

THE JAMBAR

The student voice of Youngstown State University since 1931.



PAGE 6

PENGUINS SEARCH FOR ROAD WIN IN BOSTON

THE SIDEBAR



FEATURE ▲
5 fun ways to get Rec'd.....6

NEWS
New student selected to YSU Board of Trustees.....2
College browsing made easier with College Click TV.....2
Police Briefs.....2
Body ID'd as missing Yale student; police say slaying wasn't 'random'.....2

EDITORIAL
Wisdom comes with age.....5

OPINION
Letter to the Editor...5
Jambar Q.....5

SPORTS
"Red Out" in store for the volleyball team as they play their first two home matches....8



SPORTS ▲
Cooper proves to be leader for Penguins in 2009.....8

WEATHER

Today	☀️	75° 58°
Friday	☁️	71° 54°
Saturday	☀️	72° 60°
Sunday	☀️	78° 54°
Monday	☀️	78° 55°
Tuesday	☁️	79° 54°
Wednesday	☁️	76° 59°

Remember to recycle your copy of The Jambar.

DEPARTMENTS ADD FACULTY AND COURSES

Dan Pompili
ASSIST. NEWS EDITOR

Three academic departments at Youngstown State University expanded the number of available course sections for the fall semester to compensate for the enrollment increase.

Manager of News and Information Services Ron Cole said the departments of math, English and Reading and Study Skills were approved

to expand the availability of courses and to hire additional faculty to compensate for the increased workload.

The mathematics department opened seven additional sections, including five "developmental math" sections at the 1500 level, and two pre-calculus sections.

"We did our best to add courses to accommodate the students who needed them," said Dr. Nathan Ritchey, chairperson of the mathematics department. Three part-time, or adjunct, professors were hired

"We did our best to add courses to accommodate the students who needed them."

-Dr. Nathan Ritchey
Chair of math department

to teach the additional classes. One or two of them worked for YSU previously.

Reading and Study Skills commonly provides between 25 and 26 courses, but classes increased this semester to 31.

Two new adjunct faculty members were hired, while some existing part-time instructors took on additional classes.

COURSES page 3

LIGHT UP THE SKY



Lamar Salter
ARTS & ENTERTAINMENT EDITOR

To conclude a project to signify Youngstown State University in the sky, the first lighting ceremony will be held tonight at 8:15 p.m. downtown.

The project, an effort to print the school's logo on the four sides of the AT&T communication tower located downtown had been in discussions in and out of President Sweet's office during his tenure.

"Since I started, I framed my impressions," Sweet said. "The tower was an ugly brown before, and we think we can add an attractive edition to the city."

Sweet also talked about the challenges it took to set up the project.

"AT&T is a very complex organization," he said.

LETTERS page 3

New name, same offers

Covelli Centre reaches out to community

Rick Pollo
REPORTER

Since its grand opening in late 2005, the Covelli Centre has brought new life to the once struggling downtown Youngstown economy. Formerly known as the Chevrolet Centre, it has successfully kept the community connected and entertained with Mahoning Valley Thunder games as well as a series of live concerts and special events. Although the downtown area may not be making nearly the money it was in its heyday, the presence of the venue has certainly contributed to continuing rise of interest and activities in the area.

The Covelli Centre may have undergone a name change over the year, but it has been under the same management since October 2007. Director of marketing Bridget Wilsonovich said, "The new name comes with an opportunity to promote the Centre's events at Covelli's properties: Panera Bread and O'Charley's restaurants."

As many new YSU students already know, the Covelli Centre sponsored gift coupons for free items at the local Panera Bread for all incoming freshmen. Wilsonovich said this served as a great promotion to other Covelli-affiliated businesses and also created awareness for newcomers to the area.

"At this time, there's no direct connection with YSU, but we have a few things we are working on for the near future," she said.

COVELLI page 3

Tod Hall says no sleeping allowed



PHOTOS BY SAM MARHLIK / THE JAMBAR



PHOTO BY JENNIFER TOMERLIN / THE JAMBAR

Chuck and Joan Reid are active students in the 60-plus program.

Golden opportunity for the 60-plus

Jennifer Tomerlin
REPORTER

Chuck and Joan Reid are not your average non-traditional students. For one, they are 79 years old. This couple is one of many who participate in the College for the Over-Sixty program at Youngstown State University.

The College for the Over-Sixty program has been at YSU since Ohio legislation passed the code in 1976. The code states that each state university or college must permit any person of 60, residing in Ohio at least one year, attendance without charging tuition or matriculation fees.

