

The Jambar

The student voice of Youngstown State University since 1931

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Thursday, June 21, 2012

YSU streamlines student services

Kacy Standohar
NEWS EDITOR

Youngstown State University is undergoing some organizational changes, which administrators hope will improve student success.

Jack Fahey, vice president for student affairs, said the university should post a job opening for a director of counseling by the end of the week.

The university is operating with just one counselor, even though Fahey said a campus of YSU's size should have four or five counselors.

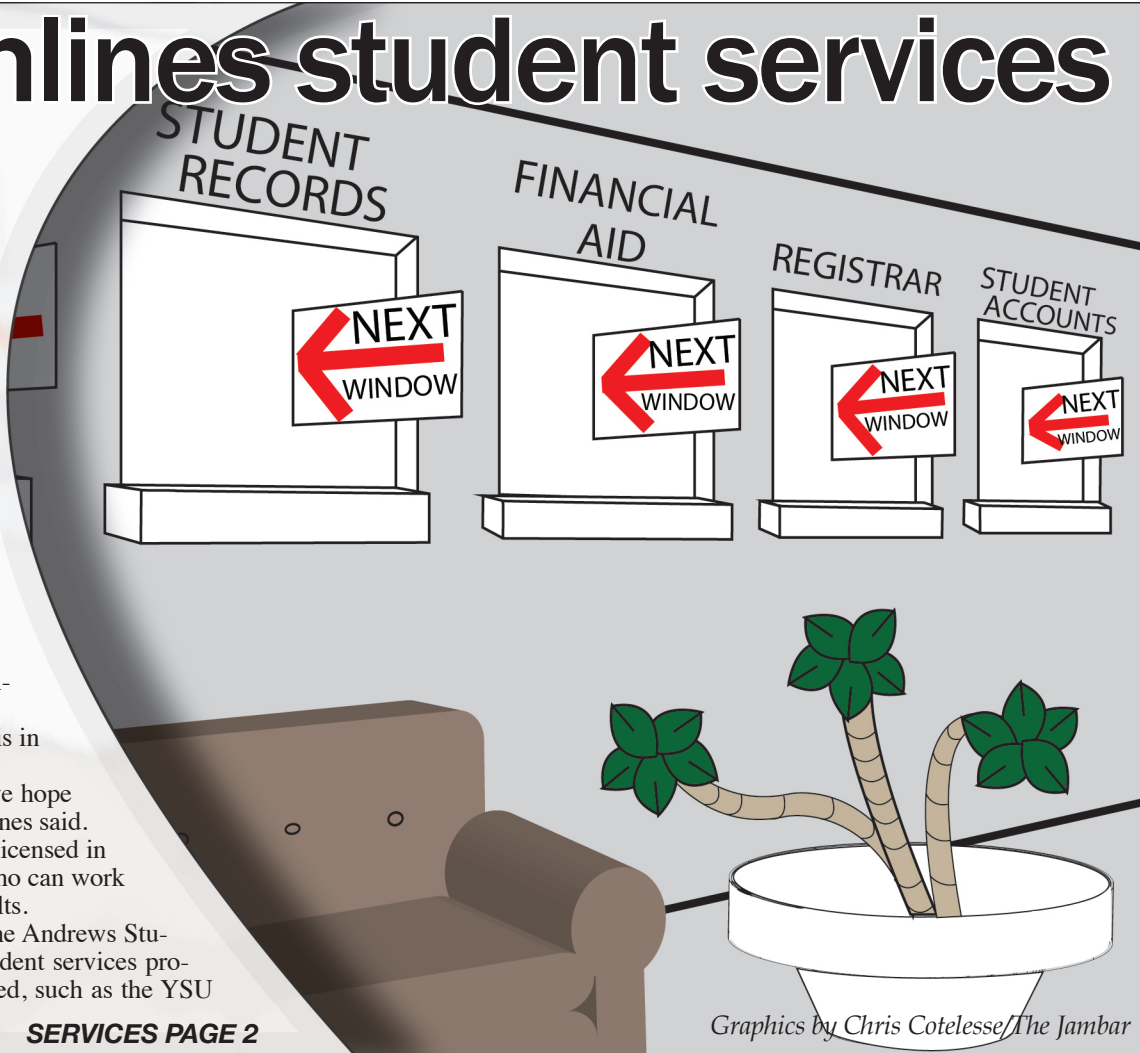
However, the International Association of Counseling Services recommends one counselor for every 1,000 to 1,500 students. According to those IACS guidelines, YSU — which boasts more than 14,000 students — should have at least 10 counselors.

