

THE JAMBAR

The student voice of Youngstown State University since 1931.

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CLEVELAND ROCKS ... SORT OF

THE SIDEBAR

WE DESERVE A WINNER



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WEATHER

Today	☁	77° 57°
Friday	☁	72° 54°
Saturday	☁	80° 52°
Sunday	☀	78° 57°
Monday	☁	88° 59°
Tuesday	☁	81° 57°
Wednesday	☁	74° 50°

Remember to recycle your copy of The Jambar.

New trustee brings diverse background to Board

Lamar Salter
REPORTER

Youngstown State University has been recently appointed a new member for the Board of Trustees.

Dr. John Russell Jakubek will serve the board until 2014, replacing previous member, Dr. Dianne Bitonte Miladore.

A native of Cambell, Jakubek earned a bachelor's degree in science from YSU in 1979 before completing medical school at the Ohio State University in 1982. After returning to Youngstown in 1985, Jakubek established himself as an anesthesiologist.

Jakubek said the ability to remain with his family was a big reason why he chose to stay in the city.

"YSU afforded me a great education," Jakubek said. "I had a lot of friends and family who came to YSU."

Having served on the staff for St. Elizabeth Boardman Health Center and working as president of the Bellpark Anesthesia Corporation for six years, Jakubek started thinking about ways of giving back to those who helped him achieve success.

"Being from the area, getting my degree from YSU, it was something that intrigued me. It would be a unique opportunity to give back to the community," Jakubek said about his decision to apply for the board.

"This school plays such a large part in the Mahoning Valley and I thought this would be probably the right time to do it."

Jakubek's appointment to the Board comes on the heels of major transitions for YSU.

The Board will eventually face the decision of inducting a new president for YSU as well as numerous economic decisions regarding the new business school and parking areas.

Jakubek said that his background and experience would provide a diverse perspective on the board.

"You want people from diverse backgrounds," Jakubek said about the Board. "I know a lot of people look at medicine and they say it's not someone from the business area. But medicine, just like anything else, is a business."

Jakubek explained his career has always been a "work in progress" and that his unique outlook will contribute to the Board in the coming years.

"People are asking to do



JAKUBEK

TRUSTEE page 2

Distance learning merges campuses

Kelli Phillips
ONLINE EDITOR

To expand curriculum, Youngstown State University currently partners with local campuses to offer interactive distance learning, or video conferencing, courses.

YSU, the University of Akron, Cleveland State University, Kent State University, Lorain County Community College, Cuyahoga Community College, Jefferson Community College, Ohio Department of Rehabilitation and Correction, and North Central State College partner together.

Classes are conducted at YSU or at a partner university and simultaneously sent to other campuses. These classes are "very close to being there in person," said Sal Sanders,

MERGE page 2

THE MADNESS RETURNS TO YSU

Sam Marhulik
REPORTER

The most recent addition to Youngstown State University's Beeghly Center are the two basketball hoops that were used in the 2009 NCAA Men's Basketball Final Four.

The baskets and the backboards were attained through an agreement with Spalding and used during the Final Four practices, both semifinal games, and the national championship game between the University of North Carolina Tarheels and the Michigan State University Spartans.

"Each year all schools go through rim certification to check the backboards and rims. Spalding came in and talked to us about getting new equipment when they checked our rims out and told us about the Final Four hoops," he said.

"We wanted to buy new hoops in another year or two, but we managed to get in the bid for the NCAA hoops over the holidays, and we purchased them," Rick Love, associate athletics director, said.

The new hoops are the newest addition to the Beeghly Center. Other additions include a new floor, weight room and a remodeled men's locker room.

Love said these hoops, along with the other renovations, are giving the YSU teams the opportunity to play on up-to-date equipment.

"This is the equipment that all 30 NBA teams use, and we are excited to give our players the best equipment we can," he said. "These new hoops will help the overall package when people come into the Beeghly Center," he added.

YSU technically purchased the hoops used, but they were

only used in three games. Since the hoops were bought used, YSU saved close to \$10,000. New units, which include the backboard and rim, cost \$14,500, and for two new units it would cost about \$29,000. The school purchased both units for \$19,000.

"We should have sent [Tarheels coach] Roy Williams an invoice for \$10 because he cut the net down after they won the game, those were ours," said Love.