COLLEGE page 3

JAMBAR STAFF

EDITOR-IN-CHIEF: *Chelsea Pflugh* 330-941-1991
 MANAGING EDITOR: *Adam Rogers*..... 330-941-1989
 NEWS EDITOR: *Josh Stipanovich*..... 330-941-1989
 COPY EDITOR: *Emmalee C. Torisk*..... 330-941-3758
 A&E EDITOR: *Lamar Salter* 330-941-1913
 SPORTS EDITOR: *Keith Langford Jr* 330-941-1913
 DESIGN EDITOR: *Brian Cetina* 330-941-1807
 DESIGN EDITOR: *Nick Young* 330-941-1807
 WEB EDITOR: *Kelli Phillips* 330-941-1913
 ASSIST. NEWS EDITOR: *Dan Pompili*..... 330-941-1913
 ASSIST. COPY EDITOR: *Aaron Workman*..... 330-941-1913
 ASSIST. WEB EDITOR: *Adam Planty*..... 330-941-1913
 ASSIST. DESIGN EDITOR: *Sam Marhulik* 330-941-1807
 A&E REPORTER: *Gary Angelo*..... 330-941-1913

COLUMNIST: *Melissa Mary Smith* 330-941-1913
 SPORTS REPORTER: *Chelsea Miller* 330-941-1913
 REPORTER: *Samantha Cavalier* 330-941-1913
 REPORTER: *Alicia Pattillo* 330-941-1913
 REPORTER: *Juliana Hull* 330-941-1913

SALES MANAGER: *Jennifer Cvengros* 330-941-1990
 RECEPTIONIST: *Teresa Soos*..... 330-941-3095
 BUSINESS MANAGER: *Olga Ziobert* 330-941-3094
 ADVISER: *Mary Beth Earnheardt*..... 330-941-3095

CONTACT THE JAMBAR
 E-MAIL editor@thejambar.com
 FAX..... 330-941-2322

Police Briefs

Campus light pole hit by car

On Tuesday, Sgt. Bryan Remias spoke with grounds employee Rich Conway about a university light pole. It appeared the pole may have been struck by an unidentified vehicle. A university electrician was called to cap off the wires, and the area has since been secured.

Property discovered missing from coach's office

On Tuesday, Officer Bryant was sent to Stambaugh Stadium in response to property missing from Coach Heacock's office. Heacock claimed he left his office around 6:30 p.m., and upon his return the items in question were missing. The area is kept locked and needs a specific key for admittance.

Student passes out in Beeghly Center

Sgt. Remias was dispatched on Tuesday to the second floor of Beeghly Center in reference to a student that had passed out. The student claimed to have felt dizzy and passed out on the floor, striking her head on the concrete. She was then taken to St. Elizabeth Health Center.



thejambar.com

advertise with the jambar
call us at: (330) 941-1990

New student selected to YSU Board of Trustees

Josh Stipanovich
NEWS EDITOR

The newest addition to the YSU Board of Trustees is a sophomore at Youngstown State University majoring in middle childhood education.

Lyndsie Hall, former graduate of Boardman High School, is following in the footsteps of current student trustee Daniel DeMairo, who she worked with at the Center for Student Progress. She said he was the one who suggested she apply for the position when it opened.

"He always talked about how he was involved with it, and it sounded really interesting," Hall said.

Everything really hit home for Hall when she received the phone call from President of YSU Dr. David Sweet explaining to her she had been chosen by Gov. Ted Strickland for the position.

That all-important phone call she had been waiting for all summer came one afternoon while Hall was on her way into her house, hands full and cell phone ringing.

"You got the position, and you'll be hearing from me later on," Sweet said when she answered her phone. Immediately following, Hall called her parents to tell them the good news.

But being selected to a position the governor has to appoint is something that not many students can associate with.

"It's an honor. I don't think I even comprehended what it meant," Hall said.

Hall has a long history with campus involvement including work as a peer mentor in the Center for Student Progress at YSU, member of the Emerging Leaders Program, athlete on the track and field team, and she has recently been selected for the dean's dozen in the College of Education.

Now that she has been appointed as the new student trustee, she has already begun planning on how she's going to need to adjust her already busy schedule.

"It's hard. I have time management sheets, and I color code them," Hall said. All of her classes are pink, track is orange and everything else is in blue. She said that since starting as student trustee, she has been forced to work long hours, and it takes a toll on her.

Hall said she attributes all of her success at YSU to her parents. "My parents have instilled a good work ethic in me," she said.

Her father was the first to go to college in her family, and she said she wanted to follow in his footsteps. "He [her father] was going to [work in] the steel mills, but then I started closing [where I work]," Hall said. "He made it a point for himself to get educated, and then I learned from him."

Hall said she does not know much about what she is expected to do as student trustee, but she said she wants to get a hold on all of her responsibilities before she delves into it.

"I just want to make sure that the students know what's going on, and that they have a say in what we're doing," Hall said referring to the current presidential search. "I want to have someone who is obviously student oriented who is going to be around the students and taking what students have to say into account," she added.

Getting involved on campus is what Hall would like to get through to the students because she said she knows first hand how it could help students graduate with as much knowledge as possible.

"The more things you get involved in, the more people you meet, the more fun it is," Hall said.

College browsing made easier with College Click TV

Juliana Hull
REPORTER

Youngstown State University students can now be found on <http://collegeclicktv.com> along with hundreds of other students from schools all around the United States.

The point of the Web site is to get information right from the students of a college you are looking into. You can see pictures of different colleges along with their key stats, general information, ratings and interviews from current students.

