



# THE JAMBAR

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## IRON MAN RACES FOR CANCER AWARENESS

THE SIDEBAR



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Today	39° 30°
Wednesday	42° 29°
Thursday	31° 19°
Friday	27° 17°
Saturday	28° 18°
Sunday	25° 16°
Monday	31° 27°

Remember to recycle your copy of The Jambar.

## FOUR FINALISTS FOR DEAN

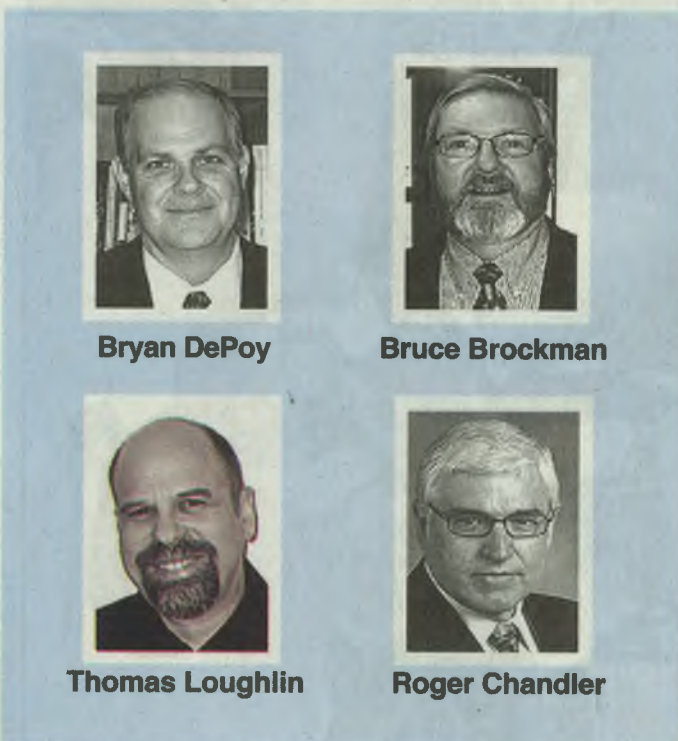
### Fine and Performing Arts hopefuls hold open forums

Emmalee C. Torisk  
NEWS EDITOR

The search for a new dean of Youngstown State University's College of Fine and Performing Arts has narrowed down to four candidates, all of whom will be visiting campus in late February and early March.

On Feb. 24 and 25, Bryan DePoy, professor of music and interim dean at the College of Arts, Humanities and Social Sciences at Southern Louisiana University will visit YSU. Afterward, on Feb. 26 and 27, Thomas Loughlin, professor of theatre arts at the State University of New York Fredonia, will be present on campus. Northwestern State University of Louisiana's associate professor of fine and graphic arts, Roger Chandler, will be at YSU March 2 and 3, while on March 5 and 6, Bruce Brockman, professor of theatre at University of Wisconsin-Milwaukee, will be at YSU.

Executive director of Maag Library Paul Kobulnicky said he encourages faculty, staff and students to attend each of the candidates' open sessions. The



Bryan DePoy



Bruce Brockman



Thomas Loughlin



Roger Chandler

times for these discussions – which vary with each candidate – are available at [www.ysu.edu/fpadean](http://www.ysu.edu/fpadean), and are listed in the candidates' itineraries.

"We want people to come and give the committee feedback," Kobulnicky said.

and the F&PA Performing Arts series, the College of Fine and Performing Arts is in need of a new dean since the current dean, Joseph Edwards, is retiring this year. The new dean will take office July 1.

According to the YSU Web site, the dean is the "chief academic, administrative and budgetary officer of the college." Several requirements for the position exist; some include a degree from an accredited institution appropriate to one of the departments within the college, tenure and a wealth of higher education administrative experience, according to the Web site.

Additionally, according to Kobulnicky, there are many qualities and characteristics the committee looks for in a potential dean. Among these are a sense of quality and vision in programs, along with good management skills.

"They're things we look for in any dean," Kobulnicky said. "These are pretty traditional. For instance, potential deans need to relate well to faculty, students and community. We've evaluated all these qualities to narrow down the candidates."

Consisting of four academic departments – art, communication, The Dana School of Music and theater and dance – as well as various associated organizations, including the McDonough Museum of Art, Students Motivated by the Arts,

## Stimulus one of several pieces of Obama's economic plan moving forward this week

Kevin G. Hall  
MCLATCHY NEWSPAPERS

This week will be a pivotal one for President Barack Obama and the U.S. economy, as interlocking parts of his economic rescue effort are set to be signed, sealed or delivered.

Obama will hear from automakers Tuesday on how they will restructure to get more taxpayer bailout money. Then he'll sign a \$787 billion stimulus bill in Denver and fly to Phoenix, where on Wednesday he'll unveil how his administration

will spend at least \$50 billion of Wall Street rescue money to begin halting mortgage foreclosures nationwide.

And sometime during the hectic week, the Treasury Department is expected to provide more details on a \$100 billion-plus plan for the federal government and private investors to team up to rid bank balance sheets of toxic assets. Those are the distressed mortgage securities and other complex financial instruments that investors are shunning and that are crippling bank balance sheets and restraining lending.

On their own, each of these



President Barack Obama speaks on the economy during a press conference.

developments would be dramatic by historical standards. But for any of them to succeed, they'll need to work in unison with the others.

Even before General Motors and the United Auto Workers finalized their pact for mutually assured survival, the White House confirmed Monday that the earlier idea of naming a "car czar" to oversee industry restructuring was out. In was

an inter-agency task force, led by Treasury Secretary Timothy Geithner and chief White House economic adviser Lawrence Summers.

"The approach that the administration has settled on I think provides a vast amount of expertise that crosses a number of governmental agencies and departments, and brings in the

STIMULUS page 4

## June 2008 study shows healthy eating may prevent cancer

Emery Boyle-Scott  
REPORTER

While good nutrition is part of a healthy lifestyle, now some studies are linking it to cancer prevention.

According to studies conducted last June by Johns Hopkins University, the amount and types of food people eat can determine if or when they develop a life threatening disorder such as cancer or coronary heart disease.

Though reports suggest that diet almost directly influences health, it's complex and hard to research area, said Youngstown State University nutritionist Chystyna Zellers.

Research institutions and professionals take these recommendations seriously, but at least some students at YSU don't consider the effects of their diets on cancer prevention.

"I don't think about what I eat giving me cancer. Neither do my friends," said junior Chad Gifford.

Even the health-conscious students who Zellers sees don't take cancer or other diseases into consideration when they pick out their meals. She said that may be attributed to the nature of prevention. "What you eat yesterday won't give you cancer tomorrow," she said.

Rather, Zellers said it's a long term buildup that is dangerous to your health. Many students are not aware that what they're eating could possibly lead to chronic illness. "They have concepts about nutrition, but not the whole picture," she said.

According to the U.K. department of health and the National Cancer Institute, if you eat a lot of meat or fatty foods, you may be more likely to get pancreatic cancer. The risk may also increase if you don't eat enough

fruit and vegetables. Exercise may protect you against pancreatic cancer, especially if you are heavier than average.

Chris Farnakis, YSU sophomore, sees the studies as important and valid. "So much food in the U.S. is processed and artificial. In other countries it's been proven that they live longer and it probably has something to do with what they eat. Especially since some foods, like dark chocolate, can prevent cancer, why can't some foods cause cancer?" he said.

Farnakis, like Gifford and Zellers, also thinks many students don't consider cancer when they pick out their lunch. "If they see the studies then maybe people will think about it," he said.

All this information about what kind of diets contribute to threatening diseases or disorders can only do so much good

CANCER page 2

### HEALTHY EATING PRACTICES THAT MAY PREVENT CANCER

- Eat broiled or baked food
- Eat a lot of fresh fruit and vegetables
- Try to incorporate organic meats and animal products
- Avoid charred or smoked food
- Avoid pesticides or other chemicals
- Avoid fried food
- Avoid highly processed foods

## YSU to evaluate vacant positions

Samantha Pysher  
REPORTER

In order to save more money for fiscal years 2009 and 2010, Youngstown State University President David Sweet has initiated a position review committee to evaluate vacant non-faculty positions.

Sweet said the committee will assess and appraise approximately 40 unoccupied positions. The committee will place each job in one of the following three categories: to leave the position vacant until the next fiscal year, to eliminate the position altogether or to fill the position this fiscal year.

Ron Cole, manager of news and information services said some vacant positions include executive director of institutional research, two positions in the library and assistant dean of fine and performing arts.

"We would not eliminate a position in which there was crucial need," Sweet said. "The issue for this fiscal year is very manageable. Concern needs to be put on next fiscal year because we don't know what kind of funding we will receive next year."

The major issue facing YSU for fiscal year 2009 is a shortfall on the yearly budget. Although YSU will receive \$50 million from the state, \$93.9 million in tuition revenue and \$4.2 million investments from other sources such as donations, if no immediate actions are taken, the university could end with a deficit.

