# The student voice of Youngstown State University

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### THE SEARCH FOR A NEW COACH BEGINS

THESIDEBAR



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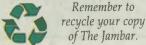
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### WEATHER

Today 57° 43° Wednesday 52° 42° 51° 44° Thursday \*\*\* 50° 42° Friday





Josh Stipanovich NEWS EDITOR

On Saturday afternoon, members of the Youngstown State University football team traveled to North Dakota State University to play in their final game of the season, and as a team, they were able to earn Jon Heacock his final win as head coach of the Penguins.

His nine-season career came to an end after making a difficult phone call Sunday to Executive Director of Athletics Ron Strollo, who at the time was out of town.

"We had talked for the first time towards the end of last week, and I knew this was something that he was considering, and

I ended up on Sunday communicating with him an hour or so before he was going to talk to his team and coaching staff," Strollo said. "It's really difficult ... I've known him almost half of my life, and you get to watch the family grow up, and you go through highs ... and you go through some very tough times, and we've really dealt with a lot of different things ... so to know that, that relationship's ending is tough.'

Despite ending his career at YSU with one year left on his contract, Strollo said he thinks Heacock would not have any problems finding another job coaching for

"The good part is, I think he's going to be a candidate that's high on a lot of people's lists, and I would be shocked if he doesn't find employment very shortly," Strollo said.

Just before Strollo addressed media Monday, he spoke to the team including the assistant coaches, whose jobs may also be on the line depending on who takes

"I had 15 individuals this morning line through my office, [and] I spoke to each one individually, and some of them have been with us for a long time," Strollo said indicating that he would do whatever it takes to ensure they keep employment, including paying for their travel to the football convention.

The assistant coaches, whose contracts expire at the end of February, would have a chance to speak with the new coach when he or she arrived, but Strollo said he knows how most new coaches treat this situation.

"It's my philosophy [that] the new head coach is going to be the person that's going to hire those assistant coaches," Strollo said. "It's hard for me to hold a head coach accountable if you're telling him who his soldiers are going to be.'

Strollo's primary concern was making sure everyone in the "football family" at YSU was fully aware of the situation, and said he knows emotions are running high among them all.

HEACOCK page 3

"When we became a part of Youngstown State University and, specifically, the YSU football family, excellence was defined in 'wins' and success defined in 'making a difference." Jon Heacock



### Trustees to receive SGA budget

David Boyer REPORTER

In a room full of smiles and applause, the Youngstown State University Student Government Association passed the new Appropriations Budget with a 21-0 vote in Monday's general meeting. The budget "recommends that a Student Organizational & Academic fee be assessed within the expected tuition increase for

Academic fee be assessed within the expected tuition increase for the 2010-2011 school year."

Three options are included in the budget. SGA President Zach Brown said, "We prefer that the fee be assessed in the 3 percent tuition increase." The second option is to apply a \$1 per credit hour fee for full-time students. A third option is to have a student body option is to have a student body vote on the proposed fee. The third option will only take place if the YSU Board of Trustees turns down the other two options.

### "We are not here to pickpocket the students.

Zach Brown, SGA president

SGA Vice President Abbie Twyford said, "What the media outlets seem to be missing is that there is going to be a 3 percent tuition increase anyway and all we

are asking for is a cut of that."

Brown added that, "We are not here to pickpocket the students."

Student trustee Daniel De-Maiolo expressed student con-cerns including the "giant budget increase," and suggested opening a forum for students to ask questions and get a better understanding of how the new fee would be

spent.
"A forum on the SGA Web site would give students a chance to understand what we do," De-

Maiolo said.

Still, the money would not be divvied out to organizations, and would go toward an endowment or scholarship.

Brown suggested that with a larger budget "more organizations would be willing to request funding and more constituents can be reached."

Brown said he is going to send the approved budget to the YSU Board of Trustees immediately. The board of trustees will consider the budget before the fall

semester. PHOTOS BY LAMAR SALTER / THE JAMBAR



### Campus elevator creates wild rides

Dan Pompili ASSIST. NEWS EDITOR

Students and faculty who frequent DeBartolo Hall may be familiar with the elevator nearest the rear lobby entrance, and its penchant for going on the fritz.

The most common complaints include violent shaking when the car comes to a stop and doors that sometimes refuse to close.

A source in the English department said a student was stuck in the elevator last week, but could not be reached in time for publi-

A part-time faculty member, however, who spoke on the con-

dition of anonymity, detailed her experience of last Friday when she was stuck in the elevator just below the second floor level for 40 minutes.

At 7:30 a.m., the car came to a halt two feet short of the second floor. The professor said she immediately called English department secretary Gwen Richards by cell phone, and Richards phoned the maintenance department

Richards verified the incident, and said that maintenance department protocol required them to phone the elevator company

COLUMNIST: Melissa Mary Smith	330-941-191
SPORTS REPORTER: Chelsea Miller	330-941-191
REPORTER: Samantha Cavalier	
REPORTER: Alicia Pattillo	330-941-191
REPORTER: Juliana Hull	
SALES MANAGER: Jennifer Cvengros	330-941-199
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BUSINESS MANAGER: Olga Ziobert	330-941-309
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V	

CONTACT THE JAMBAR

**TUESDAY, NOVEMBER 24, 2009** 

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Campus partnership involves game coverage

Telecommunication dents are working with the YSU athletics department on a new project that will ensure TV coverage and live broadcasts of Olympic-style sports.