Mark Van Tilburgh, the executive director of marketing and communications allowed two teams of people on cam-

pus to shoot footage of students. He said <http://collegeclick.com> "came here last year on their own" to have YSU on the Web site.

"This Web site gives perspective students and parents a opportunity to learn about the college through students rather than brochure," Van Tilburgh said.

YSU is under the college index on the Web site, and footage of 44 different students giving their opinions, advice and information on everything from night life, the best places to eat and the good things about YSU. Van Tilburgh said at the end of this year they "should have more than 100 students on the Web site."

Among the 44 students, ju-

nior Anthony Jefferson, transfer student from Thiel College, gave advice to incoming freshman:

"College life is what you make it," Jefferson said. "Get your focus right out of high school."

Jamie Gun, going for her master's degree in English, said,

"The good thing about grad school is you can work around your schedule. They are very understanding."

Junior Laura Cigleano from Sharon, Pa. was asked what she thought about commuting to YSU every day.

"It's a very secure area; I have no problem getting here," Cigleano said. "YSU is mostly parking decks, not a lot of housing."

Odra Frizzy, sophomore exercise science major commented on the Andrews Student Recreation and Wellness Center.

"The Rec is a really nice addition to YSU," Frizzy said. "I chose YSU because of the major and classes are going really well."

Freshman nursing student Terry Lebetts summed up YSU as "a really great school."

Collegeclicktv.com gives "glimpses into the day-to-day life of the YSU student" and "nothing is rehearsed or anything," Van Tilburgh said, "We are exploring more and more media marketing opportunities with Yahoo and Google" as well to help market YSU.

Body ID'd as missing Yale student; police say slaying wasn't 'random'

Matthew Chayes
NEWSDAY

NEW HAVEN, Conn. — The slaying of the missing Yale bride-to-be whose body was found on what was to have been her wedding day "wasn't a random act," police here said Monday as an autopsy concluded that she was the victim of a homicide.

Authorities also officially identified the remains as those of Annie Le, 24, the Yale doctoral student in pharmacology who had been missing since last Tuesday and whose body was discovered Sunday hidden inside a wall in a basement lab building where she worked in the medical school complex.

The medical examiner in Connecticut is withholding Le's cause of death "for investigative purposes."

Meanwhile, the New Haven Register reported that detectives were focusing on a lab technician who works in the

building where the body was found.

The newspaper reported that the technician had failed a polygraph test and had scratches on his chest, as if he were in some type of a struggle.

Nearly all of the basement animal research floor where Le's remains were found can be accessed only by students, faculty, staff and lab technicians who have been given specific permission to be there, student researchers said.

In an earlier statement e-mailed to the Ivy League school Monday, Yale Police Chief James A. Perrotti tried to tamp down rumors circulating on the shaken campus.

"There are no suspects in custody," Perrotti said. "We ask for your patience as we thoroughly investigate this crime."

Authorities would not answer questions about a suspect, but say they are sure that there are "no students involved" in

Le's killing, Perrotti said.

New Haven police spokesman Joe Avery said Monday that because the death did not appear to have been committed at random, there was no need for alarm on campus.

"It wasn't a random act," Avery said. "It doesn't appear to be a random act."

Sari Levy, 18, a freshman at Yale from Great Neck, N.Y., said, "Everything is a little bit shaken up. It's more like emotionally distressing than actually fearing for your own safety."

Le, who is from Placerville, Calif., east of Sacramento, was to marry Jonathan Widawsky, also 24, a Columbia University graduate student from Huntington, N.Y., on Sunday. The nuptials were canceled Friday, after she was reported missing on Tuesday.

Widawsky is not a suspect and is working with investigators, police said.

Avery said police at first thought Le might have been

a runaway bride. That theory was soon debunked as investigators were not able to find any surveillance video of Le exiting the Amistad lab, and she was seen on the video at about 10 a.m. walking into the building for a research lab appointment.

Yale officials say every entrance and exit to the building on the school's medical school complex is captured on video by a series of 70 cameras. The basement where Le was found in a part of a wall used for utility cables and plumbing is highly secure, university officials said, and only students, faculty and staff with a need to be in the basement are able to go there.

At Le's off-campus home about a mile and a half away, three plainclothes Yale police officers spent about 10 or 15 minutes in the residence Monday afternoon, then emerged with a camera. They would not answer reporters' questions.

CLASSIFIEDS

HOUSING

GOT HOUSE?

Chris has nice 4-5 bedroom homes available for your group. All utilities, appliances, ADT, plus cable & internet. From \$385.00 per person. Call Chris to arrange your tour 330-743-7368.

Campbell apartments 3 miles from YSU. Two entrances, very private, clean, secure. Quiet for studying, one large bedroom, full basement. \$235 plus utilities. Call 330-755-2077.

4 Bedroom Apt
\$800 mo/Tenants pay gas and electric.
855 Ohio ave.

1 Block from Cafaro House
Security Dep and Credit Check
330-549-5518 or
djean9838@zoominternet.net.

Five bedroom home five minutes from campus. Boardman area, fully furnished, hot tub w/ deck. \$375.00 per room a month with utilities included, more info call 330-788-6503 or 330-519-9374.

