

# The Jambar

The student voice of Youngstown State University since 1931

ONLINE VIDEO

## STRICKLAND'S CAMPAIGN TRAIL STOPS AT YSU

### Fight for Ohio bus stops at YSU

Laurence Haley  
REPORTER

On Monday, members from the Ohio Democratic Party stopped at Kilcawley Center on the Youngstown State University campus to gain support from local democrats and students in time for the November general elections.

Gov. Ted Strickland and Yvette McGee Brown, candidate for lieutenant governor, rallied in the Chestnut Room as a stop on their Fight for Ohio bus tour.

Along with other statewide Democratic candidates, they spoke about decisions facing voters in the election.

Additional speakers included U.S. Rep. Tim Ryan, Youngstown Mayor Jay Williams, Ohio Sen. Joe Schiavoni, Ohio Supreme Chief Justice candidate Judge Mary Jane Trapp and Chairman of the Mahoning County Democratic Party Atty. Dave Betras.

Speakers talked about the importance of job creation in the Valley and focused on early voting, which started today.

Addressing the need for college students to be more active in the political process, Strickland shared his record in office.

"A lot of college students and their parents are working really hard to pay for a college education today. I was the only governor in America that actually froze tuition for two full years, and I believe that in the four years that I have been governor, Ohio will have done more than any other state to hold down the cost of college tuition," Strickland said.

Darla Conti, YSU junior and president of the YSU College Democrats, also emphasized the need for college students to vote but said there would be challenges ahead.

"It's an issue, getting the word out, especially because our candidates aren't on such a high pedestal in the media, so they're not as well known, but it's definitely important. You have to ask yourself a question: 'Do you want a job when you graduate college?'" Conti said. "If you answer 'yes,' then you have

STRICKLAND PAGE 7



PHOTO BY JAMAR SALTER/THEJAMBAR

## YSU plans new measures to enforce campus smoking ban



Freshman Ryan Haupricht (left) and senior Holly Headley (right) smoke cigarettes at YSU, although university officials are attempting to enforce a smoke-free campus with designated smoking areas.

Laurence Haley  
REPORTER

Youngstown State University's zero-tolerance, smoke-free campus initiative supersedes the state's 2006 indoor ban and extends that ban to the entire campus. But, almost four years later, YSU officials are still struggling to enforce a smoke-free campus.

Gary Davenport, vice president of university affairs for the Student Government Association, is working on ways to bring visibility to the issue.

State law prohibits smoking within 25 feet of any place of business. Davenport pointed out why the majority of campus is deemed a no-smoking zone.

"State law says you can't smoke in the interior of a business. Campus core is technically outside, but it is in the interior of what is considered campus," Davenport said.

Partnering with the College of Liberal Arts and Social Sciences, the SGA has placed state-issued no smoking signs on all the doorways of DeBartholomeo Hall. Along with the no smoking signs are maps detail-

ing designated smoking zones throughout campus.

"The red areas are zones where the state permits smoking, and the blue stars are places on the core campus," Davenport said at a recent Student Affairs Committee meeting.

Davenport said he wants to educate and help smokers on campus with designated smoking areas while upholding the university policies and protecting non-smokers on campus.

There are three designated smoking areas. Two are by the

SMOKING PAGE 3

## Iraq veterans reflect on end of combat missions

Andrea DeMart  
ASSISTANT NEWS EDITOR

President Obama announced the end of combat missions in Iraq on Aug. 31. This meant that many troops were sent home from the day-to-day conflict to which they had become accustomed.

One Youngstown State University student, who served time in Iraq, was happy to hear that the troops were coming home.

Jermaine Cornelius, a junior majoring in interpersonal communications, spent 18 months in Iraq. He served in the army as a military police officer.

"[The] mission we had was to basically train Iraqi policemen to be more proficient at their jobs," he said. "A lot were getting killed because they didn't know what they were doing."

Paul Torr, a 33-year-old Iraq war veteran who served alongside Cornelius, detailed some of their duties.

"The first six months were 12-hour patrols," Torr said. "[We] stopped at all Iraqi police stations to inventory equipment. [We] made sure



Iraq veterans Paul Torr (left) and Jermaine Cornelius (right) are shown during their time in Iraq. Cornelius, a Youngstown State University junior, served in Iraq for 18 months.

they were not giving [equipment] to insurgents."

Torr said other responsibilities included working for OGA, or Other Government Agency, helping with force protection and vehicle take-down.

Cornelius returned from service in January 2005, and realized the difference in the two cultures and lifestyles.

"It definitely changed my life as far as things I've taken for granted," he said. "[There is] a culture shock over there."

Torr added, "You see things and go through things over there you don't want everyone to see."

Cornelius also said he ap-

preciated his family more when he returned home and realized that some of the things Americans take for granted are considered luxuries in Iraq, such as a decent sewage system.

Regarding the need for soldiers in Iraq, Cornelius said he felt the reason that soldiers were put in Iraq wasn't right, but some outside force was needed in the area.

"It was really a lot of controversy at the time," he said. "I don't think there were weapons of mass destruction personally, but I think that a force was definitely needed there."

Torr agreed.

IRAQ PAGE 3

## Popularity of synthetic drug on rise

Chelsea Miller  
ARTS & ENTERTAINMENT EDITOR

In the past few years, several types of herbal substances have become available to the consumer. When smoked, these blends achieve a legal high similar to that of marijuana. The drug, called "Spice" or "K2," is part of a new drug craze that is sweeping the nation.

