



THE JAMBAR

Since 1931 The student voice of Youngstown State University



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TO THE POINT

YSU football

The YSU football team takes on the Stony Brook Seawolves at Stambaugh Stadium Saturday at 4 p.m.

Black Monday forum

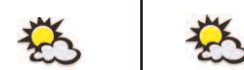
A forum will be held Wednesday at 7 p.m. at the Youngstown Historical Center/Steel Museum in remembrance of Black Monday. This marks the 30th anniversary of the announcement of the closing of the Campbell Work of Youngstown Sheet and Tube. Sherry Linkon, co-director YSU's Center for Working Class Studies, will moderate the forum.

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Please remember to recycle your copy of The Jambar

YSU FACULTY

A woman's worth

Increased female faculty strive for gender ballance

Sarah Sole
News Editor

When Angela Spalsbury attended Kent State University, she was acutely aware of the complete absence of female faculty in the math department.

Spalsbury is now an associate professor of math and statistics at Youngstown State

as when Spalsbury started at the university six years ago.

The Office of Equal Opportunity and Diversity reports that 40% of full-time faculty is female, up from 34% in 2000.

Spalsbury brings the concept of female faculty as role models to her own class. The women she teaches know that they can be successful too, she said.

Sophomore Krista Snyder said female students can achieve more if they see women who have accomplished something.

"It gives us more of an edge," Snyder said.

Female faculty members empower female students, said sophomore Rachel Cavucci.

Since she had female teachers all through grade school, Cavucci said she likes having the chance to learn from male teachers in college. However, she still thinks there are not enough female faculty on campus.

Tammy King, chair of criminal justice, wants to see more women and minorities on campus.

Since there are more female students in college, there should be a corresponding number of women teaching, King said.

Three out of nine faculty members in her department are women, King said.

"It sends a message that women are just as capable as men in this discipline," she said.

YSU is working to diversify campus, she said, but the emphasis should be placed on finding the best person for the job.

"We'll get there, eventually," she said.

Yulanda McCarty-Harris, director of the equal opportunity and diversity office, said she sees the increase in female full-time faculty as a sign of positive diversity outreach.

See Faculty, PAGE 2



University, and she said the number of female faculty at colleges has greatly increased since she was a student.

Though she described the YSU math department as diverse, Spalsbury wishes the faculty was more gender balanced. The math department has the same number of women teaching now

ROLE MODEL — Angela Spalsbury, associate professor of math and statistics, said she believes female students need good role models such as women instructors.

YSU

Non-traditional students: it's never too late to go to college

Ashley Tate
Reporter

Non-traditional students by college in 2006

- Arts & Sciences: 995
- Business Administration: 531
- Education: 862
- Engineering and Technology: 250
- Fine & Performing Arts: 172
- Health & Human Services: 1,296
- Graduate students not reported above: 118

These statistics are the most recent data from Institutional Research. They do not reflect the reorganization of CLASS and the STEM college.

All of the women at the orthodontist told 40-year-old senior Janet Shaffer, a non-traditional student at Youngstown State University, that she didn't look her age, especially when she wore braces.

The same day she had her braces removed, Shaffer said she received a coupon for AARP from Walgreens. You have to be 50 to qualify.

"Wait a minute. I'm not that old!" Shaffer said.

In 2006, non-traditional enrollment at YSU was up to 31 percent: 4,106 out of 13,227 students. Non-traditional students are older than 25 or have been out of college for four years.

As a non-traditional student, Shaffer's outlook on campus life has changed since returning to college.

Shaffer graduated from YSU in 1989 with a bachelor's degree in business administration but decided to take a break.

"I knew I would eventually go back. As with many people, life sometimes gets in the

way," Shaffer said. Shaffer said that the responsibilities of being a student have changed from when she was 19 and attending school.

"I know that I am much better now at prioritizing my time," she said. "I am far more serious about my studies now."

Besides academics, the social scene has also changed for Shaffer, she said. A new generation is in school, and relating to students twenty years her junior isn't easy.

"The other students remind

me more of my teenagers' friends than they do of my peers," she said.

Still, Shaffer can relate to traditional students in at least one thing: looking forward to graduation.

Senior Lynn Ramos, another non-traditional student, said she feels like she's "part of the gang" in class and never was uncomfortable around younger people.

In fact, Ramos said that she used to spend weekends in the dormitory with her daughter and her friends when the

"I feel like I belong just as much as anyone else. I don't even think about my age — well most of the time."

Lynn Ramos, senior

"The other students remind me more of my teenagers' friends than they do of my peers."

Janet Shaffer, senior

benefits were," she said.

Ramos said that when she finished high school, college wasn't as important because she could get a well-paid job and benefits without a higher degree. But that isn't the case today.

"College isn't even a second thought, it's absolutely necessary these days," she said.

Attending school is much easier now than when she was a child or a teenager.

"It was 12 years of torture for me," she said.

Starting college with night classes was difficult, too: she didn't care about them, she said.

The difference now, she said, is that she wants to learn. She worked her way up from a 1.8 GPA to a 3.9, and she gives credit to other students who helped her.

Facebook and MySpace

While they attend classes like traditional students, Ramos and Shaffer are not on any of the social-networking Web sites.

Ramos said she refused to

See Non-Traditional, PAGE 2

YSU

Event brings the Constitution to students

J. Breen Mitchell
Jambar Contributor

Youngstown State University will hold its annual Constitution Day event on Sept. 17 in the Ohio Room of Kilcawley Center at 7:15 p.m.

The event is designed to get people to study and talk about the Constitution on the day it was formally signed. This is in accordance with a federal law drafted by Sen. Robert Byrd of West Virginia.

The law calls for universities that receive federal money to form a Constitution Day committee. Paul Kobulnicky, executive director of Maag Library, chairs the committee at YSU.

Paul Sracic, chair of the political science department, said he hopes for a large turnout.

Sracic said many professors will have their students attend as part of their curriculum.

This year's speaker will be John Fortier, executive director of the Continuity of Government Commission. The Commission studies how the United States might revise and amend the Constitution to quickly fill positions in Congress in the event of a devastating terrorist attack.

Previous speakers have included Robert Bennet and Sracic.

With the Constitution Day events planned for Monday, some students had trouble reciting the preamble.

"I can remember bits and pieces," said sophomore Nathan Biviano. Three out of 10 students interviewed confused the Constitution with the Declaration of Independence.

Additional reporting by Diane Patton and Jeanette DiRubba.

YOUNGSTOWN

Census bureau report lists Youngstown as poorest midsize city

J. Breen Mitchell
Jambar Contributor

The U.S. Census Bureau's report, which ranks Youngstown as the poorest midsize U.S. city, has left students, faculty and staff wondering what Youngstown State University's role is in combating this negative image.

According to the Bureau's report, the median income in Youngstown is \$21,850, a difference of \$4,009 from the next poorest city, Muncie, Ind.

YSU President David Sweet said education in the valley, specifically at YSU, is essential.

"More than YSU, it's what I refer to as the educational pipeline. K through 12 needs to prepare students for the university or a community college. Education is going to be the core strategy in terms of addressing poverty. YSU is central to the strategy."

"If we want to build this city, we have to build this university," Cryshanna A. Jackson, YSU assistant professor of political science, said.

"If we can attract great professors and attract great students, then hopefully, out of some sense of loyalty, they will want to stay in the area and help [the city] out," she said.

YSU senior Christa Mastramico agreed. "College students don't want to live in a town with that ranking, so we want to improve things," she said.

Sophomore Holly Hassey said YSU's billboards help with the college's image and show residents that they can attain a degree with financial aid.

Hassey said YSU has a safe campus, but it is in a city that is considered dangerous.

"We as students need to step up and say that we're sick of it and it's time to do something. We don't want to take our degrees that we earn here somewhere else," Hassey said.

Others said the survey is deceptive for failing to account for other aspects of the city that have an equally important impact on its image.