Judith Gaines, executive director of student life, is in charge of hiring a counseling director.

"We'd like to see that department expand, and we hope to be able to hire more counselors in the future," Gaines said.

Gaines said she's seeking a psychologist who is licensed in the state of Ohio. She's also looking for someone who can work with traditional college-aged students as well as adults.

In addition, the university is preparing to align the Andrews Student Recreation and Wellness Center with other student services programs, which also happen to be physically connected, such as the YSU Bookstore, YSU Housing & Residence



SERVICES PAGE 2

Graphics by Chris Cotelesse/The Jambar

Maldonado verdict expected by week's end

Jordan D. Uhl
MANAGING EDITOR

After more than two years, Ivan Maldonado's trial is finally under way.

The former president of Youngstown State University's Association of Classified Employees union was charged with 10 counts of theft, two counts each of theft in office and falsification, and one each of grand theft and tampering with records.

Over an 11-year span, Ivan Maldonado is accused of manipulating documents to allow his nephew, Anthony Maldonado, to attain tuition

remission at YSU, resulting in more than \$30,000 over six years.

Bob Bush, prosecuting attorney, alleges that Anthony Maldonado was ineligible to receive tuition, as he was denoted as "child" on the tuition remission request paperwork.

Bush provided a copy of the request form as evidence. However, in the cross-examination of Anthony Maldonado, attorney Gerald Ingram, Maldonado's attorney, presented a similar, yet more extensive version. This version included a memo from Ivan Maldonado's tax preparation

service, Mary Lewis Tax Services, which indicated that Ivan Maldonado claimed Anthony Maldonado as a dependent.

Under the YSU-ACE agreement when Maldonado was employed in YSU's payroll office, dependents, along with individuals claimed as dependents for taxation purposes, were eligible to receive tuition remission.

Ivan Maldonado was reluctant to comment on specifics of the case as it is still ongoing, but he said the truth will come out in evidence and testimony as the trial progresses.

Former payroll man-

ager Ron Granger's garnishment is also under review, with Ivan Maldonado being accused of manipulating documents to reduce Granger's garnishment amount from \$500 to \$121.

Granger testified that he opened an account with the Associated School Employees Credit Union to avoid larger garnishments.

Ingram said the frequent change in garnishment policies and Granger's actions resulted in the change in amount, and wasn't a result of unlawful actions by his client.

Lastly, Ivan Maldona-

do has been charged with fabricating paperwork to permit former YSU employees to attain retirement credit for previous part-time employment.

Ingram claimed this was attributable to an understaffed payroll office and an ill-maintained record keeping process.

Bush rested the state's case on Tuesday, and Ivan Maldonado's defense, represented by Ingram, will begin on Thursday. The court was in recess on Wednesday, as visiting Judge Thomas Pokorny was committed elsewhere.

A verdict is expected by the end of the week.

CONSUME WITH CAUTION

Energy drinks pose health risks



Alexis Burger
REPORTER

Patrick Bascom recalls the time he stayed awake for 52 con-

secutive hours, thanks to NOS energy drinks.

Bascom, a student at Youngstown State University, said he enjoys consuming energy drinks — like NOS, Red Bull and Monster — on occasion. But NOS, which he said tastes like orange soda, is his favorite.

Plus, just one 16-ounce can of NOS contains 260 milligrams of caffeine and 54 grams of sugar.

Chelsea Fiest, a junior at YSU, said she recently began consuming energy drinks on a regular basis. Her favorite? XS, which is marketed as a "healthful" alternative to energy drinks loaded with caffeine and sugar.

Although XS claims to be free of sugar, it still contains many artificial preservatives and addi-

tives, such as potassium sorbate, sodium benzoate, caramel color and sucralose.

Sarah Heimlich, a senior at YSU and a member of the women's golf team, said she stays away from all energy drinks.

"As athletes, many brands are banned through the NCAA due to the contents of them," she said. "I personally do not drink them, but know some that do."

Heimlich described another athlete who felt too amped up and jittery after consuming an energy drink. The athlete subsequently found it difficult to calm down and focus on competing.

Heimlich said she feared the same effects and vowed to stick to sports drinks.

