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LIFE IN THE FAST LANE

Justin Carissimo
REPORTER

Robert Bujdoso, a freshman at Youngstown State University, has a serious need for speed.

"I've been doing this since I was 8 years old," he said. "Racing has been my passion for about 11 years."

On Friday, Robert Bujdoso placed 14th against 39 opposing cars in his third career Automobile Racing Club of America Racing Series competition, held at the Kansas Speedway. He earned his best career finish on national TV.

The ARCA is a minor league for NASCAR. On average, ARCA speeds are about 10 mph slower than NASCAR speeds.

"I was a little nervous going into the race because I wanted to do well. But since this is my third race, it's been getting a lot easier," Robert Bujdoso said.

Opposing drivers give him extra motivation to succeed, but he said that his main inspiration will always be his father.

In 1990, Robert Bujdoso's parents came to the U.S. from Romania. His father, Csaba Bujdoso, raced in the Sports Car Club of America for some time, and his two sons immediately took an interest in the hobby.

Csaba Bujdoso said his son might be better at racing than he was.

"He's been improving a lot, and he's doing his best against some really good competition," he said.

When Robert Bujdoso isn't practicing his skills on the race-



YSU freshman Robert Bujdoso stops at a pit-stop at Kansas Speedway over the weekend. He named his car "The Hulk" after its blue and green color scheme. Photo courtesy of Julie Conlin.

track, he's spending the rest of his time studying as a marketing major at YSU.

"I leave for the track Thursday through Sunday," he said. "So, there isn't too much downtime, then I'm right back to school."

Robert Bujdoso said it's a challenge to balance his class-work and racing, but that he's determined.

"The work is totally worth it," he said. "This is something I really love to do. I love going fast, and I'm trying to make a

career of racing."

Before racing stock cars, Robert Bujdoso started racing with go-karts. He's won five national championships in go-kart racing.

"There was one year where I actually competed in 25 total kart races," he said.

Robert Bujdoso said his main goal is to turn racing into a profession and gain more sponsors.

"When he gets up front and wins more, he'll get more exposure," Csaba Bujdoso said. "It's

like moving up in any other profession."

He said racing is dangerous, adding that he's often concerned with his son's safety.

"They've crashed before, and it's dangerous, but I'm confident in the safety equipment that the facilities provide," Csaba Bujdoso said.

Robert Bujdoso said his car avoided two close calls on Friday. A tire flew into an opposing driver's windshield, and another car went airborne very close to him. However, his car, nick-

named "The Hulk" because of its green and blue color scheme, managed to avoid any type of crash.

"It's got this blurple kind of color," Robert Bujdoso said. "We called it 'The Hulk' once, and the name just stuck."

His car is a Ford that sports the number 91 on its side. Ricky Rudd once drove the car in the NASCAR Sprint Cup.

Robert Bujdoso and "The Hulk" will rest until their next race in February at the Daytona International Speedway.



YSU journalism major Jason Horkey frees files in a computer lab in DeBartolo Hall on Monday. The News Outlet enlisted volunteers to uncover political ad spending. Photo by Chris Cotelesse/The Jambar.

YSU frees the files

Christina Mullens
REPORTER

From 6 to 8 p.m. Monday in a basement computer lab of DeBartolo Hall, students, faculty and community members helped "Free the Files" to expose political ad spending in Ohio.

The information was previously gathered through ProPublica, an independent nonprofit newsroom that produces investigative journalism. However, the Free the Files phase of the project organizes the data into a searchable database.

Tim Francisco, co-director of The News Outlet, said interns and volunteers have already started, and they've freed about 200 files so far.

"This database is going to show who is spending the money on the political ads and exactly how much money they are spending," Francisco said.

TV stations are required by law to keep political ad buys on record, but they're not re-

quired to post this information online. Therefore, the only way to retrieve information on these political ads is to get the record from the station in person.

Free the Files will solve that problem by making this information accessible to the public by doing the legwork.

"Our goal is to enter as much information about each political ad to complete the database. This way, we can make Ohio transparent," Francisco said. "If we want to know how much Josh Mandel spent on political ads, it's right there."

Volunteers are most interested in organizing the following information: the cost of each ad, the person or group that funded the ad and the advertising agency that produced the ad.

"This is important because the citizens want to know where their tax dollars are going," Francisco said. "This will show them particularly who is spending the money and how much. It's good for the transparency of Ohio."

YSU students support the Rich Center

Rachel Lundberg
ASSISTANT NEWS EDITOR

The Rich Center for Autism at Youngstown State University spends much of each year trying to make ends meet.

The Rich Center serves autistic students with teacher research, speech therapy, occupational therapy and special education with a 2-1 student-teacher ratio.

The nonprofit organization operates tuition free, and because it doesn't receive money from YSU, it covers the majority of its operational costs with state autism scholarships offered by the Ohio Department of Education to each student at the center.

The scholarships cover about \$1.3 million, but J. Georgia Backus, the center's director, said the remaining funding, which amounts to roughly \$500,000, comes from fundraising and donations.

"That's why we depend on the kindness and generosity of this campus and its students," Backus said.

Lita Wills, associate director of development at the Rich Center, said, in total, campus organizations gave \$7,000 over the last two years.