Large 1 BR apt.
@ 205 Park Ave.
All utilities included @ \$450/Mo.
Phone 330-747-0500.

2 BR apt. @ 207 Park Ave. \$375/
Mo plus gas & electric. Phone 330-747-0500

1-5 BR units convenient to YSU.
Appliances included, prices starting at \$325/person with all utilities included. Call 330-506-0104

HELP WANTED

Bartenders Wanted! Up to \$300 a day, no experience necessary, training provided. 800-965-6520, ext. 287

Need to sell something?

Try your luck with The Jambar classifieds

WHAT DO YOU THINK?

SEND US AN E-MAIL

THEJAMBAR@GMAIL.COM

COURSES page 1

The English department saw the greatest increase, adding as many as 12 composition courses to its usual budget of approximately 150 sections. Six or seven of those were newly added while the others were reserved courses, opened to compensate for the sudden influx. English hired three additional part-time instructors, one of whom worked for the department in the past, and one full-time Ph.D. not on tenure track. Many part-time English faculty took on heavier workloads.

Dr. Gary Salvner, chairperson of the English department, said the reservation of courses is common practice.

Departments will open so many courses to determine how they are filling. If all of them are filled, new sections will be opened.

Ritchey said the mathematics department follows similar policies. He said the department's sections are all full, but also that two new computers were added in one lab so they could "squeeze" two additional students in some courses.

COVELLI page 1

Among the key contributions the Centre has provided for the community have been hosting job fairs and Feed the Children events along with such city sponsored events like Shred Day, Tire Recycling and Clean Up Youngstown.

On top of this, the various sporting events and live music concerts the Centre holds have been known to draw thousands of patrons from far and wide. They have held over three dozen live concerts, of which over half have been sell-outs; most notable are the Journey and Heart concert in August

and its annual Trans-Siberian Orchestra Christmas shows.

The Covelli Centre and its staff plan to continue providing great entertainment and opportunities for the members of the Youngstown community. They also take a great sense of pride in doing so.

"There's something about experiencing a live performance that connects people in a very unique way," Wilsonovich said. "From TSO to hockey to Arenacross to Cirque du Soleil, we try to provide something for everyone."

COLLEGE page 1

Registration for this program is always the Friday before the semester starts. It happens three times a year for fall, spring and summer semesters. Classes are open on a space-available basis. Potential students must look up their classes, just like traditional YSU students would.

Students must pay for books, as well as technology and lab fees, and they can register for up to 12 credit hours. Additionally, students can take exams by request if they want their progress evaluated, but they do not receive any credits or grades for the classes they take.

Melvin North, the coordinator for the program at the Metro College, said 81 students are enrolled this semester. North said people participate mainly for "knowledge."

"They want to be part of the routine," North said.

The Reids have participated in the program for three years. They have attended every semester and every class together as a couple.

"You got to have your man

with you," Joan said.

They are on campus every day. In the spring semester, when the weather gets bad, they take class at the Metro College. They are registered for two classes: geology and history. Each semester, both pick one class they are interested in.

"The students are very polite," Joan said. "They are always holding doors for us. I have never said 'thank you' so much in my entire life."

North said there was a man in his 80s taking classes. Another student in the program has been involved with the geology department and traveled to the Cayman Islands.

"Students today have so much more access to knowledge than we did," Joan said. "It is a wonderful program to participate in."

The College for the Over-Sixty program has noted a trend of increased enrollment, North said. In spring 2008, 61 students were enrolled in the program. A year later, enrollment increased to 80 students.

LETTERS page 1

In addition to local meetings, YSU talked to a variety of entities related to AT&T in Chicago and Dallas. The school also had to receive approval from the Federal Aviation Administration due to the height of the tower.

The project had finally been green-lit for construction last summer. The letters were assembled on top of the tower in red with the tower itself be-

ing painted white.

The letters will have small LED lights that will illuminate at night.

Sweet also said he hoped the tower will serve as a beacon to "identify Youngstown State University."

"It took a while to do, but we're happy to have it being completed," Sweet said. "With persistence and partnership, anything is possible."

WHAT DO YOU THINK?

SEND US AN E-MAIL

THEJAMBAR@GMAIL.COM



"It's Bold, it's Risky, it's...The Whiskey!!!"

GRAND OPENING CELEBRATION!
Now Open—Newly Remodeled—Plasma Screens—ESPN Game Plan—Watch the Games—No Cover

Saturday, September 19th
11:00 a.m. - Close
BBQ Chicken & Shaved Roast Beef
CD 93 from 9-11 Meet "Fast Freddy"
Prizes Giveaways / Raffles
"Discounts Daily for YSU students with Student I.D."



Happy Hour 3-7 Daily
Ladies Night Every Thursday
Bucket Beers 6 for \$9 during all YSU and OSU games and on NFL Sunday!

Smile...



Saving lives is not only a good thing, it makes you feel good too.

Plasma Donors Needed Now

Please help us help those coping with rare, chronic, genetic diseases.

