



Restless Legs Syndrome has been plaguing our very own Bob Mackey see PAGE 4

THE Jambor

THE STUDENT VOICE OF YOUNGSTOWN STATE UNIVERSITY

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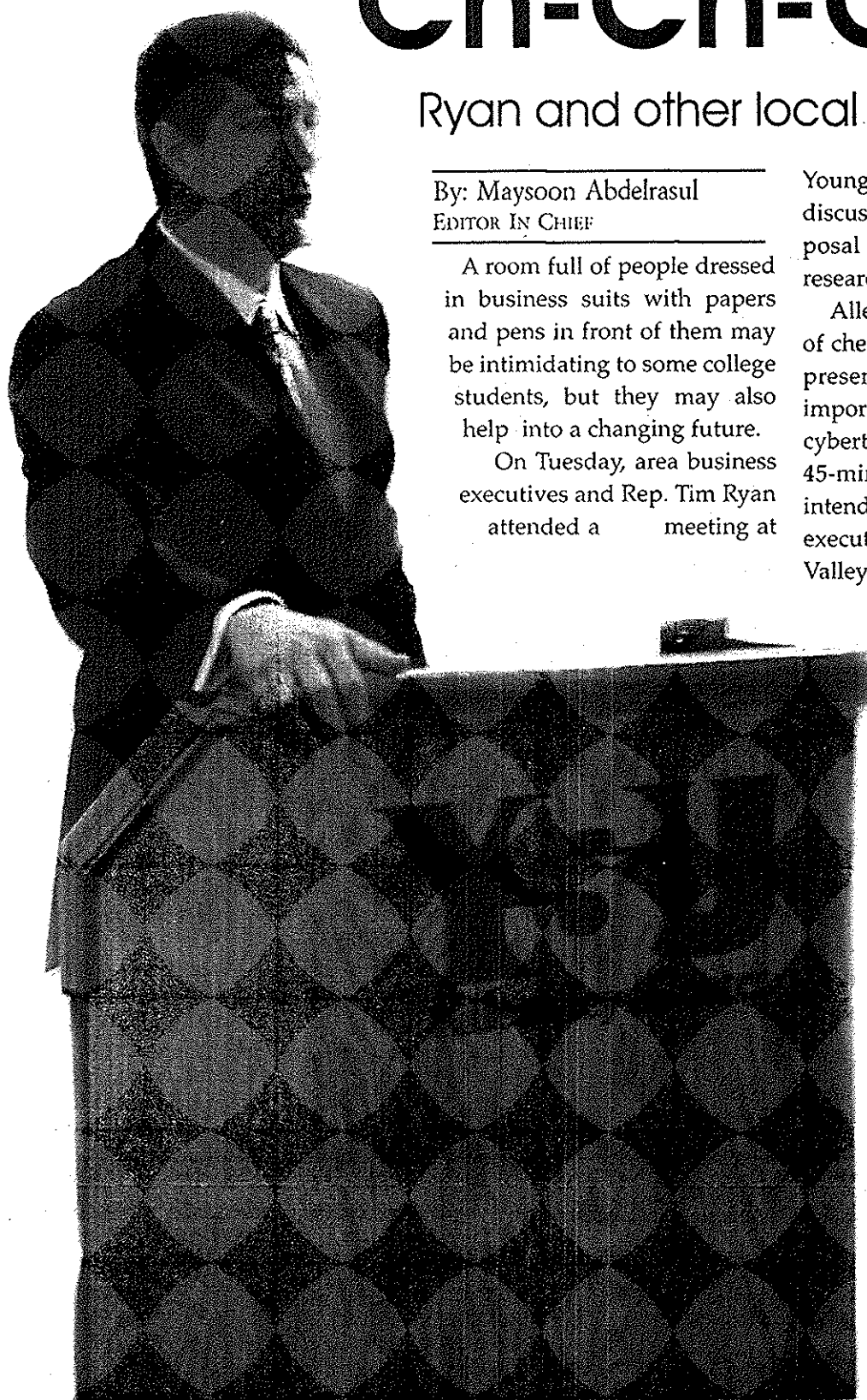
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VOL. 88 NO. 66

TECHNOLOGY

Ch-Ch-Ch-Ch-Changes

Ryan and other local leaders say turn and face the 'CyberTech' valley



By: Maysoon Abdelrasul
EDITOR IN CHIEF

A room full of people dressed in business suits with papers and pens in front of them may be intimidating to some college students, but they may also help into a changing future.

On Tuesday, area business executives and Rep. Tim Ryan attended a meeting at

Youngstown State University to discuss the Third Frontier proposal in cybertechnology research and advancement.

Allen Hunter, YSU professor of chemistry, gave a PowerPoint presentation to explain how important scientific research and cybertechnology is to YSU. The 45-minute presentation was intended to persuade business executives to change the Steel Valley into a "CyberTech" Valley.

Cybertechnology can be defined in many ways. Hunter describes it as the integration of data collection, storage and processing tools and physical manipulation tools all enabling relative novices to carry out tasks with advanced technologies.

"Cybertechnology

is a conceptual approach to solving real world problems more than a mature and well defined discipline," Hunter said.

Ryan supports the proposal. He said Youngstown is not competing with local cities; but with cities and countries all over the world in the technology field.

He said half of YSU's engineering students head back to their home countries, leaving Youngstown behind in technology. Ryan said Youngstown must to utilize its natural resources - the younger generation, and all of their potential.