### Armed forces flags placed on campus

New flags representing the five branches of the armed forces fly over Veterans Plaza outside Beeghly Center. The flags and poles were installed as part of the opening of Armed Forces Boulevard at the west gateway to campus.

### First two trees planted for project

The Campus Beautification Initiative has taken root. On Tuesday, the Szmaj and Shipka families planted the first two trees for the project; the objective of the project is to preserve green spaces around the campus.

### Dana presents night of music, refreshments

The Dana School of Music will present "Carols & Cocoa" and the "Holiday Concert" on Dec. 2 at 7 p.m at Stambaugh Auditorium. The performances will be directed by Dr. Hae-Jong Lee.

### **Police Briefs**

Fight breaks out in Bliss Hall

On Wednesday, a YSU police officer was sent to Bliss Hall in response to a fight between two female students. The victim, who spoke with the officer, said the fight broke out after she was poked in the chest. Although scratch marks were visible, she does not want to press charges at this time.

### **Profanity** interrupts fraternity event

During a fraternity event at Peaberry's Cafe on Wednesday, a crowd gathered around the stage after a rapper used a large amount of profanity during a song. The rapper directed the comments to one of the crowd members; the audience member responded to the rapper. The rapper, who had been making racial slurs, would not reveal the name of the audience member. Both subjects were asked to leave.

### Officer discovers marijuana use in campus lot

On Nov. 16, a YSU police officer noticed a male and female subject arguing in a car parked in the M-9 parking lot. While checking on the subjects, the officer noticed their eyes were red and glossy. Burnt marijuana was also detected in the car and on the subjects' breath. Both later admitted they had just finished smoking a bowl, and the male subject told police he had the bowl in his pocket. A bag of marijuana also belonged to him. Both subjects were arrested and brought to the station, where a friend later picked them up. The bowl and marijuana were held as evidence.

### News Briefs Textbook buyback to start Monday

Iuliana Hull REPORTER

Textbook buyback for the fall semester starts Monday and runs through Dec. 14 at the Youngstown State University Bookstore.

Students can get up to 67 percent of their money back if textbooks meet certain requirements. For instance, textbooks must have been purchased from the campus bookstore and must be intact and reusable. Students must present their YSU IDs in order to get money back. Additionally, faculty must have adopted the textbook for the next term. Students will get money back if the bookstore is not overstocked on the title. Some old editions of textbooks will be bought back for onethird of the new price if a later edition of the book is published

YSU Bookstore director Chuck Sabatino said the bookstore will "continue to help reduce the overall cost of textbooks for all YSU students."

According to the YSU Bookstore Web site, the bookstore "is very aggressive in providing our students with the used texts they want," and has put nearly \$800,000 back into students' pockets by repurchasing their used textbooks.

If you want to know ahead of time how much money you will get back, you can go online to the YSU Bookstore Web site and click the "sell textbooks" button. You can check the price by entering the books ISBN number, which is found above the bar code on the book, and check the new or used

Students can shop for spring semester textbooks online and save an extra 10 percent, starting Dec. 16.

### College students arrested for not paying tip

Peter Mucha

BETHLEHEM, Pa. - It was an evening out that college students Leslie Pope and John Wagner will long remember.

Not only did they get what they called lousy service, they got handcuffed and arrested.

All over a \$16.35 tip. They were with a half-dozen friends at the Lehigh Pub in Bethlehem last month, so the establishment tacked what it called a mandatory 18 percent gratuity onto the bill of about \$73, according to reports.

Pope and Wagner refused

"You can't give us terrible, terrible service and expect a tip," said Pope, a 22-yearold Moravian College senior who's a Pottsville, Pa., native,

according to the Lehigh Valley

Express-Times.

They had to find their own napkins and cutlery while their waitress caught a smoke, had to ask the bar for soda refills, and had to wait over an hour for salad and wings, they told WCAU-TV in Philadelphia.

The pub, which was very busy that night, took the \$73, but then called the cops, who treated the matter as a theft.

The menu clearly states, "18 percent gratuity added to check of parties of 6 of more," and a similar message is printed on receipts, a pub employee said this morning.

A court date is scheduled for next month.

What would they do if it happened again? a reporter

"Honestly, probably gonna pay the tip anyway," said Pope, prompting Wagner, 24, a Lehigh University grad student, to laugh.

### Battle continues over Michigan's affirmative-action ban

Robin Erb

DETROIT-Michigan's ban on racial preferences in public university admissions and government hiring was in court again Tuesday, another step closer to its assumed destination: the doorstep of the U.S. Supreme Court.

