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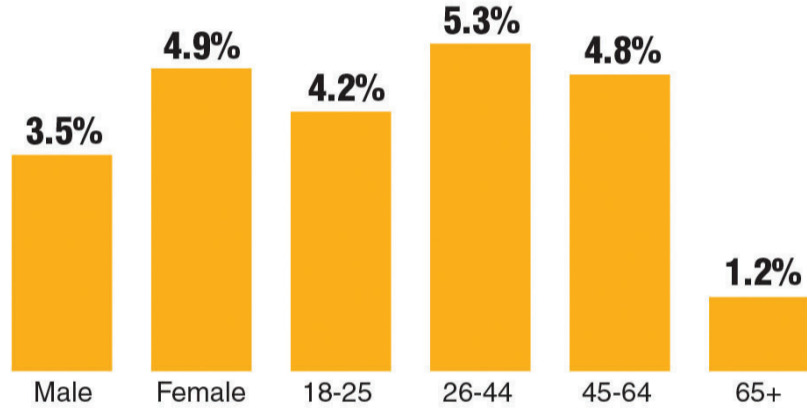
STUDENTS PROVIDE MENTAL HEALTH SUPPORT TO THE COMMUNITY

STORY: GABRIELLE FELLOWS
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Mental illness among U.S. adults

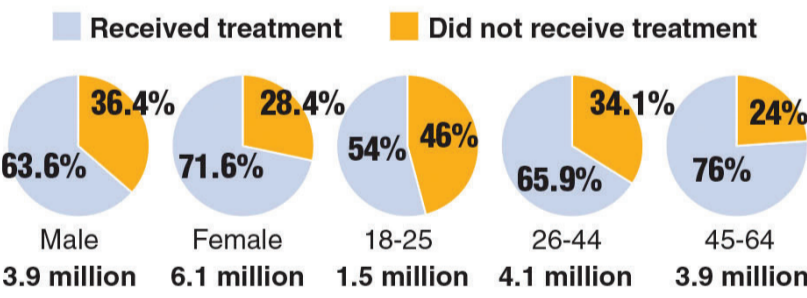
In 2013, 4.2% of U.S. adults (an estimated 10 million individuals) reported having serious mental illness (SMI) within the year prior to being surveyed. This was an increase from 3.7% in 2009.

% with serious mental illness



Past-year mental health treatment/counseling

Among U.S. adults with SMI in 2013, males were less likely to receive mental health treatment than females, and those aged 18–25 were less likely to receive mental health treatment than older age groups.



Inside of the Beeghly College of Education, psychology graduate students are doing their part to combat the lack of mental health services offered on campus and in the community.

Even with the Affordable Care Act and the Medicaid expansion, many people still do not have insurance that covers mental health services, or if they do, they come with extremely high copays. Many schools, Youngstown State University included, offer something called a community counseling clinic, a program that pairs graduate counseling students with people who are in need of mental health counseling.

The students work under the supervision of licensed professional counselors. Using this method, the CCC is able to offer counseling services for as low as \$1 per session for community members.

The clinic is located on the third floor of the Beeghly College of Education and has been in existence for approximately 20 years.

Victoria Kress, professor in the counseling department and director of the Community Counseling Clinic, said the clinic receives a mixed population — many are students from YSU, but a lot of people come from neighboring communities as well.

“We are working with a diverse clientele of people from different economic backgrounds, who are dealing with a variety of life challenges that can include grief and loss, relationship concerns, depression,

anxiety and post-traumatic stress,” Kress said. “There is a great need in the Youngstown community for the services that the center offers, and it’s a privilege to be able to meet those needs.”

The graduate students who counsel most of the patients that make appointments with the CCC do not get paid, but instead gain valuable experience in their field.

Jake Protivnak, chair of the department of counseling, special education and school psychology, said students have to complete a semester of supervised counseling in the Center prior to internships.

“It’s a great way to help out counseling students to sharpen their counseling skills, because they receive live supervision,” Protivnak said. “A counselor is supervising their counseling session via recording device, so they can provide in the moment advice.”

Matthew Paylo, director of the counseling program, said that the CCC gives graduate students a first hand experience for what it would be like to work in an outpatient counseling center.