"The major reason we are facing this problem is due to the state and national economy," Sweet said. "We are looking at energy costs that are higher than expected. Also, investment income is down."

Sweet said going through the list of 40 positions could free up approximately one to two percent of costs, allowing the money to be spent elsewhere. The positions that are currently vacant generate a vacancy savings, Sweet said. In other words, the money can't be spent unless they are freed up.

"We are committed to ending the year with a balanced budget," he said, adding that this will become a reality by reducing energy in order to decrease cost and increase revenues, of which tuition is the largest.

Despite this, Ivan Maldonado, president of the Association of Classified Employees, said certain positions need to be filled and maintained in order to properly serve the student population.

"I'm hopeful that the committee will keep in mind that the staffing is the leanest out of the 13 public state universities," Maldonado said.

Maldonado said he feels a more effective way to limit costs instead of abolishing some vacant non-faculty positions is to not rely on outside contractors. He said hundreds of thousands of dollars are spent on outside contractors.

"We're the only university out of the 13 public state universities to have one electrician and two plumbers to service the facility," Maldonado said. "Why doesn't the university administration invite leaders of the unions to have a dialogue and go over some of our ideas on how we can put some cost-effective measures into play?"



## News Briefs

### YSU Humanics Group Travels to Indianapolis

The American Humanics Management/Leadership Institute in Indianapolis hosted eight YSU American humanics students in January. The event hosted over 1,000 American humanics students, alumni and faculty making it the largest conference in its 36-year existence. Jane Reid, the YSU American humanics campus executive director attended the conference along with the eight students. At the conference, students attended workshops, participated in case studies and got to network with some nonprofit executives.

### Math Conference at YSU

Pi Mu Epsilon mathematics conference is being held Feb. 21 at 9 a.m. on campus. Students participating in the 11th-annual event will give 10 to 15 minute presentations on mathematical topics of their interest. Students interested can register online.

### Seminars for Small Business Development Center

"Just the Facts-Financing for Existing Businesses," a seminar hosted and sponsored by The Ohio Small Business Development Center will be held at the Southwoods Commons in Boardman. This seminar is being held to benefit existing businesses and will be held from 8 a.m. to noon on Feb. 27. The seminar fee is \$10.

## Police Briefs

### Gunfire on Lora Street

Sgt. Shawn Varso and Sgt. Godoy responded to gunfire coming from outside a house on Lora Street on Feb. 11. A blue car was spotted leaving the scene but there was no arrest made. The case is still active.

### Stolen wallet in Kilcawley house

An officer was sent to Kilcawley house in respond to a theft on Feb. 11. A student's wallet was taken from a dorm room sometime on Feb. 2. The student didn't report the theft on that day because he thought the police would not be able to help. He was advised to cancel his credit cards and get a new student ID.

### Close-call robbery

A YSU student reported that he was almost robbed outside of the Maag Library on Feb. 10. The suspect demanded his watch and rings but when the student refused, the suspect backed off. No arrest has been made.

### Wanted male found at Kilcawley

Sgt. Remias was sent to Kilcawley Center to find a white male that was wanted by the Boardman Police. When he arrived he found the suspect with two other officers outside the building. He had a warrant for domestic violence and was promptly taken to the YSU police station for processing.

### CANCER page 1

without some accompanying recommendations healthy lifestyles and preventative measures, Zellers said.

Though healthy lifestyles are important, it may be challenging for residential students to maintain a healthy diet.

Most dining locations offer cookies, candy and other desserts, with some also offering pizza, burgers and fried food. However, all locations also have healthy options including fresh fruit, vegetables and salads with the full-service dining locations offering grilled meats.

"Healthy food is here on campus, but the campus caters to what people like and what people



YSU student Kaleb Kaschalk cycles during the 112-mile bike race during the French Iron Man triathlon.

# Student participates in French Iron Man

Chelsea Miller  
CONTRIBUTOR

Sitting next to his girlfriend quietly, Kaleb Kaschalk is not what one would picture when thinking of a star athlete. At about 5-foot-8-inches, he has a rather small build and a soft-spoken demeanor. So when he tells people he was the youngest to ever complete the French Iron Man, anyone would be surprised.

"When I was interviewed by the guys from The Vindicator, they said, 'I thought you were going to be bigger,'" he joked.

So what, then, compelled him to compete in the 140-mile course in last June against the elements?

"Cancer research," he said. "I tried to find something unique that would be a platform for attention so I could raise the money."

Kaleb's goal was to raise \$10,000 in memory of his late grandfather, Frank Kaschalk, who died of cancer in April 2006. Only managing to raise half of that goal, which is still quite a feat, he donated all the money to the V Foundation, a charity created by ESPN and

Jimmy Valvano, the late North Carolina State University basketball coach, who died of cancer.

Participating in the Iron Man is not an easy task. This triathlon consists of a 2.4-mile swim in the Mediterranean Sea, a 112-mile bike race through the mountainous trails used in the Tour de France, and a 26.2-mile run. Compared to the seasoned athletes that normally compete, Kaleb was a bit behind training-wise. He formerly swam 4 years on his high school swim team but had no experience biking. To prepare, Kaleb trained 8 rigorous months for this grueling event with at least 3 hours a day of exercise alternating between biking, running and swimming.

He arrived in Nice, France a few days before the event was scheduled to begin, traveling alone and not knowing a word of French. He was to be placed against 2,700 other athletes, most of whom were in their 30s. In fact, when Kaleb participated in the race, he was just a couple months over the minimum competitive age of 19, making him the youngest athlete ever to compete.

Despite all the difficulties, Kaleb stuck with it. He started off the race with the swimming,

luckily because it just happened to be the hottest day of the year. With the shot of the cannon, he took off. The swimming, he remembered, was difficult, but he managed well due to his swimming record. The second part of the race was the 112-mile bike ride through the mountains of the town. This was his favorite part because in France, he says, all the townspeople love bike riders and come out of their houses to cheer them on as they pass.

But by the end of the race, he was just anxious for it to end. "My only goal was to finish," he said. "I was just intrigued to do it."

He finished the race in 15 hours, 17 minutes, and 26 seconds, starting off at 6 a.m. and not finishing until 9 p.m. But the finish was not as most would expect a man to act as he had just finished the single-greatest achievement of his life. His girlfriend, Caitlin said, "When I was on the phone with him he sounded so weird. He wasn't even happy about it!"

"Yea I was kind of out of it," he shrugged. "I put on a fake smile for the photographers at the end... I really just wanted to go to sleep."

like isn't always healthy," Zellers said. She said the most important part about finding healthy food is that students know what healthy food is. Sometimes it's not what you eat that can be dangerous but how it's cooked that can cause an increased risk. Cooking methods have been linked to cancer; charring meat can produce known carcinogens.

"Look for baked or broiled food, not fried food. Try to find fresh vegetables and fruit," Zellers said. If you still can't find something good to eat be proactive. "Sometimes if you really want it you have to ask for it. Health consciousness is growing, but it isn't there yet. You have to

ask for what you need," she said.

Another way to prevent some health problems may be to eat organic foods, Zellers said. Organic foods may be beneficial in cancer prevention because they contain fewer pesticides and other chemicals. The cost of organic food, however, can be prohibitive. If you want to incorporate organic products into your diet try to go for animal products first. Products like fish, eggs, milk and meat often have antibiotics and other chemicals that may be dangerous to consume and eating organic in these areas may give you the best benefit for your buck.

Another food-related risk that is reportedly a significant contrib-

uting risk factor for both cancer and disease is obesity.

A health alert issued by Johns Hopkins University in 2006 claims more than 90,000 cancer deaths a year could be prevented if American adults maintained a healthy weight. Obesity is a known risk factor for cancers of the breast, colon and rectum, endometrium [lining of the uterus], esophagus and kidney.

The National College Health Risk Behavior Survey suggests that as many as 35 percent of college students may be overweight or obese. That means that as many as 9,000 YSU students may be overweight.

## Classifieds

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## RELATIONSHIPS

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## RELATIONSHIP NIGHTMARES



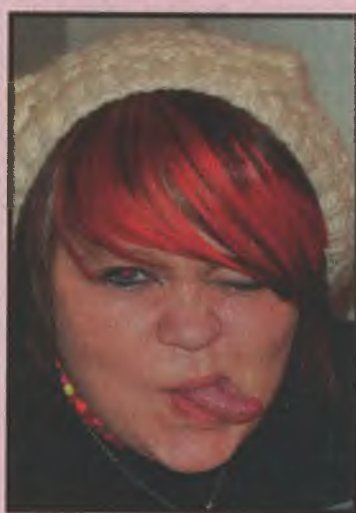
"This Valentine's Day I went out to a movie and a party with some friends and a girl. The movie we went to see was He's Just Not That Into You. After the movie she pulled the friendship card and I did not get any. I guess she is just not that into me."

