her job and homework.

"I think it's important that nobody feels left out; so, I think these events are great. It's definitely better than sitting at home. I'll be making an effort to go," she said.

Wan-Tatah said that the

Wan-Tatah said that the celebration of culture will be an exciting experience for students and faculty.

"Everyone will be able to

get together and enjoy a different culture and hopefully take away a new learning experience. It's going to be a good time," Wan-Tatah said.

The ceremony will be held Thursday at 7:30 p.m. in Kilcawley Center's Chestnut Room.

"This is a great opportunity to showcase the hard work and talents of students," Wan-Tatah said. "We will also celebrate achievements of parents and teachers who give students the support to succeed."

Jenna Sliwinski, a sophomore at YSU, says she's excited for the events being held around campus.

"People need to remember the history of African Americans, they made the country what it is today," Sliwinski said.



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The <u>maximum</u> combined bonus points that one applicant can earn is 20%. To request bonus points, applicants must submit proof of eligibility by the close of the application period, such as DD-214, original college transcript, letter from previous employer etc. Applications accepted at the Youngstown Civil Service Commission Office, 7th floor, City Hall, Youngstown, Ohio, from February 4, 2013, through February 15, 2013. Hours: 8:00 a.m. to 4:00 p.m. Examination will be given on Saturday, February 23, 2010, starting at 10:00 a.m., at Youngstown State University

Cushwa Hall, 210 Lincoln Ave, Youngstown, Ohio.

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NEWS BRIEFS

BCOE grads receive high marks in statewide report

Alumni of YSU's Beeghly College of Education scored well in the Ohio Educator Preparation Report, which includes various performance data from 13 public and 38 private Ohio institutions that prepare classroom teachers and school principals. YSU graduates achieved a 100-percent pass rate on the teacher and principal license tests; statewide, the rate was 96 percent. In addition, YSU graduates demonstrated a consistent record of meeting student achievement targets, with 86 percent generating expected achievement gains for students in their classes, 14 percent exceeding expected gains and 0 percent falling below the expected level. Across the state, 68 percent met expected gains, 20 percent were above and 12 percent were below. Full reports are available at https:// www.ohiohighered.org.

Marketing venture brings YSU to local airport

photo collages Large and Pete the Penguin decals were recently installed in the Youngstown-Warren Regional Airport's terminal and departure lounge, thanks to a new marketing venture. More displays are planned for the upcoming months. Photographer Bruce Palmer and graphic artist Renee Cannon produced and designed the photos and graphics. "A Penguin's Dream," which is one of the 30 fiberglass penguins decorated by artists in 2003, has also been installed in the airport's terminal.

POLICE BRIEFS

Police respond to dispute near campus

On Jan. 24, YSU Police were dispatched to an apartment on Pennsylvania Avenue in reference to a domestic dispute. The dispute took place between a 21-year-old woman and a 27-year-old man.

String of thefts occur on campus

Between Jan. 28 and 30, three thefts took place on campus. The first, on Jan. 28, involved a wallet stolen from Maag Library at around 12:15 p.m. The second, which occurred on Jan. 29 at 4:30 p.m. in Meshel Hall, featured a theft in the computer science department. The third, which occurred on Jan. 30 at 11:35 a.m., happened in Ward Beecher Hall.

PTSD PAGE 1

"There's a stigma regarding mental health issues but it's a pretty normal thing for everyone. Some get stuck but only need counseling to get over the hump," Padin-Rivera said.

Noreen Moderalli, center director at Eastern Ohio AHEC, said that the event would aim to enhance participants' understandings of PTSD causes and symptoms.

"We are trying to get across the message that mental illness is a medical illness," Moderallie said. "So many men that come back after serving have a hard time coming forth and admitting that."

Although he admits that the YSU Office of Veterans Affairs has a big challenge ahead, Padin-Rivera believes that YSU is making significant progress with the help it provides to student veterans.

"I'd really love to see the work YSU does at other universities," Padin-Rivera said.

Alicia Shaw, an assistant at the YSU Office of Veterans Affairs, said it was difficult for other vets to adapt to a much more lenient schedule and believes support groups such as these are very important to help vets get back into the swing of things.