“These are new counselors, so often students will come in with situational stressors, or things that are difficulties that they’re currently dealing with, whether it be academic or relationship [based], and the graduate students can help them deal with the issues,” Paylo said.

COUNSELING
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BEEGHLY DEAN SEEKS FUNDS FOR LIBRARY RENOVATION

STORY: LAUREN FOOTE | LAURENLEONAL@GMAIL.COM | PHOTO: SCOTT WILLIAMS

Over the last few years, the Beeghly College of Education has received updated paint jobs, new flooring and carpeting, but the Wilcox Curriculum Resource Center, a division of Maag Library, remains untouched.

The Wilcox’s collection totaling 24,000 items comprises juvenile fiction and non-fiction, games and kits, puppets, K-12 textbooks and media materials.

Charles Howell, dean of the Beeghly College, said the Center needs to

be updated, particularly the painting and flooring.

“It gets a lot of use,” Howell said. “It is a very important facility for us. It has a lot of traffic; it is pretty shabby right now.”

Since the start of Project PASS last January, the Center has received increased traffic from students and teachers. PASS uses YSU students to tutor second graders enrolled in Youngstown City Schools to help them

reading exams.

Alyssa Annico, curriculum resource librarian, said since the start of PASS, the CRC is responsible for approximately 20 percent of Maag Library’s total circulation. She said the Center’s circulation increased 17 percent in the fiscal year 2015, and game and kit circulation increased over 200 percent.

BEEGHLY LIBRARY
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SGA Helps Students Help Each Other With YSU Serves

STORY: SAMANTHA PHILLIPS
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Student Government Association has created an initiative called YSU Serves that helps direct volunteers to student organizations who are hosting on-campus events.

“We are attempting to bridge the gap between volunteers and great opportunities to volunteer,” Tyler Miller-Gordon, SGA secretary of technology, said.

Miller-Gordon, SGA secretary of technology, said.

To get involved, volunteers and student organizations submit their contact information via a form on the SGA website. Individuals can include a comment on what kind of volunteering projects they want to participate in. They will receive an online news-

letter displaying upcoming events. SGA will also publicly post upcoming volunteering opportunities.

Student organizations must complete their request form at least two weeks prior to an event for it to be listed on the newsletter.

The form is currently active on the SGA website. Students and organizations can sign up to regularly receive updates at <http://sga.yzu.edu/initiatives/ysu-serves/>.

Samantha Anderson, SGA vice president of financial affairs, is the driving force behind YSU Serves. She identified the need for volunteers at student organization events and came up with the two-pronged system.

“It provides a resource for them to learn about different volunteer opportunities and gain volunteers on any upcoming events,” Anderson said. “Sometimes you have organizations that are holding events at YSU, and they’re struggling to find volunteers, so we want to be a resource for them.”

She said they’re trying to improve upon the current system, which leaves a lot up to chance.

“In the past, if an organization was looking for volunteers, or people were looking for volunteering opportunities, they would find them through word of mouth, Facebook. It would be a friend of a friend told them,” Anderson said. “We want to create a more student [backed] effort to help organizations realize they are not alone on campus. If they need volun-

teers, there are plenty of people who would volunteer.”

Miller-Gordon is the president of the YSU chapter of No Labels, an organization that helps and encourages students to register to vote. No Labels was the first organization to sign up for YSU Serves, but other organizations — such as Chi Alpha — are following suit.

“This is a beneficial resource for groups that have a requirement for service hours. For example, the school organization YSU Honors requires that members complete a certain number of service hours,” Miller-Gordon said.

Anderson said YSU Serves is strictly for internal, on-campus use. Only YSU student organizations are eligible to submit request forms for volunteers. She said organizations can gather volunteers for events such as Federal Frenzy and Crash Day, since they need many volunteers.

Initially this was designed to be a pairing program, but the SGA reevaluated things and decided it would be more beneficial to let students decide what best fits their schedule and interests.

“Sometimes finding volunteers can be extremely difficult for organizations,” Miller-Gordon said. “Often, some of our members have class during the times that we can reach the most students. In using this tool, we can make sure that our events and outreach can be the best they can possibly be.”



YSU Student *Feels the Bern*

Vermont Sen. and Democratic presidential candidate Bernie Sanders speaks to a crowd at the Village Leadership Academy during a campaign stop in Chicago on Wednesday, Dec. 23, 2015.