Justin Butt, sophomore



"I was in an angry relationship with a bipolar woman; towards the end of our relationship she stabbed me. Instead of going to the hospital I bled, and I bled a lot. Needless to say we are no longer together."

Sean Wyant, sophomore



"I was dating this guy my senior year who cheated on me twice. The first time it was with my best friend who he proclaimed he loved on Myspace. The second time he had a picture of a girl on his Myspace with her shirt undone and his name written on her boob. He told me he knew her for fourteen years of his life, but she was only thirteen. He was nineteen."

Meg Cent, freshman



"I was dating a girl and I sent her flowers one day to be nice. I had the flowers delivered to her house, and afterwards I picked her up for dinner. While we were out at dinner I asked her if she got the flowers. She told me she hates flowers and she couldn't understand why I bought them for her. I couldn't get over it so I broke up with her a week later."

T.J. Cotterman, senior



## Study: Don't judge a flirt by its cover

Trine Tsouderos  
CHICAGO TRIBUNE

A new Indiana University study finds that some women are extremely good at faking it.

By "it" we mean interest in a man. (What, you thought we meant something else?) They flirt with him, and yet they are thinking: "I wish this guy would just leave me alone. I can't stand the sight of him."

For the study, published last month in the journal Psychological Science, 54 college students were asked to watch speed-dating

sessions recorded in Germany, then were asked how each party felt toward the other. None of the observers spoke German, forcing them to judge the daters by body language and vocal tone.

Turns out the observers were pretty good at judging how the men felt but almost uniformly terrible at figuring out what some of the women were thinking.

Specifically, some women seemed to be saying, "I'm interested," and yet they were not, according to what they later reported.

"Both genders had trouble reading what the women were doing," said Skyler Place, a psychology doctoral student at Indi-

ana who co-wrote the study.

Place said there is some evolutionary rationale for the behavior. Women have a lot more riding on picking the right guy, because a bad choice could mean having that man's baby.

So women could be acting coy to get men to open up more, thus revealing anything that could make him a bad choice, Place said.

It's also possible American college students just aren't good at reading the body language and inflections of German women.

Maybe the real question is: How do you say, "Look, I'm just not that into you" in German?

## 'Love contracts' help employers avoid office romance pitfalls

Diane Stafford  
MCT

When love blooms at work, "love contracts" may follow.

Dating often begins with hearts and flowers and Valentine's Day cards, but it's been known to end with harassment, retaliation claims and jury trials.

To protect themselves against lawsuits, some employers have begun asking co-workers to sign written confirmations that they have entered into voluntary relationships.

These formal documents typically affirm that "neither party wants their relationship with each other to affect their jobs or the company in any way." Employees agree to abide by company-conduct policies while dating and after the relationship ends.

"It makes sense, even if your first reaction is, 'Aw, come on, give me a break,'" said Brian Finucane, a lawyer in the Kansas City office of Fisher & Phillips, which has had a few workers in client companies sign such documents.

Finucane and other lawyers said they expect love contracts to proliferate.

Lost-love litigation isn't common, but when it hits, it can result in six-figure and sometimes larger jury awards for actual and punitive damages.

"I have a visceral distaste for the name, but, yes, I've had a handful of love contracts signed," said Shelly Freeman, a lawyer with HROI, an employment law practice.

Human resource experts say it makes good business sense to

get written acknowledgement that a workplace relationship is consensual. They point to such well-publicized cases as the 2005 ouster of the CEO of Boeing Co., whose board fired him after directors learned of his affair with an executive.

Staples Inc., Tyco International and Bendix Corp. also have been rocked by high-profile executive-employee liaisons.

Yet in the lower echelons of the workplace, co-worker dating flourishes.

According to CareerBuilder.com, 40 percent of 8,038 workers surveyed in November said they had dated a co-worker at some point in their work lives.

About three-fourths of the respondents said they dated openly and didn't feel a need to keep it secret. It is a rare company these days that forbids co-worker relationships, but many do prohibit one romantically connected partner from supervising the other.

Longer hours on the job and fewer single-sex workplaces have increased the likelihood of office romances. That in itself isn't a bad thing. After all, the CareerBuilder survey found that nearly one-third of the office romances ended up at the altar.

What makes employment law attorneys and human resource officers especially nervous is when they learn an employee is dating his or her boss, as did about four in 10 of the intra-office daters who were polled.

That is the kind of relationship that, if it fails, has led to charges alleging sex for favors and other violations of workplace policies and laws.

And that is where, if the ro-

## RULES FOR CO-WORKER DATING

- No public displays of affection.
- Don't send gooey or sexually suggestive office e-mails.
- Don't date your boss.
- Dress for business, not dates.
- No company pillow talk that you shouldn't share.
- When the romance ends, don't behave badly.

mance is revealed, a lawyer is most likely to plop a love contract on the conference room table.

The documents usually are signed by both workers, who acknowledge that they understand all the workplace policies against harassment and will keep the relationship at arm's length literally and figuratively in the office.

"As a lawyer, this piece of paper would be a gold mine of evidence for an employer," Finucane said. "It's almost a get-out-of-jail-free defense, from a lawyer's perspective."

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# Schools take part in environmental campaign

John A. Gavin  
THE RECORD

Educational institutions across the country are participating in a national campaign to save the environment.

The initiatives are part of the national Lexus Eco Challenge, co-sponsored by the automobile manufacturer and children's book publisher Scholastic Inc., to inspire students to make a difference in the environment today, one community at a time.

As part of the campaign, students at Immaculate Heart Academy High School in Washington Township, N.J., have waged a campaign not to use plastic, created a Web site, and planned to lobby their local congressman about their concerns.

"It provides a forum to follow across the whole curriculum," said Christina Morin, an Immaculate Heart math teacher and adviser. "We're fostering relations across all age groups."

At Valley Middle School in Oakland, N.J., more than 50 students have made pledges to turn off their televisions, computers and cellphone chargers when not in use to save electricity.

And at Dwight Morrow High School in Englewood, N.J., students ventured by row boat and in boots to dredge a pond on

campus for old bottles, tires and debris.

Some schools have used the program to coincide with district curriculum, allowing students to utilize their research skills and community outreach, reinforcing what they learn about science, math, social studies and language arts.

The 2-year-old philanthropic program has three challenges — land, water and air/climate — divided between high school and middle schools. When it has finished, it will have awarded \$1 million in grants, prizes and scholarships. Two schools in each category will win \$50,000, 14 will win \$35,000, and 48 will receive \$10,000.

"We believe that children have the potential and desire to make a difference," said Nancy Lubbel, a spokeswoman for Lexus in Torrance, Calif., and the program's organizer. "We wanted to design a program to test their skills."

Nationwide, 500 schools and about 5,000 students are registered, she said.

In the program, teams are organized in schools, where they set goals and present their strategy to the larger student body.

"We put everything together," said Eman Elgouz, 12, one of six student leaders in Oakland, N.J. "We made sheets for the students

to sign. ... I've learned so much like, when I leave the computer, I should turn it off."

Besides the pledge, Oakland students also did a cleanup of the Ramapo River.

The Englewood, N.J., program, in which students cleaned a pond that had been hidden by trees and shrubs for years, created a sense of community, teacher Judy Aronson said.

"Students have a sense of ownership on campus," Aronson said. "That concept creates the will to take care of it better."

At Immaculate Heart Academy, where students are urging businesses and residents to use corn starch products instead of plastic, garnering more than 400 signatures on a petition, youngsters have bought into the challenge.

Currently, students are designing a group on the social-networking site Facebook, and they are drafting letters to send to New Jersey Rep. Scott Garrett, R-Wantage, about their concerns regarding air pollution.

"We want to let the legislators know about the Clean Air Act," said Krista Kaspar, 16, of Parsippany, N.J., who, along with others, has researched lobbying. "They have a major impact on society. They could tell (Congress) to improve this issue."

## STIMULUS page 1

vast amount of experience that the administration has to deal with the auto restructuring — any auto restructuring issues," spokesman Robert Gibbs said aboard Air Force One.

Meanwhile, GM and Chrysler were in down-to-the-wire restructuring talks with the UAW Monday to stave off bankruptcy. GM received more than \$9 billion in taxpayer help late last year and wants \$4 billion more. Chrysler got \$3 billion and seeks another \$4 billion.

The carmakers' interim report will be overshadowed later Tuesday when Obama signs the economic stimulus plan, which includes public works spending, aid to states to keep essential government services intact, social services for the poor, and some modest tax credits and rebates for businesses and consumers.

Some economists say the plan is too small, and others say that it doesn't provide enough tax incen-

tives to spur purchases of homes or cars. The plan's ultimate success, however, will depend in large part on the other efforts and on whether they'll arrest the decline in home prices and restore banks to health.

"The president's going to speak to the housing component of it this week, and I think that people will be well satisfied with what he comes up (with)," David Axelrod, a White House senior adviser, said on "Meet the Press" Sunday. "But let's be clear; it is a very complex problem, the likes of which we've never seen. We're going to do it thoughtfully."