Chrystyna Zellers, YSU's nutritionist/dietitian, cautioned students to be "very careful with stimulants."

"It's very easy to have too much caffeine in your system," she said. "[With energy drinks,] you get a false sense of being in control, and your actual perfor-

mance and response time may not be as good."

Nicole Mullins, an associate professor in the department of human performance and exercise science at YSU, said students can obtain energy from milk, pure fruit juices and water.

"I don't really think that they are drinks out there that really, extremely help with energy and performance," she said. "Some of them have whopping amounts of caffeine. Sometimes they can be helpful, while other times they are very detrimental."

Zellers said a lack of energy is just "your body's way of telling you something." In order to remedy this tiredness, Zellers recommended solutions that are likely more beneficial than consuming energy drinks.

"Get adequate sleep, have a healthy nutritious diet and get adequate hydration," she said. "Exercise is also important, as it can be very energizing and relieve a lot of tension and anxiety."

NEWS BRIEFS

Ball named as associate provost

Kevin Ball, coordinator of composition and professor of English at YSU, will become the newest associate provost on July 1, after Bege Bowers, who holds the position, retires on June 30. Ball joined the English department in 2000 and has directed many English and teaching programs. His duties as associate provost will include developing academic programs and overseeing reports to the Ohio Board of Regents.

YSU hosts gifted high school students

This week, the Summer Honors Institute at YSU is hosting more than 80 gifted high school students from the area. Students attend courses specifically designed for hands-on learning. For instance, they built a potato cannon out of PVC pipe, analyzed a mock crime scene and played quidditch for a Harry Potter class, among other events.

POLICE BRIEFS

Man fails sobriety test

On Sunday, a gold Ford ran a stop sign at the corner of Phelps Street and Lincoln Avenue. A YSU police officer pulled the car over and transported the driver to the police station after he gave a false name. As the suspect was being fingerprinted, he gave his real name. He was then given a field sobriety test, which he failed. Officers transported the suspect to the Hubbard Police Station where he was found to have a blood alcohol content of .071 percent.

Men told to beg elsewhere

A YSU police officer responded to a call about two possible students begging for money in front of the Park Avenue CVS on June 14. Upon arrival, the officer found two men sitting on the sidewalk and leaning against the building. He asked the two men if they had been begging for money. One of the men admitted to asking a woman for a dollar, and the officer told him he could be cited for violating city law. The officer questioned the two men further and discovered that one, who lives in Cleveland, had been staying at the Ohio Valley Teen Challenge center on Florencedale Avenue. An intake officer from the program confirmed that the man had left voluntarily, but the police dispatcher told the officer the man had a warrant for larceny in Lorain. The Lorain Police Department asked the man to surrender on his return home.

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SPORT BRIEFS

Former student-athletes earn degrees

Following the spring semester, 28 former YSU student-athletes earned their degrees. Nine of the graduates are former members of the YSU football team. Five graduates were previously part of the swimming and diving program, while four were members of the track and field program. Women's basketball, soccer and softball each had two graduates. Baseball, golf, men's tennis and volleyball each had one previous student-athlete graduate. In addition, seven other members of the YSU athletics family — two sports information department interns, one athletics marketing intern, one equipment room assistant, one video department assistant, one cheerleader and one women's basketball play-by-play announcer — earned degrees.

Golf outing raises money for scholarships

On June 13, the 25th annual Penguin Club Coach Bill Dailey Memorial Scholarship Golf Outing gathered more than 130 golfers to celebrate YSU athletics. The outing, held in West Middlesex, Pa., was sponsored by the A.P. O'Horo Company, Compco Industries, Farmers National Bank and Johnson Controls, Inc. The golf outing raised an estimated \$45,000 for YSU athletic scholarships.

Equipment sale scheduled for July

An athletics equipment sale will be held at Stambaugh Stadium and the Watson and Tressel Training Site on July 27 and 28. The sale is open to the public. For more information, contact Alvy Armstrong, YSU equipment manager, at 330-941-3725.

YO* CALENDAR

Youngstown Comedy Syndicate

Thursday, 9 p.m.
Bella Cena Restaurant

Youngstown Area Community Band Practice

Thursday, 7:30 p.m.
Bliss Recital Hall

Swing Night

Thursday, 10 p.m.
Cedars Lounge

The science behind risky behavior

Alexis Burger
REPORTER

Blame bad decisions on your still-maturing brain.