"This is a city in transition," said William Blake, director for YSU's Center for Student Diversity.

"Collaborations have led to positive things such as the 2010 plan. These things are designed to re-empower this area, as we try to bring new industry in to replace some of the industries, which have left," he said.

Blake cited the Chevrolet Centre and the restructure in the Youngstown City School District as improvements to the city.

He said the Census Bureau's report doesn't tell the whole story of the city.

"What we need to remember is that it's not just how much money's in your pocket, but the sincerity we bring to our efforts. In that, we're well under way," Blake said.

From Faculty, PAGE 1

"That's a testament to Dr. Sweet," McCarty-Harris said.

She said the university uses an affirmative action plan to diversify its workforce in race and gender.

"We would like to achieve

gender equity," she said.

Departments that are stereotypically dominated by males such as engineering and accounting may need more female faculty members, McCarty-Harris said.

"Women tend to not be in those areas as much as men," she said.

Other departments are dominated by female faculty.

Other fields attract more women, and fewer men have

been available to teach in the past, McCarty-Harris said. However, as more men become nurses, there should be a corresponding increase in male nursing professors, she said.

From Non-Traditional, PAGE 1

let her daughter make her a MySpace account.

Shaffer said she's too busy to join, but not too old. Younger people have more time to go online, she said.

"I've recently asked [my kids] to help me set up a MySpace page since they seem to live there," Shaffer said.

With a daughter on both sites, Ramos described herself as a beginner at computers. In the last year she learned how to use flash drives, make PowerPoint presentations, and use copy and paste.

"My father told me that I should have taken a computer class, but I only wanted to take classes that I needed," she said.

Both non-traditional students said that family support is a key factor in returning to school.

Shaffer said her husband supports her, but that her

stepchildren find it quite amusing that she is constantly hitting the books.

"They think that once you get out of high school, you're done with all of that stuff," Shaffer said.

Social scene

Shaffer and Ramos admit that they aren't really into the social scene of hanging out and attending events with fellow students.

Shaffer said that although she worked full-time while attending school, she enjoyed attending concerts and ensembles her first time around at YSU.

"Things haven't changed much. I'll hang out at Inner Circle or The Beat with friends, but that's about it," Shaffer said.

Ramos said she doesn't attend any events at YSU. She has friends, but mostly would rather stay in, although going to campus events has crossed her mind many times.

"I'm pretty much a loner," she said.

In the minority

Since the traditional student majority is 25 years old or younger, Ramos and Shaffer are also in the minority.

"I feel like I belong just as much as anyone else. I don't even think about my age — well most of the time," Ramos said.

Shaffer said she would like to see more older students, the ones who wish they would have finished college or are afraid to come back.

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Miscellaneous

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Campus Life

Thursday, September 13, 2007

thejambar.com

Page 3

SAFER SEX WEEK

Students learn safer sex



from bananas



Elizabeth Boon
Reporter

As a part of Safer Sex Week, the Office of Housing and Residence Life hosted the Condom Olympics Tuesday on the Christman Lawn.

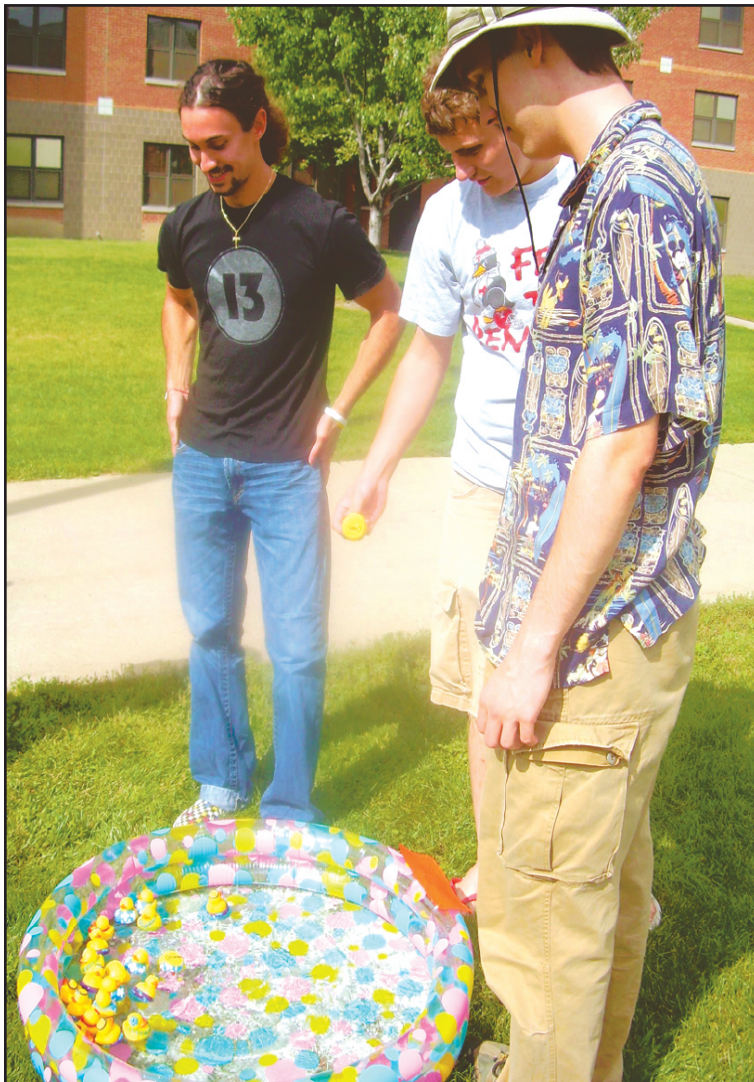
Sophomores Chris Orlang and Phil

Rauscher and junior James Hayes played the Duck Pond game. Students picked a duck from the pool at random. Some ducks were labeled on the bottom with the name of an STD, and some were clean. Hayes said that the game made the topic of STDs more "socially approachable."



Playing Games --
Activities for remainder of the week include, a Sex Decision Maze today and a Spice of Life Party at 5 p.m. in the Cafaro Multi-Purpose Room.

Safer Sex --
Senior Josh Bodnar and sophomore Marie Meeks wear beer goggles while trying to apply a condom to a banana. "It's to teach you that it's harder to put a condom on when you're drunk," said Meeks.

