



THE JAMBAR

The student voice of Youngstown State University since 1931.



BACK PAGE

We've got your prescription for free summer shows

THE SIDEBAR



FEATURE

With soy, healthy eating means moderation4

NEWS2

NEWS BRIEFS2

POLICE BRIEFS2

CLASSIFIEDS2

OPINION

An Iraq proposal everyone can like3

EDITORIAL

Park Place: We can cross that bridge if we want to3

yo* calendar

Brought to you by [the yo* magazine] a special twice-a-year publication of The Jambar

plan yo* night

Music and Comedy Entertainment Featuring The Limbs, Weird Paul and '85 Flood

- Friday, June 6, 11 p.m.-2 a.m.
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- \$5
- 18+

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- Friday, June 6, 10 p.m.
- Quaker Steak and Lube-Austintown
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- Saturday, June 7, 9 p.m.
- The Wedge
- Free-\$5
- 21+

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- Tuesday, June 10, 8 p.m.
- The Cellar
- \$3-\$5
- 18+

College ID Night

- Wednesday, June 11, 9 p.m.
- The Wedge
- \$5-\$10
- 21+

WEATHER

Today 86° 64°

Friday 90° 68°

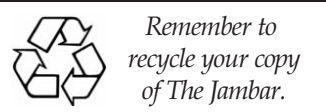
Saturday 87° 70°

Sunday 89° 68°

Monday 82° 51°

Tuesday 88° 69°

Wednesday 85° 69°



UNIVERSITY DEVELOPMENT

YSU voices opposition to proposed housing

J. Breen Mitchell
News Editor

Youngstown State University administrators recently voiced their opposition to a proposed \$17 million student housing development to be located on the western side of Fifth Avenue.

Hunter Morrison, director of campus planning and community partnerships, said that the project, proposed by Place Properties of

Atlanta, raises traffic safety concerns and is inconsistent with the campus Master Plan.

Morrison said that the plan would require students to walk across the Fifth Avenue bridge, which he said is dangerous.

"That bridge, quite frankly, was not designed to handle large volumes," he said.

Associate general counsel Greg Morgione said that the university has suggested that the housing be located somewhere closer to the

campus.

"It's not the development of student housing that we're opposed to, it's the location," Morgione said.

Morrison said that Place Properties hasn't worked with YSU. He said that the university has only had two meetings with Place.

Morrison said that YSU likes to have detailed discussions with developers, and they have not had them with Place.

Bill D'Avignon, community

development director for the city of Youngstown, said that as soon as Place submitted a plan to the city, the plans were shared with YSU.

"The first time the city met with the developer, in February of 2008, YSU was at the table," D'Avignon said. He said that there have been several revisions to the plans since then, and YSU has been informed each time.

D'Avignon said that if the deal doesn't happen, it will be a Place

HOUSING page 2

YSU

Prof's paychecks arrive late or wrong

Sarah Sole
Editor-in-Chief

About 341 faculty members received delayed or incorrect salaries Friday due to a system error, leading the faculty union to try to impose a penalty on the administration in hopes that paychecks will be accurate and timely.

The Youngstown State University Chapter of the Ohio Education Association, which represents the faculty, filed a grievance requesting 5 percent interest on the gross paycheck amount. They also requested 5 percent interest to YSU-OEA for late transfer of union dues, and an explanation about why Union dues for April 2008 weren't transmitted.

Faculty members initially received zero dollars, and after Payroll ran a supplemental pay, federal tax wasn't withheld, said Gene Grilli, vice president for finance and administration.

The administration will respond to the grievance within 10 days, Grilli said.

Grilli said the university will run a full diagnosis to identify problems in the Banner system. Employees will most likely be able to take their own action regarding the tax discrepancy, Grilli added, though his office will work with faculty members who experience problems.

The faculty involved were on a 24-pay schedule which spread out their salary over the summer, and this 19th pay was the initial time the first of the deferred payroll would've been paid through Banner, Grilli said.

Grilli also sent faculty a memo May 29 explaining that they will most likely experience a one day banking delay on their salaries and apologizing for the inconvenience. Faculty received salary on Friday, he said.

Gabriel Palmer-Fernandez, chair of the faculty grievance committee for YSU-OEA, said the union's position holds that the issue is a systematic problem concerning high levels of administration, rather than a glitch in the system.

While some faculty received pay without taxes withheld, still others received pay that was considerably less than the correct amount, said Gabriel Palmer-Fernandez, chair of the faculty grievance committee for YSU-OEA.

Ray Beirsdorfer, professor of geology, was in disbelief when he received \$10.08 instead of the \$1,000 gross pay he was supposed to get.

"I guess I should be flattered that I moved into the highest possible tax bracket," Beirsdorfer said jokingly.

Beirsdorfer said he is also still waiting for an overload pay from last academic year that is now two pay periods late.

He hasn't yet heard from Payroll, and feels frustrated because of the late pay, Beirsdorfer said. He is waiting on a reimbursement for money spent during a winter class trip to China.

The contract makes it "very clear" that faculty is to be paid by the end of the month, Palmer-Fernandez said. "The administration has violated the contract," he added.

"There's a history in all of this and that is what we are trying to correct," he said.

Twice this year, the administration delayed the transmittal of YSU-OEA deductions, Palmer-Fernandez said.