Some research suggests that emerging adults are still going through a vital process of brain development that affects risk-taking. This development continues through the mid-20s, said Shelly Mattocks, a school psychologist at Midwestern Intermediate Unit IV, an educational services agency in Grove City, Pa.

For instance, the prefrontal cortex of the human brain — which “controls your strategies, reasoning, organizing abilities and your capacity to be able to stop and think things through completely” — is still growing, Mattocks said. So is the cerebellum, the part of the brain responsible for coordinating social processes.

In addition, the cognitive control area of the brain, or

the rational mind, is not fully developed, while the brain's socio-emotional control network is stimulated by being scared or excited about an idea, thus making risky and impulsive behavior more appealing. Social rewards also invigorate this area of the brain.

Mattocks described how teenagers and young adults do not read emotions as well as fully mature adults can. This is why they tend to exhibit impulsive behavior, and why parents and their children often have a difficult time seeing eye-to-eye.

“They don't take the time. That's what their problem is. They jump to conclusions too quickly,” Mattocks said.

Still, an immature brain isn't exactly a sufficient excuse for thoughtless actions. Young adults still have some of the cognitive processes of adults and, subsequently, can make rational, smart choices.

YSU senior Hana Somogyi said bad decisions “probably result from peer

pressure and kids just wanting to be cool and fit in.” Somogyi said people often try to act tough — and that alcohol doesn't help; drinking just makes them more likely to do stupid things.

Melanie Muscolo, a student at Youngstown State University, said she recognizes when she acts recklessly, but said adult advice doesn't always get through to young men and women.

“I don't think you can just tell kids to not do something and expect them not to do it. When I was younger and people told me not to drink, I still drank,” Muscolo said. “I think the best advice is to just be careful. If you're going to do something [risky], then take precautions.”

Muscolo said that as she's gotten older, though, her decision-making process has changed.

“I'm not in my late 20s, but even now I can tell a noticeable difference in my maturity and decision-making [from] when I was 18,” she said.

SERVICES PAGE 1

Life, and Kilcawley Center.

The Rec Center currently reports to the Office of Student Life, but Fahey said it functions as an auxiliary business, like Kilcawley Center, and should be grouped with relatable services.

“It's more of a service than an academic thing,” Fahey said. “Hopefully, those four services can work together because we're excited about improving services for our students.”

The student affairs division, which includes Fahey, is also looking to reorganize.

Students may be able to access all of their university accounts and records at one station, instead of visiting several windows in Meshel Hall.

The room to maneuver comes from more than 20 positions vacated by an early retirement buyout of classified employees in the departments of financial aid, registration, student accounts and student records.

“It really gives us an opportunity to transform our-

selves to meet student needs,” Fahey said. “The one-stop center is designed to be a small staff that help students within one phone call instead of making five.”

Other universities such as Ohio State University, the University of Cincinnati and the University of Minnesota use one-stop centers and have experienced positive results.

“Our student service center is a one stop in the sense that a student can call, come in or email us and handle most of their student needs,” said Nancy Wygle, a communications coordinator in OSU's enrollment services office.

As part of the university's strategic plan, OSU administrators implemented this idea nearly four years ago.

Wygle said she knows OSU's retention rate is climbing, but added that she's reluctant to say the one-stop center has had a direct effect on retention.

In 2010, OSU experienced a 92.8 percent freshman retention rate.

“I don't know if these centers are necessarily increasing retention. However, if a student has a good

experience, they are more likely to come back and stick with it,” Wygle said. “It's all a part of any university's goal to put students first.”

Wygle said OSU's student services center reduces time spent waiting on the phone and in line during busy times of the quarter. She said all of the center's specialists are cross-trained by accounts, financial aid, information and registration.

At YSU, no construction or renovation is required for these changes, yet some fiscal expenses will be necessary.

Fahey said student affairs spent about \$2,600 for call center hardware and software.

However, he said the long-term benefits outweigh the monetary issues.

“It's a balance,” Fahey said. “These changes will save some money but, more importantly, we're going to improve the services.”

Coping with school stress

Alexis Burger
REPORTER

stresses of her life, Mullins said she hits the gym every day.

“For me, my exercise is my way to get some ‘me time’ and just be alone with myself after dealing with people all day,” she said.

