



YSU Baseball standout Brandon Caipen was drafted by the Houston Astros see page 4



Job interview fashion tips see page 4

THE Jambor

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY

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CAMPUS DIVERSITY

New hiring practices strengthen diversity

By: Maysoon Abdelrasul
EDITOR IN CHIEF

In attempt to increase diversity on campus, university officials are suggesting a different approach to the hiring policy.

Youngstown State University goes through job postings and national searches to hire faculty and staff members, but with the proposed change, different departments in the colleges would have the chance to find a person qualified for the job without going through the searches.

YSU Trustees' Academic Affairs committee proposed the initiative and the Office of Equal Opportunity and Diversity supported it. The board of trustees is expected to approve it Friday.

Director for the Office of Equal Opportunity and Diversity at YSU, Jimmy Myers said the goal of the proposed change is to hire underrepresented faculty and staff members for a more cultural and beneficial learning environment.

Iqram Khawaja, interim dean for the College of Arts and Sciences, said that the university has gone too long without addressing the lack of minority hiring.

"The university does a good job attracting minority students, but unfortunately it is not equal at the hiring level," he said.

According to the YSU Institutional Research Web site, 132 of the 2,226 employees at YSU are black, 34 are Hispanic.

In the spring of 2006, 1,457 of the 12,192 students enrolled at YSU are black, and 243 are Hispanic.

Khawaja said it is a win-win situation for him, because he gets the position filled and makes the college more diverse.

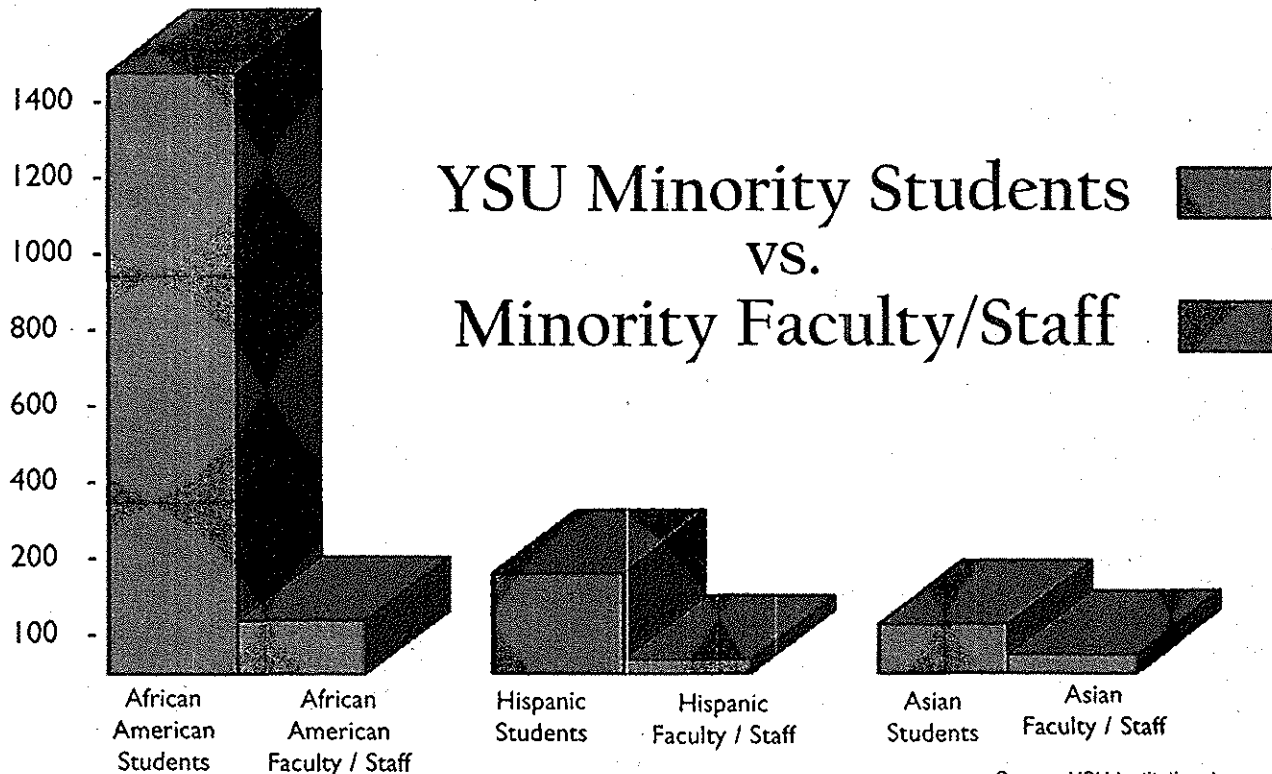
If the Office of Equal Opportunity and Diversity grant a search waiver, the department is then free to eliminate the national search.

"Increasing diversity is a sufficient enough reason to grant a waiver," Myers said.

If the person has the skills, background and is qualified for the job than the need is fulfilled and satisfied.

Myers said the university could use race, at its discretion, as one of the many factors in hiring faculty members, from a Supreme Court decision.

With a more diverse staff, students will



Source: YSU Institutional research

be more competitive in the workplace he said.

Whether it is in the business world or in the university, "[employers] are going to be aggressive and make a special effort in recruiting underrepresented groups," said Betty Jo Licata, dean of College of Business Administration.

Assuming the people being hired are qualified for the jobs and things are not being done behind closed doors she said, the practice is a standard morale.

"None of us want to be hired because we are member of a certain group," she said. People want to get hired because they are qualified for the job.

HEALTH

Self injury: coping with the pain

By: Emery Boyle-Scott
NEWS EDITOR

She needed to deal with the hurt. She wanted to feel. And the physical pain did that for her.