Among those donating are YSU student groups, including Alpha Phi Omega, Alpha Xi Delta, the YSU Department of Nursing and the Leslie H. Cochran University Scholars.

Backus said the donations from campus organizations help ensure that no autistic child is turned away based on financial ineligibility.

Alpha Zeta Delta hosted an annual event up until this fall to raise money for the Rich Center. Sorority members chose this year to switch to a national focus and donate to Autism Speaks.

Their prior annual fall event, the Jail 'n' Bail, allowed campus members to purchase warrants to "arrest" friends and faculty members who would then be imprisoned in a makeshift cage outside of Kilcawley Center. To free themselves, those imprisoned had to raise bail money from passersby.

Kayla Micco, philanthropy chair of Alpha Xi Delta, said the fundraiser usually brought in between \$1,000 and \$2,000.

"What they do is sort of what I do but on a smaller basis," said Tricia Perry, coordinator of events management for the Rich Center.

The Rich Center does not solicit donations from student organizations, and Perry said they come as a welcome surprise.

"It's very, very welcome," Perry said. "Is it the biggest donation we ever get? No. But it's very welcome."



■ \$20,000 from the Ohio Department of Education
■ Remaining must be supplemented with donations

It costs up to \$40,000 per year for each student to attend the Rich Center. Graphic by Keeley Black/The Jambar.

Most recently, the University Scholars raised \$2,000 for the Rich Center with a change war between the four classes of scholars.

For one week, four jars were set out at the front desk of the Cafaro House for donations. Coins were positive, while dollars were negative, and students competed to net the highest amount of money.

Cory Okular, a University Scholar, said the scholars had a positive experience donating to the Rich Center last year and chose to donate again.

"It's on YSU's campus," Okular said. "It's closely affiliated with YSU. It's something we see every day."

Another campus group donated to the Rich Center this year and hopes to make its event an annual one.

Six of YSU's nursing students, with the assistance of nursing faculty, also organized a golf outing to raise money for the Rich Center earlier this year.

Cheryl Bosley, an associate professor of nursing, said the group raised \$1,770.

"We were really proud that we were able to raise as much money as we did with such a small group of organizers and participants," Bosley said.

New projects enhance Wick Park

Kevin Alquist
ASSISTANT NEWS EDITOR

Youngstown CityScape and the Wick Park Neighborhood Association are working together to complete projects that will both help and hinder access to Wick Park.

The projects include the installation of gates that will block vehicular traffic from Park Avenue after dark and the addition of a path from Fifth Avenue that increases accessibility to the park for pedestrians. In addition, concrete has been poured for additional parking spaces near the building at the center of the park.

The projects will likely be completed before the start of winter.

"The idea of the infrastructure work was to design the park to be accessible for everyone," said Sharon Letson, executive director of Youngstown CityScape. "The path helps serve the elderly or disabled, and people who may be dressed nice, say, in high heels, where walking is an inconvenience."

The pillars were constructed two weeks ago and await the addition of the

gates, which will be made of iron and painted black. They will be open during the day and locked at sunset every night by the Youngstown Parks and Recreation Department to keep cars from entering the park after hours.

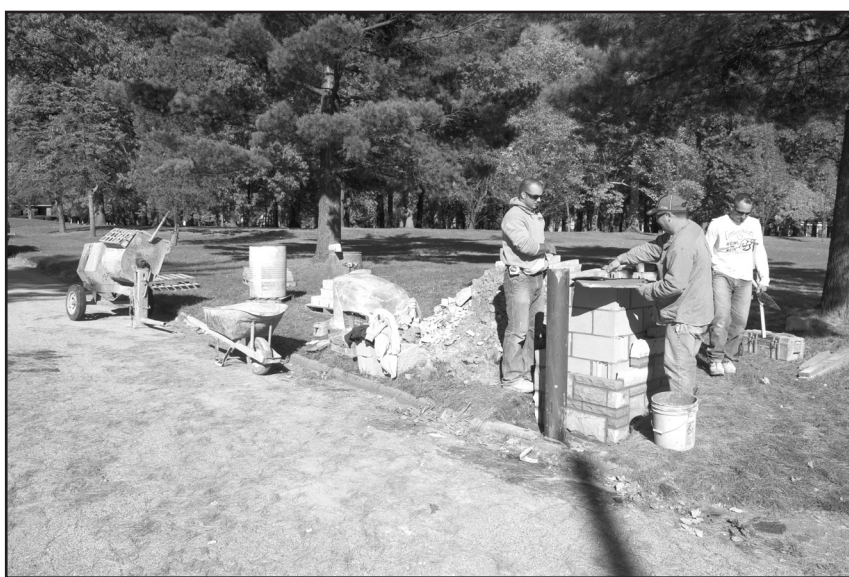
Gary Davenport, immediate past president of the WPNA, said the gates will make the park safer and more aesthetically pleasing.

"[We] want the gates to prevent stop-and-go vehicular traffic through the park at night," Davenport said. "That makes the park generally safer and more secure."

Other renovations to the park are planned for the near future.