Obama is expected to announce a plan to help some economically distressed borrowers avoid foreclosure and see their mortgages modified to bring monthly payments to a range from 31 percent to 38 percent of their after-tax income. Banks may be asked to take losses, with taxpayers perhaps sharing part of

their pain for the greater good of trying to halt the nationwide slide in home prices.

Americans have lost trillions of dollars in wealth over the past year from the housing and stock market declines. The Dow Jones Industrial Average is off more than 5 percent since the Obama team outlined a partial bank-rescue plan just last week. Absent greater clarity on the bank-rescue plan, stocks could be poised for further losses, which could sink consumer confidence and personal wealth further.

For now, the administration isn't talking about bank nationalization. That topic attracted more attention Sunday when Sen. Lindsey Graham, R-S.C., mentioned the possibility on TV.

"We will do what we need to do, but our long-term goal is to have a strong private sector banking and financial system," Axelrod said Sunday.

Advertise with THE JAMBAR 330-941-1990

## Students Wanted for survey on Mental Health issues

Earn a chance to win a \$100 Best Buy Gift Card for answering 10 minutes of anonymous questions.

Go to [www.ohiomentalhealthsurvey.com](http://www.ohiomentalhealthsurvey.com)

Survey conducted by The University of Akron (One drawing per campus)

Youngstown State University



### African American History Month Celebration 2009

Proverb of the month: "If you understand the beginning well, the end will not trouble you." *Ashanti of Ghana*

**Wednesday, February 4**  
6:30 p.m., Chestnut Room, Kilcawley Center  
**Sherokea: The Black Heritage Festival**  
This celebration of many aspects of black culture, recognizes traditions and talents rooted in South American, African, Caribbean, and American cultures. The event will include poetry readings, a gospel choir and mime performances, Harabbee and step dancers, and foods of various cultures. This event is co-sponsored by the Office of Housing & Residence Life. (Sherokea is Swahili for Celebrate.)

**Friday, February 20**  
7:00 p.m., The Ohio Room, Kilcawley Center  
**Lecture: African Architects of Egyptian Civilization**  
**Anthony Browder**  
Mr. Browder is a cultural historian on Ancient Egypt, an author, publisher, artist, and educational consultant. He is a graduate of Howard University's College of Fine Arts and has lectured extensively in the United States, the Caribbean, Africa, Japan, and Europe. He is the founder and director of Cultural Resources and has spent 28 years researching ancient Egyptian history, science, philosophy, and culture. He is author of publications that include *Nile Valley Contributions to Civilization*, *Egypt on the Potomac*, and *Decoding Egyptian Architecture and Symbolism*. Mr. Browder's books will be on display and he will be available for book signing after the lecture.

**Thursday, February 5**  
7:00 p.m., The McDonough Museum of Art  
Reception: 5:00 p.m., Bliss Hall Gallery  
Panel Discussion 6:00 p.m.  
**Art Exhibition and Panel Discussion "Recreation: Green Art Forms"**  
Christine Bethea is a nationally renowned artist and arts educator from Pittsburgh, PA. Although she commonly refers to herself as "The Accidental Artist," her works have been featured in a national best selling quilt book, *A Communion of the Spirits: African-American Quilters, Preservers, and Their Stories*, by Roland L. Freeman. Ms. Bethea has received numerous awards as an arts administrator, curator, and supporter of the visual arts. She recently co-founded Passports, an art diversity project which promotes the work of artists of all backgrounds in southwestern Pennsylvania. Her art will be on display at the Bliss Hall Art Gallery, College of Fine and Performing Arts, throughout the month of February. This event is co-sponsored by the College of Fine & Performing Arts.

**Monday, February 23**  
7:00 p.m., The Gallery Room, Kilcawley Center  
**Lecture: Africanist Value-Centered Education in the Global Village**  
Dr. Yvonne Brown is a Canadian educator who has done extensive research on the link between colonization and globalization. She has sponsored international service-learning projects in Africa and Canada. In her position as manager of international initiatives for the faculty of education at the University of British Columbia, she has analyzed and interpreted the university's internationalization policy and weighed its implications for education. Papers and articles she has written include "Green Paper on Internationalization" in the *Faculty of Education* and "Education's Global Journey in Teacher Education."

**Thursday, February 26**  
7:30 p.m., Stambaugh Auditorium  
**Dr. Cornel West**  
Professor of Religion and African American Studies at Princeton University  
Dr. Cornel West is one of America's most prominent and prolific public intellectuals. He is a much sought-after speaker in universities across the country addressing a wide variety of topics across disciplines to various audiences. He is the recipient of over 20 honorary degrees and a National Book Award. His numerous books include *Prophesy Delirium: An Afro-American Revolutionary Christianity*, *Race Matters*, *Democracy Matters*, and *Hope on a Tightrope*. Dr. West is a longtime member of the Democratic Socialists of America.

**Keynote Lecture: By the Skeggs Lecturer**

**Friday, February 13**  
5:45 p.m., Chestnut Room, Kilcawley Center  
**A Play: Boys, Pull Your Pants Up**  
This theatrical performance is based on a new book by Akron novelist Jewlene Banks. It satirizes the current style among African American youth of wearing their pants below their waists. The impact of negative hip hop styles and videos is closely scrutinized. Banks' message is quite simple: appearances matter, and first impressions mean everything, especially to talented youth.

**Co-sponsored by:** FOX 62, 270, WTTW, CW 33, my YTV, TheVindicator, [www.yju.com](http://www.yju.com)

Youngstown STATE UNIVERSITY

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

visit us online



[www.thejambar.com](http://www.thejambar.com)

FREE Mardi Gras Beads

When you buy ANY Coke Beverage at the Kilcawley Candy Counter, Bagel Stop, or C-Store (YSU Bookstore)

on Fat Monday & Fat Tuesday  
Lundi Gras  
February 23  
Offer good while supplies last.

WIN Gift Cards

When you purchase ANY bottled Coke beverage at the Candy Counter, Bagel Stop, or C-store during Mardi Gras Week [February 17-27] and complete a Coke Contest Entry Card. You could WIN Chipotle gift cards, movie cards, Cold Stone, Caribou Coffee, and DQ gift cards. For contest details visit [www.kc.yju.edu](http://www.kc.yju.edu).



Sponsored by Kilcawley Center & Coca-Cola Bottling



### ABOUT THE JAMBAR

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 summer sessions. Mail subscriptions are \$25 per academic year. Additional copies of The Jambar are \$1 each.

### OUR SIDE EDITORIAL

## Recession woes will pass in time

### RELATED STORY

BUDGET, page 1

THE JAMBAR EDITORIAL BOARD

Youngstown State University is facing concerns over its budget, much like everyone else lately.

Traditionally, universities tend to do well during periods of recession, because of the need for displaced workers to be retrained to suit a new job market. This recession cuts deeply enough that even YSU is finding it more difficult to keep its budget in the black.

This is unfortunate, but should not be seen as a catastrophe. Rather, it is likely to be a mere stumbling block along the way. Youngstown, like many other American cities, finds itself at a crossroad. It can go one way, resigning itself to despair and a permanent acceptance of the fact that its brightest days are long behind it. It can go the other way, and seize the opportunity that lies in the future.

Things are indisputably bad now, but optimism is recession-proof.

The bond the university has forged with the city is what makes the success of YSU key to the success of Youngstown.

When we emerge from this, as we most certainly will, we will have a different economic landscape than the one we had just a few short years ago. Gone will be the attitude that Youngstown is a steel town gone bust. Youngstown will be like every other job market looking to grow and expand again.

From the ashes of the economic meltdown that we are now embroiled in, there is hope. With education, Youngstown can still have a bright future. It just needs to believe in itself again.

### OUR SIDE POLICY

The editorial board that writes Our Side editorials consists of the editor-in-chief, managing editor and news editor. These opinion pieces are written separately from news articles and draw on the opinions of the entire writing staff. The Jambar's business manager and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

### YOUR SIDE POLICY

The Jambar encourages letters to the editor. E-mail submissions are welcome at editor@thejambar.com. Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification and the writer's city of residence for printing. Letters are subject to editing for spelling, grammar and clarity. The editorial board reserves the right to reject commentaries that are libelous or that don't defend opinion with facts from reliable sources. The editorial board will request a rewrite from the submitting writer based on these requirements.

Letters will not be rejected based on the view expressed in them. Letters may be rejected if they are not relevant to Jambar readers, seek free publicity or if the editorial staff decides the subject has been sufficiently aired. The Jambar will not print letters that are libelous, threatening, obscene or indecent. The Jambar does not withhold the names of writers of letters or guest commentaries.

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 Youngstown State University.

THE JAMBAR EDITORIAL BOARD



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

### LETTERS TO THE EDITOR

Editor,

I would like to respond to the Bradley R. Smith article about "A question for the United States Holocaust Memorial Museum."