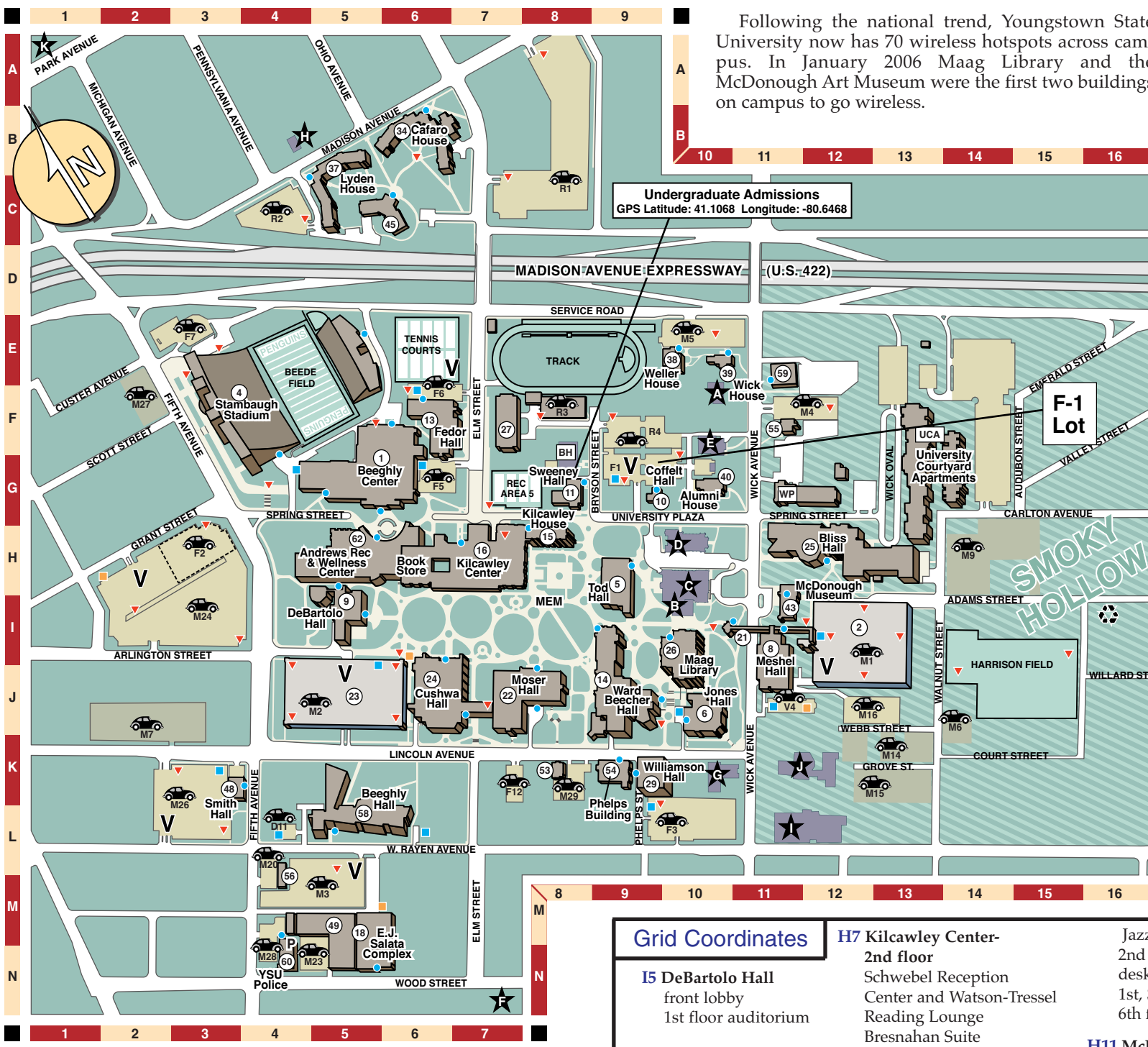


Photos by Elizabeth Boon

YSU

Wireless coverage continues to expand on campus

Megan Villers
Jambar Contributor



Following the national trend, Youngstown State University now has 70 wireless hotspots across campus. In January 2006 Maag Library and the McDonough Art Museum were the first two buildings on campus to go wireless.

Now every building on campus has at least one hot spot, including Kilcawley, Lyden and Cafaro houses. The residence halls are adding additional wireless hotspots in study lounges this fall.

Jason Rakers, director of network services, described the wireless network as a mobility solution on campus.

"Our goal will be to have wireless Internet all over the entire campus," said Rakers, possibly including The University Courtyard Apartments and Buechner Hall, although neither residence is administered directly by the university.

Security and getting started

Rakers said that the two wireless networks offer different services.

The first is ysuopennetwork, an open network allows students to check YSU e-mail without connecting to the Internet. The closed network, ysuwireless, requires the same login name and password as the MyYSU portal and e-mail. To connect to the closed network, student computers must meet minimum security software requirements. The university learned how to avoid common wireless security pitfalls from the example of other large institutions that went wireless. Rakers said that while student computers often have security software in place, there are times when he sends the students to the Tech Desk on the fourth floor of Maag.

The Tech Desk answers technical and wireless questions and services student computers and personal digital assistants for free. Mickey Hancharenko, a software specialist at the Tech Desk, said that the staff is more than happy to help students get their security features set up.

"It's usually a fairly simple process to get started as long as the student's computer is up to date on all the anti-virus protection software," said Hancharenko.

Senior mathematics major David Martin, who is a resident of Cafaro, said his friend helped with the security set-up. It only took a couple of minutes, Martin said, and now he connects easily.

Junior psychology major Kaitie Plypiak connects wirelessly in the common area of her suite in Cafaro.

"It was a bit tricky getting past the security features," said Plypiak. Still, she was able to download instructions from the Tech Desk's Web site and found them easy to follow.

| | | |
|--|---|---|
| H5 Andrews Rec Center 2nd floor lobby and outside bookstore | H12 Bliss Hall 2nd floor lounge/hall 3rd floor hallway Dana School Room 4061 | C6 Christman Dining Room |
| G5 Beeghly Center Basketball Court | J6 Cushwa Hall Rooms B024, B031, B078 1st floor, bridge to Moser Rooms 1099, 1120 | J6 Cushwa Hall Rooms 2028, 2058, 3083 |
| L5 Beeghly Hall 1st floor study lounge Rooms 2305, 3407, 4205 | B6 Cafaro House Rec room, basement 3rd floor knuckle | |

| Grid Coordinates | Building Name | Location |
|------------------|----------------------------|---|
| H7 | Kilcawley Center-2nd floor | Schwebel Reception Center and Watson-Tressel Reading Lounge Bresnahan Suite President's Suite |
| F3 | Stambaugh Stadium | 5th floor, media booth |
| I5 | DeBartolo Hall | front lobby 1st floor auditorium |
| G8 | Sweeney Hall | 2nd floor, admissions |
| F6 | Fedor Hall | Room 1051 |
| H9 | Tod Hall | 1st floor lobby Room 313 |
| J10 | Jones Hall | 1st floor lounge |
| H8 | Kilcawley House | Rec room, basement |
| B5 | Lyden House | Rec room, basement |
| H11 | McDonough Museum | 2nd and 3rd floor |
| I11 | Meshel Hall | 1st, 3rd and 4th floors |
| J8 | Moser Hall | 1st floor study lounge Rooms 2000, 2400, 4010 |
| K3 | Smith Hall | 2nd floor |
| K9 | Williamson Hall | 1st floor hallway 3rd floor study lounge Room 413, and 510 |

YSU wireless hotspots

Opinion

THE JAMBAR

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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

Tuesday's errors

In The Jambar's Tuesday edition, the article "Studying mold: Staff and faculty call Coffelt Hall a safety hazard" contained errors.

The first three paragraphs of the story were not printed.

Also, the second half of the article was missing in the print edition and the jump led to the wrong page.

Erin Harvey, former Writing Center coordinator, resigned in August, and her last day was Friday.

In the second half of the article, Youngstown State University administration addressed the conditions in Coffelt Hall.

Ron Cole, manager of news and information for YSU, said the university's Master Centennial Plan includes relocating the Writing Center to Maag Library and moving graduates studies into Coffelt Hall.

He said that renovation on the space in Coffelt will wait until the moves are made and that the Writing Center space in Maag is in the design phase.

He also said the staff and students in Coffelt have been in the midst of construction for the several months and that the university has tried to make them as comfortable as possible.

Gas leaks from the construction on University Plaza caused the building to be evacuated several times.

In a microbial remediation estimate and proposal written after inspection, YSU construction manager Lou Morocco wrote that the two basement rooms had "visible mold on the contents and grout lines" with "moderate growth on steam pipe insulation."

In the proposal, Morocco suggested using HEPA vacuums to clean the contaminated surfaces. The document sites how mold could return if there are more leaks or if humidity is not controlled.

Harvey said the walls were sprayed down and vacuums were put in. The two basement rooms, 1004 and 1005, are padlocked.

Harvey has contacted the Student Government Association about the conditions in Coffelt because the building is used by freshmen students, and SGA does work for first-year students.