"We've got to change the way we do things," he said.

Youngstown cant stay steel forever, Ryan said, it should be modernized in the fields of robotics, chemistry and engineering. "We have to stop acting like we are victims and have got to expect new things," he said.

Michael Garvey, president of

M7 Technologies, said the goal of the meeting was to combine resources and create an ecosystem encouraging all technical disciplines in the university.

M7 Technologies, as well as Firleline and Zeus Software are two organizations that Hunter is applying grants to through the Third Frontier bond issue passed by Ohio voters.

The grants include \$8 million for researching new products and \$28 million to create a branch office of the Ohio Supercomputer Center at YSU.

Community business executives are encouraged to provide jobs for graduates, to expand the area and develop Youngstown. He said many students leave the area after graduation, therefore the area loses it resources.

Call Maysoon Abdelrasul at (330) 941-1991

Rep. Tim Ryan addresses a group of about 25 business executives and discusses the future of YSU and Youngstown.

"We have to stop acting like we are victims and have got to expect new things"

Rep. Tim Ryan

Jambor/ Emery Boyle-Scott

LABOR RELATIONS

Embattled union leader to be reinstated by YSU

By: Emery Boyle-Scott
NEWS EDITOR

After almost a year of grievances and arbitration battles at Youngstown State University a decision has been made.

Federal Mediation and Conciliation Service arbitrator Daniel Zelser ruled Thursday to reinstate Christine Domhoff, former administrative assistant at Youngstown State University's Metro College Cisco Networking Academy.

Domhoff said that her eminent reinstatement was "not something unexpected," and that she's glad the university will start paying her salary instead of paying legal fees. She also said that labor relations haven't improved much, because an arbitrator's ruling is like a judge's ruling in its finality, and the university did not willingly reinstate her.

Union members said they are satisfied with the arbitrator's decision, and also said Domhoff's reinstatement would have improved the labor environment if YSU would have voluntarily given her another position.

Ivan Maldonado, administrative assistant in the payroll office, and vice president of ACE, said "of course we are ecstatic the verdict came down the way it did," but that there has been no clarification. Improved labor relations at YSU are going to take a lot of effort Maldonado said.

Julia Gergits, professor of English and president of YSU-Ohio Education Association union, said Domhoff's reinstatement is "wonderful," and that OEA union residents are "as interested as ACE people are."

"Since the arbitrator has made his ruling, we will comply. We remain committed to moving forward constructively to improve labor relations on campus," a statement released by YSU said.

Domhoff's position was terminated June 30, 2005, the same day that the Metro College's Cisco program was cancelled. The university claimed her post was funded externally, and the money was no longer

available.

Domhoff's termination came during a time of labor unrest at the university, during contract negotiations immediately before the August 2005 strike. Domhoff has been president of YSU's Association of Classified Employees, for three years, her term will be up next year.

Domhoff and the union contended that her position was permanent, and that it was internally funded. An internally funded position would entitle her to the benefits of the YSU-ACE agreement that allows a terminated classified employee to be moved to a vacant position or to "displace" a less-senior employee from a filled position.

Domhoff claimed her termination was unjust because she was not given a reason, or offered another position.

ACE includes over 400 groundskeepers, maintenance staff, library employees and other university staff.

Zelser ruled that Domhoff's position as an administrative assistant was funded through YSU's general fund, not outside grants, and that the university must give her full layoff and recall rights. The essence of the arbitrator's ruling directs the university to reinstate her.

Domhoff has worked at YSU since January 1982.



Christine Domhoff's position was terminated on June 30, 2005 and is now expected to be reinstated by YSU

YSU

Bag of bodily fluids found on campus

By: Jessica Silvestri
JAMBOR CONTRIBUTOR

Youngstown State University Police were notified by housekeeping on Saturday, May 13 of a mysterious bag found in the women's restroom outside the Chestnut Room in Kilcawley Student Center.

According to a police report, the housekeeping attendant informed Sgt Rose Marsco that while she was cleaning the women's bathroom she found a medical type surgical bag setting on the tissue holder of a stall. The bag appeared to be full of urine and was tied with plastic tubing covered in blood.

Prior to reporting the mysterious bag, the cleaning attendant placed it in a separate plastic bag and disinfected the area according to the police report. Marsco then went on to place the bag in a biohazard bag for the Environmental Services Staff. The Environmental Services Staff decontaminated the secured areas.

Manager of Infection Control Services at St. Elizabeth Medical Center, Mary Kundus commented on possible origins of the bag. "From what I understand and without seeing the bag myself, I

would say it could possibly be that someone catheterized themselves in the bathroom." Kundus based this on the blood found on the plastic tubing. "It is hard to pinpoint exactly what it was, but it sounds as proper actions were taken by YSU Police and Environmental Services."

Kundus said that in these situations, it is vital to notify someone of the proper authority to take care of the situation. She said, "It is important to educate the campus community not to ignore these things, but to tell someone so it may be taken care of properly."

Chief John Gocala, of the YSU police said, "We have no way of knowing where the bag came from, but Environmental Services believes someone either catheterized or colonized themselves. This situation was taken care of the best way it could have."

According to the YSU police, the origins of the bag and how long the bag was in the restroom are still unknown. There was an event in Kilcawley Student Center at the time of the discovery, so it is difficult to determine where the bag originated from due to the amount of visitors on campus.