"I don't see how they would give up, and we're not either," said George Washington, an attorney representing those fighting the ban.

Michael Rosman, attorney for the Washington-based Center for Individual Rights which has argued to keep the ban in place, agreed. Any decision by the three-judge panel that heard oral arguments Tuesday can be appealed to the full 6th Circuit Court, in Cincinnati, or to the nation's highest court. It would be up to those panels to decide whether they'd hear the

At issue is the decision by Michigan voters in 2006 to make illegal policies like those at the University of Michigan, where officials could consider race in admissions decisions.

For years, UM had argued that the policy helped build a diverse student body. In fact, the percentages of African-American freshmen and law school students have since

dropped among its freshman classes and law school students. Wayne State University medical school also has seen a dip in its numbers of African-American students.

But those who supported the ban countered that non-minority candidates were sometimes turned away to make room for less-qualified minority candidates.

Passed in the November 2006 election, Proposal 2 became parts of both the Michigan Constitution and a court docket. The first challenge was turned down last year after a U.S. District Court denied a request to rule the ban unconstitutional

UM asked the 6th Circuit to remove the university from the suit, while Michigan's Attorney General Mike Cox argued the will of the people through the 2006 vote \_ should

Meanwhile, Eric Russell, who filed a suit to prevent UM and other schools delaying the ban's implementation so that his application to UM's law school could be considered under the new law, is at WSU instead. His application to UM ultimately was turned down, but he said he found he liked WSU law school anyway.

He expects to graduate from WSU's law school in the

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### WHAT DO YOU THINK? SEND US AN E-MAIL

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### Do you think Heacock should've kept his job? why or why Not?



think should've been all right. The last few years they've had a lot of injuries. It wasn't really all his fault. I don't think he should've resigned." Jake Thomas



"I feel like he should've resigned. Our record is horrible. It's been bad for a long time."

Tawni McClendon



think should've been fired. But now he's gotta get on his grind and build a new prosomewhere else."

Bilal Abdlrasul



"YSU keeps losing so I think we need a new coach, 'cause we suck."

Amanda Gettings

### **HEACOCK** page 1

Because of that, he said he is still unaware of what the next step in the process is going to be, but added he knows it would involve putting a search committee together and "it would be quick."

With many school teams still finishing up their seasons, Strollo said it would be difficult contacting coaches immediately because of numerous distractions it could cause on both sides, but added having a new coach by Christmas isn't out of the question.

For Strollo and the entire athletic department at YSU, one thing that must be kept in mind would be coach's salary, especially if the new coach is coming from a bigger school competing in a higher conference.

"I think we're prepared to make some adjustments [in salary]. Obviously it will depend on the success of the candidate," Strollo said.

Filling the shoes of both Heacock and former head coach

Jim Tressel won't be easy, but Strollo said he knows what the qualifications of the new coach would need to be.

"Jon brought such a great quality, and it's hard for me to even begin how he's touched the student-athletes who have gone through here ... [but] there's going to be a lot of good coaches interested in this position," Strollo said passionately not only because of Heacock's early success, but also the success Tressel brought to the uni-

Strollo said he spoke with Tressel on Sunday about the situation, and added Tressel would be there for support and analysis in selecting a new coach.

'I asked him, obviously, can I bounce things off of you for advice because he knows that world as well as anyone," Strollo said. "I trust [Tressel] that he's going to make a decision on this issue that's the best for our

The recent resignation by Jon

Heacock has not only impacted the athletic department but also the city as well as the campus community, including YSU President Dr. David C. Sweet.

"I want to thank coach Heacock for his commitment and dedication to the football program, the university and this community," Sweet said in a press release on http://www. ysusports.com. "No one has worked harder, both on and off the field, to make YSU football successful. He has been a tremendous role model for his players and all scholar-athletes at Youngstown State.'

Heacock ended his career winning his final two games of the season, giving him 60 total victories during his tenure, including a trip to the NCAA Division I Football Championship Subdivision playoff semifinals in 2006. The playoff run earned the Penguins three nationally televised games on ESPN as

Rick Strollo addresses the media at Mondays press conference to discuss the upcoming coach search.

of Youngstown State University and, specifically, the YSU football family, excellence was defined in 'wins' and success defined in 'making a differ-"When we became a part ence," Heacock said in a press

release on http://www.ysusports. com. "On behalf of my family, through 16 years, the last nine as head coach, we have been blessed to share in both.'

### **ELEVATOR** page 1

She said that the elevator Thyssen-Krupp, company, immediately projects a halfhour wait time. The trapped professor said a Youngstown State University maintenance employee arrived well before Thyssen-Krupp, and that she was not even there when they arrived.

She said the employee was able to open the doors and she managed to escape the elevator.

Richards said a state safety inspector had checked and confirmed the elevator the day

Richards said the state inspector reported that no fault was found with the elevator during the inspection, and that the symptoms described are most likely to occur during the

first few runs of the day.