PHOTOS BY JOSH STIPANOVICH AND LAMAR SALTER

Employer's first impression may form from the Internet

Jessica Petrinjak
REPORTER

On May 16, 1,149 students received bachelor's degrees from Youngstown State University and now face the challenge of finding a job. While the job market is scarce, employers may consider investigating different aspects of a potential employee, including their social life.

With the increasing usage of social networking sites such as Facebook, MySpace and Twitter, employers have begun to take a look at these sites to evaluate applicants.

Leigh Ann Waring, coordinator of Career and Counseling Services, said employers do extensive screenings on applicants and use social networking sites as a tool to examine a candidate's character.

"Employers want to know what they are getting into," said Waring.

Facebook, the leading social networking site, had over 175 million users as of February 15. Many of these users post

comments and pictures which may damage their chances of obtaining or keeping a job.

"People should stay away from putting anything out there that will reflect poorly on them," said Waring.

Beyond inappropriate images, profanity, drugs and alcohol, Waring suggests that users also stay away from including anything that may show their past work history in a negative light. She said people need to be aware that anything that is put on a networking site becomes property of that site. The users have no legal claim to anything put on the Internet, including personal photographs or writings.

"Once something is on a public domain, it becomes public property," said

Waring.

The social networking sites were designed as a way for people to stay in contact with one other. In this technologically advanced society it is very easy to stay in touch with people. However, it is just as easy to find information about someone, even if the information was intended to be private.

Waring suggests that users may not want to include their full names when they create an account. She said that even if a profile is set to private, it does not mean that everything out there cannot be seen.

"I wouldn't rely heavily on privacy," said Waring.

If someone tags a photograph and the full name is listed on the account, that picture will come up in a search.



ONLINE PRIVACY page 2

News Briefs

Workshop to aide in finding family history

"Be your own historian," a workshop devoted to researching family history using public information will be held Saturday from 10 a.m. to noon in the main branch of the Youngstown Public Library. It will be led by Donna Deblasio, the Director of YSU's Center for Applied History.

Board of Trustees schedule four meetings in June

The YSU Board of Trustees have schedule four meetings for the month of June: Tuesday, June 2 and Thursday, June 4 in the Presidential Suite of Kilcawley Center, Friday, June 5 in Bresnahan Suites 1 and 2 in Kilcawley Center and Friday, June 19 in the President's Conference Room in Tod Hall.

YSU faculty member writes poetry for the common person

YSU faculty member Minda Kirchner has recently published "Song of the rest of us", an 18-poem chapbook that focuses on the working class and the overlooked members of society. The book has been published by Kent State University Press and is available for purchase online.

Police Briefs

On May 24, Officer Hahn of the Youngstown State University police department examined cruiser No. 133 and noticed new damage to the driver's side mirror. On the mirror, there was a red strip of paint marked with an identical blue strip directly above it. Pictures of the damage were noted and given to Lt. Crella.

On May 24, while at a swim meet at Beeghly Center, officer Murad was approached an unknown citizen who began to tell him of a burning trash-can located on the corner of Spring Street and Elm Street. Murad dispatched a call to the Youngstown Fire Department. The fire was quickly put out after Sgt. Remias arrived with a fire extinguisher. The cause of the fire is still unknown.

On May 24, a traffic stop was made at the corner of Bryson and Park. During the stop YPD Unit 811 noticed a black male bail out of the car. While bailing, the subject dropped a bag of cocaine. The subject ran toward Wick Avenue, and was caught by Officer Drayton, who was patrolling the area. The subject was caught by both units and their patrol dog and was taken into custody.

CORRECTION

EDITORS NOTE:

In the article "Gradating after 31 years" of the April 30 issue of The Jambar, there was a factual error. Teresa Pinsky received \$10,000 for her AmeriCorps service, rather than \$110,000.

We regret the error.

Healthier alternative for an unhealthy habit

Robyn Musgrove
REPORTER

A new electronic cigarette is a legal way to get a quick nicotine fix in public places.

The electronic cigarette is an electric version of a typical cigarette. It provides small amounts of nicotine while releasing only water vapor, unlike the usual smoke emitted through regular cigarettes.

According to the American Tobacco Company, the typical cigarette has 599 ingredients including tobacco, nicotine, glue and paper.