Youngstown CityScape, in coordination with Youngstown Litter Control and Recycling, the Davey Tree Expert Company, Keep Ohio Beautiful and the Mahoning County Green Team, will host a tree-planting event on Nov. 15. The event is in honor of America Recycles Day, and students from Harding Elementary School, located about a mile north of Wick Park, will also participate.

"The event is a nice educational component for the students and the neighborhood," Letson said.



Workers with Lencyk Masonry construct the pillars that will act as mounts for new iron gates at the Park Avenue entrance of Wick Park. Photo by Kevin Alquist/The Jambar.

A tree will be planted near the newly constructed path. In addition, the Davey Tree Expert Company will remove the park's dead trees and prune existing trees.

"Wick Park is an anchor to that neighborhood just like the university is, so its improvement is clearly a key in moving forward for the [North Side]," Letson said.

Preparation varies for graduate exams

Kate Mills
REPORTER

Jordan Senchak has a full plate.

As a senior biology and pre-med major at Grove City College, he doesn't have much room for error before he applies for medical school.

The Medical College Admission Test, or the MCAT, course he took at Youngstown State University, he said, was a tremendous help in getting him the score he needs to get into the school he wants.

YSU also offers prep courses for the Graduate Record Examination, or the GRE, but not for the Law School Admission Test, or the LSAT.

Senchak, a New Castle native, attended YSU's Kaplan-developed MCAT course in conjunction with his own studying of the Kaplan MCAT curriculum.

"When you're preparing for med school, busy unfortunately becomes the norm," Senchak said, noting that his time in the classroom at YSU helped him imagine what the actual exam

would be like. "There was a multitude of practice exams and section tests that really helped to get the timing of the test down," Senchak said.

The MCAT, according to its official website, is designed to test prospective medical students in three areas: problem solving, critical thinking and writing skills.

Jacki Papa, a junior biology student at Mercyhurst College, attended YSU this summer both on-campus and online. Her experience at YSU "definitely helped" when it came to preparing for the MCAT.

Papa said the physics course she took at YSU gave her a great refresher for the MCAT.

"Some of these concepts are things you haven't dealt with since high school," she said. "Taking the physics class at the same time as the MCAT class helped me make a lot of connections in the material, which I wouldn't have been able to make otherwise."

Both Papa and Senchak are on track to graduate with honors from their respective universities, and they hope to have offers from medical programs

across the country. Senchak has already begun to interview with medical schools. He is confident that his scores will take him where he wants to go.

"The MCAT course really helped me improve my score," Senchak said.

Papa still faces the agonizing task of waiting to receive her MCAT scores.

"It's the worst kind of wait, because your whole future depends on this," she said. "You can take it again, but it's just a total peace of mind if you can be done after your first try."

As Papa waits, several YSU students are preparing to take the GRE through an on-campus prep class.

The GRE is another measure of scholastic aptitude that is similar in format to the SAT. GRE scores are required by nearly all graduate programs, including the Master of Business Administration program at YSU.

The GRE consists of quantitative, verbal and analytical writing sections, a combination created to gain perspective on a student's aptitude as a whole. YSU's GRE course began

Oct. 6. It continues for four consecutive Saturdays, with the days divided into two separate courses: preparation for both the verbal and quantitative sections.

Jesse McClain teaches the English portion of the course, while Jessie Canter teaches the math portion. According to Monique Bradford, the MBA coordinator at YSU, 12 students are taking the course, which meets in Williamson Hall.

"Students from all fields can take this course to prepare, not just the MBA candidates," Bradford said.

Students in the course take practice exams and learn test-taking strategies specific to the GRE. In a format similar to the MCAT course, students learn through instructor-led discussion and a documentation of progress through the GRE prep book exams.

Each section of the test varies in length from 30 to 45 minutes, according to GRE's official records. The entire exam totals around 3 hours and 45 minutes, including short breaks.

The YSU course strives to make students more comfortable within the timed guidelines, using sample questions

and formatting the practice exams within the same time constraints. The practice is important, as one point is deducted on the exam for each unanswered question.

Aspiring lawyers must take the LSAT to gain acceptance to law school. Though YSU does

PREPARATION PAGE 3

YSU hosts 2012 Reading Conference

James Toliver
REPORTER

On Friday, Youngstown State University will begin its Annual Reading Conference with three national authors as keynote speakers.

The event will also feature a series of work sessions and exhibitions targeted toward using technology in the classroom, expanding young readers' interests and adapting teaching techniques to contemporary reading challenges.

The two-day event will take place in Kilcawley Center and is aimed at professional reading development for educators in Ohio and throughout the Midwest.

The conference is a cooperative effort between YSU, the University of Akron, Kent State University, Cleveland State University and the Ohio Council of the International Reading Association.

Mary Lou DiPillo, associate dean of the Beeghly College of Education, explained YSU's involvement in the conference.

"The purpose of the conference is to provide professional development for teachers in Ohio and beyond, and to give the students at our four universities the opportunity to participate in a professional conference," she said.

This year marks the third time that YSU will be hosting the conference.

"Our first time was in 2006, then again in 2009," DiPillo said. "The history of the conference dates back far beyond. Kent State University developed this conference and hosted it for many years, then UA joined, then YSU and now CSU."

David Adler, Conrad Storad and Kevin O'Malley are slated to participate in the conference's events.