New donors can receive \$25 today and \$75 this week!

Ask about our Specialty Programs!

Must be 18 years or older, have valid I.D. along with proof of SS# and local residency.

Walk-ins Welcome.



444 Martin Luther King Blvd.
Youngstown, OH 44502
330-743-1317



**BREAKING NEWS
BLOGS
VIDEO**

twitter.com/TheJambar

FOLLOW THE JAMBAR

5 fun ways to get REC'd

Chelsea Miller
SPORTS REPORTER



YOGA

The goal of Samantha Grbinick's class is to have students walk out in a calmer state of mind. Feeling the laid-back vibe of her class, students may do just that.

First, students participate in a 10-minute meditation and breathing exercise that Grbinick said helps students relax and decompress. Next, she leads students in a series of poses such as the downward dog, reverse swan dive and five-pointed star that look like they sound.

"Pause here and notice how your body feels," she said after each move.

Grbinick stated the reason behind the poses is that students become aware of their bodies.

"One wants to keep focus inward as opposed to letting the mind wander," she said. "[The purpose of these exercises] is connecting the brain with the body."

Grbinick started practicing yoga about 10 years ago. She said her love for the class and a suggestion from one of her instructors pushed her into teaching. Her goal was to help people.

The many benefits of yoga are clear to those who frequently take the class.

"As well as relaxation, yoga has numerous other health benefits," Grbinick said. "Certain poses help stimulate the immune system and it also gives the person confidence and well-being."

Ebanae Gilmore, a senior and pre-med major who has been practicing yoga for five years, is aware of these benefits.

"Yoga is very calming and stress relieving," Gilmore said. "It helps you become one with body and self."

Mindy Goist, an exercise science major, attended Grbinick's class for the first time Thursday. Goist enjoyed the class and looks forward to attending the next.

"I like the self-awareness and being aware of your body," she said.

Grbinick said the recent popularity of yoga comes as no surprise.

"There is a lot of stress in college with all the testing and studying," Grbinick said. "You get more than one benefit out of taking [yoga]."

ZUMBA



It's hard to believe Leighann Forward has no former dance experience when she steps in front of her Zumba class and leads her students into a hip-shaking Latin dance number. Forward, who features songs such as "Hips Don't Lie" by Shakira and the Black Eyed Peas' "Boom Boom Pow," has been teaching for two years. Her class is one of the most popular fitness classes at the Andrews Recreation and Wellness Center at Youngstown State University.

It's easy to see why. Forward leads her class in a series of cheers during the routine, and encourages them to "yell and be goofy" at one point. Forward said she believes her class is so popular because it's fun.

"It's more like a girls' night out than a fitness class. We get to act crazy," Forward said.

Forward said that although

the class is fun and students leave feeling upbeat and positive, there are also several positive fitness aspects.

"It's a high cardio workout," she said. "We can burn anywhere from 500 to 800 calories [in one class]."

After one such high-intensity dance number, student Dessirae Thompson sat on the side to catch her breath. It was her first time coming to the class, but she said it won't be her last.

"It gets you in shape, and there's a lot of movement," she said. "I like the music."

Megan Byce, a sophomore nursing student, said she has been an avid "Zumba-ite" since last year. She said the class has definitely improved her dancing skills.

"I love shaking my butt and that I get to do it for exercise," Byce said, laughing.



BUTTS N GUTS

Students coming into Butts N Guts can expect a good workout from teacher Erin Bell, a physical training graduate student who has been teaching the class for two years. As soon as class starts, she leads the students into a variety of lunges using weights, as well as crunches and other moves designed to tone the abdominals and glutes.

The focus on these areas is why Bell said the class is so popular.

"Who doesn't want to take a class that works on abdominals and buttocks? For women especially, these are the areas they want to work on," Bell said.

Bell also said it is popular because it is a quick, easy workout for most.

"People want an easy workout and somebody to tell them what to do. I'm motivating them [to workout]," Bell said.

Jen Lacivita, who has been coming to the class

since school started, said although it is still challenging, it becomes easier as time goes on.

"I like that it changes each time. We don't do the same workout every class," Lacivita said.

Gabrielle Mariano, a psychology major, came to class for the first time Tuesday, but said she will be back again.

"It was at a nice pace. The teacher stayed on track with everyone in the class," Mariano said.

SPINNING

Christa Flora turns up the volume in an attempt to pump up her spinning class. The students are reaching the end of their cycle and are visibly tired. They have just completed several hill climbs, speed intervals and sprints, but Flora keeps pushing them until the end. Although the students are exhausted, they keep coming back; spinning is always a full class at the Rec.

Flora said she believes the popularity of her class could be attributed to a few aspects.

"Where it's at is visible. People can get a sneak peek before committing to it ... it helps with its own marketing," she said. "That and the loud music is an attention getter."

Flora, who has been teaching spinning for three years, tried to stimulate an outdoor bike ride in her class through the use of different "hill climbs" and by mixing up speeds. She said this is the goal of any spinning class.