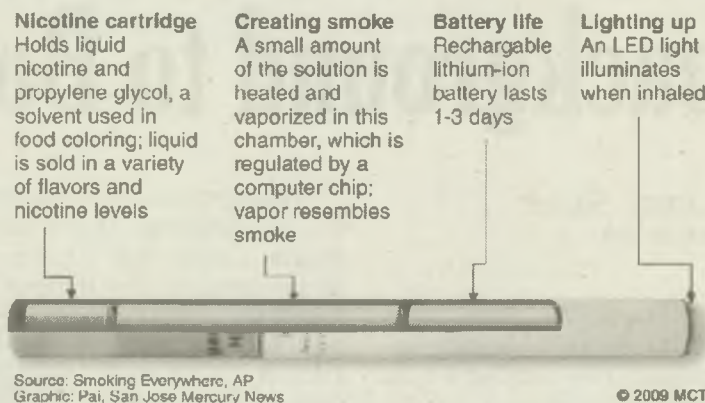
When ignited, those cigarettes create over 4,000 chemical compounds which can become toxic. Some of those toxins include carbon monoxide, hydrogen cyanide, ammonia and nitrogen oxides, all of which are harmful in mainstream smoke and secondhand smoke. With the e-cigarette, this is no longer a concern.

Crown 7 is the leading brand of battery-operated cigarettes. Their e-cigs contain only water, propylene glycol, an organic substance that is considered safe by the Food and Drug Administration, nicotine and a scent that emulates a tobacco flavor, none of which are cancer-causing agents like many additives in traditional cigarettes.

Crown 7 claims to satisfy

Cigarettes without tobacco

Electronic cigarette vaporizes nicotine rather than burn tobacco. Manufacturers claim the product is safer than traditional cigarettes. How it works:



the urge, craving and habit of smoking, but in a healthier way. It delivers all of the pleasures of smoking without the tar and carcinogens.

It is powered by a small, rechargeable battery and the nicotine is released through replaceable cartridges. The electronic cigarette "triggers" a vaporizing process that releases a simulated smoke that is actually a vapor mist that harmlessly evaporates into the air within a few seconds," Crown 7's Web site states.

One smokeless cigarette is equivalent to 10 ordinary cigarettes. Crown 7 claims their products taste like classic cigarettes, yet with a "barely noticeable odor."

Electronic cigarettes are

not only a healthier smoking alternative, but they are also a little easier on the pocketbook. The e-cigarette starter kit costs \$74.95. This includes the Crown 7 cigarette unit, charger and beginning cartridges. The replacement cartridges cost \$8.95 for a five pack. Each cartridge is equivalent to two packs of cigarettes. This would be comparable to spending approximately \$.90 on a single pack of traditional cigarettes.

The electronic cigarettes can be purchased online, as they are not yet sold locally. Cigarette World, on U.S. Route 224 in Boardman across from the Southern Park Mall, said they will soon be a retailer for electronic cigarettes.

MERGE from page 1

director of Distance Learning at the Bitonte College of Health and Human Services.

In a standard video conferencing classroom, there are two multimedia projectors—one for the instructor and one to view the remote classroom—microphones, video cameras, speakers, an instructor's station, a DVD/VHS player and a fax machine. Students have microphones and buzzers at their desk. The

sensors in their buzzers turn cameras toward them when students answer. Four video conferencing classrooms are located in Cushwa Hall and two are located in the Beeghly College of Education.

"These courses make available to [students] things that we don't have the resources to offer at YSU," John Sarkisian, chair of the Foreign Language and Literature Department, said.

During the 2008-2009 academic year, the Bitonte College offered 27 credit-granting interactive distance learning courses and had approximately 400 students enrolled in the courses.

While the Bitonte College has offered distance learning classes since 1999, last year was the first time the foreign language department participated in video conferencing courses.

TRUSTEE from page 1

"People are asking to do more with less resources," Jakubek said.

As for the future, Jakubek hopes to be able to make an impact for the better at YSU.

"When I leave here as trustee, I am going to look back and say, is YSU a better place than it was when I started my trusteeship?. Obviously, I am going to want that answer to be yes."

ONLINE PRIVACY from page 1

Senior Alex Mankowski does not believe that something on a social networking site should be the determining factor in obtaining a job.

"However, there is something to be said for professionalism. I think people should think about what they are putting out there," said Mankowski.