STORY: KATIE MONTGOMERY | KFKMONTGOMERY@GMAIL.COM | PHOTO: ERIN HOOLEY/CHICAGO TRIBUNE

The last thing that Anne Garwig would describe herself as is a political junkie. But, she does love Sen. Bernie Sanders, and his underdog story has people like Garwig excited that he just might be able to win the presidential nomination at the Democratic National Convention.

“Most of us who knew who he was when he was just starting out didn’t have any hope that any of this was going to happen. It seemed like a real long shot,” Garwig said. “It still feels kind of like a dream that people have been so into what he’s been saying.”

This isn’t the first time a Democratic candidate has captured the attention of young and politically disinterested Americans. Paul Sracic, chair of the department of politics and international relations, said it was this kind of youth support that propelled Obama to success in 2008.

“By incredible margins, [18 to 29-year-olds] favored

Barack Obama in 2008 in Iowa,” he said. “Bernie Sanders has the same kind of margins right now. It’s Obama-like.”

Unfortunately for Sanders, the age group that supports him the most is the least likely to get politically involved, let alone vote. If Sanders can get younger Americans excited about politics, like Garwig is, Sracic said he may have a shot at a presidential nomination.

Becoming a delegate is not glamorous or well publicized, Garwig said. As long as someone is a registered Democrat or independent in the 13th Congressional District, they can submit application paperwork to the candidate of choice’s staff for approval. After that, it’s a two-minute speech at the local caucus to try and win votes from the attendees, who elect four male delegates and four female delegates to represent each of the Democratic candidates at the Convention. Garwig glid-

ed through the process and was the first woman chosen to represent Sanders.

Unlike the Republican Party, which relies on a winner-take-all system for sending delegates to its National Convention, the Democrats use proportional representation — and the order the delegates were elected in at the local caucus matters.

“If Bernie wins 75 percent of the 13th District, the top 75 percent of his delegates go,” Garwig said. “Hopefully, yes, I will be there. But it’s not a given.”

Because of this, the Republicans are able to settle on a final candidate much sooner than the Democrats, but the Democratic nomination is usually still known before the Convention.

That may not be the case this year if Sanders is able to compete with Sen. Hillary Clinton by receiving strong support from younger Americans.

“We haven’t had an excit-

ing convention in a very long time. We could this year,” Sracic says.

Like Obama in 2008, Sanders may have to rely on the power of super delegates — elected officials and party leaders who do not represent a district — to win the nomination.

“That’s what the super delegates are there for,” Sracic said. “They, in the end, simply want to pick the most electable candidate.”

Even though Sanders is getting younger Americans excited and involved in politics, Sracic doesn’t know if that will be enough to convince the super delegates to bet on him. He said that young people, historically, don’t vote, even if they care about a politician. Polling numbers and approval ratings do not always translate into actual voting margins, he cautioned.

“The super delegates are only going to start to make a difference if the candidates

are close,” he said. “We don’t know if it’s going to be a race yet . . . Whether Sanders can do the same thing that Obama did and drive that youth turnout, we’ll see.”

Garwig, however, is hopeful that politics are changing in the U.S., and that this kind of youth involvement and interest will become a new norm for American politics.

“[Bernie’s popularity] is probably a sign of a shift that some may think is a fluke, but I think we’re moving into a new way of choosing candidates,” she said.

Regardless of the Convention’s outcome, Garwig thinks that Sanders has already done a lot of good by proving to the nation that being a progressive is not a bad thing.

“I think this is giving people a new opportunity to be more comfortable with [being a progressive],” she said. “I think that’s a trend that we’re going to see going forward.”

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NEWS BRIEF

Application Deadline Nears for Summer Honors Institute at YSU

The application for Summer Honors Institute at Youngstown State University is March 4. The program itself will take place June 12-17. During the program, high school students have the chance to learn new disciplines and more in-depth studies. Some of the courses offered are Healthcare in the 21st Century, Documentary Filmmaking, Mathematical Modeling and Social Media. Students are given the option of living on campus or commuting. There are fees involved with the program.

COUNSELING FRONT

Kress said that the center has six specialized counseling suites – four suites for individual, couples, or group counseling sessions, an expressive arts room and one fully equipped play

therapy room – for students and faculty conducting counseling sessions.