Flora said all instructors have their own tastes in music, and said it is beneficial for students to have a variety of music. For instance, Flora uses hip-hop music and chart-topping songs in her classes.

Student Rachel Carr, a sopho-



more and early childhood education major, attends spinning at the Rec Center twice a week.

"It's a good workout. It goes fast and then you're done and you don't have to worry about it the rest of the day," Carr said.

Jessica Cupp, on the other hand, had never taken a spinning class, but she will definitely come back.

"I like that it keeps you busy," she said.

Flora said beginners, as well as those who come regularly, will benefit from the class.

"[Spinning] is good because you control how hard you work. The resistance is controlled by the participant. The instructor pushes you, but you can go at your own pace. It's good for all levels," Flora said.

ABS XPRESS



Ab Express is a 15-minute class at the Rec Center that features a variety of crunches that work mainly on the abdominal muscles. The class uses bicycles, body bars and stability and Bosu balls. It is taught by an intern working in the fitness center at the time. The main appeal of the class is that it is short and students can squeeze the class into their

schedules. "The class is popular because it's only 15 minutes long," said Cassie Garland, an Ab Express teacher. "It's for students who don't really have the time."

John Smogonovich and Chris Staley are two students who have taken the class.

"It's a good workout. The class is intense," Staley said.

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

Wisdom comes with age

RELATED STORY

Over sixty, page 2

THE JAMBAR EDITORIAL BOARD

Most students at Youngstown State University have one goal in mind: to graduate as quickly and painlessly as possible while staying on track toward a successful career.

A small portion of the student population at YSU is actually on the opposite end of that path. These students are looking for self-fulfillment and enjoyment through education, something many of us have lost sight of as we inch closer and closer to that ticket to career success we call a college degree.

Currently 81 students, spread between the Metro College and the main campus, are enrolled in the College for the Over-Sixty program at YSU. Now in its 33rd year, the program allows residents of Ohio, over the age of 60, to enroll in state universities without charging them tuition or matriculation fees.

It is refreshing to see that some students on campus truly want to learn and better themselves through their classes and experiences here at an institution of higher education.

And they're not even here to get the grades.

Sometimes we forget that the most important part of the college experience is supposed to come from the education you receive. If you just float through your time here at YSU without really gaining any knowledge or learning from your experiences, then that degree they hand you will truly just be nothing more than ink on a piece of paper.

Your education is what gives that degree value, but if you haven't gained any, then it will be the most expensive piece of paper you will ever buy.

OUR SIDE POLICY

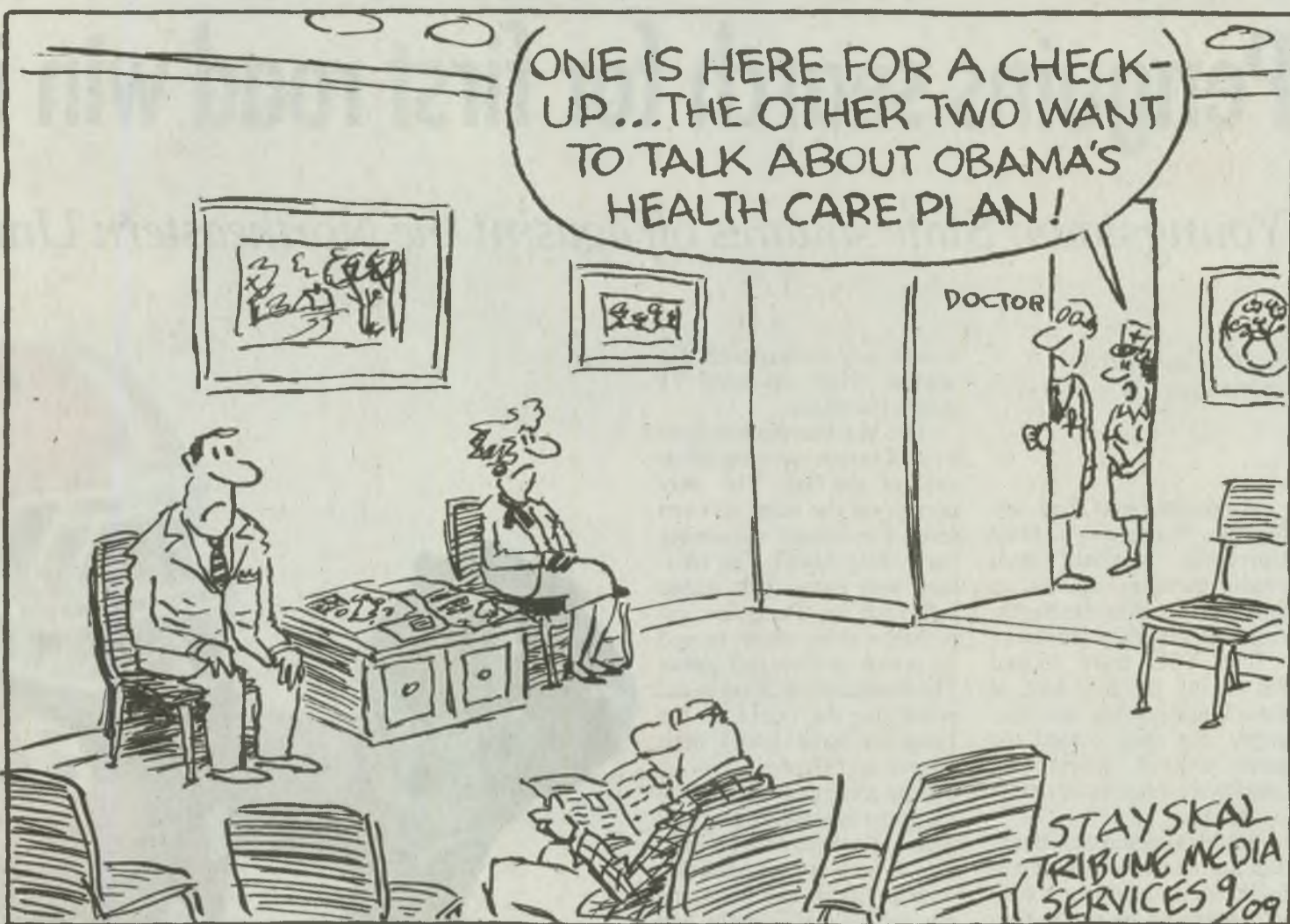
The editorial board that writes Our Side editorials consists of the editor-in-chief, managing editor and news editor. These opinion pieces are written separately from news articles and draw on the opinions of the entire writing staff. The Jambar's business manager and non-writing staff do not contribute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