The product contains the chemicals CP-47,497 and JWH-018, which produce effects similar to tetrahydrocannabinol (THC), the active ingredient in marijuana, but they are much more potent. The Drug Enforcement Agency said it became aware of the product after a shipment arrived from Europe in late 2008. The DEA is collecting information on whether to begin warranting action or placing restrictions on the drug.

The drug is labeled "potpourri" or "incense" on the package and sold online and in head or smoke shops, for around \$30 a gram. The pack-

age is labeled "not for human consumption," but YSU student Andrew Patrick said shop owners know that buyers are purchasing the product to smoke.

"[My friend] bought a little pipe with [the Spice] too to smoke it out of, so it's not like he had to say he wasn't going to smoke it," Patrick said.

An employee at Smoke-A-Lot in Niles, where Patrick said his friend purchased the Spice, declined to comment.

More than a dozen states and several cities are debating legislation to ban the drug, but it remains legal in Ohio. Lt. Robin Lees, commander of the Mahoning Valley Drug Task Force, said the drug hasn't presented enough of a problem in the area to consider action at this time.

"To my knowledge, it hasn't shown up here yet," Lees said.

Barbara Carreno, spokesperson for the DEA, said the federal legislation may take awhile and that several states are beginning the process of banning the substance.

DRUG PAGE 3

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**NEWS BRIEFS**

**Job Expo planned for Wednesday**

A Job Expo featuring almost 60 local, regional and national employers will be held Wednesday from 10 a.m. to 2 p.m. in Kilcawley Center's Chestnut Room. The event is sponsored by Career and Counseling Services, and students from all majors are welcome to attend.

**Flu shots available in October**

A flu shot clinic will be held Oct. 7 from 9 a.m. to 4 p.m. in the Student Health Clinic, located in Kilcawley House. Appointments are not required, although the vaccination fee is \$20 and flu shot recipients must be 18 years of age or older.

**POLICE BRIEFS**

**Homeless man stopped, charged for possession of drug paraphernalia**

On Friday, YSU Police stopped a homeless man looking in car windows on Ford Avenue. The man admitted he had an active warrant and a crack pipe in his pocket. YSU Police arrested the man and incarcerated him for possession of drug paraphernalia and for failing to appear in court after receiving stolen property. The man said he was suicidal and was placed on suicide watch.

**Student threatens instructor after receiving poor grade**

On Friday, an English instructor reported to YSU Police that a student had yelled profanities and made threats after receiving an unsatisfactory grade on an assignment. The student stayed after class for an explanation of the grade; the instructor responded that the grammar, spelling and topic were incorrect. The instructor told the victim to not return to class if she intended to behave in that manner.

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## Bedbugs infest residences, feed on occupants

Lori Miller  
REPORTER

This year, there may be more than just pillows and blankets in students' beds. A long-lost parasite is reappearing in homes across America, and the old saying, "Sleep tight, don't let the bedbugs bite," may be making a comeback.

According to an article, "Bedbugs: An Equal Opportunist and Cosmopolitan Creature," published in the Journal of School Nursing, bedbugs — or cimex lectulari — are parasites that prefer to feed on humans. Though they have been known to feed on rodents and common house pets, they prefer human blood.

Gary Walker, a professor in the biological sciences department at Youngstown State University, said the insects

choose bedrooms because of easy access to humans.

"They are attracted to the carbon dioxide we breathe out when sleeping," Walker said.

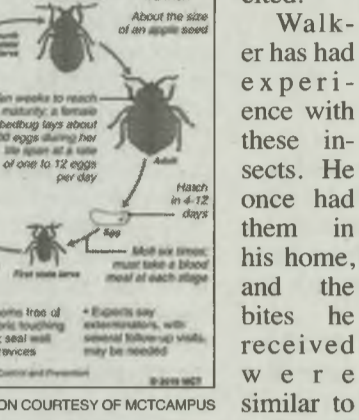
The bugs are also known to be attracted to body heat.

According to the Journal of School Nursing, bedbugs will come out while the host is sleeping and bite him or her with two hollow tubes. One tube releases an anticoagulant and an anesthetic, while the other one sucks up the blood. The bugs then hide for a couple of days to digest their meals.

"While it should be noted that bedbugs can survive without a blood meal for up to 18 months, the average bedbug seeks a blood meal every five

to 10 days," the article cited.

Walker has had experience with these insects. He once had them in his home, and the bites he received were similar to those of fleas. He received small welts and rashes after the bugs fed.



He received small welts and rashes after the bugs fed.

Dan Sahli, director of environmental and occupational health and safety at YSU, has

not had to deal with bedbugs on campus. Sahli said Alexander's Pest Control treats the dorms for pests every summer.

Sahli said the bugs are about the size of an apple seed, and that it can be difficult to get rid of them. Because they prefer small, dark spaces, spot, crack and crevice treatments would need to be performed.

Other methods would be steam cleaning, vacuuming, encasement and simply maintaining a clean environment. "Students need to be more careful traveling in this area," Sahli said. He added that while traveling, students should not use the dressers and drawers in hotels, and upon returning home, inspect their luggage thoroughly.

## Youngstown hosts award-winning Cuban poet

Joe Giesy  
ASSISTANT NEWS EDITOR

Throughout the week, award-winning poet and fiction writer Raul Hernandez will be doing public readings in Youngstown and on the Youngstown State University campus.