“The CCC is doing all sorts of cutting edge things to better treat our clients and train our students,” Kress said. “I’m glad that we’re able to bring in a diverse range of practices under

one roof. Every day that I go into the office I feel excited about the good work we are doing, and the ways we are supporting our community.”

Those who are interested in setting up counseling sessions should call the clinic in advance.

BEEGHLY LIBRARY FRONT

Because of the increased use, some of the materials need replaced.

Howell said the Center needs about \$40,000 to paint, fix the carpet and update some parts of the computer lab.

“It is Maag’s facility, but sadly [Interim Library Co-Director] Ana Torres could not come up with the budget,” Howell said.

He said the University’s budget shortfalls are the issue. According to Howell, the University was set too close their budget deficit in this year, but fell 2 per-

cent short of projections in the fall. This left the University \$2 to \$3 million short.

“[That] is why they have to be careful with the money,” Howell said.

Torres said Maag wishes it could fund renovation projects to update the facilities.

“However, the library has a fixed budget, and it must prioritize desired projects with its increasing operational expenses, including the rising cost of electronic materials needed for research by the YSU community,” Torres said.

Howell said he could provide the \$40,000 for the renovation.

“The college could do

the whole thing, but it made sense to Ana Torres and I that since it is a facility of Maag, they should pay for half of it,” Howell said. “What is going to happen is that everything will shift to the College and use all internal funds.”

YSU student James MacGregor is part of the Deans Dozen – an organization within the Beeghly College that discusses grievances in the college. They have discussed renovating the curriculum resource center.

“Ever since the PASS program started, our library usage has definitely increased,” MacGregor said. “We are in need of more updated

materials and facilities now that we have so much traffic coming through the CRC.”

McGregor spoke to SGA to see if they were willing to help with appropriations.

“I know that they definitely cannot help with all that we need, so I have been looking into various grants and such,” MacGregor said. “Nothing has sadly come out. Maag does not have enough money to meet [the dean] half way.”

The project has been put on hold until the college is able to locate funding or donations for the renovations.

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DATA MEETS ART MEETS SOUND

Media Artist Brian House Speaks at McDonough

STORY: **ASHLEY CUSTER** | AKCUSTER@STUDENT.YSU.EDU
PHOTO COURTESY OF: **ASHLEY CUSTER**

Multimedia artist Brian House spoke at the McDonough Museum on Feb 8 at 5 p.m.

Originally from Denver, House holds a degree in computer science from Columbia University and another in art from Chalmers University in Gothenburg, Sweden.

He was a member of the New York Times R&D Lab and was recognized in their "50 Best Inventions of 2011" issue. His work has also been featured in WIRED, TIME, SPIN, Metropolis, Univision Sports, Slashdot, Creative Applications and Create Digital Music.

During his lecture on Monday, House discussed some of his work, which combines data, art and sound. One specific piece he mentioned was "Conversnitch," a project he conducted in 2014 with New York media artist Kyle McDonald.

"Being an artist, you have to challenge the laws," he said. "It is interesting to do and can be unethical, but worth it for the final product."

He has been invited to multiple talks, made television and radio appearances and has been involved in multiple group and solo exhibitions in Los Angeles, New York and in Sweden.

McDonald and House placed small light bulb plugs into standard light fixtures in multiple public spots in New York. Via a microphone and

Wi-Fi connection the audio was then streamed to Amazon's Mechanical Turk, where it was then transcribed by anonymous workers and posted to the Twitter account @conversnitch.

Fox 5 News ran a story on the project. When it comes to consent for "Conversnitch," House admits they may have violated laws.

"Conversnitch' automatically tweets overheard conversations, bridging the gap between private physical space and public space online," House said.

When asked by an audience member how he makes money, House chuckled and described his work as voluntary.

"Most of my work is commission projects," he said. "I create work for galleries and most of them provide funding."

House gets his inspiration in response to particular opportunities or situations that come his way.

"Museum restrictions are productive," he said. "I have to find a form to fit. Most of my ideas for projects, though, come out of conversations or personal interests."

Ann Miller, a Warren resident interested in art, said she enjoyed the lecture greatly. She enjoyed hearing about House's piece, which documents his daily bicycle commute from Brooklyn to midtown Manhattan in which he wore sensors for his heart-



rate, breathing and the cadence of his pedaling, along with chest-mounted video. Cellist Topu Lyo then interpreted the data via a composition derived from the sources.

