

Downtown Businesses Collaborate for Discount Card



PHOTO BY GABBY FELLOWS/THE JAMBAR.

GRAIG GRAZIOSI
grgraziosi@student.yсу.edu

Twenty downtown Youngstown businesses began offering year-long discounts Saturday following the release of the “Downtown Discount Card.”

Phil Kidd, associate director of Youngstown CityScape, pitched the idea at one of the organization’s fundraising meetings.

“The idea of doing something like this has floated around downtown for a few years with different organizations, but no one really did it,” Kidd said. “I joined CityScape this year and I sat down with the executive director, Sharon Letson, and

we started thinking of fundraiser ideas, and I thought that this would be a really good one because no one’s done this yet and everyone seems to have thought it was a good idea.”

The card offers discounts to 20 downtown businesses, including the MVR, the Avalon and Pressed Coffee Bar and Eatery.

Mike McGiffin, coordinator of downtown events and special projects for the city of Youngstown, works as a liaison between the city government and the businesses downtown. In his view, the move toward collaboration of the downtown area is a positive sign of growth.

“The individual establishments are able to see how working together and building a cohesive atmosphere can benefit them as individuals, and it creates an opportunity for everyone to flourish,” McGiffin said. “It makes sense, and it makes us look better as a whole. It’s a simple topic of community that’s really driving this. I think it’s great.”

Proceeds from the card — which costs \$10 — will go toward Youngstown CityScape’s beautification efforts.

“Every year — this year it’ll be June 4 — is our Streetscape day where we buy the materials for all the

different landscaping areas — over 50 different areas throughout the greater downtown area — plus help the neighborhood groups out,” Kidd said. “So, the funds from [the discount cards] will help to support that because we have to do a ton of fundraising every single year for that event.”

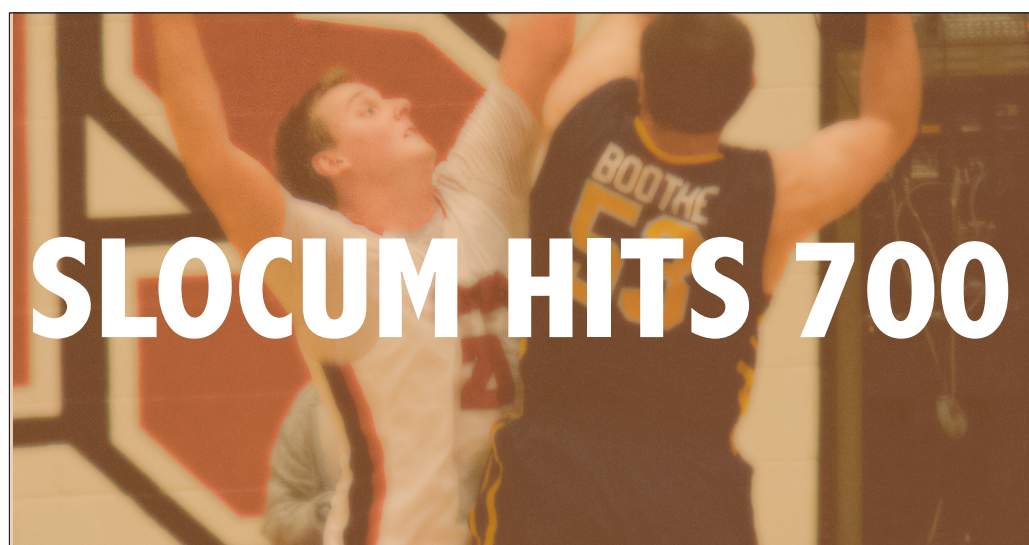
Beyond providing funding to Youngstown CityScape, the cards may also draw more business downtown.

“The buyers [of the cards] that I see purchasing the cards are people who are already spending money downtown and will use it to eliminate some of their daily expenditures

down there, and the other type of buyer is someone who wants to spend the money downtown and frequent downtown and uses the card as an incentive to do so,” McGiffin said.

The cards can be purchased at the MVR, OH WOW! The Roger & Gloria Jones Children’s Center for Science & Technology and both Youngstown CityScape and Youngstown Nation’s storefronts and online stores. The discounts offered are valid through next November.

DISCOUNT CARD
PAGE 3



YSU REBOUNDS PAGE 6

PHOTO BY DAN HINER/THE JAMBAR.



We sat down with Ashley Orr to discuss her being named Youngstown State University’s first Rhodes Scholar. You can find the video of our conversation on www.TheJambar.com

PHOTO BY GRAIG GRAZIOSI/THE JAMBAR.



Amy Cossentino, director of the Honors College, addresses students in the Ohio Room as part of Student Government Association’s Last Lecture series.

PHOTO COURTESY OF STUDENT GOVERNMENT ASSOCIATION.

ADVERSITY
PAGE 3



VISIT THEJAMBAR.COM
For information on breaking news as well as complete access to these stories and more.



Like us on Facebook!
Facebook.com/thejambaratYSU

Follow us on Twitter!
Twitter.com/TheJambar

The Jambar Advertising

PHONE 330-941-1990

EMAIL jambarad@gmail.com



PHOTO BY DOM FONCE/THE JAMBAR.

YSU students stand together after presenting their advertising campaigns for a Pittsburgh AdFed contest at Point Park University.