"All of a sudden, everything changes. You have to motivate yourself and adjust to working much less," Shaw said. "Having community support and knowing that you're not alone will be the driving force to open people up about their issues.'

The event will be held at Antone's Banquet Center on Market Street in Boardman on Feb. 20 from 5-8 p.m. Dinner will be provided. Registration is \$50 and students can register for \$20.



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THE AFRICAN AMERICAN PYRAMID AWARDS

A presentation and awards ceremony celebrating the achievements of outstanding Youngstown City Schools students. Teacher and parents who have devoted service to student honorees will also be Co-sponsors: The Family Empowerment Institute and Youngs

Wednesday, Feb. 13 Reception: 5 p.m., Art Gallery, Bliss Hall Panet Discussion: 6 p.m., Zona Auditorius AFRICAN ART DISPLAY

By Salhou Omar Mile Salhou Omar Nije grew up in The Gambia, West Africa, in a family of artists. He developed an interest in the arts, especially in the magic of color and patterning on fabric, and studied art and architecture at Hamilton College in New York Hair and the Artist Africa the Artist Africa (

College in New York. He is on the roster of Teaching Art Council of the Arts and the Pittsburgh Center for the Arts or: The College of Fine and Performing Arts at YSU

BLACK ARTS AND THE CIVIL RIGHTS MOVEMENT"

Keynote lecture by Mwatabu S. Okantah Mwatabu S. Okantah is an assistant professor and Poet-In-Residence for the Department of Pan-African Studies and director of the Center of Pan-African Culture at Kent State University. An author of several published poems, he holds degrees in English and African Studies from KSU and a master's in Creative Writing from City College, New York. Also a performer, Okantah has collaborated with the Cavani String Quartet, the Rhodes Street Rude Boys, and leads the Muntu Kuntu Energy Group.



Saturday, Feb. 16 1 p.m., St. Augustine Church, 614 Parmake Ave., SAVE NUBIA PROJECT SEMINAR

Manu Ampim is a professor of History at Contra Costa College and of Africana Studies at Merritt College. In addition, he is historian, primary researcher and director of Advancing the Research. He holds his master's in History/African American Studies and is the author of several pul latest project draws upon his archaeological research of the class civilizations of Ancient Kush and Nubla, which are now in danger permanently flooded.

Co-sponsors: The Africana Studies Program at YSU and the P. Ross Berry George Washington Williams Historical Society

Toby Foyeh is the leader of the Tobey Foyeh African
Orchestra and attended Berklee College of Music in
Boston and Howard University, Washington, D.C. The
orchestra specializes in African music with its origins in the
traditional Yoruba ethnic group of Nigeria and focuses on
a dynamic melange of jazz, rock, pop and Latin rhythms or
"African" music. Co-sponsor: The Office of Student Diversity at YSU

P.D.M., The Golbery Room, Kilkawiby Center
"AFRICAN CULTURAL HERITAGE: MISSING VALUES

IN THE QUEST FOR MODERNISM'

Saturday, Feb. 23 7 p.m., Chestrut Room, Kilcowley Center

Lecture by Dr. Emmanuel Christian Nyorko

Dr. Nyarko Is a Ghanalan educationist whose specialization in In Art Education. He obtained his Ph.D. from Ohio University, where he was a Fubright student, and has been a lecturer at the Kwame Nikrumah University of Science in Kumasi, Ghana. He was a member of the Board of Trustees of the Center for National Culture in Kumasi and president of the Ghana Association of Visual Artists.

AFRICAN MUSICAL EXTRAVAGANZA

By Toby Foyen and Orchestra Atrice

BLACK FACULTY RESEARCH SHOWCASE



Black Faculty Research Showcase is a celebration of Youngstown State University's Black faculty—an opportunity for them to share their research for feedback and general discussion. Presenters include Dr. Frank Akpadack of the Regional Center for Urban Studies and author of City in Transition: Strategies for Economic Regeneration of Inner-City Communities—The Case of Youngstown, Ohio; and Dr. Victor Wan-Tatah, director of the Africana Studies Program and author of The Taxic Influence of Religion in Recent Presidential Electricins, among other accomplished faculty. There will be a book signing at the end of the event.