Adler is known for writing more than 200 children's books, as well as for the "Cam Jansen" series of mystery novels. Adler began his career in 1977, shortly after the birth of his first child.

"When Michael, our first child, was born, my wife, a school psychologist, wanted to continue working, so I took a child-care leave," Adler said. "When Michael napped, I wrote. That's

when I wrote the first 'Cam Jansen' mystery."

Adler said he will discuss idea formation, writing techniques and instruction methods for young readers. He emphasized that he will dedicate additional time to research methods for nonfiction writing as well.

"The one lesson I most want to leave with my audience is that writing is a personal expression," Adler said. "Every one of us has stories that no one else could tell and write. Writing enables teachers to reach every student on his/her level."

Storad will speak on Saturday. He is a former magazine editor who now writes nonfiction science and nature books for readers between the ages of 6 and 12. He said he hopes to demonstrate the spirit of the conference's theme: creating a sense of wonder that engages all readers.

"My work is all about using storytelling techniques to make nonfiction material fun and enjoyable to read," Storad said. "I am all about helping to grow and nurture the next generation of lifelong readers."

Storad said he hopes those at the conference take away one lesson: "Nonfiction" should not equate to "boring."

"Nonfiction material should be as fun to read as any bit of the very best fiction," he said. "It all is in the presentation, and that is the task of the author."

Storad will also read his latest book, "Rattlesnake Rules," which was named the Best Nonfiction Children's Picture Book in America by USA Book News in 2011.

The event is dedicated to the memory of Philip Ginnetti, former dean of the Beeghly College of Education.

Ginnetti was instrumental in the integration of YSU into the OCIRA and spearheaded YSU's first conference in 2006.

"His passion for reading and love of books inspired those who knew him," DiPillo said. "He was past president of OCIRA and our local reading chapter, the Mahoning Valley Chapter of the International Reading Association. Dedicating this conference in his honor is our way of thanking him for his many contributions to literacy."

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NEWS BRIEFS

Communication department hosts costume contest

Join Jeff Tyus, an assistant professor of communication, and the rest of the communication department, at Inner Circle Pizza, located on Lincoln Avenue, on Friday for the third annual Halloween costume contest. The event begins at 7:30 p.m. The \$5 charge covers unlimited pizza and punch, along with one entry into a prize raffle. In addition, prizes of \$150, \$100 and \$50 will be awarded to first, second and third place costume contest winners, respectively. All donations and proceeds will be donated to the American Cancer Society. For more information, contact Tyus at jltysu@ysu.edu.

Artist to lecture on campus on Oct. 30

The YSU Department of Art's Visiting Artist Lecture Series will feature Ali Momeni in a public lecture at 4 p.m. on Oct. 30 in Room 3000 of Bliss Hall. Momeni is a builder, composer and performer; he teaches in the School of Art at Carnegie Mellon University. The lecture is free and open to the public. Parking is available for a small fee in the M-1 parking deck. For more information, call 330-941-3627.

POLICE BRIEFS

Driver cited for suspension after running red light

Around 2 a.m. Friday, two YSU police officers pulled over a black Chevrolet for failing to stop at a red light while driving on Fifth Avenue. The driver was found to be driving while under a non-compliance suspension, for which he was cited; he was also cited for a seat belt violation. YSU Police gave the driver a verbal warning for the red light violation, and his car was inventoried and towed.

Student found unconscious near restroom sink

Around 7:30 p.m. Thursday, a Dunkin' Donuts employee found a 21-year-old female student lying unconscious on the floor of a women's restroom in Kilcawley Center. The student's eyelids were twitching, and although she was still breathing, she was unresponsive. An ambulance transported the student to St. Elizabeth Health Center.

Man snatches items from cars on Michigan Avenue

Two men approached a YSU police officer on Thursday evening to tell him that they caught a man taking money from a quarter dispenser in a truck parked on Michigan Avenue on Oct. 15. They said the subject was around 6 feet tall and weighed about 180 pounds, and that he was wearing a red jacket, black shirt and khaki pants. The men confronted the subject and forced him to return the coins to the truck; the subject admitted to taking things from other cars.

PREPARATION PAGE 2

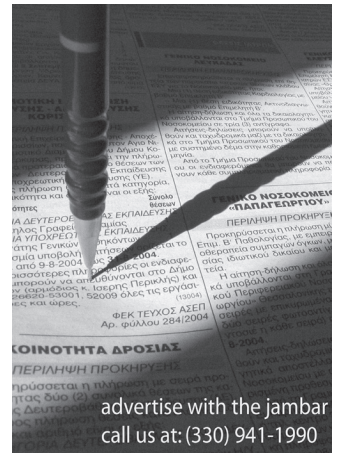
not offer an LSAT prep course, the university does offer many resources to help students prepare.

"We have a library of resources that students can access with many of the LSAT prep books that are on the market," said Paul Sracic, chair of the political science department at YSU. "We advise students on how to prepare for the exam."

Sracic said he doesn't see an LSAT course as a possibility for YSU's campus, because, in comparison to the MCAT, the LSAT doesn't require specific legal knowledge.

He said the exam consists mostly of reading comprehension, analytical reasoning and questions of logic.