"I've always been interested in performance artists and have just wondered why they do it," she said. "I never see much around here about multimedia art. My favorite piece was 'Forty-eight to Sixteen.' His pieces spoke for themselves."

From "Conversnitch," recording data of his locations over a time span of a year, and recreating the path of a stolen phone through Google Street, House's projects all incorporate data

in art form.

"I love awkward translations where experience and representation don't quite line up," House said. "It says something about what happens in between."

Annette Gottuso, an art studio major, said her favorite part of the lecture was hearing about his project "Arrangement for Building."

"It was a very informative lecture on a subject I am not very familiar, which is media art mixed in with music," she said. "It was important to be a part of. I really liked the museum piece, and I feel I would have loved to have been a part of it."

Jordan DePaul to Release New EP "Forces" at M Gallery

STORY: **AMANDA LEHNERD** | ARLEHNERD@GMAIL.COM

Jordan DePaul's new EP "Forces" will have a release party this Thursday at M Gallery in downtown Youngstown.

DePaul has been planning on releasing "Forces" since December 2015. In December, DePaul had a private listening party to get feedback on his record. "This is my first record I have promoted before the release," DePaul said. "I usually just record it, master it then release it the next week. This time, I really took my time and sat on it and sent it [to] a bunch of people and got some really good reviews on it."

DePaul classifies his music as Americana-folk. His vision for the record was to stay as close to his roots as possible.

"I started recording my EP with Matt Sherman, and he is with Warner Chapel," DePaul said. "He is well known in the pop world, and when we first started the recording process I thought my album was going to have more pop elements. He was able to stay true to my sound and follow my vision for the record."

The song "Brighter Shade Of Blue," on the "Forces" EP holds special meaning to DePaul. "My father died in

2009," he said. "Right before he passed he told me he was afraid to die, because he felt he had not given enough time to God. This resonated with me and inspired the chorus: 'when I reach the other side I want to know that I did my time/if what they say is really true they'll never see a brighter shade of blue.'"

DePaul has recently signed with ONErpm, which has a wider distribution rate for music than his previous label. ONErpm originated in Brazil and brought their business to the states.

"ONErpm is going to rerelease all of my records on iTunes," DePaul said. "They are going to run five campaigns and YouTube campaigns to push my record and try to get my music on Spotify playlists."

The performance at the M Gallery will be a stripped down acoustic set.

"I plan to be on the floor with chairs circled around me," DePaul said. "I enjoy playing smaller shows back home with an intimate set. It really allows me to let people listen to my music and hear the stories behind my songs and lyrics without distraction."

According to DePaul, he plans to play for

about an hour and a half. There will be some old songs but mostly new songs from the "Forces," and some tracks that he has not had the chance to play at a show before.

M Gallery event manager and gallery director Johanna George said the event will have a bar and all of the proceeds will go directly to The Legal Creative.

"The Legal Creative is a nonprofit organization who offers educational services to artists, including seminars, workshops, one-on-one business consulting, attorney referrals, publications and legal resources," George said.

JD Eicher, a good friend of DePaul's, is the opening act at the event Thursday. Eicher classifies himself as a modern singer-songwriter. He plans to warm the crowd up for DePaul's performance.

"I'm hoping to sing some songs that folks enjoy and maybe get some folks laughing," Eicher said. "I hope people listening find meaning and connection with the music I make. I hope the songs make them feel something positive."

Doors for the event open at 6:30 p.m. and admission is \$10. Patrons must be over 18 years old to attend.

Rust Belt Artists Hold Annual Winter Market Saturday

STORY: **BILLY LUDT** | wrludt@student.ysu.edu

The Artists of the Rust Belt are preparing for their yearly Winter Market, Saturday from 11 a.m. to 5 p.m. at The B&O Station, 530 Mahoning Ave. in Youngstown.

Upwards of 30 vendors will be selling wares at the winter market, a new high compared to previous years. This winter iteration is part of their series of quarterly markets.

Tony Nicholas, a professional photographer, has been the director for Artists of the Rust Belt for five years.

"We're trying to get more and more artists from the region," he said. "It's not an exclusive club."