Not only does exercising serve as a way to release built-up stress and negative energy, but it also releases brain chemicals like endorphins that can instantly put someone in a good mood.

“Exercise helps to metabolize the physical reactions that are caused by stress,” Mullins said.

Stress can be caused by a variety or a combination of multiple factors. For college students, some major causes of stress are coursework, financial situations and personal relationships. These kinds of mental pressures cause the overflow of several hormones in the body.

Mullins described how the continual buildup of added stresses causes increased blood pressure. That, in turn, contributes to various cardiovascular diseases, which are the leading cause of death in the U.S.

However, there are both good and bad ways to cope with stress, Mullins said.

Bad ways of coping with stress include lashing out at others, smoking cigarettes and abusing substances. These coping methods are detrimental to the individual, as well as people close to him or her.

While stress is often viewed negatively, it can actually be good for an individual, Mullins said.

“It's what stimulates us to respond and adapt,” she said. “It encourages us to develop and grow on another level, whether that is physically or mentally.”

Youngstown Comedy Syndicate

Thursday, 9 p.m.
Bella Cena Restaurant

Youngstown Area Community Band Practice

Thursday, 7:30 p.m.
Bliss Recital Hall

Swing Night

Thursday, 10 p.m.
Cedars Lounge

Cosmic Bowling

Friday, 9 p.m.
Mahoning Valley Lanes

Cortland Lions Street Fair

Saturday, 1 p.m.
Downtown Cortland

Country Night w/ DJ Chris Scott

Saturday, 8 p.m.
Shotz

Open Skate

Sunday, 1 p.m.
Champion Rollarena
\$5

Youngstown Area Community Concert Band

Sunday, 6 p.m.
Buhl Farm Park

Guilty Pleasures

Monday, 6 p.m.
Moore's Tavern

Irish Bob's Karaoke

Monday, 10 p.m.
Irish Bob's Pub

Yoga

Tuesday, 9:30 a.m.
Follows Riverside Gardens
\$10

Guys Without Ties

Wednesday, 7 p.m.
Woodworth Park

Thank you,
YSU

RELATED STORY
SERVICES, PAGE 1

The Jambar
EDITORIAL BOARD

Some changes are being made that could provide improved services to the students of Youngstown State University.

Jack Fahey, vice president for student affairs, is working to restructure the offices in Meshel Hall. They'll be able to take care of business at a one-stop center.

It may seem like a small change, but in addition to increased efficiency for the university, students will have one less headache when trying to pay their bills.

Students won't have to wait in line at the financial aid window before waiting again across the hall at student accounts.

The university is also hoping to hire much needed staff to help the one counselor we have assist more than 14,000 students.

One benefit of these changes appears to be a future boost in retention rates, a problem plaguing YSU's enrollment levels for years.

In 2009, the statewide average retention rate for open public universities was 67 percent. YSU saw only 62 percent of its students return for their second year in 2011.

The biggest asset to come from reorganization is saved expenditures, and perhaps YSU's wisest move was to hold onto them. Strategic hiring decisions are essential during trying financial times, and we agree wholeheartedly that counselors to service our student population are essential.

However, Fahey needs to be forthcoming with a solid timeline as to when students can expect streamlined services. We have faith it will develop; we're just hoping it doesn't become the next first-year experience.

JAMBAR POLICY

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 the first summer session. Mail subscriptions are \$25 per academic year. The first copy of The Jambar is free. Additional copies of The Jambar are \$1 each.

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SHENEMAN TRIBUNE MEDIA SERVICES



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

Essay mills — a coarse lesson on cheating

Dan Ariely
L.A. TIMES
(MCT)

Sometimes as I decide what kind of papers to assign to my students, I worry about essay mills, companies whose sole purpose is to generate essays for high school and college students (in exchange for a fee, of course).

The mills claim that the papers are meant to be used as reference material to help students write their own, original papers. But with names such as echeat.com, it's pretty clear what their real purpose is.

Professors in general are concerned about essay mills and their effect on learning, but not knowing exactly what they provide, I wasn't sure how concerned to be. So together with my lab manager Aline Gruneisen, I decided to check the services out. We ordered a typical college term paper from four different essay mills. The topic of the paper? Cheating.

Here is the prompt we gave the four essay mills:

"When and why do people cheat? Consider the social circumstances involved in dishonesty, and provide a thoughtful response to the topic of cheating. Address various forms of cheating (personal, at work, etc.) and how each of these can be rationalized by a social culture of cheating."