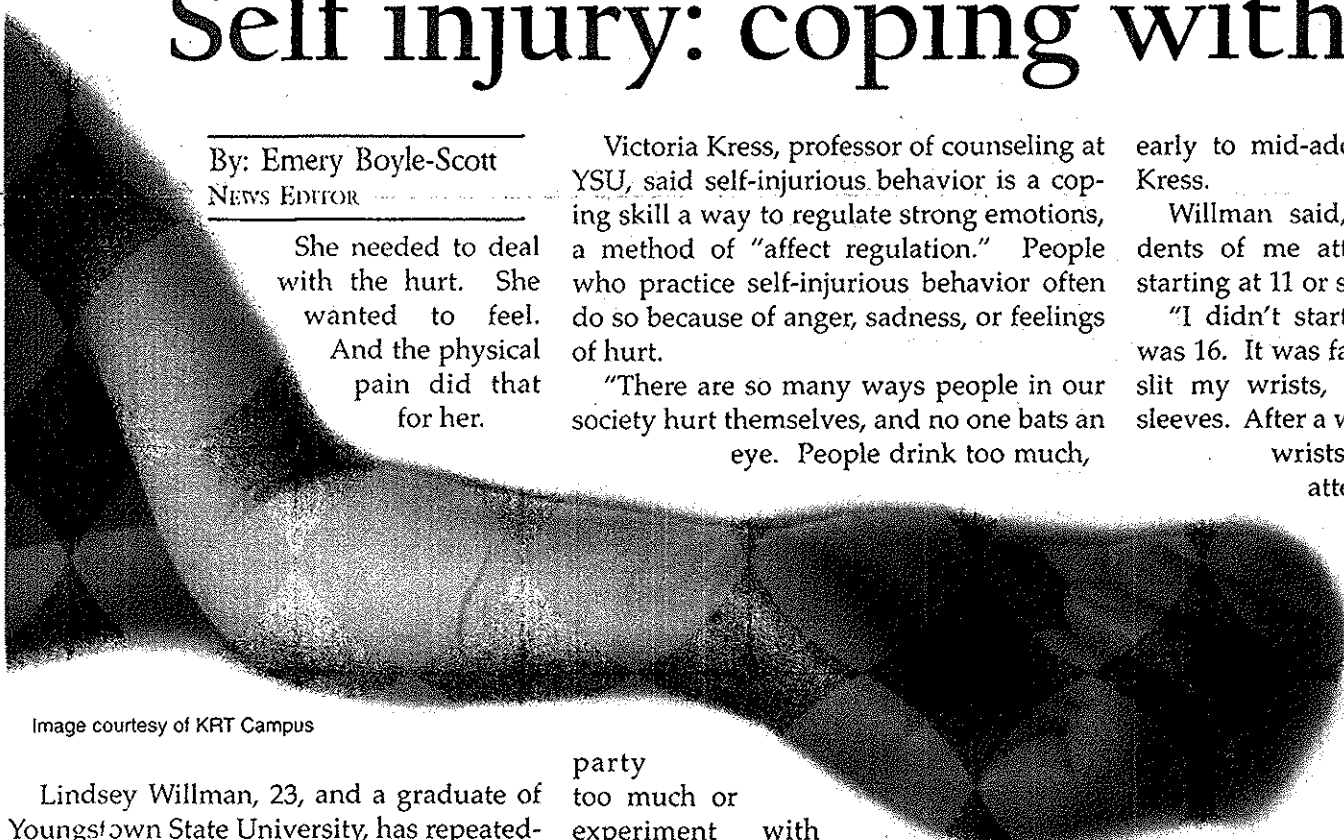


Image courtesy of KRT Campus

Lindsey Willman, 23, and a graduate of Youngstown State University, has repeatedly injured herself. "I wanted to feel. I was so full of emotions that I stopped feeling. I needed to feel something, and the physical pain did that," Willman said. She doesn't hurt herself anymore, but "it will always be a part of me," she said.

Victoria Kress, professor of counseling at YSU, said self-injurious behavior is a coping skill a way to regulate strong emotions, a method of "affect regulation." People who practice self-injurious behavior often do so because of anger, sadness, or feelings of hurt.

"There are so many ways people in our society hurt themselves, and no one bats an eye. People drink too much,

early to mid-adolescence, age 12-15, said Kress.

Willman said, "There were little incidents of me attempting to hurt myself, starting at 11 or so."

"I didn't start seriously cutting until I was 16. It was fall, and it was really hot. I slit my wrists, and I had to wear long sleeves. After a while, I stopped cutting my wrists because I didn't want the attention," Willman said.

Self-injurious behavior can include self-cutting, the most popular, self-burning, re-opening healed wounds as well as head banging.

Kress said self-injury, by definition, is separate from suicide.

Those who self-injure are hurting themselves with no intention to die, and are not always related to suicide.

The most recent study conducted by Cornell and Princeton indicated as many as

one in five college students have practiced self-injurious behavior at least once.

The new study is consistent with previous research showing little to no increase in self-mutilation, Kress said.

The focus of this estimate isn't in the right place, Kress said. The important question is not only if students practice self-injurious behavior, but if it is repeated, said Kress.

Kress is interested in duplicating the study at YSU or another state university.

Since self-injury is a coping mechanism, it often escalates because of stress, she said. It can get more intense either through the level of injury or through the frequency.

Stress may increase self-injury but the recent media and scientific attention to self-abuse won't make more people hurt themselves, Kress said.

Friends and family react in a controlling or angry fashion towards people who injure themselves and attempts to stop the behavior can make it worse, she said. Therapy can help develop methods of controlling stress and regulate strong emotions.

YSU

Myers leaves YSU for IUP

By: Maysoon Abdelrasul
EDITOR IN CHIEF

Stacks of note cards.
Boxes of paperclips
Restaurant menus.