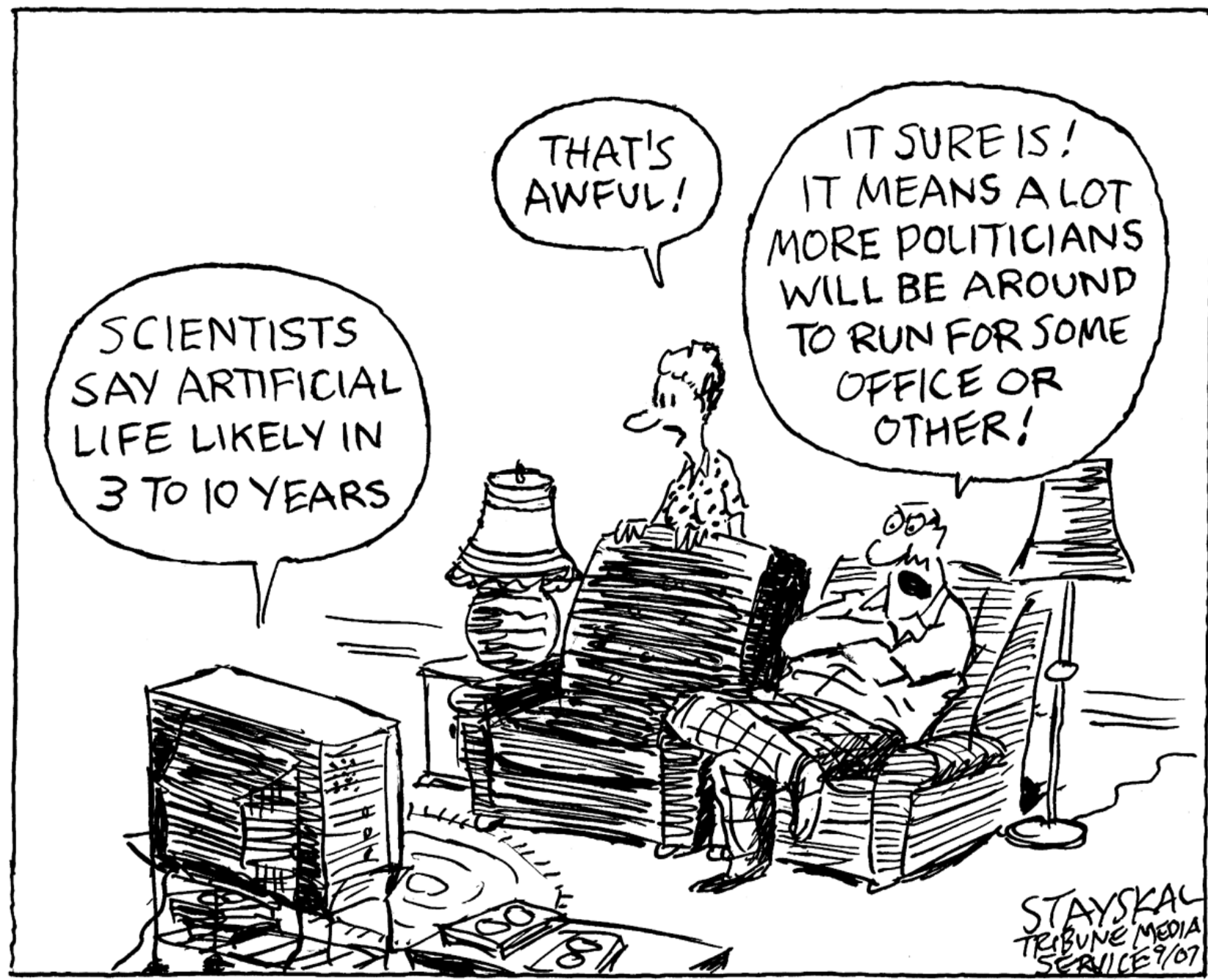
The Jambar apologizes for these mistakes. A complete version of the article can be found online at <http://www.thejambar.com>.

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.



LETTER TO THE EDITOR

Commentary selection is saddening

Dear editor,

Since I assume that The Jambar editorial staff makes the selection of the op-ed pieces they choose to run and since The Jambar did not preface the running of "Americans must be the eyes and ears of homeland security" on Tuesday with any local commentary to place the piece into some perspective, then I can only assume that The Jambar's editorial staff thinks that this piece, as written, is valuable for its readers. That deeply saddens me.

Have we sunk so low into our fears that The Jambar is now encouraging its readers to report other citizens to the authorities? Has no one on the editorial staff of The Jambar learned enough history to see the parallels with other fear-based societies in Nazi Germany, Stalinist Russia or Mao's China, just to name the obvious? Has no one on The Jambar staff ever been wrongly accused of taking one political perspective when they actually had another, or maybe no political perspective at all? Does no one realize how casual words or actions can easily be misinterpreted by others through the lens of fear? Does no one realize how such processes can be used maliciously to damage or destroy others in a calculated way? Did no one even recognize

that the quote from Jefferson that opens the essay refers to vigilance, not over external threats but rather, over one's own elected leaders?

If your intent was to chill the very freedoms that you in the press have so long claimed to require for your effectiveness, you have done so.

Paul Kobulnicky
 Executive Director, Maag Library

Editor's note: Articles labeled as commentary on the opinion page reflect the views of the author. The editorial board selects opinion pieces based on topic relevance and to reflect a wide range of views.

COMMENTARY

NASA's glaring error shows climate change debate not settled

H. Sterling Burnett
 MCT

Every time NASA's James Hansen makes a global warming pronouncement, the press treats his words as if they were gospel — beyond dispute. When he announced that 1998 was the warmest year on record, it was front page news. The only problem is NASA's "facts" were wrong.

Indeed just a couple of weeks ago, with no fanfare and certainly no press conference of the type Hansen likes to hold when he is claiming that the Bush Administration is censoring his work, NASA quietly rewrote the U.S. temperature history since 1880.

As it turns out, 1934 is now the warmest year on record in the U.S., dropping 1998 to second. In addition, 1921, not 2006, is the third warmest year.

Indeed, according to the newly reconstructed U.S. temperature record, three of the top five warmest years since 1880 occurred before 1940, and six of the ten warmest years on record occurred before 85 percent of the human-caused greenhouse gas emissions were put into the atmosphere.

Sadly, NASA did not discover Hansen's error. Nor did the many scientists at the United Nations' Intergovernmental Panel on Climate Change (IPCC). Rather it was a Canadian researcher and Internet blogger, Steve McIntyre, who caught the error and blew the whistle.

McIntyre worked backward doing a regression to confirm what he suspected — NASA had not accounted for changes in the way it captured and recorded data more than a decade ago. Evidently, no one at NASA thought to correlate the new temperature data with the old ones.

Hansen's press conferences

make great headlines, but are a poor substitute for the truth. The facts, that only three of the 10 warmest years on record occurred in the past decade and that the 1930's were the warmest decade of the century, certainly raise the question of whether we can attribute most of the warming of the past century to human actions.

The corrected data doesn't mean that humans are not causing global warming or that if they are, it would be dangerous. However, it does highlight that, contrary to Hansen and other scientists' numerous claims, the science is hardly settled.

In the future, good journalists should ask hard questions anytime Hansen speaks. For instance: If the U.S. temperature system, which is believed to be among the best maintained and most accurate in the world, can have such errors, might not other sources of data be even more flawed?

Here's another: What caused the warming in the early part of the century, or the warming currently being experienced by Mars and

other planets in our galaxy, since SUV's and power plants clearly aren't implicated? And might whatever caused the warming of the past, and on other planets today, still be contributing to the Earth's present warming?

Or how about this one: If climate skeptics had been arguing that the data showed that the warming of the previous century had been scattered across the decades, but a minor adjustment showed almost all the warming to be clumped in just the past decade would Hansen and his followers still be claiming the change was "insignificant," as he has stated the present correction is?

Concerning the last question, journalists can provide their own answer.

A few years ago, climate skeptics argued that we couldn't trust the ground-based measuring system's data because they conflicted with the temperature measurements from global satellites, which showed a modest cooling of 0.04 degrees per decade.

Scientists found that the

researchers monitoring and maintaining the satellites had failed to account for orbital decay, and that when this was factored in the cooling it was an even more modest 0.01 degree per decade.