Two months ago, a grievance was filed regarding the transfer of deductions to faculty retirement funds, Palmer-Fernandez said, adding that administration was intentionally delaying the transfer

PAY page 2

ALMOST THERE

Financial goal nears for Centennial Campaign, new business college

J. Breen Mitchell
News Editor

Youngstown State University's Centennial Campaign fundraising effort is now at \$42 million, just \$1 million shy of its total goal of \$43 million.

The campaign's most recent boost came in the form of a \$500,000 donation from the William B. and Kathryn C. Pollock Foundation to the construction of the new building for the Williamson College of Business Administration.

"The Trustees of the Pollock Foundation recognize Youngstown State University's importance to the Mahoning Valley," said Franklin Bennett, co-trustee of the Foundation, in a news release on May 21.

Bennet said that the Pollock family has a legacy of supporting YSU, and the trustees are pleased to continue it.

That relationship goes back to when William B. Pollock II sat on the Board of Trustees for YSU, then called Youngstown University, in the '60s.

In honor of the donation, the new business college facility will feature an executive boardroom

WILLIAMSON page 2

State allocates \$11.54 million to YSU for development

J. Breen Mitchell & Sarah Sole
The Jambar

Campus renovations will connect Youngstown State University to downtown, as well as improve existing sites on campus.

The state has allocated \$11.54 million to YSU, which the university plans to spend on renovations, building system upgrades, campus development, instructional space upgrades and the new building for The Williamson College of Business Administration.

The business college facility is one step closer to completion with the help of a \$5.1 million grant from the state.

Neal McNally, director of budget planning and resource analysis, said the money was the amount that Youngstown State University requested, and that it was part of the original business college budget of \$34.3 million.

McNally said the money would be used to support the overall construction of the new build-

GRANT page 2

SAFETY

Incoming freshmen will find safe campus at YSU

J. Breen Mitchell
News Editor

When high school graduates choose a college, campus safety, or lack thereof, can make or break their decision.

Youngstown State University has less crime than most of the other state universities in Ohio, as advertised by a university bulletin called "Your Right to Know" say that. "Annually, our incidence of crime ranks among the lowest of

Ohio's state universities."

This statement is based on numbers of reported crime at each of the 13 four-year public universities in Ohio. These numbers are exactly as they are reported to the FBI, said Sgt. Bryan Remias of the YSU police department.

Remias said that while the statement remains in the bulletin each year, crime statistics vary.

"As you can see in the statistics, crime goes up and crime goes down," Remias said.

Types of crime that are reported

in the statistics are murder, manslaughter, forcible sex offenses, non-forcible sex offenses, robbery, aggravated assault, burglary, motor vehicle theft and arson. Of these, YSU reported among the lowest incidences of all but motor vehicle theft in 2006, the most recent year with complete statistics.

YSU's incidence of motor vehicle theft was also comparatively high in 2005, and was in the middle in 2004.

In 2006, YSU reported three motor vehicle thefts. This was

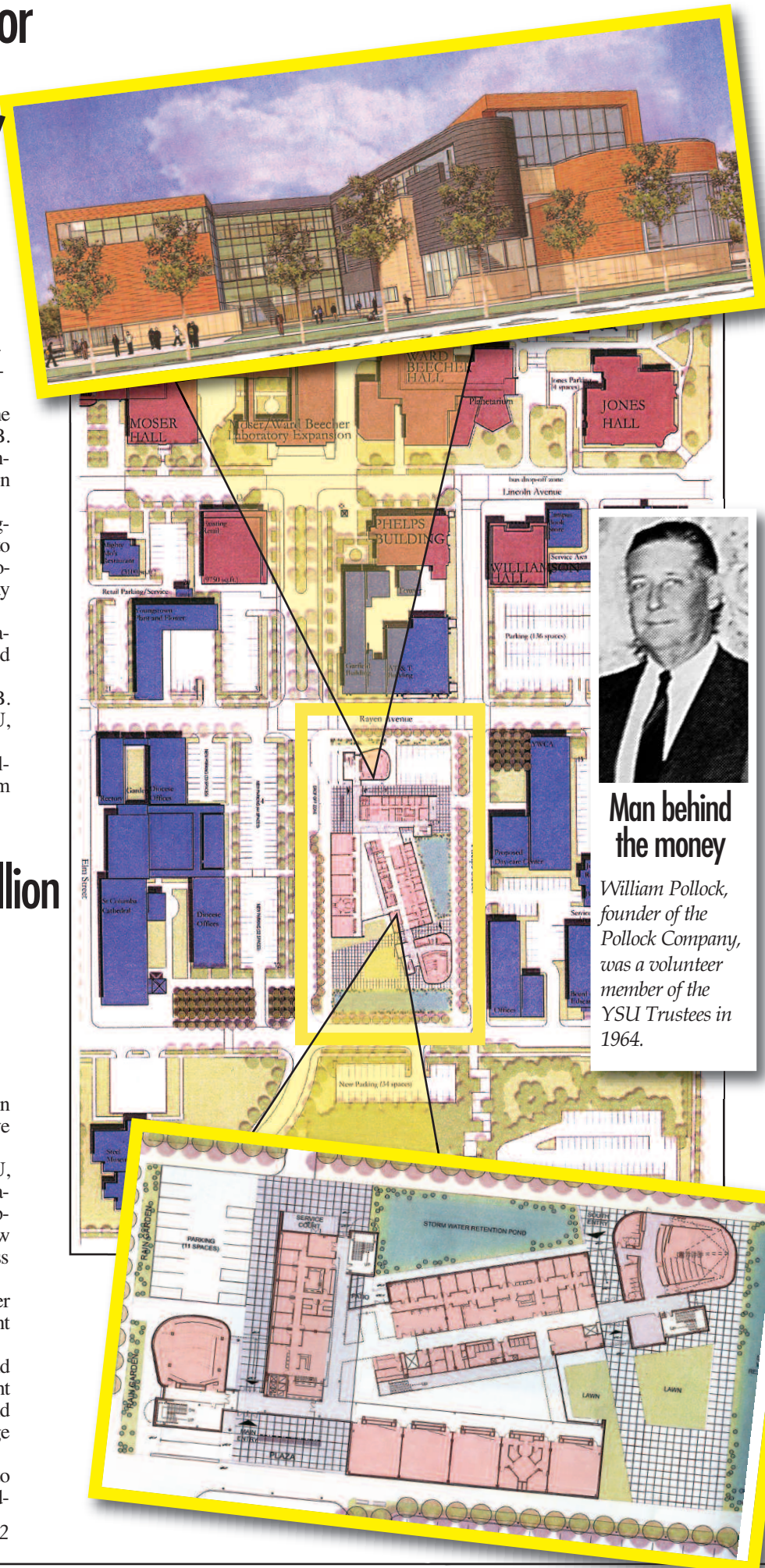
more than seven Ohio state universities, and less than five. The University of Akron reported the most, with 20, and Ohio University reported the least, with none.