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Weather >> sunny

88 | 71

friday: cloudy 86 / 70

saturday: rain 87 / 69

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WORLD WIDE WEB

Gangs take their messages online

By: Angela Rozas
CHICAGO TRIBUNE (KRT)

With a few clicks on his laptop, Naperville, Ill., Detective Rich Wistocki is staring at a man who appears to be smoking marijuana.

He clicks again, and there's another picture of the 22-year-old, nearly hidden under a large pile of what looks like bags of marijuana leaves.

"Look at this. How stupid is this?" Wistocki says as he prints out the photo and saves a "screen grab" to his computer. "These guys put this out there, thinking that nobody's watching. That it's only their friends, but they are wrong."

Wistocki, who works in the department's Internet crimes unit, has seen hundreds of photographs like these: Guys pointing guns, spraying graffiti, flashing gang signs or handfuls of money. Law enforcement says it's all a part of a growing trend of gangs pushing thug life on the Internet.

A search for gang sites will turn up links to anti-gang sites started by law enforcement or anti-crime organizations. Other sites claim to be academic, presenting the real story behind Chicago's gangs.

The more you click, however, the more likely the site you enter belongs to someone purporting to be a gang member. And it's likely a police officer is looking at it, too.

West Chicago Police Cmdr. Bruce Malkin teaches about gangs around the country and surfs the Internet searching for gang sites almost daily. He keeps a cache of Web sites, though he discourages the public from visiting them. He thinks some gangs use tracking devices, called "cookies," on their sites to track down site visitors' personal information. (Malkin and other officers use Internet addresses that bounce trackers to bogus names.)

Malkin, like several of the detectives interviewed, said most of what he finds he uses to educate himself about gangs in his area.

Although a lot of the chatter is cryptic, Malkin said that with close monitoring and gang know-how, police can learn a lot.

"You'd be surprised the amount of information they'll put out on the Web," Malkin said.

On a recent foray, Malkin clicked onto a site dedicated to the 18th Street Gang, a California group that claims to have members in several Illinois towns, including

members that they have to keep the gang's "manifesto" and "constitution" in their minds.

So why are the sites out there? Some police say they think the sites are created just to glorify their creators. Others say the sites could be used to advertise drug dealing or to send messages to other gang members. Some believe it's a modern-day form of recruitment, akin to spraying graffiti around a

Although his site does not promote gangs, Scott said he gets e-mail from teens asking for advice on how they can start their own gangs. He doesn't encourage them.

"I don't want to bring any young kids into it," he said. "Every Gaylord who's around my age, we all have children now. We wouldn't bring them in, so why would you want to bring someone else in?"

Police admit that, by itself, material gleaned from the sites is of limited value. Although many departments said they monitor the sites for information, they can't rely on them for evidence, Malkin said.

"If I get a name from our gang officers, I'll go online and see what I can find out," said Wistocki, who works closely with Naperville's gangs unit. "But you're not going to get a case just off the Internet. This just helps us to maybe link some people to other people, get information about who they hang with, where they go."

Langston said Internet gang chatter has helped his officers figure out potential hotspots. If an investigator sees a post about a rift between gangs, police will keep an eye out for problems on the street, he said.

Some police officers say they have started creating fake profiles on the sites, going undercover online in an attempt to get more details about the gangs' activities.

All of the detectives interviewed, however, declined to give detailed information about their tactics, saying they know that gang members are watching their moves too.

Still, some investigators believe many of the sites and many posters could just be poseurs.

Chicago police say the gang members they're after aren't posting photographs of themselves on the Web.

"The leaders, the movers and shakers, they're certainly not sitting at home behind a computer," said Cmdr. David Sobczyk of the Chicago Police Department Deployment Center. "These are people who are in it for the money. They're beyond some sort of virtual spray-painting."

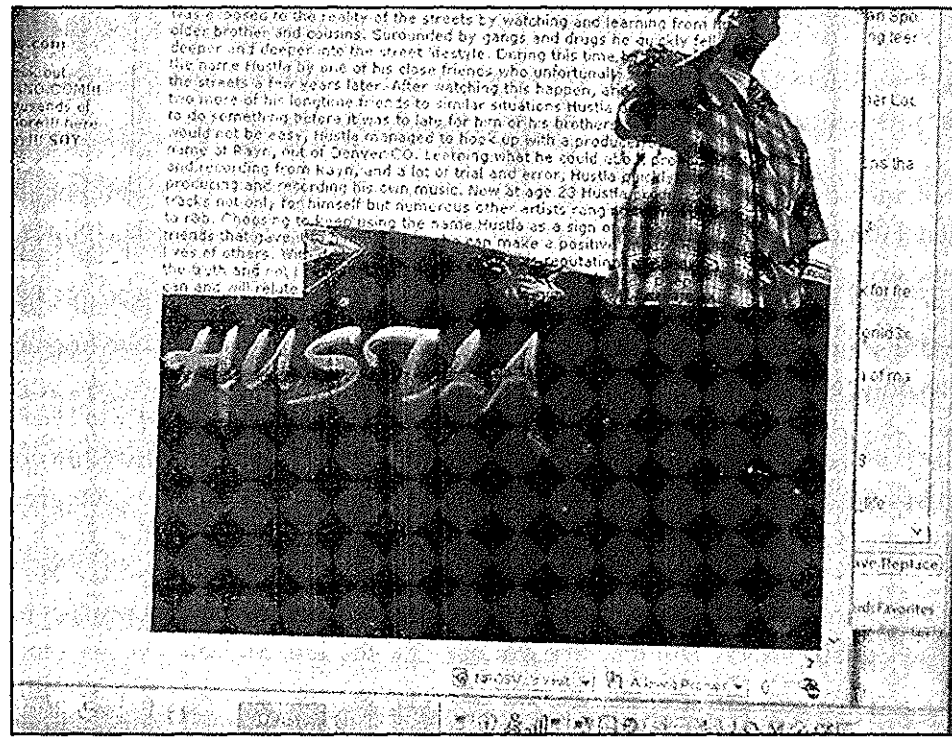


Photo courtesy KRT Campus

Pictured above is an example of a gang's webpage posted on the internet West Chicago.