The satellites still didn't show the earth to be warming. However, scientists within the global warming orthodoxy claimed that the satellites had now confirmed that humans were causing warming. Once again the mainstream media reported this uncritically as fact.

How can a .03-degree difference in the satellite data be significant, while a 0.15-degree difference in the ground-based measurements five times the amount of change which fundamentally alters the ordering of which years and decades were actually warming and by how much be insignificant?

At the very least Hansen should no longer be treated with deference on matters of global warming. His research should come under as much, if not more, scrutiny in the future as those who question his or other climate prophets' claims.

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Campus Life

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Thursday, September 13, 2007

YSU

Week three: students voice back-to-school woes

Jeanette DiRubba
Jambar Contributor

Three weeks into the semester, Youngstown State University students are already admitting to their pet peeves, complaints, current annoyances, stress relievers, and gratifying moments.

Sophomore Gina Abbas said some students are too stressed out to arrive to class on time, and they fight over parking spaces around the campus.

One day, Abbas was looking for a parking spot and a girl who was leaving told Abbas that she could have her spot. Abbas pulled her car around, but noticed another driver waiting for the same spot. The driver, thinking Abbas was taking the spot, shouted profanities at her.

"I was so shocked that I just let her have the spot, and she pro-

ceeded to give me a dirty look," Abbas said.

Besides the parking profanity, Abbas remained noticeably cheerful.

Jessica Tedesco, sophomore nursing major, overheard Abbas telling her story and just shook her head. Tedesco's solution to class anxieties is exercising.

"I like to go to the Rec and run. That helps me release stress," she said.

Audra Dill is a senior with an energetic attitude about the occurring semester.

"I've just had a crazy start to a busy semester," she said. "Between my five classes, being vice president of my sorority, working 20 hours per week at the candy counter, running for Homecoming Queen, and sorority recruitment, I just can't be anything more but busy, but I'm so excited for all of these events to

happen," Dill said.

Belinda Trott, a senior Early Childhood Education major, was not quite as excited as Dill.

Trott had a hard time her first week of school.

Trott lives in the University Courtyard Apartment buildings, and the maintenance staff made a visit to her room the second day of school because a third floor resident left the bathtub overflowing.

"I was sitting on the couch, and all of a sudden I hear this sound of gushing water. I run to the bathroom, since that's where the sound was coming from, and I see this massive waterfall coming down from the air vent," she said.

After the resident assistants and emergency maintenance staff set up buckets around her bathroom, Trott said her room started to leak, too. She moved all of her belongings to another room, including her com-

puter. Since the Internet connection in her room is unavailable, Trott said she now has to make time between class and work to use campus computer labs to complete homework assignments.

"I was furious," Trott said. "People just need to have more responsibility and more respect for others!" she said.

Fifth year senior Lisa Sipes can confirm that the course load isn't easy for seniors looking forward to graduation.

"Considering this is my fifth year, I just can't wait to be finished," Sipes said.

For others, however, the class work seems to be less intense, specifically for freshmen Jake Volsko and Chad Laskey, who said he doesn't have much homework.

"I don't know what to do with myself on my days off," Volsko said.

HEALTH

Trouble sleeping? Lack of sleep increases cravings

Harry Jackson Jr.
St. Louis Post-Dispatch
(MCT)

If you can't tame your appetite and your weight keeps rising, you may not be getting enough sleep.

Poor sleep habits have become so closely associated with obesity that some scientists want obesity therapists to address sleep with the same intensity as diet and exercise, according to the National Sleep Foundation. "There's an association between (poor, inadequate) sleep and obesity," said Dr. Joseph Ojile, head of the Clayton Sleep Institute.

There's also a double whammy, said Dr. Joseph Espiritu, an expert in sleep medicine with St. Louis University School of Medicine.

Once you're obese, you're more prone to sleep apnea, the collapse of the upper windpipe, which interrupts breathing during sleep. That's the vicious circle: sleep apnea can help cause obesity, and obesity can cause sleep apnea.

For decades, studies found that overweight and obese people tended to have poor sleep habits. But all the evidence was statistical, not scientific.

The physiological proof - albeit in a relatively small study - came in December of 2004 when a University of Chicago researcher in endocrinology, Eve van Cauter, found that poor sleep disrupted two hormones associated with appetite.

It works this way

Sleep and insulin choreograph the dance between leptin, which tells the brain there's no need for food, and ghrelin, which tells the brain it's chow time.

Poor sleep, researchers learned, causes the dancers to start tripping over one another.

Here's what happened: The test subjects slept only four hours a night rather than eight. In only two nights, the hormones malfunctioned.

Leptin production decreased by 18 percent; ghrelin production increased by 28 percent.

On top of that, the test subjects - healthy, young, male college students - started eating like they were at a frat party. They reported craving more high-calorie, high-density, high-carbohydrate foods - including a 24 percent increase in appetite for candy, cookies, chips, nuts and starchy foods such as bread and pasta.

A week into the experiment, blood tests showed an inability to use insulin so intense that it mimicked diabetes. Also, lack of sleep increased the production of cortisol, a hormone associated with increased belly fat.

The researchers concluded that sleep starvation boosted appetite; increased appetite caused overeating; overeating caused weight gain. Weight gain causes obesity.

A major effect of the study has been to change the medical community's perception that sleep problems only cause mental problems, not physical problems, experts say.

While the medical community is encouraged, researchers want bigger studies on a bigger selection of people and a wider range of physiological effects before saying poor sleep actually "causes" obesity.

"But the association is clear," Ojile said. "As a health-conscious society, this is enough data that we should incorporate good sleep health into our total health package."

"As a health-conscious society, this is enough data that we should incorporate good sleep health into our total health package."

"If I'm going to go exercise, watch my diet, go low-fat, good sleep should be part of that."

— Dr. Joseph Ojile, Head of the Clayton Sleep Institute —

"If I'm going to go exercise, watch my diet, go low-fat, good sleep should be part of that."

As for the test subjects from the University of Chicago study, all of them returned to normal health immediately upon paying their "sleep debt," the amount of sleep they lost during they study.

Dietitian Lisa Galati of St. Anthony's Medical Center said that, after 25 years of connecting the dots, she found that many of her clients who needed help with obesity also needed help with sleeping problems.

One of the first questions she asks her patients is how much sleep are they getting. "They look at me as if to say, 'Why are you asking that?'"

She said she finds a concentration of people with sleep-weight problems in high-tension corporate jobs. She sends them to their doctors for sleep assessments, she said.

After a while, she said, "They come back to me and say they're feeling better or they had sleep apnea and didn't know it."

Among her first questions are: Do you sleep uninterrupted for at least seven hours a night? And do you wake up and have trouble returning

to sleep or do you go over your work or get up and get something to eat?

"I know their sleeping pattern is a whole part of the package," Galati said. "Those are the people who will be less motivated to make changes in their lives because during the day they're just tired."

The parallel between sleep deprivation and American weight gain has nudged scientists for decades.

The University of Chicago study and the National Sleep Foundation note that in 1960 only one out of four adults was overweight and about one out of nine was considered obese. By 2002, two out of three adults were overweight and nearly one out of three obese.

In that same time period, American adults cut their average sleep time by nearly two hours. In 1960, U.S. adults slept an average of 8.5 hours a night.

By 2002, that had fallen to less than seven hours a night.

Meanwhile, doctors in sleep therapy centers generally don't see patients for obesity problems. Patients visit for sleep problems, and weight loss might be a byproduct.

UPCOMING events

Thursday, Sept. 13

Penguin Pre-party
Peaberry's
7 p.m.

Friday, Sept 14

Brad Paisley
Pittsburgh Post-Gazette
Pavilion at Star Lake
7:30 p.m.

Akon
WVU Coliseum
8:30 p.m.

Marc Anthony
Funny Farm
Comedy Club
9 p.m.