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FOX WHOM:

Youngstown STATE UNIVERSITY

For further information about African American History Month events, call the Africana Studies Program at 330-941-3097. Event parking is available at the Lincoln Deck and lot M24, next to McDonald's on Fifth Avenue.

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Hope for years to come



Tony Spano, founder and executive director of the Hope Foundation of the Mahoning Valley, goes over last-minute rules with the game referees before tipoff of the ninth annual Game of Hope Classic at Beeghly Center on Saturday. Photo by Dustin Livesay/The Jambar

Marissa McInture and Iosh Medore THE JAMBAR

Spano, founder and executive director of the Hope Foundation of the Mahoning Valley, orchestrated the ninth Game of Hope Classic on Saturday in Youngstown State University's Beeghly Center, completing work he began 365 days before.

"It really consumes at least a part of my life every day," Spano said.

He brainstormed his first game after graduating from YSU in 2005, and has since raised \$60,000 for chronically and terminally ill children.

"At the time, we really

weren't seeing these kinds of events. I thought, 'A charity basketball game with people playing against politicians and leaders.' That's how it started," Spano said.

The games have dominated his calendar ever since.

After Beeghly Center emptied on Jan. 28, 2012, the local names went home. The janitors cleaned up the popcorn, and the lights went out. Spano gave himself a night of rest and began planning for this year's event, which raised \$11,000.

The games raised up to \$2,000 in the early years, but donations have been growing with attendance.

In April, Spano put together a list of names for a potential roster. He asks his friends and family who they would want to see.

Spano booked the venue in August. He said Beeghly Center has been the ideal venue, adding that he plans the Game of Hope around the university's basketball schedule.

October, Spano reached out to possible players to finalize details.

In November, he gathered about 50 volunteers and began working on a program in which he lists names, donors and other activities.

Over the years, YSU President Cynthia Anderson and U.S. Rep. Tim Ryan have coached and played for the fundraiser.

Anderson attended the game on Saturday.

"I've been a supporter of the Hope Foundation. Two years ago, I was the team captain and we lost, but this is a wonderful philanthropy and a wonderful opportunity for our community to come together," Anderson said. "The folks who organize this do a great job."

She said the event helps YSU fulfill its mission of being connected to the community.

Chet Cooper, a professor of biological sciences, said he has fun participating in the event.

"I was here last year, and I was the cheerleader," he said. "Dr. Anderson sucked me into wearing a skirt and being a cheerleader and running around in my skirt."

This year, head coaches for the teams were U.S. Rep. Bill Johnson and Jim Davis, an Austintown trustee.

Players ranged from Stacie Cepin, head coach of the Austintown Lady Falcons, to State Sen. Joe Schiavoni.

Schiavoni first played in the Game of Hope in 2009. He said playing is a fun way to raise money for a good cause.

"If I can play basketball for a couple hours and raise a little money, it's always worth it," Schiavoni said.

He said Spano's dedication makes the event a success from year to year.

"Tony is a great guy who just wants to make a difference," Schiavoni said.

It's hard work that sometimes consumes his life, but he said he can't imagine a year

"I started this because I wanted to help people. For right now, I can't imagine turning this over to anyone else," Spano said.

Downtown changes age limits

Taylor Phillips **ARTS & ENTERTAINMENT** REPORTER

Over the past few months, several nightspots in down-Youngstown have changed their weekend age limit to 21 and up in an attempt to curb underage drinking. However, this trend has hurt some students' social lives.

"It's not stopping them coming down during the day," said Lyndsey Hughes, director of downtown events and marketing. "The policy might affect underagers going to those bars, but that's the point."

Stephanie Davis. Youngstown State University freshman, said she enjoys going downtown with friends without drinking illegally.

"Those who are, are just ruining it for the rest of us," Davis said. "I want to enjoy the new downtown on a Saturday night at one of the new restaurants that has opened up without my age being a prob-

Christian Rinehart, the

owner of O'Donold's Irish Pub and Grill, said the age limit protects his bar.