We requested a term paper for a university-level social psychology class, 12 pages long, using 15 sources (cited and referenced in a bibliography). The paper was to conform to American Psychological Association style guidelines and needed to be

completed in the next two weeks. All four of the essay mills agreed to provide such a paper, charging us in advance, between \$150 and \$216 for the paper.

Right on schedule, the essays came, and I have to say that, to some degree, they allayed my fears that students can rely on the services to get good grades. What we got back from the mills can best be described as gibberish. A few of the papers attempted to mimic APA style, but none achieved it without glaring errors. Citations were sloppy. Reference lists contained outdated and unknown sources, including blog posts. Some of the links to reference material were broken.

And the writing quality? Awful. The authors of all four papers seemed to have a very tenuous grasp of the English language, not to mention how to format an essay. Paragraphs jumped bluntly from one topic to another, often simply listing various forms of cheating or providing a long stream of examples that were never explained or connected to the "thesis" of the paper.

One paper contained this paragraph: "Cheating by healers. Healing is different. There is harmless healing, when healers-cheaters and wizards offer omens, lapels, damage to withdraw, the husband-wife back and stuff. We read in the newspaper and just smile. But these days fewer people believe in wizards."

This comes from another: "If the large allowance of study undertook on scholar betraying is any suggestion of academia and professors' powerful yearn to decrease scholar betraying, it ap-

peared expected these mind-set would component into the creation of their school room guidelines."

And finally, these gems: "By trusting blindfold only in stable love, loyalty, responsibility and honesty the partners assimilate with the credulous and naive persons of the past."

"Women have a much greater necessity to feel special."

"The future generation must learn for historical mistakes and develop the sense of pride and responsibility for its actions."

It's hard to believe that students purchasing such papers would ever do so again.

And the story does not end there. We submitted the four essays to WriteCheck.com, a website that inspects papers for plagiarism, and found that two of the papers were 35 percent to 39 percent copied from existing works. We decided to take action on the two papers with substantial plagiarizing and contacted the essay mills requesting our money back. Despite the solid proof we provided to them, the companies insisted they did not plagiarize. One company even threatened to expose us by calling the dean and saying we had purchased the paper.

It's comforting in a way that the technological revolution has not yet solved students' problems. They still have no other option but to actually work on their papers (or maybe cheat in the old-fashioned way and copy from friends). But I do worry about the existence of essay mills and the signal that they send to our students.

As for our refund, we are still waiting.

Voter cynicism now extends to the Supreme Court

ST. LOUIS POST-DISPATCH
(MCT)

In his dissent to the Supreme Court's decision in *Bush v. Gore*, the case that effectively awarded the 2000 presidential election to George W. Bush, Justice John Paul Stevens made a prediction that now appears to have come true:

"Although we may never know with complete certainty the identity of the winner of this year's presidential election, the identity of the loser is perfectly clear. It is the nation's confidence in the judge as an impartial guardian of the rule of law."

Last week, a New York Times/CBS News poll reported that 76 percent of Americans believe that Supreme Court justices sometimes go beyond legal analysis and allow their personal or political views to influence their decisions. The poll's margin of error was plus or minus three points.

Later this month, the court is expected to rule in the challenge to the Patient Protection and Affordable Care Act, President Barack Obama's health-care reform. The poll found that 55 percent of Americans think that the justices' personal or political beliefs, not just legal analysis, will

guide their decisions.

The poll also showed that more than two-thirds of Americans hope the court will throw out all or part of the 2010 health-care law. Earlier speculation had been that Chief Justice John G. Roberts Jr. might be loath to vote against the health-care law out of fear for the court's reputation. The poll suggests that he'd face no backlash; the damage already is done.

Justices and judges always have been influenced by their personal and political beliefs. The law is not set in stone, and different interpretations are why cases make it to the Supreme Court.

That's why lawyers shop for judges and venues whenever possible. That's why the Supreme Court, at various times in its history, has been known as "liberal" or "conservative." That's why Supreme Court nominations have become political dogfights.

Philosophy is one thing; partisan politics is another. Federal judges get lifetime appointments. In return, they must abide by a Code of Conduct, which forbids partisan political activities. The code doesn't cover Supreme Court justices; until recently, it wasn't a problem.