"It's structured more like another version of the ACT or the SAT," Sracic said.



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Bra Bar Crawl busts into downtown



Brad Schwartz and Jeff Kurz, co-owners of Imbibe Martini Bar, wear bras outside of their shirts that customers stuffed money into on Friday night. Imbibe Martini Bar donated \$100, plus whatever customers stuffed into the bras; all donations went toward breast cancer research. Photo by Dustin Livesay/The Jambar.

Marissa McIntyre
ARTS & ENTERTAINMENT EDITOR

Some of downtown Youngstown's bartenders stuffed their bras on Friday to raise money for Susan G. Komen for the Cure.

Youngstown Firefighters Union Local 312 sponsored the first Stuff the Bra Bar Crawl on Friday. They raised \$2,380 by selling raffle tickets that bar hoppers were to get stamped at all eight of the participating venues.

"It's catchy, and it means something," said Courtney Kelly, the Youngstown firefighter who organized the event. "The whole point is to get the word out."

Kelly joined the Youngstown Firefighters Union Local 312 in 2011. She

organized the Bra Bar Crawl because the firefighters wanted to do something to raise funds for breast cancer research; she wanted to take the fundraising to another level.

She said she is waiting for more donations to come in, but will be donating around \$5,000.

Last year, the Youngstown firefighters sold T-shirts to raise money for breast cancer, but Tracey Wright, the captain of Firefighters Union Local 312, said she wanted a way to get more of the public involved.

"As firefighters, we generally do try to participate in the community," Wright said. "This is a good way for us to get out there and get involved."

Wright spent the majority of the night collecting donations and selling tickets at O'Donold's Irish Pub.

"I wanted to make sure I offered my

assistance in any way," she said.

Several bartenders wore bras on the outside of their shirts, and customers responded by stuffing donations into them.

Bartenders at Imbibe Martini Bar decided to put in the extra effort.

Jeff Kurz, co-owner of Imbibe, said it was a fun way to raise money.

"I'm currently rocking a 42 C, so when the money gets to D-cup capacity, I have to empty it out," Kurz said on Friday night.

Kurz said he planned to donate \$100; he hoped to donate double that number in customer donations.

"Everyone has been good sports about it," Kurz said.

Having lost family and friends to various types of cancer, Kurz jumped at the opportunity to help.

"Here at Imbibe, we used to have

three owners, and one of them unfortunately passed away to cancer last year," Kurz said.

He said his bar's participation in the event was a no-brainer.

"Everyone has been touched by breast cancer in one way or another," Kurz said.

Nick Carrabbia, a Youngstown State University senior and O'Donold's bartender, said he saw a lot of participation.

"I've been stamping a lot of tickets tonight," Carrabbia said.

Carrabbia said he has had family members who have had breast cancer, and it makes him feel good to see people willing to participate and donate to the cause.

Kelly said the Bra Bar Crawl was a success, and she hopes to turn the one-night event into a tradition.

Cheers to OkSOBERfest

Taylor Phillips
REPORTER

Students can drink a frosty glass of knowledge this week as Youngstown State University presents OkSOBERfest, which consists of five days of activities concerning responsible drinking.

Breanne Romeo, a residential education graduate assistant who organized the event, said it's important to promote responsible decision-making on college campuses.

"Our goal is not to tell people to drink, but if you are 21 or older and are choosing to drink, make responsible decisions when doing so," Romeo said.

Romeo said the OkSOBERfest activities provide tips, statistics and demonstrations to educate the campus community.

Campus committees, Andrews Student Recreation and Wellness Center staff, resident assistants and student leaders have been planning OkSOBERfest since the beginning of September.

Among the attractions are disc jockeys JDub from Hot 101 and Christian from Rock 104 who will bring alcohol while broadcasting live from the campus core. YSU police officers will give the DJs sobriety tests to demonstrate how alcohol affects the body.

Students will also be treated to a free comedy show with Jesse Joyce, who has been featured on Comedy Central; a fashion show; and a pair of



Breanne Romeo and Holly Mate sit inside Kilcauley Center to educate students about responsible drinking and sobriety. Photo by Taylor Phillips/The Jambar.

beer goggles that simulate the effects of being drunk.

Alexis Hall, a co-coordinator for OkSOBERfest, said some of the presenters will give testimonials on their experiences with alcohol. Hall said she hopes students will choose not to abuse alcohol.

"It is important for students to learn and understand about

alcohol consumption and its health risks for many reasons," Hall said. "If students know the facts and health risks, they can prevent accidents, health risks and the later alcoholism in life."

Romeo said she'd like to help educate as many students as possible.

"Last year, we reached out

to over 800 students. We hope to exceed that number this year," Romeo said.

Dave Macek, a brother of Alpha Phi Delta, said students should promote safe drinking habits.

"Most of us drink; let's be honest," Macek said. "But we need to be responsible. Just don't drink and drive, and

don't end up in the hospital."

Macek said he wishes more students would partake in OkSOBERfest.

"It'd be awesome if people would actually go to all the stuff," Macek said. "Some of the stuff they have planned seems pretty funny."

This and that

There's a lot going on in the campus community this week, and we don't want to leave anyone out of our eloquent and poignant editorial.

So, here's a rundown of opinions on a variety of subjects.