I don't understand why this story was printed. What is the point that Mr. Smith is trying to say other than causing a heated debate over the issue? To ask proof of any person killed in the gas chamber doesn't make any sense. Why are there Museums of the Holocaust in different locations all over the world? Last year I attended the field trip to the Holocaust Museum in Washington, D.C. If you have ever been there, you would have a better appreciation of what the people have been through.

There are plenty of stories from the survivors of the Holocaust, plus all of the physical evidence provided. It was horrible to

see what they went through, but it made me appreciate life more. This article is more disrespectful to the people that went through the Holocaust. I understand that everyone has a right to freedom of speech, but is it worth the money to publish this story and cause a heated debate over a subject that has no argument to it? Just because Mr. Smith did a study and asked 2,000 American academic people and no one responded doesn't mean that it still didn't happen.

I would suggest that everyone should go to the Holocaust Museum in Washington, D.C. and see for yourself of all the events that happened and the testimony of the survivors. It will change the way you look at life and have a better appreciation of your own.

J.R. Burrows  
Student

Editor,

I submit this letter to the editor in response to the indignation of many caused by the inclusion of an advertisement by a Bradley R. Smith in the Feb. 5 publication of The Jambar. In this advertisement, Smith asks for proof of anyone having died at Auschwitz, a Nazi death camp.

Understandably, a number of people were upset and indignant by this, as it seems to imply that the Holocaust never happened. Granted, I do not understand how any marginally intelligent person could really consider it the case that one of the greatest tragedies of history was fabricated.

However, if someone chooses to believe that such is the case, do we have any right to deny them

their opinion? Is it up to the general public, or more specifically, the staff of The Jambar to ensure that people who have unusual views cannot be heard? Some faculty and possibly students at YSU have voiced a desire for the staff or faculty advisor of The Jambar to face some sort of punishment for this; I say, "What have they done?"

Most people believe freedom of speech is one of the more important freedoms, myself included. My opinion is that if Smith wants to pay the money to place an advertisement in The Jambar, let him.

Kevin Hird  
Poland

The Jambar Editors:

The recent publication in The Jambar of an advertisement paid for by Bradley R. Smith of the Committee for Open Debate on the Holocaust has spurred discussion, debate, controversy and concern. In response, The Jambar editorial board published a thoughtful editorial that stated, "As a newspaper, we are in a position to control speech or defend it. We could easily say that since this particular ad is extreme in nature, it should be suppressed. But then who defines extreme?"

Prior to this issue emerging in The Jambar, I was not familiar with Mr. Smith's organization or his views. Spending some time on the Web quickly identified his goal in running these ads.

In my search, I was struck by a statement, by John Silber, who was president of Boston University in 2000 when their student newspaper ran a similar ad. Silber stated in part in his open letter to colleges and universities, "... anyone who cares about the truth is under the obligation to think twice before offering a platform to those who systematically lie by denying the Holocaust."

Those lies are at the heart of the advertisement submitted by Mr. Smith. The advertisement begins by misunderstanding the idea of the university. It is not merely to promote intellectual freedom, but also to promote intellectual responsibility in the pursuit of truth. It is contrary to

the ideal of the university to promote deliberate lies."

I wholeheartedly agree with Silber's comments. It is one thing to publish strong and divergent opinions on issues such as abortion, global warming or taxes, as your editorial points out. It is another to perpetuate a lie in denying a historical fact.

My wife and I had the rare opportunity to go to the movies earlier this month, and we saw the Academy Award-nominated film, "The Reader."

The film revolves around the trial in the 1960s of a Nazi prison camp guard and the debate in a seminar of German law school students assigned by their professor, a Holocaust survivor, to observe the trial. The students are divided as they come to grips with the evil acts of an older generation of Germans. The law professor used the trial as a teaching moment.

At YSU, we are fortunate to have the Center for Judaic and Holocaust Studies that has a long tradition of Holocaust education. Here is my suggestion: I encourage the editors of The Jambar to join with our Center for Judaic and Holocaust Studies to sponsor a forum exploring the range of issues covered in your editorial, as the concept of "promoting intellectual responsibility" while protecting freedom of speech.

David C. Sweet  
President

To the editor:

Might I commend The Jambar for courageously standing up to outside pressure and going ahead with publishing Bradley Smith's ad. In today's politically correct world, defending a free market of ideas is increasingly becoming a revolutionary act. Both the Feb. 10 letters from Regional ADL Director Kochman and YSU's own Judaic & Holocaust Studies Advisory Committee call for self-imposed press restrictions in debate and speech on campus.

Are these not two of the founding principles of higher education? Both of their letters also engage in ad hominem attacks, repeatedly throwing around words like "Holocaust Denier" and "anti-Semite" without really proving either one. No where does Smith deny Jewish suffering under the Nazi regime. He merely asks for a name, with proof, of a person gassed at Auschwitz-Birkenau.

Though calling Smith's point 'manifestly' and 'demonstrably' false, no name was provided in their letters' combined count of 500 words.

Mr. Smith is still waiting for an answer.

But instead of having a free debate as we can here, globally many people are being jailed for holding controversial beliefs and for questioning the 'Holocaust' story that we are so dogmatically taught. Such is the case of Germar Rudolf, a PhD-level educated chemist who now sits in a

German prison for challenging the gassing claims at Auschwitz.

What would make a highly educated chemist doubt these gassings?

The fact that there is no significant cyanide residue on the remains of the gas chambers, despite its presence around other buildings, and similar weathering conditions.

Say what? No poison gas touched the alleged gas chamber walls?

Even in the U.S., such groups as Ms. Kochman's ADL have engaged in a witch-hunt of gas chamber builder and expert Fred Leuchter. Ever since he publicly expressed doubt of the Auschwitz gassing claim, his career has been ruined by these ravenous organizations. Neither Mr. Smith nor I claim to have all the answers, and you should be suspect of anyone who claims to.

But why is this the one issue not open for critical discussion? Can no one freely wonder why no documented person has been found to be gassed at Auschwitz? Why can no one be skeptical of the six million figure, when it was first announced six months before the end of WWII in Europe, without proper demographic study, and before Auschwitz was even liberated?

It is high time we study these issues.

Sean Patacky

Editor,

People have the right to think, speak and share with others how they feel about a particular subject. With that said, there is an appropriate time and place to do that, and I do not think that place is in a college campus newspaper. A newspaper free to everyone on campus to read should not have articles written that could seriously hurt and offend some of the students.

Running Bradley Smith's article in The Jambar was very disrespectful to those who had family

members in the Holocaust as well as to those who feel very strongly about the Holocaust for any other reason. I understand and accept that Bradley Smith has the right to run an ad expressing his questioning of the Holocaust, but we also had the right to reject it.

A paper that represents all of YSU's students should not be running an ad that is more than likely disrespecting a great deal of the YSU students.

Alexandra Cavendish  
Warren

Editor,

On Feb. 10, The Jambar printed a 400-word letter by Shari Kochman, Regional Director of the Anti-Defamation League, in which she criticizes The Jambar for publishing an advertisement by myself titled: "A Question for the U.S. Holocaust Memorial Museum."

In the ad I note that I have asked more than 2,000 American academics if they can provide, "with proof, the name of one person who was killed in a gas chamber at Auschwitz." I note that none has. And I note how the gas chamber story has been exploited to morally justify the U.S./Israeli alliance against the Palestinians.

Ms. Kochman's response to the text of the ad suggests, among other things, that I promote a "view of history that is manifestly false and profoundly offensive," that the text of the ad "is fraudulent, deceptive or misleading," is "outside the bounds of decency and good taste," that it

is an "attempt to promulgate anti-Semitism," that I am forwarding a "conspiracy theory claiming that Jews have perpetrated a scam of monumental proportions," implied that "Jews have manipulated the media, [and] the academic community," and ... well, you probably get the idea.

It's called "defamation" of character. This Regional Director of the Anti-Defamation League did not address the central question that is at the heart of the ad. It is likely that Ms. Kochman did not address the question because she cannot answer it. She cannot provide us with the name of one person, with proof, who was killed in a gas chamber at Auschwitz.

I'm going to take a chance here. Is there one Holocaust scholar on the Youngstown State University campus who can provide the name, with proof, of one such person?

Bradley R. Smith  
Founder for the Committee for Open Debate on the Holocaust

### COLUMN

## Dierkes deliberated



## I want my MTV ... to go away

Doug Dierkes  
COLUMNIST

"Hey, remember when MTV used to play music?"

What was a tongue in cheek joke about their focus on dating shows and skateboarders getting hit in the nuts back in the '90s, has shifted into an unfortunate reality in the modern age.

Don't believe me? Look through the TV Guide in your local convenience store of choice and see what's on MTV. Chances are, your best bet to catch the music videos that the channel was built for broadcasting won't happen for weeks, if not months. And when it does happen, it'll be at 3 a.m. on a Saturday morning. While MTV2 still plays more music, they generally push one hour of songs for every 72 hours of "Run's House," or "Rob and Big," or whatever the kids are into these days.