"What kids don't understand is that if we get caught with underage [drinking], we could look at huge liabilities, such as losing our liquor license," he said.

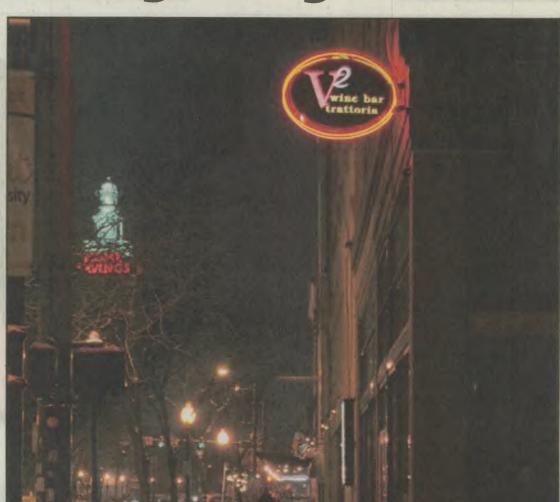
JoAnne Tombo, a YSU student and an employee of V2 Wine Bar Trattoria, said she and her fellow employees now have an easier time preventing underage drinking, thanks to the restrictions.

"I believe that [V2] should stay 21 [and older]," Tombo said. "We try to have a very professional environment, and we don't need a case of underage drinking happening.

Tombo added that she's noticed underage drinking happening less since bars have began enforcing the policy.

Although downtown Youngstown has had some changes, most nightspots are still open to all ages from Sunday through Thursday.

"Even though we don't have kids under 21 come in here on the weekends, we still encourage them to come in and enjoy our food and new establishment," Rinehart said.



Many bars in downtown Youngstown have raised their age limits to 21, giving underage YSU students one less activity to entertain themselves. Photo by Jenna Medina/The Jambar.

THEJAMBAR.COM

Fear and firearms

A representative of Students for Concealed Carry told a Jambar reporter that the group plans to file a lawsuit against Ohio State University so concealed carry permit holders can bring their guns on the university's grounds.

The legal ramifications and pending precedent could lead to Youngstown State University being forced to accept a similar fate.

Reaching a consensus on gun control legislation is near impossible. Even in our own office, no one agrees on everything. And even the perspectives we share lean away from one another.

Most of the staff polled voted against weapons on campus, but presenting a united front would be just that, a front.

Instead, keep YSUPD Police Chief John Beshara's opinion for your records.

"Allowing students and faculty to carry weapons on campus would present a whole new set of problems for our officers," he said.

He said he would be worried about all the extra work the situation would cause for his department. People might see the gun and flood his office with calls, or worse, cause a panic. They'd have to check permits for every gun spotted.

This strain on YSUPD's resources would tie up officers, making it harder to prevent the crimes that actually do occur often on campus.

YSU's campus is already one of the safest places in the city. Through a shared jurisdiction, YSUPD and YPD have created a comfortable learning environment with very low

From 2007 to 2011, there's been only one weapons possession charge on campus. The most common crime threat to a YSU student is a stolen wallet and underage drinking.

The prevention methods are already in place and the enforcers are already effective.

Like any other classroom distraction, a concealed weapon would panic a fellow student or faculty member.

YSU is an institution of higher learning, a place of camaraderie and community involvement. A gun doesn't factor into that equation.

-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 and the senior copy 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.

TheJambar.com



You call that a term of friendship?

David Roberts COLUMNIST

Over the years, I have noticed that some people have created unique nicknames for their friends. In some cases, these nicknames, when used by someone who is not friends with that person, may cause problems.

Names that are traditionally derogatory in most situations have become a surprising social phenomena in terms of friend-

It is an interesting dynamic that a derogatory word can be used as a term of friendship. I do not see the merit in such a thing, but it appears to happen more regularly than I would care to acknowledge.

I will never understand how girls can jokingly call each other bitch" during friendly banter.

But, then again, there are probably many other societal patterns that I will never understand.

Now, I suppose if you are all

friends and everybody is aware that the word is being used in jest, it loses its daggers.