YSU Students Pitch Winning Ad Campaign

DOM FONCE

DomFonce@gmail.com

Future advertisements for Girl's Hope — a non-profit organization helping teenage girls by providing them with nurturing homes — may feature the work of Youngstown State University students.

On Nov. 20, AdFed of Pittsburgh named the Marc USA group, including YSU students Jamie Bogdan and Mackenzie Sturtz, winners of its 2015 competition.

Eight students were broken into six groups with students from other universities to create advertisements for Girl's Hope earlier this semester. Nathan Unger, Deanna Cameneti, Bogdan and Sturtz made it to the semifinals.

The students worked for advertising firms in Pittsburgh — Unger and Cameneti worked with Garrison

Hughes while Sturtz and Bogdan worked with Marc USA.

"I'm still in utter shock. I mean, I know we had a great proposal, but we also had really good competition from team Garrison Hughes," Sturtz said. "Overall, I'm really glad and excited it all came through at the end. We put a lot of effort and hard work to get to first place."

She said she hopes Girl's Hope will use bits and pieces of it, if they decide not to use their whole project.

"I'm not really sure what the client's plan is with the campaign we came up with. Our goal was to raise \$1 million with a \$500 budget," Sturtz said. "It's a really great organization that deserves the funding and recognition within the community."

Bogdan said her team winning should bring some recognition to YSU.

"It felt really great to win. We put a lot of effort into our campaign, and it was really nice to see the hard work pay off," Bogdan said. "It was really great to have been part of something big and to get YSU's name out there."

She also said she believes in Girl's Hope's mission.

"We did not really get to know the client, but I really like what they stand for and what their mission is," Bogdan said. "I am really proud to have gotten the opportunity to have worked with them and what they represent."

Inside Thayer Hall on Point Park University's campus, the two semi-finalist groups stood on stage to present their projects to around 30 people, including Girl's Hope representatives.

After the presentations, Rebecca Senneway, director of the Education Com-

mittee for the Pitt AdFed, said that one of the main reasons that YSU students have been successful in the Pitt AdFed contests is because of Rich Helfrich, a YSU assistant professor in graphic and interactive design.

"When you have [a] professor, like Rich, that's willing to support the program, we get the best students," Senneway said. "He's looking out for his students, he made first contact with me to get involved, and clearly goes out of his way for his kids. I think he's a gem."

Senneway said one of the greatest advantages of the Pitt AdFed Contest is to have students work with the agency's professionals and other mentors from the AdFed Board of Directors.

"These nine or ten students are in a room with an agency all day and these agency folks know their names," Senneway said.

"They have made such a strong network connection, and several students, over the past five years, are employed locally, have stayed in the area, after they've graduated."

Senneway said that the Pittsburgh AdFed Contest winners will get resume reviews by some of the advertising professionals involved.

"And I send all of their final resumes out to our entire board, which really spans the agencies, the production companies, the media outlets, of this community's professionals," Senneway said.

"So, if one of the students I worked with — they were so smart, and strong and such strategic thinkers — that if any of them came to me wanting to introduced to a professional, I'd have no problem doing so."

World AIDs Day Observed by YSUnity

GABRIELLE FELLOWS

gfellows@student.ysu.edu

YSUnity is holding a campus-wide event to raise awareness for HIV/AIDS on Tuesday.

From 10 a.m. to 3 p.m., statewide, national and local organizations will set up tables in the common area of Kilcawley Center for an organization fair. There will be rape crisis center information, suicide prevention center information, free HIV testing in the James Gallery and general support and information for the LGBT community.

A candlelight vigil will be held from 4-5 p.m. at Tradition Rock with Youngstown State University campus minister, Garret White. The event will wrap up with a safe sex discussion from 5-7 p.m. in the Jones Room of Kilcawley Center.

Liza Ronquillo, vice

president of YSUnity, said that the point of the entire event is to educate students about safe sex.

"We usually have a lot of safe sex talks and tables because it's unbelievable how people are still uneducated on safe sex and diseases. Our work here is not done — education, awareness, that's the whole point ..." Ronquillo said. "When we educate and make people aware of the prevention tactics, we can make the world a little bit of a better place for those around us."

YSUnity President Tim Bortner said that he thinks getting over the initial embarrassment of talking about safe sex is the first, and most effective, step in preventing disease and illness.

"There are a lot of people who are [nervous talking about safe sex] and asking for condoms. I'd rather people ask for them than not ask for them and then having unprotected sex and

finding they're HIV positive," Bortner said. "When we first started giving condoms out, nobody wanted to take them from me. Now I'm pouring bowls of them into people's book bags, because we have large Tupperware full of them. No worries, we have lots. As long as you're using them, take them."

HIV stands for human immunodeficiency virus. The virus targets specific cells in the body called CD4 cells, which help the body fight disease and infection. AIDS is the final stage of HIV and is formed when the HIV virus goes untreated or undetected for too long in the body. At this stage, bodies are unable to properly fight infection and typically survive about three years after diagnosis.

According to AIDS.gov, while some people experience flu-like symptoms around two weeks after they contract HIV, many people experience no symptoms at

all, and only begin to feel ill after their infection progresses toward AIDS.

While Ronquillo said she thinks education about HIV/AIDS is the main goal of YSUnity's event, she also wants to focus attention on promoting safe sex.