YOUR SIDE POLICY

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

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

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

Letter to the Editor

After Obamacare ... then what?

Years ago, the late Milt Norris organized Mahoning Valley Libertarians, an occasional dinner group that met to discuss issues of the day.

Something of the same ought to be done for health care, maybe organized around the theme that getting health care for sick people is a good thing.

What can a health care dinner group offer its participants?

Junior academics will have a test bed for ideas away from the pressures of academic routine. Non-AMA medical doctors will gain a stronger understanding of how the current

system delegitimizes medical practice. Labor leaders will learn how their advocacy of commercial health insurance contributes to the decline of organized labor. Business leaders will add insight to their decisions to unbolt their factories and ship them to Ontario, where the distribution and costs of health care have been rationalized. Newsmen will have a fresh source.

A retired CPA and former WWII paratrooper, Norris encouraged the casual, but organized, remarks and brief publication-quality papers that characterized MVL. MVL attracted modest local media attention, and three veterans later went on to run for pub-

lic office. Meeting at better eateries every month or so, MVL offered its participants a high-minded excuse to spend money on a weekday restaurant meal and drinks.

Why are established political groups and community elites unsatisfactory for academics and freethinkers to test their thinking about health care? Fear is the major reason. Almost everyone fears an examination of health care that may prejudice himself and others against their own costly and antiquated group health insurance. So there's much talk about the medically uninsured. Wrong end of the telescope. Our medically insureds aren't just insured; they're po-

litically zombified.

A good effort, Obamacare appears to me headed for the cul-de-sac of gestural politics. The emotional investment in the evils of the current system will make America's coming health care catastrophe the biggest political bloodbath in forty years. You get a hint in those town hall meetings that sound like something out of the Middle Ages. It'll be useful to have a group of local people who actually understand what's going on when that happens.

Jack Labusch
Support Services



Do you agree with Kanye West that Beyonce had one of the best videos of all time?



"[Since] when was dancing in your underwear in black and white the best video ever? Beyonce is over exposed ... Kanye's a crybaby."

Jason Weatherly, junior



"Oh, no. That was a bad video. The dance looked stupid."

Melinda Baldesberger, sophomore



"I don't pay attention to any of that."

Ian Hricik, post-grad freshman



VISIT US ONLINE

WWW.THEJAMBAR.COM



got an opinion?

Send letters to:
thejambar@gmail.com

Penguins search for first road win in Boston

Youngstown State squares off against the Northeastern University Huskies

Keith Langford
SPORTS EDITOR

A possible first road win for the Youngstown State University football team awaits them in Boston, as they travel to play the Northeastern University Huskies.

The YSU team looked flat during the first half of their home opener last Saturday, but they turned the game around, scoring 28 unanswered points to defeat Austin Peay.

Senior quarterback Brandon Summers tied his career mark for touchdown tosses in a game as he threw four touchdowns without an interception. Summers also threw four touchdowns last season against Illinois State. Summers will need another strong performance for the Penguins to pull out a victory.

The Penguins are 6-3 against the Huskies, but have only one win against them on their home field. The last time the Penguins played the Huskies on their home turf was back in 1992. The Huskies were victorious, winning a close game 28-23. The Penguins have not won against a Colonial Athletic Association team on the road since 1999 when they defeated Villanova 28-21, and then again against James Madison in an epic victory of 35-31 in the 2006 playoffs.

The Huskies come into this game 0-2 with losses to Boston College and conference rival Maine. The Huskies have struggled to put points on the board; they've

scored only seven points this season, while allowing 71 points per game.