At a previous job fair sponsored by Career and Counseling Services, 30% of employ-

ers admitted to using social networks regularly to screen prospective employees.

Senior Daniela Wallroff believes employers have the right to look at social profiles.

"I think it is smart. I would do it if I was hiring someone," said Wallroff.

Potential employees do not have to eliminate social networking sites, but can use them to their benefit. Waring suggests that people post in-

formation that showcases their talents. She said that if someone is a good artist, include some art work. If someone is a writer, post a blog.

Those who are seeking a job in the market need to be aware that anything posted on the Internet is public. They should manage what they include and exclude from social sites.

"If it is risky, take it off," said Waring.

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OUR SIDE EDITORIAL

Would your employers 'friend' you?

RELATED STORY

NETWORKING, page 1

THE JAMBAR
EDITORIAL BOARD

Many graduating college students preparing for entrance into the workforce have been advised to add cleaning up or deleting online profiles to their to-do list along with filling out applications and sending resumes.

As soon as you sign up for a social networking site, you scroll through a lengthy agreement, click "accept," and that's the last we're told to be careful about the footprints we leave behind on the Internet via that Web site.

But we never stop to realize that privacy settings may not be as reliable as we think. Placing those I-don't-remember-doing-that-last-night pictures to a privacy setting that only allows your friends to view them may not be enough to hinder potential employers from finding them. Once anything is uploaded to a social networking site, it is property of the public domain, and that's where the trouble starts.

Is it fair for potential employers to dig into your social life via Facebook, MySpace or even Twitter? On face value, the young adult may say no. Certainly the argument can be made that your work ethic in no way reflects your tagged pictures, joined groups or wall posts.

First impressions to employers may no longer start with that first handshake in an interview. Now they begin with the typing of your name in a Google search. This leaves it up to you to clean up your online persona. Your future may depend on it.

OUR SIDE POLICY

The editorial board that writes Our Side editorials consists of the editor-in-chief, managing editor and news editor. These opinion pieces are written separately from news articles and draw on the opinions of the entire writing staff. The Jambar's business manager and non-writing staff do not contribute to editorials, and the adviser does not have final approval.

YOUR SIDE POLICY

The Jambar encourages letters to the editor. E-mail submissions are welcome at editor@thejambar.com. Letters should concern campus issues, must be typed and must not exceed 400 words. Submissions must include the writer's name and telephone number for verification and the writer's city of residence for printing. Letters are subject to editing for spelling, grammar and clarity. The editorial board reserves the right to reject commentaries that are libelous or that don't defend opinion with facts from reliable sources. The editorial board will request a rewrite from the submitting writer based on these requirements.

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

COMMENTARY

Hey, graduates, that diploma isn't an instructional manual for life

Linda P. Campbell
MCT

I've always wanted to give a graduation speech.

Probably because I don't remember a word of the wisdom that was shared at the three ceremonies where I decked out in gown and precariously balanced cap to receive a diploma cover and a handshake.

My apologies to those speakers, who I'm sure offered lofty and inspiring messages about having miles to go, mountains to climb and boundless horizons to explore.

I know you graduates here today will pay more attention. You've spent the last four years — or six, or eight, as the case may be — learning to gather and store important information until you need it most.

So, please put your cell-phones on silent and turn on the "record" function.

What they don't tell you about graduation is that they're kicking you out before you get too comfortable—and right when you have just enough knowledge to be dangerous.

For better or worse, that's up to you. So here are just three reminders that I hope will help.

1. Be fair.

"Do unto others as you would have them do unto you" remains the finest available prescription for living.

Whether you follow it because you believe in God or simply because you believe in basic decency, follow it and nobody will get hurt.

Well, at least you'll be able to minimize conflict, play well with others and make someone's day better.

Following the Golden Rule won't be easy when the me-first jerk in the other car is weaving hazardously through traffic with a rude salute for other drivers. When the runny-nosed kid is touching every last cereal box in the store while clueless parents stand by gossiping. When your company's honchos pink-slip you while pocketing megabonuses. When the doofus in that other party tries to pass an inane bill that will only cost you more of your hard-earned money. When you're asked to care for or care about the least among us.

But try to be humble—remember that every one of us was born a naked, helpless baby, full of hope and potential.

Just because some of us haven't progressed far beyond that is no reason to be ugly to others.