All these things were found when Jimmy Myers, director of Equal Opportunity and Diversity, was cleaning off his desk during his last week at Youngstown State University.

Myers turned in his letter of resignation in the middle of May and his last day is Friday.

He made some suggestions of an interim director to President David Sweet Wednesday morning. No decisions have been made and the president is looking at the job description and said he would make a decision soon.

Since coming to the university in November 2003, he has made many friends and contributed to the diversity of YSU.

One of his major accomplishments he said was redefining the YSU Diversity Council. He estab-

lished an advisory role to the president. He said he wanted the connection between the university president and the council to be strong and he believes he achieved this goal.

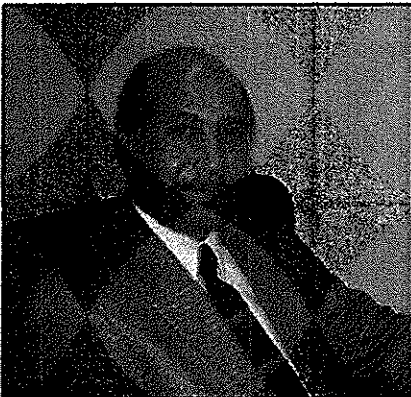
William Blake, director of Student Diversity Programs said Myers had a "powerful influence" and will be "sorely missed."

Myers worked close with Blake to promote diversity and they put together a student emergency loan fund. It is a loan of no more than \$200 for students who have emergencies to get them through college, said Blake.

Chris Bidwell, secretary in the Office of Equal Opportunity and Diversity, has seen Myers almost every day for the past two years.

"He was wonderful to work with and had a great sense of humor," she said.

Not only did he promote diversity outside the office, but also Bidwell said she learned a lot from him. She said she gained



Jimmy Myers

more of an awareness of affirmative action and she now understands the different facets of diversity.

Myers has many unfinished projects but Blake and Bidwell said the projects would continue to flourish because they are well developed. A diversity magazine, new scholarships and Hispanic Heritage month are in the works.

Myers will join former Provost Tony Atwater at Indiana University of Pennsylvania. He will be doing the same work there as he does at YSU as director of the Office of Social Equity and Civic Engagement.

Where can you go for help?

YSU has three services to help the university community with physical, mental and emotional health and wellness.

- Student Health Services, located on the first floor of Kilcawley House (330-941-3489), offers care for illness, injury, first aid and routine health checks.

- Career and Counseling Services, in Jones Hall (330-941-3515), offers individual counseling and seminars on a variety of topics of personal and professional interest.

- The Community Counseling Clinic, directed by Jennifer Jordan (330-941-3056), offers an environment to discuss problems and possible solutions in short-term counseling, consultation and referral services to anyone living in the Youngstown area, not just YSU students.

More information about these programs is also available at the YSU Web site; www.yzu.edu. Victoria Kress is also available by phone, 330-941-3259.

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YSU

Students unaware of ombudsperson

By: Scott Suchora
JAMBAR CONTRIBUTOR

Many students are unaware of the resources available to them on campus. One resource to help students express concerns and resolve conflicts is the ombudsperson.

But do students know what an ombudsperson is, or where to find one?

Jack Fahey is on the students' side. He was named Ombudsperson in April. A Jambar reporter went out on a mission to see just how many Youngstown State University students know what an ombudsperson is. The results vary from student to student.

Senior Lauren Spangler said, "I have no idea. I didn't even know it existed."

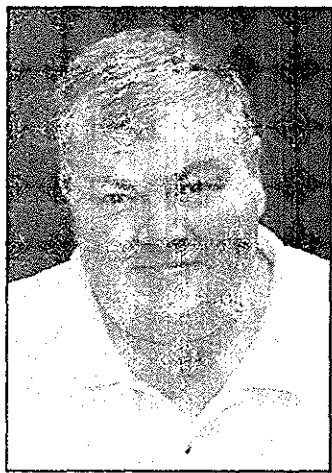
Some students think they know, but they can't quite pin it down.

Freshman Drew Tomko said "I've heard the word, but I can't even think of what it is."

Other students were slightly closer to the mark.

Senior Katie Krichko said, "They're supposed to help you out, aren't they? I think you can find them in your department. Aren't they supposed to guide you if you have problems with classes? Dr. Elias mentioned it in class."

Junior Renee Hardman



Jack Fahey

said "It's the person you go to basically for help with classes, professors, etc. You can find them upstairs in the Kilcawley staff offices." Bingo.

According to Jack Fahey, an ombudsperson's job is to help students resolve problems and concerns at the university.

"The ombudsperson helps students by being an impartial, confidential resource to help solve problems and concerns that arise," Fahey said.

Fahey served as associate to former ombudsperson K.J. Satrum for approximately eight years, handling cases whenever Satrum was away.

He was appointed by Vice President of Student Affairs, Cynthia Anderson in April.

According to the Ombudsman Association,

an ombudsperson provides informal resolutions for disputes, advises students of their rights and refers students to the correct offices or individuals to address their concerns, listens to students, allowing them to express their concerns and helps them to develop perspective.

Achieving informal resolutions depends largely upon aiding disputants to appreciate their true situation and understanding the options available to them. Fahey guides students through the system.

Fahey said, "At whatever level in the process that a student needs me, I can get involved. Typically, students have taken some effort on their own and have run into some kind of roadblock. I don't really solve the problem, I work with the departments that are going to solve the problem."

The point of the office is to protect the student. The ombudsperson strives to maintain an atmosphere of confidentiality and fairness. Fahey is adamant about confidentiality.

Fahey said, "The point of the service is that it is confidential."

Fahey can be reached at extension 1404, or by emailing jpfahay@ysu.edu.