I still do not see the appeal. Maybe it is just my old-fashioned tendencies coming through, but what is wrong with calling your friends any other potentially nonoffensive term?

I personally use several varying terms when talking with my friends. Granted, some of them are a little outdated and sometimes received with some curious looks, but it is nice to know that they would never offend someone in the wrong context.

My argument for that is this: At least I am trying something different rather than the same old word all the time. I think it is just something our society does without even pondering why we do it or even thinking about what exactly is wrong with it in the first

This may be a bold assertion, but I think I would credit it to our society's desensitization to so many things over the years. For so

many people, I think that once the shock value of something disappears, it becomes a relative trend.

That means that somewhere along the line, offensive words were introduced as a greeting. It has since picked up from there.

What it comes down to, I suppose, is groups of people hijacked these words and adapted them to fit their group not as a derogatory word but as a cordial greeting between friends. When I look at it that way, I suppose it carries less offense, but still seems somewhat trivial to me.

Just the same, I would not be sad if I ever saw that word usage go the way of other verbal trends and disappear.

Until then, the best advice I can give to people out there who are users of this verbal trend is just be careful where and to whom you say it because that could lead you to a painful mistake in the wrong

Meanwhile, I will stick with my traditional phrases for friends and occasionally get a blank stare.

Cyber safety

Thurston Winbush YSU POLICE OFFICER

I wonder how many of you have already had a brush with identity theft. It's so frustrating, and what you have to do to fix or repair the damage is just as bad as getting your identity stolen in the first place. Let's really get into this. Some of the primary targets of theft are computers, laptops, smartphones and even MP3 players. The more technology that we get, the more chances that we have for someone to steal our identity.

I took my car to this mechanic who works out of his house. I'm cheap, and he's a nice guy. I think he's a bit of a hermit, though. Anyway, he looked at my car, then said he'd have it fixed later on that day.

I said, "OK. Shoot me a text." He looked at me as if I'd just grown wings out of the sides of my head. And then he said, "Oh no, I don't do text.'

I started laughing. He didn't. I asked him, "What are your thoughts on indoor plumbing and

horseless carriages?

He said, "Huh?"
I said, "What?"
He said, "What?"

I said, "Huh?"

Then it occurred to me: This cat was serious.

I thought to myself, "This is really funny. I'll be laughing about this all day. But wait a minute: I bet this mechanic has a very small cyber footprint. On the other hand, my cyber foot-

print must look like a crater!" My point is, let's try to reduce the ways in which someone can get at us electronically. If a company or business wants your private information, ask questions. Why do you need that? What are you going to do with it? Remember financial or payment institutions will never request sensitive data via popups or emails. Purchase a locking device and or tracking software.

I recently worked with a student who thought her iPod was stolen. She was able to track it with her smartphone; that's cool

You all know if you receive a suspicious-looking email, delete it. Destroy private records, and rip up or keep those ATM receipts. Don't put personal information or photos on your website or social networking sites. OK, I don't even know why I just wrote that part about the photos. Let's make a deal: Just don't post photos of you standing next to your mailbox holding a poster with your Social Security number on

Take your name off marketers' lists. Try the do not call list at 1-888-382-1222 or http:// www.donotcall.gov. Use a secure browser that will encrypt or scramble purchase information.

Keep track of your billing dates/cycles, and follow up with creditors if you don't receive bills or statements on time.

Monitor your credit report; you can request a free one once

And don't forget YSU Police; you can reach the department at 330-941-3527.

The people who would steal from you spend a great deal of time thinking about ways to rip you off. Let's spend a little time making it harder for them.

Happy surfing, and remember to take care and take care of one another!

Campus Connection

If carrying a concealed weapon on campus was legal, would you carry one?



"I wouldn't have one on campus, but I would have one in my car."

Nadiya Young Sophomore



"Yes, if other people had one, I would have one, too, to protect myself."

Caleb Van Dyke Freshman

Breath of fresh air

Gillispie re-energizes YSU baseball



First-year manager Steve Gillispie (left) talks baseball with a coach during practice on Wednesday. The Penguins began practice on Jan. 28 in preparation for the 2013 season. Photos by Joe Catullo Jr./The Jambar.