2. Take responsibility.

Do NOT leave poop baby diapers in the middle of a parking lot because you're too lazy to find a garbage can. Do NOT skip on your income taxes because you're such a busy hot-shot that you don't have

time for basic obligations of citizenship.

Have the courage to tell the truth when you screw up and accept the consequences, whatever they are. You learn the most from difficult experiences that test you, even if you can't see that until much later.

Only beget children if you intend to feed, clothe, shelter and nurture them. They are an awesome charge, and they'll need and deserve your full commitment.

Remember George Bailey. (Who? Go look him up.) Understand that you are only a speck in the universe but whatever you do—for good or ill—resonates far, wide and long. Use your opportunities not just for personal gain but to benefit others who have not been blessed as you have.

3. Dream big.

They call this occasion "commencement" because it really is a beginning.

You might have discovered your talents already, or maybe you have yet to realize them.

Work toward your goals, but be prepared to shift gears, readjust your sights and explore new possibilities.

You've already heard it a hundred times: Life is not fair. It will throw you wicked curves, smack you in the shins, sucker-punch you in the gut, leave you in tears.

Be happy.

Oh, and one last motherly plea: Be careful out there.

COMMENTARY

Slow federal spending halts planned projects for 2009, not very stimulating

Scot Rouke
KNIGHT CENTER OF
DIGITAL EXCELLENCE

We're supposed to have an economic "stimulus" plan to both stave off further economic decline and invest in key 21st century assets such as broadband and electronic medical records. In the 90-plus days since its approval, it is disarming how little of the stimulus money has been invested and how far the funding allocation dates have been pushed back.

In the case of broadband networks, the original stated goal was to have as much as half the stimulus funds committed or spent by Sept. 30. Now the federal government's Web site, www.recovery.gov, lists the first award date as Dec. 31.

Projects that were shovel ready and on track to be done in 2009 now sit idle as their planners wait in the hopes of aligning with stimulus funding. This is exactly the opposite of what the stimulus was supposed to achieve — name-

ly jobs in 2009.

In addition, delays unfortunately allow special interests more time for lobbying efforts. Clearly, the lobbyists are out in force. Take the telecom providers, who are going after a share of the \$7 billion earmarked for broadband. According to the Center for Responsive Politics, which tracks lobbyist spending, companies such as Comcast, Verizon and others are pouring millions of additional dollars into lobbying. Comcast spent \$12.5 million in 2008, up a whopping 2,193 percent from 2001. Verizon's lobbying budget rose to \$18 million last year, up from \$8.2 million in 2001. I wish I owned a hotel in Washington.

On the flip side, the extra time should allow federal agencies to better align procedures, strategies, and get what seems great new talent up-to-speed and ready to manage this large, fast, unprecedented process. Perhaps it will also provide time for better coordination across agencies. I am encouraged by what I'm hearing about developing policies

that tout innovation and reform.

Getting these ideas through the political machine is another story, but I'm optimistic, and we have to start somewhere. It'd be interesting to see this same transformation begin happening in state and local governments as well, but that would take much longer, and accomplished without formal incentives. Still, it's a critical component for all of our communities to be more globally competitive.

So while it's disappointing that more investment has yet to hit the market, let's make sure we use this precious time to better collaborate across communities for larger, shared goals and efficiencies. Let's further build out our plans to make sure they hit the targeted outcomes and will be sustainable once the stimulus is over. Let's think about innovative ways to take advantage of this once-in-a-lifetime opportunity to invest in 21st-century assets and partnerships.

We can't say we didn't have time.

COMMENTARY

Change policy on gay soldiers

McClatchy Tribune
MCT

Sometimes promises are hard to keep. Especially those made by politicians in the heat of an election.

But President Obama should live up to his campaign pledge to stop the military from discriminating against gays and lesbians.

It's understandable that Obama may be reluctant to tackle this issue now, given other pressing priorities — fighting two wars, and trying to right the sagging economy.

But the president promised to reopen the debate over homosexuals in the military and settle, let's hope once and for all, the question of whether openly gay men and women can serve in uniform.

White House officials insist Obama remains committed to repealing the "Don't Ask, Don't Tell" policy. But they have been vague on the timing, causing some angst among gay-rights advocates.

