

**BEOG
to be cut
\$50 per
student**

by Linda M. Dohar
Basic Educational Opportunity Grants (BEOG) have been cut \$50 across-the-board for some 3,300 YSU students because of a change in funding by the federal government.
Prior to this July 18 notice, the federal legislature proposed that BEOG cuts be based on a pro rata basis. This is a percentage cut that would have severely affected YSU students. According to William Collins,

director of financial aids, "The pro rata percentage cut meant a 25 per cent cut in the BEOG awards for the YSU population . . . but the \$50 cut is not a significant reduction."
The \$50 cut amounts to a total loss of \$165,000 in funds for students. The percentage cut would have cost \$650,000.

BEOG monies are given to qualified students based on their economic need and the cost of education at the college of their

choice. The maximum national amount awarded to a student is \$1,800.

At YSU, a low cost school, the maximum BEOG awarded is \$1,212. The maximum is determined for each university based on half the cost of education which includes tuition, book and miscellaneous fees and room and board.

According to the pro rata percentage cut, the maximum need student would not have

been affected. Students hit hardest would have been those in the middle to low national range in qualifications.

YSU's maximum award lies in the middle range; therefore, YSU students would have been severely affected by the percentage cut.

"The pro rata cut is an extreme penalty for our students or any students from low cost schools," Collins noted.

"We (the University) could not
(Cont. on page 4)

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Roller Mania

Roller mania has hit the country and YSU is no exception. This young lady, an area resident, is not a student, but likes to skate here because "it's the best place around." (Photo by Timothy Fitzpatrick)

Stop thief!

Burglaries abound during summer quarter

by Steve Roth

Police reports of the YSU Campus Police show unusual thefts and missing equipment taking the major toll in the crime rate for the first two months of summer.

The School of Music was hit very hard, with \$9,000 worth of instruments stolen. A student's cello, valued at \$3,000, was stolen and a \$6,000 bassoon was taken from department chairperson Donald Byo July 25.

The electrical engineering department inventory reported thefts totaling \$1,125. Items taken from Rooms 304, 306 and 307 include a radio transformer (\$400), power supply (\$100), Westinghouse meter (\$95), a volt-meter (\$200) and a Packard Generator (\$330).

Kilcawley Center's annual inventory losses totaled \$1,600. Assumed stolen are 10 smokers at \$85 apiece, a typewriter (\$250), two bench type stools

at \$50 each, a wicker chair (\$100), and three microphones at \$100 each.

Four females at the School of Education were victims of purse snatchings between 10:45 and 11:30 a.m., Friday, July 11. A single thief took a total of \$41 in cash.

Rhododendrons and Taxus bushes are reported to be stolen from campus, with losses totaling \$1,300 as of July 21.

Health Clinic cautions students about heat dangers, bee stings

by Paula Terlecky

Although temperatures climbed into the mid to upper 90s recently, no cases of heat exhaustion or heat stroke were reported to the Health Clinic located in Room 200, Beeghly, according to Stevana Wilson, R.N., Health Services.

"As far as I know, we have had no cases of heat exhaustion brought to this office," Wilson reported. "We have had some (persons) who were almost to the point of heat exhaustion, mainly the grounds department workers."

She explained that heat exhaustion is characterized by profuse sweating, which is then followed by weakness, fatigue and collapse. The victim suffers from inadequate intake of water to compensate for the loss of fluids through sweating.

The victim may faint but will probably regain consciousness as the head is lowered and the blood

supply to the brain is improved.

Wilson pointed out that cramps are an early sign of heat exhaustion, which usually affect the abdomen and legs. Putting a teaspoon of salt in a glass of water and drinking this solution should help relieve the cramps.

She remarked that the most dangerous consequence of a heat wave is heat stroke which often can be fatal. When a heat stroke occurs, body temperature rises to 106° or higher while the pulse is rapid and the skin is hot, red and dry.