In 2005, YSU reported 8 motor vehicle thefts, more than eight universities and less than four.

In 2004, YSU reported six motor vehicle thefts, more than six and less than six.

Chief John Gocala said that these numbers also reflect attempted thefts which were unsuccessful.

CRIME page 2



News Briefs

YSU Scientific Research Society awarded grant

A grant was awarded to the YSU chapter of Sigma Xi, The Scientific Research Society, to support a YSU visit from a Sigma Xi Distinguished Lecturer during the 2008-2009 academic year. The program gives Sigma Xi members, faculty, students and the public opportunities to ask questions of experts and hear distinguished arguments.

Prof appointed as YSU representative

James J. Carroll, professor in the college of physics and astronomy, was appointed as YSU's representative to the Universities Clean Energy Alliance of Ohio.

Housing coordinator receives award

Jacqueline Clifton, housing coordinator for Housing and Residence Life, received the Outstanding New Professional Award from the Great Lakes Association of College and University Housing Officers.

Police Briefs

Professor reports stolen wallet

A YSU faculty member reported on May 31 that their wallet, which contained IDs, checks and credit cards, was stolen. The faculty member had been in Fedor Hall making photocopies of their YSU ID card and drivers license on May 30. Upon checking their belongings later in the day, the faculty member discovered the wallet was not present. The faculty member went back to Fedor the following day, but the wallet was not there.

Custodian reports possible theft

A member of the custodial staff reported to YSU Police on May 28 about a possible theft of a projector. The staff member said that he received information from a faculty member who had been notified by a student about the possible theft. The student had overheard two students discussing taking a projector from an unattended room in Debartolo on the third floor. Officers checked the floor and found all projectors in tact.

Student, professor argue over tardiness

On May 28 YSU officers were called to Beeghly Hall because of a dispute over tardiness between an instructor and a student. The student had been advised by the instructor about his tardiness the previous week. When the student was late again, the faculty member asked the student to leave, upon which the student became argumentative. The student left on his own accord before the officers arrived.

Air compressor catches fire in Buechner Hall

The Youngstown Fire Department and YSU Police were called to Buechner Hall on May 27 because it was reported that there was smoke coming from the boiler room. A belt from an air compressor caught fire. The fire had extinguished itself when officials went into the area. A security officer from Buechner had evacuated the building before officials arrived.

PAY page 1

of payroll deductions, and was sitting on the money to collect interest.

Grilli, however, said the faculty would never deliberately sit on interest.

The problems do not end there, according to Palmer-Fernandez. Last year, the university had to pay a penalty of \$175,000 to Professional Employees Retirement System for sitting on another set of retirement deductions.

Grilli said the amount was \$165,000 and that \$113,000 of it was interest built up from the 1980s, when two individuals' money didn't switch to a different retirement system when they switched from administration to faculty.

The remaining money was a penalty the university had to pay resulting from multiple occurrences where the university transferred payments late to a retirement system, Grilli said. An external audit is being done to explore

why this happened.

In the past, the tax-deferred annuities took two days to transmit, while with Banner, they take five days to transmit, Grilli said, although a few individuals' money took longer.

Though the test run for deferred pay ran successfully, for some reason production happened differently, Grilli said. In the future, the university will make sure money is transmitted as soon as possible, he said.

HOUSING page 1

Properties decision.

"I believe the objections of the university will have no bearing on their decision," he said.

Stephen Freeman, senior development manager for Place Properties, said that there have been multiple meetings between Place and the university, and YSU's concerns were raised at that time, and that revisions were made accordingly.

Freeman said that Place will

work with the city and university to ensure that all pedestrian routes are accessible during the winter. Furthermore, the building will sit 50 feet from Fifth Avenue.