Saturday, Sept 15

Sum 41 and Yellowcard
House of Blues
6 p.m.

Brad Paisley
Pittsburgh Post-Gazette
Pavilion at Star Lake
7:30 p.m.

YSU vs. Stony Brook
Stambaugh Stadium
4 p.m.

Marc Anthony
Funny Farm
Comedy Club
9 p.m.

Monday, Sept 17

Sum 41 and Yellowcard
Rex Theatre
6:30 p.m.

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WED. SEPT. 19

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THURS. SEPT. 20

Moser Hall - Engineering Lobby
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SOCCER

Squad remains optimistic through slow start

Aaron Blatch
Sports Reporter

The Youngstown State women's soccer team is showing signs of breaking out of an early-season offensive drought.

After being shutout in the season's first two games, the Penguins managed to put two goals on the board in a 3-2 loss to East Tennessee State on Sunday.

Senior Britta Snowberger credits the improvement of the offense to a more aggressive approach.

"As a team we tend to hesitate to shoot," Snowberger said.

"I don't know if we're striving for perfection or scared to make a mistake. Last game we were more aggressive and we created more shots," she said.

Head coach Anthony James was happy with his team's increased shots on goal against ETS and gives credit to the opposition for solid defensive play.

"I believe the team has been playing very well," James said.

"A bounce here, a bounce there, we could be 2-1. It's been a case of opposing goalkeepers doing a remarkable job because we are creating shots," he said.

Offensive struggles are nothing new for the Penguins as the team was shutout in twelve contests last season. They posted a 3-14 record with six of those losses coming by a score of 1-0.

Snowberger believes that with con-

tinued improvement the Penguins can change the outcome of some of those close defeats.

"Last year we had problems in 1-0 games. We would give up a chance goal or make a simple mistake. This year we're looking to turn those into wins or ties," said the midfielder.

As they did last season, the team has relied on a solid defense that through three games is holding opposing offenses to an average of two goals a game.

That defense is anchored by sophomore goalkeeper Caitlin Bodzioney

"The girls have been working really hard and we know what we have to do to get there. Now we just have to do it,"

Caitlin Bodzioney, goalkeeper

who led the Horizon League last season with 133 saves, and junior defender Caitlin Lee, a First Team All-League selection.

Both have been impressive in the early part of the season. James said that he is very pleased with Bodzioney's progression in her second season and that Lee's play against ETS was "one of the best performances I've seen by a player at this level."

Bodzioney also speaks highly of Lee.

"Caitlin is one of those players that impacts the whole team because she leads by example," Bodzioney said.

"She works so hard at practice and in the games and is always doing extra work on her own. She has great

feet and composure. I always feel comfortable giving her the ball," she said.

The defensive duo should continue to keep the Penguins in games while the offense continues to evolve. A sign of that evolution is the balanced attack that the team showed against ETS. While last year forward Jordan Gapczynski scored half of the team's ten goals, against ETS two different Penguins, freshman Lauren Brennan and junior Jenna Fink, found the back of the opposition's net.

Another cause for optimism is that 11 of the team's 16 remaining regular season games will be played at Stambaugh Stadium, including the Penguin Classic on Sept. 14 and Sept. 16 which will feature games against Albany and Howard.

Snowberger believes that the return home will have a positive impact.

"I think the team is excited to play at home.

We're looking forward to seeing our families and getting support from our friends," she said

With a history of playing in close games, perhaps that "bounce here, a



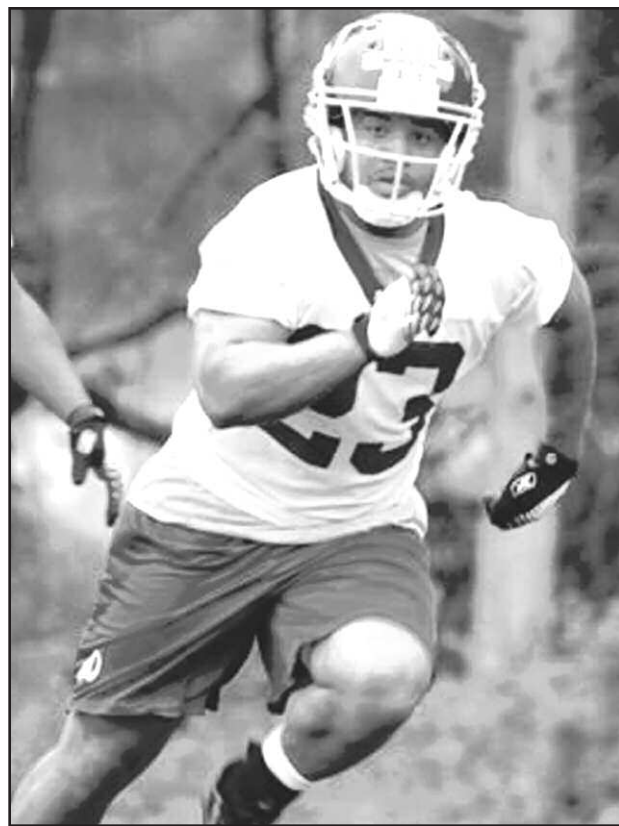
SOFT HANDS — Sophomore Caitlin Bodzioney hovers between posts blocking the shot. The Penguins play their second home match of the season Friday against Albany. Photo courtesy of YSU Sports Information.

bounce there" will go the Penguins' way on their home field. Bodzioney feels that the team is not far from where it needs to be.

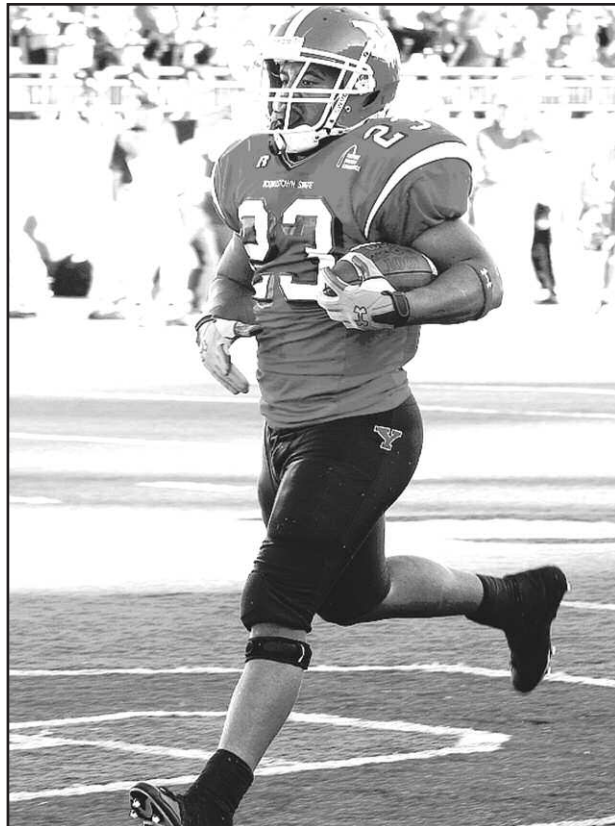
"We're definitely on the right track

to where we want to be. The girls have been working really hard and we know what we have to do to get there. Now we just have to do it," Bodzioney said.

NATIONAL FOOTBALL LEAGUE



CHANGING UNIFORMS — Former Penguin running back Marcus Mason now sports the Redskins' colors following his signing to the team's practice squad Wednesday. Left photo courtesy of Marcus Mason. Right photo courtesy of Ron Stevens.



Red and white to red and gold

Former Penguin star shares tale of NFL experience

Courtney DiGiorgi
Jambor Contributor

The hopes and dreams of becoming the next NFL great are still alive for one former Penguin star.

Following the Washington Redskins' overtime victory in the first week of the NFL season, the team cut former Penguin running back Marcus Mason from the roster Tuesday only to resign him to the team's practice squad on Wednesday.