YSU

YSU and TRI-C partnership ended

By: Emery Boyle-Scott
NEWS EDITOR

One of Youngstown State University's smaller programs will no longer be offered.

YSU and Cuyahoga Community College (Tri-C) are eliminating the two-year associates nursing program at YSU.

The program was the result of a partnership between YSU and Tri-C to give Youngstown area students the opportunity to get an associates degree of applied science in nursing from Tri-C while attending YSU.

The associate nursing program through the Tri-C and YSU partnership provided the opportunity for students to become registered nurses through the National League for Nursing Accrediting Commission program.

Students would take the pre-requisite courses at YSU from YSU professors and the nursing entrance test before being put on the fast track into Tri-C's associates in nursing degree.

Martin Moss, a graduate of YSU and participant in the associates nursing program said he is upset that the program was cut. "We need the evening program," Moss said. "We put out our money, and

now we can't go into the program." Moss said he plans on going to Kent State University, East Liverpool campus.

YSU and Tri-C started this program with the intent to make the Tri-C associates in nursing accessible to non-traditional students in the Youngstown area. The program ran for three years with the goal of providing students with a broad education consisting of classroom study, lab work, lectures, practice time and hands-on experience.

John Yemma, dean of the Bitonte College of Health and Human services said the program ran for about three years and Tri-C had only graduated one student during the course of the contract.

Yemma said that at its highest, there were six students enrolled in the program and only one graduated. Three students applied this year.

Janet Cannata, manager of marketing communications and campus relations at Tri-C, said, the contract with YSU was not renewed because of a "mutual agreement," and any student who had completed the pre-requisites at YSU will be admitted to the Tri-C nursing program in Cleveland.

The contract between YSU and Tri-C expires July 6.

News In Brief

Festival of the Arts

Festival festivities begin at 6:30 p.m., July 7, with Forte on the Fifty at Stambaugh Stadium, featuring music and a fireworks display. Admission is \$10 for adults, \$5 for children 12 and under. The Summer Festival of the Arts runs from 10 a.m. through 7:30 p.m. The Festival continues on July 9, from noon to 6 p.m.. Parking and admission are free. The heart of the festival is the artist's market, which showcases the work of at least 60 local, regional, and national artists. Multiple children's activities include more than 30 musical, dance and theatre performances, college open houses, a youth media film series at the McDonough Museum of Art, and an ethnic fair; the Festival of Nations. Also on Sat. is the third annual Smoky Hollow 5K Run and One mile Family Walk, beginning at 9 a.m. at Harrison Field in Smoky Hollow. The event is sponsored by Wick Neighbors Inc.

Piano Workshop

On June 18 - June 25, the Dana School of music presents the Youngstown State University Summer Piano Workshop, intended for students of piano interested in performance in order to improve their skills via private lessons, master classes, seminars, and structured practice. The weeklong workshop launches with a recital by workshop host Michael Schneider at 7 p.m. on June 18 at Bliss Hall. Other highlights include a wellness/ practice seminar focusing on the rigors of performing and healthy approaches to daily practice and problem solving; private lessons; practice time; and a recital finale for all participants. All performances are free and open to the public, tuition is \$200, payable to the YSU Piano Association.

Prospective Students

For High School juniors beginning their college search or seniors who have not yet applied to YSU for the fall 2006 semester, the Office of Undergraduate Admissions will host YSU Previews from 8:30 a.m. to noon on Saturday, July 8. Mayor Jay Williams, a 1994 YSU graduate, will address prospective students. Prospective students will be briefed by representatives of YSU's six colleges about available majors and will meet with staff from Scholarships and Financial Aid and Admissions. Reservations can be made online at www.ysu.edu, by calling (330) 942-2000, or by contacting Barb Romeo Shade at (330) 941-2000.

Engineering Student Scholars

YSU engineering students Justin M. Mercer of Georgetown, Pa. and Dusan D. Stefanovic of Boardman are among 123 students nationwide to be selected Tau Beta Pi, the only engineering honor society representing the entire engineering profession. Mercer, a mechanical engineering major, and Stefanovic, who is majoring in electrical and computer engineering, were selected for scholarship, campus leadership, and future contributions to engineering.

ACE Awards Scholarships

Youngstown State University Association of Classified Employees awarded scholarships to two Maag computer lab employees, Jarrett Steffy and Wesam Farah, both of Liberty. The students were presented their scholarships at a luncheon in the President's Lodge in Stambaugh Stadium. The YSU ACE scholarship was established in 2003 as an endowed scholarship invested through the YSU Foundation to provide financial assistance to YSU student Employees.

Police Briefs

Apartment Intruder

YOUNGSTOWN- Youngstown State Police Officers arrived at 830 Ohio Avenue, in response to a call about an intruder. A woman at the Ohio Avenue address, told YSU police that she was sleeping and was awakened by a black male wearing a white T-shirt and blue jeans. After the intruder woke her up, the woman reported, she was sexually assaulted. She then told her assailant that she had a gun, but it was knocked out of her hands. Sheilby picked up her cell phone to call 911 and the suspect fled the scene. YSU police searched the surrounding area with no results.

Classified

Help Wanted

Attention Students: National Health and Wellness Business seeking young professionals for customer service and sales, will work around all schedules. **\$14.50 an hour.** Apply now www.halejobs.com

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Miscellaneous

Avon- to buy or sell. Call Meshel at (330) 788-6203



Jambar/ Emery Boyle-Scott



Jambar/ Emery Boyle-Scott

The National Youth Sports Program, now in its 12th year at Youngstown State University, is a summer camp for under-privileged kids from the Youngstown area running from June 14 to July 13.

The five-week program is available for children ages 10 to 17 and provides transportation and lunch for the students.

Students participate in basketball, volleyball, golf, soccer, flag football and softball all over the YSU campus.