An immediate concern with heat stroke is the lowering of body temperature. To overcome this problem, cold packs should be applied to the victim; afterwards, the victim should be sent to the hospital, Wilson commented.

To verify the seriousness of heat stroke, she pointed to the high mortality rate in the West

during the recent heat wave. Wilson stated that most of the victims were the elderly or young children.

Wilson advises that persons who work in the heat should pace themselves to prevent heat exhaustion, stroke or cramps. If profuse sweating should develop, a person should stop working and take sips of salt water.

She warned that joggers and runners are especially vulnerable in the heat and should be aware of the dangers of pursuing their activities. Her remedy for "cooling off" is to apply ice packs at the back of the neck or to sit with the feet in a pan of tepid water.

Ironically, during the summer, the most frequent complaints at the Health Clinic are sunburn and bee stings, according to Wilson.

To avoid bee stings, she cautioned young women not to
(Cont. on page 4)

Editorial: Fast Food Fallout

The United States is probably the most affluent nation in the world. It is also probably among the most malnourished because of Americans' tendency toward fast foods. Although studies have repeatedly confirmed the link between diet and mental and physical well being, parking lots of fast food restaurants remain jammed through the lunch and dinner hours.

One such study has revealed that a steady fast food diet causes scurvy in some individuals. Other reports have verified the connection between good grades and good foods. And still more findings, like those of Alexander Schauss, author and director of the Institute of Biological Research, City College, Seattle, Washington, have substantiated the effects of nutrition on behavior patterns.

So why are people still suffering from depression, fatigue, anxiety, irritability, heart attack, stroke, diabetes, colitis and cancer of the colon? Doesn't anybody read these reports? Or doesn't anybody care?

YSU is no stranger to the hamburger-french fry-soft drink syndrome. Most of the restaurants on or near campus fall into the fast food category. Sure, students are able to pick up a fast lunch or a quick bite before an evening class, but how much enjoyment or nutritive value is there in gulping down a sandwich that smells, not to mention tastes, like it came out of the bottom of a garbage can?

According to a recent survey by *Consumer Reports Magazine*, fast foods are high in fat and sodium. Although a hamburger, french fries and a shake might provide about one-third of the necessary daily nutrients, they also "provide more than half the calories recommended for a woman or child." The shake is also full of sugar.

Many students do care about what they consume and practice good eating habits. Many more do not, and sacri-

fice good quality food for convenience. Some have been taken in by clever jingles, slogans and commercials designed to encourage them to eat fast food and convince them that this type of dining is the norm.

Still others want to do something about their eating habits, but don't know where to go or just what to do. Whatever the case, it seems ironic that at an academic institution where students are so concerned about what they are putting into their minds, there are those who are so ignorant about what they are putting into their bodies.

Efforts are being made, however, to enlighten people on the dangers of a fast food diet. For example, Sara Sloan, director of food service for the Fulton County Schools of Atlanta, Ga., has developed the "Nutra" system. Under this program, students are served breakfast and lunch foods containing no sugar, additives, food coloring, preservatives, nitrites or refined carbohydrates. Instead, the students eat whole grains, fresh fruits and vegetables. The results? Happier, healthier, better adjusted students.

YSU students can benefit from this example. Although it seems like the campus is surrounded by fast food chains, students do not have to patronize them. There are alternatives. Bring a lunch or snack of fruits, raw vegetables, or a sandwich on whole grain bread. Seek out those restaurants which have salad bars. Get together with other interested students and look into the possibility of starting a cooperative vegetarian or health food restaurant.

It's time YSU students started thinking about the quality of food they are shoveling into their mouths, as well as the effects the food has on their mental capabilities and behavior patterns. We don't have to be victims of fast food fallout.

Commentary: Draft Happy

by George Denney

"It is not a coincidence that those who advocate our entrance into the war are largely the same group who advocate universal compulsory military service.

"Another condition that doubtless has caused considerable pressure to adopt universal compulsory military service-at this time-is the unemployment situation. For seven years the present administration has been promising to put the unemployed back to work.