Steven Reese of the YSU English Department said he first met Hernandez last year during a trip to an international book fair in Havana.

Hernandez resides in Cuba, but was in the U.S. visiting family before coming to Youngstown.

"We thought it would serve two very good purposes if we brought him here to the United States," Reese said. "He can see his family and give a reading at YSU."

Hernandez said he became a writer because of his love for words. He couldn't find a gift for his mother's birthday so he wrote her a poem and has not been able to stop writing since.

He writes poetry and fiction, and has even worked as journalist for radio and newspapers.

Hernandez said his trip to Ohio feels like the first time he is really seeing the U.S. because the culture in Miami is so similar to Cuba.

"I feel like I'm in the heart of America," he said.

He remembered reading two Cuban poets as a young boy while traveling America: Jose Maria Heredia to Niagara Falls and Jose Marti to New York City. He wondered if he might feel the same here as they did.

"This weather, the colors of the trees, it's exceptional," Hernandez said of Youngstown. He also likes the houses he has seen because they are different than the ones he sees in Cuba.

Despite the differences he has noticed between Cuban and American culture, he said, "We are all the same — human beings — we love, we get cold, we enjoy the rain and the sun."

Hernandez said the campus is beautiful and found a tour of Maag Library to be fascinating, especially the special collections desk where letters between Italian family members are archived. He even got to see the campus bookstore when he bought a sweater to combat the cold Northeast Ohio weather.

Phil Brady, director of the YSU Poetry Center, and executive director of the Etruscan Press, met Hernandez during a dinner Sunday and said, "He seems like a very centered person who is really delighted to be here."

The Etruscan Press is a non-profit publisher of books based out of Wilkes-Barre, Pennsylvania.

"He's got a lot to say about Cuba, he's got a lot to say about

Cuban-American relations, he's been all over the world," Brady said. "He's a person who has a lot to say on a lot of different subjects."

Vice President of the YSU Latino Organization Jennifer Roman said a successful Cuban poet visiting campus is exciting because "you don't get us Hispanics coming around a lot" and "it really shows people that, yes, we can make it and, yes, we can do it."

Reese said, "It's a very rare opportunity to get a glimpse into a world we don't get to see much firsthand. There's an enormous opportunity for the university community to listen to him and talk with him if they like."

Hernandez visited classrooms Monday morning and will do so again Thursday and Friday mornings. Hernandez will present his poetry to the Youngstown Early College in Kilcawley Center's Ohio Room on Tuesday from 8:30 to 10 a.m., to Jennifer Walker's Honors English class at East High School on Wednesday from 8:30 to 10 a.m., the Lemon Grove Cafe on Wednesday at 7 p.m. and the YSU Poetry Center on Thursday at 7 p.m.

Julianne Popovec, an Etruscan Press intern who helped coordinate the "Poetry, Music and Mojitos" event at the Lemon Grove, said drink specials would be available.

Reese will be reading Hernandez's poem and fiction stories translated from Spanish to English.

"Poetry is a very elusive and difficult language in its own native speech," Brady said. "When you're trying to translate poetry into another language, you're not merely translating the communication value, but you're also translating the thrum, the sound, the feel, the artistic expression of the poem."

Brady said Reese is a seasoned French poetry translator and learned to translate poetry into Spanish when Cuban poet Roberto Manzano visited campus in 2002.

Brady also said the bilingual poetry reading that resulted from Manzano reading his poems then Reese reading the poem translated is the only poetry reading he has seen end with a spontaneous standing ovation. Reese said he had studied some Spanish on his own, but really learned the language through the translation of poetry.

Brady stressed the significance of Hernandez and Manzano's translated works because of the lack of communication among literary figures between Cuba and the United States. He attributed this to the ongoing political troubles between Cuba and America.

"The language of literature reflects its cultural origin," Reese said. "In translating Raul's work, I have learned a great deal more about Cuba and Havana and the complications and intricacies of living there and making literature there."



Writer Raul Hernandez sits with Steven Reese in Reese's home on the city's South Side.

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EOE

**SMOKING PAGE 1**

dorms and one is within the campus core. The SGA is also open to increasing the number of designated smoking areas on campus.

"We would need to ask for the smoking committee to be reconvened, suggest a spot to them and they would have to OK it," Davenport said.

The committee was disbanded after it set up the original smoking areas within the campus core.

"If you see an area that you think would be a good smoking area instead of everywhere else people are smoking right now, put it down and we can send it to the smoking committee," Davenport said.

Several student smokers said they were unaware of the designated smoking areas but were receptive to the idea.

Senior Holly Headley said, "It would be wonderful to have designated areas because, even as a smoker, I don't want to have to walk through a cloud of smoke. It's really difficult to be respectful of other people without an area that I can legally smoke at."

Freshman Ryan Haupricht said smokers "try to stay away

from everyone."

"There already is an implied area; we all know where to go ... I'm not going to lie, if I'm rushing from one class to the other, I'll have one on my trek, but there's already designated areas that we've made for ourselves," Haupricht said.

Other students, however, did not see a need for smoker separation.

Freshman Tamara McGee, a non-smoker, said designated areas aren't necessarily needed.

"Just as long as it's not inside a building, as long as it's outside," McGee said. "If it's a confined area, all I'm breathing in is the smoke, as opposed to it being out in the open."