"Place plans to work with both the city and university in order to ensure the project is an asset to the community and a win-win for all parties involved," Freeman said.

Morrison said that although the city only requires one parking space for every three beds, it's real-

ly necessary for there to be more.

"We don't want to cause parking problems for our good neighbors, Stambaugh Auditorium," he said.

Freeman said that, pending city approval, he anticipates a 2009 construction schedule for an opening in 2010.

"We've done what we could to express our concerns, but on the other hand, it is private property," said Morgione.

WILLIAMSON page 1

named after Pollock.

Earnings history

The Centennial Campaign began in 2004, after having been in discussions since 2002. It was made public in 2006, when fundraising had neared the halfway mark, said Paul McFadden, chief development officer for university development. McFadden said the campaign was not announced immediately to ensure potential donors that there was a good

chance for it to be a success.

"We're meticulously planned," McFadden said.

He said that the goal of \$43 million was reached after consulting all departments on campus and putting together a "wish list."

"It came back at well over \$300 million," McFadden said, and that number was whittled down based on campus-wide input to the \$43 million.

"Everything is on schedule or ahead of schedule," McFadden said about fundraising efforts, not-

ing that the goal for scholarships was originally set at \$7 million. The campaign has raised more than double that amount, he said.

McFadden said that there are some discovery activities aimed at determining need for future fundraising projects in the making for 2009, but that completion of the Centennial Campaign will remain the main focus for the next year.

"We're always looking ahead," he said.

CRIME page 1

Of the eight reported in 2005, four were attempts, Gocala said.

He said that aggressive patrols are one of the reasons for YSU's low rate of crime.

Gocala said that in the year 2001, there were no auto thefts.

"When I got here in 1991, there were probably 15," he said, adding that they have gone down steadily since then.

Gocala said that when crime occurs, it is usually the result of students not being vigilant.

"People aren't being personally responsible," he said.

Gocala said that police watch

for suspicious behavior, but that they have to strike a balance to protect people's rights.

"This isn't Stalag 15," he said, referring to German prisoner-of-war camps.

Burglary is the crime that is most prevalent on college campuses. YSU's burglary numbers are comparatively low.

In 2006, YSU reported 14 burglaries, more than four universities, and less than eight. Ohio State reported the most burglary, with 329, and Shawnee State reported the least, with two.

Gocala said this was partly due

to other universities having more on-campus housing than YSU.

He said that security cameras have reduced the problem by about 90-95 percent.

"Do we watch all of those all the time? Hell no. But we have the capability to go back and look," Gocala said.

He said that there is no one specific answer to campus crime.

"There's no magic formula. If you see anyone who looks like they aren't supposed to be here, call us. That's our job."

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GRANT page 1

ing, not any one particular area.

"State appropriations need not be earmarked for specific aspects of a particular project," McNally said.

"All the funds will be used for the project in some way," said Rich White, associate director of Planning and Construction, and project manager for the new building.

White said that some of the money would cover architect's fees and the rest go toward construction. YSU hired The Perkins and Will and Strollo architecture firms to design the new building.

Betty Jo Licata, dean of the college, said that the plan was for \$16 million of the budget to be raised through private donations as part of YSU's Centennial Campaign, and the rest through state appropriations.

Private donations are "north of \$12 million," said Paul McFadden, chief development officer, including the recent \$500,000 donation from the Pollock Foundation.

So far, including the \$5.1 million, the state has provided \$11.3 million, and is expected to contribute another \$5.1 million in the next fiscal year.

According to the University budget, the new facility is designed to "establish a strong physical and symbolic link between the University core campus and downtown Youngstown by locating the building on a prominent site between Rayen Avenue and Wood Street."

Basic renovations

Basic renovations will account for \$3.4 million of the total, White said, and involves concrete replacement on doors and windows at other campus buildings.

Before work starts, however, White will meet with facilities directors to see what needs an upgrade.

"We haven't identified those yet," White said.

Building system upgrades involves \$624,000 of the total, White said. This money will go toward systems like the heating, ventilation and air conditioning. Similarly, there will be a meeting where facilities identifies the systems that have had the most problems.

\$850,000 of the total will go toward instructional space upgrades to classrooms and office areas, White said. Specifically, this money will help relocate Graduate Studies from Tod Hall to Coffelt Hall.

White said the Board of Regents uses a formula to determine how much money YSU should get. Facilities reports yearly on the building space, including what space is used for and how long it has been in service.

The Board of Regents allocates nearly the same amount biannually to YSU, White said.

"You certainly want as much as you can get," he said, adding that this year's amount is adequate.