Nicholas said the markets are generally open to all mediums, but have a representation of mostly visual pieces. All work for sale at the winter market is home or handmade.

"The only true guideline is that it's your work," he said.

Patrons can expect refreshments, food and live music as well.

Artists of the Rust Belt recently received non-profit status. They found a home early on at the B&O Station, and the venue has hosted them ever since.

Amy Komara is the manager of B&O, and a member of Artists of the Rust Belt.

"It's always been home base, and we've kept it that way," she said.

Being involved with the Artists of the Rust Belt from the beginning, Komara said the markets' attendance has grown drastically over the years, seeing several hundred patrons consistently.

"I never think when a show's going to happen that it will be dead," she said.

Bill O'Rly is a local artist, who works in printmaking, painting, commercial art, photography and jewelry. He has been involved with Artists of the Rust

Belt since 2006.

"I feel like [Artists of the Rust Belt is] a bit more straightforward in terms of directly providing opportunities for artists to monetize their work," he said. "That's really what every event has been about — providing a venue for artists to showcase and present their work and generate income for themselves."

Opportunities for becoming involved with Artists of the Rust Belt can be found on their Facebook page, or on their website, www.rusted1.com. Admission for the winter market is \$2, and children can enter for free.

"There are some interesting things in the works this year," O'Rly said. "Artists of the Rust Belt is working with some other organizations, exploring how shared space and shared resources can help both the arts community and the general community."

.....THE.....

JAMBAR COLUMN

Valentine's Day Alternative

STORY: GINO DIGUILIO
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Alright guys, Valentine's Day. We all have our predetermined thoughts, apprehension and maybe even genuine distaste for the day that shall not be named. Personally, I am not the biggest fan of Valentine's Day.

I am not completely sure as to where the hatred for it stems, nor do I recall when it originated. All I know is that there shouldn't be a specific day in the year that I should feel forced to show affection to loved ones — especially when any other day throughout the year is perfectly available as well! Literally 364 days I can choose from to show affection and love toward others, or even myself for that matter, and I am persecuted if I don't partake for this one day. It is asinine to me.

This year, I am deciding not to partake in the holiday; not necessar-

ily in protest, or even in disapproval of those who genuinely enjoy the love soaked 24 hours. In lieu of Valentine's Day, I am going to be celebrating other holidays. Some that deserve some much needed attention and some that are made up completely out of necessity.

So here it is. For all you Valentine's Day haters and recluses, a compiled list of way cooler holidays to celebrate. Holidays that will make your friends envious of all the fun and joy they bring to you.

Let's start off with the most necessary — Bulgarian National Wine Day. Yes, it's real, and we thank the Bulgarians for this beautiful day of drinking our sorrows away into a grape flavored haze. For you youngins' out there, I'm sure you can find a way around this and legally celebrate as well. Get creative. And plus,

it gives you a reason to feel extremely ethnic and cultural while getting a few snazzy pictures to go with your Instagram theme — still confused as to what that is and if I need one or not — to make your friends jealous during their romantic dates.

Next, there's National Public Sleeping Day. That's right, you read it correctly. Whoever created this and somehow made it become a national holiday, I salute you. You are truly a visionary. Even though it is technically celebrated on the 28th of February, who says you aren't allowed to celebrate early out of pure excitement? Take a nap on campus, take a nap in your car. Hell, fall asleep in class! The sky's the limit. If I were you, I would take full advantage of this day.

And last but not least, a personal favorite. Galentine's Day — the very

best day of the year. A day to kick it breakfast style with all of your best friends and disregard the fitted sheet of love attempting to be fit into the bed of life. Fill up on an amazing breakfast platter, gallons of perfectly blended coffee and laughter. No significant others allowed, just friends, food and fun. What could be better than that? Nothing, that's what.

So even though the world may be heading toward the Valentine's Day black hole, you shouldn't have to stress about it. There are plenty of things you can celebrate instead of Valentine's Day (and they're definitely cooler anyway). Pick your favorite or even create your own holiday! Do whatever you want, but stay strong and stand your ground to those pesky Valentine's Day promoters!

EDITORIAL



Abortions as Preventative Public Health

The government of El Salvador, an underdeveloped Christian nation in Latin America, recently advised their female citizens "of fertile age" to avoid getting pregnant until 2018 due to the outbreak of the Zika virus.