The 2006 US budget left minimal room for the program, according to Rob Kearns, activity director for YSU NYSP.

Kearns said, "the program can't really exist without federal money." NYSP cut back on the hours, staff and participants, only offering the camp from 10 a.m. to 2 p.m., a stream-lined staff, less activities and fewer campers.

Marsha Matanin, program director, said YSU's NYSP is one of four federally funded programs in Ohio, and one of only 48 national programs.

According to Matanin, the national program has been around for 39 years and the 2007 US budget eliminates all federal funding for NYSP unless supporters can successfully petition the Senate. Petitions to the House have already failed.

Fairs and Festivals

- St. Charles Festival June 22-25
- Greater Youngstown Italian Festival July 28-30
- Youngstown State University Summer Festival of the Arts July 8-9
- Pig Iron Community Street Festival July 29
- Trumbull County Fair July 9-16
- Columbiana County Fair July 31-August 6
- Our Lady of Mount Carmel Festival July 20-23
- The Tenth Annual Gathering of the Irish Clans August 2-13

BOARDMAN

B

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OUR SIDE New hiring policy raises questions

We live in a land of diversity, and such diversity is instrumental to our strength. Diversity is extremely important on a college campus, the place to meet new people, learn new things and grow.

The question is...what is diverse? According to Random House Webster's college dictionary diverse is "of a different kind, form, character, unlike."

A new form of hiring has been proposed to increase the number of underrepresented faculty members at Youngstown State University. It would eliminate job postings and national searches at the academic departments' will. It is not limited, nor is it forced on any department. Each department makes the decision.

The department asks for a search waiver through the Office of Equal Opportunity and Diversity, if granted, the department would be free to privately interview candidates, instead of publicly announcing the job opening.

There is a problem. The policy intended to increase diversity does not seem to really be all that diverse if the candidates are limited. Without opening the pool to a larger crowd, it would be quite hard to get many different kinds of people.

Different kind = diverse. It seems as if the department can say they know a minority looking for a job, and is qualified, for an open position, so let's call for an interview and halt the search for the best. What about the thousands of other minorities that are just as, or even more, qualified but are then denied the chance to apply?

It just sounds unfair. Granted, increasing the minority faculty members at YSU good for the educational environment, but limiting the search and missing out on the opportunity to interview all the talented people couldn't possibly be good.

Maybe it won't play out like that. Granted, minority people are diverse. But diversity is not limited to just ethnicity and race. Every person has a different character. Every individual possesses different traits, and that is just as diverse as race and ethnicity.

YSU needs to expand its meaning of diversity from simply "minority" to include people with different skills and talents. We all learn from one another, not just different colors, but different ideas to grow and learn from.

There are over 12,000 students and more than 2,000 employees at YSU, and it is not balanced in race and ethnicity, but that does not mean it is not diverse.

YSU's diversity will be secure when we all accept each other's differences.

This policy isn't quite reverse discrimination or affirmative action even though some may look at it in those ways.

The proposed hiring policy will make it easier to create a more diverse atmosphere, but YSU students deserve more than just minority, more than just diversity, we deserve the best that's out there.

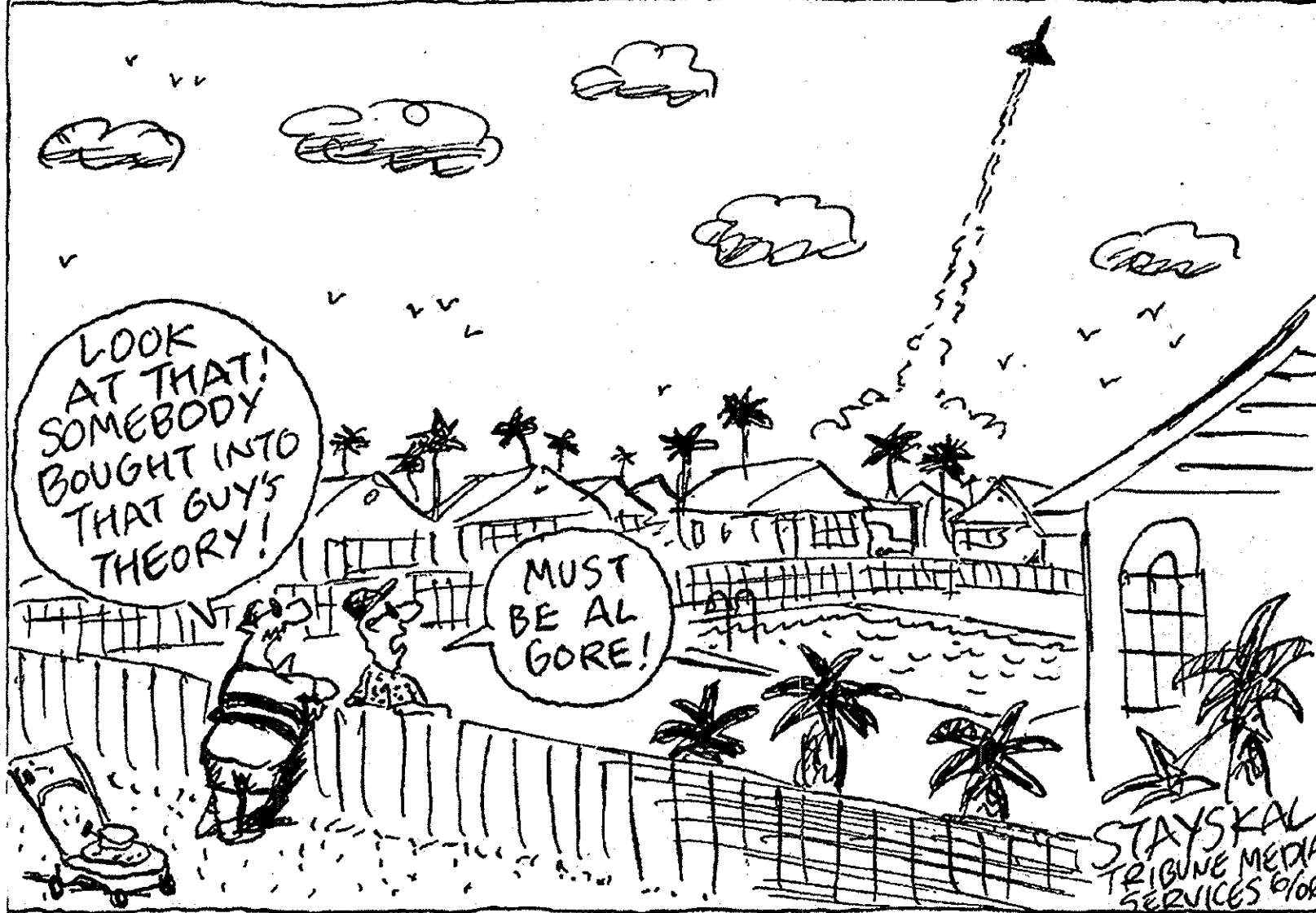
The Jambar editorials reflect the opinions of The Jambar and its Editorial Board members. Those wishing to schedule meetings with the Editorial Board should call the editor in chief.