"People feel ashamed or embarrassed. That's why I just try to approach people, just like, 'Hey, have you ever thought about this?' Just engage them in casual conversation, whether it's safe sex, LGBT or World AIDS Day," Ronquillo said. "I have a lot of fun just casually talking about things with people and educating them in a way that's simple and fun. Talking about prevention and safe sex. That's why we give out condoms. Keep yourself safe. One smart decision can keep you so safe."

Bortner said that in addition to bringing free HIV/AIDS testing to campus, he's also looking to bring free STD testing as well.

"I want to find a place that does free STD testing. Yes, you can get AIDS and HIV, but you can also get a bunch of other stuff," Bortner said. "So, I want to find a place that will offer free testing for the other things to campus. That's my goal next semester."

Whether it be talking about rape, suicide, STDs or safe sex, Ronquillo said she and YSUnity as a whole want to keep talking about the sensitive subjects with and to students who have questions.

"We aren't afraid to say, 'OK, I hear someone has a question, send them to our organization.' I'm always available for a conversation," Ronquillo said. "You don't even have to be a member, it's just important to be in conversation with someone. Keep the conversation open."

JAMBAR STAFF

EDITOR-IN-CHIEF:

Graig Graziosi 330941.1991

MANAGING EDITOR:

Gabby Fellows 330941.1807

COPY EDITOR:

Amber Palmer 330941.3758

NEWS EDITOR:

Justin Wier 330941.1989

ARTS & ENTERTAINMENT EDITOR:

Billy Ludt 330941.1913

SPORTS EDITOR:

Daniel Hiner 330941.1913

ASSISTANT NEWS EDITORS:

Lauren Foote 330941.1989

WEB MANAGER:

Alyssa Pawluk 330941.1807

ASSISTANT WEB MANAGER:

Lexi Rufener 330941.1807

DESIGN EDITOR:

Gwenasia Gadsden 330941.1807

ASSISTANT DESIGNERS:

RJ Mikolaj 330941.1807

Kolby Brown 330941.1807

SALES MANAGER:

Christiana Young 330941.1990

COLUMNIST:

Jordan McNeil 330941.1913

Gino DiGuilio 330941.1913

ASSISTANT COPY EDITORS:

Sara Pompeo 330941.1913

ARTS & ENTERTAINMENT MULTIMEDIA EDITOR:

Alan Rodges 330941.1913

MULTIMEDIA REPORTERS:

Scott Williams 330941.1913

Ashley Custer 330941.1913

SPORTS REPORTERS:

Will Clark 330941.1913

Andrew Zuhosky 330941.1913

Jeffrey Brown 330941.1913

GENERAL ASSIGNMENT REPORTERS:

Dom Fonce 330941.1913

Samantha Philips 330941.1913

Laura McDonough 330941.1913

BUSINESS MANAGER:

Mary Dota 330941.3094

ADVISER:

Mary Beth Earnhardt 330941.3095

EMAIL thejambar@gmail.com

FAX 330941.2322

Cossentino on the Upside of Adversity

JUSTIN WIER

jcwier@student.yzu.edu

On Nov. 19, Amy Cossentino, director of the Honors College, delivered an emotional — at times teary — Last Lecture about overcoming adversity in Kilcawley Center’s Ohio Room.

Last Lecture is a semi-annual event hosted by the Student Government Association in which professors or administrators answer the question, “If you could give students one final lecture, what would you tell them?” The speakers are nominated by SGA’s Academic Affairs Committee and voted on by the student body.

Cossentino recounted a number of struggles she has dealt with in her life and explained how they presented opportunities for personal growth. She said she learned this from her late father.

“Growing up, I became aware of how my dad went through something very difficult but turned it around to make it positive,” Cossentino said.

As a child, Cossentino struggled with a medical condition that caused her to frequently break out in hives. It led to her being cut from the cheerleading

squad in fifth grade. She doubled down and started playing basketball and softball, excelling at both.

“This is how powerful a message is when somebody tells you [that] you can’t do something,” Cossentino said.

She worked through these issues and made it to adulthood, even though doctors suggested that wouldn’t happen.

In college she bounced from major to major before finding a home and a mentor in the psychology department. She stressed the importance of nurturing relationships with advisers.

“People can help to open a door for you that you may not be able to open, but you’re going to have to walk through that door,” Cossentino said.

Cossentino decided to pursue a Ph.D. while working and raising a child. When her adviser became ill and told her he needed her dissertation in a month, she said her 6-year-old became her cheerleader.

She said her son asked her what she was doing one night as she took her contacts out and got ready to go to bed.

“He said, ‘Missy, your adviser needs to retire, and he is sick. You need to go back, get those contacts in

and get this written,’” Cossentino said.

She said students should build support systems and accept feedback without taking it personally.

As an adult, she continued to struggle with health problems. Heart problems led Cossentino to pursue a plant-based lifestyle and eliminate animal proteins from her diet.

She said she questioned what doctors told her and thought critically without relying too much on others.

“We are individuals, and what is right for one person may not be right for another,” Cossentino said.

Her independence was challenged when she broke both hands in a recent car accident.

“It was very humbling, especially for me,” Cossentino said. “I went from being the caretaker of my child to my child being the caretaker of me.”

