

# The Jambor

Look beyond  
the money to  
the people  
behind  
scholarships  
students receive  
  
See page 5

Volume 80 No. 4

Youngstown, Ohio

Thursday, July 24, 1997

## News Nuggets

### Butler Summer Camp

The Butler Institute of American Art is holding its 9th annual Butler Summer Arts Day Camp from 10 a.m. to 2 p.m. Wednesday through Friday this week and Tuesday through Friday next week. The participants include physically and economically challenged young people ages 10 to 12. This year's theme is "Celebrate our Sacred Land" and includes presentations about Native American art, music, dance, history and culture.

### Wick Park Concert Series

The Youngstown Park and Recreation Department is sponsoring a performance by Guys Without Ties at the Wick Park pavilion July 30. The concert will run from 7 p.m. to 8:30 p.m.

The band, which refers to its music as "horn-drenched rock and soul," play classic rock, motown, and some modern rock and R & B.

The concert is part of the Wick Park Concert Series, which sponsors a different band every Wednesday through August 13.

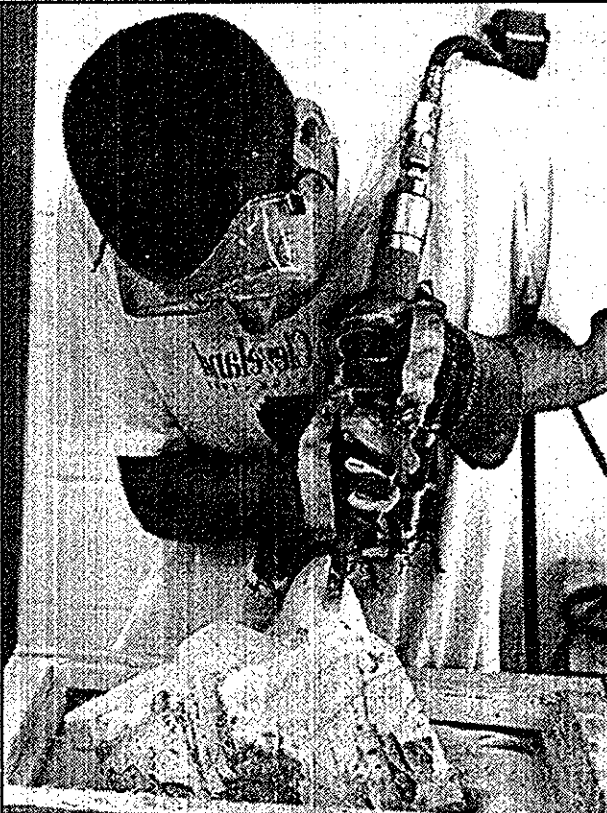
### AIDS Benefit

The 7th Annual Community AIDS Benefit will be held Aug. 3 at 1950 Volney Rd. in Youngstown from 2 p.m. to 8 p.m. The benefit, intended to raise money for persons living with the HIV virus, will include a buffet, auction, raffle, live music, dancing and entertainment. Admission is \$25 at the door or \$20 in advance. Ticket information can be obtained at (330) 782-1993 or (330) 482-2410.

### The inside scoop

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## Labor of art



TASHA CURTIS THE JAMBAR

David Long, phot major, chisels his way through Greg Moring's summer Sculpture 1 class.

## Funding

### Shulers donate \$250,000 to YSU for "classrooms of the future"

■ Pilot program to be launched with Case Western Reserve University.

TERRANCE P. ESARCO  
CONTRIBUTING WRITER

Mr. and Mrs. Herbert Schuler, owners of General Extrusions in Youngstown, gave \$250,000 to YSU's college of engineering June 20 for the creation of "classrooms of the future."

Dr. Charles Stevens, dean of the College of Engineering and Technology, said, "This monetary gift will allow our school to buy the latest state of the art visual, multimedia and computer technologies."

Schuler, a graduate of YSU's School of Engineering, donated the funds to the college of Engineering

because of the knowledge he said this school provided him.

Schuler said, "My wife and I are fortunate because the School of Engineering provided me the knowledge to make our company a successful, competitive company in the global market."

Teachers and engineering students at YSU can use this technology for their studies. The students can interact with their professors from their YSU classroom desks while the teacher conducts the class from another university's class-

classrooms of the future continued on page 2



Herbert and Peg Schuler donated to the College of Engineering

"My wife and I are fortunate because the School of Engineering provided me the knowledge to make our company a successful, competitive company in the global market."

Herbert Schuler

## Computer Network

### Computer infrastructure to keep YSU in technological forefront

■ Backbone will give every classroom access to media and the Internet.

JOE LANDSBERGER  
NEWS EDITOR

YSU is performing surgery all over campus, implanting a computer network backbone that officials say will accommodate advancements in computer technology for the next 10 to 20 years.

"We're putting in an infrastructure that will run today's speeds, tomorrow's speeds, next year's speeds, next decade's speeds," said Dr. Gordon Mapley, assistant provost for academic administration and information services.

The infrastructure, being installed by Norstram Communications at a cost of about \$3.2 million, will consist of high-quality copper and fiber-optic cable connected to each building on campus. From there, lines will run to every classroom and office.

According to Thomas Doctor, director of network services, the infrastructure will allow YSU to keep up with technology for the next 10 to 20 years. He said the backbone was designed to be able to handle speeds far greater than any currently needed. When those speeds

become necessary, however, YSU will already have the capacity to use them.

Mapley said the backbone will be able to handle speeds up to 155 million bytes per second. The average modem speed today is 33,600 bytes per second. The backbone will allow students and faculty to send and receive information considerably faster than they are able now.

"I think the impetus behind this project is to bring the university up-to-date with current technology," said Doctor.

Doctor is heading the project, which is expected to be completed August of 1998. He said the actual backbone installation should be finished by Christmas, but all of the classrooms won't be fully equipped until July 1998.

Cafaro House is already complete. Kilcawley House and Lyden House should be equipped by fall quarter.

Mapley said the infrastructure will allow students to take advantage of technology.

"What we want to do is provide the infrastructure so wherever you are on campus you can have access to other computers on campus, servers and the Internet," Mapley said.

He said each computer on campus will likely be fed by a single, campus-wide server. The server

will store essential programs — such as virus-protection programs — that can be downloaded to each workstation. Likewise, each college may have its own server to store more specialized programs.

He said the main server may also be able to transmit media — such as movies or music — directly to classrooms, eliminating the need for classrooms to share bulky equipment.

Doctor said the infrastructure may enable YSU to offer two-way, interactive, distance learning. Distance learning would allow students in Youngstown to interact with professors anywhere in the world.

Doctor stresses, however, the infrastructure is not active. It only provides the capacity to transfer much information quickly. It can only do as much as the computers and electronics connected to it allow.



"We're putting in an infrastructure that will run today's speeds, tomorrow's speeds, next year's speeds, next decade's speeds."