But both Justices Antonin Sca-

lia and Clarence Thomas have flaunted their ties to conservative activist organizations. Virginia Thomas, the justice's wife, works as a conservative activist and fundraiser. The two justices were part of the 5-4 majority in *Citizens United v. FEC*, the 2010 decision that allowed unlimited campaign donations by corporations and wealthy donors.

Six days after that decision, with six justices seated before him, Mr. Obama used part of the 2010 State of the Union speech to criticize *Citizens United*, saying, "I don't think American elections should be bankrolled by America's most powerful interests, and worse, by foreign entities."

In April, a week after oral arguments in the challenge to the health-care act, the president baited the court, saying that throwing out the health care law would take the court "back to the '30s, pre-New Deal."

All of this is true, but the president should have limited his remarks to the issues, not taken the fight directly to the court as an institution. Not only was it bad strategy — the justices get the last word, after all — but it further deepened the kind of cynicism reflected in last week's poll.

Prospective students 'crash' campus

Rose Bonilla
REPORTER

Prior to Monday, Chelsea Welch had planned to attend Kent State University in the fall. Now, though, she's convinced that Youngstown State University is the perfect fit.

On Monday, Chelsea Welch spent a day in the life of a college student during YSU's first Crash Day, an event organized to recruit students who are interested in attending YSU. The day's agenda was flexible and customizable to the interests of both prospective students and their family members.

Chelsea Welch, for instance, climbed the rock wall in the Andrews Student Recreation and Wellness Center and explored the Williamson College of Business Administration.

"I feel more comfortable here," Chelsea Welch said. "I know more people, and the professors are way nicer. Kent is too big, I think, and this is the perfect size school."

Chelsea Welch said she plans to study business at YSU.

"What I liked the most [about Crash Day] was that you got to meet new people that share your major so you are able to make more friends," she said. "You got to meet some of your professors, which was really nice because it helped you decide if you want to take their class."

Wendy Welch, Chelsea



Recent Ursuline High School graduate Matt McIntire and Alex Shortreed, a junior at Lakeview High School, work together to make sushi during YSU's Crash Day. Photo by Chris Cotelesse/The Jambar.

Welch's mother, said she "really liked" the Crash Day experience.

"As a parent, you always want to make sure they are safe," she said. "Being able to see where they are going to be helps you feel better about that."

Becky Murcko, another parent of a potential YSU student, said the event was well

organized.

"This was my first official tour of YSU, and it was nice to have an in-depth tour of the campus," she said.

Meeting another parent, Peggy Fisher, further comforted Murcko, who added that it was nice to meet others whose children are also choosing a college.

Fisher said the panel dis-

cussion with educators from YSU's various colleges was informative.

"I was intimidated by the college process at first, but Crash Day eased my feelings. I felt more comfortable coming to campus and getting involved with the environment," Fisher said. "It is nice to see where my kid may be walking in a year."

Fisher and Murcko said they would be pleased if their children chose to attend YSU.

Ashlee Wheatly, who plans to study psychology at YSU in the fall, said she enjoyed the chance to meet other prospective students at Crash Day.

"YSU should do this again next year," she said. "I had a lot of fun."

Fighting off the Freshman 15

Shee Wai Wong
REPORTER

First-year college students have long been concerned about putting on the Freshman 15.

However, Chrystyna Zellers, nutritionist/dietitian at Youngstown State University, said recent studies reveal that the average weight gain during a student's freshman year is not as drastic.

Typically, women gain about nine pounds and men gain about 12 pounds throughout their college career.

Zellers said the biggest cause of student weight gain is heavy drinking. The carbohydrates in beer and some liquors act as sugar, and alcohol also contains calories. Consumption of alcohol results in an increased appetite as well.

"Heavy drinking means six and more drinks four times a month," she said. "It is the biggest contributing factor to the weight gain."

Zellers also mentioned that the lack of both physical activity and a healthful diet are another cause of weight gain.

Jason Hardy, a mechanical engineering major at YSU, said he's found it difficult to maintain a healthful lifestyle since going back to school last year. He's a full-time student with a part-time job.

Hardy said he never eats on campus, but that he does dine out a lot. He acknowledged



Chrystyna Zellers, nutritionist/dietitian at YSU, said students should watch alcohol consumption and caloric intake to avoid putting on extra weight. Photo courtesy of MCT Campus.

that it's not the best habit, but said his busy schedule doesn't often allow him the time to cook at home.