She said while students are healthy they need to be preparing for the worst while they hope for the best.

“If you spend time investing in other people, when it comes time to make a withdrawal, you can,” Cossentino said.

The last challenge she discussed was the death of her father, a figure she described as larger than

life. He was an athlete who served in the Navy and worked for General Motors.

She said her father was very giving of his time, and even in his last hours as he helped her with some of her work.

“He was still trying to find purpose in life, even at the end of life,” Cossentino said.

She closed the lecture by passing bells out to everyone in attendance. When Navy Seals retire they ring bells three times — it’s called ringing out.

After everyone received a bell, she instructed attendees to focus on their support system and remove the paddle from the inside of the bell.

“This is your commitment to yourself that you’re not going to ring out,” Cossentino said. “I want you to think about every time something is miserable. Put it into perspective, and don’t you dare ring out.”

Jacob Schriener-Briggs, executive vice president of SGA, introduced Cossentino. He said the lecture got to the crux of who she is as a person.

“A lot of the message today, and one she gives to people whenever they meet is one of resilience,” Schriener-Briggs said.

NEWS BRIEFS

YSU Professors Co-author New Book

Donna DeBlasio and Martha Pallante, two Youngstown State University history professors, co-wrote their latest book, “Italian Americans of the Greater Mahoning Valley.” The book focuses on how Ohio’s Mahoning Valley, with its burgeoning iron and steel industry, became a magnet for immigrants from southern and eastern Europe in the early 20th century.

Carols and Cocoa Concert Dec. 2

Youngstown State University’s Dana School of Music will present their annual Carols and Cocoa concert, along with the Dana Holiday Concert, on Wednesday, Dec. 2 at 7 p.m. at Stambaugh Auditorium. Tickets are \$11 for adults, \$6 for students from other schools and senior citizens and free for children under 12 and YSU faculty, staff and students with a valid YSU ID. They can be purchased at the Stambaugh Auditorium Box office, by calling 330-259-0555 or online at www.stam- baughauditorium.com.

CLASSIFIEDS

HOUSING

YOU'RE THE ONLY ONE

Licensed and Inspected one-bedroom apartment includes all utilities, appliances and laundry. Plus ADT, cable, dual broadband Internet. From \$695. Call Chris 330-743-7368.

IT TAKES TWO

Licensed and inspected two-bedroom apartment includes all utilities, appliances and laundry. Plus ADT, cable, dual broadband internet. \$455 each. Call Chris 330-743-7368.

HOUSING

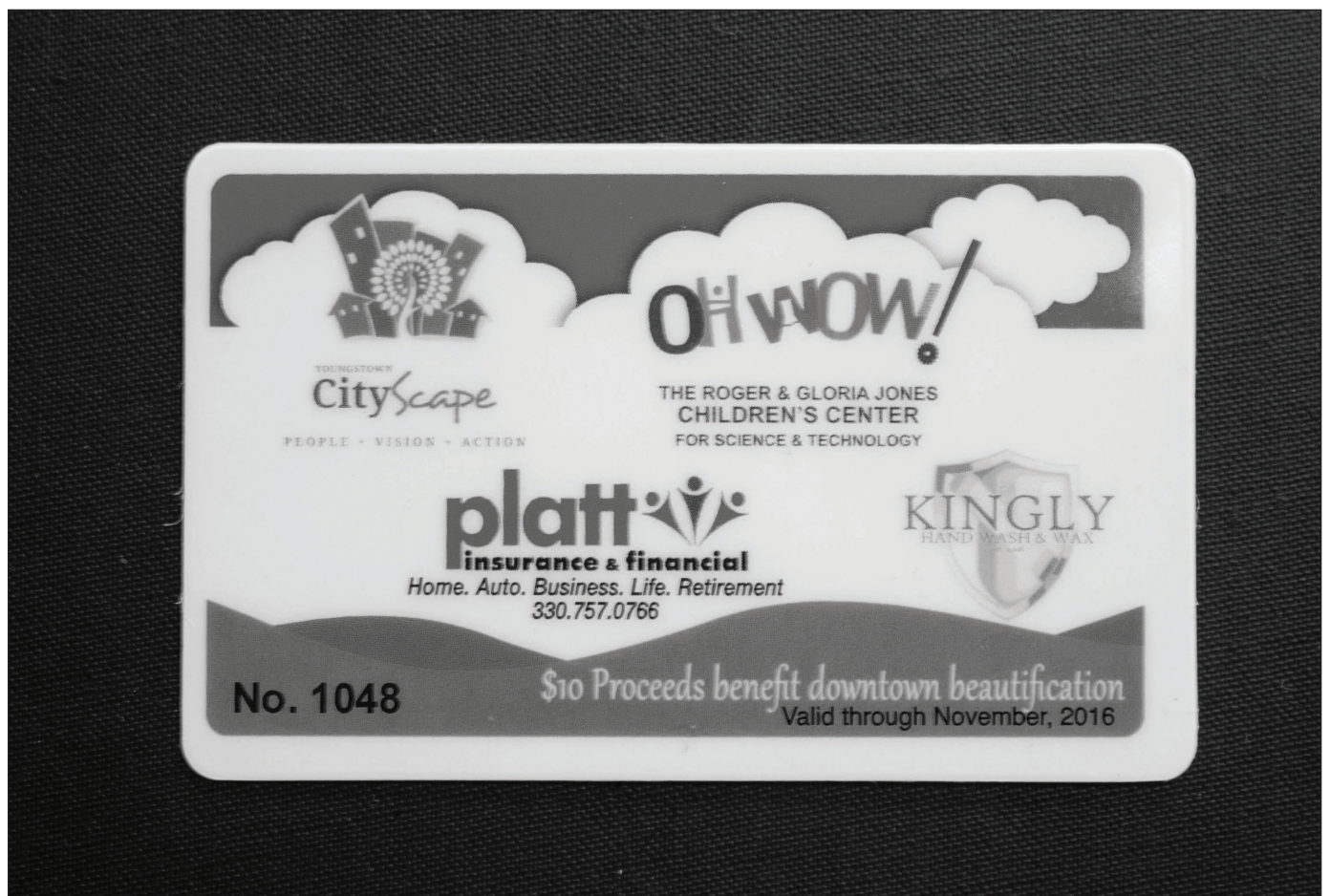
Residence for 3 to 4 students. Just off campus. Includes utilities, laundry, private parking lot. TV hookup. Licensed and inspected. \$300 a month each. Call 330-755-7986.