Steve Wilaj SPORTS EDITÓR

For the past 25 years, Steve Gillispie, Youngstown State University's head baseball coach, has found employment in the sport he loves.

His first gig was in 1988 at Fort Hays State University, where he was the Tigers' head coach. From there, Gillispie assisted at multiple schools - like the University of Nebraska and the University of Utah — before becoming a scout for the Philadelphia Phillies from 1998 to 2001

He then jumped back into the college ranks, where he was an assistant coach at Jacksonville State University for the past 11

"It's all I've ever done," Gillispie said. "I've been lucky and blessed enough that I never had to put on a coat and tie unless I

Now, in his first year as the Penguins' leading man, Gillispie said he's still thankful for all that baseball has given him even though he is now faced with a program that has struggled mightily in recent years.

'I see potential in the [YSU baseball pro-

gram]," he said.

overall record of 86-187. In 2011, YSU went 14-41, and last season was even worse, as the Penguins finished 11-44

Yet, Gillispie remains strangely optimis-

"From a facility standpoint, [YSU's] in the upper echelon of college baseball," he said. "And the campus itself, we felt it would be a good place to recruit to, an easy place to recruit. With that being in place, we felt like we'd be able to build something here that, year in and year out, we can challenge for a Horizon League conference championship."

But Gillispie and his new staff must first change the losing culture that surrounds YSU's program before championships are won. Junior third baseman Drew Dosch said that process began as soon as Gillispie was

"Everyone just has a fresh mindset, I think, with the fresh start of the new coaching staff," Dosch said. "The past couple years haven't been the best for the people that have been here. We're just looking to get out and kind of get that new start and show people that we can play a little bit."

Gillispie held more live-action practices in the fall and has instituted a diverse practice routine, something former head baseball coach Rich Pasquale did not do.

"That has been a big change," Dosch Since 2008, the Penguins have held an said. "We got to see a lot more live arms and

feel a lot better prepared at the end of the fall than what we maybe didn't in the past." Another noticeable difference is the day-

to-day energy, said pitcher Nic Manuppelli. "It's brought to the field every day," Manuppelli said. "Just everybody's tempo is

better. Everybody's excited to get to practice and excited to work with the new coaching staff, which has come with a ton to give to

Upon arriving, Gillispie was faced with the challenge of meshing his coaching style with the positive building blocks established under Pasquale.

"I believe that there's depth in the pitching staff [and] athleticism in the position players, and we're able to defend a little bit behind the plate and in the outfield, which is always a plus," Gillispie said. "We wanted to be flexible enough to go with what was here, so we're not trying to do something that we're not capable of."

While the Penguins' capabilities under Gillispie are unknown, the YSU baseball program is undoubtedly embracing a fresh

"The past is the past," Manuppelli said. "What is happening now and what we're able to do as a team and move on from here is what Youngstown State University baseball is going to be about."

SPORTS BRIEFS

YSU falls to BGSU in home finale

In the concluding meet of the Penguins' home season, sophomore Ashley Dow set Beeghly Natatorium records in the 100 (57.43 seconds) and 200 (2:05.33) backstroke. Dow previously held both records, which she established on Feb. 3, 2012, against the University of Illinois at Chicago. Before the meet, YSU honored its senior swimmers (Liseli Baich, Soyriah Davis and Samantha Roberts) and its senior divers (Casey Hill and Jacqueline Smith). Bowling Green State University won the meet, 163-

Women's tennis newcomer wins collegiate debut

Paula de Man, a Holland native and a newcomer to the YSU women's tennis team, won her collegiate debut at the Perrysburg Tennis Center in Perrysburg, Ohio. The Penguins as a whole, however, didn't fair so well, dropping a 6-1 decision to Bowling Green State University. YSU will return to action on Friday when the team travels to Dayton.

Men's tennis loses match, 7-0

At the Boardman Tennis Center on Friday, the YSU men's tennis team fell to the University of Toledo, 7-0, dropping four matches in three sets and coming up just shy for the doubles point. YSU, which is 0-2, will return to play on Feb. 15 at Western Michigan University.