No signs have been placed at the established smoking areas to notify smokers that they can smoke there. The SGA would like to have something posted at these locations before the end of the semester or by spring semester.

"We're not trying to gang up on smokers. We're just trying to make sure everyone is informed," Davenport said.

Indiana, which is beginning the process of adopting regulations, has the largest number of reported cases involving Spice in the U.S. As of June 30, 41 cases involving youths 6 to 19 with adverse effects from Spice were reported to the Indiana Poison Center. An additional 25 cases involved adults older than 19, said Adele Lash, communications director of the Indiana State Medical Association.

Lees said there have also been health issues from some who have smoked K2 in Ohio.

"In northwest Ohio, they've actually had it abused to the point where some people have lost consciousness," he said. "It required a trip to the emergency room."

The DEA said it has received an increasing number of reported seizures from use

of the product since 2009. Unlike marijuana, K2 is synthetic. The herbal blend is sprayed with chemicals that Carreno said may be more harmful than marijuana. Carreno said several deaths have been reported from use of the product.

As reported in The New York Times article "Synthetic Marijuana Spurs State Bans" by Malcolm Gay, an Iowa teenager committed suicide after smoking K2. The police report stated that 18-year-old David Rozga smoked K2 and began "freaking out." Rozga, who was with friends at the time, said he was "going to hell" and returned to his parents' house where he grabbed a rifle and shot himself in the head. The police officer who led the investigation said Rozga had shown no former signs of depression.

According to the American Association of Poison Control Centers' National Poison Data System, 1,503 calls were made to the center about the product this year. Calls were made in 48 states and the District of Columbia.

Alfred Aleguas, director of the Poison Control Center in Cleveland, said he has received several calls from Spice users.

"We have had calls from several people in the emergency room who have presented with changes in their blood pressure, pulse, loss of consciousness, so it potentially could be really serious," Aleguas said. "It's like any other street drug ... You don't really know what you're getting. You don't know the concentration of what you're getting, and it could be mixed with things that are potentially harmful."

**IRAQ PAGE 1**

"Not necessarily the right war at the right time," he said. "I would have felt better if the mission was conducted in Afghanistan where the terrorist threat was."

Torr compared the U.S. responsibility in Iraq to a parent taking a child to a store: "You break it, you buy it."

He said he felt that the U.S. broke Iraq and that the nation now has no real stable or credible form of government.

Torr said it was nice to see some groups, like the Kurds, happy for what they were doing in the country, but he

also said that "it's a different world over there. You can't make everyone happy."

He said he wanted people to continue to support the troops, no matter how they feel about the war itself.

"[We] were just doing our job," Torr said. "Deep down I may have had reservations, but as a soldier you do what you're told."

Cornelius is the manager of a Kid's Foot Locker store in the Eastwood Mall.

Torr is working at Duferco Farrell Corporation as a receiving stocker and attending the University of Maryland online full time.

**DRUG PAGE 1 (CONTINUED AT TOP)**

"It's a fairly elaborate process, because you don't want a federal agency or any agency to be able to just ... take things off the market. We have to demonstrate that it should be, and there's a process for that," she said.

The U.S. Department of

Health & Human Services first has to compile research on the potential harm or effects the drug has on a person. A public comment period must take place before legislation can be made. Carreno said it could take a couple years for federal legislation to go through.

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#### Priced Under \$65

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[www.kc.ysu.edu](http://www.kc.ysu.edu)

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## Zero and a half tolerance

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RELATED STORY

Smoking, page 1

YSU and, more importantly, the Student Government Association have been informing students of the no smoking policy for years.

The problem is still there, but why?

Have you ever been in a restaurant with a child sitting behind you, throwing a tantrum and the parents just continue eating? Every few minutes, they quietly say, "Now Billy, stop that. You know you're not supposed to throw food."

YSU, in the opinion of non-smokers and policy advocates, has become like a bad parent. If the rule is there, the university should claim or exert some form of authority to actively enforce it.

This issue is old and annoying, and some decisive action needs to occur one way or another.

On the upside, some realistic options have been proposed, including an increased number of designated smoking areas. This suggests that real thought has gone into the problem recently.

But, like a child, the problem needs to be corrected sooner rather than later.

A school's image, in terms of policy, is only as strong as the means by which it enforces the least of its rules.

When Cynthia Anderson made her presence known at a sentencing hearing for a drug dealer operating near campus, she wanted to send a clear message that YSU has a true "no-tolerance" policy on drugs.

However, if YSU wants respect for the more stringent and important rules and by-laws, it needs to establish such respect by sticking to its word on lesser issues like a smoking ban.

In essence, how can a student trust that the drinking policy or sexual harassment policy will be stringently enforced if the smoking policy remains a joke?

Further, if YSU deems the smoking ban itself to be a pressing and important policy, worthy of enforcement, then it must establish that through actions, not words ... or signs.

Empower YSU Police to act and issue citations. Implement institutional ramifications for students who violate the school's policy. Take a stand. Show this community that the administration is strong and committed.

If smoking is banned, enforce it. If not, put the ashtrays back out, so the campus doesn't become a giant ashtray in and of itself.

We're not saying we favor a smoking ban or oppose it. What we are saying is that with regard to the entire issue, smoke the thing or put it out.

ABOUT THE JAMBAR

Since being founded by Burke Lyden in 1931, The Jambar has won nine Associated Collegiate Press Honors. The Jambar is published twice weekly during the fall and spring semesters and weekly during summer sessions. Mail subscriptions are \$25 per academic year. Additional copies of The Jambar are \$1 each.