Freedom of information

First up, Free the Files. The U.S. Supreme Court's Citizens United v. Federal Election Commission decision in 2010 opened the doors for limitless dark money.

ProPublica and The News Outlet are working to shine as much light as they can into those hidden pockets.

Political action committees are spending millions of dollars to get their candidates elected, and in most instances, you don't know who's fronting the initial cash.

Some staff members of The Jambar spent time on Monday helping the endeavor. And you should, too. If you missed the party, you can still sign up on either <http://thenewsoutlet.org> or <http://propublica.org>.

Helping hands

Student groups on campus deserve recognition for their selfless fundraising efforts on behalf of the Rich Center for Autism.

While their total contributions may be meager, their actions are the epitome of what every YSU student should be.

With the holiday season approaching, we encourage those better off among us to lend a hand to someone struggling or in dire straits.

Even something as simple as dumping loose change into the Salvation Army's red kettle can lead to something great.

We like sports

The football team's season is in a perpetual downward spiral, and still they gobble up nearly all the attention.

The women's soccer team is experiencing a record season, and several players stand out among the Horizon League's best with their individual performances. In Beeghly Center, the volleyball team shows continuous signs of growth.

Instead of mulling over the football team's playoff hopes, cheer on the Penguins in other sports.

These student-athletes work just as hard with equally long seasons, but unlike the football team, their victories go seemingly unnoticed.

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 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.



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

Can I have fries with that?



David Roberts
COLUMNIST

When I'm out at a restaurant, I like to be blissfully ignorant about exactly how unhealthy that hamburger I'm eating is. I realize it's not the most nutritious thing I could've picked, but it tastes too good not to — and eating badly every now and then won't kill me.

Unfortunately, those days of blissful ignorance at restaurants are gone, thanks to Food and Drug Administration regulations that require restaurants to post calorie counts on their menus.

When the health care legislation was passed and signed by President Barack Obama in 2010, a sneaky insertion in the law went virtually unnoticed. This provision forced restaurants with 20 or more locations — like our beloved Burger King and Wendy's — to include calorie counts for all menu items.

So, to those of you who are used to those guilt-free late-night fast food runs, nobody's stopping you, but you won't be able to feel as guiltless when you see the calorie count for that burger you're chowing down on.

I first became aware of this provision over the summer, while I was out with friends at Buffalo Wild Wings. I was going to order a side of fries, but then I noticed

new menus with the calorie count of each item posted under it. Needless to say, I somewhat lost my appetite when I learned that a basket of fries packs 450 calories.

Now, I realize that the FDA is only trying to look out for Americans, who, according to the New York Times article "Calorie data to be posted at most chains," spend half of their food dollars outside the home.

With American life being so fast paced today, a number like this makes sense. However, I don't see the logic in the mandate. Americans know all too well that when they go through a fast food drive-thru they aren't eating too well, and I don't think that mandating the inclusion of calorie counts on menus will change much.

According to another New York Times article, "White House and the F.D.A. often at odds," the FDA pushed to extend the calorie policy to movie theaters, specifically for movie theater popcorn. I'm fairly certain that movie theater popcorn is by no means healthy for you, so what's the point of adding a number to it?

In recent years, the FDA, along with the U.S. Department of Agriculture, has attempted to make Americans healthy by passing new regulations in food preparation, like the reduction of salt content in food. FDA research reveals that Americans consume roughly double the amount of so-

dium a year than is recommended. A Time magazine article from 2010 mentioned that New York City has already made a push to address this, primarily by mandating a 25 percent sodium reduction for foods processed and served in the city.

Another change in recent years was the alteration of the food pyramid. For years, the food pyramid served as a guide to the amount of servings per food group that the average American should eat to stay healthy. Recently, though, things have changed. Now, MyPlate — a place setting for a meal — illustrates the five food groups that are essential components of a healthful diet.

The above changes make more sense in helping to change the eating habits of Americans than, say, posting calorie counts on the menu.

Frankly, Americans are going to eat what they want to eat.

So, in all, I can't necessarily disagree with the FDA and the USDA's attempts to make Americans healthier, but they may be overstepping their concern when it comes to posting calories on a menu.

The calories may serve as a deterrent for some, and some health-conscious Americans may certainly appreciate the new regulations. Sure, it changes my mind every now and then, but in the long run, if I want fries with that, I'm going to get fries with that.

The beer'd mug



Daniel MacMurphy
WEB MANAGER

Dogfish Head Craft Brewed Ales is teaming up with The Grateful Dead to brew up a tribute beer for deadheads.

The beer will be called American Beauty, and it will be brewed with all-American hops and barley.

American Beauty will be an Imperial Pale Ale, which is a strong, bitter beer that is heavily hopped.

Dogfish Head and The Grateful Dead are allowing fans to choose an ingredient that will be featured in American Beauty.

Starting in December, fans will be able to suggest ingredients on-

line. The winning ingredient will be chosen from a panel of judges, and the person who suggested it will be invited to help brew a test batch at Dogfish Head Craft Brewed Ales.

American Beauty is set to be released in October 2013.

Dogfish Head is known for collaborating with other breweries to produce well-rounded ales, but I've never seen them team up with a legendary rock band.