Mason was slated to be Washington's fourth-string running back for the 2007 season before being released. With the season-ending injury to one of the team's offensive linemen, a roster spot reopened for Mason.

Mason said he is glad to still be a part of the Redskins' team, but he will have to adjust to the departure from his impact role as a Penguin offensive player.

"I'm not as excited, but it's all good," said the former Gateway Conference player of the year.

In the midst of his busy schedule, Mason found time for an interview to let Youngstown State students, faculty and staff know how life has changed in his quest to become an NFL player.

Mason's Roots

Mason's family benefits from the shorter travel distance to Washington games than to Youngstown games, for Mason hails from Maryland where his mother and father live.

"I go home every weekend, and if I have twenty minutes left in my day, I'll go home then, too," Mason said.

Growing up so close to the Washington area doesn't make Mason a Redskins fan, though. His sideline

"Everyday you can get cut. You have to practice like it's your last day. You never know,"

Marcus Mason, Redskins running back

allegiance lies with the Redskins' bitter rival, the Dallas Cowboys.

From college to the pros

Mason describes the average day of an NFL athlete as quite different than that of a college athlete. Mason's day begins at 7:30 a.m., with meetings straight through until a 12:30 lunch-break. Immediately after lunch, the team goes back to work for another five hours focused on football.

Mason said he enjoys it, but there are differences.

"The speed of the game is different. And, in college, I had school and stuff, then practice. But now it's all football, all day."

There is one glaring difference between camp for college athletes and camp for professional athletes that's decidedly nerve-wracking.

In the NFL, cuts are made throughout the season. Making it to camp doesn't mean players make the team. Mason spoke of the atmosphere surrounding the players each day the team hit the field to impress the coaching staff.

"Every day you can get cut. You have to practice like it's your last day. You never know," he said.

Playing alongside high profile athletes on TV might be considered nerve-wracking as well. Mason, said he was "star-struck at first, but they're normal, just like you are."

Even though Mason has since moved on from his days of running wild on Gateway Conference defenses, he hasn't forgotten about the Penguins.

"I miss my team," Mason said. "They let me down against Ohio State, but I know they'll pick it back up."

FOOTBALL

Stambaugh 25 greatest Penguin players to be honored at halftime

Andrew Berry
Sports Editor

Saturday during halftime of the Penguins football contest with Stony Brook there will be a ceremony honoring the 25 greatest players in the history of Stambaugh Stadium.

The Youngstown State University football squad is defending the Ice Castle for the 25th season in 2007. In celebration of the programs accomplishments, the fans have voted for the all-time Penguin team that includes some of the more recognizable names to have ever put on the Penguin uniform.

For head coach Jon Heacock and his current squad, being apart of the celebration is just as important as playing the game on the field.

"I'm excited. It's the 25th anniversary of Stambaugh Stadium and that's exciting," Heacock said.

While the focus for Heacock will be more on the Stony Brook Seawolves, the Penguin skipper understands the importance of Saturday's ceremony.

Heacock said he has stressed to his players how important it is to know, understand and appreciate the pro-

gram's roots to be able to appreciate what they have now.

"There's a whole bunch of folks out there that did a lot before us. It's all been done by someone else and they gave us the opportunity," he said

For the fans to feel to the full effect of the ceremony, Heacock said he and the team need to do their part on Saturday.

"I told our kids to embrace it. We need to do our part to make it a true celebration and we need to play well," Heacock said.

For the game against Stony Brook, the Penguins will wear throwback uniforms as part of the festivities.

What once was old is again new to everyone.

"That 'Y' on the helmet is the only thing I've ever know and to see the Penguin scripted on there is unique," Heacock said.

Senior free safety Dorian Chenault is excited about the throwback uniforms he will be sporting in Saturday's game.

"I think that's slick," he said.

"I don't actually recall what they look like, but I heard they're pretty nice," Chenault said.

25 Greatest Penguins

| | | |
|------------------|-----------|-------------------|
| Tony Bowens | 1997-90 | Defensive Lineman |
| Adrian Brown | 1996-99 | Running Back |
| Pat Crummey | 1998-2001 | Offensive Lineman |
| Pat Danko | 1988-91 | Defensive Lineman |
| Harry Deligianis | 1995-97 | Defensive Lineman |
| Drew Gerber | 1990-93 | Offensive Lineman |
| LeVar Greene | 1998-2001 | Defensive Back |
| Matt Hogg | 1994-97 | Offensive Lineman |
| Tim Johnson | 1999-00 | Linebacker |
| Leon Jones | 1992-95 | Linebacker |
| Todd Kollar | 1994-97 | Offensive Lineman |
| Paul McFadden | 1980-83 | Kicker |
| Marcus Mason | 2005-06 | Running Back |
| P.J. Mays | 2000-02 | Running Back |
| Dave Roberts | 1989-92 | Defensive Back |
| Jeff Ryan | 1998-2001 | Quarterback |
| Ian Shirey | 1996-99 | Center |
| Dwyte Smiley | 1996-99 | Safety |
| Randy Smith | 1991-94 | Defensive Bac |
| Tamron Smith | 1990-93 | Running Back |
| Paul Soltis | 1987-89 | Linebacker |
| Lester Weaver | 1991-94 | Safety |
| Paris Wilks | 1979-82 | Running Back |
| Jeff Wilkins | 1990-93 | Kicker |
| Jim Zdelar | 1987-88 | Offensive Lineman |

Sports

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Thursday, September 13, 2007

FOOTBALL



UP FOR GRABS — Senior tight end Louis Irizarry makes a leaping catch in traffic against South Dakota State. The Penguins are looking to start 2-0 at home this season with Stony Brook next on the schedule. Photo by Andrew Berry.

Seawolves' high-powered O to test intense Penguin D

Andrew Berry
Sports Editor

The Youngstown State University football team has already had its poise and patience tested this season, having faced two strong opponents in the opening weeks of play.

The Penguins' next challenge is just as difficult.

Stony Brook University brings its high-powered offense to Stambaugh Stadium on Saturday for a battle against the Penguins in a game that will further test the team's will to overcome adversity.

Head coach Jon Heacock believes his team is headed in the right direction following a win against South Dakota State University.

"We were generally improved. I think we were better last week than we were in week one," Heacock said.

The Penguin pack leader saw his veteran players step up and take charge in the team's first win of the season against the Jackrabbits. Those veterans making the big plays down the stretch of games is crucial to the advancement of the team, Heacock said.

"We haven't reached our potential yet. We haven't done anything but win one game so far, and there's a long way to go yet," Heacock said.

This week's opponent for the Penguins is formidable enough that Heacock said the team can't get caught up in the win against South Dakota State. Focus must immediately shift focus to the Seawolves, he said.

Heacock stressed the importance of preparing for Saturday's game

and watching film as the team would for any other opponent, even if Stony Brook is not the type of program big enough to be a household name.

The Seawolves have a multitude of Division-I transfers on the roster that includes former players of Kansas, Iowa and Pittsburgh University.

"We're playing a good enough team to understand that we have to play our best game," Heacock said.

"We're going to have to be very fundamentally sound," he said.

Senior offensive lineman Matt Kishman expects a physical contest against the Seawolves.

"They're going to be a physical team and aggressive up front," Kishman said.

Kishman will start on an offensive line that has been revamped this season. He joins two former defensive linemen in Brian Mellot and Nhemie Theodore to make a group that Heacock believes is starting to gel.

"They're handling it very well, and I'm proud of them. Those guys are working like crazy and starting to come together," Heacock said.

Kishman feels the two former defenders have made the transition smoothly, having worked alongside them since the beginning of spring.

"They've been improving every game so far," Kishman said.

Senior defensive back Vince Gliatta shined in the Penguins' win over South Dakota State, and defensive coordinator Jeff Mills believes the secondary will continue to succeed.

In his first year with the program, Mills said the scheme he has imple-

mented forces the opposing ball carrier into the path of the hard-hitting Penguin defensive backs.