Brown honored for performance on the court, in the classroom

Brandi Brown, a senior member of the YSU women's basketball team, has been named to the 2012-2013 Capital One Academic All-District Women's Basketball Team for her work on the court and in the classroom, the College Sports Information Directors of America recently announced. Later this month, Brown will be part of a vote for Academic All-America consideration. She is one of five women's basketball players in Ohio, Michigan, Indiana and Illinois to earn Academic All-District honors in the fifth district.

PENGUIN SPOTLIGHT



Drew Dosch

Year: Junior Height: 6'2" Hometown: Canal Winchester Position: Third base

On Monday, Baseball America named YSU third baseman Drew Dosch its Preseason Horizon League Player of the Year. Additionally, Baseball America named Dosch as the conference's top professional prospect. Last season, Dosch batted .353 with eight home runs and 13 doubles. In the Cape Cod League during the summer, Dosch was named to the All-Star team, batting .326 with eight homeruns and 30 RBIs. Commenting on his summer performance, Baseball America writer Jim Callis wrote on base-ballamerica.com, "[Dosch] starred in the Cape Cod League during the summer, showing pure hitting abil-ity to all fields and some power potential."

Searching for Penguins across the nation



Derik Sheppa REPORTER

When Jim Tressel was at the helm in the '90s, Youngstown State University's on-field success helped market its football program.

Upon taking the reins, Eric Wolford pursued prospects by selling a program with a new

Over the past couple of years, YSU has snagged high-caliber players from high schools and through transfers.

Some transfer players include senior offensive lineman Lamar Mady and senior defensive tackle Aronde Stanton, who are from Butler Community College in Kansas and Grand Rapids Community College in Michigan, respectively.

Senior Jeremy Edwards, safety, and Luis Quinones, defensive end, are from El Camino College Compton Center, a junior college in California. They came to YSU together.

"I went to El Camino Comp-

ton Center with Luis," Edwards said. "We were both offered a scholarship, and we both accepted."

Redshirt freshman Dante Nania, a quarterback, who graduated from Hempfield Area High School in Pennsylvania, said he chose YSU for multiple

"[YSU] showed a ton of interest right after junior season, and they were my first offer," Nania said. "I came to YSU the summer before my senior season with Christian Bryan, and we worked out with the staff. ... The next day, they offered both of us scholarships, and we com-

However, Nania didn't choose YSU just for its athlet-

"Education was also a big part," he said. "I wanted to be a teacher, and I found YSU to be a great university for education majors."

Emmanuel Kromah, also a redshirted freshman, is a defensive lineman from Hamilton High School West in New Jer-

Like Nania, YSU reached out to Kromah after his junior

"The interest and love YSU showed me was better than any other school," Kromah said. "After coming to a game, I witnessed the energy all of the fans had, and I enjoyed it."

Players like Steve Zaborsky and Quinones said they chose YSU because of close ties they have to Ohio.

"The overall reason I came to YSU was Coach Sims and the other defensive linemen that were recruited," Quinones said. "Together, as a defensive line, we could be great. My mom is from Ohio, so I kind of knew I was going to come here."

Zaborsky said YSU's coaches are what really stood out.

"The facilities are comparable to all other FCS schools and even better than some FBS schools," he said. "The whole time aspect of being so close to home helped. Those three major things helped make my decision to come here easier."

Zaborsky was a major find for the Penguins, as he played

close to their backyard at Austintown Fitch High School. Zaborsky is a redshirted freshman defensive tackle.

Tom Sims, assistant head football coach, played another part in a prospect's decision.

Zaborsky said that Sims, his positions coach, was his favor-

"If you ask any of the guys on the team that plays different positions, Coach Sims will be their favorite. He is so down to earth. He plays it straight with you, and he never leads you on with anything," Zaborsky said. "He's always there for assistance on and off the field, and he really takes care of his players."

Zaborsky also complimented Sims on his knowledge of the

"What he coaches is backed up by his impressive resume of playing in the league for a number of years," he said. Kromah said he is optimistic

about YSU's football program.

"I believe we, as a team, have a bright future and can go very far," he said.