Dr. Gordon Mapley

## Movies

## Flick Clique introduces Youngstown to alternative and foreign films

### Youngstown is viewed as a city that doesn't appreciate culture.

TRACIE KNIGHT  
EDITOR IN CHIEF

Members of Flick Clique, a Mahoning/Shenango Film group, got sick and tired of hearing how filmmakers view the Youngstown community and decided to do something about it.

Flick Clique brings independent, alternative, foreign and artistic films to the area that previously never made it to Youngstown. Film buffs no longer have to travel to Pittsburgh and Cleveland to see other-than-action films.

Art Byrd, Mike Morley and Eric Nashbar co-founded the group and held their initial meeting Oct. 24, 1996. Byrd said he thought it would be interesting to have a Youngstown Film Festival and researched the idea. After he attended the Cleveland Film Festival, he was disappointed with the findings of his research.

"I was told Youngstown is not a

market filmmakers want to come to. They felt the people wouldn't support showing independent and alternative films," he said.

But founders and members said there was a need and desire within the area to view these types of films.

Rodd Coonce, Flick Clique member, said, "There is a need for a program like this. You can tell by the good response [we're getting]. So many films never make it to Youngstown."

Out of five that were nominated for best picture, only two came to Youngstown. It is a shame that Youngstown is looked upon as a community that doesn't appreciate culture."

Flick Clique has more than 150 members and has shown "El Postino" and "Hamlet" so far this year. Coonce said membership is growing.

"We believe the membership will peak and level off. We want it at a level where it is manage-

able and we can still bring in quality films," Coonce said.

Members range in age from college students to retirees.

Tricia Perry, Flick Clique member, commenting on the members said, "They are an eclectic group of friends, from different parts of Youngstown — all who have been involved in or are supporters of the arts."

Perry said she got interested in Flick Clique to be involved in the excitement of starting something from the beginning. Perry also commented on how filmmakers view Youngstown.

"Youngstown has a stigma of not being very culturally advanced — but there are people here who want to see these films," Perry said.

The group implemented a membership vote on the films they want to see — the Flick Clique Pick. The first Flick Clique Pick is "Love and Other Catastrophes."

It is scheduled to be shown at 7:30 p.m. Sunday at Austintown Cinema.

"Love and Other Catastrophes" is a film that wraps quotes from Jane Austen, Alfred Hitchcock, Doris Day, Lewis Carroll, Quentin Tarantino and the Bee Gees into an arrangement of college-life strife. Twenty-four-year-old Emma-Kate Croghan made her direction debut with the film.

Owners of Austintown Cinema including Randy Sharp donated the movie theater space to the film group.



### classrooms of the future continued from page 1

room. This gives students an opportunity to experience other universities teaching techniques related to their career fields.

The Schulers said their gift will give the present and future engineering students and engineering professors the ability to interact with students and professors from college campuses around the world.

The "Classroom of the Future" allows the students and professors to use technology enabling them to understand their lessons with sight and sound.

YSU President Leslie Cochran said, "YSU Professors will be equipped to teach their lessons in other classrooms on campus or at other sites across the country or foreign lands."

According to Stevens, the first school YSU will connect with is Case Western Reserve University in a pilot program to test this new technology.

General Extrusions, located at 4040 Lake Park Rd. in Youngstown, makes aluminum parts for the appliance industry, office furniture, electronics and recreational items. Founded by Schuler's father in 1950 and starting with nine employees, the company now employs 300.

### Grant money helps YSU

## Smiley receives grant for enzyme study which takes him to Denmark for landmark discoveries.

### Enzyme research takes professor to Denmark

TERRANCE P. ESARCO  
CONTRIBUTING WRITER

Dr. Jeffrey A. Smiley, an assistant professor of chemistry at YSU received a research award from the Research Corporation through the Cottrell College Science Program.

This grant slated for the study on the enzyme's OMP's decarboxylase's effects on other chemical properties. Smiley received the grant for \$36,800. With this grant, YSU can compete with other research PH degree colleges in the Research Corporation group.

Smiley said, "YSU can keep up with the pace with more grants like this that are entitled to other research PH grants Institute."

The grant provides the YSU chemistry department two years of financial support for experimenting with the enzyme OMP.

Smiley recently bought a protein chromatography that purifies other enzymes to give an accurate account of reaction against the OMP's enzyme. Smiley is the only scientist known to use this machine with the compound OMP against other chemical properties the

protein chromatography equipment cost \$20,000.

"The cost of research equipment can be expensive to an institute," Smiley said, "Funding is the necessary for all quality research."

The grant provides for two years of financial assistance to Smiley's project. The equipment obtained during these years will stay at the university for years to come for other chemistry experimental projects.

Smiley said, "The grant monies is a matter of fact for scientists to find new discoveries in the sciences."

Smiley's OMP enzyme experiments makes the other enzymes speed up their chemical reaction. This method makes enzymes' properties stronger or weaker for fighting off other destructive chemical agents that the enzymes can come into contact during these scientific experiments.

Smiley said, "After everything is said and done, these experiments will create new enzymes' bonds."

The Cottrell College Science Program funded through the Research Corporation con-

structs their grants for basic research in chemistry, physics, and astronomy at public and private on the undergraduate level institutes. Monies for the proposals from the Cottrell College Science Program consists of the following areas originality, significance, and feasibility.

Smiley said, "These grant programs encourages undergraduates and graduates students at non research Ph. Degree universities the opportunity to compete with other research Ph. Degree orientated universities on the same ground

level."

This grant will add two new personnel to the payroll at the University. Smiley will have either two undergraduate or two graduate students to work with him depending on their credentials on the OMP decarboxylase project. These students will work on the protein chromatography and the synthesizer organic compound to compare the effects with the OMP's enzymes and other enzymes.

Smiley received other grant in the OMP decarboxylase

study. He received \$1000 grant from the Cambridge Isotope Laboratories in December '95.

Smiley earned his bachelor degree from Kentucky University; doctorate from the University of North Carolina, Chapel Hill; Post doctoral training at Penn State.

He will have a Research Professorship at YSU in the '97-'98 school year.

This August, Smiley will give a lecture on the OMP decarboxylase at the Scientific Conference in Copenhagen, Denmark.



## Buechner Hall Truly Has Everything

This beautiful residence hall for women, located mid-campus at YSU, is truly first-rate. Single and double occupancy rooms are completely furnished, including linens, telephones, and free cable. The building is fully air conditioned, and staff and guards provide professional, 24-hour security. Weekly maid service, exquisitely decorated lounge areas, quiet study environment, on-premise dining room and home-cooked meals, fitness room, and laundry rooms are other

features supplying their share of full-comfort living.

Sound expensive? Not at all. Thanks to the large bequest of the Buechner family, which completed the building in 1941, more than half of all residents' room rental is still absorbed by the Buechner fund. The remainder required from residents including 15 meals per week, is \$837 per quarter for double occupancy and \$907 per quarter for single. Payable weekly. Your inquiry is solicited.

**Buechner Hall**  
620 Bryson St. (off University Plaza)  
Phone (330) 744-5361



"The cost of research equipment can be expensive to an institute. Funding is the necessary for all quality research."