The big hits and exceptional plays that result from this style is what makes Penguin football special, Mills said.

"It's part of Youngstown State football. I saw that when I first came here and [when] watching tapes of teams from the past. That's what excited me about being apart of this program," Mills said.

"It's been fun to watch as a coach," he said.

Senior free safety Dorian Chenault said the unit is as strong as ever, despite losing two All-American cornerbacks from last season.

"The secondary has really stepped up to the challenge. We need to continue to make plays," Chenault said. "We're confident [in] the sense that we know what we can do as a team, and all we have to do is go out there and execute."

The defense was able to shake off the bitter feeling after having allowed a 99-yard scoring drive against South Dakota State. As the game progressed, the unit regrouped and put together a marvelous finish.

"It's good to see we have that fighting spirit," Chenault said.

Chenault said the Penguins will have to put forth their best effort yet as they face a Stony Brook offense that is averaging 41 points and nearly 500 yards of total offense.

"Stony Brook is a good team, and we're going to have to play extremely well against them to get that win," Chenault said.

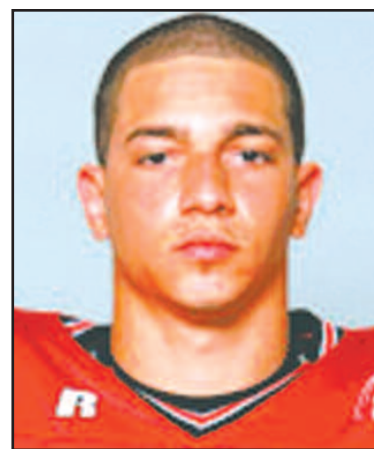
| Upcoming Penguin Sports | Date | Opponent | Time |
|---------------------------|------|--------------|--------|
| Soccer vs. Albany | 9/14 | Albany | 7 p.m. |
| Volleyball @ Butler | 9/14 | Butler | 7 p.m. |
| Volleyball @ Wright State | 9/15 | Wright State | 2 p.m. |
| Football vs. Stony Brook | 9/15 | Stony Brook | 4 p.m. |



VS



This Week's Impact Match-ups



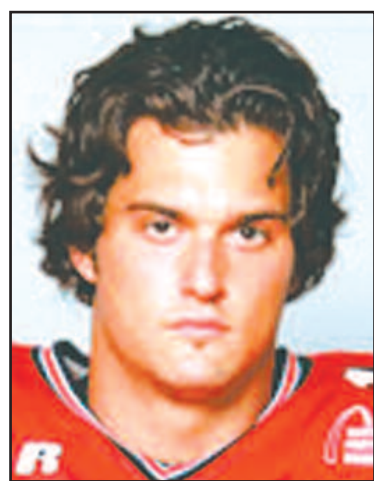
Rory Berry
Wide Receiver

VS



Adam Cooper
Defensive Back

The offense is starting to come together following the first two games of the season. The running game is getting off the ground and it will be up to senior wide receiver Rory Berry to spark the pass attack. Berry caught six passes for 49 yards in the Penguins win over South Dakota State. Berry's stats improved from the first week to the second game and must continue to improve against Stony Brook. Standing in his way will be senior defensive back Adam Cooper. Keeping the ball out of receivers hands has been Cooper's specialty this season having broken up three pass break-ups and recording eight tackles. Playing the strong safety position, Cooper has the entire middle of the field to roam and deliver fierce hits on unsuspecting receivers. Running out-routes and curls will give Berry the space he needs to catch the ball away from the talented defender while still gaining enough yards to move the chains.



Vince Gliatta
Defensive Back

VS



Josh Dudash
Quarterback

Senior safety Vince Gliatta came through in the clutch for the Penguins against South Dakota State and has the tall task of repeating the same performance Saturday against Stony Brook. The Seawolves offense is a scoring machine beginning with senior quarterback Josh Dudash. The passing game averages nearly 230-yards per game. Dudash is an accurate passer having thrown 12 touchdowns and no interceptions in two games this season. Gliatta and the Penguins will have to cover each receiver tight to allow the defensive line to cause havoc in the backfield. Stony Brook possess talented running backs that will allow Dudash to run various play-action pass plays in attempt to throw off Gliatta and his fellow defensive backs. The Penguins have surrendered 478 yards through the air this season, a stat that cannot increase against Stony Brook.

Keys to Victory

1

The Penguins defense has been strong in two outings thus far, but Stony Brook is a different story. The Seawolves have a potent offense that rarely makes mistakes. In two games, the high-octane offense has not turned the ball over once. Saturday would be a good time for that stat to change. The front seven of the Penguin defense must create pressure situations for senior quarterback Josh Dudash. The best way to get a turnover is to force it and making Dudash uncomfortable in the pocket should get the job done. If the Penguins allow the mighty Stony Brook offense to function without a hitch, scoring opportunities for Tom Zetts and the Penguin offense will be minimized.

2

Against South Dakota State, the Penguin offense had trouble keeping the chains moving. The unit went 6-12 on third down and converted just five from distances four yards and beyond out of 12 attempts. If the offense can stay out of third and long situations, there should be no problem keeping the stellar Stony Brook offense on the sideline. When the long thirds come up, the wide receivers and tight ends will have to work harder to get open in time for quarterback Tom Zetts to throw. Zetts has the ability to scramble for first downs, but the risk of injury is too great as the Penguins usual backup Todd Rowan is currently injured and unable to step in.

3

The Penguins have to turn things around against Stony Brook and become a second-half team. Youngstown State has been out-scored by opponents 27-9 in the first games of the season. Against South Dakota State, the Jackrabbits were able to overcome a 17-0 deficit and nearly stole the win away from the Penguins. While putting points on the board early is a good sign by the offense, playing consistent for four quarters on both sides of the ball is crucial. The Seawolves offense is too good for the Penguins to have any offensive or defensive droughts.

CROSS COUNTRY

Runners rely on teamwork instead of individuality

Aaron Blatch
Sports Reporter

Brian Gorby, Youngstown State University cross country head coach, plans to rely on hard work and a team-first mentality to put together another successful season.

Gorby said that his team is not the most naturally talented team he has coached in his tenure, though it is as hard working as any.

"Our strengths are the things you can't measure," Gorby said.

"We're maybe not as talented as some of the teams we've had in the past, but we have a great attitude and work ethic. The whole team deserves a ton of credit for running every day in the heat," he said.

The coach said the team will lean hard on its upperclassmen while the eleven freshmen gain experience. He is already impressed with the progression of his freshmen.

"They're very mature from a

training standpoint," Gorby said.

Freshmen performance in the team's first meet of the season showed that training has paid off.

Both the men's and women's teams were led by freshmen at Saturday's Tommy Evans Invitational. Kayla Witmer kicked off her career as a Penguin with a 15th-place finish in the 5K while Jim Ramson led the men by earning 15th place in the four-mile race.

Along with Ramson, Gorby expects his men's team to be led by sophomore Justin Dickman and senior R.D. Goodright, the Penguins' top two finishers at last year's NCAA Division One Great Lakes Regional. The runners placed 19th and 26th, respectively, at the Tommy Evans Invitational.

Gorby can also expect positive contributions from junior Dan Nemerget and freshman Jake Lape, the team's second- and fourth-best runners at the meet.

Witmer will be joined on the women's team by promising sophomores Lauren Blase and Lisa Lee who finished 24th and 27th in their first races.

Gorby said that junior Madelyn McGhee should also continue to make strides in her third season.

The coach said both the men's and women's teams should be balanced, allowing them to run with a "pack" mentality, keeping the runners close together throughout the race.

With this strategy and continued improvement, Gorby feels that his team can compete with the best in the Horizon League.

"This team has been one of the most enjoyable teams I've been able to work with so far," Gorby said.

"You can see folks that are really going to make improvements. We want to get in the top two or three in the league, but first we want to just get better every day," he said.