VH1 isn't any better, preferring to play your favorite songs in clip show form when it isn't forcing the few remaining rock stars of the 1980's to find a new wife from a sea of brain dead gold diggers. Even CMT, the network for both country and Western, is falling victim to this musical boycotting. It prefers to fill space with "domestic disaster" programming, showcasing the worst of Middle America by renovating trailers and following around chain-smoking grandmothers as they try to raise families.

Some of you might argue that this generation prefers to find its music on iTunes, and would rather find the music they like rather than being told what to like. I respond, "jingle briches," because the more accurate description of my feelings tends to offend people. Radio stations are still going strong after all these years, and music journalism hasn't had to resort to pictorials of Danny Bonaduce juggling chainsaws to retain readers. There is definitely a business model where MTV could succeed by playing music again. They're just making too much money off "The Hills" to bother.

I've always thought the fastest way to change a culture is to change the contents of its citizens' dreams. The nation that used to fantasize about the rock star lifestyle now wishes it could be the person sleeping with the person who used to sleep with the person who used to sleep with one of the twins that slept with Tila Tequila. Consequently, our society is also undergoing change; one that makes us even more self-centered and ignorant than America was in the Reagan era. Think about how pathetic that is for more than five seconds and your brain will try to chew its way out of your skull.

I'm so glad I spend my television time watching Comedy Central instead.

The views of this columnist do not necessarily agree with those of The Jambar

In accordance with our policy, Thursday will be the last day The Jambar will be accepting letters to the editor regarding the Holocaust Ad.





## FAD DIET FRENZY

Erica Trekur  
REPORTER

Fad dieting can be a quick fix for losing a couple of pounds, but nothing works better than creating and maintaining a healthy lifestyle.

Nursing student Cery Globeck knows the risk that accompanies some popular diets. "I've never tried a fad diet, but I know people who have and they never had much success over the long term," she said.

Diets that include drastically cutting calories are not only unsafe, but once the diet is over, the weight lost will be regained.

Cery explained that what she knows really works, "Having a healthy diet and moderate exercise is the way to go, not only for weight management but overall health too," she said.

Sophomore Erica Sandrock agreed. "I think watching what you eat and making sure not to overeat is the best," she said.

According to the United States Department of Agriculture, Cery and Erica are right. The USDA gave the food pyramid a much needed makeover in 2005; it was redesigned to suit individual dietary needs.

These needs include incorporating all the food groups and assigning portions based on a person's unique height, weight, age and level of physical activity.

Christyna Zellers, a registered dietician at the Andrew's Recreational and Wellness Center, offers nutrition consultations by appointment, but also quick question and answer sessions on Wednesdays from 12:30 p.m.-1 p.m. and on Thursdays from 1 p.m.-1:30 p.m.

To devise calorie intake and fitness routines, students can also receive individual nutrition counseling, provided by Zellers, where calorie intake and fitness routines are also devised.

Once a nutritional and exercise regimen is created, the foundation of maintaining weight has been established; ideally, dieting is replaced by a healthy lifestyle.

### Popular fad diets

With wintry weather often come cravings for com-

fort foods like macaroni and cheese, casseroles and hot apple dumplings. However, as spring quickly approaches, shedding those extra pounds becomes a priority, and conversations inevitably shift to dieting.

Fad diets have become somewhat of a craze, and often a diet's success stems from its quickness, ease and, of course, results. For instance, former President Bill Clinton lost 35 pounds on the South Beach diet, while reality TV star Kerry Katona has praised the Special K Challenge. Numerous celebrities have endorsed various diets, but which ones actually work and how do they work?

### What They Say

If followed exactly, up to six pounds can be lost in two weeks. According to the Special K Challenge Web site, the average dieter lost about five pounds in that time. The Web site also notes that hunger is not an option; this diet focuses on protein and fiber, which leads to feelings of fullness for up to four hours.

### Average Day

The diet involves two meals a day that consist of one main course of a Special K product. Special K offers a variety of protein meal bars, cereals and waffles. These two meals are each eaten with one serving of fruit. The final meal of the day, which can be eaten as breakfast, lunch or dinner, is up to the dieter's discretion. Two snacks throughout the day are also permissible.

However, snacks must be either one serving of fruit or vegetables, or one of the following Special K products: protein snack bars, crackers, protein water, cereal bars or Bliss bars. Beverages are consumed as usual.

### Why This Plan Works

When replacing high-calorie, high-fat meals with low-calorie, high-protein and fiber Special K products, weight loss can begin. Special K also says eating breakfast will kick start the metabolism, making weight loss possible.

### South Beach Says...

The South Beach Diet Web site claims to be the "food-lover's diet." This diet is broken

up into three phases. Phase 1 is designed to launch weight loss, phase 2 is for a stable weight loss and phase 3 is for maintaining weight once the goal is reached.

### Breakdown of Phases

The purpose of phase 1 is to stabilize blood sugar, which eliminates unnecessary cravings throughout the day. By getting rid of sugars and starches, this diet claims to immediately begin a weight-loss journey.

Phase 1 lasts two weeks and prepares the body to re-introduce only good carbohydrates and fats. An average day in phase 1 would include lean protein, high-fiber vegetables, reduced-fat dairy products and only "good fats," like nuts and extra-virgin olive oil. Phase 1 is for people who need to lose a massive amount of weight.

However, phase 2 is often the starting point for people with ten or fewer pounds to lose. Phase 2 is more realistic than phase 1 and is specifically designed for long-term weight loss. All the rules in phase 1 apply, but the dieter begins adding carbohydrates like whole grain bread, brown rice and whole wheat pasta. Phase 2 is a long-term phase that concludes only when the weight loss goal is met.

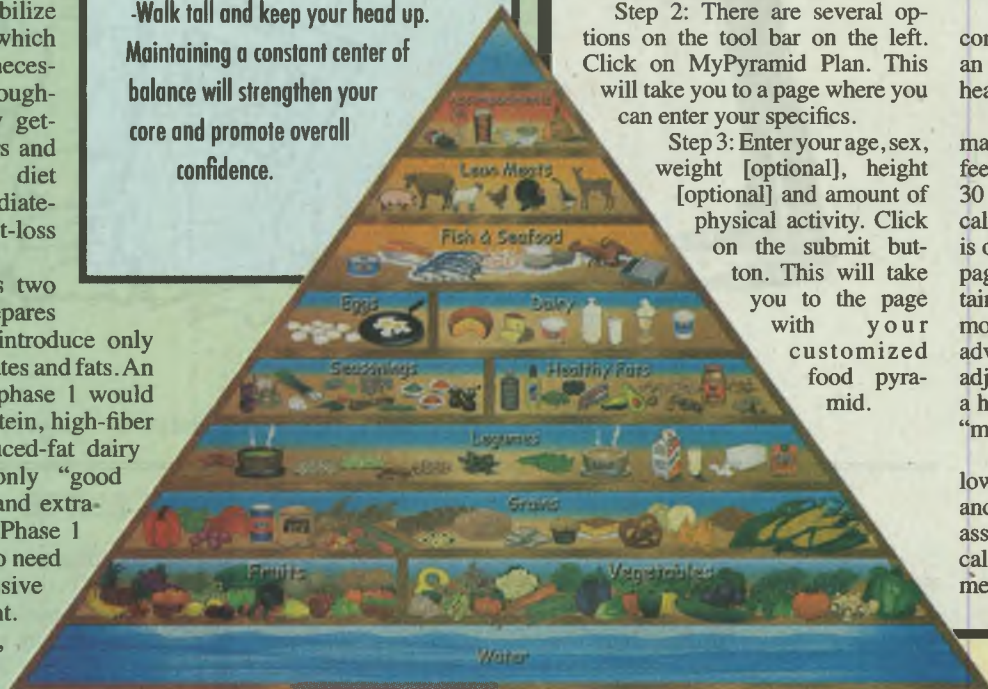
Phase 3 is the maintenance period. Once a weight loss goal is achieved, a lifestyle has now been created. All rules within the first two phases still apply; only occasional indulgences are permitted. This phase permits this because if guilty pleasures are okay, the dieter is less likely to fall back into old eating habits.

### Claim to Fame

The Slim Fast diet has longevity that puts other fad diets to shame. With spokespeople like supermodel and actress Rachel Hunter, Slim Fast has grown year by year. Eminem is the next rumored spokesperson.

With a hectic schedule full of work and school, there are still ways to work in at least 30 minutes of daily exercise. Here are some useful tips that can insert calorie burning into any daily routine.

- At school, work or at the store, park as far as possible from the entrance. The long walk will increase your heart rate and burn calories.
- Opt for the stairs rather than the elevator.
- Take the long route to class; preferably one that includes uphill walking.
- Have a break in between classes? Take a brisk walk or jog around campus.
- Walk tall and keep your head up. Maintaining a constant center of balance will strengthen your core and promote overall confidence.



### Why Celebs Love It

Slim Fast is an easy way to reduce caloric intake while feeling full without skipping meals. Breakfast is replaced with a Slim Fast Shake or Meal Bar. Lunch is the same; add 200 calories of whatever food you'd like.