Dr. Jeffrey A. Smiley

**Money**

**Free Financial Aid Search Via the Internet**

■ The Internet helping students find financial opportunities.

**TOM PUGH**  
CONTRIBUTING WRITER

Finding money to further one's education can be a very harrowing experience.

As a student at YSU, financial aid information is well within reach. By using the Internet, the useful information the student will obtain is absolutely free.

The Internet is an immense network of companies and private citizens who come together through computers. To envision the web think of a giant spider web linking all computers worldwide. A web site is a position on the web, or address assigned to the company or person. Upon entering a web location, anyone can navigate around the material posted, providing they are using a compatible browser program such as Netscape Navigator.

By use of a program such as Netscape, click on the Icon to enter the web home page. The following web site and address is free and may hasten and enhance the financial aid search.

Enter (WWW.finaid.com) as the web address and find the financial aid home page. From this home page there will be many choices to further the search.

Fast Web is a database of more than 780,000 private sector scholarships, fellowships, grants and loans. Fast Web allows the student to set up a "mailbox" for the convenience of checking updates placed into the account. College

Net Mach 25, offers the same convenience of setting up a "mail box."

The Mach 25 service contains listings of more than 500,000 private sector awards from 7,570 sponsors. Other web sites a student can explore are SRN and Expan, these sites are also free. Molis, (<http://web.fie.com/web/molis>) is an additional financial aid site for minority students.

After logging onto a web site listed, enter personal data into an account. The financial aid search will list scholarship and other opportunities that match the student's profile. The scholarships listed will have phone or fax numbers, E-mail addresses or postal routes to request an application. Follow all instructions very carefully when applying for financial aid.

On-campus computers that can be used are on the third floor of Meshel Hall and the second floor of DeBartolo Hall. These sites use the Netscape Navigator program.

First, double click on the Netscape Icon to reach the home page. Then enter the address of the financial aid site and press enter. The student will be transported via the net to the Finaid home page.

A computer enhanced search for financial aid is easy to accomplish. The search will list many opportunities that may be of assistance to the student. After working through the primary search services listed, the students will be well on their way to a productive, yet free financial aid search.

**Music News**

**Steppenwolf was born to be wild**

■ Keyboard solo dominated this show.



Steppenwolf band members include from left to right: Michael Wilk, keyboards, Ron Hurston, drums, John Kay, lead vocals and Danny Johnson, lead guitar. The band performed at Pepper's Night Club in Boardman Sunday.

**LYNN NICKELS**  
COPY EDITOR

The band Steppenwolf lived up to their hit "Born to be Wild," as they drove fans wild Sunday at Pepper's Night Club in Boardman.

Led by John Kay, the group sang their hits "Born to be Wild" and "Magic Carpet Ride," among others.

Kay's voice has not diminished over the years. It is still strong and deep, however, the music was a little too loud to appreciate it fully.

Accompanied by Danny Johnson, lead guitar, Ron Hurston on drums and Michael Wilk on keyboards, Kay did an outstanding job on the harmonica. The highlight of the show

had to be the keyboard solo performed by Wilk. This man had more equipment than one person could handle. A full-size computer terminal mounted next to his keyboard was almost lost against the backdrop of synthesizing equipment hovering behind it. He was truly amazing. One solo from this band member was just not enough.

The crowd didn't seem to mind the loudness of the music. To the contrary, they sang along heartily to each song. Many fans were so swept up in the music, they danced continually throughout the concert, not even bothering to watch the band.

This group still has it in terms of talent. Despite a

break-up in the mid-70s and a short-lived solo career, Kay decided to get the group back together in 1980 under the name The John Kay Band. It quickly became called John Kay and Steppenwolf and the group was re-born, quickly re-establishing their former reputation as a blusey, hard-hitting, rock band.

Celebrating their 30th anniversary this year, the group doesn't seem to be slowing down in the least. Releasing new albums and keeping up with their Wolfpack Fanclub, as well as, performing a full schedule for their 1997 concert tour, Steppenwolf keeps on going—and who knows, maybe they'll be around for another 30 years.

**Entrepreneurship camp for girls comes to YSU in 1997**

■ YSU is only college in Ohio chosen this year to host camp.

**JOE MASCOLA**  
CONTRIBUTING WRITER

From dances, driving exams and hanging out with friends to meetings, deadlines and business proposals girls ages 15 to 17 will have a chance to enter the world of business and learn about entrepreneurship this summer.

YSU will conduct its first Camp Entrepreneur, a program to expose young girls to business and entrepreneurship, from July 27 to Aug. 1. The program is sponsored by the Ohio Business Resource Network and Seton Hill College, both focus on the success of women in business.

The program was developed by the National Education Center for Women in Business at Seton Hill College of Greensburg, Pa.

"The goal of the program is for young girls to learn about the business community and what it takes to run a business," said Michelle Phillips of Cushwa's Small Business Development Center.

During the six-day residential program, girls will learn about starting and operating a business and be given the opportunity to experience being an entrepreneur. There will be instruction on business ownership,

lectures by various businesswomen, visits to local businesses, personal development sessions and a number of group activities.

The girls will learn marketing skills, see the actual costs of running a business and learn about relationships between businesses and suppliers said Phillips.

During the course of the camp, teams will be formed and challenged with developing an idea for a business, creating a business plan and presenting it to a panel of judges.

YSU is the only college in Ohio chosen for the program this year. Other sites include universities in Illinois, Indiana, Nebraska and New York.

The YSU staff has "been trained at Seton Hill to better prepare for the camp," said Patricia Veisz, Cushwa Small Business Development Center.

They are also looking for about six counselors to work with the girls. Women between the ages of 19 and 22 can contact the center for more information about becoming a counselor.

It is hoped about 15 local girls will attend. Others will be chosen

from throughout the state.

Girls interested in attending the camp must complete an application and write an essay about how business and entrepreneurship can help them.

Further information is available at Cushwa's Small Business Development Center or by calling: (330) 746-3350.

**The biggest threat to depression is your awareness of it.**

Serious depression strikes millions. Serious depression strikes indiscriminately. Serious depression is MOST dangerous when it goes unrecognized. That's why it's so important to always be aware of the threat of depression. And if your life is ever interrupted by a period of depression, remember that it is readily, medically treatable.

**UNTREATED DEPRESSION**

#1 Cause of Suicide

Public Service message from SAIVE (Suicide AwarenessVoices of Education) <http://www.save.org>

**IT PAYS TO CARE AS A YSU STUDENT**

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# campus Opinions

E-mail *The Jambar* Editor at: [TheJambar@aol.com](mailto:TheJambar@aol.com)

*The Jambar* is published twice weekly during fall, winter and spring quarters and weekly during summer sessions. Mail subscriptions are \$20 per academic year. Since being founded by Burke Lyden in 1930, *The Jambar* has won seven Associated Collegiate Press All-American honors.