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OUR SIDE
We'll cross that bridge if we want to

RELATED STORY
YSU voices, page 1

As college students, we're smart enough to cross a bridge. Cafaro and Lyden residents and Youngstown Early College students cross a bridge over U.S. 422 every day, yet Hunter Morrison lists crossing that bridge as a reason Park Place should not be built. Morrison is the director of campus planning and community development at Youngstown State University. While The Jambar doesn't yet know enough information about the proposed Park Place apartments to take a side, we remain open to the idea and want to learn more about the project. Considering YSU's desire to get away from its commuter status and the city's goal for growth, we are disappointed that they appear to be so quick to close the door on what could be a promising student housing prospect for the area. We have been waiting for someone to come in and develop Youngstown. They have arrived, and instead of communicating with them, the university is retreating. YSU cites safety concerns and an inconsistency with the campus master plan. These are flimsy excuses. Who cares that the sidewalk there is narrower than those at other campus locations? We are quite capable of walking on a snow-covered sidewalk or — God forbid — on the street. The university has been talking about how we need to go downtown. What's wrong with reaching out to the city in other directions? Place Properties has shown a willingness to work with the university's concerns, and they said the location of the property is not covered by the campus master plan. The western boundary of the master plan is the eastern side of Fifth Avenue. The proposed development will be located on the western side of Fifth Avenue, just outside of the area detailed in the plan. This development will not disrupt any of YSU's publicly stated plans, and as long as Place Properties continues to cooperate with the university, YSU should act as a "good neighbor" in welcoming them into the community, as they have referred to other existing establishments. To encourage students to live on campus, the university must offer them viable options. Every housing option doesn't have to be controlled by YSU.

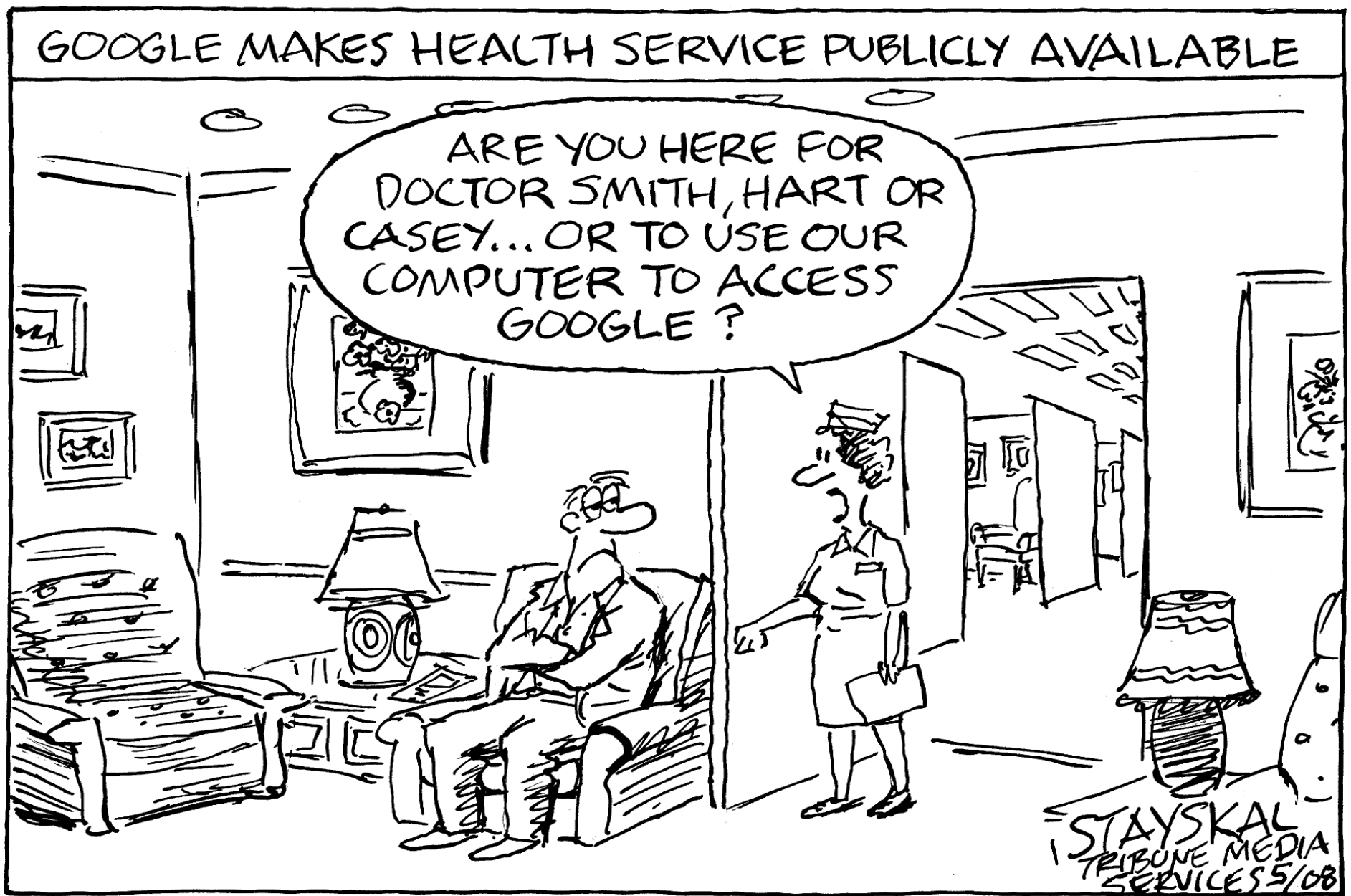
POLICIES

Editorials in The Jambar reflect the opinions of the editorial staff, including the Editor in Chief, News Editor, Managing Editor and Copy Editor.

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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.



JAMBAR Question



Stacy Rhoads, sophomore



Kelly Chaffee, junior



T.J. Cotterman, senior

“No.”

Do you know anyone who has been affected by crime on campus?

“Yes. Someone keyed my friend's car. They contacted campus services. The person was never caught.”