LETTERS POLICY

Letters must be typed and should not exceed 400 words. Each letter must include a name and telephone number for verification purposes. Submissions are subject to editing for spelling, grammar and clarity. Letters must be received by noon Friday for Tuesday's edition and by noon Tuesday for Thursday's edition.

The Jambar will not print letters that libel others or threaten harm. The editor in chief reserves the right to reject letters that do not follow policy. The views and opinions expressed in published letters do not necessarily reflect those of The Jambar staff or YSU faculty, staff or administration.

SCIENTIST SAYS WE MUST GO INTO SPACE TO SURVIVE



COMMENTARY

Gays deserve rights to adopt

By: Megan Anderson
 JAMBAR CONTRIBUTOR

When the United States of America was founded, our forefathers created the Constitution to ensure our basic rights and freedoms. Throughout the years, people have worked hard to discourage discrimination and to make sure Americans continue to enjoy their rights and freedoms. The American people pride themselves on their independence, on their diversity, and on their commitment to the welfare of our country.

Why then would a bill such as House Bill 515 ever be introduced?

House Bill 515 is known as The Adoptive and Foster Children's Protective Act. In theory, the name sounds good. Of course we would want to protect children, especially children who need good homes.

But in practice the bill could do more harm than good to children needing homes. The bill is also discriminatory and goes against what our country was founded on by denying certain groups of people their rights, namely the right to adopt or take in foster children.

The bill, introduced to the Ohio Legislature on Feb. 9, would prohibit foster or adoptive children from being placed with any gay, bisexual or transgender people. The bill would amend sections 3107.03 and 5103.03 of the Revised Code. The bill states that an individual may not adopt if the court in which the petition for adoption is filed determines that any of the following apply:

- The individual is a homosexual, bisexual or transgender individual.
- The individual is a stepparent of the child to be adopted and is a homosexual, bisexual or transgender individual.
- The individual resides with an individual the court determines is a homosexual, bisexual or transgender individual.

The bill also gives definitions of what traits would stand in an individual's way of adopting:

- "Bisexual" means an individual who engages in sexual activity with members of both sexes.
- "Homosexual" means an individual who engages in sexual activity with another individual of the same sex.
- "Transgender" means an individual who may be classified according to an accepted nosology, such as diagnostic and statistical manual of mental disorders, as having a gender identity disorder, or characterized by either of the following:

order, or characterized by either of the following:

- A strong persistent cross-gender identification.
- Persistent discomfort with that individual's sex or sense of inappropriateness in the gender role of that sex.

The sponsors of the bill, incidentally all Republican, include Ronald Hood, Tom Brinkman, Jr., Linda Reidelbach, John Willamowski, Derrick Seaver, James Hoops, Danny Bubp, Mike Gilb, Stephen Buehrer and Tim Schaffer.

According to the Ohio Legislative Service Commission, the House Bill Status Report of Legislation for this bill shows that it has moved no farther than being introduced.

Perhaps it will never move farther, especially if people such as Sen. Bob Hagan have anything to say about it.

Hagan, a Democrat, introduced a spoof bill to mock House Bill 515. His bill, called the "Republican Adoption Ban of 2006," said that Republicans shouldn't be allowed to adopt. He stated "credible research" showing that children growing up in Republican households had a lot of emotional problems.

Hagan is not the only one opposed to the bill. According to a poll done by the Human Rights Campaign, 64 percent of Ohio residents oppose the bill. The data also showed that 79 percent of Ohioans favor adoptions and fostering on a case-by-case basis, with the best interests of the children kept in mind.

Somehow it doesn't seem that the creators of this bill have the best interests of

the children in the front of their minds. Plenty of research has shown that children that grow up in gay households end up just fine.

According to the Children's Bureau of the U.S. Department of Health and Human Services, its April 2005 report shows that as of September 2003, there were 523,085 children in foster care. At that time, 118,768 were waiting to be adopted.

With such a staggering number of parentless children waiting to be adopted into loving families, how could the government justify introducing a bill that would reduce these children's chances of adoption?

The government may take the view that the best environment for the well being of a child is a home with a mother and a father. A homosexual environment could be less stable for children. In a study published in a 1996 issue of Developmental Psychology, researchers Susan Golombok and Fiona Tasker found that children raised by a gay parent were more likely to experiment with homosexuality. Golombok and Tasker said "by creating a climate of acceptance or rejection of homosexuality within the family, parents may have some impact on their children's sexual experimentation as heterosexual, lesbian or gay."