## Editorial

### Clinton warns of aliens

President Clinton made two cameo appearances in the Warner Brothers film "Contact" and didn't even know it.

The film's producer, Robert Zemeckis — of "Forrest Gump" fame — borrowed clips of Clinton's speeches and inserted them, out of context, into the film. Zemeckis didn't alter the president's words, just their context. For one of the clips he even changed the location of the shot.

What was humorous in "Forrest Gump" prompted feelings of uneasiness in "Contact." In "Forrest Gump," Tom Hanks, as Gump, appears in old footage of milestones in American history. This was funny because it was a movie about a fictional character who all of America knew was not actually involved in those events. It was obvious he had been implanted into the film.

"Contact" goes a step too far by using footage of the president which has been altered very little and looks too real. Zemeckis' attempt at humor may well go as sour as Orsen Well's broadcast of "War of the Worlds."

If the movie producers wanted Clinton to act in the film, Clinton should have been contacted and asked to do so. CNN reporters were given the opportunity to act in the film — their images weren't just cut and spliced to make the film interesting. The president is fully capable of acting — he has appeared on late shows and even acted in a CBS television movie.

If film manipulation of U.S. top officials is permitted, where will the line be drawn? What if Clinton's image was manipulated and other countries were to see the clip and not realize it was meant to be humorous? If a TV program or another movie manipulates film and the words of the president it could lead to ramifications that are far-reaching and possibly even be construed as a global threat.

Zemeckis said he wasn't worried about his actions since he was doing his job — entertaining the public. He also wants people to see images can be manipulated. Just because someone is moving and speaking does not mean they are real. Technology is an asset to mankind, but it should not be used in this way to prove a point or to make a film almost too realistic.

Individuals can get copyrights on certain logos that can only be used by those permitted. It is expressly not permissible to tape an NFL football game. It isn't even legal to Xerox sheet music. Likewise, even for the sake of entertainment, it should not be acceptable to cut and splice the U.S. President into any location, saying words he never said and in situations he was never in.

## A Staff View

### In search of Andrew Cunanan

CAROLINE PERJESSY  
STAFF WRITER

Like everyone else in America, I am keeping my eyes open for Andrew Cunanan. After all, there is a reward involved, and he did kill the famous fashion designer Gianni Versace.

Disguise or not, we've got our eyes open and once we get you, you'll be sorry Cunanan. Or will you?

In the end, is there really anything to be afraid of? He has money and with it he can buy expensive lawyers who come up with a wonderful case that says he was set up or perhaps they'll use the good old insanity plea.

Either way, he'll probably get off just like that other murderer — oh, I almost forgot — he was innocent, or at least found to be not guilty.

Our justice system is not something to be proud of. Rapists get out of jail and return to the millions of adoring fans who do not seem to care. Murders are let out again and again to murder, again.

There are a million arguments out there that say they need to be counseled and "shown the right road," but as a psychology major and former volunteer at Woodside Mental Hospital, I can tell you this much — counseling does not always work.

Some people are sick, and there's not much that can be done for those people. I'm not proposing some archaic strait-jacket treatment. But I feel it is the responsibility of the healthy to protect others from the non-healthy — even if that means enacting the death penalty or using another form of punishment.

The thing is, I think people would think twice before doing something stupid if they knew the consequences involved. In our society today there is no fear of repercussions. If we want to "fight crime" like all the slogans say we should, then this must change.

Which brings me to a second point about this whole Cunanan deal.

Since his name has become a household word over the last couple of weeks, the media have filled us in on intimate details of his life. Gay, prostitute, smart, rich, cunning — the list goes on.

I could probably write a book on Cunanan and I've never even met the guy!

My question is this: Versace is not the first man Cunanan killed. So why does it become national attention only after a famous person is murdered?

Do the rest of us not count? The first two guys were people too, just like Versace, but nobody knew anything about Cunanan until very recently.

I'm sorry Versace was murdered — he was a very talented person with a lot more to offer us. But I think this recent frenzy shows us where our priorities are and the importance that is placed on wealth and notoriety.



## Tawana's Turn

Tawana Washington

### Students deserve a tuition decrease

percent tuition increase is scheduled to take effect fall quarter, along with a rise in parking fees.

It is difficult to understand how students can be required to pay more while the salaries of a few continue to grow.

The June 23 edition of *The Vindicator* reported the board of trustees increased President Leslie Cochran's annual salary to \$162,000. That is up from \$156,000.

The article went on to say that board chairman Y.T. Chiu, "Regrets the increase still places Cochran's pay below average for Ohio university presidents."

This is the same board and president who cite the university's below average tuition when they get ready to increase student fees.

They also noted our low tuition when the idea for a campus recreation center — that would cost each student an extra \$150 per year — came up.

It seems that whenever low tuition and salaries are mentioned, both will increase.

It is understandable that the university would want to reward people for doing a good job.

With nearly 70 percent of students receiving some form of financial aid, it may be understandable but not justifiable.

## The Jambar Letter Policy

*The Jambar* encourages letters.

All letters must be typed, double-spaced, and must list a telephone and social security number. All submissions are subject to editing. Letters must not exceed 300 words and commentaries must not exceed 500 words. Opinion pieces should concern campus issues. Items submitted become the property of *The Jambar* and will not be returned. **Submissions that ignore *Jambar* policy will not be accepted.** The views and opinions expressed herein do not necessarily reflect those of *The Jambar* staff or YSU faculty, staff or administration. Deadline for submission is Monday for Thursday's paper.

## The Jambar

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### Summer Staff

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## Commentary Cafe

with Bill Binning and  
Bob Fitzer airs each  
Thursday at 7 p.m. on  
WYSU 88.5.

Scheduled guests:

July 24

Betty Sekula  
Planning expert

# Nickels' reflects on receiving the Gina Tenney Scholarship Award

• We shouldn't forget the people behind the names of scholarship awards we receive.

LYNN NICKELS  
COPY EDITOR

How many of us have been fortunate enough to receive a scholarship award during our time here at YSU? And if we have, have we delved into the story behind the scholarship?

I did. And it was a very personal and moving experience.

I received my award at a time when my life seemed a little out of control. I was going to school full time and trying to be a successful single parent are not an easy combination. I was also in the midst of recovering from the loss of a love-relationship that was very important to me. My concentration wasn't very focused because I had so many things on my mind. Then, to top it all off, an acquaintance whom I hadn't spoken to in more than two months began calling me five times the first day and telling me how obsessed he was with me. This man was 25 years older than I.

I had known him as the father of some friends of mine when I was a small child. Shocked doesn't even begin to describe how I felt. It was quite overwhelming.

At first, I tried to explain nicely to this person that I was not interested in him and thanked him for all the complimentary things he had said to me. It didn't work.

While I was in school during the day, he would call and leave messages with my son.

Again, I explained to him that I was flattered, but was not interested.

He then began calling friends of mine determined to find out



Gina Tenney is the person behind the Gina Tenney Scholarship Award. Tenney was murdered December 29, 1985

personal information about my love life.