Midway down the page, the site declares that its pictures and links are copyrighted. It features a warning to law enforcement not to click onto linked pages, complete with the picture of a pig in a large red circle with a slash through it.

The warning makes Malkin chuckle.

"Oh, yeah, like that's going to stop me from looking," he says as he continues clicking.

Many of the sites, like this one, have pictures of alleged gang members, some covering their faces with bandanas or sunglasses and flashing gang signs or guns. Some sites detail a gang's history and boundaries and feature pictures of graffiti with which members have tagged their turf. The sites honor dead gang members with guest books and music and vow vengeance against the killers. Many also feature chat rooms and bulletin boards — some password protected, others not — where postings range from favorite albums to vulgar, profanity-laden proclamations of gang dominance or rival gang bashing, known as "netbanging."

One site features a "shout out" to the Latin Kings of the world and reminds

neighborhood.

"It's advertising, basically," said Aurora, Ill., Police Cmdr. Mike Langston, who has been investigating gangs with the department for the last 20 years. He first noticed the gang sites a few years ago. "The more they can make that life exciting and enticing to somebody, the more likely they are to get people to want to be a part of it."

Mike Scott, who asked to be identified by the pen name he used to write a book on gang life called "Lords of Lawndale," cofounded www.gaylord712.com, a Web site dedicated to the now-defunct Chicago gang, the Gaylords.

A member during the 1980s and 1990s, Scott started the Web site to publish his perspective on a way of life that he says youths turn to, not by choice, but to protect their neighborhoods and themselves. The site also gives former gang members a place to talk about their lives and their pasts.

"I guess it's a survivors' Web site. The guys who didn't wind up in prison or who are not dead, they're coming forward and talking now," he said. "It's not just therapy for me. It's therapy for a lot of people."

Classified

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Help wanted: Chefs, kitchen help and servers. Apply in person at DeMarco's restaurant, Rt. 616 Coitsville.

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Avon- to buy or sell. Call Meshel at (330) 788-6203

Police Briefs

Marvin Gilford was indicted Thursday May 25, on felony charges for the burglary at the University Courtyard Apartments in December 2005 resulting in almost \$2,000 worth of stolen property, according to a police report. Gilford was arrested April 23, for a warrant in Boardman and is in the county jail awaiting trial. Gilford faces two to eight years in prison.

A student reported a lost vehicle to Youngstown State University police on May 16. The student and owner of the car, Didier St. Julien of 93 Wick Oval, reported that he parked the vehicle in a parking lot behind the Courtyard Apartments. Sgt. Michael Cratella, Officer Ray Lemke, and Officer David Truman checked all lots on YSU's property. They were unable to retrieve the missing car at the time.

St. Julien stated in the police report that he parked the car there the day before, however there was sign of a struggle when Cratella reviewed video surveillance of the lot. St. Julien then informed the officers that his extra set of car keys was missing for two months. The

YSU Police Dispatcher Linda Johnson checked with towing companies in town, however they were still unable to recover the vehicle.

Chief Gocala recovered St. Julien's vehicle on the corner of Watt Street and E. Rayen Avenue later that day.

A trespasser was arrested May 10, while Youngstown State University police caught him looking through the ashtrays outside Cushman. The arrestee, Edwin S. Baier, was found walking up the driveway on the west side of Cushman and continued to walk into the inner core of campus according to the police report. Campus police then arrested him on the east side of the building.

According to the YSU police report, Baier was found to have a warrant for contempt of court and failure to comply with Mahoning County court #2 (Boardman). After the arrest, Baier was taken to the YSU Police Department and was booked in at the Mahoning County jail.

Baier was served with a trespass warning and an arrested on a warrant from another police department.

News In Brief

YSU Symphony Orchestra

The Youngstown Symphony Orchestra will hold Preview Conductor Concerts in the Eleanor Beecher Flad Pavilion For Family Recital Hall on June 6 and June 9.

The audience will have a chance to meet the conductor during the concert conservation at 7 p.m. followed by the concert at 8 p.m. The concerts will feature guests conductor Daniel Meyer and Randall Craig Fleischer.

Women and Money Conference

The 2006 Woman and Money Conference will be held from 8:15 a.m. to 4 p.m. on Friday, June 9 at the Kilcawley Student Center at Youngstown State University. Sponsored by The Vindicator, the free workshop will deal with the subject of women and financial decisions. Topics covered will be budgeting, debt management, estate planning, identity theft, insurance, and retirement planning. Also included will be caring for the elderly, advanced investments and supportive financial attitudes. Conferences will be held in 11 cities across Ohio between June 2 and August 25. Seating is limited and registration is required five weeks prior to each conference. For information or to register, contact wom-anandmoney.org or call 800-995-1973.