However, although Hardy struggles to find time to eat healthfully, he tries his best to exercise.

"I try to work out every day to keep fit and healthy," he said.

Ultimately, it's up to the individual to learn about healthful choices, Zellers said.

She added that students who are not familiar with making these choices can seek advice through free nutrition counseling on campus.

"I think the food on campus mostly reflects what most of the Americans want outside of campus," Zellers said. "We have to know that it is a business. If they only sell salads and nobody buys them, they have to eventually bring back the food people want."

STEM student goes abroad

Shee Wai Wong
REPORTER

On Sunday, Bryan Zilka leaves for South Korea.

Zilka, a junior mechanical engineering major, will be working six days a week as an intern for MPS Korea Co., Ltd., a Korea-based motor company that produces golf carts and other motorized carriers.

He'll be the company's first non-Korean employee.

Zilka said he is excited to apply what he's learned as a student in the College of Science, Technology, Engineering and Mathematics at Youngstown State University.

"In school, I learned about how engines work and the concept of mechanical engineering," he said. "Now, I can finally see and work with the machines and experience the hands-on work."

Zilka applied for the position through his college's internship program. He said he received several interview offers from various companies.

Sherri Hrusovski, coordinator of STEM Student Professional Services, said students participating in the internship program benefit from real-world work experience and develop job opportunities.

Hrusovski added that students who have completed

internships have a greater chance of being employed and earning more after graduation.

"It helps build my resume and potential employment in the future," Zilka said of his internship. "I hope working in South Korea can guide me to a clear future."

Zilka met the Korean company's director earlier this month during the YSU Sustainable Energy Forum — and said he quickly realized the challenges of overcoming the language barrier.

In preparation for his trip, Zilka has been learning basic Korean through a phrase book, and added that he hopes to pick up on the language soon.

"To be honest with you, I am still trying to prepare as much as I can for this trip," he said.

Zilka said he is both nervous and excited about his first time traveling abroad. It'll be different to meet new people, as well as experience the culture and language, he said.

"I am trying not to have any expectation of the culture in the new country," Zilka said. "I don't want to be disappointed by the expectations I have."

Zilka said he hopes this experience will influence his friends.

"Working abroad is a great chance, and I don't want to pass it up. It is always a new experience to try something new," he said.

Nontrad students gain encouragement, tech support from peers

Rose Bonilla
REPORTER

Linda Crosby and Cary Dabney, both peer mentors at the Center for Student Progress, can relate to Youngstown State University's nontraditional students.

They're nontraditional students as well.

Crosby, a junior social work major, often shares with students her experience of returning to school after a five-year break. Back then, she relied on her peer mentor for encouragement and support as she acclimated herself to being on a college campus again.

Now, she's the one providing help to others.

"I had those same issues," Crosby said.

Crosby said many nontraditional students often have issues with technology, such as the MyYSU Portal, which gives students access to their YSU email account, class registration, financial aid and more.

"I've had nontraditional students who haven't even accepted their [financial aid] awards because they are waiting for it to come through the mail," Crosby said.

Dabney, a senior who is studying philosophy and religious studies, said some nontraditional students might not

be familiar with online services, like email and Facebook, or know how to use them like many traditional students.

"We talk about these things like they are just everyday usage, and there's people that don't use it every single day," he said.

Crosby said peer mentors have to encourage some students to use technology.

"A lot of them are so ready to give up once they come in and they find out that everything that they have to do is basically on a computer," she said. "They think they can't do it."

Multiple campus resources

are available for students who want technological assistance.

For instance, the YSU Info and PC Lab, located in Kilcawley Center, offers a typing service, while the YSU Tech Desk in Maag Library provides technical support, such as navigating YSU email accounts, connecting to the Internet and installing computer software.

In addition, Crosby and Dabney encouraged students to take advantage of the CSP's many resources — including peer mentors.

"I try to make that barrier that we think we have with the traditional student go away," Dabney said. "I believe that

that's the case, mostly because I have teenage daughters. My relationship with them has proven to me that you can be nontraditional and have relationships with individuals who are traditional students."

Dabney focuses on eliminating the distance between traditional and nontraditional students.

"I think once you make that barrier go away, then they get more excited about being on campus because they see, 'OK. I can have the whole college experience just like everyone else. I don't have to just go to class and go home,'" he said.