The Occupational Safety and Health Administration in

the U.S. Department of Labor states in article 1917.116 (c) that "no elevator or escalator with a defect which affects safety shall be used."

OSHA article 1917.116 (e) states that "the results of the latest annual inspections shall be posted in elevators." None of the elevators in DeBartolo Hall display any such maintenance records or registration certificates.

Richards said she has had numerous experiences with the elevator shaking at the basement level. She said that in her 16 years at YSU, the DeBartolo elevators have always been troublesome.

"I used to work in a 34-floor building and never had a problem. I can't believe these can't be fixed," Richards said, adding that she no longer uses any of the building's elevators.

### YOUNGSTOWN STATE UNIVERSITY **AFRICANA STUDIES PRESENTS**

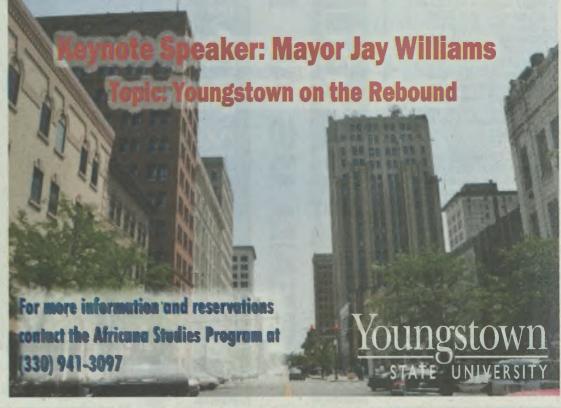
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Dinner: Adults: \$25.00 Students: \$10.00 Table of 8: \$175

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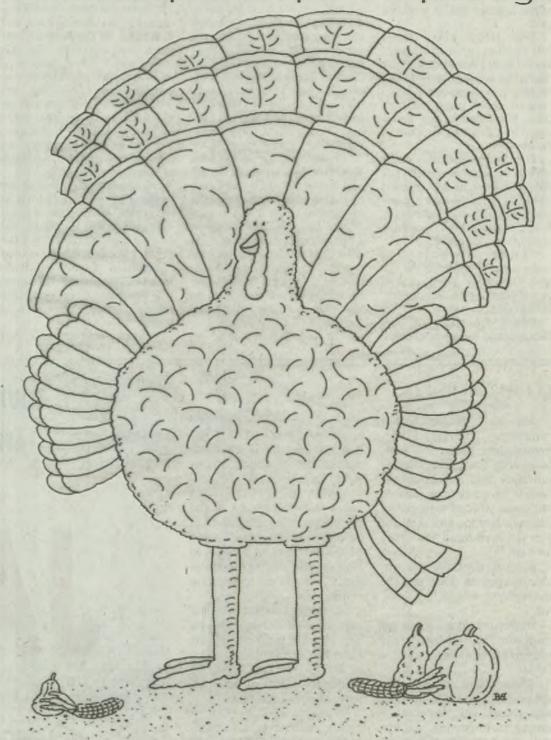
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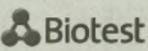
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Since being founded by Burke Lyden in 1931, The Jambar has won nine As-

### **OUR SIDE EDITORIAL**

# With change comes expectations

### **RELATED STORY**

Heacock, page 1
THE JAMBAR
EDITORIAL BOARD

With Jon Heacock announcing his resignation on Sunday, Youngstown State University is faced with two high profile job vacancies.

Now would probably be a good time for The Jambar to open up space in our classified section to advertise what we are looking for in a new university president and head football coach.

Both jobs are similar in requiring great leadership ability. Both jobs also come with some large shoes to fill.

In David C. Sweet's tenure as president, YSU has seen enrollment numbers, fundraising and grant totals rise.

Under Heacock's guidance, the Penguins won two conference championships, one playoff appearance and had two potential playoff runs dashed by a selection committee.

With all the successes of each individual, they also incurred challenges.

Sweet faced strikes by YSU faculty and staff in August 2005 and controversies involving former Vice President of Special Projects John Habat and most recently former ACE union head Ivan Maldonado

Melissa Mary

Ever since I can remember,

Growing up, I would tune

I've enjoyed British comedy.

into late-night PBS for its

BBC America feed. I was

drawn to British TV shows

like "Black Adder" and reruns

of "Monty Python's Flying

Circus"; shows like these were

the bread and butter of my odd

I found a wonderful ab-

surdity to British comedy and

could never understand why

people would use adjectives

such as dry and boring to de-

Over the past few years, the

Alas, an "unfair" exorbi-

tant "tax" has come and gone

without a peep from the out-

raged constituency. Perhaps,

as so often happens, outrage

did not translate into action,

but perhaps Reason eluci-

dated her position to the out-

raged in the night. The most

controversial Student Gov-

ernment proposal in recent

memory passed through the

body silently. It was a let-

down for some who had come

to the meeting anticipating

blood. The proposal brought

forth a Facebook hype and

spin machine great enough to

make Don King and Rupert

Murdoch jealous. The student voice of Youngstown State

University was also enthralled

in the "controversy." False

information and allegations

of issue-skirting were tossed

around like a two-dollar

whore. Hyperbole and anger

ran rampant over the Internet

and all we are left with is an-

other boring general meeting

and another half-baked con-

troversy. What lessons are to

be learned from this incident?