"Today, with an election in the offing, that failure is entirely too conspicuous." -Frederick C. Smith, Rep. (Ohio), July 11, 1940.

The relevancy of this statement by Congressman Smith to the present draft registration situation is apparent although events leading the United States into WWII were somewhat different when considering Hitler's Nazi Army was bent on defeating every country in the world.

Vietnam was different. Americans suddenly found themselves fighting on the other side of the world in a country smaller in area than California. In the second costliest war the United States ever entered

(46,520 men were killed and 314,186 injured), Americans began to question the reasons why they were there. Without the draft, it wouldn't have happened.

It is no wonder serious questions are being raised about the new registration. Is our country in danger of being attacked or is the Pentagon planning another overseas military expedition to preserve our "rights" to foreign oil? Is war imminent or is the draft going to be reinstated to relieve the unemployment rate?

These are the many questions giving rise to the pro and con opinions of the current registration. Even the legalities of universal registration are in question in light of recent ERA implications.

On July 19, two days before registration began, Supreme Court Justice William Brennan reversed a lower court order which had declared the registration law unconstitutional because it does not include women.

Brennan's decision, reported in a *Plain Dealer* AP release, is based on rather weak ground. He (Brennan) "noted the Government already has made detailed

preparations for registration and a failure to go ahead on schedule might frustrate U.S. foreign policy and hinder American capability."

The decision also reflects expediency. But for what purpose? Every person affected by current registration should address himself toward the answers to these questions before making a decision.

A poll taken by a *Jambar* reporter reveals the majority of students support the draft as long as it is someone else affected.

A Gallup Poll taken in May shows that 41 per cent of teens polled believe that enlistment is a way of relieving unemployment. Only one in four said patriotism would be the main reason for (Cont. on page 4)

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Survey shows student eating habits

by Terri Lynn Maple

At least some college students do care about nutrition, according to a recent *Jambar* survey.

Out of 23 students questioned at various on-campus restaurants, 15 students stated that they do care about nutritional value of what they eat; yet, many do not practice good eating habits.

Eating in a rush, eating later in the day and totally skipping breakfast are some of the common eating habits considered hazardous. According to Dr. Mary Beaubien, chairperson, home economics, such eating habits are the way toward becoming obese.

"Many girls skip meals, usually lunch and breakfast," she explained, "but when they get home they eat heavily."

Beaubien stated that this style of eating leaves the person with his highest calorie intake later in the day when he is most likely

the least active. Since calories aren't burnt up, the student may become obese, she remarked.

Since many YSU students also work, many find themselves with a hectic schedule. Though these students stated that they do not like to eat in a rush, nine students out of the 23 surveyed said that

most important meal by health officials. Beaubien explained that when a student neglects to eat breakfast he usually encounters an early morning letdown.

"Even with a heavy dinner the previous evening," she maintains, "the calories are used up and . . .

three take more than one vitamin a day. The most popular vitamins are multi-vitamins and B-vitamins.

Health food from health food stores are also considered unnecessary according to Beaubien. Out of the 23 students polled, six eat health foods.

She stressed that a well-

she feels that snacks aren't harmful as long as the person doesn't snack on "junk food" regularly. "Junk food" is food that has little or no nutritional value such as potato chips and pretzels.

Seven of the 11 students who do eat between meals, snack on nutritious food. The most popular snacks are fruit and ice cream.

Of the 23 polled students, five noted that they are currently or were at one time vegetarians.

Beaubien commented that meatless diets aren't harmful as long as the vegetarian plans it wisely. "He must be sure," Beaubien suggested, "that he makes up for all the nutrients he will miss from the meat."

"Vitamins are a waste of money"

they must do so.

Beaubien said that when a student eats quickly he usually ends up over eating. "The student finds that he doesn't know when he is full, so he eats more than he needs."