Bliss Hall

Bliss Hall Gallery and the Student Art Association will hold the 2006 Student Art Association Invitational on June 5 through Jun 29 with an opening reception on June 5 from 6 p.m. to 8 p.m. The exhibit will feature 18 students from the department of art. The gallery is open Monday through Friday 8 a.m. to 5 p.m.

Metro College

Youngstown State University will host an open house for adults and transfer students on June 6 at the YSU Metro College in Southwoods Commons on Market Street in Boardman. Representatives from the Metro College will discuss opportunities for those who are thinking about a career change.

Information will also be available on all degree programs, adult student services, the transfer process, career opportunities, non-credit career certificates and financial aid. Information will also be available about daycare. For more information or reservations call 330-941-2000 or 877-468-6978 or email enyoung@ysu.edu.

New Releases

June 2

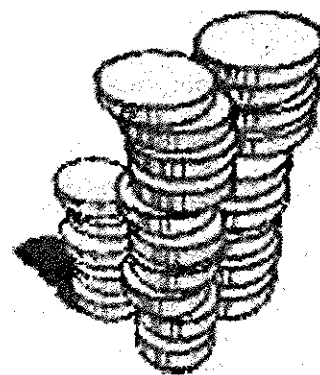
- The Break Up
- Peaceful Warrior
- District B13
- Surf School
- Typhoon

June 6

- The Omen

Top 10 at the box office

1. X-Men: The Last Stand \$102.7 million
2. The Da Vinci Code \$34 million
3. Over the Hedge \$27 million
4. Mission Impossible III \$7 million
5. Poseidon \$5.6 million
6. RV \$4.1 million
7. See No Evil \$2.6 million
8. Just My Luck \$1.9 million
9. United 93 \$0.8 million
10. Ice Age: The Meltdown \$0.7 million



UPCOMING EVENTS



June 3
Brooks & Dunn with Sugarland
7 p.m.
Post Gazette Pavilion at Star Lake



June 6
Jimmy Buffet and the Coral Reefer Band
8 p.m.
Post Gazette Pavilion at Star Lake



June 4
The New Cars and Blondie
7:30 p.m.
Blossom Music Center



June 7
Jagermeister Music Tour Presents Staind
7:30 p.m.
Plain Dealer Pavilion

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

OUR SIDE Steel Valley to CyberTech Valley

Youngstown State University is something of a diamond in the rough.

We have undergraduate students in the chemistry and engineering departments getting a hands-on education few doctorate students do, at least that's what Allen Hunter, YSU professor of chemistry, said.

New-student enrollment is going up, and so is the graduating class size. We graduated 2,132 students this year, the highest in 20 years. And all this despite an ominously tense labor relations environment.

Youngstown is quite a bit rougher than YSU, but still has great potential.

Youngstown's potential is a great force of people ready to work. So many of us are ready to draw the Valley out of the steady decline the city has been in since Youngstown Sheet and Tube shut down in 1977.

YSU and Youngstown are now poised to polish out the roughness and make all of Mahoning Valley a shining gem. The opportunity on the horizon is CyberTech.

Tuesday, local big-shots, such as Rep. Tim Ryan, came to Youngstown (rated 198 out of 200 in Forbes' "200 Best Places for Business") for the Advanced Manufacturing Initiative meeting.

The Initiative proposes a Blue Collar High Performance Computing Innovation Center at YSU. The proposed computing center will bring the research and development of high-performance computing tools to area businesses. Opening YSU, and the rest of the valley, to the manufacturing, accounting, civil engineering and national defense fields.

The computing center will grow YSU's student base, and if the Valley can compete with cities worldwide for the best-educated researchers and developers, then the area will grow. Finally, a substantially growing economy would be a welcome change of pace and a breath of fresh air to all Youngstown, and surrounding area, residents.

If Youngstown businesses take the initiative and act on the CyberTech opportunity, cutting edge YSU graduates won't be forced to leave to find good work like so many are this year.

Many YSU students with an engineering degree have gone back to their home country leaving America's science behind. With an opportunity to expand and have more local jobs we can make a difference or at least start to.

Just because we are behind right now does not mean we have to stay behind forever. We can turn cybertechnology into reality.

By working the CyberTech potential into local business plans and into YSU's educational goal the Mahoning valley would be poised for new and stable economic strength. Solid economic strength built on the backs of innovative new technology, would bring "Youngstown" to the lips of major business players worldwide.

The Jambar editorials reflect the opinions of The Jambar and its Editorial Board members. Those wishing to schedule meetings with the Editorial Board should call the editor in chief.

LETTERS POLICY

Letters must be typed and should not exceed 400 words. Each letter must include a name and telephone number for verification purposes. Submissions are subject to editing for spelling, grammar and clarity. Letters must be received by noon Friday for Tuesday's edition and by noon Tuesday for Thursday's edition.

The Jambar will not print letters that libel others or threaten harm. The editor in chief reserves the right to reject letters that do not follow policy. The views and opinions expressed in published letters do not necessarily reflect those of The Jambar staff or YSU faculty, staff or administration.



Cartoon courtesy of KRT Campus

COMMENTARY

America's pastime is on the right track

By: Sean Ryan
JAMBAR CONTRIBUTOR

Take me out to the ballgame; take me out with the crowd. Buy me some steroids and let's hit balls, I don't care if mine get real small. Let's root, root, root for those huge muscle freak cheaters, if they don't win it's a shame. For it's one, two, three suspensions and no integrity in this old ball game.

Sad to say but this rendition may better suit baseball's current state than the original 1908 version by Jack Norworth. Suspensions and allegations surround the sport once called America's pastime. The main reason why -steroids.