OTHER

Need Birth Control, Plan B, Pap Smear, STD Test, 3D/4D Ultrasound, Pregnant?
Dr. Hill, 1350 Fifth Ave., near YSU campus, all insurances, walk-ins. 330-746-7007, askthedoctor@aiwhealth.com, answered confidentially.

HELP WANTED

HELP WANTED
I would like to hire a graphic design student. I need design work and margin specifications for a book. Please email peninsulaheaven@gmail.com



DISCOUNT CARD FRONT

PHOTO BY GABBY FELLOWS/THE JAMBAR.

Deals Offered

- 10% off total bill at Avalon Downtown
- Free cookie with lunch (Mon-Fri)/\$1 off Saturday breakfast at Café Augustine
- Free fountain drink or ice tea with meal purchase at Cassese’s MVR
- \$5 off \$20 purchase at Christopher’s Downtown
- Buy one/get one free sandwich at McDonalds (5th Ave)
- 10% off total bill (excludes alcohol) at Fifth Floor Restaurant
- 10% off total bill at Friends Specialty
- 10% off total bill at Joe Maxx Coffee
- One free service with car wash at Kingly Car Wash
- Buy one/get one free admission to Arms Museum or Tyler Center
- Two admissions for \$14 at OH Wow! Children’s Center for Science & Technology
- One traditional cookie with ice cream purchase at One Hot Cookie
- 10% off your food order per visit at Overture Restaurant at DeYor
- Receive a \$10 downtown restaurant gift card with new quote at Platt Insurance
- Free select baked good with purchase of large drink at Pressed Coffee & Eatery
- Free soft drink with entrée purchase at Roberto’s Restaurant
- \$3 off \$15 purchase at Sandy’s Deli & Catering (Downtown YMCA)
- 10% off total bill at The Soap Gallery
- 10% off total bill (excludes alcohol) at V2
- \$5 off purchase of \$30 or more at Youngstown Nation

CHICKEN DINNER, \$8.00
Wednesdays, 1130 AM-1PM
 BAKED CHICKEN (LIGHT OR DARK)* SALAD*
 VEGETABLE*MASHED POTATOES & GRAVY*
 BREAD*DESSERT AND “BOTTOMLESS” COFFEE OR TEA
St. John’s Episcopal Church
 323 Wick Ave.- across Wick from YSU’s Jones Hall
 For preorder or take out call 330.743.3175



Passion for Fashion



FERVENT ADEPTE DE LA MODE/DARIA WEBOWY BY BILL BASS IS LICENSED UNDER CC 2.0.



NEW YORK FASHION WEEK FALL 2007: DOO RI BY ART COMMENTS IS LICENSED UNDER CC 2.0.

NATALIE HOELZEL

nnhoelzel@student.yosu.edu

Fashion Week is among the biggest fashion events in the world, and Megan Wagner, a Youngstown State University graduate, landed herself in the middle of it.

Wagner graduated from YSU in 2008 with a degree in Fashion Merchandising. After graduation, she was hired as an intern for Bill Blass, a fashion company whose fashions were often seen on Nancy Reagan and Lynn Wyatt.

Wagner's job during Fashion Week was to make sure the brand's models were dressed properly for their strut down

the runway. With an average of 125,000 people gathered in Manhattan, New York to view the new fashions, Wagner said she felt the pressure to achieve perfection.

"You really are forced to learn time management, along with being attentive," Wagner said. "I had to constantly pay attention to what I was doing and make sure I did everything right the first time around. Although it was exciting to be a part of it, it is hard to take everything in while making sure all my duties were fulfilled properly."

Priscilla Gitimu, the coordinator for the fashion and interiors merchandising program, said that Wagner has worked incredibly hard to bring her

love for fashion to life.

"Megan's love for fashion was more than obvious," Gitimu said. "It's inspiring to find what you love to do and go after it."

Gitimu and Tacibaht Turel, associate professor of fashion and interior merchandising, have worked together to bring a more positive learning environment to YSU when it comes to fashion and its inner workings.