Dinner and lunch are considered the top-rated meals by 17 of the 23 students. Breakfast, however, is still considered the

student will have little or no energy."

Beaubien observed that many students take vitamins regularly to obtain nutrients lost during the day. "Vitamins are a waste of money. If a person maintains a well-balanced diet, he'll get all the nutrients he needs."

Eight out of the 23 students take vitamins; out of the eight,

balanced diet isn't difficult to achieve. "If a person has a variety, odds are that he is getting enough vitamins and nutrients." By "variety," Beaubien explained that a student should eat a wide assortment of vegetables and other foods.

When it comes to snacks, only 11 out of 23 students snack between meals. Beaubien said that

PBS adds new station

Reception problem solved

by Linda M. Dohar

Viewers who have experienced poor reception on public television station WNEO-TV, Channel 45, in Mahoning and Trumbull Counties will be aided by a new channel, 58, beginning October 1, stated Torey Southwick, general manager of Northeastern Educational Television of Ohio (NETO).

"The project costs slightly over \$118,000 and is funded by a state grant," Southwick said.

A small transmitter, which is called a translator, will be placed on the WFMJ-TV tower in Youngstown, Southwick explained. The translator will

receive the signal from the Channel 45 transmitter near Salem and rebroadcast it on Channel 58 by way of a directional antenna toward the northwest.

"Channel 58 is designed to fill in some of the reception gaps that exist in the Youngstown-Warren areas due to the nature of the terrain," Southwick said.

UHF-TV signals are very sensitive to hills and valleys. With the translator located closer to home and positioned on the WFMJ-TV tower, however, the terrain will no longer be an obstacle.

WFMJ-TV is permitting NETO to place the equipment on its property as a public service.

NETO operates Channels 45 in Alliance and 49 in Akron and will operate Channel 58 in Youngstown. NETO is a non-profit corporation formed in 1972 as a consortium of the University of Akron, Kent State University and Youngstown State University.

The three universities are television production houses providing local programming which is broadcast on Channels 45 and 49. NETO is also an affiliate member of the Public Broadcasting Service, the Central Education Network and the Ohio Educational Broadcasting Network which provided national and regional programming.

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SKYDIVING

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Former Olympian guests at running camp staffed by many world-class competitors

by Mark Giancola

Oscar Moore, a member of the United States Olympic team in 1964, was the surprise guest of the running camp sponsored by the Peace Race Foundation in Mill Creek Park.

He recently concluded a week of training at the International Running Center here by competing in a five-mile race held in conjunction with the African Cultural Festivities.

The 42-year-old Moore, who coached Glassboro (N.J.) State College to the Division III track championship in 1980, has been running daily in Mill Creek Park

preparing for a comeback after an injury sidelined him for two months.

He broke the world indoor three-mile record in the 1967 National AAU meet in California, when he clocked 13:22 to better Billy Mill's mark by three seconds.

Moore won back-to-back U.S. Masters Cross Country championships in 1977-78, and was a member of the U.S. teams which competed in Russia and Great Britain.

While at Southern Illinois University (SIU), Moore gained All-American honors seven times. He was recently inducted into

the SIU Athletic Hall of Fame.

Besides Moore, the running camp included Dave Wottle and Ricardo Carvaro, along with a host of other world-class competitors on the staff. Wottle was the 1972 Olympic Gold Medalist in the 800 meters while Carvaro (from Bolivia) was a 1972 Olympic marathon competitor.

The camp introduced the various types of testing programs implemented in an Olympic development camp. Tests included data for prescribing various running styles, training modifications and training intensity.

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Federal guidelines cause chaos Foundations offer grants to support local magazine

by Linda M. Dohar

"Now, we (the University) have to notify students and explain to them that what they originally thought was wrong, what we originally told them was wrong and what we are telling them now is the way it really is," stated William Collins, YSU director of financial aids.

Sound confusing? Well, because of the quickly changing picture in the Federal guidelines for the Basic Educational Opportunity Grants (BEOG), financial

aid offices are having a difficult time trying to clearly inform students of current policies.