Perhaps such concerns are valid, but does it really matter? A child raised by heterosexual parents could very well turn out to be gay. The fate of a child's sexual preference shouldn't be a factor in deciding whether or not they should be adopted.



Cartoon courtesy of KRT Campus

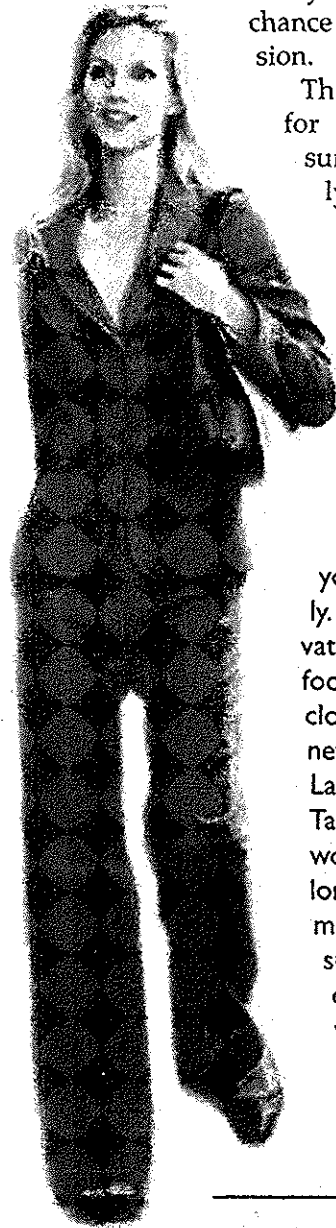
FASHION

Dress up for your dream job

By: Adrienne Sabo
COPY EDITOR

Your resume got you an interview, and your interview will get you the job. But how you look is instrumental to getting the job. John Lisko, personal clothier at Tom James of Youngstown, said you never get a second chance to make a first impression.

These classic guidelines for interview attire are a sure-fire way to confidently sail through the interview process and, hopefully, land that new job.



Suits

Suits are the best option when dressing for an interview. It lets the employer know that you are taking the job seriously. Lisko recommends a conservative approach to keep the focus on you and not your clothes. "Being overdressed is never a problem," Lisko said. Lana Dumbauld, manager from Talbots in Boardman, said women should wear dark, tailored suits. Dumbauld recommends the versatile three-piece suit with pants, skirt and jacket. If you have a second interview you can swap out the pants for the skirt or vice versa.



wear bright colors underneath their suits. A dash of color slipped under the jacket makes your suit a new outfit for another day.

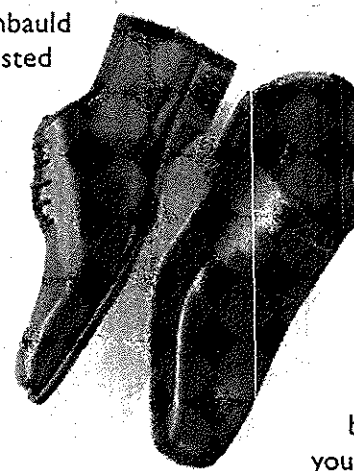
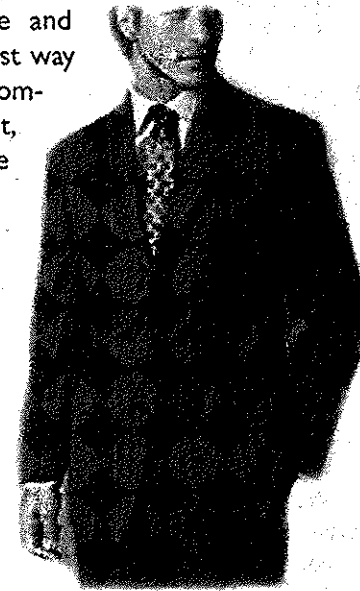
Accessories

Wearing too many accessories during an interview will overwhelm the employer. Remember to keep the focus on you, not what you're wearing. Dumbauld recommends that women follow the "13 rule." Never wear more than 13 accessories. This number includes the suit's buttons. For example, your buttons, earrings, rings, watch and necklace should all add up to 13.

Colors Small Details

Lisko said, "colors tell a story." Navy blue makes you look healthy and vigorous, possibly the best choice for an interview suit. Charcoal gray has a tendency to make you appear more experienced. Lisko warned that black is a traditional evening color for men. Dumbauld said that a black or navy suit is appropriate for women. Dumbauld also suggested

For women, light perfume and minimal makeup are the best way to impress. Dumbauld recommends keeping things light, clean and neat. For men, the belt must match the shoes, ensure this by buying a belt the same time you buy your shoes, Lisko said. Shoes should be free of scuff-marks and cleaned up before the interview. Light cologne is recommended for men.



Advice

When investing in a suit make sure that it fits properly. Do not buy a sloppy or ill-fitting suit. For women, make sure that the suit is up to date, but still age appropriate. Dumbauld suggested buying a timeless light-weight stretch wool suit that can be worn all year round. Suits vary in prices, but suits are an investment and you will get your money out of it. "Buy the best you can afford, it will pay for itself in the long run," Lisko said.