Obama should make his case to Congress as soon as possible, and push legislation that would welcome anyone — regardless of sexual orientation — who wants to serve his or her country. It is time to repeal a failed policy.

President Bill Clinton tried unsuccessfully to stop the military from dismissing gays from the military. But he was forced to compromise and accept the 1993 law that allows gays to serve, as long as they keep silent about their homosexuality.

For years, supporters of that policy have maintained a narrow-minded view that allowing openly gay personnel in the military would undermine morale, discipline, and unit camaraderie.

But there has been little evidence of that in countries that allow openly gay soldiers and sailors. Most Americans are not buying that argument. Neither are most U.S. troops, who have shown a growing tolerance.

A Quinnipiac University national poll last month found that a majority of American voters believe that the ban on openly gay men and women in the military should be repealed.

At a time when our military has been stretched thin, valuable troops are being discharged because of their sexual orientation. Among the dismissed are high-ranking officers and Arabic translators and interpreters — the very kind of experts vitally needed in the war against terror.

Even the government has acknowledged that the military's anti-gay policy is costly. A 2005 audit put a \$95 million price tag on replacing nearly 10,000 gays expelled from the service.

As part of a plan to challenge the law, Army National Guard Lt. Dan Choi, a West Point graduate who speaks Arabic, recently announced that he was gay. Supporters want Obama to act immediately to stop the military from dismissing soldiers like Choi. But the White House has no plans to intervene in the case, and says it instead wants to focus on passing legislation repealing the policy.

Until then, "Don't Ask, Don't Tell" stands, and the Obama administration plans to continue to defend it as the law.

It is not in the nation's best interest to continue to expel mentally and physically fit men and women who say they want to put their lives on the line — in Iraq, Afghanistan, or wherever they are needed — to protect this country. Times have changed, and so have attitudes about gay soldiers and sailors. It's time for the military to be brought up to speed.



A Cleveland fan holds a sign for Browns players to see while walking off the field after their 14-0 loss to the Cincinnati Bengals.

Cleveland sports fans used to winning woes

Sam Marhulik
REPORTER

Given the success of the Cleveland Cavaliers this season, it has come to no surprise that Cleveland fans are once again excited. The city of Cleveland hasn't produced any championship teams since the Cleveland Browns won the NFL Championship in 1964.

Cleveland fans tasted greatness in 1995 and 1997 when the Cleveland Indians represented the American League in the World Series. Fans however were left with soured palates after losing to the Atlanta Braves in 1995 and the Florida Marlins in 1997.

In 2007, the Cleveland Indians found themselves in a position to fight for the World Series title again, but failed to do so after giving up a 3-1 series lead, losing to the Boston Red Sox in the American League Championship Series.

More recently fans were pleased with the Cleveland Cavaliers playoff run in 2007 where they made it to the NBA finals, but were sent home by a four-game sweep from the San Antonio Spurs.

Following the title shot, the Cavaliers squandered the Cleveland Browns as they busted onto the scene in 2007, winning 10 games, which provided hope to

"I have been a Cleveland sports fan for all of my life, and no matter how the season plays out, I'll never lose my passion for Cleveland."

Nathan O'Malley

Cleveland fans everywhere. The Browns narrowly missed the playoffs, but got fans excited for things to come. The Browns would finish the 2008 campaign 4-12, a coaching change was made, and the future of the team is in the air.

Given the constant heartache, fans may find it disheartening to continue cheering for their respective teams, but life long Cleveland fan, and Youngstown State University student Nathan O'Malley said Cleveland fans would never lose their hope.

"I have been a Cleveland sports fan

for all of my life, and no matter how the season plays out, I'll never lose my passion for Cleveland. The Cavaliers have certainly brought the best out in Cleveland, but we all as fans are aware of the 'curse' that follows Cleveland," O'Malley said.

The infamous curse that follows Cleveland is known as the Curse of Rocky Colavito. The curse is related to an unpopular trade made by the Indians in 1960 of right fielder Colavito to the Detroit Tigers for shortstop Harvey Kuenn. The curse is a phenomenon that keeps the Cleveland Indians from winning any major championships.

While the Indians have not won a championship since before the trade, some fans also consider the early retirement of Browns great, running back Jim Brown to be the reason for the curse.

O'Malley said that he really doesn't know if he believes in curses on sports franchises, but a 45-year drought from winning may make him a believer.