"Our fashion department represents good, healthy bodies and how to take care of them," Gitimu said. "The fashion world is full of underlying statements such as how skinny you need to be or how you have to dress to fit in, but YSU's program increases more positive energy.

It teaches students to love the body they have and rock it."

Students can pursue a major or minor in fashion and interiors merchandising from the department of human ecology in the Bitonte College of Health and Human Services.

All students in the program are required to complete an internship before graduation. Internships can range from working at a retail store nearby to, in Wagner's case, working with designers and brands in New York's Fashion Week.

After graduation, students have found jobs as fashion coordinators, wardrobe or image consultants, sales representatives, store or boutique managers, and marketing or retail-

ing managers, as well as many more.

Turel said that the Fashion programs at YSU not only teach its students the business side of the industry, but also the creative aspects.

"We mostly teach about the business aspects of fashion, such as merchandising management or the technical aspects of textiles. Most of our classes don't have a design focus ... but I'm amazed with some of the incredible products our students produce," Turel said. "... I love the creativity students bring to class. Courses ... have very long lab hours, but time goes quickly when students [love what they do]."

The Healthier Alternative



PHOTO BY GABBY FELLOWS/THE JAMBAR.

ASHLEY CUSTER

akcuster@student.yosu.edu

Mitchell Joseph, Youngstown State University graduate of 1969, created a unique, healthier alternative of an energy drink.

The Joseph family has lived in Youngstown for nearly 100 years. In the 1920s, the family owned a company in Youngstown called Star Bot-

tling Group. The company distributed drinks such as Squirt and root beer in Ohio.

"It is a glorified vitamin drink if energy drinks did not exist," Scott Berger, executive vice president of West Coast Chill, said.

During the growth in popularity of energy drinks, it came to Joseph's attention that drinks such as Monster and Red Bull contain a high amount of sugar and caffeine. Joseph said he thought that was

a problem.

"He wanted to create an energy drink that was healthier and that he would let his children drink," Berger said.

West Coast Chill Pure Energy contains no sugar, no caffeine and no artificial sweeteners or flavors.

"It costs more to produce drinks without these ingredients, and the company makes less of a profit, but the drink has received great support from companies such as GNC and

Walgreens," Berger said.

West Coast Chill is the official energy drink of YSU. According to Rick Love, assistant director of Athletics, the drink is available at the concession stands at all Penguin Football and Men's and Women's Basketball games.

West Coast Chill is distributed by the Heidelberg Distributing Company. Berger says with hope of adding a new distributor in Ohio, YSU students can expect to see the drink coming

to new locations near campus soon.

President Jim Tressel admits he is a supporter of West Coast Chill, saying that he prefers mixing the energy drink with iced tea before consuming.

"What I like most about the drink is that it is ours, being that Mitchell is a YSU alumnus. I am proud of him," Tressel said. "I never drank energy drinks before this. I like that West Coast Chill has a softer taste."

EDITORIAL

Addressing the Elephant on the Rock

We didn't have an article about ISIS graffiti on Tradition Rock.

To be honest, we don't have much more information than what has already been released by other numerous news outlets. Shannon Tirone, associate vice president of University Relations, told us the University had Arabic experts examine the graffiti. They determined there were inconsistencies that made it unlikely that the person spoke the language.

It's also odd that a notoriously violent terrorist organization would confine their graffiti to the one area of campus where graffiti is allowed.

We could have tried to contextualize it by talking to campus experts on conflict and extremism, but that's giving more weight to what was most likely a prank by some disrespectful kids.

That isn't to discount the fear that students experienced. It's certainly not to deny the discomfort international students reportedly felt while walking around campus in the wake of the event.

In an interview with The Washington Post following the Boston Marathon bombings, security expert Bruce Schneier said that terrorism is a crime against the mind.

"The message of terrorist attacks is you're not safe, and the government can't protect you — that the existing power structure can't protect you," Schneier said.

Terrorism makes us feel more vulnerable than we actually are. The number of people who died during the attacks on Paris die each week of gun violence in the U.S. Yet, the

majority of us aren't paralyzed by a pervasive fear of gun violence.

Schneier's subsequent statement is even more telling.

"I tell people if it's in the news, don't worry about it. By definition, news is something that almost never happens," Schneier said. "The brain fools you into thinking the news is what's important."

As journalists, we cover things that are rare; everyday events don't catch people's attention. If we're focused on it, it's probably not something you need to worry about happening everyday.

At the same time, there is the risk that we give too much time to something that doesn't deserve it. And when we constantly relay the messages painted on the rock, we do a service for those who defaced it.

At the most recent Student Government Association meeting, Jacob Schriener-Briggs, executive vice president of SGA, said a local news outlet bumped coverage of Ashley Orr being named a Rhodes Scholar to cover the graffiti on the rock.

We're not going to do that. We're a week removed from the event, and there's no reason to believe the threat was credible. Until they identify suspects, there is nothing new to report.

We'd rather draw your attention to the downtown business collaborations, students winning advertising awards and Amy Cossentino's Last Lecture than help some idiot kids by relaying their message of hate.

.....THE..... JAMBAR COLUMN

Letter to Myself During Finals Week

JORDAN MCNEIL
jemcneil@student.ysu.edu

Okay, here it is: finals week. You've got this, you really do. This semester isn't going to be like previous ones — I mean, at least not any more than it already has with the procrastination and poor time-management skills. This is the chance to redeem yourself, to finally change your bad school-related habits.