The issue: El Salvador denies women the option to get an abortion under any circumstances due to religious reasons and doesn't offer extensive options for family planning.

Birth control pills, IUDs and shots, as well as condoms, are all legal in El Salvador, but are often hard to come by. Birth control pills are only sold in specific locations and require a prescription, and condoms are only

offered in limited subsidies, so lower class families can't afford them.

Women often get imprisoned for having miscarriages, so to protect themselves, many El Salvadorian women are getting sterilized. In 2004, close to one fourth of all women under 30 were reported to have undergone procedures to become sterile.

So when El Salvador urges women to not get pregnant until 2018 but does not give them the resources to stop reproduction, it leaves them with only two choices. Abstain from sex altogether or have their tubes tied, a virtually permanent procedure.

With the Zika virus spreading all over the world and more nations urging women to avoid pregnancy, countries are forced to face abortions in a way they haven't had to do; as a large scale public health safety measure.

There hasn't been a need to publicly ask women not to reproduce before, unless you count China's former one child policy. The Zika virus is the first modern disease that raises this concern globally.

Babies born with the virus are often born with microcephaly, a condition that causes children to have undersized heads. Microcephaly can result in crippling mental and physical dis-

abilities- including seizures, difficulty walking or standing or vision and hearing problems.

Governments are concerned with the number of children born with this disease, because infants that have microcephaly are most likely to need life-long, possibly government-assisted care — something that many underdeveloped countries can't afford and most developed countries want to avoid.

The Zika virus is a concern that has repercussions for public health that cannot be ignored for the sake of religious or cultural scruples.

Movie picks

Chicago Tribune			
Minneapolis Star Tribune			
Philadelphia Inquirer			
R The Revenant	★	★	★
R 13 Hours: The Secret Soldiers of Benghazi	★	★	★
PG 13 Ride Along 2	★	★	★
PG 13 Finest Hours	★	★	★
PG 13 Star Wars: The Force Awakens	★	★	★
PG 13 Hail, Caesar!	★	★	★
R Sisters	★	★	★

Tribune News Service

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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.

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YSU Leaning on *Experience* as Season Begins

Youngstown State University outfielder Cali Mikovich takes the podium during the YSU softball team's preseason press conference.

STORY: WILL CLARK | CLARK2381@GMAIL.COM | PHOTO: DAN HINER

With the start of the season right around the corner, the Youngstown State University softball team is ready to get into the swing of spring. The Penguins will open this weekend at the Charlotte First Pitch Classic in Charlotte, North Carolina. YSU has 10 returning Penguins that come with experience and chemistry from playing with each other from the previous season.

"We're excited this year's team has come together really well and bonded great. The returning players we have coming back are our whole offense and defense, returning back with experience pitcher Caitlyn Minney. We're excited to get started and head down south," head coach Brian Campbell said. "When we come back, we're going to rely on our offense and defense, which was fairly good last [season] — those are two areas that we did good in."

Miranda Castiglione, a two-time First-Team All-Horizon League senior, was asked what is going

to be a standout strength of this year's team moving forward into this season.

"We have a very good defensive team coming up from last year, and offensively, I think, we've built a lot through the fall and the pre-season. I think we're going to be equally strong on both ends. It's going to be about how we show up," Castiglione said. "Building as a cohesive group last year, there were a lot of girls that were new to each other with the freshman coming in. Now that we have the one season under our belt and were able to play with each other again for a second season, we know what to expect from each other and playing as a team comes easier."

Sophomore Cali Mikovich was named All-Freshman to Horizon League last year and spoke about some of her experiences while growing with the team as a first time collegiate athlete.

"Last year, it was a new experience and being with this group of girls has really opened my eyes to

how close-knit a team can get and how important is to have that," Mikovich said. "As a freshman coming [in], it's a whole new ballgame, and it was exciting to have a team there that was confident in everyone's abilities going into this year. We're even more confident."

Last year, Castiglione broke the single-season school record with 29 stolen bases. She has a total of 44 career stolen bases and only needs three more to break the schools record.

"I think it's an awesome individual accomplishment. I'm not the one to look at. I'd rather leave here knowing that we've won a conference championship together as a group. If we don't win a conference championship, I didn't do my job," Castiglione said.

YSU will have their first game of the season against the University of Toledo this Saturday.