"I'm not a very superstitious person, but the Cleveland drought is getting to me. I feel like being a die-hard Cleveland fan is a lot like the debate that the gay community makes," he said. "It's the way you're born, no matter what happens, no matter what you do, you can't change it, so you should embrace it."

Party on the Plaza back for 13th summer

Jessica Petrenjak
REPORTER

Buffalo Wild Wings in downtown Youngstown will host the first Party on the Plaza of the summer this Friday with live entertainment.

The opening act will be the band Allies, and Acoustic Juggernaut will be headlining the event.

The party starts at 5 p.m. and admission is free. It is open to anyone 18 years of age and older. For those 21 and over, beer will be offered outside and a full bar is available inside.

The parties will continue throughout the summer season and local bands will provide live entertainment.

Entertainment Schedule

June 19

Opening Act: Sonic Age

Headliner: The Rage

July 3

Opening Act: Sonic Age

Headliner: House band

July 24

Opening Act: The Werks

Headliner: Jones for Revival

August 7

Opening Act: The Kellys

Headliner: House band

August 28

Opening Act: Allies

Headliner: The Rage

September 11

Opening Act: Frequent Season

Headliner: Rudy and the Professionals

Vegetarian BBQ: Alternatives for a healthy summer cookout

Cherise Benton
REPORTER

Hosting cookouts is one of the most popular summer activities. Now that more people are eating less meat, you may want to think about including a few vegetarian-friendly options at your next barbecue.

According to Youngstown State University executive chef Clint Kifolo, every grill has a designated section for vegetarian food.

"All campus cooks have been asked to reserve a section of the grill for vegetarian and vegan items," he said.

Despite the reserved portions of food, there isn't any way to track whether the people eating the vegetarian food are actually vegetarian or not.

Advisor of the Youngstown State Environmental & Animal Rights Coalition and 11-year vegetarian Dan Kuzman said, "Even nationally, the statistics are vague regarding the population of vegetarians and vegans. However, it is ap-

parent that more people are reducing the amount of meat that they are consuming due to the increase in vegetarian food at grocery stores and restaurants."

And veggie burgers aren't just for vegetarians anymore. Cynthia Vigliotti is an instructor in the English department and is an adventurous omnivore who attended the Earth Day Vegan Dinner, which was catered by Ely's To Go.

She said that most of the diners were not of the vegetarian persuasion, but seemed to enjoy the food just as much as she did. Vigliotti added that the Earth Day Dinner was "about the best meal I've had in my entire life."

But a lot of people are still reluctant to try vegetarian versions of meats because of the horror stories they have heard about tofu.

Dan Frankland, a senior biology and electrical engineering student, does admit that vegan meats used to be gross. He has been vegetarian for eight years but was vegan dur-

ing the first. He said back then vegan meats, Gardenburger Chik'n Patties in particular, had an "offensive smoky flavor." The crucial taste factor, plus the scarcity of vegan foods made vegetarianism a simpler option for a while.

Frankland is vegan again since last month and said "it's easier now because stuff tastes better."

Companies like Gardenburger have started to "put more effort into making stuff taste good," like Gardenburger's Chipotle Black Bean vegan burgers.

What should you serve?

Kifolo recommends marinating vegetables such as onions, tomatoes, eggplant, zucchini and tofu in balsamic vinaigrette before grilling and serving however you see fit.

Kuzman would provide vegan BBQ riblets, coleslaw, raw vegetables with hummus, and Oreos and chocolate cake in addition to the standard veggie dogs and salad.



Dr. Cynthia Hirtzel of the engineering department, who has been vegetarian her whole life and vegan for the last 25 years, suggests a salad bar, rice and beans, vegetable pizza and various Middle Eastern foods.

Samantha Kulkarni, an international student and lifelong vegetarian, said an Indian themed cookout would include biryani, rice with spicy vegetables; paneer, an Indian version of tofu made from milk; pavbhaji and paratha, Indian breads; and

pickled vegetables.

Still hesitant?

If you're not too keen on reserving grill space for vegetarian food, you could have the vegetarian part of your cookout catered by a local veggie-friendly eatery. The Flaming Ice Cube, Ely's To Go and Aladdin's all offer vegetarian and vegan cuisine available for takeout to suit your healthy summer cookout needs.