After receiving their first BEOG notice in June, students had to complete an attached form indicating that they agree with conditions of the grant, and, then they had to have it verified and signed by a notary public.

The entire process must be completed again for all 3,300 YSU students because of the change from the pro rata percent-

age cut to the \$50 across-the-board cut.

Collins noted that upperclassmen may understand the changes in Federal policy but that first-quarter freshmen will probably be confused because it is the first time they have filled out financial aid forms.

If the Federal Legislature does not change BEOG guidelines again, YSU students will know exactly how much money they should expect next year by the end of August.

Foundations offer grants to support local magazine

Pig Iron Press, a literary publishing company in Youngstown, has been awarded \$3,730 in grants for 1980-81. The grants, awarded by the Ohio Arts Council (OAC) and the Coordinating Council of Literary Magazines (CCLM), will be used for general support of Pig Iron Magazine and will be matched by local contributions.

The Ohio Arts Council met May 21 and 22 to consider grant applications received at its spring deadline. The Council awarded a grant in the amount of \$2,000 to Pig Iron Press. This award

marks the fourth consecutive year that Pig Iron Press will receive funding from OAC.

On April 11, the Coordinating Council of Literary Magazines of New York City awarded a grant to Pig Iron Press in the amount of \$1,720.

Pig Iron magazine is a semi-annual, book-format journal founded in 1975. It features poetry, fiction, art and photography. Jim Villani, Rose Sayre, Terry Murcko and Joe Allgren edit the publication.

Campus Short

Deck Entrance's Closing Rescheduled

The Walnut Street entrance to M-1 Parking Deck is now closing each day at 6 p.m. Gates will be rolled down and locked at this time.

The Wick Avenue gates, however, will remain open until at least 11 p.m. every day. Contact the Parking Office immediately at 742-3546 if this change will cause any difficulty.

The Parking Office anticipates closing the Walnut Street gate around 7 p.m. during the regular academic year.

Warns of heat

(Cont. from page 1)

wear floral scents which attract bees, such as honeysuckle, lily of the valley and gardenia.

For bee stings, a person should remove the stinger and apply a paste of baking soda mixed with a little water. This mixture will help relieve the soreness and itching which come later. "A bee can only sting once," Wilson said, "but yellow jackets can sting

repeatedly."

She mentioned that the danger of insect stings is an allergic reaction; symptoms of a severe reaction are large swelling, difficulty in breathing or red streaks appearing at the location of the sting. If any of these symptoms develop, Wilson cautioned, the person should go to a hospital immediately.

Draft happy

(cont. from page 2)

enlistment. Although questioning the reasons behind reinstating draft registration is suggested, every one concerned should be aware that stiff penalties await those who refuse to register. A maximum penalty of five years in prison or a \$10,000 fine is possible; however, historically, those failing

to register have been given a second chance.

Also draft critics have mentioned that Selective Service officials may not be able to prosecute until the full Supreme Court resolves the constitutional question raised prior to this recent registration enactment.

BEOG cut

(Cont. from page 1)

handle the \$650,000 loss from the pro rata cut. We could, however, handle the \$165,000 reduction from the \$50 across-the-board cut," he said. Students could make up their loss through the interest free loan fund consisting of \$200,000.

The Federal legislature has not yet determined the status of the interest free loans.

Currently, repayment of principle and interest on student loans are deferred until nine months after graduation or until termination of studies. At this point, 7 per cent interest rate

on the loan is instituted.

An aid-to-education bill proposes a 2 per cent interest rate hike to be instituted immediately upon graduation.

The Legislature is expected to rule on this proposal at its next session beginning the last week in July. These educational cuts have been proposed to reduce heavy government expenditures.

YSU students will be notified within the next two weeks to ignore the previous announcement of the pro rata cut and to be made aware of the BEOG monies they will receive during the 1980-81 school year.



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