Was the silence of the general

meeting a sign of apathy or

Smith

**COLUMNIST** 

sense of humor.

scribe it.

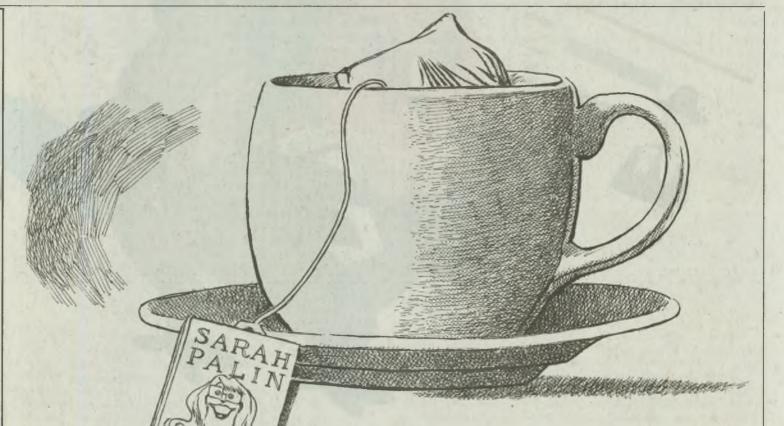
Heacock was chosen to replace a well-liked Jim Tressel in 2001, endured the transition into the Missouri Valley Football Conference in 2008 and ended his career at YSU with a 60-44 record, still in the shadow of Tressel's four national championships.

Whoever is chosen to replace both men, expectations are high. The new president will not only have to continue the university's successes, but expand upon them.

The new head football coach will be expected by fans to resurrect Penguin football to the glory of the Tressel era and do it as quickly as possible.

We wish them both good luck.





The views of this syndicated artist do not necessarily agree with those of The Jambar.

### Petting Zoo: Spacing out on Spaced

Brits' comedy has increasingly become more accepted by American TV viewers.

We even seem to enjoy copying their comedic formulas and sitcoms, as seen in the case of "The Office."

One surreal British sitcom that I kind of think fell under the radar in American TV culture is "Spaced."

First airing in 1999, "Spaced" was a mere two seasons (14 episodes) of geeky bliss. It came and went abruptly, but with its posthumous DVD box-set release, it's slowly begun to strike a chord with nerds everywhere, myself included.

Making pop culture references to "RoboCop," "The Omen," "Strontium Dog" and "Buffy the Vampire Slayer," "Spaced" stars Simon Pegg and Nick Frost, of "Shaun of the Dead" fame.

"Spaced" was the brainchild of Jessica Hynes and Simon Pegg, and was directed by Edgar Wright, director of "Shaun of the Dead" and "Hot Fuzz."

The show is smart, but not

pretentious, in its comedy. The scenes almost run into one another and the overall flow of the show feels like one, continuous "Python" skit.

Tim and Daisy, played by Pegg and Hynes, are down on their luck and freshly out of relationships.

Their break-ups leave them homeless, and upon a chance meeting at a local fast food diner, they decide to orchestrate a fake relationship in order to move into a couples-only flat.

The lengths they go to to fool their soon-to-be landlord, Marsha, are hilarious and include spending an entire day taking pictures together and remembering trivial information about one another.

"Spaced" is a sitcom, but not in the superficial "Friends" sort of way.

The cast of characters look like you and me.

Even in the show's absurdity, they are relatable and have their quirks: Brian, who lives in Tim and Daisy's apartment building, can only create art when he is unhappy. As soon

as he begins a relationship with Daisy's friend Twist, his creativity goes in the garbage.

Tim's friend Mike has a childlike fascination with being in the British Army, but cannot join because when he was little, Tim told him to jump out of a tree. The accident ended up detaching Mike's retinas.

Daisy is a struggling freelance writer whose laziness prevents her from writing or finding a job.

Tim is a comic book store employee who, in one episode, gets fired for yelling at a child for liking Jar Jar Binks.

Tim Bisley: Jar Jar Binks makes the Ewoks look like f-king Shaft.

While I do wish there were more shows of the same caliber as "Spaced," I enjoy the fact that it was one of a kind.

It was reminiscent of "Python," with the rock-and-roll surrealism of "The Young Ones," and yet offered something unique to most sitcoms: a little bit of heart.

### Letters to the Editor

was it the silence of a happy student body? I believe it to be the latter. When one looked at the original outrage toward the SGA Appropriations Budget Restructuring Project, all one saw was a misinformed populous. Students raging against a "tax" that wasn't even a tax. I believe that when students had the proper information, such as the fact that the fee will most likely be diverted from a mandatory tuition increase, the outrage was quelled and Reason took over as the master of the keystroke. Why are these kneejerk reactions to keywords such as "tax" becoming so prevalent? That is a question far too complex to undertake here, but at least a main factor is the lack of responsible journalism. Perhaps if the Jambar would have run a story with all the facts straight first, an angry and hurtful argument may have been avoided.