They've brewed up many tribute beers in the past, such as Faithfull Ale and Hellhound on My Ale. Dogfish Head created these beers for the anniversaries of Pearl Jam and Miles Davis, respectively.

Notable Dogfish Head Beer
Festina Peche is a wheat beer

that has an extremely sweet yet sour flavor. The beer is fermented with peaches that produce refreshing and tart flavors that will leave you satisfied.

60 Minute IPA is an India Pale Ale full of citrus flavor and fluorescent aroma. India Pale Ales produce a piney and resinous flavor that will swarm your taste buds. If you have already tried this bitter brew, then you must try its big brother, 90 Minute IPA.

ApriHop is an India Pale Ale brewed with real apricots and Cascade hops. The apricots provide a full flavor of sweetness that blends well with the citrusy hops. It has a strong fruity flavor that balances out the high bitterness.

Need Advice?

We've extended the deadline for Counselor's Corner to give more students a chance to submit. Please go to thejambar.com and follow the the Counselor's Corner link on the home page.



Soccer looks to end season on high note



Jackie Podolsky makes a save during the Sept. 29 victory against the University of Wisconsin-Milwaukee. With a 7-7 record, the YSU soccer team will play its final two games this week. Photo by Dustin Livesay/The Jambar.

Cory Bartek
SPORTS REPORTER

With just two games remaining, the Youngstown State University soccer team has a slim chance of winning the Horizon League Championship.

Although the Penguins hold a 7-7 record — a school high in wins — and are 2-3 in conference play, they sit two games behind the leader, the University of Detroit Mercy.

Still, head soccer coach Will Lemke has a simple request for his team.

“Play playoff quality soccer,” Lemke said. “If we go out and play our best over these next two weeks, I’ll be happy.”

YSU sits in sixth place in the conference standings, and the Penguins’ final two games

are against opponents with better conference records.

On Wednesday, the team will take on Detroit at 4 p.m., while YSU will host Wright State University on Saturday at 1 p.m. The latter game will end the team’s regular season.

Lemke said his team must play physical and stay focused in order to come away with victories.

“We have to take it one day at a time and focus on the preparation,” Lemke said. “We have to come out with intensity, win 50-50 balls and play our game.”

Lemke added that the team must approach these two games with a “playoff mentality.”

“We’re coming down to the mix, and every team has a chance to get into the playoffs,” he said. “We’re facing two quality opponents who are

similar.”

The Penguins are toward the top of the conference in multiple categories.

YSU is tied for third in number of goals scored (21), and is also tied for third in assists (18).

Forward Chelsey Haney is tied for second for most goals in the league (five), and she also leads the league in shots (46).

Meanwhile, freshman goalkeeper Jackie Podolsky recently won the title of Defensive Player of the Week for the week of Oct. 15-21. In YSU’s 1-0 win on Saturday against Valparaiso University, Podolsky recorded a career-high seven saves in her first-ever shutout.

“They’ve been playing better each year, and they finally broke through this year,” Lemke said. “We’ve started to

level off and be more consistent as a team, which is incredible considering we start seven first-year players.”

Lemke added that his girls remain hungry.

“Whether they are playing bad or good, they are either battling back or finishing strong being resilient,” he said. “Our finishing has gotten better, and we find ways to get the ball in the back of the net.”

For the Penguins to make the conference tournament, they must finish in their current spot — sixth place — or higher.

“I tell the girls to take things one game at a time. Each day, you move forward. There’s more success to be had,” Lemke said. “As a team, we have to set ourselves up for the future, focus on the next task at hand and reap the benefits of our success.”

Fantasy football: a great American pastime

Kate Mills
REPORTER

At the beginning of each season, fantasy football participants draft NFL players and score their performance in each game.

Nicholas Bowman, an assistant professor of communication studies at West Virginia University, said that following individual players, as opposed to entire teams, adds another level of competition among fans.

“Sports fan culture dictates that the most knowledgeable fans are the best fans, and one way to show off how much we really know about sports is to win at fantasy sports,” Bowman said.

In Bowman’s collaborative book, “Fantasy Sports and Sports Fandom: Implications for Mass Media Research,” he and his colleagues explore the culture of fantasy sports and its place in modern media. The authors reference a 2009 study conducted by the Fantasy Sports Trade Association, which states that nearly 28 million Americans participate in at least one fantasy sports league.

Chelsea Welch, a Youngstown State University student, is part of the fantasy football hordes; it’s a tradition in her family.

“I got involved through my family,” Welch said. “They’ve played every year since I was little, and I wanted to play. So, in order to do that, I had

to know the game of football.”

Welch said the game is an opportunity to bond with her family through the love of their favorite game.

“I love the game of football, so being able to be involved while the season is going is great,” she said.

Bowman said the biggest attraction to fantasy leagues is the idea of a deeper immersion into the world of sports.

“It’s an element of being ‘in the know’ more so than we really should be,” Bowman said. “Players get so fixated on their individual fantasy rosters that they start to feel like they know the players.”

Bowman said social media opens up an entire world of possibilities.

“In the past, you based your moves solely on the statistics published in major newspapers,” he said. “Now, we can turn to social media to go far beyond the stats and focus on the player.”