Since the 1998 summer, Major League Baseball continues to find itself fighting a strenuous battle to clean up its image and keep steroids on the inactive list. The men on the diamond have company. Anabolic steroids seem to show themselves in many other sports.

Let's take a look back to the late 1980s when, thanks to overwhelming media reports of steroids in sports, the United States government stepped in. Between 1988 and 1990, Congress held court hearings to determine if the Controlled Substances Act should change in order to include anabolic steroids along with more serious narcotics like heroin and cocaine. The decision to place steroids in the same legal class as amphetamines, methamphetamines, opium and morphine triggered national praise. The legislation, appropriately named Anabolic Steroids Control Act of 1990, meant changes in the sports world, especially baseball.

After the decision made its way through court, MLB, NFL, NBA, NHL, professional wrestling and many more sports adopted new testing regiments for their athletes. Competitors faced frequent tests and strict penalties if they violated any laws. Football's, basketball's and hockey's policy included possible banishment from the sport if convicted of violating the steroid policy. Players also realize jail time could happen if found guilty. Steroid use by athletes during the 1990s was minimal at best. If these athletes were doping, they did a hell of a job covering it up.

Then, the 1998 baseball season came along.

Baseball historians like Washington Post contributor George Will and ESPN analyst and Hall of Famer Peter Grammons will tell you that summer did more good for baseball than any other in prior years. And yes, in many ways it was a magical season. Team apparel flew off the shelves; ticket sales translated into sellouts and two sluggers chased history.

St. Louis Cardinal Mark McGuire and Chicago Cub Sammy Sosa captivated the country as they pursued the single season homerun record established by Roger Maris in 1961. While most people celebrated and marveled at the towering fly balls soaring over the fences, curiosity began to take shape from some media personnel. During that season, McGuire admitted to taking the body building supplement androstenedione commonly called andro. At the time, andro was illegal in every major sport except baseball. Muscle man McGuire ad Slamming Sammy went on to pass the cherished 61 homerun mark that season, but raised some skepticism along the way.

As we entered the new millennium baseball players got bigger and bigger. The fans became suspicious, but baseball brushed it away. Then Jose Canseco, a former baseball superstar, came out with a book titled, "Juiced" in early 2005. In the book, the incredible hulk-like author writes about how he took steroids during his playing days and also how he supplied his former Oakland Athletic teammate with muscle enhancing pills and injections. That one-time teammate was Big Mac himself, Mark McGuire.

Off the heels of "Juiced," Congress once again got involved and ordered baseball to come up with a strict steroid policy or face possible sanctions. Baseball officials struggled to come up with a policy that would appease at once, Congress, the players union and the owners. After many debates, baseball officials settled on these guidelines.

-First time violation-50 game suspension
-Second time violation-100 game suspension

-Third time violation-lifetime ban from MLB

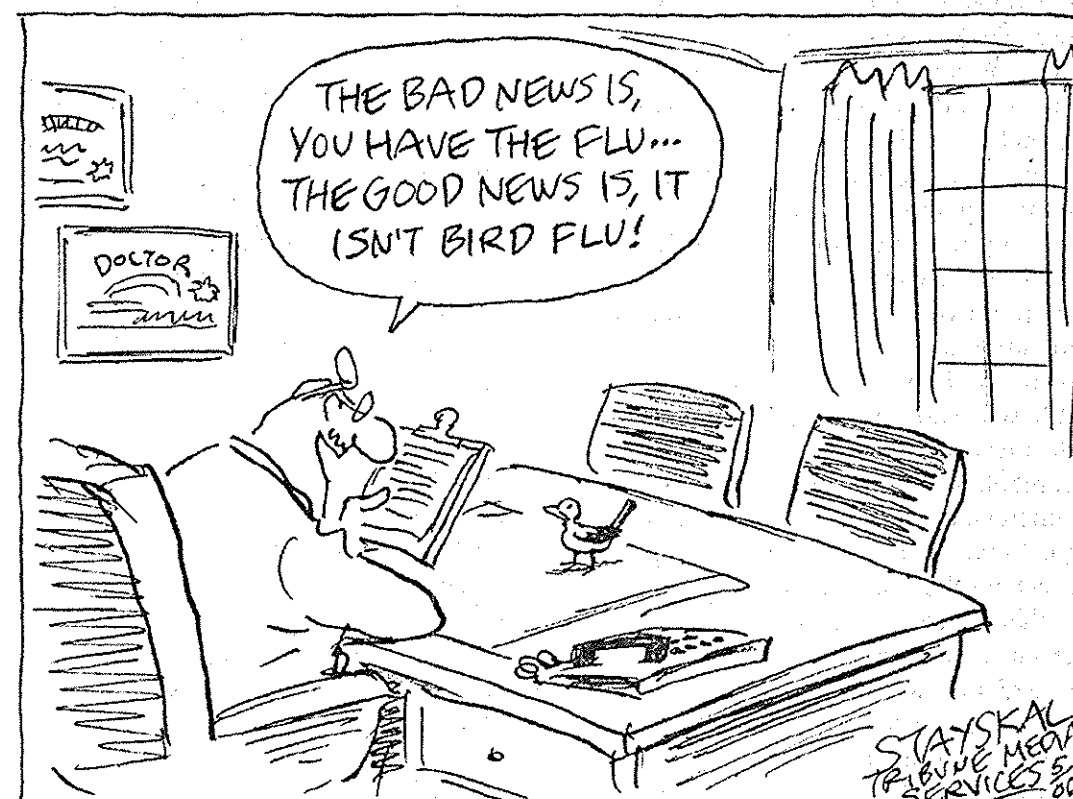
Finally, a policy that works

Since the new steroids law in baseball, 13 MLB players have spent time on the suspension list rather than the playing field. More than 30 minor league players have received other punishments for steroid use. Slowly but surely integrity and fairness creeps their way back into the big leagues. Other mainstream pro sports contain barely any steroid users. Baseball hopes to match other sports and appears headed in the right direction.