Zac Robbins

With all the attention that has been put on the proposed SGA Appropriations Budget (some have called this a tax) I felt it necessary to voice my opinion of it and my reason for said opinion. I am wholeheartedly for the fee that has been proposed, and I have several reasons for it. The first of these being this; there is an anticipated 3.5% tuition increase that is coming in fall of 2010, no matter how many facebook groups complain about it. SGA has proposed that this fee be INCLUDED in this increase, so in reality this would not be an increase that we would be seeing already. Unless the trustees alter this part of the proposal, students can only gain from this. The fee itself would gain a great deal from this; there has always been a shortage of funds that SGA has to give out to various student organizations in regards to funding;

this proposal would solve that. As a member of a couple of student organizations, this is great news. Student organizations on campus are always hurting for money for academic purposes. I ask students to actually read the proposal before they get caught up in protesting it. I believe this task to be easy because this bill is only 7 pages, compared to the 2,074 page bill that other bodies are dealing with now.

Jim Shaw

### **OUR SIDE POLICY**

The editorial board that writes Our Side editorials consists of the editor-in-chief, managing editor and news editor. These opinion pieces are written separately from news articles and draw on the opinions of the entire writing staff. 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. E-mail submissions are welcome at editor@ thejambar.com. Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification and the writer's city of residence for printing. Letters are subject to editing for spelling, grammar and clarity. The editorial board reserves the

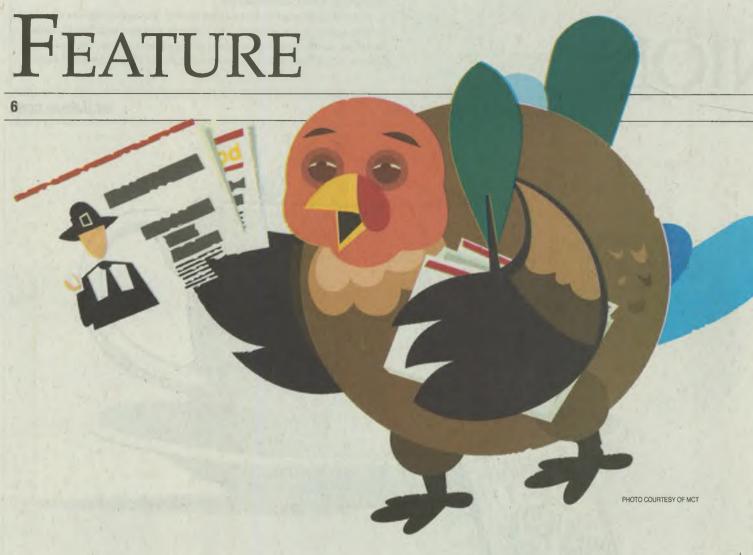
right to reject commentaries that are libelous or that don't defend opinion with facts from reliable sources. The editorial board will request a rewrite from the submitting writer based on these requirements.

Letters will not be rejected based on the view expressed in them. Letters may be rejected if they are not relevant to Jambar readers, seek free publicity or if the editorial staff decides the subject has been sufficiently aired.

The Jambar will not print letters that libelous, threatening, obscene or indecent. The Jambar does not withhold the names of writers of letters or guest commentaries.

ters or guest commentaries.

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### What are students doing this Thanksgiving?

THEJAMBAR.COM

"Working." -Corey Griffith





"Nothing, just another day."- Bryan Fencyk



"Eating. And playing drunk taboo with my family." - Candiss Owens



Spending time with my family."- Kara Roche

### Get HandsOn this holiday

Lamar Salter ARTS AND ENTERTAINMENT **EDITOR** 

So once again the holidays are upon us. Even before the snow falls, the usual scenarios are already underway: shopping, turkey cutting and holiday vacations. As with every year, stereotypical holiday themed television and movie marathons are now covering our airwaves with stories of charitable efforts and positive features of people helping in times of need. Giving back isn't just the subject of a feel-good story you see every so often on a cable station, for HandsOn Volunteer Network, a national organization that is with organizations around the country including Youngstown State University under Williamson College of Business Administration Dean, Betty Jo Licata, giving back is a 365-day-a-year ef-

Partnering with local non-

profit organizations such as the Salvation Army and the Boys and Girls Club of America, HandsOn works in organizing and setting up volun-

teer efforts for its affiliates. For social work and communication students, HansOn is a familiar organization.

Dr. Michael Murphy, a YSU social work professor, has his students in certain classes perform up to 30 hours a semester in volunteering efforts."There is no better way to get experience as a social worker than doing the real thing," Murphy said. "It's the best way to get out and understand the world around you."

Most, if not all of these students end up partnering with HandsOn.

Jennifer Maloney, an outreach coordinator for HandsOn, described the network as "giving nonprofit organizations the help they need to work with the community."