PRESS BOX PERSPECTIVE

WHY SLAM DUNK CONTEST IS STILL RELEVANT

STORY: DREW ZUHOSKY | DTUHOSKY@STUDENT.YSU.EDU

This Saturday, thousands in Toronto's Air Canada Centre and millions more watching on TNT will witness something dramatic, majestic and artistic. No, we aren't talking about an Oscar-nominated film; we're talking about the NBA Slam Dunk Contest, the grand finale of All-Star Saturday Night.

Quite honestly, the Dunk Contest is the most exciting event of the entire evening because you could see some of the craziest slam dunks you'll ever see on a basketball court. Just think back to what's happened in the event in years past.

For me, Los Angeles Clippers power forward, Blake Griffin, performed the best dunk in contest history in 2011. After already completing a two-handed, 360 degree dunk and using his forearm to hang off the rim on his first two dunks in round one, Griffin unleashed what might be the sickest dunk in recent memory in the championship round.

There, while a choir belted out R. Kelly's hit single "I Believe I Can Fly," Griffin received the ball from his former teammate, Baron Davis, who was in the sunroof of a 2011 Kia Optima, which he dunked over to win the event.

Another great dunk happened in the 2008 contest in New Orleans. Dwight Howard, then a center for the Orlando Magic, really brought the crowd to its feet in the first round. Howard wore a Superman shirt underneath his basketball jersey. Before the dunk, the jersey came off. At the mere sight of the shirt, the crowd was already in an uproar.

Howard's then-teammate, point guard Jameer Nelson, supplied the cape, completing the ensemble. The ensuing dunk was spectacular, with Howard throwing it down from the foul line — the proverbial cherry on the sundae? The in-house DJ cued up the theme music from "Superman: The Movie" by John Williams. Dean

Cain would have been proud of that.

However, despite the excitement the Dunk Contest generates every year, the event has come under fire in the past. Case in point, the 2011 Dunk Contest was marred by allegations that the event had been fixed so that Blake Griffin, then a rookie, could be crowned champion.

Ben Maller, overnight host on FOX Sports Radio, added fuel to the fire when he found a press release for a slam dunk exhibition the next day for junior high school students sponsored by a local radio station in Los Angeles. The press release, time-stamped one hour before the Slam Dunk Contest began, contained language that prematurely dubbed Griffin as the event's champion.

Even if the Slam Dunk Contest might be rigged, who cares? In my opinion, this contest takes the slam dunk, a very basic basketball concept, to new levels. Every year, the competitors in the contest try to outdo not

only themselves, but also their opponents and even former champions from previous seasons.

The Dunk Contest is also appealing to me due to its artistry. Whatever dunks you'll see in Saturday's contest are truly amazing and perhaps as crafty as a painting by Rembrandt or Picasso.

Through the use of props, such as the Kia used in Griffin's dunk five years ago or the Superman shirt and cape worn by Howard eight years ago, the slam dunks performed in the contest are exceptionally creative.

What will happen in this year's contest featuring Minnesota Timberwolves shooting guard, Zach LaVine, Magic small forward, Aaron Gordon, Denver Nuggets shooting guard, Will Barton and Detroit Pistons center, Andre Drummond? I don't know, but everyone could be talking about the greatest dunks of the night for some time.

Horizon League Conference Standings Men's Basketball				
School	Conference		Overall	
	W	L	W	L
1 Valparaiso	10	1	20	4
2 Oakland	9	3	17	8
3 Wright State	9	3	15	10
4 Milwaukee	6	5	15	9
5 Green Bay	6	5	14	10
6 Detroit	6	6	12	11
7 Northern Kentucky	5	7	9	14
8 Youngstown State	4	8	9	16
9 Cleveland State	2	10	7	18
10 UIC	1	10	3	19

Horizon League Conference Standings Women's Basketball				
School	Conference		Overall	
	W	L	W	L
1 Green Bay	9	1	19	3
2 Wright State	8	3	18	6
3 Detroit	7	4	11	11
4 Milwaukee	6	4	12	9
5 Youngstown State	6	5	15	7
6 Northern Kentucky	6	5	14	8
7 Oakland	4	7	12	10
8 Valparaiso	4	7	8	14
9 UIC	2	9	11	11
10 Cleveland State	2	9	5	16