Dinner follows this simple rule of thumb: a plate should be split into fractions consisting of a half plate vegetables, one-fourth lean proteins, and one-fourth starches. Add a side salad and a serving of fruit or fruit salad for dessert and dinner is complete. Snacks are also permitted and promoted. Eating fruit throughout the day is encouraged.

### Why It Works

Slim Fast Optima controls hunger because of the high protein and fiber. The protein bars promise to control hunger for about four hours. Also, all Slim Fast products contain an excellent amount of vitamins and minerals essential to any diet or food plan.

PHOTO COURTESY MCTCAMPUS

## MyPyramid assesses individual food plans

Tami Young  
REPORTER

The traditional food pyramid is no longer one size fits all. Now, the Web site <http://mypyramid.gov> allows each user to customize a personal, individualized food pyramid.

Step 1: Go to the website: [mypyramid.gov](http://mypyramid.gov).

Step 2: There are several options on the tool bar on the left. Click on MyPyramid Plan. This will take you to a page where you can enter your specifics.

Step 3: Enter your age, sex, weight [optional], height [optional] and amount of physical activity. Click on the submit button. This will take you to the page with your customized food pyramid.

For example, an 18-year-old female who weighs 120 pounds at 5 foot 5 inches and exercises 30 to 60 minutes daily should eat 2,000 calories a day. This calorie count is to maintain a current weight. According to the personalized food pyramid, this person should receive six ounces of grains, two-and-a-half ounces of vegetables, two cups of fruit, three cups of milk, and five-and-a-half ounces of meat and beans per day.

If a weight is entered that is considered overweight, there is an option to help move towards a healthier weight.

For example, a 30-year-old male who weighs 225 pounds at six feet tall and exercises fewer than 30 minutes a day should eat 3,000 calories per day. However, since he is overweight, he will be taken to a page where he can select to maintain his current weight or gradually move to a healthier weight. His advised caloric intake would then adjust to 2,600 pounds. To move to a healthier weight, simply click on "move to a healthier weight."

Additionally, the Web site allows users to register on the site and track the foods they eat daily, assess their food intake and physical activity and make a customized menu planner.

## Get acquainted with MyPyramid

Kat Bergeron  
MCT

Here is some information from MyPyramid, a food-guidance system from the USDA:

1. Make half your grains whole: Eat at least three ounces of whole-grain cereals, breads, crackers, rice, or pasta every day. Look for the word "whole" before the grain name on the list of ingredients.
2. Vary your veggies: Eat more dark-green veggies, such as broccoli and kale. Eat more orange veggies, such as winter squash, carrots and sweet potatoes. Limit the amounts of starchy vegetables, such as potatoes and corn.
3. Focus on fruit: Eat a variety of fruit. It can be fresh, dried, frozen and canned. Fruit juice should be less than half of total fruit intake.
4. Know your fats: Most of your fat sources should come from fish, nuts and vegetable oils. Limit solid fats such as butter, shortening. Keep fat intake between 20 and 35 percent of

your total daily calories. Choose fats from monounsaturated and polyunsaturated sources. Choose foods low in saturated fats, trans fats and cholesterol to reduce the risk of heart disease.

5. Get your calcium-rich food: For dairy products go low-fat or fat-free. If you're among the lactose intolerant, choose lactose-free dairy products and calcium-fortified foods and beverages. Learn what nondairy products are rich in calcium.

6. Go lean with protein: Vary your choices with more fish, beans, nuts, peas and seeds. Make choices that are lean when selecting meats and poultry. In food prep, it's best to bake it, broil it or grill it.

7. Don't sugarcoat it: Whether you fix it yourself or buy it already prepared, choose and prepare foods and beverages with little added sugars or caloric sweeteners. When you read the ingredient list, make sure added sugars are not among the first few ingredients.

Learn more about the latest food pyramid at [mypyramid.gov](http://mypyramid.gov).

## VALUE IN AN ARTFUL SLEEVE:

### 'A look at the resurgence of vinyl records'

Gary S. Angelo  
REPORTER

While iPods and mp3 players are starting to seem like staple items, vinyl may be making a comeback for the college-and-under set.

George Case, owner of the Boxcar Lounge, now located in The B&O Station, said the majority of record buyers that walk into the Boxcar Lounge are in the 18-30 age range or part of the high school demographic.

For Case the vinyl experience creates a larger-than-life ambiance. "I feel vinyl has a richer sound, and I love opening up the cover and seeing full-panel photos of the band," he said.

Youngstown State University senior Stephen Flask feels that the vinyl experience is more raw, original and pure. Some of Flask's prized vinyl releases include Led Zeppelin's "Physical Graffiti," Peter Frampton's "Frampton Comes Alive," and The Cars self-titled release. Vinyl sales, like everything else, will experience high periods and low periods of sales, Flask said. "They do not mass-produce record players as in the past, although today, companies are replicating the vintage turntable models," he said.

Senior Christy Leonardi feels vinyl records cater to a niche market. Her favorite record shop is The Flipside, a Hermitage, Pa. store that carries hard-to-find vinyl, CDs, and vintage clothing.

Even Leonardi's home has a fair amount of records. "We have every single Monkees record stored in a box in our basement," Leonardi said.

For Freshmen Jason Gilpin, the vinyl experience makes sense from a club DJ standpoint. "Listening to vinyl is the best, because you can mix and match any sounds that you want," he said.

With vinyl, a DJ can easily take one track and fade it into another, Gilpin said. "The hip hop industry is run by vinyl. For example, Kanye West's "808 and Heartbreaks" was produced using vinyl and 808 production," he said. While artists use vinyl to create music, space may be the reason why the music is sold in stores as CDs rather than records.

Stores stopped selling vinyl because the records took up too much space, Case said. Record companies never stopped making vinyl but stores/retail stopped carrying it. The retail chain National Record Mart started this non-vinyl trend in the '90s, and later, Best Buy picked up on the trend.

Still, Case has just sold vinyl editions of Beyonce's "Sasha Fierce" and Snoop Dog's "Ego Trippin'."

"Most collectibles are up to the collector's preference," Case said.

Case has sold valuable records such as Prince's "Black Album", original Bob Marley LPs and Beatles pressings.

Ron Hrehovcik [aka Sonny Hopchak] has been operating Hubbard record shop Underdog Music Mania since 1975 when albums sold for \$4.60.

Hrehovcik discovered that generally older men strive to buy more high end collector's material, while the adolescent generations stick to Led Zeppelin and Pink Floyd's newer material. The most valuable album that Hrehovcik sold this year was the Jimi Hendrix reissue, "Electric Ladyland/Import Nude Cover."

Collectors seem to choose vinyl for the signature warm sound it presents.

Hrehovcik said he had a customer who felt he could not distinguish one instrument from another through listening to CDs. However with tapes and vinyl the listener could distinguish the sounds of the varied instruments.



### VINYL CARE ADVICE

- Avoid touching the surface of the record. Instead handle them by the rim.
- Use a Swiffer Duster on dusty records, since they are antistatic and are safe for cleaning the surface of the record. Once the dust particles are clear use a spray cleaner specifically designed for vinyl.
- One popular spray cleaner is Phoenix Spray Cleaner. Apply the spray to your record and carefully

dry the solution off with a microfiber cloth.

- Store records upright at a 90 degree angle. Storing records on top of each other will crush them or cause warping, causing excessive distortion, skipping and dishing. (Dishing is when the label of the record protrudes in a dish-like position.)
- Another alternative is to store your records in a plastic milk crate or tubs uniquely crafted for vinyl

storage. Try to stick with crates that are 14" x 14." Most of these crates can store up to 70 records.

- Store vinyl away from sunlight and excessive heat. Heat can cause heat warps that are difficult to repair.
- Always store your records in a dry closet to avoid mold from weathering the record's cardboard cover and packaging.



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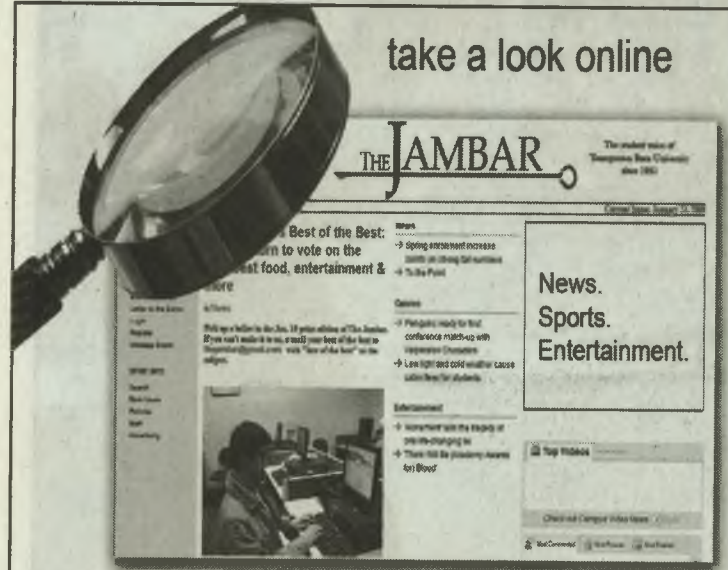
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# Hockey squad heads into last weekend of season with the 'Big MO'

Josh Stipanovich  
SPORTS REPORTER

After a two-game, two-day series, the Penguins nailed it the second time around.