Described as the only volunteer center in the city, Maloney said HandsOn also helps nonprofit groups in networking and expanding. These endeavors include public promotions and organizing drives.

"We believe in promoting service at all levels," Maloney said.

For students who need community service on their resume or just interested in giving back to society, Maloney said HandsOn has a place

"We sit and talk with students and try to find a good fit for them," Maloney said.

Describing the process as an interview, Maloney said that HandsOn uses a student's educational field and interests as a canvas in choosing which service would best suit the

These services include volunteering at food and clothing drives, nursing homes or bell ringing for the Salvation

Army. If it doesn't sound familiar, it is more than likely you have seen volunteers standing outside of a local grocery store or restaurant repeatedly ringing a bell, hoping for a contribution.

"It's the easiest way to serve the community," Maloney said.

Even as the need for help rises as the economy falls, Maloney said the volunteer efforts remains the same.

'Obviously we've seen the need increase but we have also seen the community really step up and get involved," Maloney said.

While Maloney said she understood the challenges of taking time to help others, she said the end result is very re-

'This is your community, so you have a responsibility to take care of your community," Maloney said. "More importantly than that, you have the power to do something about what you see in your commu-

Healthy eating this holiday season can eliminate calorie overload



PHOTO COURTESY OF MCT

Chelsea Miller SPORTS REPORTER

According to the American Council of Exercise, a Thanksgiving dinner contains around 3,000 calories and 229 calories from fat, all in only one meal: For those who eat at more than one Thanksgiving meal, or eat leftovers, the results can be even more staggering.

On the ACE's website, Dr. Cedric Bryant, ACE chief exercise physiologist, stated that burning off the calories consumed in such a meal would be a difficult

"To burn off a 3000 calorie Thanksgiving Day meal, a 160 lb. person would have to run at a moderate pace for four hours, swim for five hours or walk for 30 miles.

Many people don't just stop at the meal, snacking throughout the day can lead up to a total caloric intake of 4500," he said on the Web-

Youngstown nutritionist University's Chyrstyna Zellers outlined a few tips for fighting the holiday's calories:

Eat breakfast.

Zellers said holding off for the big meal is not a good idea, and eating smaller portions will lower one's caloric intake. Eating a healthy breakfast and drinking plenty of water throughout that day lowers the risk of overeating later.

Exercise "Exercising that day gives you an edge later," Zellers said, adding that one can eat more that way.

Lower-fat cooking meth-

Zellers said cooking foods with ingredients lower in fat can make a big difference. She gave such examples as cooking baked sweet potatoes versus a sweet potato casserole, which is high in sugar. Also, eating skinless turkey is healthier. She said there are many recipes online for lighter versions of mashed potatoes and stuff-

ing as well.

Eat smaller portions Picking three favorites and not eating all the side dishes, Zellers said, can help lower calories consumed. "Make sure vegetables are a part of the meal to fill you

up,".she added.
"They have lower calories if there's not a lot of butter cooked with them.'

> Skip dessert Or save for the next day.

Zellers summarized that looking up the calorie counts ahead of time can help one plan for what he or she will eat. The food by itself is healthy, she said, but combining so many different side dishes is unhealthy, especially with all the butter and dressings.

"The problem is in hidden calories in a lot of casseroles. You don't know what's in them unless you make them yourself," she

Zellers said that another problem with the holiday is extending Thanksgiving with a whole weekend of

"Try to confine it to one meal and get back on track the rest of the weekend," Zellers said.



I am going home to Philadelphia to eat with my family. -Jonathon Harstine

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### **COMMENTARY**



A crowd of 12,493 watch the Youngstown State Penguins defeat the Illinois State Redbirds on Senior Day 30-18 on Nov. 14.

HOTO BY JOSH STIPANOVICH / THEJAMBAR

letes the past nine seasons to

### The search for a new coach begins

Keith Langford Jr. sports editor

Despite Jon Heacock's 6-5 mark this season and a record the past nine years of 60-44, Youngstown State University said, "Thanks, but no thanks," and showed him the door.

Youngstown fans are fanatic about their sports, and YSU football is at the forefront. The heat was turned on a season ago after the dismal 4-8 season. Injuries had a big part to do with the 2008 season but not with this season. Most of the Penguins starters have stayed healthy throughout this season.

When Heacock lost three straight after a 4-2 start, the writing was on the wall. With no playoffs for another season and no championship banner to go with the four banners from the 1990s, it was clear a move had to be made.

A record of 60-44 for most college head coaches would keep a job intact after nine seasons, but YSU is not most places. Because of the four national titles, which ranks them second in Football Championship Subdivision behind Georgia Southern, the fan base expects great things from the football team. If the team does not produce, fans point to the coach, as fair or unfair as it

sounds

Someone had to take the fall for the Penguins only sniffing the playoffs one time in the past nine seasons. Granted, some years the Penguins got overlooked, like in 2001 and 2005. They had eight wins both seasons, but were not selected for the playoffs.