“Yes. My friend, she got her book bag stolen in the weight room. It was just sitting there while we were all working out. It was never found. Campus is not that great at finding suspects.”

COMMENTARY

Everyone should agree on this Iraq program

Trudy Rubin
The Philadelphia Inquirer

No matter the divide between presidential candidates on Iraq, here's an idea they all can endorse. It's a wise, very relevant Iraqi proposal that cuts across U.S. debates about stay or leave and beams in on Iraq's future. Moreover, it's doable. It needs U.S. support, but it won't cost Americans a cent. The Iraqi government has proposed using oil revenues to send 10,000 high school graduates a year to study abroad — for the next five years. The students would go to the United States, Canada, Britain, and Australia, with the bulk of them headed here. Then they would be required to return home. This plan is a winner — for both Iraqis and us. Iraq has been bleeding human capital for the past three decades: in the 1980s from Saddam's Iran-Iraq war, in the 1990s from sanctions, and since 2003 from postwar chaos. Without skilled manpower, Iraq can't pull itself back together, even if the civil war ends, al-Qaeda in Iraq disappears and American troops leave. Oil money can keep the country afloat, but it won't develop into a modern nation with-

out a solid educational base. Yet the present situation for Iraqi education is desperate. "Iraq used to be the best in the Middle East" in education, recalls Zuhair Humadi, a senior Iraqi official who is working on the education plan; he holds a doctorate from Southern Illinois University. "But in the past 30 years the whole system has been going down." Iraq once had excellent university programs in science, and produced many women engineers, but its universities are now going through multiple traumas. In the past five years, university buildings and libraries have been degraded by looting, and hundreds of faculty members murdered. Students have been blown up by car bombs and kidnapped by militias. Under these circumstances the Iraqi middle class has been fleeing, including academics and promising students. Humadi says some reports indicate the number of faculty with doctorates at Iraqi universities has declined to 35 percent. The Iraqi Education Initiative, announced in parliament on May 11 by Prime Minister Nouri al-Maliki, is a long range program aimed at reversing the hemorrhaging. Maliki will ask the Iraqi parliament to budget \$1 billion a year for the foreign scholarships along with

a plan to upgrade schools and curriculum inside his country. It may be his most important proposal yet. "The idea is a simple one," says Humadi. "We need to put more emphasis on education, not only in sending students abroad but also at home. An investment in human resources is the best investment any government can make." The program would pay all expenses for the students, not just for bachelor's or doctoral degrees but also for two-year technical degrees in such careers as lab assistants or administrators. For high school graduates who have fallen behind because of the violence, the program would provide extra tutoring. "Iraq definitely needs this type of education to rebuild capacity," says Humadi. Of course, the implementation of the program will be as important as the concept. In recent years, Iraqi ministries have become spoils in the battle between sectarian factions and militias. Things got so bad that 150 staff and visitors were kidnapped in 2006 from one of the buildings of the Ministry of Higher Education. Humadi believes, however, that the scholarship program can surmount sectarian tensions. Candidates for study abroad would be picked from each province

according to their grade levels, not by sect. "We can devise methods," he says, "that will not discriminate against anyone." But this program can't succeed without critical input from the United States. "The most important thing we require from the U.S. government is to help with the visas," says Humadi. "Iraqi students are still having a very difficult time getting visas, including those with Fulbright grants." You've probably read about the U.S. visa delays that still block the entry of thousands of Iraqis under death threat for working with U.S. military and civilian officials. The same infuriating delays also block Iraqi students. According to a recent article in the Chronicle of Higher Education, of 400 Iraqi graduate students who have already been awarded scholarships to study in America, only 25 have received visas. To make matters worse, Iraqis can't get their visas processed in Baghdad but have to make dangerous trips to neighboring countries such as Jordan or Syria. In a perfect Catch-22, it has become difficult or impossible for young Iraqis to enter those countries, which are overwhelmed by the influx of Iraq refugees. This is nuts. We've invested bil-

ions to "stabilize Iraq" yet we won't facilitate the training of the generation whose education will determine Iraq's future. Those students are crucial to America's future, too. Middle Eastern youths who study here provide a bridge between their countries and ours; they are more likely to understand American thinking and advocate for warmer relations. President Bush's longtime adviser Karen Hughes rightly called foreign students "the single most important public diplomacy tool of the last 50 years." In the post-9/11 panic, the number of U.S. visas for foreign students was sharply reduced, especially for Arabs. That trend has reversed. Saudi Arabia sent 10,000 scholarship students to U.S. colleges and universities in 2006-7. Our embassy in Riyadh now fast-tracks their visa process. Is it possible we would do less for Iraqis? Conceivable that our Baghdad embassy won't fast-track visas so Iraq can train its coming generation? Even in these crazy times, I can't believe it. Maliki's Iraq Education Initiative is a project that must get Washington's full support.

got an opinion? Send letters to: **thejambar@gmail.com**

ENTERTAINMENT

Your prescription for free summer shows



Rx Symptoms: Bored and broke this summer.
X Treatment: Free summer tribute band series.

Dosage: Take a tribute band about once a week all summer, and call The Jambar in the morning. The gates open at 5 p.m. and the opening band starts shortly after.
Possible side-effects: Rocking out, mild head-bobbing and toe-tapping. **Warnings:** Coolers are not permitted at the park, but beer and food can be purchased.
Address: Warren Community Amphitheatre, Perkins Park, Perkins Drive NW, Warren.