Photo sources: www.fashiontomorrow.com, www.uncrate.com, www.store.nordstrom.com, www.closhirts.co.uk

HEALTH

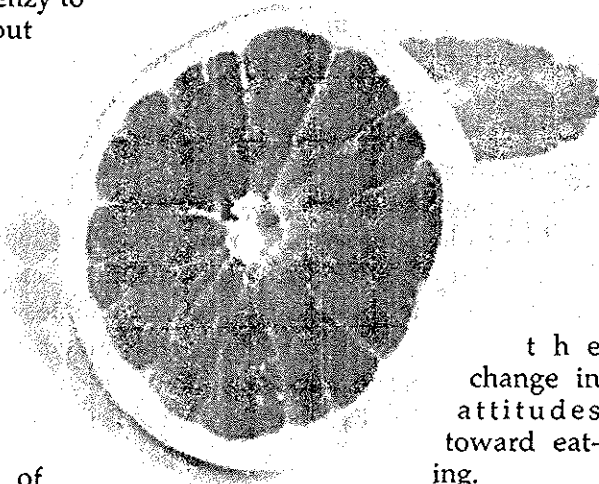
No I would not like fries with that

By: Adrienne Sabo
COPY EDITOR

With the start of another summer, those of us who blew off exercising during the winter and spring are now in a frenzy to do something about trimming up quick. The summer season offers many opportunities to indulge, but the warm weather has many chances to eat healthy. Jeanine Mincher, instructor of food and nutrition at YSU said that it is easier to eat the recommended amounts of fruits and vegetables in the summer because they are in season.

Mincher said that it is harder to eat healthy when you are rushed,

but offers some advice for those on the go. Mincher said, "Whatever's quick usually isn't healthy." Fast food restaurants are starting to realize



the change in attitudes toward eating.

Mincher said that fortunately they are offering more salads. Mincher recommends ordering orange juice, apple juice or water instead of pop when eat-

ing out.

Samantha Basile, a sophomore political science major, said that she does feel pressure to look her best during swimsuit weather.

"I think it's important to stay fit and eat healthy during the summer, but a little ice cream never hurt anybody," she said.

Mincher said the recommended amount of exercise per day is 30 minutes at minimum and 60 minutes is the average. If you are trying to lose weight, Mincher recommends 90 minutes of exercise a day.

The summer heat can get to you throughout the day and staying hydrated is always important. Mincher said to stay away from sports drinks unless you are an athlete. Also, you run a greater risk for dehydration when drinking caffeine and alcohol.

Mincher said, "The amount of water needed per day varies from person to person. You can also get

water from other sources such as milk, juice, iced tea and caffeine free diet pop."

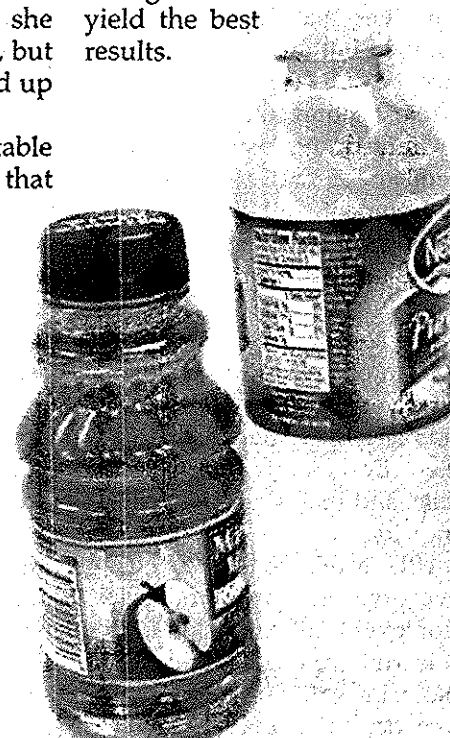
Brittany Thomas, a sophomore social work major, said that she thinks staying fit is important, but does not let herself get worked up about it.

Thomas said, "I'm comfortable in my own skin and I think that being healthy is important, but most people associate being healthy with being skinny and I do not think that way."

When shopping for food Mincher recommends shopping around the perimeter of the store. Mincher said, "This is where you will find more of your healthier foods there. The inside aisles have less healthy choices."

Dieting and diet products are not quick fixes to losing weight and staying healthy. Mincher said, "There is no

quick fix for losing weight." According to Mincher, small, gradual lifestyle changes will yield the best results.



SPORTS

Caipen drafted by the Astros



photo courtesy of ysusports.com

By: Renee Hardman
JAMBAR CONTRIBUTOR

Brandon Caipen, 23, recently added another achievement to his long list of academic and athletic honors: being drafted by a major league baseball team, the Houston Astros. Caipen, a senior at Youngstown State University, majoring in integrated social studies education, was selected as a 28th round pick by the Astros in the first week of June.

Besides maintaining an impressive 3.72 grade point aver-

age, Caipen's athletic abilities were evident from the start.

Head coach, Mike Florak, realized Caipen's potential when he began playing for YSU. "Yes, there's no question about it. His athletic ability really stood out and he worked hard to get to this day. He had a really good season with us this year, he played through a lot of pain, and he deserves this. Everything just fell into place," Florak said.

When asked if he had any advice to give to Caipen, Florak laughed and said, "No, he knows what to do."

After learning about his selection in the draft, Caipen was sent on assignment to Greenville,

Tennessee, to play for the Greenville Astros in the Appalachian League.

Currently, he sports the number seven jersey and plays infield, which is a change from playing outfield as he did for YSU. Caipen is the ninth YSU player to be drafted in eight years.

Florak sees the gain that Youngstown can receive from the draft, saying, "We've had nine players drafted or signed into a professional contract in the last eight years and we look to continue to build on that. We just want to keep going and to try and establish ourselves as a place where players can go to potentially further their career."

After Caipen was drafted, the coaching staff agreed on the momentum surrounding him. "We are all really excited for Brandon and his family. He is a great person and a very good athlete. I'm sure he's going to do very well in professional baseball. We are all looking forward to following his career," said Florak.

Following his career may be easier than expected. If Caipen continues to develop, he may be moved up from the Greenville Astros to the Tri-City Valley Cats and have the opportunity to play against the Mahoning Valley Scrappers in Niles. That series is slated for August 12 to 14.