It'll be easy. Just log yourself out of Netflix, don't sit anywhere near a videogame console and keep your phone on silent and away from you. I mean, that's what everyone's been telling you since undergrad, so there's got to be some truth to it. It can't hurt to try it, anyway.

Okay, so maybe it won't be such a breeze to accomplish. I know it's hard to keep up motivation this late in the game — winter break is almost literally within sight, and all you want to do is be there already, sleeping in and finally reading for fun and watching adorable videos of baby goats.

Trust me, I understand. There are so many things that sound more appealing than sitting down at your computer for hours whittling away at long, final papers, or than curling up with a textbook and notes studying for what seems like forever for one 3-hour test. I get it. But this week is standing in your way regardless, so you may as well try to tackle it the best you can.

Now, I'm not saying you can't do some fun things during this week too. It's all about moderation. Finish writing six pages in one sitting? Reward yourself with an episode of your favorite TV show, or maybe a chapter of that novel that's been sitting neglected this semester. Studied for four hours straight so far? Put it down for a little bit and play a short game, or maybe go out with some friends for a short social hour and coffee. Taking breaks during this stressful week is healthy and important — just don't let them become the only things you're doing.

Sleep is also important. I mean, it always is, but especially so at the moment. Your brain and your body need the sleep to recharge on a regular basis. Don't pull an all-nighter with zero sleep to finish your paper or study for a test happening the next day unless you have no other choice. I know from experience that your body will hate you for it later. If you have to pull long hours, try to squeeze in at least a couple hours of sleep in there somewhere to give yourself a rest. You'll be no good at that presentation or test if you're falling asleep during it.

You can do it; you possess the ability to make it through this finals week at least relatively unscathed. Then you'll finally be on break and can take that handful of weeks to relax. But first, finals week.

You've got this.

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.

History Lessons on Campus

The following editorial appeared in the Los Angeles Times on Friday, Nov. 20:

The recent protests by college students across the country are mostly about racial insensitivity and charges of discrimination and mistreatment on campuses today. But there also are complaints about what students see as symbolic vestiges of a racist past. Some of these objections are more valid than others, but even the worthy ones raise difficult questions for institutions that revere tradition but also have obligations to the current generation of students.

Last week, Princeton University announced it would no longer refer to the heads of its residential colleges as "masters," a term inspired by the ancient universities in England. Dean of the College Jill Dolan said the title "heads of college" better captures "the spirit of their work and their contributions to campus residential life."

Maybe so, but the name change also was a response to a concern, also voiced at Yale, that the term "master" is racially offensive because it could be associated with slavery. Princeton President Christopher L. Eisgruber seemed to allude to that fanciful theory when he said that the word "master" had "discomfited some students, faculty and the heads of college themselves." Never mind that the title of master of a college has no more to do with a slave master than it does with a master chef. (It is more similar to master's degrees, which presumably Princeton will continue to confer.)

Much less frivolous are demands that colleges rename buildings or programs identified with historical figures who supported slavery or segregation. At Yale, some

students want the university to find a new name for Calhoun College, named after the 19th century politician John C. Calhoun, a Yale graduate, U.S. senator, vice president — and one of the nation's fiercest defenders of slavery. At Princeton, a group known as the Black Justice League has called for the name of Woodrow Wilson, the 28th president of the U.S., to be stripped from a residential college and the Wilson School of Public Policy and International Affairs.

It's certainly understandable that African American students would feel uncomfortable residing in a college named for Calhoun, who is best known for championing the slaveholding Southern states. Wilson is a more complicated case. Historians say he harbored racist views, and note that as president he resegregated the federal workforce. Yet his legacy is much larger and includes his role on the world stage. A former president of Princeton, he is also a more significant figure in that university's history than Calhoun was in Yale's.

We can see why African American — and other — students object to honoring historical figures who held noxious views about race. Yet the sad reality is that the United States has a long history of racism and many of its founders were slaveholders. There is no easy answer to the question of whether or when the names of racist historical figures should be removed from buildings or monuments. In some situations, an attempt to eliminate offense can amount to rewriting history. Better in those cases to acknowledge the history and learn from it. In other cases, the names should go.

40 Years in the Making

Jerry Slocum Picks Up 700th Win



PHOTO COURTESY OF YSU SPORTS INFORMATION.

YSU head coach Jerry Slocum won his 700th career game as a Division I coach against the University of North Dakota. Slocum currently ranks eighth among active coaches in wins.

DAN HINER

dhinerjr@gmail.com

In 2005, Jerry Slocum walked onto Youngstown State University's campus as one of the most decorated men's basketball coaches in the NCAA. Over 10 seasons later, and a number of headaches along the way, Slocum has reached a milestone that few coaches have an opportunity to fathom ... 700 wins.

The YSU men's basketball team defeated the University of North Dakota on Nov. 23, and at long last the wait was over. Slocum has become the 37th head coach in the history of the NCAA to join the "700 club," and the win is one more accomplishment to add to his 40-year coaching career.

Slocum entered this year with 27 winning seasons, 19 20-win seasons and ranks eighth among active Division I coaches in career wins.