Next, he began coming to my place of worship. He would sit and stare at me during the time I was there.

I went to a mutual friend and asked him to explain rationally to this man that I was not, now, nor never would be, interested. My friend explained this to him kindly, and although the man said he understood, he still continued to call me.

I began getting scared. I went for quite a few weeks without answering the phone, letting my machine screen my calls. I was really feeling out of control.

Another friend I spoke with suggested I have my phone number changed. But, why should I? I didn't do anything wrong. Why should I upset my life to avoid this lunatic? I told this friend to tell him if it didn't stop, I was going to the police and obtaining a restraining order.

It was during this chaotic span of several weeks that I received an application in the mail from Housing Services telling me I qualified for the Gina Tenney Scholarship Award.

It was something for me to focus on, so I filled out the application and sent it in. To my surprise, I received a call a couple of weeks later informing me that I had won!

It was a really nice change from what I had been going through. Jack Fahey, director of housing services, explained that normally he would be presenting the award to me, but because of personal circumstances would not be able to attend the ceremony. He wanted to take me out to lunch the following week so he could meet me.

At lunch I decided to ask Jack how the Gina Tenney Scholarship came about. I always assumed that namesakes of awards died of some terminal illness. I felt since I received the award I should know

a little bit about the award's background.

What Jack told me made my skin crawl.

Gina Tenney, 19, had been a YSU student. December 30, 1985, Gina's body was found in the Mahoning River. She had disappeared the day before while working on campus during winter break.

The coroner's report showed Gina died of strangulation, a gruesome death in and of itself. Unfortunately, the story doesn't end there.

Earlier in the month, Gina's apartment had been burglarized. It is believed she had been stalked. The murderer has still not been found.

I felt the need to do some research to find out what kind of person Gina was. I certainly did not feel worthy of receiving an award named after her.

*The Jambar*, dated Jan. 10, 1986 said this about Gina, "Before her death Tenney was working on a project with the Student Government president that could possibly extend the services of the YSU Student Escort Service. She was a sophomore with an undetermined major. Not only was she active in Student Government but helped in the university theater department as a costume mistress and assistant director during the summer Theatrefest '85 season. She was vice chairman of Student Council and was going to advance to the office of chairman of Student Council when the present chairman resigned winter quarter. She was

also a student assistant in the Students Serving Students program at YSU, which helped freshman students get familiar with the university."

A Scholarship Award Fund was set up in her name and is given to a YSU student each year.

Her experience hit me like a ton of bricks. How could someone's experience from 12 years ago touch my life like this? I can't say that I could ever compare what I was going through to Gina's experience of being stalked and murdered, but I certainly could identify with some of the fear that goes along with being harassed in such a way. None of us can imagine what went through Gina's mind those last few moments of her life. But none of us should ever forget what happened to Gina and others like her.

I am so glad Gina's parents had the courage to allow a scholarship to be set up in Gina's name. We can't forget what others have gone through. Although Gina may be gone physically, her memory and experience will live on forever through this award.

Thank you Mr. and Mrs. Tenney and all those who have lost a loved one in death and have had the valiance to keep their memory alive through scholarships. And a special thanks to those families who come to the awards ceremony to meet the recipients. I think your courage is outstanding.

Should we be fortunate enough to receive such a scholarship gift, let us never take it for granted or forget how it came about.

## Relationships should not hurt

LORI BALMENTI  
CONTRIBUTING WRITER

Relationships — some people want them, think they need them and sometimes jump in and out of them without much thought. Healthy relationships provide companionship and teach compassion and respect.

Unfortunately, some relationships are not healthy — but are abusive and manipulative. In the early stages of this type of relationship, the signs are often difficult to recognize.

A friend of mine told me about a relationship she's been in for several years. Frightened for her safety, I asked her a few questions. She seemed surprised, as though I somehow knew more about her relationship than she had told me. I did — I've been through a similar scenario myself. I can not reveal my friend's name because the delicate nature of the situation prevents me. I can, however, say this was not the first time a friend of mine told me about abusive circumstances.

In researching this issue, I visited the YSU's Women's Center and spoke with Dyann Whaley, coordinator of women's programs. A study conducted by National Domestic Violence

Prevention Project said, "Up to one half of college students have experienced violence in dating relationships." Furthermore, it said this violence has no boundaries and reaches all races, ethnic lines, educational and socioeconomic levels. Studies show 95 percent of victims are women.

Although the first type of abuse that comes to mind is physical, verbal and emotional abuse also incorporate many areas and can be just as damaging — if not more.

Whaley said, "Often prior to and during the physical abuse there is mental and verbal abuse. This can include put downs, name calling and comments that, in turn, make the victim question her judgment or her abilities. The effect this has on the victim is a lowered self-esteem. The abuser may say, 'You'll never get anyone better than me.' Someone with a lower self-esteem is going to believe that."

According to Whaley, it is common for the victim's social life to center around the abusive partner's friends — thus isolating her from her friends and family. Whaley said additional warning signs include jealousy, cruelty to children and animals and dramatic mood swings.

## Xers seek eternal youth, grasp the past

TRACIE KNIGHT  
EDITOR IN CHIEF

Movies and novels have long expressed man's desire to feel invincible, empowered and immortal. In the 90s this need is expressed throughout our culture — perhaps to compensate for the fear of AIDS, cancer and lack of commitment to relationships.

Think about it, the younger generation — the Xers — have no farther to go but to their television sets or out to the movies to recapture their youth. The same actors and actresses we grew up with are the big attractions for prime time television. Xers grew up with "Spin City's" Michael J. Fox and "Men Behaving Badly's" Justine Bateman on the 80s sitcom "Family Ties." Even Brooke Shields, who modeled for Calvin Klein and acted in "The Blue Lagoon" in 1980 is "Suddenly Susan."

I remember the sadness I felt in 1993 when I rented "Star Wars" to watch with a 3-year-old I was baby-sitting. I thought to myself a whole generation of children will never know "The Force is with them." I reminisced about everything I had held dear when I was a child. I wondered if my children or the next generation would have such strong memories.

I was overjoyed when "Star Wars" came back to the big screen.

I see my generation reaching back to our old music, television stars and movies as we search for the good-old-days. We are looking for excitement in the things that keep us young and remind us of our childhood days. Even local clubs and radio stations offer tributes to 1980s music we grew up with. I am sure back in the 70s the baby boomers didn't go to clubs for 60s nights.

Old bands reunite and are able to book reunion tours such as Kiss' 1996 Reunion Tour. Aerosmith, Led Zeppelin, Motley Crue, Black Sabbath, Wasp, Ratt, Metallica, Winger and Bon Jovi are still able to book shows. Dokken, Slaughter, Warrant and Alice Cooper are touring together to bring a wave of 80s music to each town they visit. None of this would be possible if the fans weren't interested in recapturing their youth.

When consciously realizing our carefree youth slipping away, we are drawn to the things that make us young again in an instant. Instead of letting go, we are grasping it closer. What is it about our generation that propels them

to bring back their music, TV, movies and fashions?