Many people, media, hardcore and casual baseball fans, refuse to fully embrace the new policy until it strikes out a baseball giant from San Francisco. Controversial superstar Barry Bonds receives criticism from plenty for his rapidly increasing body mass, which most people attribute to steroids.

I remember my dad taking me to a Pittsburgh Pirates game in 1992 when I first saw Bonds in person. At the time Bonds played for the black and gold. This special talent, in his mid-20s, looked like one of the bats he was swinging. Great player, but lean and physically unthreatening. Fast forward to present day and Bonds plays for the west coast Giants, celebrated going over the hill just two years ago and weighs nearly 240 pounds. Not to mention his head that seems to increase in size faster than his laser shot homeruns jetting over the fences.

He might have taken the 'roids, but thanks to the new steroid policy, we will get closure on the issue soon enough. The policy works. Cheaters get kicked out. Integrity is restored.



Cartoon courtesy of KRT Campus

FASHION

Spice up your summer style

Summer fashions part 1

By: Adrienne Sabo
COPY EDITOR

Youngstown, Ohio may not be the fashion capital of the Midwest, but you can still put a little pizzazz in your dress. Several looks are the key to staying fashionable. Follow these guidelines for summer style to be the best-dressed person in the room or hide in your room until the Fall.

For those who want to get these looks on a budget try Wal-Mart, Gabriel Brothers and TJ Maxx. Some hunting and searching is involved, but it's worth the money saved.

The GO International line at Target has a wide selection of bold prints and most items cost less than \$30. This line offers a quirky European style in the junior's section.

Charlotte Russe has several of these styles for more moderate prices. Look to spend about \$30.

Those looking to take the pricier route try Banana Republic, the Gap, and Kaufmans. Beware, excessive amounts of time spent in the mall may transform you into a fabled "Mall Rat."

Guys don't feel left out, your dress tips will be in the next issue.



Shorts

expose your LEGS

Dressy shorts are all over the pages of magazines this summer. For those with long, lean legs, opt for a shorter pair of shorts and pair them with heels for a dressy look. For those of us not so fortunate, chose a longer length, maybe knee-length. The point is to flatter your figure, so go with what looks best on you, not the girl in the magazine.

Pull off this look by exposing the legs, and only the legs. Keep the rest of your body conservatively covered for a more polished look. Pair these shorts with a structured jacket for a business look or a flowing top for a light summer feel.

be BOLD

This summer is the time to be bold! For those daring enough to wear bold prints, enjoy this fashion trend, but like anything else wear bold prints in moderation. Pair a bold printed skirt with a solid tank top and a bold bag. The tank top breaks up the patterns and shows a little bit of arm.

If wearing bold prints seems scary, try the more conservative approach. Wear only one piece of bold print such as, a patterned tote or brightly patterned shoes. This draws the eye to only one focal piece and allows the rest of the outfit to act as a blank canvas.

Bold Prints



Nautical

rock the BOAT

This season, when it comes to fashion, celebrities and designers took a dip in the drink. The nautical look is back, but it's more understated than before. Try going for a navy and white horizontal striped shirt with dark denim jeans and a pair of flats. As usual, a pair of tasteful heels will dress this look up well.



Safari

go on a SAFARI

Stores this summer have customers going on a safari with their clothes. The neutral colors make this look more conservative, but for those who love color, you can add in a bright accent color in your shoes and handbag.

Safari jackets, animal prints, beaded tanks and a whole lot of jungle colors are all elements of this look that can be incorporated into your summer wardrobe. Banana Republic's summer collection focuses in on this look. Chunky jewelry in the same neutral tones are an easy way to add this look into your already existing wardrobe.

Image sources: www.target.com, www.bananarepublic.com and www.instyle.com

COMMENTARY

Restless Legs Syndrome: A survivor's tale

By: Bob Mackey
COLUMNIST

Being the educated man of science that I am, I usually let the television tell me what my problems are. For example, I had absolutely no idea I was sad until I saw that little crudely drawn Zoloff oval on television. Almost instantly, I saw my life of being rained on and my fear of contact with other ovals portrayed in an eerily similar made-for-TV biography. Never mind that I first saw the commercial during the hours of daytime television, when bored housewives are at their most paranoid; this was serious business. I'm better now thanks to Zoloff, but also so riddled with side effects that I can't leave the house without expensive medical equipment. The silver lining to this story is that my newfound medical oddities unexpectedly make effective icebreakers when meeting new people. Honestly, you'd think no one has seen a colostomy bag being emptied before or at least inside of an Arthur Treacher's.