The Youngstown State University hockey squad's three-game winning streak came to a halt after losing Friday night against the No. 14 ranked Wolves of the University of Michigan-Dearborn. The Penguins rebounded Saturday by holding off the fast-paced Wolves for their 16th win of the season.

The win put the club six games above the .500 mark and gave them their fifth win of the season over a top 25 ranked team.

The Penguins got off to a fast start in game one Friday night after scoring the first goal just 34 seconds into the game, but the lead did not last as the Wolves took advantage of their power play opportunities.

Penalties got the best of the Penguins through the first 10 minutes of the first period, which allowed Dearborn to take a 4-2 lead. YSU committed three huge penalties in the first 10 minutes of the game, and Dearborn capitalized by scoring their first three goals on the power play.

"We've got to move our feet ... we've got to make sure we keep our hands down and we've got to keep our sticks down," head coach Rocky Russo said. "We've got a

long history with [the official]. We know exactly how he's going to call a game, and if we feed into it, we're going to be in the box all night long."

The Penguins were able to stay out of the penalty box in during the second period, but their defensive zone could not stop Dearborn from scoring. The Wolves outscored the Penguins 4-1 to extend their lead heading into the final period of play. Russo knows how explosive Dearborn is and realizes that his team cannot win if they try to match their play.

"We decided to try to play like they're playing that period, we're not built like they are," Russo said. "They've got high end scorers that work harder on the offensive end of the ice," he added.

The Penguins tried to make a comeback as they got to within three after scoring the first two goals of the third period, but the Wolves ended the game on a 6-2 scoring run handing the Penguins their 10th loss of the season.

The final game of the series was a defensive battle and it came down to the final seconds of Saturday night's game. The Penguins prevailed 3-2 over the No. 14 ranked Wolves after a last-second shot by the Wolves which senior goalie Matt Jacob blocked to secure their 16th win of the season.

The Penguins had two 5-on-3 opportunities, but they could not capitalize. The Wolves scored the

lone goal of the first period to take the lead into the locker room heading into the second period.

"We need to play with the same intensity on the power play that we do at the five on five," Russo said.

The Penguins came out shooting in the second period, and they were finally able to break the ice outscoring Dearborn 3-0 to take a 3-2 lead after two periods of play. The second period had a lot to do with the play of goalie junior Matt Jacob, not allowing a goal through the second period. "Matt's a rocking man ... he always is every time he gets an opportunity, and tonight's no different," he added.

Jacob only allowed one more goal in the third, and the Penguins held off the fast skating Wolves.

After the game, Jacob said that the team starts with him and the way he plays usually decides the outcome of the game. "A lot of the team starts from me out ... my attitude going into the game, and they try to follow," he said. "I consider myself one of the leaders on this team, and when I'm playing well, I feel like everybody else can play well too," he added.

The Penguins remain in the hunt for a College Hockey Mid-America playoff spot and can clinch a spot with a win over the Presidents of Washington & Jefferson College Sunday afternoon at the Ice Zone.



Junior forward Zak Kusek skates with the puck into the zone against the Wolves.

## Penguins win fourth straight over the Panthers

Keith Langford Jr.  
SPORTS EDITOR

The Penguins almost let a nine-point lead with over five minutes left to play slip out of their grasp.

Youngstown State University men's basketball beat the University of Wisconsin-Milwaukee Panthers 70-68 on a Vytas Sulskis tear drop shot in the lane with just 1.4 seconds left in the game.

"When I released it, I thought, 'Oh man, it's not going in,' then it rolled in and I got real happy," junior Vytas Sulskis said about the game-winning shot.

The win for the Penguins was huge because it kept momentum at an all-time high for the season. The Penguins have now won their last four games including the exciting win over the Panthers.

The Penguins were up 65-56 with 5:47 left in the game and looked poised to pick up their fourth straight win. A string of careless possessions and poor ball handling by the Panthers allowed the Panthers to cut into the lead and eventually take the lead at 68-67 after James Eayrs' layup with 1:30 left in the game. Senior Zack Rebillot got fouled on the ensuing possession and made one of two free throws to tie the game at 68. The Panthers had a chance to take the lead but could not connect on their possession.

The scene was set for a dramatic finish.

The Penguins went down the court but failed to score right away. With 3.6 seconds left, they called a timeout to draw up a play to win the game. The Penguins inbounded the ball to Sulskis and he drove to the hoop. Sulskis put a feathery touch on the jumper, dropping the 10-foot shot into the hoop with just 1.4 seconds in the game. The Panthers threw a prayer of a shot,

"When I released it, I thought, 'Oh man, it's not going in,' then it rolled in and I got real happy."

Sophomore Vytas Sulskis

which fell helplessly to ground as the Penguins squeaked out a victory. The win was the Penguins' seventh win inside of the Horizon League.

Though YSU wasn't playing to it's full potential, YSU head coach Jerry Slocum took the win as a good sign.

"I thought when you can win games without having your 'A game,' that is a sign that your team is maturing," Slocum said after the game.

The lack of free throws was the story of the first half as both teams combined only shot three free throws. The Panthers did not attempt a free throw in the entire first half while the Penguins went two out of three from the charity stripe. The first free throws in the game came at the 7:26 in the first half as junior forward Sirlester Martin was hacked on a jumper. Martin sunk both free throws and scored 11 first half points for the Penguins. Junior guard DeAndre Mays led the Panthers at the half with 13 points.

In the first half, the Penguins could not stop the Panthers' leading scorer on the season guard Tone Boyle. Boyle hit four deep shots for the Panthers and led his team at the break with 12 points. The 3-point shot helped the Panthers gain a half-time advantage of 41-36.

The ability to shut down Boyle in the second half was a



Sophomore Vytas Sulskis hit the game-winning shot against the Panthers.

huge key to the Penguins' win. After scoring 12 first half points, Boyle did not score another point in the game since the Penguins shut down the Panther's best shooter. Martin continued

his good first half and ended up with a career-best night with 20 points. Mays chipped in with 15 points, 13 of those coming in the first half.



## Tisia sets three school records at Akron Invitational

Sophomore Breanne Romeo is the lead runner for the Penguins in the 400m for the women's track team

Photo courtesy of YSU Sports Information

Freshman Kiplangat Tisia now owns school records in three events as finished first and broke the school record in the 5,000m with a time of 14:15.10, breaking Keith Gorby's previous record by 23 seconds at the Akron Invitational on Saturday.

Tisia, who competed in the Gold Division, also hold the school record in the 3,000m and is a part of the record setting distance medley relay squad.

Also in the Gold Division sophomore Jerrill Hall topped his previous-best time in the 60m hurdles to set a new school record in the event with a time of 8.27, finishing sixth.

Other top performers in the Gold Division included juniors Adam Kagarise and Alexis Hall as well as sophomore Breanne Romeo. Kagarise took fourth in the 400m with a time of 47.90, Hall claimed fifth in the weight throw with a distance of 16.69m, while Romeo finished fifth in the 400m with at time of 57.88.

In the Blue Division, Kagarise and Jerrill Hall also had first place finishes. Kagarise claimed the top-spot in the 200m with a personal-best time of 21.86 and good for third all-time in school history. Hall was victorious in the high jump clearing a distance of 1.95m.

Senior R.D. Goodright, junior Justin Dickman, and sophomore Jake Lape also had solid performances in the track events in the Blue Division.

Goodright finished second in the 800m with a time of 1:53.78, while Lape finished the 5,000m in third following a time of 15:31.29, and two spots behind Lape in fifth was Dickman with a time of 15:35.46 in the event.

Senior Shayne York and sophomore Johnny Copley highlighted the field side for the men. York took second in the long jump with a distance of 6.73m. Copley had a personal-best day in the pole vault as he cleared 4.58m to claim third on YSU's all-time list.

For the women, freshmen Kaitlyn Griffith and Laura Kosiorek both had top-five finishes. Griffith had a fourth-place throw of 12.69m in the shot put while Kosiorek finished fifth in the triple jump with a distance of 11.23m.

The Penguins head to Kent on Saturday to take part in the Kent State Tune-Up, the last event before they take part in the Horizon League Indoor Championships.

Courtesy of YSU Sports Information

CLARIFICATION

On Tuesday, Feb. 10, The Jambar published that the men's hockey club clinched a playoff spot for the 2009 CHMA playoffs. If they win Sunday, Feb. 22 against Washington & Jefferson College, they will clinch a spot for the 2009 CHMA playoffs.