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



*How important is it that Gov. Strickland campaigned at YSU on Monday and why?*



*"For me, it's not that important, but for other people it is. He's trying to get the younger votes."*

Jessica Lunt, sophomore



*"I was on the website all weekend and it wasn't on there, so how about somebody update the website?"*

Pete Katsaras, freshman



*"It's important because there's a lot of people registered to vote here."*

Daniele Harris, freshman

## Tear down your altars and lifeless idols



*To arms! To arms! The progressives are coming!*

Chris Cotelesse  
COLUMNIST

In Buddhism there are two models, vehicles to enlightenment. Mahayana means large raft, room for everybody; Hinayana, small raft, room for one. The difference is between living as an individual or in a group, whether we travel together or on our own.

It's only fair that liberals should have to defend their ideas now. During the presidency of George W. Bush, the right was under attack. The left threw the low blows. I've heard some assert that conservatives stand for individual liberty, and that liberals are actively seeking totalitarian communism. If you possess the liberty to call your leaders totalitarian or tyrannical, then you aren't living in a totalitarian tyranny.

Completely unregulated capitalism is Hinayana, or small raft. Pure utopian socialism is Mahayana. The false dilemma occurs when the issue is presented as though the choice is between one or the other. Both capitalism and socialism contribute to America's mixed economy. Our nation honors its individuals with opportunity to achieve, to produce and to become heroes.

Also does our society value the group that holds up the hero? Public options like YSU, combined with grants and federal loans, offer education for those who couldn't otherwise afford it, or aren't bright enough to get into one of America's prestigious private options, or spent most of their 20s jerking around, or maybe all three. If knowledge is power, then isn't it emblematic of government giving power to the public? One of the responsibilities the Constitution demands of our government is "to promote the general welfare."

That is the argument that should be made, but it won't be. Some conservatives have made deliberate attempts to equate liberal with progressive with socialist with fascist. As a result, liberal politicians are afraid to mention, for fear of being labeled a communist, that our country's mixed economy shaped the most prosperous and most free period of America, the 20th century.

Believers in laissez-faire capitalism, if given the chance, would abolish minimum wages, child labor laws and mandatory safety regulations for industries, but I haven't heard that on network news. Where are the champions of liberty on issues like the decriminalization of marijuana or equal rights for homosexuals?

This past year, people have grown concerned over subsidies that burden the middle class. The ones that go to the poor, I mean. They might denounce temporary measures like stimulus bills, but the perennial subsidies we pay to the rich in the form of grants, low-interest or sometimes interest-free loans, and land grabs, all for big businesses and industries, are sacrificed for the good of society. \*wink, wink, nudge, nudge\*

Consider just the past two years: the near-collapse of our economy, Toyota, the Gulf oil spill, "Gasland." That last one is a documentary about a new technique of drilling natural gas wells. They shoot water and chemicals into the ground, fracturing the layers of rock that house the natural gas. The process destroys the barriers between the gas and the groundwater. It's not as bad as it sounds. The people who live near these new wells are now able to use their water as fuel.

Adam Smith, the father of capitalism, said, "People of the same trade seldom meet together, even for merriment and diversion, but the conversation ends in a conspiracy against the public, or in some contrivance to raise prices."

On whether we leave our delicate flesh naked beneath the Invisible Hand of the Free Market, I vote no.

## Swine Flu: One Year Later

*"I got real tired, my body started to hurt, then the chills started and that was just it; I was miserable for the next few days."*  
-Ryan Halicki



Ryan Halicki, senior, gives a presentation in his capstone class, discussing his post-college plans. Halicki was clinically diagnosed with H1N1 last fall.

Keith Stinson  
REPORTER

This time last fall, the now famous H1N1, or swine flu, became so widespread that the World Health Organization declared that a global pandemic was underway.

According to the Centers for Disease Control and Prevention, between 43 and 88 million cases of H1N1 were reported in the 11-month span of April 2009 through March. Of those cases, the CDC estimates that 8,000 to 18,000 died as a result of the virus. Locally, students, faculty and staff at Youngstown State University could not escape the spread of swine flu.

On the YSU campus, there were 88 confirmed cases of students having influenza-like symptoms similar to H1N1. Of those students diagnosed, 42 were living on campus.

Susan Ferrier is a registered nurse with the university and has been for more than 20 years. She serves as nurse su-

pervisor of the Student Health Clinic, located on the first floor of Kilcawley House.

"I've never experienced an outbreak like that in my entire nursing career," Ferrier said.

Ferrier stressed that campus residents diagnosed with swine flu were isolated in their dorms and even encouraged to go home until cleared by a physician.

To better educate students and faculty on the importance of flu prevention, YSU officials sent out a memo to the campus community last August detailing procedures that everyone should follow to protect themselves from the flu outbreak. Also, the university took extra precautions by setting up hand sanitizers and flu prevention posters across campus.

In the following weeks as a vaccine was made available, YSU held a flu shot clinic for students. As the demand lessened, the vaccine was opened to faculty and staff.

"We were limited in the beginning, but we never ran out of the vaccine," Ferrier said.

"We used nearly 600 doses between students, faculty and staff."

Senior Ryan Halicki was clinically diagnosed with H1N1 in November. He remembers vividly how suddenly symptoms of H1N1 began appearing.