Other generations have been able to leave the past behind. Why do the Xers strive to dwell in the past? Perhaps having held the past so dear, we will be less likely to duplicate our mistakes.

**Student Government** is accepting applications for the Fall Event Committee. Applications are available in the Student Government office and will be due by July 18. The fall event is a welcome back activity for the student body and staff of YSU. It will take place as a precursor to the football game against Hofstra Sept. 27. All interested students are encouraged to apply.

## Travel Time

## Virginia Beach: the affordable summer get-away

■ Beaches, bridges and restaurants are just a few of the sights in Virginia Beach.

KARA BANDY  
CONTRIBUTING WRITER

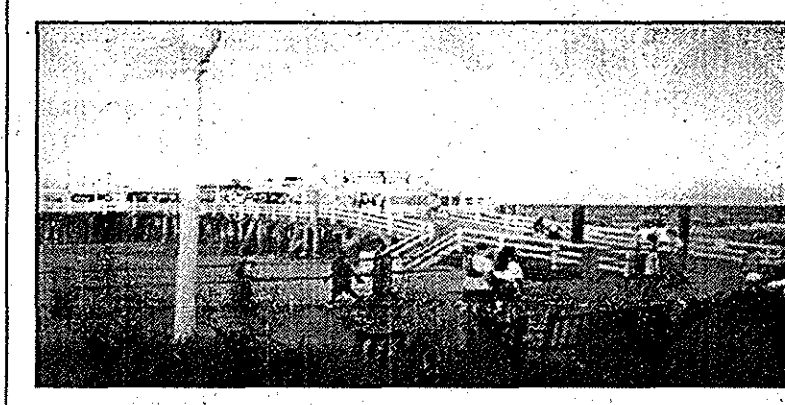
With light schedules this summer many students are thinking of the beach and their wallets.

A four-day trip to Virginia Beach can be affordable and fun. Staying in the city of Hampton, a half-hour drive from Virginia Beach, can save more than \$75 a night.

The scenic drive into Virginia Beach takes you over and under the water of the Chesapeake Bay.

"You just have to keep asking yourself how they built this thing," traveler Tim Busefink said about the bridges and tunnel on U.S. Route 64. "It is a little scary knowing that you're under that much water and that this is the smaller of the two tunneled roads," Busefink said.

The Econo Lodge on Mercury Boulevard in Hampton is a decent motel that has a pool and a



**Virginia Beach's Fishing Pier:** Right off the boardwalk, the fishing pier features restaurants, gift shops, ice cream stands and, of course, fishing.

quiet place to sleep. The Econo Lodge costs \$50 per night. The Waffle House, located next to the Econo Lodge, has a breakfast menu priced from \$3 to \$6. Lunch can be found at any fast-food restaurant for \$3 to \$7.

Hampton presents an array of sights and fun things to do. Located in downtown Hampton is The Hampton Carousel, an antique wooden merry-go-round that was built in the 1920s. Rides on the carousel cost 50 cents.

The Hampton Trolley will

transport you throughout downtown Hampton to all of the attraction for 25 cents.

The Virginia Air and Space Center, admission \$6, has exhibits such as the Apollo 12 command module and a Mars meteorite. A tour of the NASA Langley Research Center gives you an up-close look at our nation's aerospace history.

Colonial Williamsburg is a one-hour drive from Hampton. This historical area gives you a first-hand glance at life in the 18th

century. A tour is offered for a fee of \$25. The tour includes transportation and gives the historical background of each area.

If you do not want to pay for the tour but would still like to see the sights of Colonial Williamsburg, stop at the visitors center and pick up a map of the area. There is free parking at the Amtrak station and you can tour Colonial Williamsburg at your own pace for free.

Buckroe Beach is another area to enjoy. Buckroe Beach on

the Chesapeake Bay has more privacy for swimming than the heavier-populated ocean beaches. The pavilion at Buckroe Beach often has concerts and outdoor movies.

The Lighthouse Restaurant is located at the end of the Virginia Beach boardwalk. Requesting a seat on the patio allows the diner a view of the boats entering and leaving the Rudee Inlet, as well as ships sailing on the Atlantic ocean. Diners cost from \$7 for sandwiches to \$22 for a crab leg dinner.

"Our chef has been with us for 20 years now, he is wonderful," said Scott Herman, owner of the Lighthouse Restaurant.

The atmosphere and food at the Lighthouse is an unforgettable experience.

No worries about not being able to afford souvenirs for family and friends. The boardwalk at Virginia Beach is packed with shops featuring Virginia Beach T-shirts, three for \$10, key chains and shot glasses for a dollar and sand sculptures for \$5.

## Workshops

## YSU, Career Services provide occupational workshops

■ New computer system named "Careernet" is feature distance learning.

BRIAN BOSHEFF  
CONTRIBUTING WRITER

Career services will offer a series of workshops in the Kilcawley Gallery on August 5-6 for all YSU seniors. These workshops will provide professional job searching services and strategies.

Diane Hritz, engineering coordinator for career services, said that a new computer feature, "Careernet," will be introduced in this year's workshops.

"Essentially, (Careernet) is a full data base system," said Hritz. "Students will be able to pick up a formatted disc, complete it and bring it to our office. That infor-

mation will then be downloaded and sent to employers," he said.

Hritz also said that discs for the system will not be available until after the workshop at which time students will be notified.

However, Hritz stressed using "Careernet" to send resumes or other information to employers will not replace the human element.

"We still believe in individual contact. "Careernet" is just another tool for matching students with employers."

In addition, Hritz pointed out the workshops other features.

"We want to give students information on writing resumes and interviewing," he said.

One YSU senior planning to

attend is business major Todd Commons.

"I'm going there to brush up on some things and to find some things out. You can never be too prepared," said Commons, who graduates in December.

Hritz also emphasized that the workshops are free of charge.

"There is no computer fee or disc fee."

The first and second workshops, titled "Job Search Strategies" and "Interactive Resume Writing," respectively, will be from 1 to 2 p.m. and 2 to 4 p.m. on August 5. The third and final workshop, "Interviewing Techniques," will be from 1 to 2 p.m. on August 6.

## Health News

## Summer school anxieties leave students stressed and sick

JOHN ANTHONSEN  
CONTRIBUTING WRITER

Work school, stress, tests, term papers, anxiety, AAAAAH!

Summer quarter leaves many students beleaguered by the burden of balancing their busy work and school schedules.

A study appearing in the Journal of American College Health [vol. 45, May 1997] showed that more than 25 percent of college freshman feel frequently overwhelmed and this percentage has been on the rise.

"It's rough, but manageable," said Mike Crogan, senior, Arts and Sciences. Who, aside from 17 hours of class every week, also works 35 hours at two jobs. "I'd rather have more free time, but I need the money," said Crogan.



James Esperon

"The best way to decrease stress in your life is to do the preparation you need in advance and not wait until the last minute," said psychologist, James Esperon, of counseling services.