So after overcoming sadness, I was more than happy to follow the further instructions of TV. Soon I had the complete Matthew Lesko collection and had eaten quite a few dinners that were "Crumbelievable™." But during a recent commercial break during "The Price is Right," I was horrified to find out that I had yet another illness; thankfully, an illness that a faceless corporate giant decided to create a cure for. And since faceless corporate giants have been picking our presidents for the past 50 years, I think they're more than a little qualified to decide what goes in my mouth. So now that I am a healthy man again, I must tell the Jambar

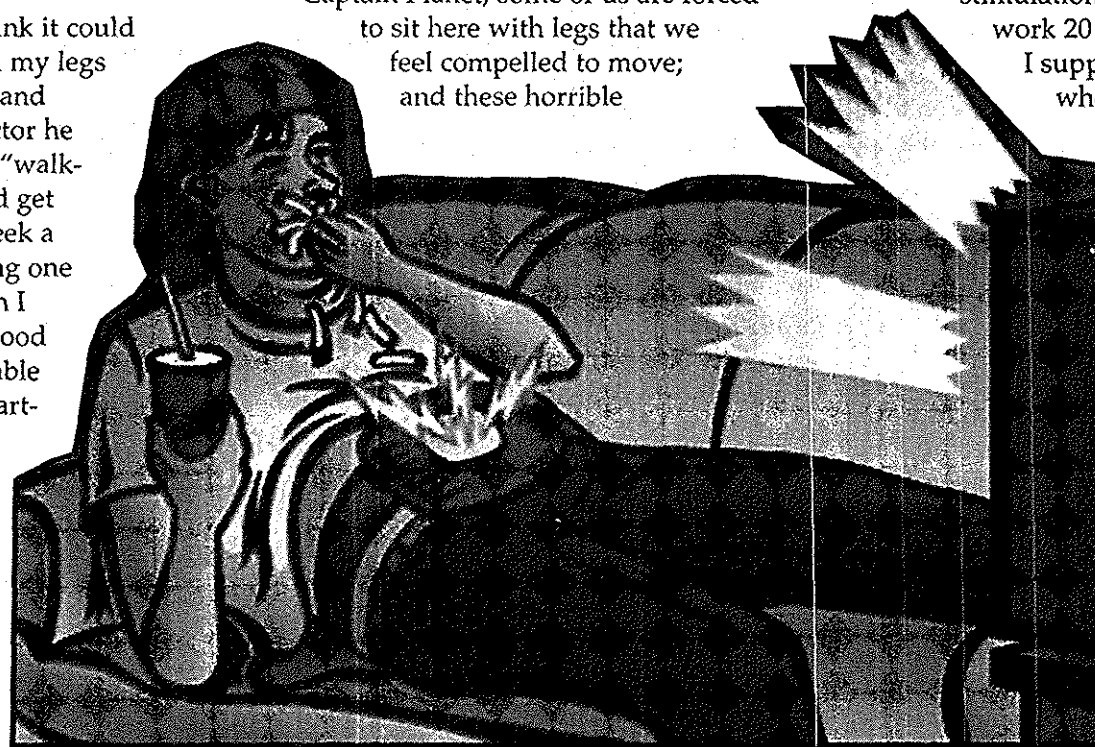
reading community of a new disease that is ravaging the listless and bored of Middle America. Restless Legs Syndrome is no joke.

At first, I didn't think it could be real. I had noticed my legs moving prior to this, and when I called my doctor he told me it was called "walking" and that I should get lots of bed rest and seek a nearby car. But during one of my daily sits, when I was getting a really good "sit on," the unthinkable happened. My leg started moving of its own free will and the televised prophecy had come true! Suddenly, I was feeling less Crumbelievable™, like all those women on Lifetime channel movies who are always finding lumps and being beaten with sawed-off table legs. My hubris was my downfall, but thankfully my "please God, I'm only seventeen" devastation was cured by Requip, the only drug that (optionally) comes shaped as characters from Johnny Hart's lovable born-again-Christian caveman comic, "B.C."

Now that I'm no longer suffering from RLS, I can't help but feel like we victims are being ignored, much like Ronald Reagan ignored the mentally ill until one of them tried to murder him (please note that he went back to ignoring the mentally

ill shortly after). AIDS, shmaids, America! While those people get giant quilts, fancy red ribbons, and "very special" episodes of Captain Planet, some of us are forced to sit here with legs that we feel compelled to move; and these horrible

Over and over I hear the same bargain-basement answers from science: healthy diet, regular exercise, and mental stimulation. Listen brainiacs, I work 20 hours a week. How am I supposed to better myself when I have that, and all of these DVD box sets to watch? This reminds me of the time when I got a credit card and no one told me that my violently impulsive spending habits would lead to excessive bills that my parents would have to pay off. Then I got sad and needed prescription drugs, starting the cycle all over again. Honestly, since when was I supposed to solve my



Source: www.santecooperkids.com

appendages that can never be sated. You have no idea the indescribable hellish Eraserhead nightmare my life was before Requip. Multiple times the paramedics have been called to my house, only to find me stretched out on an easy chair and watching "Mama's Family" while desperately panting, "Legs...won't...stop...moving!" And let me tell you, those EMTs can be real jerks when you ask them for Oxycontin.

But if you believe things like "science" and "objective empirical studies" you probably think that RLS can be stopped by more than just a mango-flavored pill.

own problems?

RLS is a sleeping giant, and much like China Syndrome, it can only lead to worldwide devastation and terrible movies starring Jane Fonda. But until we RLS sufferers are recognized as the victims we truly are, I will fervently wait by the TV for news on current diseases I may have. Could I possibly be addicted to hugs? Oh God.

Bob Mackey should not be taken with alcohol. You can read his blog at <http://www.bobservo.com>.