"Within an hour it hit me," Halicki said. "I got real tired, my body started to hurt, then the chills started and that was just it; I was miserable for the next few days."

Once Halicki was diagnosed, he was prescribed medication and doctors recommended he remain out of school and at home for at least one week. Halicki said his professors were accommodating.

"[Professors] worked with me; I had some assignments that were due at the time that I got extensions on," Halicki said. "I missed two exams, and they allowed me to make them up with no issues."

Looking back on the situation, Halicki is thankful for a smooth recovery and said the swine flu was one of the worst illnesses he's experienced.

## Sorority helps increase autism awareness

Brenda Haines  
REPORTER

More children will be diagnosed with autism this year than with diabetes and cancer combined.

More than 1 million Americans live with an autism spectrum disorder — a developmental disability that typically shows itself in the first three years of a child's life — and an estimated 1 percent of the nation's children will be diagnosed this year, according to the Centers for Disease Control and Prevention.

The sisters of Alpha Xi Delta at Youngstown State University are helping increase autism awareness through community-based services and programs, specifically their participation in the 2010 Walk Now for Autism Speaks in Cleveland on Sunday.

In addition to increasing autism awareness, this annual walk raises funds that stay within local communities to help families struggling with the effects of autism.

"It has been said that autism is unaffordable for families, and that is true," said Tricia Perry of the Rich Center for Autism at YSU. "However, at the Rich Center, families are charged no tuition at all. Grants, fundraisers and private donations cover the costs at the [Rich Center for Autism], which includes an amazing staff of highly skilled and specially trained teachers. Our programs help children develop social and behavioral skills so that they can lead the best possible life."

Alpha Xi Delta, one of the nation's oldest sororities, has a network of chapters and alumni nationwide that aligned with Autism Speaks last year. According to an Alpha Xi Delta press release, they cumulatively raised more than \$150,000 for Autism Speaks

and the Walk Now for Autism in 2009.

"Alpha Xi Delta has a long history of supporting child-focused issues," said Deanna Detchemendy, Alpha Xi Delta's national president. "Since early childhood diagnosis of autism and early intervention are critical, our support of Autism Speaks is a natural partnership for Alpha Xi Delta. With one in 150 children diagnosed with autism and no known cure, Alpha Xi Delta is committed to improving the lives of children and families affected by autism. We hope our fundraising and awareness efforts can help put one more piece of the autism puzzle in place."

The sisters of Alpha Xi Delta have been rewarded for their efforts by being featured as a national top team on the Autism Speaks website.

"The women of Alpha Xi Delta understand the importance of raising funds to support research so that we can better understand, diagnose and treat autism," said Rebecca Fehlig, executive director of the Autism Speaks St. Louis chapter. "But, they also express a true desire and amazing initiative to learn how they can each make an impact in their community by raising awareness, educating others and ultimately generating greater compassion among their fellow students."

This year, the sisters at YSU donated more than just money in support of the cause.

By participating in programs like the 2010 Walk Now for Autism, the YSU sisters of Alpha Xi Delta can continue to help increase awareness and raise money for research, advocacy and family services for all who struggle with autism spectrum disorders.

Editor's note: Information included in this article was obtained from a 2009 Alpha Xi Delta press release.



PHOTOS BY MARISSA MCINTYRE/THE JAMBAR

## STORIES BEHIND THE INK

Marissa McIntyre  
REPORTER

In Middle Eastern cultures, markings are put on a person to designate his or her rank within the culture. These marks were usually cut into the person, and later morphed into what is considered a tattoo.

"What I have mostly heard, in many Indian and African cultures, tattoos are considered beauty marks," said Denise Narcisse, assistant professor in the Youngstown State University Department of Sociology and Anthropology. "People in some cultures would often put marks and cuts on their cheeks so that others would notice their rank. In our country, I look at it as a part of youth culture. It's a form of self-expression that is a fad." Narcisse also explained how tattoos bring people together.

"In our culture, and many other cultures, it's a way

to form a bond with someone. It's like if I saw someone walking around with a bracelet that promotes breast cancer awareness, with breast cancer awareness month coming up, I would notice that, and that would cause me to form a bond with that person."

Narcisse added that tattoos are also "a way to let others recognize something about you."

Some YSU students have more than just artwork on their bodies; they also have stories to accompany the art.

Miranda Tusinac, sophomore, said others are able to know something about her, just by looking at the small moon and star tattoo on her left wrist.

"I'm really into religion; it's my minor," Tusinac said. "I'm also really into everything moon and stars, so I was able to get two different meanings with it."

Tusinac also has two religion-inspired tattoos on her back.

William Soldan, freshman, said the most significant of his tattoos are the small ones that are dedicated to members of his family.

"I have my wife's name tattooed on my chest. It's probably my smallest tattoo, but it holds a lot of significance to me," he said, adding that he has their wedding date tattooed on his right forearm, along with his and his wife's initials.

He also has parts of his tattoo sleeves dedicated to other important family members. A dedication to his uncle is located on his left arm.

"I got my uncle's name and birthday. He's still alive, so it's more of a tribute than a memorial. He's been sick, and in and out of the hospital a lot, so I wanted to get this to show him while he's alive how much he means to me," Soldan said.

Soldan also has a heart with letters spelling out "Mom" located on his left forearm.

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**STRICKLAND PAGE 1**

to recognize the importance of midterm elections. These are the people responsible for bringing jobs to the area."