Esperon also said taking on too many responsibilities causes more stress.

"YSU students seem to live to work extra jobs" said Esperon. "They put in more hours than most students compared to other universities. They're workaholics when it comes to jobs outside their academic responsibilities."

Susan Ferrier R N C nurse supervisor of the student health clinic, agrees that work adds excessive stress to the lives of college students.

"You're working too hard. You're working too long and then you don't eat right, don't sleep right and then you get sick," said Ferrier, who suggests that students only work part-time if they must work at all.

"The job I have is a thinking job, so I don't really have

Health news  
Continued on page 8

## Library Links

## Ohio-LINK makes YSU a big winner

■ Elsevier Science aids 40 Ohio colleges.

JOE LANDSBERGER  
NEWS EDITOR



Russell White, President, Elsevier Science Inc. and Tom Atwood, Library Director, YSU.

Frustration, sore eyes and stomach ulcers can result from the harrowing experience of finding the right article among the numerous periodicals in the Maag Library basement.

But some of that frustration may be relieved next fall as OhioLINK, the statewide network of university and college libraries, plans to make 1150 journals available online.

Elsevier Science, the world's largest publisher of scientific journals, closed a deal with Ohio-LINK making all their scientific journals available over the Internet. Students and faculty at more than 40 Ohio colleges will be able to get full text articles brought to their computer screens for immediate printing.

"[Online journals] are a fast, efficient and extremely useful way to get information," said Martina Nicholas, Maag Library's assistant reference librarian.

Users will be able to search the database and isolate articles through a server being created by Orion Scientific Systems. The server is being designed to help users find articles quickly and easily.

YSU now subscribes to 66 Elsevier Science journals, some costing almost \$10,000 per year. The \$6.3 million OhioLINK project will expand the amount of

material available to YSU students and faculty at a fraction of the cost.

"The Elsevier project makes YSU a big winner," said Thomas Atwood, interim director of Maag Library. "The prices that individual academic subscribers are charged are outrageous. There is no way that YSU could have added so many new journal subscriptions without OhioLINK's help."

Atwood said YSU will pay less than \$25,000 per year for access to the database. Subscribing to each journal individually, however, would cost millions.

"By being part of a state consortium," Atwood said, "YSU students and faculty have access to the same resources available in academic institutions that are much larger. We are going to have the same access as the big schools — Ohio State, etc."

YSU has 50 journals available online through the Academic Press. However, accessing them effectively requires a program called Adobe Acrobat. Atwood said the Elsevier project won't have those types of problems due to more advanced technology.

Students and faculty will be able to reach the Elsevier database through either YSU's home page or OhioLINK's web site. The database will only be accessible from campus computers and may require identification.

# Campus Calendar

- July 25**  
 YSU Blackbox theater performance of "Fools" at Bliss Hall, 6:30 p.m.
- July 26**  
 - WYSU-FM Amish Bus Tour  
 - End of first summer term  
 - YSU Blackbox theater performance of "Fools" at Bliss Hall, 6:30 p.m.
- July 27**  
 - YSU tent at LPGA tournament  
 - YSU's Camp Entrepreneur thru August 1
- July 28**  
 - Beginning of second summer term  
 - Dance Workshop thru August 2
- July 29**  
 - Disc-Go-Round disc buy back at Kilcawley, 9 a.m. to 4 p.m.  
 - Butler Summer Arts Day Camp thru August 1
- July 30**  
 - Disc-Go-Round disc buy back at Kilcawley, 9 a.m. to 4 p.m.  
 - Wick Park Concert Series: Guys Without Ties, 7 p.m.
- Aug. 1**  
 - Last day for adds for second five weeks  
 - Last day to drop and receive refund  
 - Last day for Camp Entrepreneur  
 - Last day for Butler Summer Arts Day Camp
- Aug. 2**  
 - Modern Dance Concert at Kilcawley, 8 p.m. to 10 p.m.  
 - Last day for Dance Workshop

## The Living Treasures Animal Park



in New Castle, Pa., received several new animals including zebras and a rare white tiger.

The park is located at US 422, four miles west of 79 ext 29.

Admission is \$9.50 for adults, \$4.50 for children ages 3 to 11 and \$5 for senior citizens.

Children under 2 get in free.



The park is open 10 a.m. to 8 p.m. every day.

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## Design The Jambar flag guidelines

The Jambar is having a contest to design a new flag. The flag must have the words "The Jambar" centered and adhere to the following guidelines:

1. A Sans Serif Font must be used - such as Futura.
2. It must be typed in small caps.
3. It must be aligned as follows:

J The  
JAMBAR

4. New art is acceptable to replace the Jones Hall.
5. The new 30-year logo may be utilized.
6. A printed copy and a disk must be submitted. The disk must be compatible with PageMaker 6.0 for Macintosh. May be scanned in and saved as a tiff file.
7. On the right-hand side-a teaser box is required.
8. The current YSU circle may be used.
9. Submissions are due by August 15 at 5 p.m.
10. The height must be from 1 3/4 inches to 3 inches max.
11. All submissions become property of the Jambar and may be altered as the Editorial staff sees fit.
12. An article will be written featuring the student winner
13. Any questions, please call 742-3095.

Fools

Neil Simon's Comedy

Spotlight Arena Theater  
 Ford Theater  
 Bliss Hall  
 Dinner Theater  
 July 18, 19, 25, 26  
 6:30 p.m. Dinner • 8:00 p.m. Show

For ticket information call 742-3105

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 Liar, Liar (PG-13) 12:10 2:25 4:50 7:15 9:30 (11-85)  
 Night Falls On Manhattan (G)  
 11:45 2:40 7:00 9:35 (12-18)  
 Anacosta (PG-13) 11:30 2:00 4:30 7:25 9:55 (12-15)  
 The Fifth Element (PG-13) (DTS)  
 11:55 2:45 7:20 10:15  
 Hudson Check-In (G) (V) 10:00  
 Trial & Error (PG-13) 11:40 4:30 9:35  
 Breakdown (R) 2:55 7:00 (11-55)  
 Home and Sweet Home (R)  
 12:15 4:30 9:45  
 Austin Powers (PG-13) 2:30 7:35 (12-80)  
 11:35 2:35 7:05 10:10  
 ( ) = Fri. and Sat. nights only  
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# Classifieds

## SERVICES

Bonnie's Secretarial/ Billing service. 793-7113. Cards/ invitations, correspondence, electronic filing (insurance forms), legal documents, medical transcriptions, proposal/ presentations, résumés, theses/ term papers.

## HIRING

Hiring Immediately. Telephone work, no fundraising. Full-time and part-time afternoon/evening shift available 3 p.m. to midnight, 6:30 p.m. to midnight. We are currently hiring for all phone work to recruit volunteers to help fight birth defects, stop diabetes, and help find a cure for cancer. We offer an excellent benefit package including health, dental, and life insurance, paid vacation after six months, paid holidays, 401k plan and paid training. We pay \$6 an hour to start with weekly bonuses as well as raises after two months and six months. Please call Monday to Friday between 9 a.m. and 5 p.m. for interview. Call 544-1400 and ask for extension 450 or call 793-0047 if calling from Youngstown. InfoCision Management Corporation, Outbound Telemarketing Specialist

## HOUSING

Private duplex available. Second floor, two bedrooms, kitchen appliances, attached garage, non-smoker, near YSU, call 788-0348.