Anticipation has grown for Slocum's record since YSU's last win on Feb. 15. The Penguins lost the last four games to end last season and began this year with a 0-4 record. Slocum had his first chance to address the media after the Penguins' postgame press conference on Wednesday.

"It was special. It's more special today than it was after the game on Monday. Monday during that game, our team needed a win," Slocum said. "We had played so well with no positive outcomes, and after the game it became more special. I had probably 75 texts and emails from players — some players from all over the world. My high school football coach and basketball coach drove in today, five hours, to be here.

"Obviously it means a great deal in terms of my wife in fact that she's been a coach's wife this long. It meant more as the days went by to see how it meant more to other people ...

maybe not that much to me. I'm thinking about three out of four at home, what we got to do to get it back together, how we got to play, and meanwhile, everybody else is kind of excited about it. So it was nice."

Slocum has never been a coach who has focused on statistics or achievements. Instead, he focused on the execution and success of his team. Win or lose, Slocum would frequently enter the basketball film room where the postgame press conferences are held and tell the media that his players need to improve.

Slocum has a 119-194 record at YSU. But in his defense, unlike football or baseball, Youngstown has never been known for its plethora of basketball talent. So he's had to focus on recruiting outside of Youngstown and drawing recruits to YSU. Some of the most iconic players to play at Beeghly Center in the past 10 years have come from out of state.

Forward Bobby Hain, former guard Marcus Keene and former All-Horizon League guard Kendrick Perry were all recruited from out of state to join the YSU program.

After the win against North Dakota, Slocum thanked his wife during a postgame interview. He also took the time to thank his wife again on Wednesday.

"You can't have a person who's more of a 'foxhole girl' than her. I mean she's ... my best friend and we've been through it all," Slocum said. "When you think about all the wins and the losses, the grumpiness, the being gone raising our kids, being gone for two, three weeks at a time recruiting and every time we've moved — and we've moved a bunch — I'd come to her and say, 'Hey, somebody contacted me about a job,' she'd look at me and say, 'Let's go.' She's a special person."

YSU Rebounds After Rough Start

DAN HINER

dhinerjr@gmail.com

The Youngstown State University men's basketball team seems to have turned their year around early this season. After starting the season 0-4, YSU has won three straight games and has a chance to reach .500 on Wednesday during its game against Robert Morris University.

"For us to be able to win three in a row, to do two out of three on the road ... we're playing better. I'd like to give you some major intellectual answer, but we're just playing better," Jerry Slocum, YSU head coach, said. "Again, with young guys I think it's a process. I don't think we're where we want to be at, but they're playing better. We're playing harder, we're doing a lot better job defensively and we're getting the ball in the post better. We're just better basketball players, and when you have a young team like we have, kids like Latin Davis, Cisco [Francisco Santiago] and those guys, I mean, everyday they're getting better in front of you."

Robert Morris (1-6)

started this season 0-6, but picked up its first win against Mississippi Valley State University. Colonials' guard Rodney Pryor is averaging 19.4 points and seven rebounds per game. Forward Elijah Minnie is averaging 12.1 points and 6.3 rebounds per game.

"I have a lot of respect for Robert Morris. They're a perennial NCAA or NIT team over the last five years," Slocum said. "They might have had as difficult a schedule as anybody else in the country. They've been on the road, and they've been all over the country. I believe they only have one home game. They've played everybody tight. They're kind of a young group too, trying to find their way — real young in the backcourt.

"The Pryor kid is really, really good. The Minnie kid ... those are two kids that would be all-league in our league. They clearly have some good players. They're coming off their first win. If you look at that schedule, that's probably as crazy as it gets in terms of being on the road and traveling. So I have a lot of respect for them. They'll come in and play very hard. They're very

gifted offensively. We're going to have to play a really good game."

Slocum said YSU would have to improve its play at home if the Penguins want to continue to improve this season. In order to do that, Slocum said the players would have to learn to eliminate distraction while at home.

"It's important that we have to play better at home. When you play as many road games as we've had to play, you learn early to nut up and grit up on the road," Slocum said. "There's that sense of unity and pride on the road because you're playing in hostile environments like at Kent [State University], like at Florida Gulf Coast [University] you really have the kids' attention. You're with them all day, you're with them on the trip, you can kinda control the distraction and the noise around them. We have not found that formula at home so far. Even at the end of last year, but even this year, we have played somewhat of distracted. We have an opportunity to play some home games and we have to play better at home. There's no doubt about it."

SPORTS BRIEFS

Penguins Receive All-MVFC Postseason Honors

Youngstown State University defensive end Derek Rivers, safety LeRoy Alexander and kicker Zak Kennedy were named to the First-Team All-Missouri Valley Football Conference team on Monday. Running back Jody Webb and linebacker Lee Wright were named to the second team.

Hain Named Horizon League Player of the Week

Youngstown State University forward Bobby Hain was named the Horizon League Player of the Week on Monday. Hain led the Penguins over Thiel College and Niagara University last week. This was the second time Hain has received the award in his career.

Newman Ties Record With Eight 3-Pointers

Youngstown State University's Kelsea Newman tied the school record with eight 3-pointers during the Penguins' 96-77 win over Oakland University on Saturday. The Penguins won their first conference game of the season and improved their record to 5-0 this season.