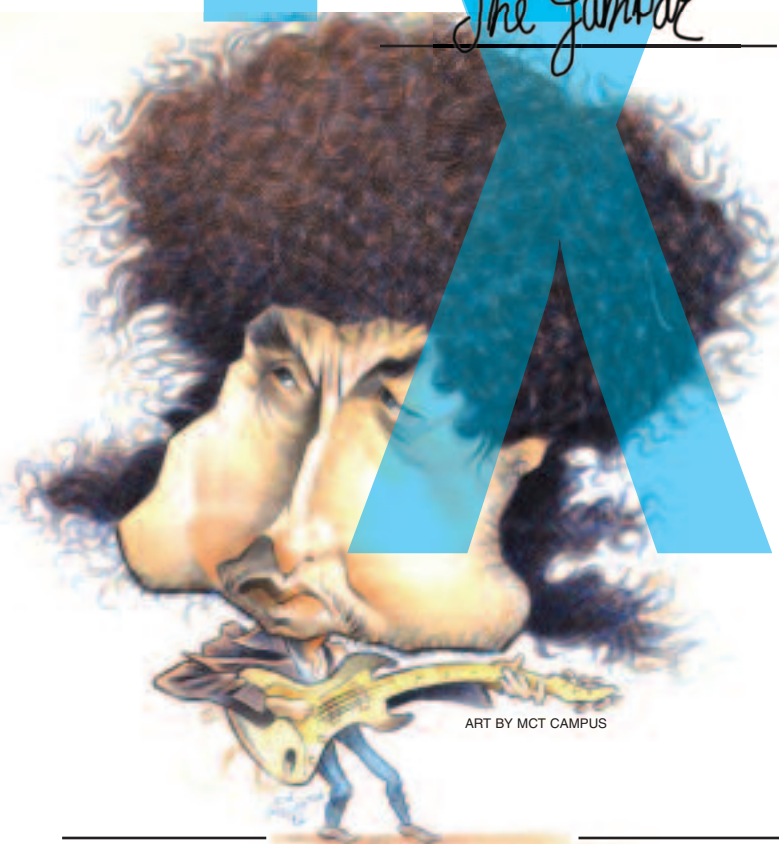
Natalie Scala
 Reporter

They're not the name brand you're used to, but these tribute acts may cure summer boredom just as well as the originals.

Since 2004, the Warren Community Amphitheatre has hosted a wide variety of free entertainment, and this year it expands the weekly events, bringing in national tribute bands to pay tribute to pop and rock royalty.

Featured this year is the Time Warner Cable Rock Showcase which is held on most Saturday nights through September. Each showcase has a cover band main act paying tribute to some of rock 'n' roll's most prolific and popular artists.

The Jambar M.D.



ART BY MCT CAMPUS

If you like songs by...

...you might rock out to this band

June 14

Pink Floyd

PRESCRIPTION: The band's selections span the entire Pink Floyd catalog, from the Syd Barrett years to The Division Bell. Wish You Were Here has been performing sold-out shows in Cleveland since 1995.

Wish You Were Here

June 21

Aerosmith

PRESCRIPTION: The Boston-based cover band has performed Aerosmith songs live for over 17 years. Lead singer of Aerosmith, Steven Tyler, publicly endorsed them in 1998.

Draw The Line

June 28

Lynyrd Skynyrd

PRESCRIPTION: This is an eight piece band hailing from Northeast Ohio.

Vicious Cycle

July 5

Jimmy Buffett

PRESCRIPTION: This is the band's only performance this summer.

Fins To The Left

July 19

Queen

PRESCRIPTION: This New Jersey band performs their Queen tribute across the U.S. and in Europe.

Almost Queen

July 26

The Dave Matthews Band

PRESCRIPTION: This band from Tennessee performs over 200 shows a year.

The Dave Matthews Tribute Band

Aug. 2

'70s rock artists

PRESCRIPTION: This Cincinnati band covers an assortment of '70s rock 'n' roll.

Midnight Special

Aug. 16

The Band and Bob Dylan

PRESCRIPTION: This eight piece band is from Atlanta.

The Last Waltz Ensemble

Aug. 23

Big Brother & The Holding Company

PRESCRIPTION: Members of the original band known for working with Janis Joplin will perform.

Big Brother & The Holding Company

Aug. 30

Journey

PRESCRIPTION: This band is from Northeast Ohio.

Majestic

Sept. 6

Kiss

PRESCRIPTION: This act from Medina performs the songs of Kiss in full costume and make-up.

Mr. Speed

Sept. 13

Rascal Flats, Billy Joel or Elton John

PRESCRIPTION: Three acts in one night.

Broken Road, 52nd Street or Captain Fantastic

Sept. 20

Crosby, Still, Nash and Young

PRESCRIPTION: A tribute band named for a state.

Ohio

Sept. 27

Bruce Springsteen and Southside Johnny

PRESCRIPTION: This nine-piece hails from Painesville.

The Stone Pony Band

With so many soy products, healthy eating means moderation

Jeanette DiRubba

Reporter

Senior Amanda Russ said soy products intrigue her not only because they are "different and healthy," but also soy's growing profile. Russ has been affected by the soy campaign.