University housing available for summer quarter. Contact housing services at 742-3547.

Serious students needed to rent private rooms or 1,2,3, bedroom apts., close to YSU, within walking distance. Stove, refrigerator, washer & dryer and all utilities included only \$210/ mo. and up. Available now for summer only call 744-3444 or 746-4663 (bus).

## MISCELLANEOUS

Skydive Pennsylvania skydiving center-45 minutes from YSU. Intersection of I-80 & I-79 camp Friday night & jump all weekend. Call for free information package 1-800-909-jump.

Are new age teachings the same ancient wisdom that's nourished emerging consciousness for thousands of years? The Rosocrucian Order, AMORC. H T T P : / / WWW.ROSICRUCIAN.ORG. or Box 2433 YO, OH. 44509.

# Police Blotter

July 17th-3:40 p.m.-Ward Beecher-fire alarm sounded - apparently smoke from a chemistry experiment set it off.

July 17th-Stambaugh Sports Complex- A Cambridge High School Volleyball player broke her left hand participating in the YSU Volleyball Camp.

July 16th-Willsamson Hall- A person was approaching students on the sidewalk and yelling profanities at them. One student told police she saw the subject kicking cars on Lincoln. Subject was intoxicated and hostile to police. Subject was arrested for Criminal Trespass and Disorderly Conduct.

July 16th-Bliss Hall-Burglary- Reported missing computer equipment from rooms 4057 and 4059. The outer door of 4057 had been jimmied open.

July 16th- DeBartolo Hall-Jones Janitorial reported keys missing, 3 sets returned, 4 sets signed out.

July 16th-F1 Parking lot-The right window was broken on a vehicle parked in lot F1. Nothing was stolen.

# To Infinity and Beyond

KARA BANDY  
CONTRIBUTING WRITER

Most geology professors appear to be well-grounded, but Ray Beiersdorfer is going to spend much of the next few weeks with his head above the clouds.

Beiersdorfer is spending his summer working at NASA's Johnson Space Center as part of a study of advanced life support study for long missions into space. Beiersdorfer said that his work at NASA was a result of an invitation to YSU to join the JOVE program in 1994.

"I can't say that I expected this opportunity but I was not surprised by it," Ray Beiersdorfer associate professor, geology said via online services.

Beiersdorfer is studying the detailed geochemistry of a synthetic soil that NASA is developing for Lunar and Martian outposts. His experiments are to determine how much and how fast plant nutrients get into the solution when the synthetic soil is mixed with water.

The experiments are part of a project to develop technologies for Lunar and Martian life support systems.

Although Beiersdorfer's assignment does not have a direct impact on the NASA Mars Pathfinder mission, Beiersdorfer and colleges follow the progress on Mars over NASA select television.

"It is very nice and good for the geology department to have a professor in such a premier research facility that is on the cutting edge of technology," Ikram Khawaja, chair, geology, said, "We feel that [Beiersdorfer's] work is very noteworthy and it shows in his accomplishments."

Beiersdorfer left June 13 and found his own bit of bad luck. In Canton the car broke down and had to be towed back to Youngstown.

"This fumed out to be good luck because a colleague's cat had managed to get into our house while we were loading our car. The cat would have died if we had not come back and found him," Beiersdorfer said.

Beiersdorfer is planning to return to Youngstown in the middle of September. He will resume his usual academic duties then.

Beiersdorfer graduated in 1979 from Queens College in New York with a bachelor's degree in geology. At the University of California Davis, Beiersdorfer earned his master's degree in geology in 1982 and his doctorate in 1992.

Beiersdorfer has also done pre-doctoral research in Australia and post-doctoral research in Alberta, Canada.

Beiersdorfer joined the YSU faculty in September of 1993."Academia is filled with numerous opportunities for faculty and students, both graduate and undergraduate," Beiersdorfer said. "But no one is going to hand them to you."

Beiersdorfer has three simple tips to share with the YSU student body on how to gain real life experience in the student's field of study.

"This work is much more important towards [students'] careers than a job at WalMart or Sparkle Market," Beiersdorfer said.

## Health news

Continued from page 6

said Rich Bernacki, senior, Arts and Sciences. Bernacki works for YSU's Center for Engineering and Technology Transfer and says he often brings work home with him along with his homework.

"I think lack of sleep has adversely affected my health" said Bernacki. "It also contributes to my overall feeling of lethargy."

"They're worrying too much. Excessively worrying," said Ferrier. "They need to take advantage of the things on campus and the counseling center to help them learn to cope. But then they're busy to go."

Esperon and Dave Holben, Ph.D., R.D., LD of the department of human ecology, agree regular exercise and a proper diet can help relieve stress.

"Stress cannot be relieved by vitamins," said Holben. "Vitamins come packed as stress tabs stress packs, and stress formulas. However, the 10-times the recommended daily allowances provided by supplements like these is not necessary."

Holben also warns taking these supplements could cause us to take in toxic levels of vitamins. Holben recommends getting your vitamins the old fashion way: through food.

The student health clinic is located in Beeghly Center room 200 and offers health care for injury and illness, as well as routine health maintenance. Students wanting to make an appointment may call the clinic at 742-3489. The clinic is open 8 a.m. to 5 p.m., Monday through Thursday and 8 a.m. to 4 p.m. on Friday.

Counseling Services is located in Jones Hall room 3040 and may be reached at 742-3056. Counseling services offers help with study skills, time management, test anxiety and career planning, as well as psychological counseling.

## Advertise at the Jambar

Call Caroline at

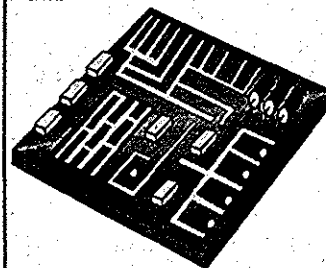
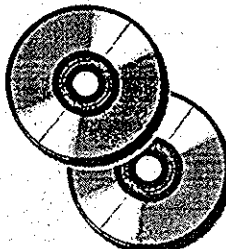
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## DISC & ROUND

Bring in your old CD's Tuesday and Wednesday July 29-30 (10 am-3 pm) to sell for cash at the KILCAWLEY



ARCADE  
Look for grand opening in Kilcawley this Fall!



YSU Computer Services has two programming internship positions available. Hours are flexible between 10 to 20 hours a week from Monday through Friday between 8 a.m. and 5 p.m. A full job description is available at the Career Services Office.

Some programming background is necessary; knowledge of office procedures is desirable. Drop off a brief, informal resume at the Computers Services Office, fourth floor, Meshel Hall during the above hours.