This season was supposed to be one where the Penguins would overcome the injuries and the disappointing 4-8 record from 2008. A two-win improvement was not enough for Heacock to keep his job here. He most likely had to make the playoffs this season for his one-year option to be picked up for the 2010 season.

The Penguins play in the FCS and a 6-5 record gets you a long, cold winter to reflect on what went wrong.

Heacock's inability to beat Northern Iowa did not help the cause. Much like Lloyd Carr at Michigan being stifled year after year by the sweater vest after he had done the same thing to John Cooper before Jim Tressel got there, Heacock could not get it done against the Panthers. Heacock did not beat the Panthers one time going 0-9 against them. Not even in 2006, when the Penguins made the playoffs, did they beat the Panthers, losing 23-21 on Homecoming night.

The Penguins had the ath-

do great things. Under Heacock's watch, the Penguins have had 29 All-Americans. To reach the playoffs one time is a crying shame with all the athletic talent YSU receives from across the country. Heacock had all the resources to get it done, and for the most part, he did. Heacock's not a bad coach, as his record indicates. But the expectations of YSU football and the fan base were too much for Heacock. The constant comparison to Jim Tressel and what he did in the 1990s had to get to him somewhat, as he knew he would never live up to the Tressel name.



Senior Kelvin Bright rises up over a Kent State defender in their game against Kent State on Nov. 18th.

PHOTO BY SAM MARHULIK/THEJAMBA

### Penguins search for third win against Geneva

Chelsea Miller SPORTS REPORTER

Saturday's game against Saint Peter's College was another win for Youngstown State University as the Penguins led the majority of the game to defeat the Peacocks with a final score of 68-56.

The lead scorer for the Penguins was senior Kelvin Bright who put up 20 points for the Penguins, and shot 60 percent from the floor. Senior Sirlester Martin also played well, adding 11 points to the score.

Assistant coach Byron Thorne said red-shirt freshman Eddie D'Haiti would be the player to watch this year. Thorne said D'Haiti is the leading offensive rebounder

for the team, and that despite playing only about 15 minutes in the game, is averaging about 7 rebounds a game.

"It's [D'Haiti's] first year playing and he's doing a very good job," Thorne said. "He exceeded our expectations."

Saint Peter's led early on in the game until a lay-up by Darius Conley pulled the Penguins ahead 7-5. Saint Peter's eventually regained momentum with a 3-pointer to pull ahead 9-10, but the Penguins eventually overtook the Peacocks

The Penguins led the game in points off turnovers with 18 to St. Peters' 13 and had the largest lead by 17 with 4:48 left in the second half.

Thorne said Saturday's game was challenging since

the Penguins were traveling and played a tough team.

"I thought it was a really good win for our team,"
Thorne said.

The win evened out YSU's record to 2-2.

The Penguins next game is Tuesday, Nov. 24, against Geneva College in Beeghly Center. Geneva is 1-1 and Thorne said that he couldn't predict the outcome of the game. He said, however, that Geneva's players are talented.

"They're a very good shooting team," he said. "They have a pretty talented couple of guys that we will definitely not overlook."

### Kelly Pavlik tickets go on sale Wednesday

Keith Langford Jr. SPORTS EDITOR

Kelly Pavlik will fight in Youngstown for the second time in 2009 as he battles Miguel Espino. Youngstown State University's Beeghly Center will host the event, which is put on by Top Rank Boxing, on Dec. 19

Tickets for the fight will go on sale Wednesday at http://www.tickets.com. Tickets range from \$50 to \$250. If

tickets are not purchased online, they can be obtained beginning Nov. 30 at the YSU box office.

Shannon Tirone, executive director of Alumni and Events Management, said she expects a full house of more than 7,000 spectators at Beeghly Center.

"Pavlik's a hometown guy, and we are rooting for him to win and hopefully we can set the stage for that to happen," Tirone said.

Beeghly Center's capacity for basketball games stands at

6,500. Extra seats around the boxing ring and at floor level will bump up capacity to more than 7,000.

Tirone said Beeghly Center is a great location for the Pavlik fight.

"Beeghly's a great venue for us. It's not that big so it will be a great seat anywhere," Tirone said.

Reactions from YSU students were mixed. Some supported Pavlik and are excited about the bout, while others were not supportive of the hometown boxer.

Freshman Drew Leslie likes the idea of Pavlik fighting in Youngstown.

"I think he's a high point for Youngstown. It ought to be a good fight and I back Pavlik the whole way," Leslie said.

Vince Wells supports the

Pavlik fight as well.

"I wish I could go, but I am glad. I support the fight being at YSU. It's good for Pavlik to fight in front of a home crowd with the fan support," Wells

Sophomore Mary Alexander can't attend the fight, but

"I am probably not going, but I think it's a good thing for

YSU," Alexander said.

Matia Gilbert doesn't support Pavlik and said she thinks

he's on the decline.
"I think it's wack. How do you go from the big league to fighting at Beeghly?" Gilbert

Additional reporting by Jeff Mamounis