Bowman said dedication to being on top of the latest news motivates fantasy participants.

“I’m in multiple leagues this year,” Welch said. “In my family league, they only allowed my aunt and myself to play. In my other leagues, I’m the only girl. I think the guys tend to look at me the same

way as always.”

Though Welch may be the only girl in most of her leagues, she said she takes the game just as seriously.

“Everyone I play with has known me and the love for the game for a long time. So, it’s just a part of who I am, and they know that,” she said.

Even in his extensive research of fantasy sports, Bowman still considers himself to be a dedicated fan who focuses on creating his ideal roster.

“I have this irrational hatred of the New York Giants, so you’ll never see me choosing any of the G-Men for my football roster,” he said.

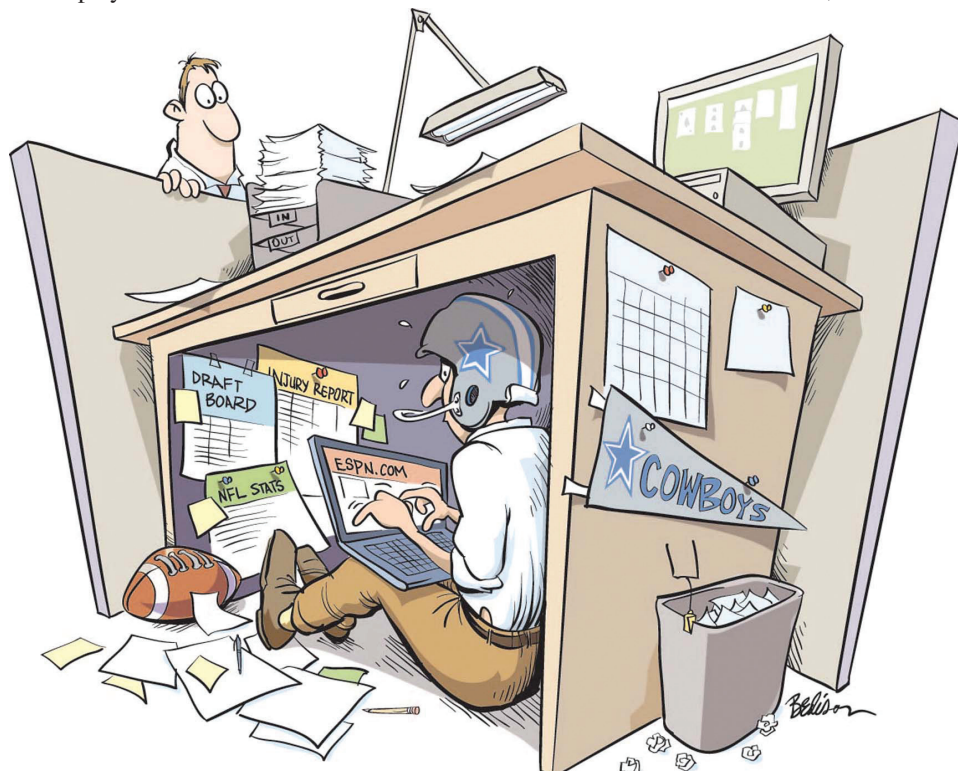


Illustration courtesy of MCT.

SPORTS BRIEFS

Divers succeed at Clarion invitational

YSU divers came out on top at the Clarion Diving Invitational, as Casey Hill won the one-meter competition with a score of 273.25. In addition, in the one-meter event, Rebecca Stafford finished second with a score of 269.75, and Tricia Vallinger came in seventh with 239.50. In the three-meter event, Stafford came in second with a score of 277.07, Hill was fourth with 270.09 and Vallinger was seventh with 219.70. The Penguins will host Marshall University at the Beeghly Center Natatorium at 5 p.m. Nov. 2.

Hundelt selected as HL Player of the Week

Missy Hundelt, a junior right-side hitter for the YSU volleyball team, has been named as the Horizon League Volleyball Offensive Player of the Week for Oct. 15-21. Hundelt posted two double-doubles and scored more than 20 points in both of YSU’s matches last week. She posted 19 kills, 20 digs and five blocks in the Penguins’ five-set loss to the University of Wisconsin-Green Bay. In addition, she helped YSU win over the University of Wisconsin-Milwaukee by contributing 17 kills, 13 digs, three blocks and two aces. Hundelt was also the HL Offensive Player of the Week on Sept. 17.

Slocum to attend Coaches vs. Cancer breakfast next week

It’s the second time this season that freshman Jackie Podolsky has been named the Horizon League Women’s Soccer Defensive Player of the Week; she earned the same award on Oct. 1. Podolsky contributed a career-high seven saves to the Penguins’ 1-0 win over Valparaiso University on Saturday, and she also recorded the first combined shutout of her career.

PENGUIN SPOTLIGHT



Shay Sade

Year: Freshman
Height: 5’4”
Hometown: Hod Hasharon, Israel
Position: Defender

Shay Sade scored the YSU soccer team’s only goal in Saturday’s 1-0 victory against Valparaiso University. Sade scored in the 36th minute from 30 yards out, as the Penguins improved to 7-7 on the season. Before coming to YSU, Sade was a member of Israel’s national soccer team.