Representatives from Valley Energy Solutions and Great Lakes Wind Energy also attended Monday's campaign stop. Strickland said companies like these are creating "new energy jobs in the local area that can't be outsourced."

Strickland also reiterated the role education plays in securing those jobs and in turn reviving the economy.

"Education is the key for our economic recovery, and I want every young person in Ohio, regardless of the economic circumstances that they face or their family faces, I want every young person to be able to feel as if they can get a college education," Strickland said.

YSU student Jerod Everly came out to hear what the candidates had to say. Excited about the upcoming election, he offered his peers additional reasons for becoming politically active.

"A lot of times students neglect smaller elections or midterm elections. They have a feeling that they're not as important, but the truth is they are more important because these are the people that really represent us. These races are more significant to us. They impact us more directly than even a presidential election, and I'd like to see more people our age get involved," Everly said.

**YSU FALL JOB EXPO 2010**

Wednesday, September 29, 2010 • 10:00 am—2:00 pm  
 Kilcawley Center — Chestnut Room

Youngstown STATE UNIVERSITY

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| CLEAR CHANNEL RADIO - BOARDMAN                             | LIBERTY MUTUAL                        | U.S. AIR FORCE                      |
| COHEN & COMPANY  | LINCOLN ELECTRIC                      | U.S. ARMY                           |
| COMDOC   | MARSH BELLOFRAM                       | U.S. NAVY                           |
| DAWOOD ENGINEERING   | MARY KAY COSMETICS                    | U.S. SOCIAL SECURITY ADMINISTRATION |
| DRUG ENFORCEMENT AGENCY (DEA)                              | MassMUTUAL FINANCIAL GROUP            | V & M STAR                          |
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## Cheerleading squad learns new skills, improves routines

Jordan Uhl  
SPORTS REPORTER

Despite the early success of the Youngstown State University football team, the cheerleading squad continues to motivate Penguins fans each home game.

"We're trying to get the crowd more involved," said senior Cassie Mosure. "I think since our team's winning, they're more involved and do the cheers with us. Last year it was rough."

The squad has been working diligently to improve its routines and incorporate new stunts.

"We have [added] standing back tucks, basket tosses, double pull-downs and ripples. The talent is just a lot better this year," Mosure said. "We do a lot more 'team stuff' with our stunting. We do ripple toe and heel touches."

Ripple means each person or flyer goes up at a different time.

Coached by alumnae and former cheerleaders Jenna Schneider and Michelle Markota, the group endures long practices and training sessions with strength and conditioning coach Liz Vlad to ensure everyone is in unison come game day.

Senior Bethany McGehee said she feels the training sessions with Vlad are beneficial.

"It helps in our tumbling and everything else we're doing. You can just see it," she said.

Senior Joshlyn Knipp said, "They know what we need to work on, so we focus on what

they know we'll actually use with our stunts."

They agreed that the hard work pays off come competition time, something the program hasn't experienced in nearly 20 years.

"I think we'll do well," said senior Brittney Zemko. "For competing, we're new. But it'll be a really good experience."

McGehee said, "We're going to test the waters, [and] see how we actually do because we've never done anything like it before. It'll be like a stepping stone."

The team expects it'll be facing off against squads that it has already encountered or may encounter this season on the sidelines, such as Penn State University. Although the standard tricks remain the same, one advantage Penn State possesses is the amount of male cheerleaders on its squad.

"They have eight girls and eight guys, and they do partner stunts," Zemko said.

Mosure said, "We do quad stunts, and have four people in our group. We also have two new guys this year, so that's different from last year."

One addition is junior Ryan Lopez, who joined the team because he "always really liked to do flips." Lopez seems to have found his niche. Although he doesn't have a background in gymnastics, he said he taught himself the stunts he performs.

The spirit squad will be competing at the Arnold Classic in Columbus in March.



Youngstown State University cheerleaders practice their routine at the YSU-Southern Illinois game. YSU won 31-28.

### FCS TOP 25

- VILLANOVA
- APPALACHIAN STATE
- JAMES MADISON
- JACKSONVILLE STATE
- DELAWARE
- STEPHEN F. AUSTIN
- WILLIAM AND MARY
- MASSACHUSETTES
- SOUTH CAROLINA ST.
- MONTANA ST.
- RICHMOND
- MONTANA
- NORTH DAKOTA ST.
- NEW HAMPSHIRE
- CAL POLY
- EAST. WASHINGTON
- NORTHERN IOWA
- FURMAN
- GEORGIA SOUTHERN
- TEXAS STATE
- ELON
- YOUNGSTOWN ST.**
- ILLINOIS STATE
- SOUTHERN ILLINOIS
- LIBERTY

### MISSOURI VALLEY FOOTBALL

- ILLINOIS STATE (3-1)
- WESTERN ILLINOIS (3-1)
- YOUNGSTOWN ST. (3-1)**
- NORTHERN IOWA (1-2)
- NORTH DAKOTA ST (3-1)
- INDIANA STATE (1-2)
- MISSOURI STATE (1-2)
- SOUTHERN ILLINOIS (1-3)
- SOUTH DAKOTA ST. (0-3)

### PENGUIN SPOTLIGHT



DEONTA TATE

**POSITION:** Linebacker  
**YEAR:** Junior  
**HOMETOWN:** Palmetto, Fla.  
**HIGH SCHOOL:** Palmetto

#### 2010 Season Stats

**Tackles:** 26  
**Tackles for**  
**Loss:** 2  
**Int s:** 1

### SCHEDULES

- FOOTBALL**
- Sept. 25- SOUTHER ILL.
  - Oct. 2- @ Missouri State
  - Oct. 9- NORTH DAKOTA ST.
  - Oct. 16- @ Western Ill.
  - Oct. 23- @ South Dakota St.
  - Oct. 30- UNI (Homecoming)
  - Nov. 6- @ Illinois St.
  - Nov. 13- Indiana St.