On the flip side, Zara Rowlands, associate professor of food and nutrition at Youngstown State University, said that although soy is healthy, Americans might consume too much soy because of the commercials promoting the versatile bean.

"We as Americans tend to overindulge in certain products because we believe it's healthy for us. Consuming too much of anything isn't healthy," Rowlands said.

Soy may promote heart health because the protein has the ability to lower cholesterol and reduce the risk of heart disease if 25 grams of soy protein are consumed per day, according to the American Dietetic Association.

Still, Rowlands said proper soy intake to maintain health should be about two or three times a week at most. Also, switching an entire diet to only soy products "runs the danger of having too much," she said.

Chrystyna Zellers, the registered dietician in the Andrews Student Recreation and Wellness Center, said that soy health is controversial. Although it is a lean source of plant protein found without saturated fat, which is healthy and can prevent certain types of heart disease, cancer survivors should eat soy in moderation or not at all.

Cancer survivors, specifically women who have had breast cancer, need to be cautious of soy because of its plant estrogen, which could stimulate cancer cells, according to the American Dietetic Association.

Rowlands also said that people with a thyroid disease or those with a family history of the disease should abstain from eating soy products.

"Substances in soy can depress the thyroid function, which controls metabolism, and can cause rapid weight gain," Rowlands said.

Many foods contain soy, but Zellers said it's best to have natural soy.

"The more natural you go with soy, the better. Just because it's a soy product or has soy in it, doesn't mean it's not high in calories," Zellers said of the soy protein bars and other products claiming to contain soy.



Whole soybeans

As soybeans mature in the pod they ripen into a hard, dry bean. Most soybeans are yellow. However, there are brown and black varieties. Whole soybeans can be cooked and used in sauces, stews and soups.

Edamame, green vegetable soybeans

These large soybeans are harvested when the beans are still green and sweet tasting. They are high in protein and fiber and contain no cholesterol.

Soy fiber

Soy fiber like okara, soy bran and soy isolate fiber products are high-quality, inexpensive sources of dietary fiber.

Soy flour

Soy flour is made from roasted soybeans ground into a fine powder. There are three kinds of soy flour available: natural or full-fat, defatted, and soy flour with lecithin.

HVP, hydrolyzed vegetable protein

A protein obtained from any vegetable, including soybeans, that is broken down into amino acids by a chemical process called acid hydrolysis.

Isolated soy protein

When protein is removed from defatted flakes the result is soy protein isolates, the most highly refined soy protein, also known as soy isolates.

Soy-based infant formulas

Soy-based infant formulas are similar to other infant formulas except that a soy protein isolate powder is used as a base, instead of cow's milk. Carbohydrates and fats are added.

Meat alternatives

Meat alternatives made from soybeans contain soy protein or tofu and other ingredients mixed together to simulate various kinds of meat. These meat alternatives are sold as frozen, canned or dried foods.

Nondairy soy frozen dessert

Nondairy frozen desserts are made from soymilk or soy yogurt. Soy ice cream is one of the most popular desserts made from soybeans and can be found in grocery stores.

Soy cheese

Soy cheese is made from soymilk. Its creamy texture makes it an easy substitute for sour cream or cream cheese and can be found in variety of flavors in natural foods stores.

Soymilk and soy beverages

Soybeans, soaked, ground fine and strained, produce a fluid called soybean milk, which is a good substitute for cow's milk. Plain, unfortified soymilk is an excellent source of high quality protein, B-vitamins.

Soy yogurt

Soy yogurt is made from soymilk, and its creamy texture makes it an easy substitute for sour cream or cream cheese. Soy yogurt can be found in a variety of flavors in natural foods stores.

Soy nuts

Roasted soynuts are whole soybeans that have been soaked in water and then baked until browned. Soy nuts can be found in a variety of flavors, including chocolate-covered.

Soy nut butter

Made from roasted, whole soy nuts, which are then crushed and blended with soy-oil and other ingredients, soy nut butter has a slightly nutty taste, significantly less fat than peanut butter and provides many other nutritional benefits as well.

Soy oil

Soy oil is the natural oil extracted from whole soybeans. It is the most widely used oil in the U.S., accounting for more than 75 percent of our total vegetable fats and oils intake.

Soy sprouts

Soy sprouts, also called soybean sprouts, are an excellent source of nutrition, packed with protein and vitamin C. They can be sprouted in the same manner as other beans and seeds.

Tempeh

Tempeh, a traditional Indonesian food, is a chunky, tender soybean cake. Whole soybeans, sometimes mixed with another grain such as rice or millet, are fermented into a rich cake of soybeans with a smoky or nutty flavor. Tempeh can be marinated and grilled and added to soups, casseroles, or chili.

Tofu and tofu products

Tofu, also known as soybean curd, is a soft cheese-like food made by curdling fresh hot soymilk with a coagulant. Tofu is a bland product that easily absorbs the flavors of other ingredients with which it is cooked. Tofu is rich in high-quality protein, B-vitamins and low in sodium.

Soy sauce

Soy sauce is a dark brown liquid made from soybeans that have undergone a fermenting process. Soy sauces like tamari, shoyu and teriyaki have a salty taste, but are lower in sodium than traditional table salt.

Miso

A rich, salty condiment that characterizes the essence of Japanese cooking.

Source: U.S. Soyfoods Directory.