The Huskies do not have a lot of bright spots on either side of the ball. The only person on the team to even score this season is running back Greg Abelli. The Huskies will have their hands full with the Penguins, especially since they scored 38 points in their last game. The Huskies will need to put points on the board as the Penguins have found their groove on offense.

The Penguins come into the game against the Huskies with big momentum on their side, which comes naturally with any win. The Penguins ran the ball efficiently and effectively against Austin Peay, racking up 205 yards. Senior Kevin Smith ran for the bulk of the yardage, gaining 121 yards on 20 carries with one touchdown. Freshman Jamaine Cook gained 45 yards on just six carries in clean up time for the Penguins.

Head coach Jon Heacock's defense played better from week one to week two, and Heacock said he is proud of his team's performance on the defensive side of the ball.

"Defensively, I thought we did a better job stopping the run. I think we were more conscious of what was happening there. Our fits were better, we lined up better and we didn't have as many mental mistakes, errors. And that in turn, all of those things as simple and as crazy as it sounds, allows you to play better," Heacock said in his press conference.



Sophomore tight end David Rogers catches a ball for the Penguins.

PHOTO BY LAMAR SALTER/THE JAMBAR

"Red Out" in store for the volleyball team as they play their first two home matches

Keith Langford
SPORTS EDITOR

There will be no more packing and unpacking luggage for the Youngstown State University women's volleyball team, for now at least.

"It feels really good [to be home.] We will have all our family and friends and we will have the advantage because we are home," redshirt sophomore setter Dani Soubliere said.

The first eight games of the schedule have been either at a neutral site or a true road site. The Penguins wanted to schedule tough out-of-conference games to prepare them for the in-conference schedule, head coach Joe Bonner said.

"The point of our pre-conference schedule was to prepare us for conference play," Bonner said. The Penguins have traveled all over the eastern seaboard as they have

played matches in Maryland and New York.

Despite the 2-6 start, the coaching staff and players all seem to believe they will bounce back from the slow start and do well in conference play.

"We've kind of felt each other out the last couple of weeks. The team out there has to continue their on-court chemistry. We have five players who had limited time last year or who are freshman," Bonner said.

Bonner's players feel as confident as he does about the turnaround he expects for the Horizon League portion of their schedule.

"I feel that this year for conference we are going to do better than last year. We are going to be a lot better this season," redshirt sophomore Dani Soubliere said about the team heading into the Horizon League schedule.

Newcomer and freshman Suzanne Lasseigne is one of

those five new players coach Bonner referred to. Lasseigne, even though new to the team, buys into the team's belief they can turn their season around.

"I feel the season is going well and it will be successful in-conference," Lasseigne said.

Bonner thinks his team can finish in top six in conference. The top six teams in the Horizon League make the post-season tournament. "I think we are going to be better than last year," Bonner said.

The Penguins two-game home stand welcomes in familiar Horizon League foes Butler and Valparaiso. Butler comes into the Beeghly Center Thursday and are 8-5 overall. A day later, 5-4 Valparaiso plays the Penguins.

Fans are encouraged to wear red as the first two home games are "Red Out" games. "The crowd is always important. The crowd is always like the seventh player on the court," Bonner said.



Kara Cooper

Chelsea Miller
SPORTS REPORTER

Anyone who has watched a Youngstown State University women's soccer game knows that Kara Cooper dominates on the field.

Only a sophomore, Cooper has already scored five goals and had two assists this season. She had a total of 139 goals in her four years of high school at Youngstown Christian and holds all the school's scoring records. She was also voted Ohio All-State team her senior year, and was one of WYTV's Student Athletes of the Week.

Cooper was also just recently awarded the Horizon League's Player of the week. Cooper said the news came as a shock to her. "I was so surprised," she said. "God blessed me and now I know that I am on the right track."

Kara, an exercise science major, got an early start on her career when at the age of 4, she began playing soccer at the YMCA. "A lady there really inspired me [to play soccer]," she said. "I loved it and I've been playing it ever since."

Cooper got her big break when former YSU soccer coach, Anthony James, heard about her and came to see what

Cooper proves to be leader for Penguins in 2009

all of the buzz was about. During her last high school all-star game of the year, James came to recruit her, but in a strange turn of events, Cooper tore her ACL in the second half of the game. James was still interested in her, however, and the decision to play at YSU wasn't a hard one for Cooper. "Coach was interested in me rather than the program," she said. "He wanted to find the best fit for me, even if it wasn't here. His personality really spoke highly of the program."

Current Coach, Will Lemke, who took over for James in January 2009, believes that Cooper is a major asset to the team as well. Lemke says that her speed is a real threat on the field and her positive energy helps with the team effort. "Kara has a great personality. She is a positive life force on the team," he said. "Athletically, she has great speed that really stretches the defense."

Lemke hopes that Cooper's assets will help the Penguins for their upcoming game against Robert Morris.

"Last weekend's game was a real wake-up call for us," Cooper said. "We've really been putting in a lot more hours."

Coach's Corner

"The crowd is always important. The crowd is always like the seventh player on the court," Joe Bonner said.