### SOCCER

- Sept. 24- MILWAUKEE
- Sept. 26- GREEN BAY
- Oct. 1- @ Cleveland State
- Oct. 3- @ Wright State
- Oct. 8- DETROIT
- Oct. 10- @ Loyola

### VOLLEYBALL

- Sept. 24- GREEN BAY
- Sept. 25- MILWAUKEE
- Oct. 1- @ Cleveland State
- Oct. 5- WRIGHT STATE
- Oct. 6- BUTLER
- Oct. 9- @ Loyola
- Oct. 10- @ Valparaiso
- Oct. 16- UIC

## Fitness clinic hopes to debunk fitness myths and trends

Keith Langford Jr.  
SPORTS EDITOR

The Andrews Student Recreation and Wellness Center will hold a "Top Fitness Myths and Trends" clinic Tuesday, from noon to 1 p.m. and from 1 p.m. to 2 p.m.

"We are here for the students and we want them to take advantage of what we have here for them," said Mandi Campana, coordinator of fitness and wellness.

At this clinic, popular fitness myths and trends will be debunked, and real-life solutions for weight loss and a proper healthy diet will be discussed. Balancing a healthy diet, exercising and not skipping meals are some ways to maintain a healthy lifestyle.

"If [students] want a snack between meals, make it a healthy snack instead of chips and cookies," said Corey Vukovic, senior exercise major and academic intern for fitness and wellness.

The clinic will discuss five myths: fat loss and weight training myths, spot reduction myths, lower abdominal myths, high reps burn more fat myths and miracle in a bottle myths.

Two of the five myths,

the spot reduction and lower abdominal myths, go hand in hand with the belief that working out one part of the body will help with weight loss. In actuality, that one area is growing bigger and no weight is lost.

"People say they want to lose weight around their abdominal muscle. It's going to make the muscle bigger if you just focus on that one area," Vukovic said.

Vukovic advised students trying to lose weight to incorporate hobbies they enjoy, such as cycling, and incorporate that into an exercise regimen.

Another popular myth is that taking a magic pill or creatine by itself without exercise will increase strength.

"You have to eat healthy and work out. You can't just take a pill," Campana said.

Even popular new fitness equipment like the Shake Weight will be on display for those who attend the clinic to try and discover if it works like the infomercials say.

"They [students] may see it on TV and think it's the best thing to work out ... but it's not the only thing they should do," Campana said.



## Cross-country gears up for Fighting Irish

Keith Langford Jr.  
SPORTS EDITOR

The Youngstown State University men and women's cross-country teams are steadily improving as they continue to work toward the Horizon League championships at the end of October.

Before the Horizon League championships, the Penguins will travel to South Bend, Ind., to compete in the Notre Dame Invitational on Friday.

Two weeks later, YSU will travel to Bowling Green State University for the Bowling Green Invitational.

Head coach Brian Gorby said he felt the last tournament, the Iona Meet of Champions, which was in the Bronx, N.Y., would help the team in its upcoming tournament because of the challenging track the Bronx had.

"We want to have a couple tougher courses to develop mental toughness," Gorby said.

Sophomore Samantha Hamilton has stepped in to replace former Penguin standout distance runner Lauren Blase in the distance events for the women's cross-country team.

"She keeps getting better every day. She lives to run 24/7," Gorby said. "We're looking for Samantha to run faster this week."

Hamilton has finished first for the women's cross-country team in the first three meets this season. Against third national competition at the Iona Meet of Champions, Hamilton finished 48th overall in the 6K



Sophomore Samantha Hamilton sprints the 5K earlier this cross season at the Duquesne Duals.

for the women out of 164 runners.

Hamilton posted a time of 23:35.85 in the run. In the first meet of the season, the Duquesne Duals at Duquesne University, Hamilton finished seventh overall with seven teams present at the meet with a time of 18:35 in the 5K.

In the second meet at the University of Akron, Hamilton finished fourth out of 46 runners posting a time of 18:50 in the 5K.

Fellow sophomore Katherine Digby finished slightly

behind Hamilton but still beat over half the field at the meet in the Bronx. Digby finished 77th with a time just over 24 minutes. Digby posted a time of 24:00.41 in the 6K.

"The key with the women's team is to stay healthy. If we stay healthy, we will be extremely good come conference," Gorby said.

On the men's side, Gorby said he's looking more toward a strong core of five or six guys to run as a pack than on the women's side where the team has a strong lead runner

like Hamilton.

Gorby said his men's team doesn't have anyone up front but also does not have anyone trailing in the back of the pack. He added that the runners stay close together and run together.

At the last match in the Bronx, the gap between second-place finisher freshman Eric Rupe and sixth-place finisher senior Jake Dialesandro, was 55 seconds. Senior Joe Coppoloe finished first with a time of 26:57.75 in the 8K run.

PHOTO COURTESY OF YSU INFORMATION